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Nova Southeastern University

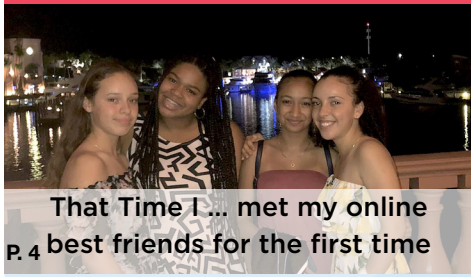
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Make a difference from home

As a part of Sharks and Service (SAS) through the Office of Student Leadership and Civic Engagement, serving the community has never been more accessible. In the past traditional SAS trips have taken place in person throughout the local community and the world, but now Healing the Planet: Effects of Global Change is one of the first SAS trips to take a new virtual hybrid format.

Each SAS trip focuses on a different social issue, and Healing the Planet aims to focus on different topics connected to climate change and its effects on the planet. These topics include forest fires, global warming, ocean pollution and more.

“The goal for the global climate change group is that they are going to learn about a variety of different factors that are affecting global climate change, from forest fires, global warming, plastic pollution and lots of different things. The way they are going to do that is through the site leader education, but we have also invited community partners to join the group virtually so they can learn about it,” explained Concetta D’Alessio, assistant director of Student Leadership and Civic Engagement.

Healing the Planet is an experience that is split up into three sessions participating students are required to attend. The sessions take place on three consecutive Saturdays, starting Jan. 30 at 10 a.m., focusing on the educational aspect of the trip. In addition, participants will take part in two designated service projects as a part of the trip. As a final added bonus, students who successfully complete this trip are eligible to receive one ExEL unit in community engagement.

D’Alessio emphasized the importance of having a SAS trip such as this during these turbulent times.

“We wanted to still give students an option to engage. I think it’s important that social issues don’t stop in the midst of a pandemic. If anything, it’s kind of interesting to see how the pandemic has affected these social issues in different ways, especially with global climate change. In the news you’ll see how single-use masks have affected ocean pollution and things like that, so we are trying to still incorporate the pandemic and how that has affected some of these social issues,” said D’Alessio.

Occurring simultaneously to Healing the Planet, SAS is also hosting a trip focusing on the social issue of immigration. For students interested in getting involved later in the semester, in March and April, there will be two additional trips, one on hunger and homelessness and the other on education.

D’Alessio also mentioned the success of this new model of SAS trips, and as such, SAS is discussing the continuation of this model for next semester and possibly beyond.

Monique Reto, a junior double major in elementary and exceptional student education and one of the site leaders for Healing the Planet, said, “If you’re looking to make a difference and learn more about global climate, get closer to your community, do some service and meet other NSU Sharks, it is a great opportunity.”

“While it is different this year, we still have a really cool opportunity for students who may be at home for the semester and couldn’t make it to campus but still want to make friends and connections on campus. I have made some really good friends through SAS and it’s probably one



By: Rick Esner
News Editor

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SAS 2019 Trip to New Orleans

of the reasons why I have been so successful here,” said Mitchell Garrabrant, junior history major and the second site leader for Healing the Planet.

Students interested in taking part in Healing the Planet should RSVP as soon as possible on the SAS SharkHub page as registration is

on a first come basis and space is limited. Students who may have missed their opportunity for this trip can keep their eye out for the upcoming trips later in the semester and still have a chance to make a positive impact in their community despite current circumstances.

NSU Athletics break records in the classroom despite COVID-19

By: Christina McLaughlin
Co-Editor-in-Chief

In the fall, as NSU students adjusted to the BlendFlex model due to COVID-19, NSU Athletics earned a record-setting 3.41 department-wide Grade Point Average (GPA) across all 16 athletic programs.

This GPA record is not the only mark NSU Athletics made in the classroom. Since NSU Athletics’ first year of NCAA competition in 2002, NSU has maintained the annual standard for the past 18 years. This past fall semester will mark the 21st semester that the department GPA exceeded a 3.0. Furthermore, this fall also marked the ninth consecutive semester that the NSU Athletics earned a 3.20 GPA or higher.

On an individual level, 79% of student-athletes scored above a 3.0 GPA last semester, with 32 student-athletes earning a 4.0 and 84 student-athletes named on the Director’s List.

According to Molly Griswold, senior

marketing major and NSU swimmer, setting a GPA record proves that NSU student-athletes are well-rounded individuals. Griswold believes even though their commitment to their sport is usually what is in focus, their success in academics on top of a rigorous team schedule is something not to be overlooked, especially since these athletes represent themselves as NSU Sharks inside and outside of their sport.

This fall, the women’s golf team, which was ranked No. 1 nationally last season, led all athletic programs with a 3.77 GPA.

“We strive to be the best on the course and in the classroom every single year. This year was like no other, and I am so proud of how the girls handled the situation and made the best of it. The NSU student-athletes as a whole showed how resilient they are and that they can overcome any obstacle thrown at them,” said Heather Wall, head coach of women’s golf.

Women’s golf was closely followed by women’s volleyball with a GPA of 3.68, softball with a team record of 3.58, tennis at 3.57, cross-country at 3.53 and with swimming and track tied at a 3.49 GPA. The men’s golf team earned a program best of 3.43 followed by men’s cross country at 3.41 and men’s soccer at a 3.36 GPA.

According to the head coach of the men’s and women’s swimming, Ben Hewitt, these athletes faced unprecedented challenges this past semester, but found a way to pursue academic excellence despite the hardships.

“My hope is that it will give them the confidence to know that they are far more resilient than they know, that there is always a way to get the job done and that there are a multitude of resources out there for them. I believe it sets the standard for future semesters that they can think quick on their feet and show poise under pressure in more ways than one,”

said Hewitt.

According to both Griswold and Hewitt, this semester was especially challenging since regular communication and encouragement between teammates as a support system was restricted due to social distancing requirements and the nature of the COVID-19 pandemic.

“I often struggled not being in the physical presence of many of my teammates. Because of the separation, it was harder to give and receive words of encouragement to my team at practice and in between classes. However, despite the distance, my support team never faded. I achieved academic success because my swim family and I constantly motivated and encouraged each other. These times have brought us all closer together,” said Griswold.



Global news,
courtesy of
the current

Japan declares a state of emergency in Tokyo

On Thursday, Japan's Prime Minister, Yoshihide Suga, declared a state of emergency in Tokyo as the country's COVID-19 cases continue to rise. In a news conference, Suga said, "This global infectious disease has exceeded our imagination and it's becoming a severe fight... We need to ask people to have a limited lifestyle." The state of emergency, which is said to be in place until Feb. 7, includes early closures of restaurants and bars, limited attendance at events and a request for residents to refrain from non-urgent outings.

Filomena blankets Spain with snow

On Thursday, snowstorm Filomena presented parts of central Spain with heavy snowfall, "leading to serious disruptions by mid-Friday," according to ABC News. Parts of central Spain, including Madrid, received more than 24 hours of continuous snowfall, accumulating over eight inches of snow. Due to the snow, 270 roads were closed and over 40 flights were delayed or canceled.

Sweden passes law allowing COVID-19 lockdowns

On Friday, Sweden's parliament passed an emergency law "empowering the government to impose coronavirus-related lockdowns," according to the Washington Post. The Swedish law went into effect on Sunday, permitting the government to have specific restrictions for both specific locations and activities. Sweden decided to pass this law as the world enters a new stage of the COVID-19 pandemic, where some countries are creating vaccines while others are battling surges.

