

1-5-2020

The Current - Volume 31 Issue 16

Nova Southeastern University

Follow this and additional works at: https://nsuworks.nova.edu/nsudigital_newspaper

NSUWorks Citation

Nova Southeastern University, "The Current - Volume 31 Issue 16" (2020). *The Current*. 731.
https://nsuworks.nova.edu/nsudigital_newspaper/731

This Newspaper is brought to you for free and open access by the NSU Digital Collections at NSUWorks. It has been accepted for inclusion in The Current by an authorized administrator of NSUWorks. For more information, please contact nsuworks@nova.edu.

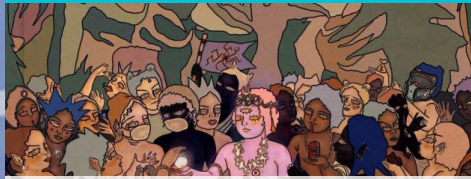
Features



The house that Davie built

P. 4

Arts & Entertainment



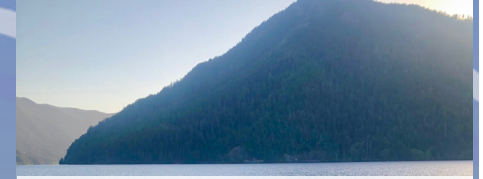
“Post Human: Survival Horror”
P. 7 by Bring Me The Horizon

Sports



Finding Fitness: Incline walking
P. 9

Opinions



Swim into deeper waters

P. 11



COVID-19: WHAT TO KNOW FOR THE NEW SEMESTER

By: Madelyn Rinka
Co-Editor-in-Chief

Between the Zoom calls, classroom capacities, limited gathering sizes and masks covering the faces of every Shark, it's hard to miss the impact the COVID-19 pandemic has had on NSU.

After having considerable success in preventing the spread of COVID-19 at NSU last semester, there are still guidelines in place to help keep Sharks healthy in the new year. The university's rules and recommendations are guided by the Department of Public Health and the CDC and the protocols on campus, such as those regarding face coverings and social distancing, are reflective of that.

For students who are coming to back campus for the first time since last March or those who have not been on campus until now, there are protocols in place that have been carried over from 2020. It is recommended that students stay up to date on said rules and recommendations in order to continue the positive practices of students from the previous semester.

Additionally, for students who are returning to campus after being in person last semester, Beth Welmaker, the executive director of environmental health and safety for NSU, encouraged these students to remain vigilant and not become complacent.

“We have done a very good job of not spreading COVID-19 on campus. We haven't had outbreaks, and if we're not vigilant about our behavior, that's going to change. I really hope that we can remain vigilant, and if we can, I feel very confident that we're going to have the same success this winter and spring that we had in the fall,” said Welmaker.

Additionally, as per an email sent to all NSU students, faculty and staff on Nov. 13, anyone returning to campus next semester after “socializing outside of the CDC guidelines” or using mass transportation is expected to practice self-isolation for two weeks before attending any in-person activities. For more information regarding this policy, reference the “Fall Semester Update and Winter/Spring Reminders”

email from the Office of the President.

The Current has compiled a quick list of some links, numbers and emails to help navigate the second wave of the Return of the Sharks. Whether you need to print the information out, bookmark this page or write it in your planner, these valuable resources can help the NSU community stay on the path for another successful semester. Some of these resources are also expanded upon in further detail below.

NSU Telehealth number: (954) 262-4100

COVID-19 dedicated email: COVIDcase@nova.edu

NSU's COVID-19 website: www.nova.edu/coronavirus, [link](#)

Return of the Sharks Guidelines: for [students](#) and [faculty](#)

Symptoms of COVID-19 and self-isolation information: [link](#)

Reporting an active or potential case of COVID-19 forms: [link](#)

NSU COVID-19 FAQs: [link](#)

If a student is having any symptoms, they are advised to reach out to NSU's Telehealth line at (954) 262-4100, where they will be connected to a physician who will review their symptoms and, if needed, schedule a COVID-19 test on campus. Additionally, students can email COVIDcase@nova.edu to provide updates on their symptoms and test results, even if the results are still pending, and to get assigned a COVID-19 case manager to oversee the situation and offer assistance, if necessary. Emailing COVIDcase will also immediately provide students with the Telehealth number, as well as links to employee and graduate/professional student report forms, the undergraduate student form and the form to report exposures. Students, staff and faculty can visit NSU's dedicated website, www.nova.edu/coronavirus, for up to date information regarding COVID-19 at the university.

Letter from the Editors

Hey Sharks,

Welcome to 2021. We made it. We got through the record-breaking and momentous year that was 2020 -- and, to put it frankly, living through *unprecedented* times is hard. There's plenty to stress about during a pandemic, a presidential election, a record-breaking hurricane season, social and political movements and so much more.

Oh, and managing all of that while still attending college.

Even after the world has all but been turned upside down, you made it out the other side. For that, we're proud of the NSU community — and we hope that you take the time to recognize all of your accomplishments, even if that's just finishing out last semester or learning how to better manage your time with everything going on. It's no small feat to stay afloat in school during a pandemic and that alone is deserving of a pat on the back... or, maybe, a socially-distant thumbs up on a Zoom call.

Last year was eventful — and that's an understatement. We want to thank you for staying with The Current while we did our best to stay up to date and informed on everything related to NSU and beyond. We wouldn't be here if not for all of the subject matter experts, professors and students we've interviewed, our contributing writers and staff, and especially, you, our readers.

Our goal is to provide the NSU community with the most newsworthy and relevant articles we can, but in order to do so, we need your help. If there's anything we can do to better make your voice heard, let us know by reaching out to us on our Instagram, @thecurrentnsu, or by sending us an email to nsunews@nova.edu. You can keep up with us on social media or by [visiting our website](http://visiting.our.website), nsucurrent.nova.edu to stay on top of everything 2021 throws at us — and after 2020, we've had a lot of practice.

To a bright and successful new year,
Madelyn & Christina

TheCurrent

3301 College Avenue
Don Taft University Center, PVA Room 328
Fort Lauderdale, FL 33314-7796
nsucurrent.nova.edu

NEWSROOM

Phone: 954-262-8455
nsunews@nova.edu

BUSINESS & ADVERTISING

Phone: 954-262-8461
thecurrentad@nova.edu

Madelyn Rinka	Co-Editor-in-Chief
Christina McLaughlin	Co-Editor-in-Chief
Flor Ana Mireles	Copy Editor
Rick Esner	News Editor
Emma Heineman	Features Editor
Siena Berardi	Sports Editor
Sofia Gallus	Arts & Entertainment Editor
Alexander Martinie	Opinions Editor
Farhan Shaban	Chief of Visual Design
Erin Cowan	Visual Design Assistant
Rey Perez	Contributing Writer
Daniella Rudolph	Contributing Writer
Nyla Wyte	Contributing Writer
Chole Rousseau	Contributing Writer
Briana Ramnauth	Contributing Writer
Ana Maria Soto	Contributing Writer
Blake Malick	Contributing Writer
Gabriel J. Stone	Contributing Writer
Isabella Gomez	Contributing Writer
Aliyah Gomez	Contributing Writer
Veronica Richard	Contributing Writer
Gaby Holmes	Contributing Writer
Megan Fitzgerald	Faculty Advisor
Jarrold Bailey	Staff Advisor
	mf821@nova.edu
	jbailey1@nova.edu

The Current serves Nova Southeastern University from its location in Room 328 of the Don Taft University Center. The Current is NSU's established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

Want a voice in the NSU community ?

