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Seahawks Soccer Club Broward College: a year of passion, success

Swami Hinojosa Blas
Editor-in-Chief

This new semester has arrived, with it, the palpable excitement in the Seahawks Soccer Club Broward College. About to begin a series of activities and presentations, this club, which was founded approximately more than a year ago, has managed to establish itself as the best in its category during the spring of last year, under the presidency of Gregory Rojas.

Unlike many conventional soccer clubs, Seahawks Soccer Clubs field skills are not a prerequisite. The fundamental premise is fun and recreation, and it is emphasized that everyone is welcome, regardless of their ability to play soccer. This inclusive approach has allowed the club to become a haven for those who simply want to enjoy the sport, irrespective of their previous experience.

Almost two years ago, a passionate group of students decided to give life to this club to enjoy soccer recreationally. Since then, its growth and success have been remarkable. During this last year, Seahawks Soccer Club Broward

College has demonstrated its skill and passion for the sport by being named the best club of Broward College. Games have been enthusiastically held on and off campus, creating a unique connection between club members.

One of the most notable achievements of the club has been creating an environment where friendship flourishes. Beyond matches and training, most members have forged strong and meaningful relationships. This club is not only a space to kick the ball but also a place where connections are formed, and friendships are cemented. Friendship has proven to be one of the most valuable aspects of this sporting experience.

Determined to offer a complete experience, the decision was made to make uniforms for participants before the end of last semester. This gesture not only brought a sense of unity but also raised the level of professionalism and commitment of the club.

Seahawks Soccer Club Broward College has taken its passion for football beyond campus borders, taking on other groups and teams. The result has been the achievement of won matches, highlighting the talent and skill this group of

students has developed quickly. The experience of competing with other teams has been invaluable, providing opportunities to learn, grow, and improve individually and collectively.

As the club dives into its second year of existence, it has become clear that it is not just about playing football but also about enjoying and finding a balance in student life. Many members have expressed how the club has become an additional reason to enjoy their time outside of the classroom.

Additionally, club participation has proven beneficial to students' balance of activities. In a demanding academic environment, finding time for leisure can be challenging. Still, the Seahawks Soccer Club has acted as a catalyst for students to find the right balance between study and enjoyment. Members have shared how participating in the club improves their physical abilities and provides them with a healthy outlet for academic stress.

It hasn't all been football at the club; Social activities have also played an essential role in their success. Parties, meetings, and beach games have been notable events that have strengthened the



Image by Swami Hinojosa/The Observer

ties between club members. These activities have been moments of fun and relaxation and have also contributed to building a solid community and an environment of mutual support.

With one year under its belt, the Seahawks Soccer Club looks to the future with enthusiasm and determination. This semester promises new opportunities, exciting challenges, and more moments to enjoy football. The community they have built will continue to be the cornerstone of their success, proving that sport is not just about competing on the field but also about building lasting relationships and memories off it.

The Seahawks Soccer Club at Broward College has achieved a lot quickly, becoming a benchmark on campus and beyond. Its success is a testament to the students' passion, effort, and dedication, who have transformed a simple sports club into a vibrant and prosperous community. If you want to learn more about them, follow them on Instagram, @seahawkf.c, where they share updates about their matches and games.

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Career paths at Broward College that lead to profitable jobs

Levi Hylton
Staff Writer

Choosing the right career path is vital. Finding a career that is not only profitable but meaningful can be challenging. The way technology is advancing certain career paths are being expanded, while others are declining in demand. Selecting not only a career that pays well now but will continue to expand and be profitable in the future is important.

Broward College's Director of Employment Solutions, Dr. Sheelah Franck, lent her expertise on which job fields are increasing and which are shrinking. You can take advantage of these profitable fields through Broward College.

The job fields that are expanding, according to Dr. Franck, are Technology and Information Technology (IT) because "the de-

mand for professionals in software development, cybersecurity, data science, artificial intelligence, and cloud computing has been consistently high."

Additionally, the Healthcare field has been expanding because of our aging population and advancements and medical technology. This field includes nurses, physician assistants, and healthcare IT.

"The Renewable Energy field is increasing because of a growing emphasis on sustainability. Careers in renewable energy, such as solar and wind power, have been on the rise," Dr. Franck stated.

The E-commerce and Logistics fields have seen a rapid expansion, as well, due to the increase in online shopping creating a demand for those who can upkeep these systems.

"The Finance and Fin-



tech field has seen growth because traditional finance roles and emerging fintech positions continue to be in high demand, including financial analysts, data analysts, and blockchain specialists," the Director of Employment Solutions said.

Jobs in the Environmental Sciences field have shown growth due to an increased focus on conserving the environment.

"Health and Wellness field is growing because the wellness industry, including fitness trainers, nutritionists, and mental health professionals, has been expanding as people focus more on health and

well-being," Dr. Franck stated.

The job fields that are declining, according to Dr. Franck, are mainly manual labor careers that are being replaced with technology. A few of those careers are print journalism, retail, administrative roles, non-digital marketing, traditional agriculture, and manufacturing. All of these jobs are being slowly phased out primarily because of the internet and technology.

