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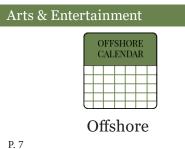
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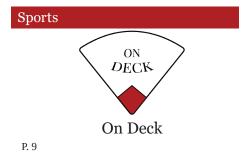
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NSU requires masks to combat COVID-19 variant uprising



NSU is once again requiring students, staff, and faculty to wear masks on campus, regardless of vaccination status. This decision comes after a rise in COVID-19 cases in South Florida after the emergence of the Omicron variant. This policy change was announced via a letter from President George Hanbury II, which was emailed to all students on the evening of Dec. 30, 2021. President Hanbury encouraged students returning to campus to not only get vaccinated against COVID-19 if they have not already done so, but also to get their COVID-19 booster shot if they have received two doses of a previous COVID-19 vaccine.

The policy was put into effect beginning on Jan. 3, the first day of classes during the winter semester. In the letter sent out to the university, President Hanbury announced other guidelines students should follow to avoid the virus, including following CDC safety guidelines against COVID-19 and staying home from classes if they feel sick.

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.



International Tidings

global news

Assassination of the Hatian president

On July 7, 2021 Jovenel Moïse, the president of Haiti, was assassinated in his home in the city of Port au Prince. The 53 year old ruler was shot 12 times. Many of his bones had been intentionally broken and one of his eyes had been removed. His wife, First Lady Martine Moïse, was also shot - but survived and was quickly taken into protective custody. It was discovered that foreign mercenaries, 26 Columbians and two Haitian Americans, were responsible for the killing.

New COVID-19 variants

Two new variants of the COVID-19 virus continued to spread in 2021. The Delta variant was first identified in India. The Center for Disease Controlstated that this variant was more severe and more contagious than the original strain of theCOVID-19 virus. More recently, the Omicron variant has begun to spread throughout the world and was first identified in South Africa. According to the CDC the Omicron variant is the most contagious out of the three. However, it appears have less severe effects, particularly for those who are fully vaccinated and have received their booster shots.

El Salvador makes Bitcoin official currency

El Salvador made history as the first country to adopt Bitcoin as a national currency for its citizens. This meant that almost all places of business should accept bitcoin as payment for transactions. The country also introduced something called the "Chivo App," which was designed to simplify the process of using the currency. To encourage citizens to download the app, the government offered a small amount of Bitcoin to those who participated. Later in 2021, the Chivo App began having many technical difficulties with individuals being unable to download it. El Salvador is continuing to work on making the "Chivo App" experience as user friendly as possible.

Pandemic Olympics

The Summer 2021 Olympics were hosted in Tokyo, Japan, where thousands of athletes from across the world came together to represent their country and compete for medals. This year, however, no spectators were allowed at the games due to the risk surrounding the COVID-19 pandemic. Many athletes spoke out about the mental health challenges they faced competing this year without the support of fans. Olympic gold medalist Simone Biles received both support and backlash after she chose to withdraw herself from the event in order to preserve her mental health.

CTheCurrent

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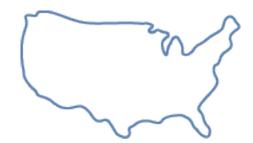
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News Anchor

national news



Jan. 6 insurrection

On Jan. 6 of 2021, supporters of former president Donald Trump from all around the country traveled to Washington D.C. and broke into the United States Capitol building over the results of the 2021 presidential election. Many stole items from the Capitol, with some even threatening the lives of lawmakers including Vice President Mike Pence, who was in charge of confirming the votes that evening. The insurrection headlined global news for weeks and investigations with regard to those involved being sentenced are still pending. This was an event that made American history and will not soon be forgotten.

Derek Chauvin guilty of all charges

Derek Chauvin, the Minneapolis police officer who put his knee on the neck of George Floyd, was found guilty of all charges. The incident was caught on tape in the summer of 2020 and sparked protests across the world. Many were coming together demanding justice for Floyd, who died at the scene. On April 21 of 2021, Chauvin was charged with second-degree unintentional murder, third-degree murder, and second-degree manslaughter. Chauvin is, however, appealing the convictions and the other officers involved are scheduled for trial in March of 2022.

Bill Cosby freed from prison

Bill Cosby, a comedian, TV personality, and spokesman was released from prison where he was serving a sentence for many sexual assault charges and over 60 sexual assault allegations. These allegations contributed to the "Me Too" movement, encouraging women who had been sexually abused or assaulted to come forward to speak their truth. Because of a previously overlooked agreement, the Philadelphia Supreme Court had no choice but to release him. Many of those who were a part of the "Me Too" movementwere relieved when Cosby was sentenced and were distraught at his

Juneteenth announced as federal holiday

Earlier this year, federal lawmakers passed a bill making Juneteenth a federal holiday. The holiday commemorates when the last group of enslaved people, located in Texas, learned that slavery was abolished. For the first time in 2021, many businesses closed in celebration of the holiday. Many activists had been fighting to make this a reality for years and were excited to see it finally come to fruition. President Joe Biden stated, "Great nations don't ignore their most painful moments," as he signed the bill into law.

News Briefs

campus news



HalloQueen drag show

During the fall 2021 semester, Nova Southeastern University held the HalloQueen Drag Show in the Rose and Alfred Miniaci Performing Arts Center on campus. The show consisted of several different drag queens lip syncing to music and interacting with members of the audience. Following the performances was a question and answer session for students to ask the queens about their different experiences as members of the LGBTQ+community. Lastly, there was a photo booth outside where students took pictures with their favorite queens. The event was put on by the Office of Diversity and Inclusion.

Sharkapalooza

To kick the fall semester off, Nova Southeastern University hosted their annual Sharkapalooza event. This event was held online during the 2020 academic year. For many students, this was their first time experiencing it. In 2021, the event was hosted on the Bill Gessner Sports Complex field on the NSU Davie campus, where over 100 students set up tables to represent their student organizations so that others could learn more about them and potentially sign up. The event also had many live performances including several of NSU's dance teams and Greek Life Strolls.

"Anything That Floats" annual raft race

Nova Southeastern University held its 30th annual raft race last November after having to skip the tradition in 2020 due to the COVID-19 pandemic. Students came together with a \$200 budget to build rafts and race them across Gold Circle Lake for the chance to win prize money for their clubs on campus. The team in first place received \$3000, second place \$2000 and third place \$1000. Two Razor's Edge Leadership students placed along with the Office of Student Media. NSU's President, George Hanbury II, among many other students and staff were in attendance cheering teams on.

Homecoming week

Nova Southeastern University hosted their annual homecoming dance on a private yacht in Hollywood, Florida on Friday, Nov. 12, 2021 from 9 p.m. - 12 a.m. The four story boat offered a formal dining room as well as a rooftop dance floor where refreshments were served. The boat also featured a bar for those who were 21 years old or above. Another event was the Sunday brunch held in the Flight Deck backyard. This event featured a brunch picnic set up with chicken and waffles as well as tacos. The brunch was accompanied by a live violinist and an ice-cream food truck.