Join the Current as a contributing writer gain that **NSU Edge** as a shark
vist nsucurrent.nova.edu for more info



2020 in the news: A recap of last year's happenings

By: The Current Staff & Contributing Writers



PRINTED WITH PERMISSION BY E. COWAN

Students coming together during the pandemic



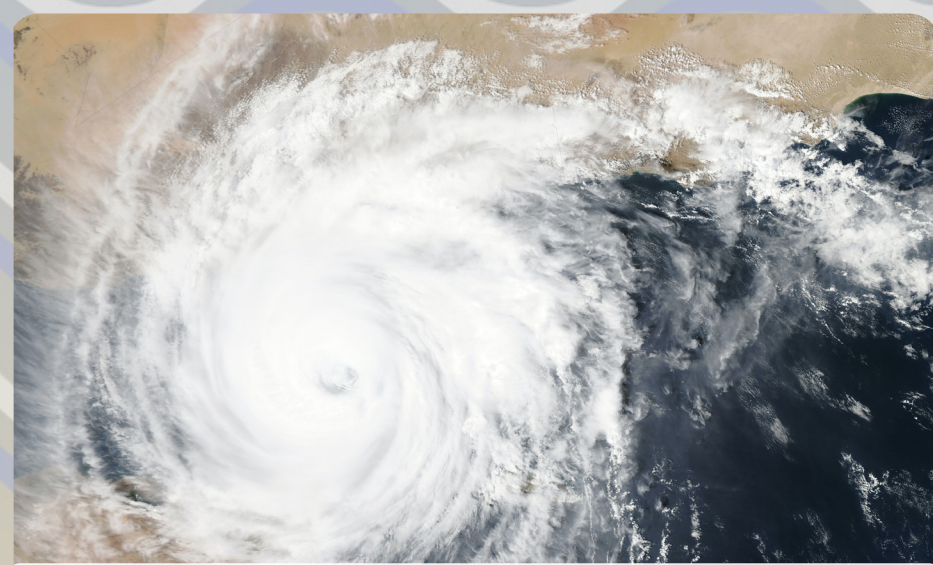
PRINTED WITH PERMISSION BY S. GALLUS

Protesting for Black Lives Matter



PRINTED WITH PERMISSION BY F. SHABAN

Preparing to watch the election on CBS News



OBTAINED BY NASA

Hurricane passing over North America

2020 was an eventful year, to say the least. Between the COVID-19 pandemic, the presidential election and even murder hornets, at many times 2020 certainly felt like living through the chapters of a history book. Some of *The Current's* staff and contributing writers have recapped just a few of last year's most prominent news stories.

The COVID-19 pandemic

The year 2020 welcomed a new normal — living through the pandemic. People were shocked at this unexpected outbreak and immediately ran to their local supermarkets to stock up. The stock piling escalated to a point where toilet paper, hand sanitizer and many disinfectant products became a scarce luxury, turning empty aisles into an early hallmark of the shutdowns.

Due to the pandemic, there was a significant decrease in employment rates and many people were let go from their positions. COVID-19 became a term used daily as society began wearing masks and staying indoors to prevent contracting the disease.

After a couple months of quarantine, some thought it was safe to slowly try and return to normal. On Tuesday, Nov. 10, 2020, it was reported that the U.S. hit its peak in hospitalization due to the virus, with 61,964 hospitalizations in total and daily cases exceeding 139,000.

In the beginning of the pandemic, it was recognized that most cases stemmed from nursing homes and small crowded spaces. As establishments began to reopen, more cases started growing from private gatherings.

Many people are curious as to when this pandemic will cease and if life will ever return to the way it was. Fortunately, several vaccines such as those made by Pfizer and Moderna have shown promising numbers in regard to their efficacy, inspiring hope that the end of the pandemic might be in sight.

The Black Lives Matter movement

The Black Lives Matter movement caused an outpour of emotion for social injustice throughout the world. Throughout 2020, videos and media coverage of men and women of color being killed by police brutality surfaced.

Although the movement received significant attention in 2020, it has been afloat for years on end.

According to The Movement for Black Lives (M4BL) launched the Vision for Black Lives, a comprehensive and visionary policy agenda for the post-Ferguson Black liberation movement, in August of 2016.”

Due to countless men and women of color being treated unfairly, the public eye has been centered on police.

As the prevalence of news stories on the unjust murders of people of color increased, these movements began to grow. People all over the world, regardless of age and race, came together to support this cause.

“The demonstrators — black, brown, white, a mix of fed-up first-timers and veterans who had marched many times on those same streets — could not be stopped,” said *The New York Times*.

As months continued to pass, the voices of men and women of color finally began to be heard. News stations started highlighting the good coming out of these movements rather than focusing on the anger and emotions individuals were facing.

There are still many Black Lives Matter movements taking place throughout the world despite not receiving as much attention anymore. Whether popular news sources focus on making this important topic a part of their breaking news segment or not, there continues to be men and women of color fighting for justice and basic human rights.

According to the Black Lives Matter website, “We are working for a world where Black lives are no longer systematically targeted for demise.”

Murder hornets

Murder hornets, or Asian giant hornets, were found in Washington state on Oct. 22, 2020, marking the first confirmed “murder hornet” nest in U.S. history.

The Asian giant hornet, as the name implies, is native to Asia and is the world's largest hornet. The “murder hornets” are predators of honeybees and can wipe out an entire nest in a short period of time. Their painful venom is also capable of killing humans, hence their nickname.

According to *The New York Times*, these hornets kill as many as 50 individuals annually. For reference, the Centers for Disease Control and Prevention reported that between 2007-2017 regular hornet, wasp and bee stings were responsible for the deaths of 62 people a year on average.

How the invasive hornets got to the U.S. is still unknown, but the Department of Agriculture in Washington discovered that the nest that was originally found had almost 200 queen hornets inside and each queen could create a new nest effortlessly.

Sven-Erik Spichiger, an entomologist with the Washington State Department of Agriculture, told *USA Today* that “he was confident” that most of the queens from the destroyed nest did not escape, but there is a chance that any that did could establish a new colony in the future.

The presidential election

Just before noon eastern time on Nov. 7, several news outlets called the 2020 presidential election in favor of Joe Biden, the Democratic party candidate and former Vice President under the Obama Administration from 2009-2017.

President-elect Biden won the popular vote by approximately five million votes and successfully flipped several swing states, including Wisconsin, Michigan and Arizona, among others, that went to President Trump in the 2016 election.

Incumbent President Trump did not immediately concede the results and called for recounts and lawsuits in several states. This loss

adds Trump to the short list of U.S. Presidents who did not get reelected for a second term.

Biden's running mate, California Senator Kamala Harris, is now set to become the first woman, woman of color, Black person and person of Asian descent to be elected as the Vice President of the U.S.

Additionally, Jill Biden, First Lady to President-elect Biden, has stated that she plans to continue holding her full-time position as an educator, something no other First Lady has done in this role.

This new administration, along with all of its historical firsts, will begin with Biden's inauguration set on Jan. 20, 2021.

A record-setting hurricane season

In line with the rest of 2020, the Atlantic hurricane season saw unprecedented occurrences and joined the ranks as one of the most active seasons on record. The season, which is typically considered to run from June 1 to Nov. 30, generated 30 named storms and 13 hurricanes, six of which were considered to be major storms according to the *Yale Climate Connections*. The 2020 season broke the record for most named storms, while the number of hurricanes came in second and major hurricanes matched the previous second place.

In mid-May, the occurrence of the first tropical storm, Arthur, began weeks before the season started. According to *CNN*, Arthur formed on May 16, but had weakened to a post-tropical cyclone a few days later. The first hurricane of the season, Hanna, struck in Texas as a category one storm at the end of July. After running through the predetermined hurricane names, the system transitioned to using the letters of the Greek alphabet mid-September.

While Florida was considerably spared from many major storms, Tropical Storm-turned-Hurricane Eta hit land with wind, heavy rain and flooding throughout early to mid-November.

Gain the NSU edge by engaging in undergraduate research

By: **Emma Heineman**
Features Editor

Given the current circumstances of the world, the pursuit of “normal” often seems almost ludicrous. Although the COVID-19 pandemic has altered the way we interact with each other, take classes and so much more, life must go on.