For example, retail jobs are in decline because of online shopping creating less of a demand for employees at brick-and-mortar locations for stores

such as PacSun and Macy's. Furthermore, traditional agriculture positions are being replaced by mechanical tools that can harvest crops more efficiently and cheaper than human workers.

There are several career paths to take advantage of at Broward College according to Dr. Franck, such as "STEM, Business, and Health Sciences." However, she points out that "the best career paths can depend on various factors including your interests, skills, market demand, and future trends."

If there is ever career guidance needed, do not hesitate to contact the Employee Solutions department at <https://www.broward.edu/career/>

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Broward College Paramedic students honored

Broward College Department of Emergency Medical Services held a Pinning Ceremony on North Campus, December 7, 2023, to honor its 27 paramedic graduates.



Term 2023-2024-1 Paramedic Graduates



Paramedic graduate, Ja'marcus Bartley, accepts the Irene Fischley Award for academic excellence.

Broward College student veteran discusses the Marines

Levi Hylton
Staff Writer

Joining the Armed Forces is truly a selfless act as its members sacrifice their lives to protect our country. When they are stationed, they may miss out on life events, such as their children being born, birthday parties, funerals, etc. In honor of the veterans, and those who are still serving, this feature article was composed to tell the story of a US Marine veteran, current sophomore at Broward College Sondjul Dieujuste.

Dieujuste enlisted in the Marines immediately upon graduating high school in the summer of 2016. His primary motivation for joining was to obtain financial assistance to

“pay for my nursing school,” Dieujuste said. His original passion was to become a nurse because he appreciates the “bonds nurses build with their patients and wants to help people.” At that time, he did not want to put any extra financial burden on his parents, so he decided to join the Marines so that he could take full advantage of the G.I. bill to secure a debt-free education.

While he served, Dieujuste reported having a relatively positive experience. He exclaimed, “I loved it! It partly made me who I am today.” Having a strict schedule taught him discipline and helped to increase his willpower. He became engrossed in exercising beyond what was required as a Marine, so he could

look good and feel good. All of his positive attributes, including, but not limited to his hard-working nature, he credits to his time in the Marines. As he stated, “It was a challenge, but it taught me that I could overcome anything.” Furthermore, his favorite memory from the Marines was when he got his “first promotion because I felt like I had earned something.”

However, his time in the Marines was not all great times of positive self-reflecting and fulfilling labor. He had to “miss spending time with family and friends two Christmases in a row,” he somberly replied. This led to the holidays becoming a depressing time because he missed his family. Although he



Sondjul Dieujuste

was growing into the man he always wanted to be, he could not show his family the progress he made.

He took advantage of being deployed and used it to explore the country and the world. He was primarily stationed at Marine Corps Air Station Miramar which is located 20 minutes south of San Diego. This allowed

him to experience the culture of Southwest America and adapt to a new environment. He was also afforded the opportunity to travel to Japan.

Even though Dieujuste’s experience in the Marines was mostly positive, he still advises those who want to join that they only should consider it “if they have the heart.”

The sophomore also stated, “There is nothing wrong with the other branches,” as he advises those to do their research to see which branch of the US Armed Forces would best put them in a position to succeed.

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Unlocking the power of internships: a guide to their significance, personal benefits

Tabetha Martin-Howard
Social Media Editor

The significance of internships extends to the prospective career you select. Despite holding one or even multiple degrees, certain fields emphasize the necessity of practical experience for establishing a strong professional foundation. This requirement extends to pursuing advanced degrees such as masters or doctorate programs, where prior experience is often sought. Moreover, engaging in internships is not only valuable for career advancement but can also be instrumental in realizing the career you aspire to achieve.

Several institutions mandate a minimum of two years of work experience and references for admission to their masters programs,



aiming to enhance your educational journey. Engaging in an internship can fulfill this work experience requirement while concurrently allowing you to build meaningful relationships that can serve as valuable references in your chosen career field. Many internships offer compensation or scholarships, providing a financial benefit for students. Depending on your life path, there are additional advantages, including refining your resume with practical work experience, improving your prospects for

better employment opportunities, and gaining additional knowledge from the hands-on experience.

Enhancing your resume with relevant work experience can be the deciding factor in securing your dream job, setting you apart from other candidates. Research indicates that approximately three years of experience significantly boosts recognition during job applications and interviews. Internships are crucial in gaining the necessary work experience to propel your career forward, whether in

childcare, marketing, or STEM fields. Acquiring additional knowledge within your specific field of work positions you as an ideal candidate for prospective opportunities.

Micro internship opportunities are available through Broward College and Parker Dewey, offering valuable knowledge and the chance to build connections. These short-term, paid professional projects are accessible to all college students and recent graduates from U.S.-based institutions. Whether collaborating with an entrepreneur or assisting a large enterprise, these opportunities allow you to experience various roles and company cultures in a manner that accommodates your schedule. Each project on Parker Dewey is compensated at a fair per-project

rate, ensuring that your earnings are transparent and based on the displayed amount upon project completion.