Iran bans imports of U.S. and U.K. COVID-19 vaccines

Iran's highest political and religious authority, Ayatollah Ali Khamenei, banned the imports of U.S. and U.K. COVID-19 vaccines on Friday, stating they are "forbidden." According to Radio Free Europe Radio Liberty, Khamenei says "he does not 'trust' the two countries." The U.S. has developed two COVID-19 vaccines, Pfizer and Moderna and Britain has developed AstraZeneca. With that, Khamenei said Iran would be obtaining vaccines from "other reliable places." Other countries like China and Russia have also developed vaccines.

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News Anchor

Stay up to date with national events.

Right wing mob storms the U.S. Capitol in an effort to delay presidential winner certification

A group of right wing extremists mobbed the U.S. Capitol building on Jan. 6 in an attempt to object to the certification of the electoral college results appointing Joe Biden as the next president of the United States. The attempted coup resulted in a lockdown of the Capitol building as well as a curfew of 6 p.m. set by the D.C. mayor. Five people died during the attack, including one woman shot by police, one police officer assaulted by the mob and three other people due to unannounced medical emergencies. While only 68 arrests have been made, the D.C. police department and FBI are looking for information on those who participated in the riot.

Joe Biden is the certified winner of the U.S. presidential election

Congress confirmed Joe Biden as the official winner of the 2020 presidential election, only hours after they were placed on lockdown and escorted off the congress floor due to a mob of Trump supporters breaking and entering into the Capitol building. While originally over a dozen Republican lawmakers claimed to have plans to object to the electoral college results, only six objected in the final count. Despite the objections, vice president Mike Pence announced Joe Biden as the formal winner of the election in the early hours of Thursday morning.

Many call for Donald Trump's impeachment after violence in the Capitol

Many lawmakers, both Democratic and Republican alike, are calling for the resignation or second impeachment of current President Donald Trump following the violence that occurred when a mob of his supporters stormed the U.S. Capitol building on Jan. 6. Speaker of the House Nancy Pelosi announced that the House would be pursuing a second impeachment of Donald Trump if he did not resign immediately. Senator Lisa Murkowski is the first Republican lawmaker to publicly call for Trump's immediate removal from office.

News Briefs

Get the scoop
on events
happening on
campus and
around campus

Last chance to become an admissions ambassador

Do you think you have what it takes to be the face of NSU? If so, applications for admissions ambassador close Jan. 17 at 11:59 p.m. There will be mandatory information sessions over Zoom on Jan. 12 from 12-1 p.m., Jan. 13 from 4:30-5:30 p.m. and Jan. 16 from 11 a.m.-12 p.m. To join, use the Zoom ID 750-602-3809. Apply at www.nova.edu/admissionsambassadors.

VRC Speaker Series

Jan. 14 through April 22, students have the opportunity every Thursday at 12:30 p.m. to attend NSU's Military Affairs and Veteran Resource Center Speaker Series. All events will be held via Zoom. The topic for this first Thursday will be "Home Economics: Cooking with Mia." To join, use the Zoom link <https://nova.zoom.us/j/93353064210?pwd=QTdDeXkwNHAwL0J0d2EvV0lBTlVldz09>.

Improv Jam 11

Presented by NSU's Student Company, Stage 2 Productions, students are invited to enjoy a virtual show of hilarious improvisational skits written and performed by NSU students. The event will take place on Jan. 22 at 7:30 p.m. over Zoom. For the Zoom link, visit nova.edu/arts closer to the date of the show.

Digital Humanities Crossroads Contest

The NSU Center for the Humanities is having a contest for graduate and undergraduate students to showcase their Digital Humanities research. Submit completed projects to humanities@nova.edu by March 27. For more information visit <https://hcas.nova.edu/humanities>.

Passports to PC

Learn more about the Panhellenic Council on Jan. 15 from 12-1 p.m. in the University Center Spine. Students interested in learning more about Greek Life are encouraged to stop by and mingle with the members of Delta Phi Epsilon, Phi Sigma Sigma and Sigma Delta Tau sororities.

Winner selected for the first Student Media Photo Contest

By: Flor Ana Mireles
Copy Editor

On Friday, Jan. 8, members of NSU's Office of Student Media selected sophomore nutrition major and experiential leadership minor Shelby Van Schaick as the winner of the first Student Media Photo Contest.

With the theme of "Return of the Sharks," social media managers within each department of the Office of Student Media posted about the first Student Media Photo Contest, where the first place winner would win a \$50 Visa gift card.

The contest, which ran from Jan. 2 through the Office of Student Media's Media Mash event on Jan. 7, had more than a handful of entries, with students entering creative photos and captions. The contest was announced on Instagram and interested students had to follow the photo contest rules, which included following all Office of Student Media department accounts, posting an appropriate "Smart Shark" photo and caption that followed CDC guidelines, tagging the department accounts in their photo and using the hashtag #ReturnOfTheSharksPhotoContest, to enter their chance to win.

Some participants found out about the contest through Instagram itself

while others learned about it through word of mouth and other outside sources.

"I just saw an email [for the contest] and did it," said Dylan Darling, a junior secondary English education major.

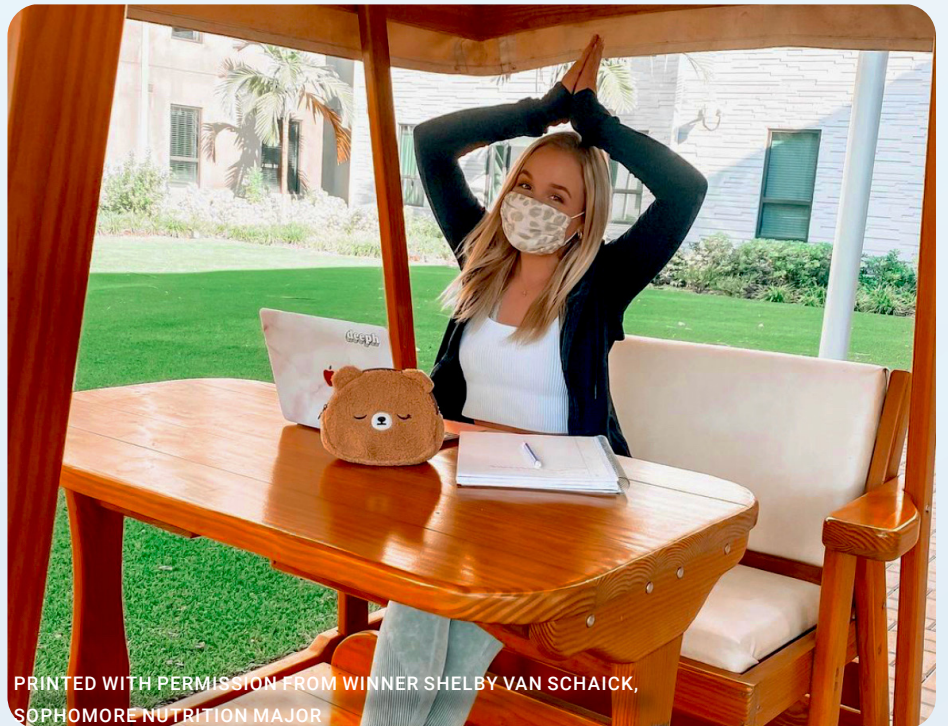
Winner Van Schaick found out about the photo contest through her sorority, Delta Phi Epsilon.

"It feels so great to be the winner -- I was so excited when I found out I won, I screamed to my roommate across our dorm and she was so happy for me," said Van Schaick.

Van Schaick's entries consisted of two photos, both of her in a face mask: one of her appearing to take notes near Mako Hall and the other with her doing the NSU signature 'fins up' pose.

Her caption read, "Returning back to school is easy when the weather is this nice."

Student media plans to host other photo contests in the future, allowing for more students to participate and have an opportunity to win prizes. However, as of now, there is no information about future contests. For more information on this recent photo contest and its participants, check #ReturnOfTheSharksPhotoContest on Instagram.