Lifelong Learning Institute hosts Winter Welcome Week

By: Alexander Martinie Copy Editor



The Lifelong Learning Institute was created by Abraham Fischler, the second president of Nova Southeastern University, and is one of the oldest organizations within the university. The LLI will host their Winter 2022 Welcome Week between Jan. 10 and 13. During Welcome Week, the LLI will offer free lectures both inperson and over Zoom. In-person attendance will be limited to 100 people per class, and prior registration is required for in-person and Zoom attendance.

The lectures and series' hosted by the LLI are also offered to faculty, staff and students. The LLI's Welcome Week will take place on the East Campus of Nova Southeastern University – Alumni Hall 3100 SW 9th Ave. Fort Lauderdale, FL 33315. For those that will be attending over Zoom, the Zoom meeting links will be available by Jan. 7. Lectures will take place at 10 a.m. and 12:30 p.m. To register, email the LLI at lli@ nova.edu with the subject marked as LLI Winter Welcome Week.

"In the old days, my predecessor used to have an open house where we would serve, like, a light breakfast and people would come in and speak to us about what the [Lifelong Learning Institute] was all about. And then, I was his marketing communications community person. When I got to know what the [Lifelong Learning Institute] was, I said 'how about we offer free classes during an open house," said Linda Maurice. "So, people come and actually try out what we're telling them about and they can experience it, at no cost, and then we'll sign them up, hopefully. It's a great marketing tool,

and he really liked that idea."

According to Maurice, the director of the LLI, "[Fischler] had a vision of education from birth through older adulthood. So that is why we have a preschool at Mailman Segal and we have a private K through 12, undergraduate, graduate and then lifelong learning. [The Lifelong Learning Institute is] actually one of the oldest parts of this university because we were founded by him in 1977. The lifelong learning has changed and the progress changed because whatever programs like lifelong learning systems back in the 70s, were really peer led."

The LLI has mainly transitioned away from peer lead groups, focusing more on lectures and series' taught by professionals from various fields. The lectures and series' hosted by the LLI are usually focused on the humanities, with lectures and series' relating to art, music, politics, history, literature, etc. With the new semester comes new lectures.

"I've always offered, and a lot of people don't know this, that our classes are not just for older adult members. When we used to be at [University Park Plaza], I would tell all staff and all the different divisions around me, follow our schedule online on the calendar. If you see something that interests you, shoot me an email and let me know and for more [information and] come and watch us and now that all of our classes are also on Zoom. It's a lot easier, because if someone doesn't want to take the time to drive to this campus to sit and person watch, if they want to pop in and pop out it's free, additional lifelong learning education for

our whole university."

Here are just a few of the lectures offered this semester. For more information about all of the lectures offered, visit the LLI's calendar at https://osteopathic.nova.edu/lli/calendar.html.

Civics and Democracy Series- Voting Rights

Taught by Charles Zelden, professor of humanities and politics at NSU. The next Civics and Democracy Serieslecture will take place on Jan. 12 at 12:30 p.m. on the East Campus of NSU or on Zoom. This lecture will focus on voting rights throughout American History.

Botticelli's Birth of Venus

Adjunct professor from Florida International University, Batia Cohen, will lecture for the LLI on Botticelli's famous painting, Birth of Venus. Cohen's lecture will take place on Jan. 19, at 10 a.m. on the East Campus of NSU or over Zoom.

Poetry Corner

Poetry Corner with Gary Kay is a peer leader group that takes place on Jan. 31 at 12:30 p.m. on the East Campus of NSU or over Zoom.

Raised houseplants in my dorm room

My family has a long history of green thumbs, but I always assumed that gene hadn't been passed down to me. I struggled keeping plants alive; even so-called "beginner" plants like succulents and air plants got the best of me. With each plant I killed, I felt worse and worse about getting new ones.

Over the past year, I've been feeling really overwhelmed. I've been working on things to help center myself and keep me motivated.

We have dozens of plants in my mother's house that always made me feel relaxed. Halfway through my junior year, I decided to give plants another try after years of failed attempts. I decided not to start with a succulent, which I was inevitably going to forget to water and kill like the others, but a marimo moss ball. I swore to myself that if I could keep my moss ball alive for a year, I would allow myself to venture into other plants.

I treated my moss ball like a first-born child. I put little crystals in its jar, flew it home with me in a little bag full of water and changed its water biweekly for a whole year. When I moved into my dorm this year, I took a chance and

bought a monstera adonsonii. It was definitely not a beginner plant, and it drooped dramatically during the first weeks I had it.

I feared the worst, and in a final effort to solve the droopiness and yellow leaves, which Google told me was due to overwatering, I gave it a bit more water than I was comfortable with. Seemingly overnight, it was green and perky again. With more water, it quickly sprouted not one, not two, but eight new leaves. After my monstera adonsonii was brought back from near-death, I've since shamelessly bought two golden pothos, which are thriving in addition to my previous plants.

All this time, I've desired owning a monstera deliciosa. However, adult plants can be insanely expensive, and the ones sold around Davie were all too big to thrive in a dorm room. I took another chance and decided to try growing from seeds. I bought a pack of eleven seeds from a local nursery and planted them in an ice cube tray. I covered them with a Ziploc bag and lightly misted them every four days. The nursery told me that the seeds would germinate and sprout in as little as 12 days, and after two weeks



passed with no signs of growth, I was ready to give up. Sad that my green thumb wasn't quite green enough to nurture new plants, I still misted them every four days in hopes that something would change.

Nearly two months after I planted them, something did change. Two little sprouts poked through the dirt. Then four, then six, and now I have nine out of the 11 seeds growing. I've

been able to replant four of them into their own individual grow pots, and they all have cute little monstera deliciosa leaves.

My plants are my pride and joy. They're a great reminder of growth, both as a person and a hobby. They keep me motivated and remind me that I'm capable of doing things that I don't always give myself credit for, and to never give up on things that make you happy.

Don't haul back the holly and keep those halls decked

By: Sophia Cortes Arts & Entertainment Editor

Every year after the winter festivities, piles of discarded holiday decorations are left in dark corners of attics, basements or closet corners, unable to see the light of day until the autumn months. If you're like me, seeing these twisted muddled piles of lights and tinsel worn boxes full of kitschy ornaments left forgotten in the accumulating dust will squash any sort of left-over holiday cheer. Why fall under the societal norms of taking down your holiday decorations once the season has ended? There are a surprising number of things you can do with leftover holiday decorations to keep the cheer all year round. You just need a little bit of that holiday spirit and sprinkle of imagination.

One of the easiest things you can do is take the route of The Christmas Palace in Miami and

keep your decorations up year-round, or at least longer than usual. It may be a nonconventional way to beat the winter blues, but leaving up your lights and garlands up for a couple months longer could be your best bet.