As students graduate and begin their job search or post-graduate plans, graduate schools and potential employers will still be scouring resumes and cover letters looking for students who made the most of their undergraduate experience. One way to maximize your time as an undergrad is to enrich your college experience by engaging in research.

Participating in research has a plethora of benefits and can make you stand out as an applicant on a grad school or job application.

Jeff Hartman, the assistant director of the Office of Undergraduate Research and the Office of Experiential Education and First Year Experience, explained that students have

a variety of options when it comes to research as an undergrad. When looking for research opportunities, the first place he recommends to start is with your professors.

“What I usually recommend students do for their first step is always to talk to a current or past faculty member to ask them about any research opportunities. If faculty are not currently working on a project, they may have a colleague who is looking for students to help with a project,” said Hartman.

Connecting with professors in your field of interest can be a great way to form connections and develop meaningful relationships with your professors. When the time comes for letters of recommendation, having a solid, working relationship with someone in your field of interest can be a huge plus.

“If students need a letter of recommendation for professional or graduate school, they have a

relationship with the faculty member who can talk about their skills, their knowledge and their ability to apply those concepts in a real-life situation,” said Hartman.

Students can utilize the NSU subject matter experts tool on NSU’s website to locate and contact faculty members who have a wide breadth of knowledge in a given area. For example, if a student is interested in cancer research, reaching out to a professor who already works with this topic can be the perfect place to start.

From completing a literature review to doing data entry or analyzing data, there are many ways students can engage in the process of research. The Office of Undergraduate Research also provides tools for students to help them find research opportunities (and even earn ExEL units while doing it). Compiled lists of opportunities in different colleges and departments at NSU, summer experiences and other off-campus opportunities can be found on the office’s website

and are a great resource to help students pursue their research interests. Handshake is also a helpful way to locate and apply for research positions.

Hartman also explained that engaging in research can develop time management skills, help you hone your independence, improve your problem-solving abilities and apply concepts you learn in the classroom to real-life experiences.

If students have any questions about finding a mentor or research opportunity, Hartman encourages them to reach out to the Office of Undergraduate Research to see what opportunities are best for them and how they can get involved.

As you start this new semester, remember to take advantage of your time at NSU and utilize available resources to help you gain the NSU edge.

Navigating savings and budgets as a college student

By: **Briana Ramnauth**
Contributing Writer

It can be challenging to decipher between what we can live without and substitute for something inexpensive. Sometimes, it may seem easier to just spend money rather than finding cheaper alternatives, but there are many small changes you can make to save money as a college student. There are many opportunities and resources that NSU offers its students that can be extremely helpful.

“Wants are limitless in our minds, but our needs are more fundamental and involve the basics: food, shelter, stability and a reasonable standard of living. Throughout this pandemic, students should be focused on needs more than wants,” said Albert Williams, an associate professor and the chair of finance and economics at NSU.

Investing in your savings: Needs vs. wants

Saving money can be beneficial long term, but it really comes down to your mindset.

“Saving money is a core part of money management. Having a financial cushion to meet emergencies is imperative,” said Williams.

Things such as getting your nails done or buying the hottest shoes on the market are considered wants. Before purchasing anything, ask yourself if it is something that you can live without or possibly substitute for something less costly.

Shopping for new clothes and shoes can be so simple with the swipe of a card. It may not seem like the items being picked up are costly, but everything adds up. Once everything adds up, you

may notice that you do not have enough to cover needs such as food, rent and textbooks. It is very tempting to buy things we want, especially when we create reasons to convince ourselves why the item is a must-have. It is imperative to have self-control when shopping.

Getting deals, cutting costs and finding funds

Instead of buying new textbooks, buy used textbooks. Cooking your own meals or using NSU declining balance rather than eating out can be cost-effective, since eating out can be expensive and adds up quickly. There are many campus amenities that can be used such as the gym, the library, free activities and counseling that can help you cut down on spending. There are also plenty

of scholarships that you can apply for, which can help alleviate the cost of tuition.

“Speak to advisors to inquire what scholarships are available. Join the honors program -- there is usually a scholarship for being a part of it,” said Williams.

There are a variety of scholarships out there and can be beneficial in the long run because they will save you hefty payments in the future.

It is difficult to cut back on things that we are used to having in our lives, but it does not mean that we can never have them. Just ensure that your budget allows for those extra items after your needs are taken care of. Saving money as a college student will pave the path for your money spending habits in the future.

What can you do with a bachelor’s in psychology?

By: **Alexander Martinie**
Opinions Editor

Psychology is a very popular major of study for college students across the country. Additionally, according to the American Psychiatric Association, 57% of psychology baccalaureates enter the workforce after graduating, while 25% go on to earn graduate degrees. With that in mind, a person with a bachelor’s in psychology has many options for job opportunities and career paths.

“What a psychology undergraduate degree prepares you for almost any job in the sense that you have learned how to communicate, write, work as part of a team, and uniquely with psychology you learn those research and statistical skills that are really valuable in the workforce. So psychology is a sort of a liberal arts degree whereas as undergraduates you are prepared for a wide range of jobs,” said Matt Collins, director of undergraduate program and associate professor of cognitive psychology for the College of Psychology.

Entry level psychology jobs

Many entry level jobs in the field of psychology require technical programs or certifications that psychology baccalaureates can succeed in, such as behavior technicians and analysts. Both of these jobs deal with applied behavioral analysis, which is the application of behaviorist theories and

behavior modification to socially “abnormal” behaviors. Outside of applied behavioral analysis, students can use their degree in case work or in community programs.

Research, clinical practice and graduate programs

For those that are more interested in experimental psychology or clinical psychology, graduate programs are the next step after earning a bachelor’s degree.

In psychology, there are three separate types of graduate degree programs: master’s degree, doctorate in psychology (Psy.D.) and doctorate in philosophy in psychology (Ph.D.). Master’s and Psy.D. programs focus on teaching skills for clinical practice. A master’s degree opens more opportunities in fields like social work or counseling. A Ph.D. program has two tracks: experimental and clinical psychology. A Ph.D. program in experimental psychology trains graduate students for research in the theoretical applications of psychology while a Ph.D. program in clinical psychology trains graduate students for both research and clinical practice. For more information on graduate programs in psychology, NSU’s College of Psychology has resources and faculty that can help students.

Jobs outside of psychology

Many careers while not requiring a degree in psychology, benefit from knowledge



PRINTED WITH PERMISSION BY K. BAPTISTE
Recent Alum, Kiara Baptise, graduating with a BS in Psychology, moving on to her degree into the clinical field.

of the field. A career in human resources or business management is a great way to apply industrial organizational psychology. Industrial organizational psychology is a branch of applied experimental psychology that focuses on workplace productivity and relations.

Cognitive psychology and the application of principles of learning and memory can be useful in teaching professions.

Psychoanalyst Erik Erikson is often quoted

as having said, “Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.”

While Erikson meant this for the relationship between people, it also speaks to the need for interdisciplinary approaches to study. Whatever field you wish to go into, any career can benefit from an understanding of the mind.

Gill Out: Bonefish Mac's Sports Grille in Lighthouse Point, Florida.

By: **Blake Malick**
Contributing Writer



PRINTED WITH PERMISSION BY P. VILME

An order of fish and chips with a side of grilled shrimp

Bonefish Mac's Sports Grille

2002 E Sample Rd, Lighthouse Point,
FL 33064

11 a.m. - 11 p.m. 7 days a week
\$\$

NSU is a unique and lively campus, but that doesn't mean Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Just 30 minutes from campus, Bonefish Mac's Sports Grille is the ultimate place to get a bite to eat. Bonefish Mac's has everything that normal sports grills have, but they also specialize in seafood. When you walk in, you are greeted by a tropical atmosphere that has sports flags and team logos all around. From alligator statues to paintings of all types of fish, Bonefish Mac's has an awesome ambiance for those that are looking to go out for the night.

You can find Bonefish Mac's at four different locations in Florida, two of which are in Broward County. The location I went to was the one located in the Gateway

Centre in Lighthouse Point. There is also a location in the Coral Landings III Plaza in Coral Springs -- both about 30 minutes from campus.