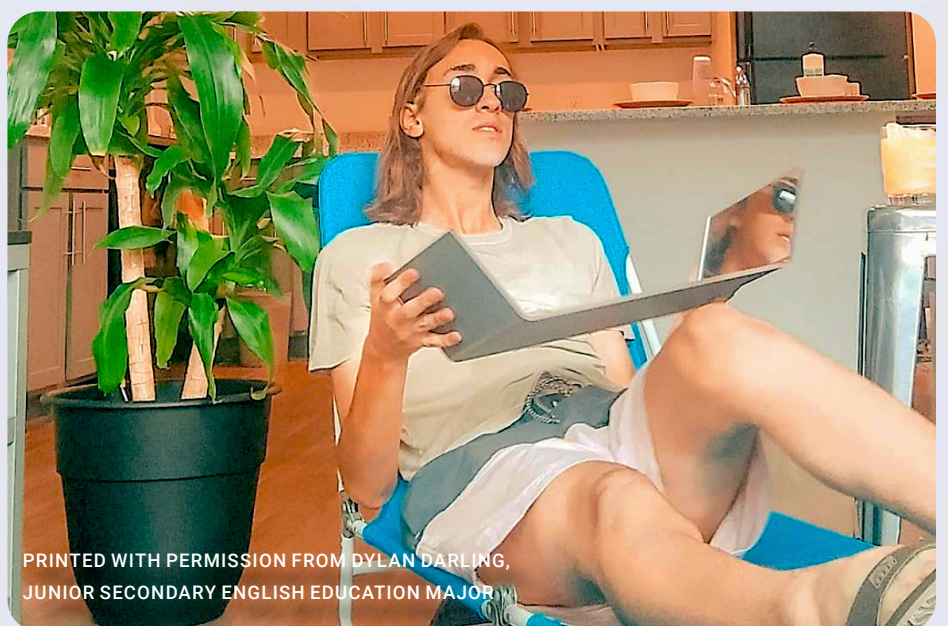
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What to expect this inauguration day

By: **Lauren Do Nascimento**
Contributing Writer

Inauguration day is a very historic and impactful day in American history because it is the day that the current president transfers his power to the president-elect. It is always held on the same day every time there is a transfer of power. However, this upcoming inauguration will be significantly different from the last one.

To be able to visualize what might happen during the upcoming inauguration day, one must first define and explain what exactly happens on inauguration day. Typically, the president-elect goes to the White House so that he can be sworn in alongside their family, the vice president and the vice president's family. Then, the ceremony begins and the president-elect takes an oath to execute the role of president to the best of his abilities, according to the Constitution of the United States. After the new president is sworn in, he usually gives what is called an inaugural address, and

then, the celebrations begin.

According to Charles Zelden, a professor in NSU's department of history and political science, "It's a big party, especially when you're seeing a switch between [political parties] because what it means is that there's going to be a clean sweep in terms of who the movers and shakers are in the executive branch."

However, in light of the pandemic, there will be plenty of things that will look different and the upcoming inauguration will not be an exception.

"I think there's still going to be a lot of celebration, but because of COVID-19, I think it's going to be outdoors. The [people] are going to be separated, they're going to have masks, especially with Biden taking over. There's going to be an emphasis on social distancing and good public health. I think you'll see less people sitting on the stage with the president, so they're social distancing and

you may not see the outgoing president," said Zelden.

One of the most obvious changes to the symbolic inauguration ceremony will be the social distancing. The Center for Disease Control, or CDC, guidelines will be in place. There will also be an emphasis on wearing masks, minimizing the number of people present and not as many parties or celebrations as usual. Additionally, there is a chance that the outgoing president might not be present for this ceremony, although this isn't the first time this has happened in history.

In the past, only John Adams and John Quincy Adams have ever opted out of the inauguration ceremony, for different reasons.

Zelden commented that this would depend on whether President Trump is willing to accept that he lost, and so far, that hasn't been the case, especially with his tweets last week voicing his decision not to attend.

However, no one knows whether or not the president will appear at the inauguration ceremony. If the current president does show up, there will be a traditional transfer of power, but if he doesn't, the inauguration ceremony will look very different.

"This will be a different inauguration because it was a different election," said Zelden.

The best way to view the upcoming inauguration is to accept that things will be different, but remember that the heart of the ceremony will still be there. At its heart, the ceremony is a transfer of power in a democratic way and the celebration of a new leader, even if the celebration may look different this year around. The inauguration will be Wednesday, Jan. 20 and to watch the ceremony tune into any news broadcast.

Going green as college students

By: **Aliyah Gomez**
Contributing Writer

Whether you are living on campus or receiving the best of both worlds as a commuter, there are several ways to start a habit of going green in the new year. Green Sharks e-board member, Elena Kampian, shared some different ways to ease into zero waste for the new year.

COVID-19 has caused a halt on many activities this year and the activities planned by NSU's sustainability club on campus was no exception. Every year, Green Sharks sets goals on activities they wish to accomplish on campus and in the surrounding community. Even with the harsh effects of the pandemic, Green Sharks is ready to get a move on their goals for next year.

"This year has been kind of weird, as everyone's probably experienced. We've had some drawbacks, but we're still trying to get a lot of events going on. One of the things that's great for the campus that we usually do is RecycleMania. This year, we couldn't exactly have RecycleMania, but we do still encourage recycling," said Kampian.

Green Sharks is constantly keeping their social media up to date, informing NSU students of upcoming meetings, events and days that revolve around going green.

On campus

"My advice is to just pay attention to the recycling rules and clean out the containers that you get, whether it's Shark

Dining or anywhere else. The more that you do that, the less risk there is of contamination and the more recycling we can have on campus," said Kampian.

Off campus

"Set up a system to be more sustainable. [For example, tell yourself,] 'This is the time I'm going to take my recycling here,' and put reusable bags in your car so you have them whenever you're at the grocery store.. These things happen gradually," said Kampian.

Although recycling may not be a daily norm for many people, there are several ways to create this healthy habit. Starting slowly and easing into this new way of throwing out containers and reusing materials occurs over time.

"It's kind of like snowballing one thing off of another because many people don't know where to start. I think the first step is making one small change and seeing how easy it is to keep making those changes," said Kampian.

Kampian voiced multiple different ideas Green Shark has in mind for the beginning of the new year. They hope to be all-inclusive, engaging with students who aren't physically on campus due to the circumstances.

"We've been talking about having sustainability 101 lectures and bonding events... Everything's been pretty virtual so we're trying to keep that engagement," said Kampian.

NSU's Green Sharks is always open for new members and ideas, especially in the new year.



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KEEP WITH WHAT'S CURRENT



@THECURRENTNSU

That Time I ... met my online best friends for the first time

By: **Isabella Gómez**
Contributing Writer



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Meeting my online friends in downtown LA

Back in 2018, I met two of my best friends, Ava and Chanel, for the first time in a new restaurant across from my cousin's apartment complex in downtown Los Angeles, primarily because it served Indian food, which I absolutely adore.

I didn't actually meet them for the first time at dinner, though.

We met about a year and a half before in a 2016 Tumblr group chat. In California, we finally hugged and laughed in each other's presence for the first time. There was no awkwardness, nothing different from our online personas and who we were

in the real world. It felt like we had known each other all of our lives.

It's difficult explaining the works of an online friendship to someone who hasn't personally experienced it. For as long as I can remember, it was instilled in me that having friends on the internet was taboo and that they were most likely to be online predators. While it is important to take precautionary measures in case someone is indeed catfishing you, the internet is a wonderful place to meet people you might not otherwise get the chance to talk to. Actually, when I originally

proposed the idea of meeting some friends up in Los Angeles to my father, I never brought up the fact that I had met those friends online. There seems to be a heavy stigma attached to online friendships.