No matter what you celebrate, lights are always an important part of any winter holiday decorations. The versatility of lights can help you keep things fun and fresh as the year progresses. Depending on what color lights you have you can change them out as the seasons change, and if you have outside decorations a simple matter of keeping them up will spruce up your house with minimal extra effort. Keep in mind that energy bills are unfortunately things one must consider, so it would be wise to invest in battery powered lights instead of seeing how

high your energy bill can get. If you don't want to keep your entire set up all year round, but still want to leave some of the spark, those twinkling Earth made stars are right for you.

Leftover Christmas trees or real pine wreaths can be hard to take care of after the season ends, but if you have access to a fire pit or are willing to dry some leaves, then there's actually a few fun things to do with left over pine. The first and best use is for any sort of kindling for future bonfires. It may take more effort to cut up the tree, or at least some parts of it, but your future pine scented s'mores will thank you all the same. If you aren't able to be a lumberjack for a day is to take off as many branches as possible and set them off in a cool dry place to dry. Want your house to keep that

delicious pine smell? Put some pine needles, and other spices you think may complement the leaves, into a small pot of water and set it to boil. Once the water is boiling keep it to a light simmer and let the wintertime aromas envelop you and your home in their brisk, comforting embrace.

The end of the holiday season can be a disheartening time for some, but just because the new year is ringing, and spring is well on its way doesn't mean your home has to go back to its drab way of living. These are simply a few things to do with your decorations, but there can be so much more to explore, you just need to hold onto that holiday spirit just a little while longer and let your imagination run wild.

National bird day: What birds do we have on campus?

By: Sofia Gallus Editor-in-Chief

Jan. 5 marks National Bird Day, a day for nature lovers, bird watchers and feathery friend enthusiasts to celebrate the incredibly diverse group that is birds. Those who celebrate National Bird Day focus specifically on both the welfare of captive birds as well as the conservation and protection of the species of birds that are native to their respective areas. South Florida is host to many different unique species of birds, and so in honor of National Bird Day, we'll explore the different birds you may see on campus.

Common Grackle

Common grackles are often mistaken for crows and ravens, but they are not, in fact, part of the corvid family. They are, actually, closely related to cowbirds and orioles. Common grackles have dark black feathers that sometimes have a blue-green-purple shining iridescence. Students at NSU's Davie/Fort Lauderdale campus may have seen them hopping around on the ground in parking lots or resting on the roofs of buildings.

Gray catbird

Gray catbirds are gray in color with a dark strip on top of their head and a reddish-orange patch of feathers beneath their tail. They are known for their unique bird call, which sounds like a cat's meow, earning them their name. Catbirds are most often seen in shrubs or trees, and can be seen in the low branches of trees as you walk along the paths on campus.

Anhinga

The anhinga is one of the most unique native birds that takes up residence in South Florida. While it is commonly found in the Everglades, due to NSU's main campus proximity to the national park, they can occasionally be seen on campus. They are easily recognizable due to their long neck and can be seen on most sunny days resting on the side of Gold Circle Lake with their wings outstretched.

Wood stork

The wood stork is the only species of stork that is native to the U. S., and it is exclusively found in Florida and some parts of southern Georgia. The wood stork can be identified by its white plumage contrasted with its bare, brown,

vulture-like head and neck. While wood stork populations in Florida have declined drastically over the past decade due to an increase in water pollution, they can occasionally be seen wading into the shallower parts of the small lakes and ravines on campus.

Muscovy duck

Perhaps one of the most renowned birds that has made its home on NSU's main campus, the Muscovy duck is easily recognized from the strange bright red skin growths on its head that develop as they age. While these are Muscovy ducks, they are not true Muscovys, but instead a smaller domesticated version.

Insurrection: One year later

By: Rey Perez Features Editor

On Jan. 6, the Capitol was attacked in an attempted insurrection, trying to stop the certification of the 2020 presidential election results. One year later, the story of the insurrection has been told through those who carried it out.

Since late November, 129 people have pleaded guilty for the charges brought against them as a part of the insurrection and more than 700 people have been charged, according to Insider.

Texas realtor Jenna Ryan, who participated in the attack on the Capitol, after being sentenced to 60 days in prison said that showing remorse for her participation would be "like a thought crime," according to the Independent.

Unlike her, Jacob Chansley, the man well-known for being the QAnon-shaman, has expressed remorse from his jail cell according to CNBC. During sentencing, Chansley said, "I was wrong for entering the Capitol. I have not

excuse. No excuse whatsoever." Chansley was infamous for being one of the central figures in the Capitol insurrection, even going so far as to stand at the speaker's podium.

The Jan. 6 congressional committee, which was formed to investigate the insurrection and those who have ties to it, has subpoenaed various far-right figures and organizers of the rally prior to the insurrection, such as Alex Jones and Steve Bannon. Bannon recently failed to respond to a subpoena from the Jan. 6 congressional committee and was charged.

The "Stop the steal" organizer, Ali Alexander, was subpoenaed and has said that he will comply with the subpoena, according to a video posted on his Telegram channel.

"The only reason I'm going is that I don't want to go jail," said Alexander.

Members of the far-right groups that have expressed racist and homophobic rhetoric such as the Oath Keepers and the Proud Boys have also been arrested and have even been accused of planning the insurrection. Plenty have been charged, but like other suspects, have not been convicted yet.

According to Local 10 News, Julio Chang, a former Broward Sheriff's Deputy, was arrested and charged by the FBI with misdemeanor charges. The charges include: entering and remaining in a restricted building or grounds, disorderly and disruptive conduct in a restricted building or grounds, disorderly conduct in a Capitol building and parading, demonstrating, or picketing in a Capitol building. According to Chang's LinkedIn profile, he received his graduate certificate in Conflict Resolution from Nova Southeastern University and was a PhD Candidate for Peace Studies and Conflict Resolution at the time. Urszula Strawinska-Zanko, chair of the Department of Conflict Resolution studies at NSU said "NSU officials are aware of this situation, and they are taking

appropriate steps. NSU does not condone this type of behavior. We hold our students and alumni to the highest standards, and the alleged actions of the individual in question do not reflect the university's beliefs or values."

Meanwhile, Fox News host Tucker Carlson's documentary "Patriot Purge" has two longtime contributors for Fox resigning. The documentary equates the insurrectionists to suspects during the War on Terror. At one point stating, "Jan. 6 is being used as a pretext to strip millions of Americans – disfavored Americans – of their core constitutional rights."

Many have been arrested in the insurrection and the Trump administration has been heavily criticized, but has the response from officials so far ensured justice is served? More importantly, has it made sure that this will never happen again?

Hot chocolate and where to find it

By: Danna Bertel Contributing Writer



The weather change in Florida conveys a mood for cuddling in a blanket and drinking hot chocolate. While Florida might not have traditional winter, hot chocolate is still the ideal warm, comforting drink. It is also a delicious drink with versatility and different variations through toppings. Moreover, Davie has more delicious hot chocolate drinks to offer other than your usual Starbucks or Dunkin' Donuts.