Bonefish Mac's has a very diverse menu. As I mentioned earlier, they specialize in seafood, but they also have everything that you want in a sports grill: burgers, wings, soups, salads, seafood sandwiches and much more. There is something on the menu for everybody.

I ordered their chicken wings with the "Sweet and Tangy" sauce and my girlfriend ordered their taco salad that was topped with steak. I enjoyed their wings and French fries very much, and will definitely be making more trips here in the future. They were also priced very reasonably at 10 for \$12, which is uncommon for wings. My girlfriend loved her taco salad and was able to take some home for leftovers.

Overall, Bonefish Mac's Sports Grille has an amazing atmosphere and delicious food for everybody -- you won't regret your visit.

The house that Davie built

By: **Rey Perez**
Contributing Writer

On Griffin Road, just a block away from Davie Road, sits the Old Davie School Historical Museum. It's stucco walls have covered the same ground since 1918 -- over 100 years ago. The schoolhouse has survived hurricanes, the Great Depression, the 1947 flood and almost becoming a bus loop. It has held decades of classes, dances and even the inauguration of Davie's first mayor.

In its first year of classes, the Old Davie School saw roughly 90 children enter its doorway. Davie, known then as Zona, was a rural town of Canadian immigrants and Americans from states like Indiana and New York. Because of this, shoes were optional in the first years and agriculture was a class since children were expected to do manual labor at home from a young age. The school also boasted the first working toilet in Davie.

Later on, a "school bus" was introduced and driven by the eldest kids in school, usually 13-14, to take the students to class. The school had no cafeteria, but did include an apartment for the custodian who lived on the grounds. There was no AC, but the school's architect, August Geiger, designed the windows and transom windows to allow air circulation at all

times in the classrooms.

In 1947, two back-to-back hurricanes hit Davie and the town was destroyed. Crops were gone, livestock drowned and homes flooded. The town used the schoolhouse as a refuge while drainage and reconstruction efforts continued. The Griffin Brothers Boat Service would make rounds picking up any stranded citizens. The military base that NSU now sits on experienced minor flooding compared to the rest of the town and would host the children from the school for movie nights and popcorn during the flood.

In the late '80s, the school was almost demolished after years without classes, but the demolition was promptly halted and a grant was bestowed upon the building from the National Register of Historic Places. It has served as a museum ever since.

The Old Davie School Historical Museum is the place to learn about the town of Davie. It offers captivating displays and an expertly maintained building. Yet even with all of that, it would not be inaccurate to say that the majority of NSU students have never heard of the place. A quick jump over the canal not only provides an intriguing story of a town's soul, but a deeper appreciation for Davie.



PRINTED WITH PERMISSION BY R. PEREZ

Old Davie School Historical Museum



KEEP WITH WHAT'S CURRENT



@THECURRENTNSU

Midwestern recipes to keep you warm

By: Student Media Staff

As the nights get chillier and that familiar cool wind comes rolling in, there's no better way to appreciate the crisp winter weather than with some recipes from up north. Whether it's a hearty soup or stew, steaming baked casseroles straight from the oven or a fresh slice of Kringle with a cup of coffee, the midwest is full of recipes to keep you warm this winter. A few of our midwestern members of student media shared some of their favorite dishes that remind them of home -- even if that's over a thousand miles away.

Note: it's entirely possible that these dishes are eaten in other places in the country beyond the midwest. Additionally, every family might use different ingredients or have a new spin on a recipe. We hope you enjoy our takes on these foods that can be found on dinner tables across the region.

Wild rice soup

Madelyn Rinka, co-editor-in-chief at The Current

Ingredients:

½ cup Midwest-grown wild rice
 ½ cup brown rice
 8 cups vegetable broth
 4 large carrots
 4 stalks of celery
 1 onion
 Dash of salt (seasoned or garlic salt works well)
 3-4 cloves of garlic

2 tablespoons onion powder
 1 teaspoon smoked paprika
 1 teaspoon powdered rosemary
 ½ teaspoon powdered sage
 ½ teaspoon powdered oregano
 2 cups mushrooms
 2 cup cream or milk of your choice
 Cracked black pepper

Instructions:

1. Read the package of your wild and brown rice -- cook the rice according to the instructions on the package, using vegetable broth instead of water. *Note: you may need to add in the different rices at separate times in order to have them cook together.*
2. When there's approximately 20 minutes left for the rice to cook, add the chopped carrots, celery and onion to a large stock pot, along with a splash of vegetable broth to help them cook. Salt lightly.
3. Once the carrots, celery and onions start to get tender (around 15 minutes on medium heat), add in the garlic, spices and herbs.
4. After five minutes, add in the coarsely chopped mushrooms.
5. Once the rice has finished cooking, slowly add in the broth and rice to the stock pot with the vegetables.
6. Bring the soup back to a boil, and once

the mushrooms are tender, add in the cream or milk and stir.

7. Serve piping hot with cracked black pepper, fresh sourdough bread and a side of cranberry relish.

Packer's Booyah

Sofia Gallus, arts & entertainment editor at The Current

Ingredients:

1 tablespoons olive oil
 2 ½ lbs boneless chicken thigh
 2 ½ lbs short ribs, preferably with bone-in
 2 chopped onions
 2 stalks celery, sliced
 8 cups chicken broth
 2 bay leaves
 Salt and ground black pepper
 4 cups cabbage
 1 cup diced tomato
 1 ½ lbs sliced potato
 3 sliced carrots
 1 cup frozen peas
 1 tablespoon lemon juice

Instructions:

1. Heat olive oil in a large pot on medium high.
2. Add beef and chicken and allow to cook for about 10 minutes or until beef is browned.
3. Remove short ribs and chicken from the pot. Allow the chicken to cool, then

remove the skin and set aside the meat.

4. Cook onions and celery in the fat remaining in the pot for about four minutes.
5. Stir in chicken broth and bay leaves.
6. Add back the short ribs and chicken and allow the pot to boil.
7. Reduce heat to low and place a cover over the pot, allowing it to simmer for 30 minutes.
8. After the chicken is cooked, remove chicken from the pot and shred it before placing it in the refrigerator.
9. Allow the stew to continue cooking for another hour.
10. Remove short ribs from stew and discard excess fat and bones.
11. Strain the stew and discard solids.
12. Add the liquid back to the pot and add beef, cabbages, diced tomatoes, potatoes and carrots.
13. Set heat on medium and allow to simmer until all the vegetables are cooked.

Stir in chicken, peas and lemon juice until heated fully.

Season with salt and ground black pepper.

If you would like to read about more midwestern recipes, check out nsucurrent.nova.edu

Celebrate National Rock Day with rock bands

By: Gabriel J. Stone
 Contributing Writer

Music is one of the things in this world that lasts forever and has breached generational gaps throughout history. In honor of National Rock Day, we're taking a look at rock history and examining some fossils of the genre.

Stemming from the early 1950's with trendsetters like Elvis Presly who took the world by storm breaking hearts, to the loud and proud 1980's metal sound of Metallica, fueled by rage and hardwired to self-destruct, to the hypnotizing vibes of the 2000's band The Arctic Monkeys, rock music has managed to stay on the air waves.

The fast-paced, heart pounding and ear-deafening world of rock and roll has led the charge of a social revolution of fighting against "the man." Many rock songs revolve around the themes of standing up for what you believe in and questioning those who are in control.

Nirvana

Nirvana is an American rock band that was formed in Aberdeen, WA, in 1987. Founded by lead singer-songwriter and guitarist Kurt Cobain and bassist Krist Novoselic, the band went through a succession of drummers before recruiting the legendary Dave Grohl in 1990. They settled on the name Nirvana, going for a more tranquil and graceful name even though they were one of the first bands to be considered part of the "grunge" subculture, an alternative rock subculture that bloomed in Seattle, WA. While successful throughout their career, Nirvana came to an end in 1994 when Cobain was found dead in his home.