People often pose these questions in regards to this topic: "Why would anyone need to make friends online? Why can't you just make friends in real life?"

I understand these reasonings, but I've always had trouble forming new friendships in person. I was cursed with being socially awkward at all times and topped with a terrible resting face, which probably makes me appear aloof and uninterested. Online, however, I'm saved from trying to read people and act accordingly — there are no expectations when you're behind a screen.

In various ways, I feel that the initial distance between Ava, Chanel and I allowed us to get close in the first place.

I used to find it so much easier to tell strangers on the internet about myself because I thought that they weren't really considered "friends." To me, they were just face-less outlets to pour all of my overwhelming emotions out to. In meeting these two friends of mine, however, I've come to realize that this skeptical view does not hold true. I've created genuine friendships with people online because I don't have to worry about over-expressing myself.

Unfortunately, we didn't have long in California. I was staying with my cousin and younger sister for two weeks, but Ava and Chanel were only in the area for three days, so we had to make the most of our time.

We planned our trip around intriguing tourist attractions, parks, museums and malls that we'd discussed in late-night group calls for months — the Santa Monica Pier, a few museums and hiking in Hollywood Hills, among the few of them.

We got henna tattoos together at the beach, took pictures at The Broad Infinity Mirrors Museum and slept underneath the stars at a camping site near the Hollywood sign. Perhaps, most shockingly, while dining on the most delicious fried delicacies at

a tiny BBQ and restaurant in a random corner of Koreatown, we spotted "Girl's Day" members Yura and Minah, and silently fangirled in unison — we are all hardcore K-pop fans.

My cousin and I left them at the LAX airport on Friday night so they could catch their flights home to their respective states. I dreaded this day because, realistically, we wouldn't know when we would see each other again. Flying nowadays is so expensive, and as high school students transitioning into the college lifestyle, free time would be of little availability to any of us.

"It's up to fate to unite us again," was my final thought as I watched them disappear behind the customs and immigration checkpoint.

A year and a half of friendship is a long time if you think about it — even longer if your only mode of communication is through a screen. We were all undoubtedly nervous about meeting each other, often joking that we wouldn't be as cool as our online personas in the real world.

Ava and Chanel had also been friends prior to befriending me, so a part of me felt like I would be the awkward intruder or third wheel to their already established relationship. On the contrary, while we sat at our table in that Indian restaurant trying to see who could eat the spiciest vegetable samosas without a sip of water, I realized that I couldn't be the intruder in a friendship that I was already included in.

Looking at us from the outside in, our online relationship was built from stupidly terrible puns and our love for Korean pop. Those might be the things that we talk about the most, but at some time in our friendship, we've covered possibly every detail there is to know about each other, down to our purest, most vulnerable fragments. I'd say that makes for a solid foundation.

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How to make a hot chocolate bomb

By: Veronica Richard
Contributing Writer

A new dessert dubbed the “hot chocolate bomb” appeared across social media throughout the holidays, and regardless of if you buy them premade or make them yourself, it’s a treat you’re going to want to try.

Hot chocolate bombs are hollow chocolate spheres filled with dry hot chocolate mix and mini marshmallows. They practically explode in your cup of warm water or milk and can be a great gift or a fun dessert to make with friends. Making your own may be difficult, but the end product is delicious and fun.

How to make the hot chocolate bombs:

1. Begin by chopping your chocolate as finely as possible with a kitchen knife. For the best results, use good quality chocolate. Chocolate bars with high amounts of cocoa butter or that contain at least 65% cocoa are best.
2. Place 24 ounces of the chopped chocolate into a bowl and microwave for 30 seconds.

3. Remove the chocolate from the microwave and stir. Make sure you fold it from the edges of the bowl to the center. This will evenly heat the chocolate, which will help you later on.
4. Put the chocolate back in the microwave for 15 seconds, then remove.
5. Using your food thermometer, make sure your chocolate is not over 90 degrees Fahrenheit.
6. Repeat steps 4 and 5 until you have fully melted chocolate, making sure it is not over 90 degrees.
7. To ensure your chocolate is properly melted, place a spoonful atop parchment paper into the fridge for

five minutes. If the chocolate is shiny and breaks apart loudly, then you have done it correctly.

8. Clean your silicone molds by using a paper towel until they are shiny. Any residue will affect the chocolate.
9. Using your clean ¼ inch paint brush, place a thin layer of your melted chocolate at the bottom and sides of the molds. Coat it entirely. Do not fill.
10. Place it into the fridge for five minutes.
11. Remove the molds from the fridge and repeat step nine by adding another coat of chocolate to the molds. Place it back into the fridge for five minutes.
12. Remove from the fridge, and if the steps were done correctly, your chocolate will easily release from the mold and be ready to assemble.

13. Flip your silicone mold upside down to hold your chocolate halves. Fill three of the chocolate halves ¾ of the way with hot chocolate mix and mini marshmallows.
14. Take the leftover melted chocolate and put it into a piping bag. Pipe a layer of chocolate on the rim of the chocolate halves.
15. Place an empty chocolate half onto the top of the full chocolates and press down gently to seal.
16. Using a paper towel, gently remove any excess melted chocolate from the sides for a clean look OR roll in sprinkles to decorate the sides.

How to use your hot chocolate bomb:

1. Heat your milk or water until it is steaming, but not boiling.
2. Place your hot chocolate bomb at the bottom of your cup and pour your milk or water on top.
3. Watch the chocolate bomb explode.

TO MAKE THREE HOT CHOCOLATE BOMBS, YOU WILL NEED:

- 1-2 CHOCOLATE BARS (CAN BE DARK, MILK, ETC.)
- FOOD THERMOMETER
- A KITCHEN KNIFE
- PARCHMENT PAPER
- PAPER TOWEL
- SILICONE SPHERE MOLDS
- CLEAN ¼ INCH PAINT BRUSH
- 1 PIPING BAG
- HOT CHOCOLATE MIX- MINI MARSHMALLOWS
- SPRINKLES (OPTIONAL)
- MILK

Brownie cookies according to TikTok

By: Ana Maria Soto
Contributing Writer



I don’t know if my phone just has a weird way of reading my mind, but recently, I came across a recipe video on TikTok

about cookies that were made with brownie mix at the same time I was thinking about both brownies and cookies. I just had to make them -- what can be better than brownie cookies?

There were several issues with this TikTok, the biggest issue being that they did not label the exact ingredients that were needed to make this dessert correctly.

I have made cookies in the past, so I was fairly certain I could replicate the recipe without any issue, but things like the measurements and baking time were slightly off.

The TikTok instructed that 8-10 minutes at 400 degrees Fahrenheit would be enough baking time for these brownie cookies. However, when I took the cookies

out after 10 minutes, they still weren’t ready. I left them for three minutes longer to make sure they would bake thoroughly then took them out to cool. The brownie cookies were complete, but they were a bit too crunchy for my taste.

If anyone enjoys food and TikTok as much as I do, I suggest finding better recipe videos, even if the short little baking TikToks look fun. It is hard to interpret a recipe when you don’t have everything you need, especially after watching a one minute video where the meal came out perfectly. Not everything is going to be perfect after the first try -- my cookies sure weren’t.