Filomena's Bean Coffee is a cozy establishment in Shenandoah Square. The coffee shop offers hot chocolate with whipped cream in addition to its ambiance, as it is a great place to share a drink with friends or do assignments. You can also enjoy some of the live events the coffee shop offers. This place is perfect if you enjoy a variety of hot and cold drinks and latte

Crema Gourmet is a perfect shop to add to your Instagram feed with its vibrant ambiance, comfortable sitting, latte art and food presentation. The coffee shop can be found on University Drive, only eight minutes from Nova Southeastern University. Their hot chocolate is not just creamy but also visually appealing, which creates a good combination with their pastries and the slightly cold weather.

Vicky's Bakery has more than just drinks there are several options between cakes and Cuban sandwiches. You can order hot chocolate with different types of milks. Vicky's bakery is able to attend to different costumers with different diets, including those who are vegan.

Euro Bread & Café is found on Stirling place no more than eight minutes away from NSU. This bakery holds stunning cakes, pies and other pastries, demonstrating to be a great place to have breakfast not just through their menu but its welcoming ambiance and the warm smell of baked goods. This bakery is a place to visit if you have a sweet tooth.

Lastly, Ella Café located near Broward Blvd., is a beautifully rustic decorated coffee shop. This coffee shop will serve their hot chocolate in a cutting board and a heart shaped cookie. You can also enjoy your drink with an open mic night.

Hot chocolate might just be a simple drink, but it is a nostalgic drink capable of making us feel warm and put smiles on many faces. These coffee shops and bakeries offer very exquisite renditions of hot chocolate all different in their own way while adding their establishment as part of the adventure and experience.

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The most anticipated films of 2022

By: Sofia Gallus Editor-in-Chief

2022 is a big year for the film industry. Many long-awaited films are set to be released in 2022 after being delayed due to the COVID-19 pandemic. Between both Marvel and DC movies, remakes of old classics and sequels galore, there is sure to be something to get anyone excited.

"Scream 5"

Decades after the original "Scream" movie hit theaters and took horror fans and comedy fans alike by storm, "Scream 5" is set to release on Jan. 14. The movie takes place in the original town that the first "Scream" was set in, but twenty-five years later. Some of the original cast members from previous movies in the same franchise are returning as well, such as Neve Campbell and Courtney Cox.

"Morbius"

The first Marvel movie to grace big screens in 2022 is the fantasy and science-fiction flick "Morbius." Michael Morbius is a biochemist who is desperately trying to cure his rare blood disorder, but the process goes horribly wrong as

he ends up infecting himself with something that makes him far more (un)deadly. The movie will be released on Jan. 28.

"The Batman"

Both Batman and Twilight fans alike are waiting patiently "The Batman," starring Robert Pattinson as Batman and including a starstudded supporting cast. The few trailers that have been released for the movie have garnered hundreds of thousands of views and likes. The film is scheduled to release on March 4.

"Sonic the Hedgehog 2"

The sequel to the 2020 film "Sonic the Hedgehog" releases in theaters on April 8. While little is known about the plot of the movie, it is supposedly based on the classic video game franchise by the same name. Producers got fans excited by teasing the entrance of Knuckles and Tails.

"Avatar 2"

Over ten years after the original "Avatar"

by James Cameron, the sequel is slated to be released on Dec. 16, 2022. The movie follows the main characters Jake Sully and Ney'tiri as they explore the strange lands of Pandora while fighting to keep their new family together.

"Fantastic Beasts: The Secrets of Dumbledore"

The third installment of the "Fantastic Beasts" film series is expected to be released on April 15. Fans look forward to seeing Dumbledore return as his younger self, portrayed by Jude Law, in addition to finally meeting the dubious Gellert Grindelwald, portrayed by Mads Mikkelsen.

"Doctor Strange and the Multiverse of Madness"

The plot of "Doctor Strange and the Multiverse of Madness" is still generally unknown, but many Marvel fans are speculating that it follows the introduction of the multiverse into the Marvel Cinematic Universe. The film is expected to be released on May 6.

"Thor: Love and Thunder"

This movie is the fourth installment of the Marvel film series centering on superhero Thor, and the second to be directed by Taika Waititi. The movie reportedly follows the events of the third film installment of the Thor Series, "Thor: Ragnarok." The movie is expected to be released on July 8.

"Black Panther: Wakanda Forever"

The sequel to the box office hit "Black Panther" is set to be released on Nov. 11. Little is known about the plot of the film, especially following the tragic death of Chadwick Boseman, who played the superhero T'Challa, otherwise known as Black Panther, in the first film. In late 2020, producer Kevin Feige announced that they would not be recasting or digitally remaking the character of T'Challa but instead exploring the intricate world of Wakanda and the stories of the characters living there.

Whip up something new with your holiday leftovers

By: Chanel Gilcrease Contributing Writer

We know you do it every year: wish on a wishbone that you could turn your holiday leftovers into brand new meals. Well, your wish is coming true. Keep reading to get some recipe ideas, whether you're cooking in your dorm or your home, whether you're a omnivore or vegan, or whether you burn water or consider yourself a five-star chef.

Throw-it-all-in tacos

One way to transform your leftovers is to turn the dishes into tacos. This recipe's very simple to create as you'll only need a microwave, tortillas and the leftovers of your choice. It's also easily customizable for your dietary needs as you can put anything you like in your tacos and can use gluten-free tortillas if need be.

Wrap three to four tortillas in a slightly damp paper towel and put them in the microwave for 30 seconds. You can cook them for longer,

but make sure to check them every 30 seconds to avoid overcooking (and setting off the fire alarm in your building). After they're cooked to your heart's desire, go ahead and throw anything you like in there, from your turkey or ham to cranberry sauce and stuffing. You could even have some fun with friends and family by having everyone create their own tacos to see which combinations taste the best. You can also make wraps instead of tacos or ditch the tortillas altogether and make taco bowls instead.

Cranberry sauce pancakes

It seems when it comes to cranberry sauce, you either love it or hate it. For those who love it, here's a unique way to enjoy it for breakfast. Buy the pancake mix of your choice, or make your own from scratch, and simply add in a dollop of cranberry sauce. Turn the stove to medium heat and lightly coat the bottom of a

skillet in oil. Pour the batter in the skillet, let cook until small bubbles form all over the top, then flip and cook for an additional 30 seconds.

Don't have a stove? Use your microwave instead. Grab a microwave safe plate and greaseproof baking paper to keep the pancakes from sticking, place a sheet of paper on the plate and then a spoonful of batter. Continue stacking with another sheet of paper on top of the batter and another spoonful of batter. Repeat this until you have four pancakes and cover the last spoonful of batter with another sheet of paper. The cooking time for your pancakes will depend on the wattage of your microwave, so start with one minute and add 30 seconds until they're cooked to your liking.

If you're really into cranberry sauce, you can also serve your pancakes with extra sauce on top. If you're not into cranberry sauce, never fear, you can make this a pumpkin or sweet

potato pancake recipe if you have leftover puree from when you made pies. You can also use the same batter to make waffles if you prefer them over pancakes and have a waffle iron.