Students can explore their ideal careers using diverse employment platforms like LinkedIn, Indeed, and Google Jobs. After researching companies in the desired geographical area, reassess and determine the type of internship that aligns with your goals. While some companies may mandate internships, others may not. Nevertheless, being well-prepared is always advantageous in pursuing your aspirations.

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Bolton Bazile: crafting success through perseverance and purpose

Swami Hinojosa Blas
Editor-in-Chief

Meet Bolton. He is a second-year student at Broward College and is an immigrant from Haiti. This past week, he was questioned about his experiences, achievements, and difficulties growing up. Bolton's story is truly inspiring; his family and he embarked on a journey to the United States when he was just 4-years-old. They sought a better life and more opportunities for their family. Despite facing numerous challenges and setbacks, they succeeded and settled comfortably in South Florida.

Initially, Bolton experienced difficulties adapting to a new culture and environment. However, his innate passion and unwavering determination to achieve his American Dream motivated him. It has propelled him to work hard in all his endeavors and maximize every opportunity. This is why he decided to leave his traditional high school behind and start his academic journey at College Academy at Broward College. This two-year high school aids high-achieving high school students in simultaneously attaining their high school diploma and Associate of Arts degree.

While getting his A.A. was the primary goal of coming to College Academy, Bolton has also used this opportunity to continue making a positive impact. He has an impressive track record of achievements,

having completed three internships that gave him unique experiences and insights that have shaped him into who he is today.

Bolton started at Memorial Hospital, gaining invaluable experience working in a high-pressure environment. He worked closely with doctors and nurses and honed his communication skills. Later, Bolton participated in the LiftOff Internship, an exclusive internship offered through College Academy; during his time as an intern, he gained a deep understanding of the financial industry and developed his skills in marketing, data analysis, and customer service.

Additionally, Bolton was selected as one of 300 out of a competitive pool of 5,000 applicants nationwide for the Bank of America Student Leaders program, where he worked at a local nonprofit, creating various programs to improve the standard of living in a marginalized, underfunded community in Fort Lauderdale. As part of the program, he also traveled to Washington, DC, for a Student Leaders Summit, where he connected with the other students selected for this prestigious internship, visited D.C. landmarks, and met government officials.

Along with his extensive community involvement, Bolton has contributed heavily to Broward College. He holds the position of Student Government Senator

and works with a group of executive members to impact the student experience at Broward College.

Bolton is also the founder and curriculum developer for the Financial Literacy Club. He utilized funding from Grip tape, a nonprofit organization that gives grants to students, to create this club and a 16-week curriculum to educate students at Broward College about various topics such as grants, scholarships, debt, and ways to build equity. Bolton's efforts have made financial awareness more accessible to students, especially those seeking a career in finance. Participating in these clubs and organizations has helped Bolton gain valuable knowledge and skills while nurturing his leadership. He emphasizes that being a part of such communities can enrich a student's college experience and help them develop fundamental qualities that will be useful in the future.

Over the past few years, his hard work has earned him recognition through Quest bridge. This nonprofit organization connects low-income, high-achieving students to 50 of the nation's top colleges. This recognition adds another layer of accomplishment to Bolton's achievements. He was accepted to Duke University through Quest bridge with a full-ride scholarship, meaning Duke will cover the total cost of attendance for Bolton's undergraduate years. As he reflects on this

accomplishment, Bolton offers advice and encouragement to students applying to top schools: He suggests they should take the time to identify and pursue their goals with conviction. Bolton acknowledges that the application process can be very competitive, leading to seeds of doubt and worry among applicants. However, he reminds students that they never truly know how things will turn out and that taking a chance can often lead to great success. Despite never thinking he would get into Duke—a top-ten university with an acceptance rate of only 6 percent—he did, and his message is clear: be confident in your abilities, pursue your goals with passion, and believe in yourself.



Image by Swami Hinojosa/The Observer

power of education, resilience, and pursuing one's dreams. As Bolton looks towards the future, his story inspires others to overcome challenges, embrace opportunities, and strive for excellence. Plenty of opportunities exist; you just have to find them. Push your upward mobility and take advantage of the opportunities available.

Bolton has a clear vision for his future. He aims to complete his undergraduate degree at Duke University, majoring in global health and public policy. He plans to apply his knowledge in the global health field to impact underserved communities around the world positively. His focus on equity in healthcare and policy suggests that he will strongly advocate for positive change.

Bolton's story is one of perseverance, dedication, and a commitment to making the best of his circumstances. His journey is a testament to the transformative

The Top 6 New Year's Resolutions of 2024

These are the top 6 resolutions for 2024 as identified through a survey conducted amongst American respondents, as per a report published by Forbes Health.

1) Improve fitness.

Make 2024 the year of transformation by prioritizing fitness. Elevate your quality of life by taking the first step towards a healthier you.

2) Improve finances.