The following is my recipe including adjustments:

Brownie cookies (32 cookies)

- 1 box brownie mix
- ½ cup all purpose flour
- 2 large eggs
- 5 tablespoons vegetable oil
- 1 tablespoon water
- mini chocolate chips (your preference)



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Some freshly baked TikTok Brownie Cookies

Directions:

1. Preheat the oven to 400 degrees Fahrenheit
2. Follow the mixing guide on the back of the brownie mix box and use a spoon to scoop out the

brownie batter onto a baking sheet

3. Bake for 10-12 minutes. (Time really depends on how big your cookies are.)



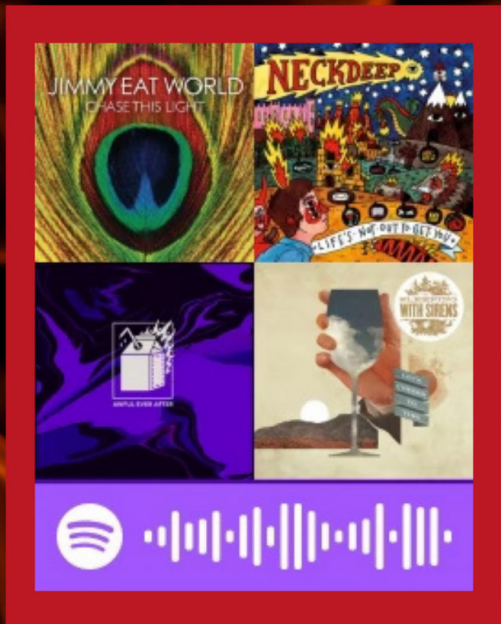
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WAVES OF THE WEEK: MAD MELODIES

By: Nicole Shaker
Contributing Writer

We all have those days when nothing is going right and we just feel like letting go and screaming out all our volatile emotions. These songs provide the perfect outlets to help us do just that. They're honest, angry and perfect for when you just feel like raging. These songs will be sure to get you jumping and yelling along.



"Awful Ever After"

Hot Milk

"If You Can't Hang"

Sleeping With Sirens

"Citizens Of Earth"

Neck Deep

"Dizzy"

Jimmy Eat World

"The World Is Ugly"

My Chemical Romance

"The Wounded World"

ASITIS

"Scary Mask"

Poppy, FEVER 333

"Today I Saw The Whole World"

Pierce The Veil

"Death Valley"

Fall Out Boy

"Ratking"

Boston Manor

OFFSHORE CALENDAR

The Great 1964-1965 NY World's Fair and the Great Big Beautiful Tomorrow Webinar
Jan. 12 | 5:30 p.m.

[RSVP](#)

Live Guided Meditation hosted by Meditation Breaks
Jan. 13 | 8:30 p.m.

[RSVP](#)

Make 2021 Your Most Powerful Year Yet
Jan. 14 | 3 p.m.

[RSVP](#)

Virtual Tour of Buckingham Palace
Jan. 15 | 7 p.m.

[RSVP](#)

Louvre Museum Live Interactive Virtual Tour
Jan. 16 | 11 a.m.

[RSVP](#)

First Ladies - Smithsonian National Portrait Gallery Livestream Program
Jan. 17 | 11 a.m.

[RSVP](#)

44th Annual Celebration of the Life and Work of Dr. Martin Luther King, Jr.
Jan. 17 | 2:30 p.m.

[RSVP](#)

MLK Day Celebration 2021
Jan. 18 | 1 p.m.

[RSVP](#)

A journey into the dark future: "Cyberpunk 2077" review

By: David Cuervo
Contributing Writer

On Dec. 10, we saw the release of CD Projekt Red's newest RPG, or role-playing game, "Cyberpunk 2077." Beginning its development after the studio created the last expansion pack for "The Witcher 3," fans of CD Projekt Red had been excitedly waiting for the game's release since the first date set back in April. After three delays and years of teasers, fans finally got their chance to explore the open world of Night City and meet the colorful characters this game has to offer.

In "Cyberpunk 2077," you play as V, a lone mercenary, embarking on a quest that challenges the ruling class of Night City as you strive to go from a nobody into a legend.

One of the best measures of a compelling RPG is not just how good its main storyline is, but how captivating the side quests are. As a player, you can go ahead and barrel through the main questline to complete the story; however, the side quests you do decide to play have a huge impact on the story. In fact, most of the game's personality comes from the available side quests, with the main story taking only roughly 20 hours to complete.

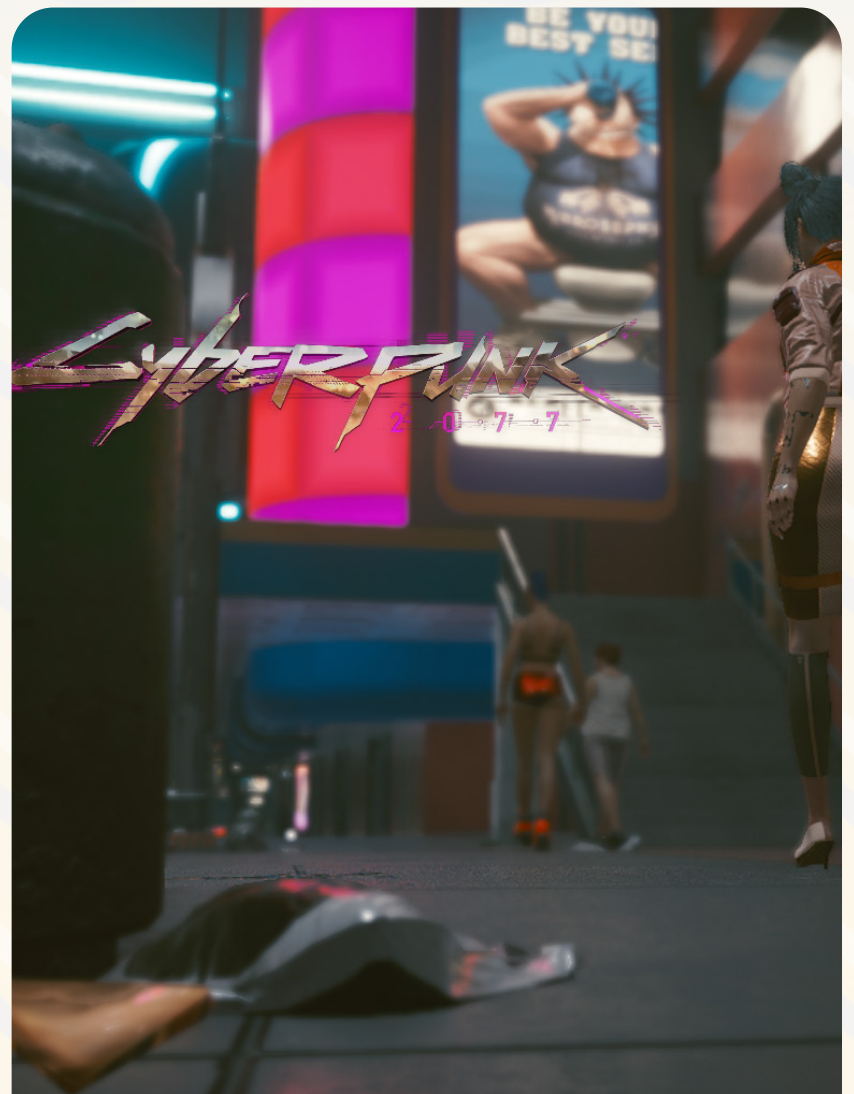
Side missions vary from different types of jobs clients can give you, to more personal interactions with side characters. The quests have a variety of options you can choose from that result in some of the most exciting, emotional or downright hilarious conclusions. Whether you want to try your hand at a diplomatic approach to resolve conflict or would rather strong-arm your way through it, "Cyberpunk 2077" gives you the chance to do that.

In terms of gameplay, how you play depends on your dialogue choices and what attributes you choose to specialize in. The different attributes are body, reflexes, technical ability, intelligence and cool. My first playthrough had me as a streetwise, cool net runner able to talk or hack myself out of any situation. My second run opted for a less diplomatic approach, more so relying on pure muscle. The RPG elements drive most of the gameplay, and as a result, decide which of the seven possible endings you can end up with.