Buffalo turkey sandwich

Start by shredding some pieces of turkey, regular or plant-based, with a fork and set that aside in a bowl. Pour some buffalo sauce, which can be gluten-free, vegetarian or vegan friendly depending on the brand, on top of the turkey and stir until all of it is evenly covered. Place on the bread of your choice, slather in blue cheese dressing, and eat up.

Give some of these recipes a try after this holiday season and try coming up with your own too. Just in case you need a reminder, do not set off the fire alarm in your building.

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SUTV:

We release weekly segments of SUTV Now, our television series featuring news, entertainment and sports! Watch our show every Friday through Youtube on Nova Shark United TV!

Offshore 1/4

By: Alexander Martinie Copy Editor

Disclosure
Jan. 1 | 6 – 8 p.m.
Space Park, Miami, FL

Riverwalk Sunday Jazz Brunch Jan. 1 | 6 – 9 a.m. Riverwalk, Fort Lauderdale, FL

South Beach Jazz Festival Jan. 7 - 9 | Varies South Beach, Miami Beach, FL

Miami Comedy Festival Jan. 14 | 10 p.m. Seminole Hard Rock, Hollywood, FL

Country Music Cruise 2022 Jan. 16 - 22 | Varies Fort Lauderdale, FL





Animal Crossing music to keep you mentally stable

By: Alexander Martinie Copy Editor

With the start of the semester underway, you are bound to have a bit of stress in your life, and if you are anything like me, you are throwing yourself into a fantasy world to hide from your real-life problems. Come and escape the short fallings of reality and pretend that you are in your own little world with this Animal Crossing playlist.

"Comrade K.K" by Masters of Sound

"Dodo Airlines" by Marimba Man

"Rainy Day Theme" by Arcade Player

"Roost Café" by Curly

"K.K. Lullaby" by Wish on the Beat

"Animal Crossing Wild World Title" Theme by Blue Brew Music

"2:00 AM" by Jenzie Smith Piana

"Thank U, Next" by Clay K Slider

"Able Sisters" by Arcade Player

"Kapp'n's Song" by Lofi Lia

Skin care for Florida winters

By: Danna Bertel Contributing Writer



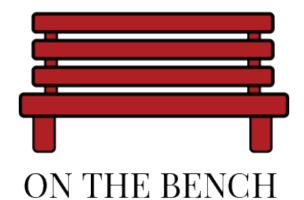
A perk of living in Florida is the lack of drastic weather changes. That doesn't mean it doesn't come with its own unique issues. Even though winters in Florida are not extremely cold, the slight change in weather brings in dry air. With the slightly colder months some changes in skin care may be needed to protect your skin from the dry air.

A way to start a change in your routine is by using an oil-based moisturizer. The change in weather can cause your skin to be dry and cracked and moisturizing your skin can help your skin adjust. Dermatology of Boca states if using oil-based moisturizers some things that the products should contain are mineral oil, glycerin, and petrolatum. It is also important to remember to moisturize not just your face but your hands and feet as well. On the other hand, if your skin is naturally oily it is better to use water-based moisturizers to not clog your skin.

If your skin is dry, you might also want to try exfoliating regularly. Exfoliation can help remove dead skin cells, and once the dead skin is removed your face can feel fresher and brighter. Exfoliating can be done in different methods from scrubs to exfoliating devices or even cloths, it all comes down to what is beneficial to your skin.

A simple step in care of your skin is to properly cleanse your face. Following a cleansing routine consisting in washing your face in the morning and night can remove excess oil or unclog your pores. Using cleansers that can cleanse gently without removing any of the natural oils of your skin can help with the dry skin that comes with the weather change.

Skin products are not the only thing that has an influence in your skin. Keeping a good diet and drinking water regularly can also influence your skin care. Food such as salmon and walnuts keep good fat that can help your skin produce its own natural oils. Hydration can also not be forgotten, while the sun heat is not causing as much heat, drinking water is still very important to keep your skin hydrated. An article by Wasserman Ulitsky dermatology center says that increasing your intake of foods with fatty acids such as Omega-3 can lead to better hydration and benefit in the effects of cold winter air.



Athletes should be held accountable for their actions

By: Sofia Gallus Editor-in-Chief

Over the last couple of weeks, many different professional athletes have been in the news, and not for good reasons. Zac Stacy, a former NFL player for the Jets, is wanted in Florida in regards to recent domestic violence charges. Antonio Brown, a wide receiver for the Tampa Bay Buccaneers, is under investigation for acquiring a fake COVID-19 vaccination card in order to continue playing under the new COVID-19 sports mandates. Former Las Vegas Raiders wide receiver Henry Ruggs was arrested for a drunk driving accident that killed someone, but was able to post bail. Even back in October, Packers quarterback Aaron Rodgers began

spreading false information about COVID-19 and the subsequent vaccines available. Yet, after a few days, these names fall out of the limelight and the most many of them will receive is a fine and maybe a few months of probation. In some cases, they face no punishment at all.

I'm tired of reading about athletes who make awful decisions and do awful things coming back into the limelight for their amazing plays in the game, just a week after everyone was criticizing them. No one is perfect, but the list of athletes who have committed heinous crimes or spread debilitating misinformation goes on and on

While lots of people may condemn their actions, they always seem to get a lighter punishment or no punishment at all because they're either just an athlete, and therefore not smart enough to make responsible decisions, or too famous. Yet, we still idolize them and pay them thousands of dollars and watch as they repeatedly get off the hook for their actions. If we want to put these people on a pedestal, then we must also admit, as fans, that they are capable of making their own decisions and those decisions shouldn't be treated as lesser just because of their status.

We should hold everyone accountable

for their actions, regardless of their star level. Athletes should be held accountable for their actions just like any other person, and certainly don't deserve to continue to be idolized by fans for tossing a ball. We especially shouldn't be showing the many young children who are sports fans that this sort of behavior is okay as long as you're rich and talented enough. It does not matter to me, and it shouldn't matter to any other fan, if they will be able to continue their career as an athlete. It doesn't matter if they're a great player, or seem like a nice person, or are a household name. Some things just shouldn't be excused.

How did NSU fare in fall sports?

By: Blake Malick Sports Editor

After a year-long drought of no sports due to COVID-19, the 2021 season resumed sports here at NSU. As fall sport teams' seasons end, how did each sport's season go?

Women's volleyball

The women's volleyball program, led by coach Brian Rosen and his staff, dominated their season and finished with a 24-5 record. The team, ranked No. 21 by the American Volleyball Coaches' Association, had a rare blend of youth production and veteran leadership.

Marianna Fiocco, a graduate student and international student from Italy, was selected as a member of the SSC First Team. Elizabeth Price was awarded Second Team All-SSC honors, while also being selected as a member of the All-SSC Freshman Team. Sophomore setter Madison Cook was recognized as a member of the All-SSC Third Team. In addition, the AVCA named Fiocco and graduate student Alex Psoma as First Team All-Region. Price was named as an honorable mention.

The women's volleyball team takes on Alabama-Huntsville in the first round of the NCAA South Region Tournament. The No. 4 seeded Sharks have more to come in their season.