Transform your finances and make 2024 the year of financial freedom. Prioritizing your finances is key to achieving your financial goals. Take control of your financial future today.

3) Make more time for loved ones.

Make 2024 the year of cherishing your loved ones by taking time out of your busy schedule to spend with them. Remember, time is a precious commodity that cannot be bought, so invest it wisely in the people who matter most.

4) Learn a new skill.

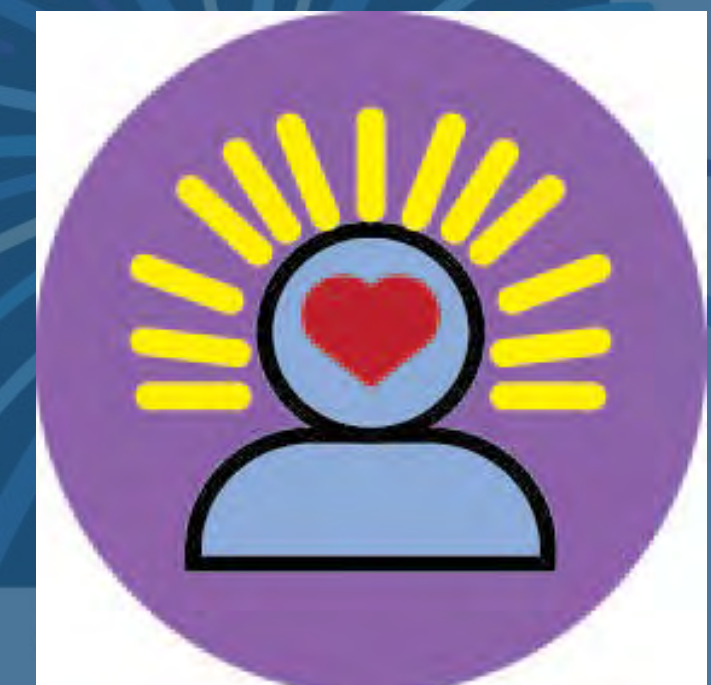
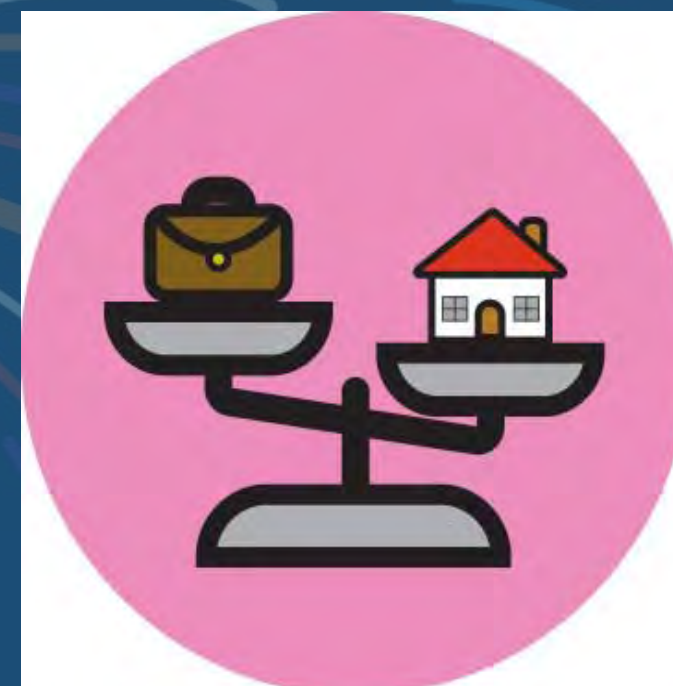
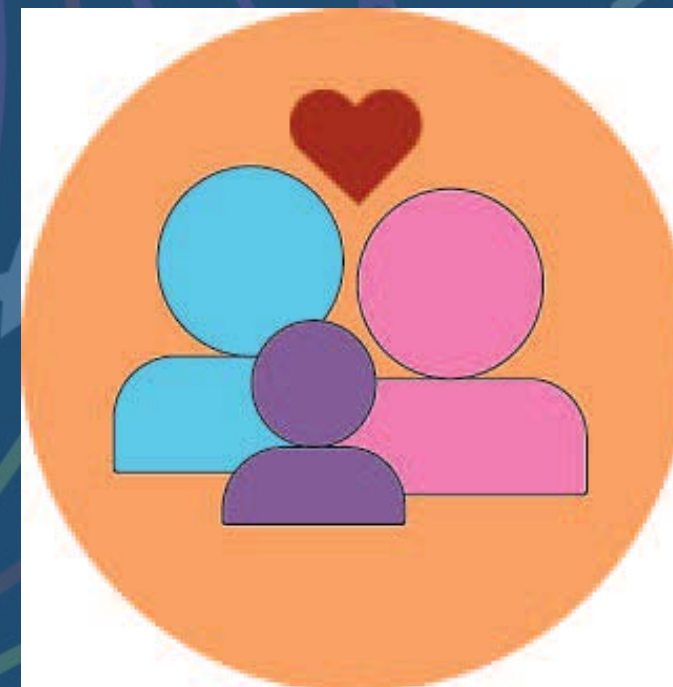
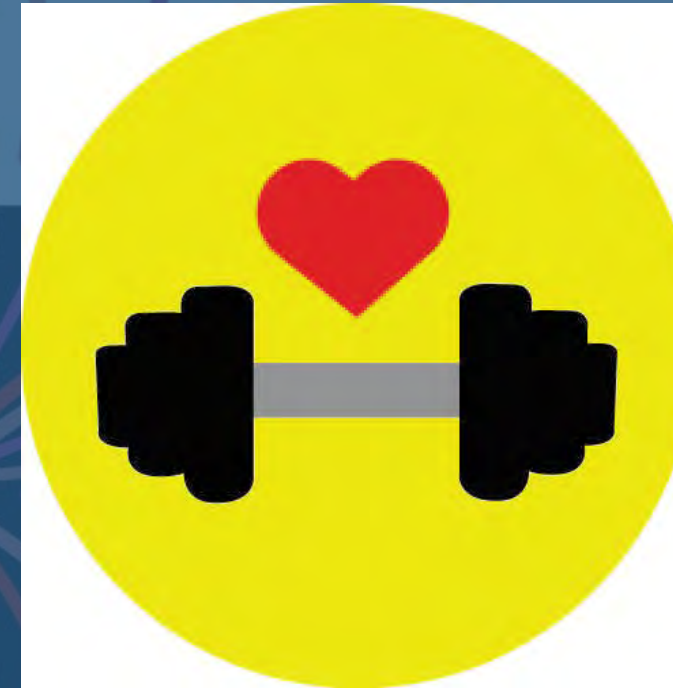
Discover the benefits of learning a new skill this year - 2024. Expand your knowledge and enhance your career opportunities by taking advantage of this perfect time to invest in yourself.