Foo Fighters

Nirvana's drummer, Dave Grohl, went on to form the band Foo Fighters as a one-man project in 1994 after Kurt Cobain's death. Foo Fighters went on to become its own popular band, recruiting new members and selling over 30 million records since 2018. Like Nirvana, Foo Fighters is placed in the

grunge genre of rock. Some of their most popular songs include "All My Life," "The Pretender" and "Everlong."

Van Halen

Last year, we lost one of the most influential musicians of the classic rock era when Edward Lodewijk Van Halen lost his long-fought battle with throat cancer. The word 'legend' simply does not hold enough grandeur to honor the existence of the musical revolutionist, as his band Van Halen is one of the top 20 best-selling artists of all time and was inducted into the Rock and Roll Hall of Fame in 2007. Van Halen has released countless hits, like "Jump," and "Eruption" and you've surely heard one of the timeless classics in some action movie or wandering through Disney's Hollywood Studios.

AC/DC

One of the biggest names in rock history,

AC/DC, was inducted into the Rock and Roll Hall of Fame back in 1988 and again in 2003. AC/DC is an Australian rock band formed by Scottish artists Malcom and Angus Young. Their original and catchy name came after a type of electrical current. While they originated in Australia, they were largely popularized in the United States. They have released 17 studio albums since 1975, selling over 200 million albums.

Rock music has not only made a huge impact on this country and the world, but it has changed music forever. Being a fan of rock music means being connected to a worldwide culture, from English bands like The Beatles and the British Invasion, to classic American rock bands like Guns N' Roses. Cheers to many more years of hard rock music.

and the British Invasion, to classic American rock bands like Guns N' Roses. Cheers to many more years of hard rock music.

Five books to get cozy with this winter

By: Nicole Shaker
 Contributing Writer

Snow falling, warm hot cocoa steaming and Christmas conifers blooming are all signs of the winter season. Seeing as you're probably reading this in South Florida, you have little chance of seeing any of those. It may be difficult to tangibly feel that cozy, wintery spirit under the Florida sun, but it's not impossible. Check out these five books to be effortlessly transported into a winter wonderland this season.

"The Lion, The Witch, and The Wardrobe: The Chronicles of Narnia" by C.S. Lewis

This classic children's tale is enjoyable for all ages at any time of the year, but there's nothing like reading it during the winter months with a cup of hot cocoa. Even though it may not be snowing outside, C.S. Lewis's gorgeous, fantastical descriptions of the dreamy, frozen world of Narnia will make you

feel like it is. The beautiful wintery atmosphere of the book is timeless and will never fail to get you smiling and daydreaming about a winter wonderland.

"Let It Snow" by John Green, Lauren Myracle and Maureen Johnson

There is no other book that captures the euphoric Christmas spirit as youthfully as this book. It's written by three well-established young adult authors, and their collaboration truly resulted in a Christmas miracle. The book takes place during the holidays, telling three separate stories of young love amidst a raging blizzard. These three tales intertwine perfectly in the end, leaving the reader feeling as satisfied as drinking a cup of eggnog would.

"Murder on the Orient Express" by Agatha Christie

You might recall the blockbuster movie of the

same title, which came out in 2017, but the book is much better. This suspenseful wintertime tale puts an entertaining twist on the classic murder mystery on a train story, but you'll have to wait until the ending to know just what that means.

"A Game of Thrones" by George R.R. Martin

The first installment of the "Game of Thrones" series, this book's tagline is reason enough to include it on this list: "Winter is coming." That constantly repeated sentence as well as the dark descriptions of what exactly this entails puts the reader in a wintertime mood that is similar to that of "Murder on the Orient Express" and quite unlike the fuzzy feeling of "Let It Snow." Still, there is indescribable merit in this suspenseful, goosebump-inducing writing style. You'll feel cold in the best way possible when reading this book, and as you go on, you'll find it increasingly

difficult to put down.

"Harry Potter and the Order of the Phoenix" by J.K. Rowling

Perhaps the most universally appealing book on this list, "Harry Potter and the Order of the Phoenix" is the fifth installment of the Harry Potter series, but don't let that deter you from picking it up if you've never read the first four novels. Many consider this as the turning point in the series in which the plot truly picks up, so don't consider it completely necessary to read its predecessors. It was impossible not to include a Harry Potter book in this list because J.K. Rowling's beautiful, cozy descriptions of the holidays at Hogwarts are just too iconic. Despite this being one of the darker installments in the series, it will fill you with a sense of wonder and make you feel like you're sitting in a gorgeous castle being blanketed by snow.



SOUNDBITE



“Post Human: Survival Horror” by Bring Me The Horizon

By: **Nicole Shaker**
Contributing Writer

On Oct. 30, experimental rock band Bring Me The Horizon released their nine track EP, “Post Human: Survival Horror,” a powerful collection of aggressive cyber punk tracks, majorly inspired by the chaos of 2020.

Prior to its release, the band shared several singles including “Ludens,” which remains one of the strongest on the project, “Parasite Eve,” an interesting anthem with an intense buildup, “Obey,” a sarcastic collaboration with YUNGBLUD and “Teardrops,” which is currently the top streaming song on the band’s Spotify page. All four songs are great and “Ludens” and “Teardrops” are especially impressive for the masterful way in which they mix hard rock metal energy with impossibly catchy hooks. “Parasite Eve” is a little too long and intense for casual listening, but it sounds better in the context of the whole EP. “Obey (feat. YUNGBLUD)” fits the project nicely, but gets quite irritating with repeated listens.

The remaining five songs on the EP are mostly successful. The introductory track, “Dear Diary,” is a shameless nu-metal track, which jumps into the action without warning. Oliver Sykes’s screamo vocals set the tone for the rest of the song, so it may not be the type of song you can listen to individually. Three singles follow “Dear Diary,” and

then, comes the electro-metal interlude “Itch For The Cure (When Will We Be Free?).” It’s a fine transition in the center of the EP, but again, it might not be a song that’s good for repeated listens.

Two amazing collaborations follow: “Kingslayer (feat. BABYMETAL)” and “1x1 (feat. Nova Twins).” Although the verses of “Kingslayer” are a bit forgettable, BABYMETAL’s chorus is insanely good. It sounds like it belongs in a video game soundtrack -- a feature that definitely elevated the song beyond anything else Bring Me The Horizon has done in the past and it’s sure to become a classic in their discography. “1x1” is even better, boasting the catchiest chorus out of all the songs, but not compromising that gloriously angry, heavy song.

“Ludens” follows, and alongside “1x1,” it’s easily one of the strongest in the collection, complete with a slow yet effective build up and an ear-wormy chorus. The concluding track, “One Day The Only Butterflies Left Will Be In Your Chest As You March Towards Your Death (feat. Amy Lee),” is extremely different from the tracks which precede it. It’s quite soft, and Amy Lee of Evanescence has a powerful, ethereal voice, which contributes to a haunting, ambient atmosphere that takes the listener to a whole new world. It’s a perfect ending.