Men's soccer

NSU's men's soccer team is on a championship run. The team finished the regular season with ten wins, three losses and two draws. After the regular season concluded, senior forward Matty Cornish and junior midfielder Tobias Pellio were named as members of the All-SSC First Team. Junior defender Farid Sar-Sar was named to the All-SSC Second Team.

Despite entering the SSC tournament as the No.4 seed, the Sharks won the tournament with ease, scoring nine goals and allowing just three in their three matches. After the conclusion of the SSC Tournament, Cornish was awarded the tournament's MVP. Five other players, including Cornish, were named to the All-Tournament team. Their three midfielders, junior Aleks Berg,

senior Henrik Berg and freshman Floris Van Nijnanten, were named recognized. In addition, Sar-Sar and graduate student goalkeeper Alberto Ciroi were also named to the team.

The Sharks won their first two matchups in the NCAA-DII Tournament against No. 10 seed Coker and No. 2 seed Palm Beach Atlantic. After their two wins, a matchup with No. 6 seed Chowan awaits them, with a spot in the quarterfinals on the line.

Women's soccer

The women's soccer team finished their season with eight wins, seven losses and a draw. For a team with a first-year head coach in Coach James Moore, a fourth-place finish in the conference is a good start. Freshman defender/midfielder Louise Matsgard was named to the All-SSC First Team after scoring a team-high six goals and had two assists. Forward Chama Silva was named to the All-SSC Second Team, knocking in five goals and four assists.

Men's cross country

The men's cross-country team ran in four meets during the fall season. The Sharks' runners had finished sixth out of eight teams in the SSC Conference Championship, though they qualified for the South Regional. In the NCAA South Regional meet, the team finished 15th out of 18th

Women's cross country

NSU's women's cross-country team had a successful season. The Sharks won two meets against SSC opponents, also finishing second in the Florida Runners Invitational. From a team standpoint, they finished fifth out of seven teams in the SSC Conference Championship. In the South Regional, the team finished seventh out of 18 teams. Individually, Ivanova Yanes had the sixth best time in the SSC Conference Championship. Yanes, a sophomore, finished her 6K in 22 minutes and 40 seconds.

How is Bitcoin making its way into sports?

By: Blake Malick Sports Editor

As the world advances in becoming more technological day by day, certain things are just about going with the times. A recent trend is that some professional athletes are taking their salary, or a portion of it, in cryptocurrency. More specifically, these athletes are taking their contracts in Bitcoin. A Bitcoin, or BTC, is a decentralized digital currency and, as of Dec. 1, one Bitcoin has a value of \$57,130.

There are seven current professional athletes taking their contracts in BTC, with five playing in the NFL and one playing in the NBA. Russell Okung, Sean Culkin, Aaron Rodgers, Trevor Lawrence, Saquon Barkley and Odell Beckham Jr are taking portions of their salaries and putting it into Bitcoin. The first overall pick in the 2021 NBA Draft, Cade Cunningham, is one of the only NBA players who has announced

his decision.

Okung is taking half of his \$13 million contract in Bitcoin. The Carolina Panthers are buying \$6.5 million worth of Bitcoin and giving it to Okung. Barkley will only accept endorsement deals if it is paid in Bitcoin. Culkin, a reserve tight end, converted his entire \$920,000 salary into Bitcoin. Lawrence, the No. 1 overall pick in the 2021 NFL Draft, is placing his entire signing bonus into a cryptocurrency investment firm. He placed a portion of his \$22.6 million bonus into Bitcoin, but the amount was not specified. Both Cunningham and Rodgers are placing undisclosed amounts of their contracts into Bitcoin.

The most recent player to announce his decision is Los Angeles Rams wide receiver Odell Beckham Jr. After being released by the

Cleveland Browns, Beckham signed with the Rams during the season. The 29-year-old isn't just placing some of his salary, he's placing all of it into Bitcoin. The star receiver is set to make anywhere from \$1.25 million to \$4.25 million. Since one Bitcoin is worth \$57,130, that means Beckham has possession of 21.86 Bitcoins.

The reason why Bitcoin is such an intriguing way to take a salary is that its value fluctuates. It isn't like the US dollar where the value is relatively stagnant. For instance, on Nov. 8, one Bitcoin was worth \$67,582. In just 23 days, the value of Bitcoin has dropped by nearly \$10,500.

For example, let's look at what Beckham's contract were to look like if he bought the Bitcoin at \$67,582 on Nov.8. Beckham would be in possession of 18.5 Bitcoins, which is equal

to \$1.05 million on Dec.1. In just a month, in theory, Beckham has already lost nearly \$200,000.

It can go either way, though. What if Beckham bought the BTC on Dec. 1 at \$57,130? That would mean Beckham would be in possession of 21.88 Bitcoins. If the value jumps up like it was on Nov. 8 at \$67,582, Beckham's portfolio would have already increased by almost \$230,000.

Is the risk worth the reward? It could but it all depends on when the holder decides to sell. The value of Bitcoin will always fluctuate, and it's up to the holder to know when it is hitting a point where tremendous profit is being made. To many, Bitcoin is the currency of the future, and the trend of placing large amounts of money in Bitcoin is just getting started.

NBA quarter point: Who are the award winners?

By: Blake Malick Sports Editor

As the NBA reaches the quarter point through its 82-game season, looking at those who have come out of the gates strong is imperative. In this case, I will be selecting winners for the award as if the season ended today. Who are some of the best, and most surprising performers through a fourth of the season?

Most valuable player:

Stephen Curry is the front-runner for me. The Warriors point guard is just too good. The two-time NBA MVP is averaging 29.5 points, 6.5 assists, 6.1 rebounds and 1.7 steals per game on an efficient 46.3% from the field, 41.9% from beyond the arc and 95.8% from the stripe. In the process, Curry has led his Warriors to an NBA-best 14-2 record.

Defensive player of the year:

The Heat's big man possesses a skill that nobody else in the NBA has: the ability to guard every position. Bam Adebayo's stats may not tell you "DPOY candidate," with the center averaging just 1.2 steals and 0.4 blocks per game, but the versatility is key in why I believe he deserves the award. When I think about what DPOY means, I think the player that gives his team the most is more deserving than just blocks or steals. Adebayo has no problem guarding the quickest players in the NBA on the perimeter and then locking down a center on the next possession.

Sixth man of the year:

According to covers.com, the odds-on leader for the NBA's Sixth Man of the Year award is the Miami Heat's third-year guard, Tyler Herro. The former Kentucky Wildcat has

finally taken the leap that everyone wanted him to. Thus far, he's averaging 21.6 points, 5.5 rebounds and 3.9 assists per game on an efficient 45.7% field goal percentage.

Jordan Clarkson is always a threat to explode, saving him a spot in the race for the Sixth Man of the Year award. The Utah guard is averaging 15.3 points per game in 2021 but hasn't really had that dominant stretch like he did last year. In 2020, Clarkson had a sevengame stretch where he averaged 27.6 points per game on 50% shooting.