5) Improve work-life balance.

Transform your life in 2024 by making a firm commitment to prioritize work-life balance. A balanced life will help you achieve your goals and ambitions, boost your productivity, and reduce stress levels. So, make a bold decision to prioritize your personal life and work responsibilities equally to lead a fulfilling life. Start today and make 2024 the year of transformation.

6) Improve mental health.

Make a life-changing decision in 2024 by making your mental health your top priority. With a firm commitment to yourself, you can transform your life for the better. Take control of your well-being and make this year the start of a healthier and happier you.



NFL Playoffs: news and notes

Jordan Stephenson
South Bureau Chief

This 2023-24 NFL season has been an extraordinary season of football, because of all the storylines and parity in the NFL and the playoffs will definitely be even more intriguing to watch. In these playoffs, 14 teams clinched a playoff spot, seven from the AFC and seven from the NFC. Only the top seeded team from each conference, (the Ravens with the number one overall seed and then the 49ers), are awarded a pivotal bye week, because of the rule changes that were implemented last season; when in past seasons there used to be the top two seeds from each conference awarded a bye week. The other 12 teams that clinched a playoff spot are: Cowboys, Lions, Bills, Chiefs, Browns, Eagles, Dolphins, Texans, Rams, Steelers, Buccaneers, and lastly the Packers.

The NFL Playoffs officially begins with Wildcard Weekend, on Saturday with two AFC playoff games. The 1st game that day is the Browns vs Texans, at 4:30 p.m. on NBC, which is kind of ironic because if Deshaun Watson was healthy he would've been essentially playing against his former team that traded him. Rookie



NFL Playoffs (ESPN.com)

Head Coach DeMeco Ryans and Rookie QB C.J. Stroud were pivotal in leading the Texans to a playoff berth, with their important leadership qualities on and off the field, for the 1st time in a few years. Kevin Stefanski, Defensive Player of the Year candidate Myles Garrett, and old reliable Joe Flacco helped navigate the Browns through an injury riddled season, with their instrumental leadership and their on the field abilities. The Browns ended the year 4-0 when Flacco played, also the Texans defeated the Colts 23-19 to make the playoffs, led by Stroud and Nico Collins.

The 2nd game that day is Dolphins vs Chiefs, at 8:00 p.m. on Peacock, which is the 2nd time Tyreek Hill will play against his former team that traded him, but his 1st time returning to ArrowHead.

Both teams finished 11-6 and both teams have contrasting styles, with the Chiefs top five defense vs the Dolphins top five offense. Tua Tagovailoa and Hill were essentially the best QB to WR duo, by both finishing 1st in passing and receiving yards respectively (4,624 passing yards and 1,799 receiving yards). The Chiefs season was blemished by having a disjointed offense to say the least, also by their receivers leading the league in drops and being extremely undisciplined as most analysts would agree with. Going into the last few games of the season, the Dolphins sustained injuries to many key players like Raheem Mosert, Jaylen Waddle, and etc; especially in the close 21-14 loss to the Bills, while the Chiefs rested their key players vs the Chargers.