Overall, this EP is not flawless, but it captures the frustration, shock and turmoil

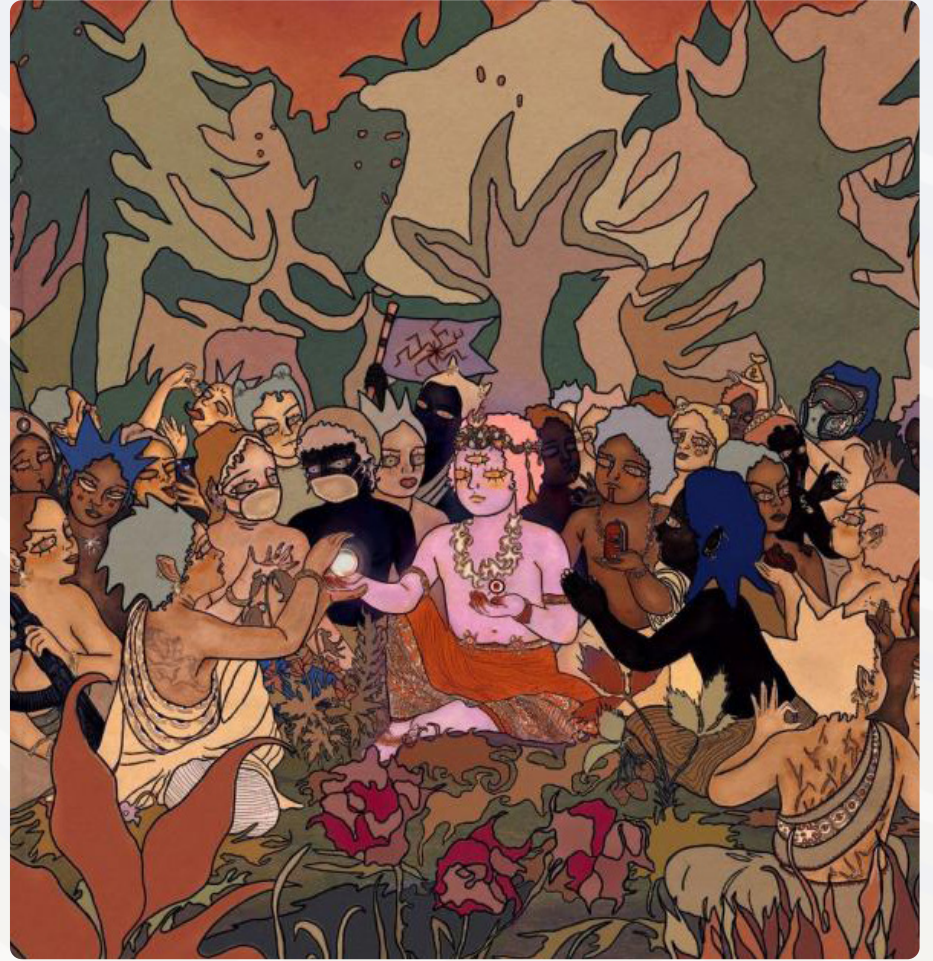


PHOTO PRINTED OBTAINED BY BRING ME THE HORIZON

Bring Me The Horizon’s latest album “Post Human:Survival Horror”

that this year has put many of us through. Bring Me The Horizon continues to bend

genres and create sounds and relatable lyrics that can appeal to anyone.

You never know what you have... until you clean your room

By: **Isabella Gómez**
Contributing Writer

Despite the fact that cleaning anything can be a nuisance, in our dorms, there is significantly less to clean than there would be in our own homes. Thorough cleaning and a change-up in your dorm will help you to stay organized and feel great in your personal space for the last stretch of the school year. Go ahead and organize your belongings, put those fall clothes away, break out that new wardrobe and make some decor changes along the way. Let’s get to (pre) spring cleaning.

Buy some Clorox Wipes -- if you can find them

There is no need for any fancy cleaning products when these miracle wipes exist -- if you can get your hands on them. They are long-lasting and affordable, and you can use them to wipe down and disinfect almost any surface -- a college student’s holy grail.

New bedding

Your bed is most likely the largest piece of furniture in your room, so changing your bedding can make a big difference in the overall look and feel of the room. Re-wash and dry those sheets that have been sitting in your closet for more than a month or maybe even buy a new bed set. Make your bed, add accent pillows and plushies to compliment each other -- not only are these for aesthetic pleasure, but also for maximum comfort while sleeping.

The switcheroo

Sometimes even the smallest of changes can alter the mood of a room. Switch your room around; change the location of your desk, move the wall decor or move your bed to an opposite wall. This sounds almost like a cheat, but it creates a new feeling in the atmosphere of your room without the high cost or a lot of time. Now you can also sweep, mop and vacuum under places that were hard to reach before moving any furniture.

Clean out your closet and drawers

I know this step probably sounds tedious, but it is very necessary. Sort through all of your clothes and shoes, take out any items that aren’t fit for the current season and store them in bins or suitcases. Once you’re done with that, reorganize your closet and make sure everything is hanging in the correct place. Neatly fold the clothes from your drawer and put them back accordingly.

Organize the clutter on your desk

You probably left a semester’s worth of clutter piled up in what is supposed to be your working space for the next few months. Reorganizing the area and tackling the mess will not only provide you with relief when things are suddenly where you can find them, but it will give you a fresh feeling of accomplishment, setting the tone for the semester ahead. Disinfect the surface with wipes and arrange everything that you deem

Coming home to a clean room brings comfort and ease after a long day

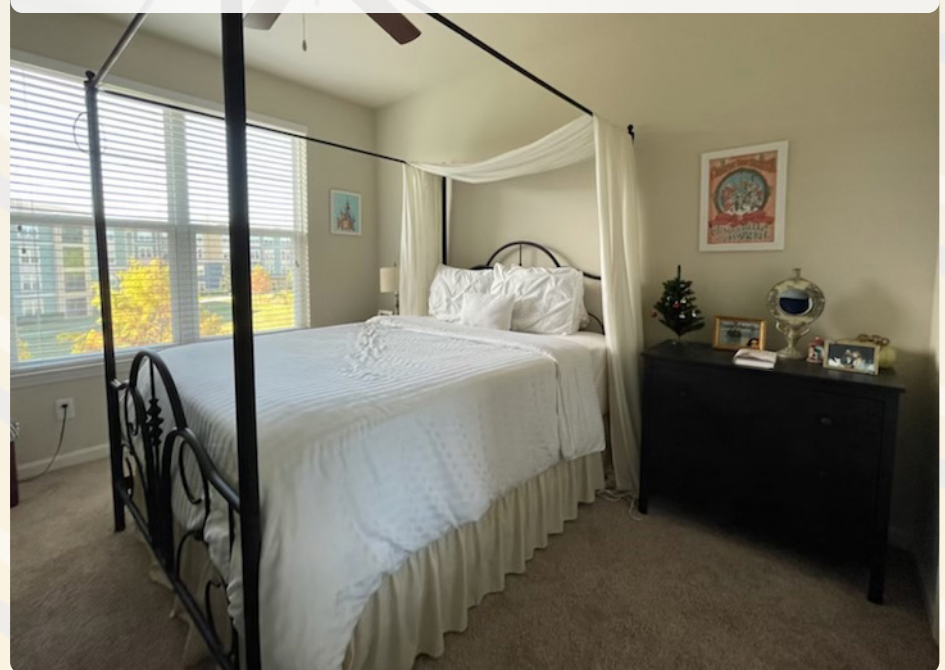


PHOTO PRINTED PERMISSION BY F.SHABAN

necessary on your desk to your liking. You deserve a clean, tidy work space.

germs are gone as well. It’s also guaranteed to make your room smell super clean.

Vacuum, sweep and mop!

After dusting off and wiping down the many pieces of furniture and items that have laid untouched over winter break, that leaves only one thing left to clean: the floor. You don’t have to do all three, but I suggest at least sweeping or vacuuming first in order to pick up any large dirt and dust particles. Mopping after that ensures that all the smaller particles and

Hopefully, these tips will help guide you in your spring cleaning, and maybe, even make it seem a little easier. In a small dorm room, a change in atmosphere goes a long way. It doesn’t take a lot of money, time or effort to make these types of changes either. Without much thought, it is simply cleaning and rearranging.

THIS WEEK SPORTS IN HISTORY

Jan. 4: First Black Baseball league

In 1920, the first all-Black baseball league in the U.S. was organized. The National Negro Baseball League would provide Black players with a diamond to play on until the game would become desegregated in 1947.

Jan. 5: Don Shula announces his retirement

On a warm Miami afternoon in 1996, legendary Miami Dolphins coach, Don Shula, announced his retirement. Shula led a long and prolific career and was widely considered among the best coaches the Miami Dolphins ever had. Shula appeared six times in a Super Bowl, only winning twice.