Unfortunately, "Cyberpunk 2077" was released with many technical bugs. Some of these bugs were more silly small ones; for example, enemies might t-pose to assert dominance, while others were more frustrating and stopped the progression of quests.

Since its release, CD Projekt Red has released a series of patches meant to address these issues, with two big patches promised in the coming months. Depending on the system you play on, you may not encounter some of the most glaring issues, optimization and visual bugs. On strong PCs the game runs fine, but on lower-end hardware or older consoles, visuals can be slow to load, requiring you to wait a bit for everything to appear.

Overall, "Cyberpunk 2077" is a game with a lot of heart. The story is one of the most emotionally captivating stories I have played, driven by a strong cast of characters, such as Johnny Silverhand, who accompanies you for much of the game. The characters all have their own stories and development throughout the game and serve to make the world feel realistic. Night City is a city you can get lost in, exploring various locations and taking in the smaller details.



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Gameplay of Cyberpunk 2077

THIS WEEK SPORTS IN HISTORY

January 12, 1997

American professional golfer Tiger Woods secured a win at the Mercedes Championship, which was the third win of his career.

January 13, 1994

On this day, American figure skater Tonya Harding's bodyguard and an accomplice were charged with conspiracy to attack figure skater Nancy Kerrigan before the U.S. Women's Championships. Tied to the conspiracy, Harding was banned from figure skating and stripped of her championship title.

January 14, 1964

Tennis player Martina Navratilova became the third person to achieve one hundred tournament wins

January 15, 1964

Major League Baseball Hall of Famer Willie Mays became the highest paid player at the time after securing a \$105,000 salary contract with the league.

January 16, 1883

The first Rugby Football Union in North America was created in Quebec, Canada and consisted of teams only from Quebec, later expanding to Eastern Ontario teams in 1894.

January 17, 2012

LeBron James was recognized as the youngest NBA player to achieve 20,000 points across his career.

January 18, 1991

At the 1991 Australian Open, a tennis match between Omar Caporese and Boris Becker clocked in at five hours and eleven minutes, making it the longest match recorded at the time.

On The Bench:

Selective sports over competitive dancing

By: Daniella Rudolph
Contributing Writer

Throughout our lives, we are taught about the importance of getting our bodies moving. It improves memory, mood, sleep, appetite, concentration, and overall, almost all aspects of the healthcare spectrum. We are conditioned from such tender ages to learn how to include this magical activity, especially through school enrichment programs such as physical education, or simply, gym class.

There are a handful of those who are born destined to be more than just a high school sports star. There are endless opportunities for full college scholarships or even being paid to do it alongside academics. There is an even smaller category of those who will go onto being at the top of their game in sports. They

were born for gold medals, money and fame on global levels, most notably being the Olympic games, the NBA, the Tour de France, etc. Whilst the rewards are incredible, the things that one has to endure to get there is more often than not undesirable and that keeps the pool small and extremely competitive.

Many of us know the level of dedication these athletes give to their talents -- waking up in ridiculously early hours of the day to do lengthy periods of extreme physical exertion in training and constantly tracking what goes into your body -- is enough to put any average person off.

However, this restrictiveness doesn't only apply to athletes' lifestyles, it applies to what is considered a sport and the most prevalent example of this is dance.

Dance may be a stunning culmination of expression and art, but why is it not considered a more serious form of athleticism when these performers are training just as hard as these award-winning athletes? They perform just as hard, but at half the praise and seriousness.

For example, those who dance at some of the most prestigious ballet companies across the world train endless hours to keep fitness and strength, along with beauty and poise. They endure sleepless nights during rehearsals, which happens weeks, even months, before opening night.

Furthermore, although competitive dancing may have its own individualized competitions and showcases, a gold medal from World Dance Championships are most

definitely not held in the same light as a gold medal from the Olympic Games.

Finally, athletics is taken much more seriously when it comes to college. Athletes get offered thousands of dollars in scholarships and more. Yet, this is not the case for most academic institutions offering arts programs. How does one decide the way in which one moves their body to be more impressive than others? Just as they say, "art is interpretation," then is sports not in actual fact interpretive, too? Does this not prove that they are, in reality, more similar than the world gives credit for? Shouldn't they be put on the same pedestal?

Finding Fitness: Sunrise yoga

By: Briana Ramnauth
Contributing Writer

Waking up early to do sunrise yoga is a great way to start the day. It can be a pain to wake up so early, but it gives you a jump start on your day. Sunrise yoga is very peaceful and allows for those who practice it to be in touch with themselves while being in a serene environment.

It may seem like such a drag to get out of bed early in the morning, but after waking up early often, it becomes a habit. Sunrise yoga can be conducted indoors or outdoors; it just comes down to your own personal preference.

If you have never tried yoga before and are looking to get a feel for what yoga is, visit NSU's RecPlex. The most important factor is being in an environment that puts you in a good head space, especially since yoga is not only physically beneficial, but mentally beneficial as well.

If you have prior experience and knowledge of yoga, then give sunrise yoga a try. Find a place that brings you comfort and lay out your mat. Watching the sun rise while creating a connection between your mind and body can reduce stress and anxiety. Therefore, you will release that negative energy if you woke

up feeling a bit tense.

Sunrise yoga can set the tone for your day. It is the first thing you do in the morning and will have a lingering effect throughout your day. This can make for a more productive day. There will be more time for goals to be created and achieved since you will be awake and energized. Creating this early morning routine can better one's mental health and help create a steadier sleep schedule.

Yoga is like a big morning stretch and can increase flexibility, strength and balance without using any weights.

As time goes on, your body will become used to waking up early and then will proceed to have a boost of energy from yoga, which will then make getting out of bed much easier. As a college student, life can get hectic, which is why it is a good thing yoga exists. After your morning yoga session, you may notice that you are calmer and more relaxed throughout your day.

Taking this time to complete a yoga workout is worthwhile and is making time for yourself. Achieving a task in the morning can increase confidence and a sense of self-worth.

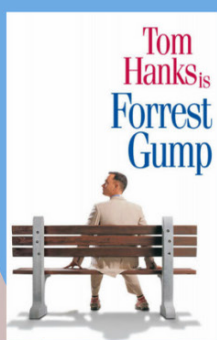
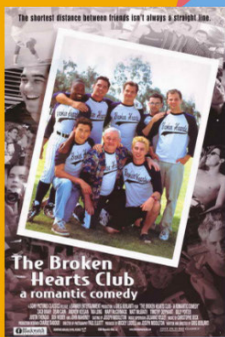
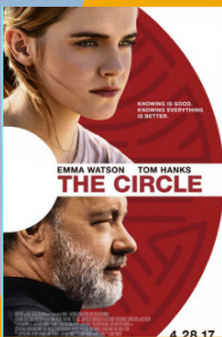
As Aristotle said, "Through discipline comes freedom."



Sunrise yoga in Celebration, FL

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Hiding behind a price wall

By: Alexander Martinie
Opinions Editor

Knowledge and information are one of the most important and influential concepts people can get their hands on, especially in the digital age. Because of this, people and companies tend to hoard their knowledge or only share it with those who pay a subscription, which is clearly seen in news and academia. Take news articles, for instance. The New York Times offers only four free articles a month for non paying subscribers, whereas sites like Breitbart are free, but at the cost of journalistic integrity.

Many sites will gatekeep users for the majority of their work with a price wall, only offering a certain number of sources to those who do not pay for the information.

According to information scientist Karine Barizilai-Nahon, gatekeeping is a process of control access to information as a way of exercising power.