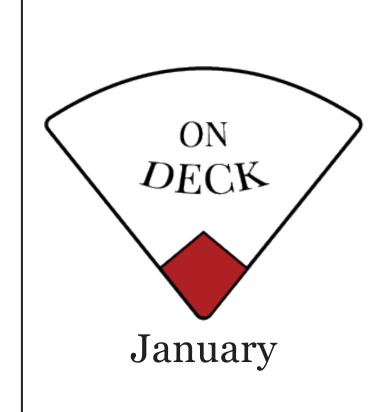
Most improved player:

This is one of the harder awards to give at this point, but I think Spurs' guard Dejounte Murray is the leader. The once-challenged scorer has completely changed his game. In 2020, Murray averaged 15.7 points, 7.1 rebounds, 5.4

assists and 1.5 steals per game. In 2021, Murray has improved in every major category. In 2021, the six-year veteran averaged 18.9 points, 8.4 rebounds, 8.1 assists and 2.1 steals per game.

Rookie of the year:

The Rookie of the Year award is hard to predict because most rookies are still adapting to the NBA, though one player has done great in their young careers in my opinion. Cavaliers center Evan Mobley was the third overall pick in the NBA Draft. Before suffering an elbow injury, Mobley was averaging 14.6 points, 8 rebounds, 1.6 blocks and a steal per game on 49.4% from the field. The rookie's 1.6 blocks per game is good for eighth in the NBA. With No. 1 overall pick Cade Cunningham playing inconsistent, Mobley is the easy pick for the award in my eyes.



Men's Basketball

v Embry-Riddle Jan. 2 | 4 p.m. Rick Case Arena

Jan. 5 | 7:30 p.m. Rick Case Arena

v Saint Leo Jan. 19 | 7:30 p.m. Rick Case Arena

v Palm Beach Atlantic Jan. 26 | 7:30 p.m. West Palm Beach

v Eckerd Jan. 29 | 4 p.m. Rick Case Arena

Women's Basketball

v Embry-Riddle Jan. 2 | 2 p.m. Rick Case Arena

v Lynn Jan. 5 | 5:30 p.m. Rick Case Arena

v Saint Leo Jan. 19 | 5:30 p.m. Rick Case Arena

v Tampa Jan. 22 | 2 p.m. Tampa

v Eckerd Jan. 29 | 2 p.m. Rick Case Arena

Swimming

v Lynn Jan. 12 | 2 p.m. NSU Aquatic Center

v Florida Southern College Jan. 21 | 2 p.m. NSU Aquatic Center

Women's Tennis

v Hillsborough CC Jan. 15 | 2 p.m. NSU Tennis Complex

v Eastern Florida State Jan. 22 | 10 a.m. NSU Tennis Complex

v State College of Florida Jan. 23 | 1 p.m. NSU Tennis Complex

Jan. 4 - First black baseball league organizes

In 1920, the first black baseball league was organized. The league was known as the National Negro Baseball Leage and provided the chance for black baseball players to finally play ball. The league operated until there was no longer a use for it due to integrated sports.

$\label{eq:Jan.5-Thomas} \mbox{ Jan. 5 - Thomas becomes first woman to purchase a baseball team}$

Lucille Thomas purchased the Topeka Senators, a team in the Western League, becoming the first women to do so. The purchase, which took place in 1931, was the first of its kind. Women were not known to purchase sports teams at the time, but now, this has become commonplace as the L.A. Rams, Chicago White Sox and the Los Angeles Angels have all been owned by women.

Jan. 6 - Miami Dolphins win the AFC championship

In 1985, the Miami Dolphins beat the Pittsburgh Steelers at the Miami Orange Bowl. The score was 45-28 and was for the AFC Championship. The AFC Championship is the final match for the conference, with a trip to the Super Bowl on the line.

Jan. 7 - Floyd Patterson beats Willie Troy at Madison Square Garden

Floyd Patterson, in 1955, won a middleweight match against Willie Troy in a fifth-round TKO. Although the bout was not a title match, Patterson would go on to become the

world heavyweight boxing champion.

$\label{lem:conditional} \textbf{Jan.~8-University~of~Kentucky~Wildcats~men's} \ basketball~team~sets~NCAA~record$

In 1945, the University of Kentucky Wildcats men's basketball team set a record for the NCAA. The record was for lowest opposing score in one game where Arkansas state only scored six points. The final score was 75-6. The record still stands today.

Jan. 9 - New Orleans names NFL team the "Saints"

By vote, the citizens of New Orleans decided to name their NFL football team the "New Orleans Saints." The vote was cast in 1967 and was similar to many other team-naming efforts done around the same time. The name "Saints" likely won due to the famous jazz song "When the saints go marching in" which has become synonymous with the Louisiana city.

Jan. 10 - PGA of America pulls the 2022 PGA Championship from Trump National

After supporters of the former president raided the Capitol in an insurrection attempt, the PGA of America canceled its championship that was planned to take place at the Trump National GC in Bedminster, New Jersey. The former president is a fan of the sport and owns multiple golf courses around the world.

1/4 - 1/10

By: Rey Perez Features Editor

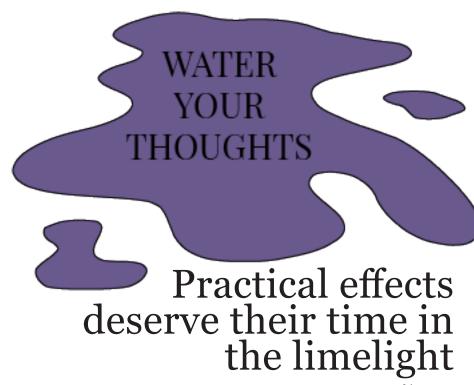


There is always much to discuss when analyzing the state of the film industry today. On one hand, sequels, remakes and Disney properties have a chokehold on theaters that is causing a depressing lack of blockbuster creativity. On the other hand, with the rise of acclaimed indie studio A24, many films which normally would have been off the beaten path have been able to get the recognition they deserve. In this era of cash grabs versus genuine art, the topic of whether practical effects, which is the usage of physical props and techniques in film, even have their place anymore is one that rarely gets brought up. Which is an absolute travesty, considering how much there is to gain from favoring props and prosthetics over CGI.

Every film creator has their own unique style and flavor pallet, and while there isn't much use for practical effects in many live action films that are grounded in reality, others like fantasy, sci-fi and any other film subgenre need to stop relying so heavily on the usage of CGI. Practical effects may have been a thing of the past, but what they offer is timeless.

It is a unique tactile experience that can not only wonderfully impact the actor's performance, but carry over to the audience which leaves them with shots and scenes that will stay in their minds for as long as they live. Films such as "The Thing," "Alien," "Star Wars" and "The Exorcist" have had immense cultural staying power. Not only is this due to the amazing storytelling and production, but also due to their use of using what they had to make these worlds physically come to life. While these films used practical effects out of necessity, they did so with a craft and care that can only be akin to a Van Gogh hanging in the Louvre, and it shows.