NFL Wildcard Weekend

continues on Sunday with three intriguing games which consists of: Steelers vs Bills at 1:00 p.m. on CBS, Packers vs Cowboys at 4:30 p.m. on FOX, and Rams vs Lions at 8:00 p.m. on NBC. The Steelers defeated the number one overall seed in the Ravens, who were resting all key players; 17-10, to make the playoffs for the 1st time in a few years, even though they had a tumultuous season. The Bills won 5 consecutive games, to make the playoffs and win the division; even though they definitely didn't play all too well, especially with all the team distractions in the beginning of the season. The Packers defeated the Bears 17-9, led by Jordan Love, Aaron Jones, and Jayden Reed, to finally make the playoffs after missing the playoffs last season, with a loss to the Lions.

The Cowboys ended the season 12-5, with Dak Prescott having his best statistical season, but I don't judge the Cowboys in the regular season, but in the playoffs like the 76ers in the NBA, because they always seem to fold and come up short in the playoffs. The Rams had a resurgent season by finishing 10-7, with their young star rookies in Puka Nacua and Kyren Williams leading the resurgence.

The Lions finally made the playoffs and won their division, for the 1st time in many years, with their young rookie playmakers like Sam LaPorta and Jahmyr Gibbs dominating. The Ram vs Lions game is extremely intriguing, because Matthew Stafford and Jared Goff were traded for each other a couple of years ago and this will definitely be an emotional homecoming for Stafford and his wonderful family.

The final game of Wildcard Weekend is the Eagles vs Buccaneers, at 8:15 on ABC and ESPN. The Eagles finished 11-6, and sadly ended the season 1-5. To make matters worse, some of their key players sustained injuries like Jalen Hurts, A.J. Brown, and DeVonta Smith. The Buccaneers defeated the Panthers 9-0, to reach the playoffs, with Mike Evan having another 1,000 plus receiving yards, and especially Baker Mayfield leading with his leadership on and off the field. My Wildcard Weekend winners are: Browns, Chiefs cause of the Dolphins unfortunate injuries, Bills, Cowboys in a close win, Rams, and Eagles.

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NBA 2023-24 season: news and notes

Jordan Stephenson
South Bureau Chief

There have definitely been many intriguing games, players, teams, and storylines this 2023-24 NBA season. Some of those storylines and things above include: the young rising teams, the young rising stars, the In Season Tournament success, the MVP race, the current All-Star team voting, NBA parity, the Rookie of the Year race, and etc. All these things that I have highlighted above, has assuredly led to this extremely entertaining NBA season. Also, there are the championship and playoff contenders who are underperforming to a certain degree and those who are meeting expectations, even with their current situation influx.

The top five current

young rising teams are: the Timberwolves (25-10), the Thunder (24-11), the Magic (21-15), the Pacers (21-15), the Kings (21-14). All these teams have exceeded most if not all expectations, have been playing great basketball since the beginning of the season and are way over a .500 or better season record. The main theme that all of these young rising teams have in common is that they each have a young rising star or superstar, combined with a great young core of solid players that are growing with each other. So, the top 10 rising stars and superstars are: Luka Doncic, Shai Gilgeous-Alexander, Jayson Tatum, Tyrese Haliburton, Anthony Edwards, De'Aaron Fox, Trae Young, Paola Banchemo, Tyler Herro, Tyrese Maxey, and etc.

All these young stars and

superstars are averaging over 22 points per game, and all of them except Maxey because of Joel Embiid, are leading their respective teams in scoring. Only Two of them, in Haliburton and Young, are both averaging double-doubles like last season. Haliburton is averaging 23.6 points with 12.5 assists, which evidently leads the NBA and Young is averaging 27.8 points with 11 assists per game. All of these young stars and superstars are primed to make an All-Star team again, or even make their 1st All-Star team. I honestly believe most if not all these young stars and superstars, will make the All-Star team. They all have made this NBA season even much better, because of the many different spectacular games, plays, and moments that they provide on a daily game basis. Speaking of young and rising stars and superstars, Victor Wembanyama and Chet Holmgren even as rookie are definitely future superstars of the NBA. They both are having monumental impacts or their respective teams, in the Spurs and Thunder, especially defensively cause they both are already top five in blocks, with Wemby leading the NBA with 3.3 blocks, and Holmgren averaging 2.6 blocks per game.

Most NBA analysts would agree with me that the implementation of the In Season Tournament was a huge success for players and the fans. The competition level

was through the roof in every game, the special courts and jerseys were spectacular, and the fans definitely enjoyed it for the most part. The Pacers, but especially the Lakers, have not been playing complimentary basketball, since their In Season Tournament Championship showdown after their win vs Haliburton and the Pacers. The Lakers are currently 4-10 since that game; the 10th seed in the Western Conference, with an 18-19 record. They recently just defeated the Clippers on Sunday 106-103, but I still think their complimentary basketball problems are still looming, even though Anthony Davis and LeBron James have played relatively healthy, and played majority of the games.