Even the source I found that definition on was gatekeeping. I was only able to read less than a page of the article on gatekeeping before a price wall came up to tell me that, to get the full paper, I would have to pay at least \$7 for a 24-hour trial.

How can people justify excluding people from information? By hiding information behind price walls, it limits who can access information. This causes people to look for the first free source they can find, no matter the accuracy. By gatekeeping complete and accurate sources, these sites drive people to other less

credible sources.

Many free sites do not have the most accurate information, which is a shame. Sites like The New York Times that have a price wall also make revenue from advertisements and sponsorships to run just as well without subscription fees. The Associated Press is a great example of this.

The Associated Press is able to produce timely and accurate information at no cost to subscribers. This should be the standard for not only journalism, but academia. Anyone should be able to access accurate information about the sciences, humanities and any other academic domain. Otherwise, we see a society of people that deny science because they do not understand it.

Now, I'm not saying that free information will magically fix all the problems in the world, but by exposing everyone to a wider variety of accurate information, we can work towards solving bigger problems in the world. If we make these resources available to everyone, then we may not have a rampant denial of the sciences or a distrust of modern medicine.

When accurate information is hoarded, it leaves a void that is quickly filled in by misinformation, but if the correct information is available and people are taught how to recognize misinformation, then we can diminish one of the problems we face today.



I'm just so tired

By: Alexander Martinie
Opinions Editor

We can all agree 2020 was a terrible year. Maybe, the worst one that our generation remembers, and hopefully, the worst that we will have in our lifetime. Many of us went into 2021 with hope that the worst was behind us, but the events of last Wednesday showed us that it is not over yet.

The start of this year has been so bad that I am struggling to find the words to describe it. Even just remembering it is giving me a stress headache. It has all been way too much for a generation.

This generation lived through two economic recessions, watched the rise of extreme nationalism and a live attempt at a coup d'état, grew up in the fallout of 9/11 and was taught from a young age what to

do in case of an active shooter. Yet, other generations have the audacity to ask what is wrong with us.

The same generation that told us that we didn't know what we were talking about when we spoke out against injustice and human rights violations was the same generation that made up the majority of last week's insurrectionist movement and called for violent and lethal action against peaceful protests following the death of George Floyd months ago, committing acts of domestic terror and then claiming that they were peaceful.

After this, I think I have seen it all. I doubt that 2021 will have anything left to surprise me. At this point, I am numb to it all.

Is mental health being overlooked in a time of COVID?

By: Bella Ameiorsano
Contributing Writer

With the spread of COVID-19, it's no surprise that mental health has been hypothesized to be declining due to the high mortality rates of the virus and the general isolation from friends, family and the daily routine that people were accustomed to before the pandemic.

Although stay at home orders have eased since their commencement in March 2020 and people can now go to work, run errands and eat at restaurants, there are still various restrictions such as social distancing and mask ordinances. Life just isn't the same as it was before the pandemic, making individuals feel quite lonely and depressed.

In addition, outside stressors caused by the election, issues at home and toxic or abusive relationships may impact an

already altered mental health state. All of these factors have caused many people to either enter a state of depression or worsen their pre-existing state.

However, mental health is being overlooked. Physical health has become the main concern, which is understandable considering over 11 million people in the U.S. have been diagnosed with COVID-19 and over 246,000 people have, unfortunately, died from it. Yet, with all of this happening, many people's mental health states are getting much worse. People may not even realize that their own friends and family may be suffering because they are focused on the physical impacts of COVID-19, causing an overlook of the warning signs of someone's mental health decline.

As comedian and mental health advocate

“We live in a world where if you break your arm, everyone runs over to sign your cast, but if you tell people you're depressed, everyone runs the other way.”

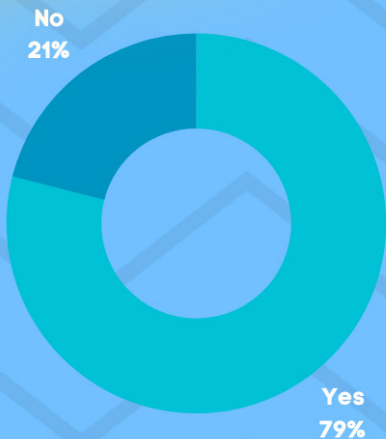
Kevin Breel says, “We live in a world where if you break your arm, everyone runs over to sign your cast, but if you tell people you're depressed, everyone runs the other way.”

It's important to acknowledge mental health during these tough times because many are suffering, which has already caused an increase in the U.S. suicide rate.

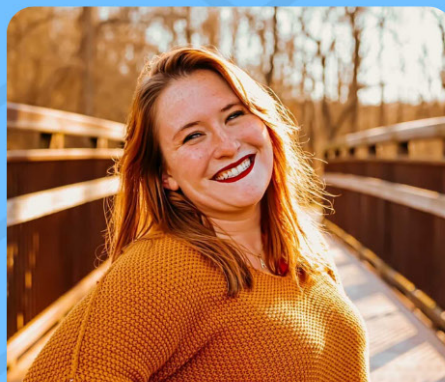
I do think that mental health has I do think that mental health has always been something overlooked, but during the time

of COVID-19, it has been overlooked even more due to the focus on physical health. Mental health needs to be acknowledged and people need help. It may be difficult to physically check in on friends and family due to restrictions, but even a message or phone call can help. Times are tough and stressful at the moment, and both physical and mental health need to be balanced and addressed.

Shark Speak



Are you thinking of taking the COVID-19 vaccine?



“Yes, of course. No questions asked. I want to be able to protect the ones I love and anyone I am around. It shouldn't be a hard decision to make,” said Megan Springer, graduate student of national security and international relations.



“I think the vaccine could cause more harm than good. We know nothing about its side effects or long term effects. It was made way too quickly and I don't trust [that] our government has our best interest in mind, especially this administration,” said Sean McCray Jr, graduate student of clinical mental health counseling.

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The Biden administration: My hopes and fears