When overused, which is the only word Hollywood seems to know these days, CGI makes films look lifeless, hollow lacking the spark that once made moviemaking so special. This is why practical effects need to be on the forefront of Hollywood's latest comeback and sequel schemes, not another "Fast and Furious."



By: Sophia Cortes
Arts & Entertainment Editor

Classes starting early in January is not good for anyone – not even NSU

By: Ester Ferreira Contributing Writer

If you're reading this, it means we are back in school. We have all finally returned to campus after a three-week winter break, which I heard multiple complaints about last semester. Three weeks is a short break, which justifies the complaining, but even worse, the class start date was Jan. 3, only two days after the New Year.

For many students, especially international students, winter break is one of the few chances in the year they get to visit their families, myself included. If your family lives in another country or even in a state a little further away, most of the time it is not possible to visit family and friends on holidays such as Thanksgiving or spring breaks

Winter and summer break are one of the

few opportunities a lot of students have to go home, but I still think winter break is the most important of the two to be with family. That is because winter break comprises of a lot of holidays that center around people spending time with their friends and family.

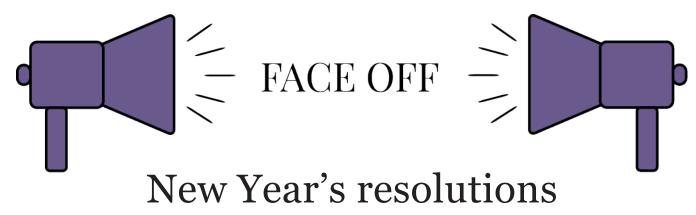
I know that I have my traditions back home for the holidays and there is no one I would rather spend these days with other than my family. Knowing that classes resume as early as Jan. 3 killed my excitement to finally go home to Brazil and my family. Plus, because of COVID-19 restrictions and ticket pricing, I wasn't even able to get a ticket to return to school in time for classes to start if I wanted to spend New Year's Eve with my family.

I am pretty sure I am not the only international student who has faced challenges with classes returning so early and tickets being extremely expensive. It is important to note that this is not a problem for international students only, but a lot of domestic students have also struggled with similar problems. Some of them had to fly in during the holidays and missed New Year with their friends and family. Others had to pay for insanely expensive tickets to get back to school on time.

This leaves one alternative to explain classes starting so early; it must be good for the school since it is not good for students. It turns out that is also not true. Because this semester's classes started so soon, some of the university's

employees are not legally allowed to work for a few days as the pay period has not started. This means some offices, such as the registration office, are closed until classes start.

There is really no reason why classes had to return so soon, except frustrating the students, it seems. For next year, NSU should take the students into consideration when creating the calendar and hopefully establishing a reasonable date for winter classes to return.



By: Pamela Mignacca & Rey Perez contributing Writer and Features Editor

Mignacca:

Tis the season for making New Year's resolutions. Popular resolution topics include eating healthier, being more organized, managing one's time better and exercising more. However, it's estimated that around 80% of New Year's resolutions end up in failure. With that said, should New Year's resolutions even be a thing anymore?

Having goals and working to reach them is very important because it keeps humans motivated and organized when planning future endeavors. New Year's resolutions are usually too broad and are not set up in a way that makes reaching a goal achievable. Wanting to change your diet, going to the gym, making more money and being happier are great goals, but how does one complete these big ideas? Taking big goals and breaking them into smaller checkpoints could be the key to accomplishing resolutions.

Expecting to change in a short amount of time without a well mapped out plan, is a hard thing to do and setting you up for failure. I've heard it takes about 21 days to form a new habit, so why are we trying to push ourselves to complete New Year's resolutions so quickly?

New Year's resolutions have been overvalued, making them more stressful and overwhelming. You'll feel bad once you fail to stick to them, which gives the concept a negative connotation. Instead of rushing change to accomplish a New Year's resolution, people should give themselves the time to plan out what they really want from their aspirations. At the end of the day, that's what a New Year's resolution is - a goal. Give yourself the time to change and do it well. Following through with goals can be very fulfilling and sometimes lifechanging. Instead of being overwhelmed by New Year's resolutions, we should set smaller

achievable goals for ourselves so that we can truly follow through with lifestyle changes.

Perez:

The New Year's resolution may be infamously lacking when it comes to execution, but it has motivated many to step out of their comfort zones and try something new. The beauty of the resolution is that it is a dedication that only the individual can enforce on themselves. It is entirely possible that it never gets done and that is okay, since no one forced anyone to do it. However, this makes the completion of the resolution so much sweeter as it comes from complete will power.

There is a difference between completing an assignment, for example, because it was required by a class and doing research for the sake of better understanding a topic. The latter would typically be considered a more fulfilling task, the same goes for the resolution. On top of that, the resolution has been a time-honored tradition that has benefited many individuals who have taken it up. The New Year is a time for rebirth and renewal. It's the perfect time to take up new hobbies or polish up skills. It may also be a great time to stop certain habits that may have been counterproductive.

All in all, a resolution can help more people than it hurts. Separating the resolution into smaller goals would be a good alternative, but it would not have the same impact as creating a larger, overarching resolution to adhere to for the year. To put it simply: brushing off the resolution or trying to downsize it due to doubts about following it through are not reasons to avoid challenging yourself in the New Year.



NSU's parking availability and the abandoned cars

By: Brielle Aguayo Contributing Writer

When driving into NSU's residential parking lot for the first time there were two things I was expecting: parking availability and an array of license plates from different states. However, what I was not expecting was the unusual abandonment of a gray car taking over the third floor. Not to mention, the parking spaces are always a hassle to find, which creates uneasiness for first-year students including myself.

Parking availability is crucial, especially to students who bring their cars to campus and are moving into residential halls. From personal experience, my first time moving into The Commons residential hall was very hectic

and nerve-wracking. Parking created another problem that added to the stressful yet exciting move-in day process.

I used to always try to park on the first floor for accessible access down to my residential hall. However, the aggravation of trying to find parking and having students drive fast up-and-down made me want to park further upwards. Now, I either park on the third floor or fourth floor, because it is easier to access and the fewer cars helps me be at ease.

A recent discovery I come across while driving through the entirety of the residential parking garage was very shocking and left me speechless. Residing on the third floor of the lots is this gray, dusty and deserted Lexus RX300. The vehicle has been left stranded in the garage since 2019 from an NSU senior, and has no license plate attached. It is ridiculous the amount of space this car is taking over because it is on the edge of the row. Also, the windows are full of dust, and students have taken it upon themselves to write derogatory slang and graphic drawings.

This vehicle has been removed as of last month of December from the premises because of its unmanageable properties. It also has had multiple parking tickets on it which are most likely unpaid. Even though it has been taken care of, the amount of time the vehicle resided in the garage it is unacceptable. This was an immediate

issue because of the importance of helping make NSU a neater and more beautiful environment.

This not only creates a bad image for NSU's cleanliness but allows for vandalism to occur throughout the residential side of campus.

Parking availability is a very prominent issue and needs to be addressed, especially with abandoned cars. NSU's campus reflects a beautiful space full of innovation and the residential parking garage should reflect that same functionality.

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