Speaking of the Clippers, after their slow start since the James Harden trade, they have definitely been a top five team in the NBA, with Kawhi Leonard, Paul George, Harden all playing complimentary basketball. Russell Westbrook's sacrifice to being a sixth man off the bench, also played a role in their success, especially with HC Tyron Lue leading them. Leonard's and PG's relatively healthy and consistent season has the Clippers as a top five defense with a top 10 offense, which has them 4th in the Western Conference with a 23-13 record. Since the Big Three in Harden, Leonard, and PG are having great seasons, all three will most likely make and All-

Star team, and they recently defeated the Suns Big Three Monday night 138-111.

The top five MVP candidates are: Embiid (34.6), Doncic (33.7), Nikola Jokic (25.5), SGA (31.5), and Giannis Antetokounmpo (31.4). Four out of the five players are 30 points per game, except Jokic who is close again to averaging a triple-double line last season. Also, three out of the five are averaging double-doubles, except Doncic and SGA. This MVP will definitely go down to the wire, like last season when Embiid won.

Adrian Wojnarowski (WOJ) reported some extremely important NBA news this week. WOI reported that Haliburton suffered a Grade 1 hamstring strain and will be re-evaluated in two weeks. WOI also reported that Ja Morant, who returned from a 25-game suspension and played great, sadly suffered a torn labrum, and has to have season ending surgery. WOI just reported a Breaking News tonight that HC Erik Spoelstra, just signed an eight year \$120 million dollar because he's been the best coach in the NBA the past few years, and the Heat are 4th in the Eastern Conference with a 21-15 record.

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SGA and Jalen Williams (NBA.com)

Master time: time management strategies for emerging students

Swami Hinojosa Blas
Editor-in-Chief

As students, we often feel that we don't have enough time to complete our tasks and feel overwhelmed by the sheer amount of work that needs to be done. However, if we look closer at our schedule, we'll realize that there are 168 hours a week, and using each hour effectively is essential.

Out of the 168 hours, it's recommended that we spend at least 8 hours a day sleeping to maintain good health, which leaves us with 112 hours. We must prioritize our time astutely by focusing on our health first, followed by academic commitments and extracurricular activities.

When managing time, we must be aware of distractions that can affect our productivity, especially in this age of social media. Therefore, we must be mindful of the time spent on social media and limit it accordingly. We can also use productivity tools and apps to help us stay focused and avoid distractions. By prioritizing our time, being aware of distractions, and using productivity tools, we can maximize our time and accomplish our goals efficiently.

Procrastination is a common factor that can significantly impact students' academic performance. This



Image by: www.breeze.pm

insidious habit is something that many students struggle with, and it can quickly become their number one enemy. Students may postpone their assignments, homework, and studying until the last minute, leading to stress, anxiety, and poor grades.

Additionally, social networks, which are easily accessible to everyone, can be a constant source of temptation and distraction. While social networks are not inherently harmful, they can undeniably affect students' productivity levels. Scrolling through social media feeds, checking notifications, and chatting with friends can consume hours of valuable study time, leaving students with less time to complete their academic tasks. Therefore, students must manage their time effectively and limit their use of social networks to main-

tain their productivity and academic success.

One of the biggest challenges we face is overcoming procrastination. However, we can take small steps to make a difference. For instance, breaking down a task into smaller parts can make tackling it easier. Furthermore, reflecting on the underlying reasons for procrastination can help us recognize and address the problem. It's also important to focus on enhancing our skills and abilities, as this can strengthen our ability to resist distractions.

One highly successful time management strategy is the Pomodoro technique, developed by Francesco Cirillo. This approach involves breaking down tasks into manageable blocks of 25 minutes, followed by brief rest periods. By adopting this

structured method, individuals can enhance their productivity and reduce the likelihood of mental exhaustion. Effective time management is achieved by identifying daily tasks, setting a timer, and alternating between focused work and rejuvenating breaks.

Managing our time effectively becomes much simpler when we acknowledge and categorize it into three distinct types: committed time, maintenance time, and discretionary time. Committed time refers to the hours we spend on pre-determined tasks, such as attending classes or fulfilling work obligations. Maintenance time involves routine activities like household chores and personal care. Finally, discretionary time is the time we have control over, allowing us to engage in recreational activities or pursue our hobbies and interests. By recognizing and understanding these categories, we can prioritize our time more efficiently and achieve a better work-life balance.

Many students struggle with procrastination, and this behavior usually has four complex reasons. The first reason is perfectionism, which can cause individuals to strive for flawless work and delay starting a task until they feel they can achieve per-

fection. The second reason is setting high expectations and unrealistic standards, which can be overwhelming and lead to a fear of failure. The third reason is anger or hostility, which can cause students to avoid specific tasks or assignments. The fourth reason is low tolerance for frustration and difficulty, making it hard to persevere through challenging tasks. Additionally, self-hatred can contribute to procrastination, as individuals may feel incapable of completing a task or meeting their expectations. Recognizing these obstacles and developing effective time management strategies to overcome procrastination is essential.