Jan. 6: First Womens' six-day bicycle race

Women got their first six-day bicycle race in Madison Square Garden in New York City in 1896, making it one of the longest sporting events that women could partake in at the time. The women's six-day bicycle race can still be enjoyed today.

Jan. 7: Harlem Globetrotters first game

In 1927, the famous Harlem Globetrotters played their first game. Contrary to what might've been expected, the game was not played in Harlem, NY, but rather in Hinckley, IL. The Harlem Globetrotters would go on to influence the decision to desegregate the sport of basketball.

Jan. 8: NCAA announces freshmen can play on teams

In 1972, the NCAA decided that freshmen athletes could play on all college sport teams starting in the fall semester of that year. Prior to this, football was still one of the sports that included a year of ineligibility where freshmen could focus on their grades and adjust to college life. This increased the competition of the NCAA by giving student athletes one year less to prepare for their potential debuts in their fields.

Jan. 9: Wayne Gretzky named best NHL player ever by Hockey News

In a 1998 publication of Hockey News, Wanye Gretzky was named the greatest NHL player ever. Gretzky played for the Edmonton Oilers, LA Kings, St Louis Blues and the New York Rangers. He went on to retirement and was inducted to the NHL Hall of Fame a year later, in 1999.

Jan. 10: No one was elected to the Baseball Hall of Fame

The 1945 Baseball Hall of Fame election results came as a surprise to many, with the writers who would normally decide candidates and vote electing no one to be inducted. That year, which was when World War II had ended, no induction ceremony was held due to lack of recipients.

On The Bench:

A crowd of silent fans

By: Emma Heineman
Features Editor

As most of us know, the Summer Olympics come around every four years. It is no surprise as we were and still are in the midst of the COVID-19 pandemic, that the Summer Olympics will most likely be postponed or cancelled.

Since I can remember, every four years, my family has always watched the Olympics on TV. I was looking forward to the games last year, and now, as we continue to live through the pandemic, I have not done much to get my hopes up for this summer. This summer, the

Olympics will be brought to us from Tokyo and is expected to span from late July to early August, we can only hope that this year we actually get to watch it.

I am looking forward to beach volleyball, swimming and gymnastics. I have always been awed by gymnastics and the skill a person must have to take on the uneven bars and not fall completely flat on their face. I would like to think that, in another life, I would be able to flip from one bar to another without hesitation even though in this life I hesitate trying to jump

over a track hurdle.

I can only wonder now, if in the coming months, the decision to have the Summer Olympics will be pushed back or what regulations will be changed when it comes to the audience and teams. I can only imagine the disappointment and frustration the athletes would go through once again after years of qualifying for such an event to just be canceled or postponed for a second time.

Some of my biggest questions surrounding the Summer Olympics would be if they are allowing audiences at the sporting events and how that

would look. There are many avenues they could take which could make this event interesting with the decisions to have limited audience or no audience. If they will have fans in the stands, how do they plan to ensure the safety of everyone in attendance?

However, it seems to be too early to know what the Summer Olympics will look like this year. Still months out, there is no real clear answer to any of my questions, but I can only hope that 2021 proves fruitful for the athletes and fans alike.

Finding Fitness: Incline walking: A simple and quick way to destress and sweat

By: Siena Berardi
Sports Editor

Let me start off by saying Happy New Year. We made it to 2021. Just 12 months ago, the world was ringing in the 2020 New Year, clueless to the events

good 45 minute jog through my local park. In college, I became a frequent member of the RecPlex. Currently, as the virus cases keep breaking daily records, a second quarantine

“Working out and finding ways to stay motivated in my down time hasn’t been an easy feat, but I find that a little bit of upbeat music and incline walking helps to do the trick.

that were to come. I was hopeful and happy, but as the months dragged on and the pandemic raged, it was hard to see the brighter side of life.

is inevitable and another strict quarantine means I will need to look again to an indoor workout regime.

Working out and finding ways to stay motivated in my down time hasn’t been an easy feat, but I find that a little bit of upbeat music and incline walking helps to do the trick.

Recently, my family was given a treadmill from a family friend. Thankfully, incline walking on a treadmill has become a fun new way to stay in shape and keep busy. My machine, which lives on my patio, faces the flora and fauna of my backyard, so it really feels as if I’m out in the world. What I like to do is set my treadmill’s incline to around 10-12, then I set the belt speed to 3 mph and continue at this pace for 30 minutes. This exercise allows me to walk at a comfortable pace for a reasonable time.

Incline walking comes with a multitude of benefits such as fat burning, muscle building and a great way to exercise with a low risk of injury.

Join me by ringing in 2021 with healthier habits and a more positive outlook on the future. Check out the songs I’ve included to get your own workout playlist started.

I may be a little late to the at-home-workout trend, but honestly, I didn’t think we’d still be dealing with strict guidelines.

In high school, I was an avid runner. I wasn’t a track star, but I appreciated a

RUNNING PLAYLIST:

JANUARY 2021

SONGS CURRENTLY IN MY SHUFFLE

- ▶
DANGEROUS (OLIVER REMIX) // BIG DATA
- ▶
HEAT WAVES // GLASS ANIMALS
- ▶
INERTIA // 20SYL
- ▶
CHICKEN TENDERS // DOMINIC FIKE

STREAM THE HOTTEST MOVIES RIGHT ON CAMPUS

sutv.nova.edu

CHANNEL 96 SUTV

NOVA SOUTHEASTERN UNIVERSITY



THE CIRCLE



The Broken Hearts Club
a romantic comedy



Trainspotting



The Breakfast Club



Tom Hanks is Forrest Gump



the perks of being a wallflower



PROTECT YOUR FUTURE AND YOUR COUNTRY

M.S. National Security Affairs
and International Relations

NSU Florida

[LEARN MORE](#) ▶



Living to work

By: **Nyla Whyte**
Contributing Writer

We need to talk about how Americans are working their lives away. It's hard to place when this happened, but at some point, we shifted to be almost entirely work-centered society. Working-class Americans are stuck in a rut.

There's this cycle that we go through. This monotonous routine to life is found throughout most of the country. You work Monday to Friday, catch a two-day break on the weekend, and then, it's back to work on Monday – and the cycle repeats and repeats and repeats. Until when exactly will we be doing this?

The average American is predicted to retire in their early to mid-60s. Does this mean that, until then, we're all just supposed to work two-thirds of our year away, every year for 40 years? It's worth questioning. Why do we spend so much of our lifetime working?

Consider how much life we're missing out on. In the grand scheme of things, the break that we

get on weekends or occasional national holidays are mere glimpses of what we should be experiencing regularly.

Not only that, but taking time off of work is almost frowned upon. It's been ingrained in us to prioritize productivity over our wellbeing. People would rather face a hit to their health, physical or mental, than risk potentially offloading more onto their team or face retaliation from managers in the form of reduced hours and pay.

Why should people feel anxious about calling in sick for the day? Why should new parents feel concerned about their job security after starting a family? Why do we operate as though life gets in the way of work, rather than simply being a part of it? Why is it that people with so much life ahead of them so often revert to dreaming about what they'll do when they retire? Why has our society allowed this to happen? Why does it feel like we're not simply working to live, but living to work?

Fears in the new year

By: **Chloe Rousseau**
Contributing Writer

Like many students, I have completed my winter registration and noticed that many of the classes do not say BlendFlex or online when enrolling. It shows the typical information: day of the week, time, location and the midterm and final dates and times.

No information has been released yet on what NSU plans to do for classes in the winter semester. There is still no information on if classes are in person or still BlendFlex or how many students are going to be allowed in a classroom at a time. All that we know is that there is no spring break and the school recommends that, if you went home for the winter break, you should stay online for 14 days, if possible upon the reopening of the campus. They also recommend not attending any large gatherings such as Thanksgiving, Christmas or other holiday parties and staying up to date with local COVID-1x9 guidelines.