By: **Gabriel J. Stone**
 Contributing Writer

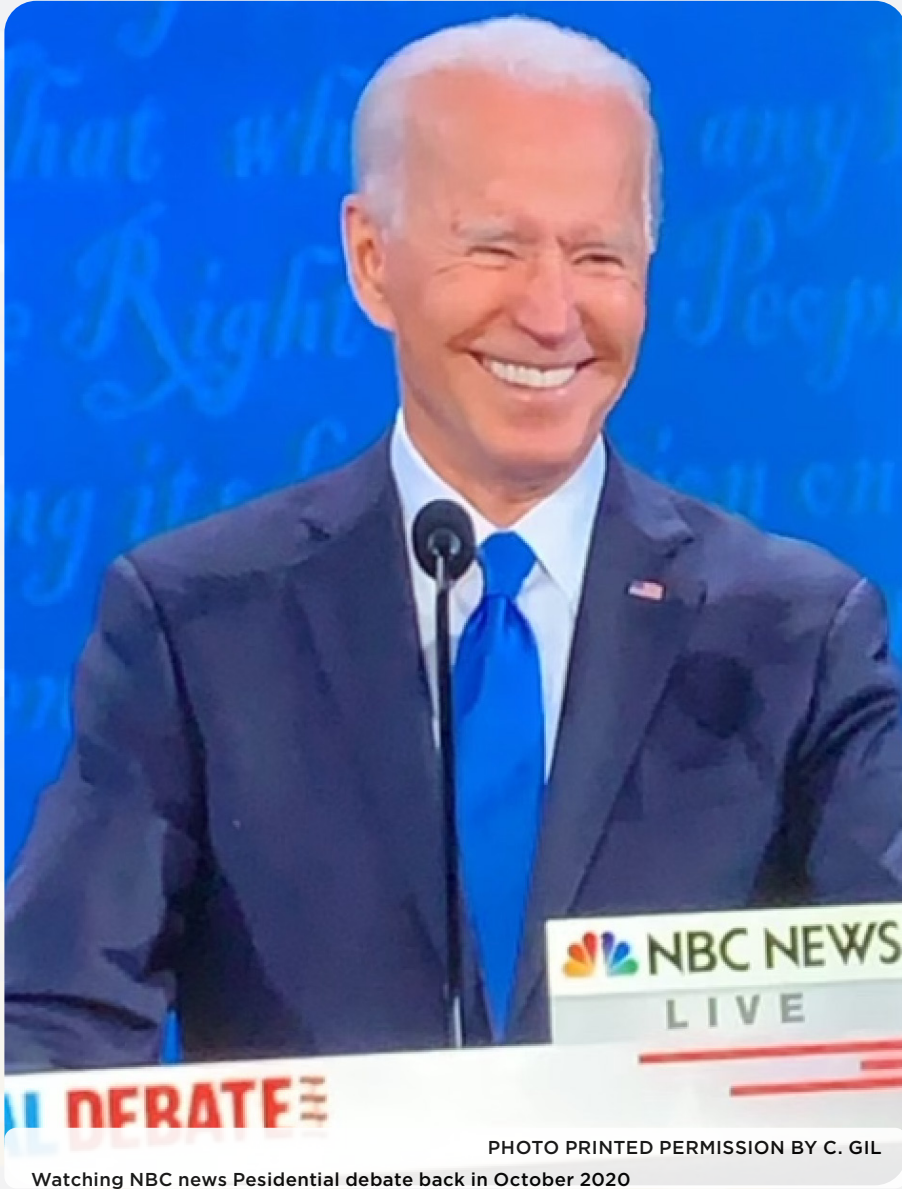


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Watching NBC news Presidential debate back in October 2020

The race to the 2020 election has been one of the most intense campaigns in recent history, resulting in some of the highest voter turnouts this nation has ever seen. After all the blood, sweat and tears that came from campaigners, protesters and representatives alike, America has been through a whirlwind of emotions while the people made their voices heard all while dealing with a global pandemic.

The aftermath of President Trump's administration wrought President-elect Joe Biden and Vice President-elect Kamala Harris. This election has been historic for so many reasons, such as the previously mentioned voter turnout, but it also marks the oldest president the nation has seen, breaking Trump's record of 74 years old since Biden is 77.

Another historical element of the election is that our new Vice President-elect, Kamala Harris, will be the first woman, the first Black, and the first South Asian to hold her position. Harris' husband, Doug Emhoff, is also set to become the first "second gentleman" and the first Jewish spouse of a president or vice president. The diverse representation of the first and second American families is so beautiful and unlike the abominable garbage fire that became of the Trump administration. The Biden administration fills me with optimistic joy for this incredible country as I can once again proudly declare I am an American.

We have seen many displays of disgusting hate these last four years under the president's watch, such as the Parkland shooting killing 18 innocent students in the middle of a school day, the Tree of Life synagogue shooting killing 11 people in the middle of prayer, the Route 91

Harvest Country Music Festival shooting killing 58 people and wounding more than 500, the First Baptist Church shooting killing 26 people in the middle of praying, Santa Fe High School shooting killing 10 people right before graduation, the Proud Boys white supremacist group founded in 2016, the Thousand Oaks shooting killing 12 people, El Paso Walmart shooting killing 22 people and the infamous Charlottesville march "Unite the Right" spewing racist hate speech chanting "Jews will not replace us" as well as anti-Muslim and anti-Black speech led by the KKK.

This is not okay. Trump has undoubtedly failed this nation too many times.

The failure that was Trump's atrocious attempt at being the leader of the free world made advocacy necessary with movements and strikes such as the Me Too movement, the Black Lives Matter movement, March for Our Lives, the fight for LGBTQ+ rights and climate strikes. There has been a collective increase of activism throughout the U.S.

As a Latino-Jewish-American, I have experienced -- and sometimes still do -- fear for my security in this country as there is so much blatant hate. Will I be just a nameless victim of a school or nightclub shooting? Will I get gunned down at temple while I pray? Will a racist's violence take my mother from me just for looking the way she does? I pray that Biden's administration will be different, and even though I have many fears, the words of our new leader inspire my hope for a greater America.

A nation looking to heal

By: **Rey Perez**
 Contributing Writer

On Nov. 7, President-elect Joe Biden and Vice President-elect Kamala Harris addressed a crowd of supporters outside their headquarters in Wilmington, DE. The speech that was delivered that night gave the American people a glimpse of what the next four years would be like. It was a speech that will be remembered for years to come due to its historical significance. The speech signaled the end of the Trump administration, which will go down in history as one of the most divisive administrations the U.S. has ever seen.

Vice President-elect Kamala Harris began the night by stating that the American people "chose hope and unity, decency, science and yes, truth" this election cycle.

She made sure to state that, although she is the first Black and Mixed race Vice President in history, she is "not the last" -- a campaign slogan that will echo throughout time as a reminder to the American people. Shortly afterwards, she welcomed Biden on to the stage..

The words that Joe Biden would utter next would be addressed to a people who have suffered greatly for four long years due

to a loosecannon president. With families torn apart, neighbors against neighbors, fighting and anguish in the streets, unrelenting warfare online, old friends made enemies, emotions manipulated, careers ruined, the country was locked in a cold civil war.

President Trump actively referred to his political opponents as his "enemies" and spread other toxic and dangerous rhetoric that riled up his supporters and those who disagreed with him.

He blamed Democrats, stating, "The crime was by the Democrats, folks. They've committed, in my opinion, many crimes."

He used incendiary statements, such as "Our political opponents look down with hatred on our values and with utter disdain for the people whose lives they want to run. That's the way they've been doing it."

He even denied his own defeat, waging a pathetic and desperate battle to undo the will of the people while wondering why they did not vote for him. America anxiously awaited to hear what the 46 president-elect had to say.

Addressing the nation, Biden stated "I pledge to be a president who seeks not to divide, but unify, who doesn't see red states

and blue states, but only sees the United States."

He continued, thanking those who had supported him and for who he would fight for "Democrats, Republicans, independents, progressives, moderates, conservatives, young, old, urban, suburban, rural, gay, straight, transgender, White, Latino, Asian, Native American, African American [and more]."

The statement would make history as the first victory speech done by a president-elect to mention transgender individuals.

A smiles spread across the faces of the audience, there was still one issue: those who were not smiling, those who had voted for Trump.

This made all the difference. Instead of kicking them while they were down, as many Trump supporters had done over the four years, Biden set the tone when he took the high ground.

"For all those of you who voted for President Trump, let's give each other a chance. It's time to put away the harsh rhetoric, lower the temperature, see each other again and listen to each other again and to make progress we have to stop seeing our opponents as our

enemies. They are not our enemies, they are Americans," Biden said.

There are sure to be those who ignore this message -- I can hardly blame them, the last four years have been tough -- but if enough people listen to this crucial part of Biden's speech, we can be what he later called "a nation united, a nation strengthened, a nation healed."

What matters most now is not if President-elect Biden can hold our hands and do it for us, but if we, the American people, can learn to unify ourselves, respect each other, forgive each other and reject divisive rhetoric wherever it may rear its ugly head.

It's easy to hate based on views, but it's harder and more noble to accept people regardless of them.

In the 2001 movie musical "Moulin Rouge," it is sung, "The greatest thing you'll ever learn is just to love and be loved in return."

Over these four years, what I have learned is that, when you make room in your heart for love, there is no space for partisan hate.

*Stay
Safe.*

*Stay
Current.*