It is pretty nerve-racking for me and my family not knowing how the winter semester is going to play out. Cases are on the rise again for COVID-19 as it was predicted by scientists and there are rumors about students who may have had it and plenty of students who are going out

to places where there are large gatherings. I also have seen many students not wearing masks properly or at all while on campus and walking through the UC, which I find deeply concerning.

Seeing how 'over it' people are now, I can only imagine it is going to get worse, again, before it can get better. Canceling spring break is not going to stop some people from spring breaking at Fort Lauderdale or Miami beach. There are vaccines that are now effective for protecting from COVID-19 for everyone, including seniors.

I worry that the school will be closed again by halfway through the winter semester, if NSU does not enforce policies more strictly. When the school closed last year, I was forced to go home and was only given 24 hours to pack as much as possible and get off campus. I was on a camping trip four hours away from school and I had to cut it a day short. Going home was devastating for me. I was ripped away from my friends and freedom. The last thing I want is to lose my only freedom: going to school every day and working on campus.

We can move on from 2020

By: **Bella Ameiorsano**
Contributing Writer

2020 has, for sure, been a whirlwind of a year. It has been a year of unexpected surprises and many of those haven't been good. I feel as if I can speak for many people when I say that 2020 was a year that tested our strength as individuals as well as the strength of the country. This year has been a prime example of the fact that no one knows what the years ahead hold, but no matter how much negativity and stress 2020 has brought, we need to move on in a positive direction and begin 2021 with heads held high.

Last year, the world experienced COVID-19, which has disastrously affected people on a physical level. However, moving into 2021 in a positive light is not just about moving on and assessing one's own physical being. A lot of it can be a mental game as well.

Assessing my mental state and knowing that I have made it, reassures the strength and power that I need to begin the year on the right foot. 2020 was a year of many defeats, but what matters is assessing myself and understanding

that many defeats don't leave me defeated because I'm still here and still going. It's all about knowing that 2020 was simply an obstacle, not an endpoint.

It's also crucial to take inventory of the good things. Many people can get so caught up in what they have unfortunately lost that they lose the ability to realize what is still in front of them and the many good things that are still present.

Again, this goes back to moving on in the sense that it is a mental game. Coming to realization with the good that is still present, such as still being able to attend college and work towards a wealthy career, have a job and being able to work or have a relationship to lean on, can help one see that they have definitely not hit rock bottom and there is still room for growth and new signs of light.

There are also various ways that people are physically moving on from 2020 and beginning 2021 with a clear mind. An example, which has become very popular through TikTok, is the #lettinggoplate trend. This is a great way to leave the stress of 2020 and any negative feelings from



PHOTO PRINTED PERMISSION BY F. SHABAN

Starting the new year in celebration and growth

the year behind by buying cheap ceramic plates and using a marker to write down what one wants to express in an effort to leave it behind and move on from it. Once all feelings are written on the plate, there comes the stress-relieving part of smashing the plate on the ground. This method is great because the plate smashing symbolizes letting go

and is the first step to growth and starting new.

Every year is a fresh start. It is important to move on from 2020, both physically and mentally, and allow 2021 to be an opportunity for new areas of growth, understanding and happiness.

Fins FaceOff

New Year's resolutions

Why we need them in 2021

By: **Veronica Richard**
Contributing Writer

With 2020 over with, we need to face 2021 with strength and positivity. Creating resolutions and goals for the new year may bring us this energy. I usually tend to avoid New Year's resolutions, but I believe this is something we may need now. This past year brought us fear and hardships as we have never seen and we have to pull ourselves out of this slump into a new year of possibilities. Coming up with personal goals that we wish to achieve may help us.

However, we need to make sure these goals can be accomplished and are not toxic.

Creating unreachable or damaging goals may give us the opposite of what we wish to feel and negatively affect our year.

Instead, reflect back upon the year you had and see what you wish to change. Start out small, such as "I want to study more this school year," and continuously build on your goals until you have accomplished them and so much more.

When 2021 comes to an end, you will be able to look back on all the goals you have achieved and begin planning for 2022. With the mindset of growing from creating goals, you can be unstoppable.

Why I'm against New Year's resolutions

By: **Jaden Wilson**
Contributing Writer

I used to be a huge advocate for making New Year's resolutions because I truly believed that the beginning of a new year signified the time for self-growth and change in a person.

On Jan. 1, I would feel so motivated and excited to get to work on whatever goal I had set for myself, only to lose that motivation once February hit. I believed that the new year was a great time to begin working on goals since a new year meant a clean slate. However, all of the efforts that I put into my New Year's resolutions soon turned into failure and reverting to old habits.

According to Forbes, 90% of New Year's resolutions fail and I know exactly why. Setting a New Year's resolution is tricky because you're giving yourself a time frame to start a goal. Time frames are dangerous when instituting goals because you feel more pressured when working towards the goal and being pressured usually ends up in the loss of willpower to reach a goal.

Another thing is that New Year's resolutions

are based on procrastination. When you implement the idea of starting your goal on Jan. 1, that basically implies that you will only begin to make changes once that date arrives rather than starting to make the changes right now. We treat the new year as if it marks a date that guarantees that we'll meet whatever goal we set for ourselves and that is simply not accurate. Why procrastinate your goals and wait until Jan. 1 when you can start to make changes right now?

Honestly, the point is if you're serious about a goal, don't wait until New Year's day to come around. Start it right now. Make your goals realistic and start coming up with a game plan to attack the goal. Anyone can achieve any goal they set for themselves as long as there's a strategy behind it. Make it more specific to where you will have mini-goals that will result in your larger one.

Swim into deeper waters: Be kind and widen your perspective

By: **Flor Ana Mireles**
Copy Editor

The truth is, a lot of us can be shallow, easily speaking without thinking and judging others for their beliefs, preferences, and basically, everything else. Some of us are shallow sometimes -- we're human, it's bound to happen -- but some of us seem to find venturing out into the deep a little terrifying or unnecessary, or perhaps, we just aren't aware of that depth.

Regardless of whether you left home for college or commute, the experiences you have here and the knowledge you gain help shape you into the person you are. Every time you go through something, good or bad, there's something you can take from it.

Last year, we experienced a shift on a global scale. From a pandemic that changed the way we live our lives to the U.S. presidential election, riots and everything in between, we got to see people's true nature and colors. With that, we got to see how different we all are and can be from one another.

While we may have different tastes, values and perspectives, there is one thing we all have in common: we are all experiencing our own lives and our own stories. We may go through similar experiences, but no one can look at the world through our individual pair of eyes and with the same exact perspective. With that, it is vital for us to learn to be more accepting of one another, flaws and all.

No one should be 'converting' anyone

to anything, whether that be relating to politics, religion, sexual orientation or anything else. Even if we don't see eye to eye and agree on things, we should, at the very least, be able to agree to disagree with one another. No one should have the power to dictate your life. You should be the sole leader of yourself and your soul.

Life is what you make it and I refuse to spend it trying to fit in or follow a crowd. I refuse to stay in the shallow waters when a world of opportunities and experiences awaits me in the deep. As far as we know, we are only able to experience our lives once. Why waste it trying to change yourself or someone else? What real good does that do to you and your soul?

We should all be focusing on ourselves, following our passions and swimming into deeper waters in the hope of finding ourselves and becoming the truest and best versions of ourselves that we can be -- not just for us, but for others, too. If you could change one life today by accepting someone for who they are and encouraging them to become the best they can be, would you do it? I know I would.

As we enter the new year, I encourage you to enter the year with love and acceptance in your heart. Be understanding of those with different perspectives from you -- everyone has something they can teach you. Go ahead. Go deep.



PHOTO PRINTED PERMISSION BY F. MIRELES

Copy editor Flor Mireles in Port Angeles, WA.

HEAR IT FROM OUR DJ!
YOUR LATEST IN MUSIC,
FEATURED ARTISTS & MORE
EVERY FRIDAY

RADIOX
Off the Record



LISTEN HERE

*Stay
Safe.*

*Stay
Current.*