Ultimately, time management for students is an invaluable skill that impacts academic performance and quality of life. By adopting strategies like the Pomodoro Technique and understanding the complexities of procrastination, students can unlock their full potential and turn every hour into a valuable investment in their personal and academic development.

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Education is key to reducing plastics in the environment

Sara Fuentes
North Bureau Chief

It is especially important to understand the damage that we, as human beings, are causing to the earth and the environment we live in. It is crucial to know that



Photo by: magazine.columbia.edu

we, as human beings, can do something to stop the plastic damage that we have done to the environment and the planet. I know that some people may not know what they can do to help start the change for the better of our environment and the future generations that will come after us.

Why is this happening?

Well, throughout the decades, industries and factories have grown a lot, but ask yourself what the growth of industries and factories all around the world has to do with this. Well, the answer is simple, but before I continue and

tell you my perspective on what is happening, let me take it back in history a little bit. As presented in the documentary done by Better World 2008, *Consuming Kids: The Commercialization of Childhood*, "there is no doubt that industries are marketing children because of their increasing buying power," and the fact

that they are still developing means that industries have the potential and future customers to consume their products.

That is why I think industries are the main cause of the plastic problem that our world is facing today because industries use plastic to package and produce their products to sell them to people who are starting to depend more on the industries for their everyday needs.

Although some factories are trying to reduce the waste of plastic that they produce for their products, it isn't enough to reduce the amount of plastic that is produced in the world. In their *Plastic Wars* documentary, PBS Frontline said that the world is flooded with plastic containers and trash and that, in this state, none of them can be recycled. One of the factories that tried recycling plastic collects the trash and separates the items that can be recycled from the rest of those that cannot be recycled, and those items that can't be recycled are

being pressed in big cubes of plastic. Many of those cubes ended up going into the sea, affecting the different species of animals in the world's oceans, based on the documentary, *The Monumental Effort To Rid The World's Oceans From Plastic*. VICE on HBO, said that "nearly 700 marine species have encountered man-made debris in the Hawaii Pacific Ocean Institute. Dr. David Heimbach is studying how plastic is becoming a permanent part of our ecosystem," which leads to the animals' consuming pieces of plastic, which will lead to us consuming plastic as well. All of this in the long term.

Regarding the issue mentioned earlier, I have brainstormed various ways to tackle the problem. I believe that one effective solution is to educate people globally on how to reduce their plastic consumption and recycle it properly. For instance, people can be taught how to reuse plastic containers commonly bought in supermarkets in different ways.

When it comes to industries and factories looking for solutions to the problem of plastic waste management, the best approach would be to develop a process that facilitates the reuse of plastic waste and enables the production of new products. This approach would promote the recycling of plastic waste and help to reduce environmental pollution. However, achieving this goal may be a complex task due to economic factors.

In my opinion, the best approach is to introduce a positive and feasible measure to initiate a change toward a better future for our planet. By doing so, we can strive for a better life for all living beings and the environment.

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Why Arcane is the best show on Netflix

Janyne Langlois
Staff Writer

Netflix's "Arcane" was produced by Riot Games on Nov. 6, 2021. It has 9 episodes, sectioned into 3 parts, that run for about 45 minutes to 1 hour each. The show is set in the League of Legends universe- a team-based RPG game. It's been influential on television not only through the artwork, but through the compelling storytelling. They focus on creating characters with depth and the complex relationships they have with each other.

Arcane has made an impact on television and romance by weaving complex relationships into its storyline. For example, the characters Vi and Caitlyn. Vi is from the Undercity of Zaun- a poor and heavily polluted city- and Caitlyn is from the city of Piltover- a wealthy and highly developed city. They come

from different backgrounds and were raised with many different experiences. Vi had to fight for her life, while Caitlyn was always safe in her penthouse. Vi even refers to the two of them as "Oil and Water" alluding to their different backgrounds.

Arcane focuses on characters with deep emotional connections, rather than the traditional, "I just met this person two days ago and now we're getting married" tropes- aka every Hallmark movie ever.

While the characters Jinx and Ekko are the best examples I can use of characters with a complex relationship, Vi and Caitlyn are the perfect example of characters with a deep emotional connection.

Let me elaborate.

As I have stated earlier, Vi and Caitlyn come from two extremely different backgrounds. Caitlyn- a newly dismissed Enforcer- got Vi out of prison to help

her capture and arrest Jinx, before finding out Jinx was Vi's sister. Along the way, Vi starts to confide in Caitlyn saying how she wants to get her sister back and rekindle their sisterhood. Caitlyn agrees to help her, and they go off in search of Jinx. This wasn't an easy task considering The Council was also searching for Jinx in hopes of detaining her and Silco- the main "villain" of the story (which I will circle back to at the end).

Then Vi and Caitlyn decide to talk with The Council. Vi wants to take down Silco because she believes he is the reason her sister became Jinx and left behind the version of her that was known as Powder. Unfortunately, The Council decides to not help them. Vi then breaks off her alliance with Caitlyn and says they are not compatible with each other, referring to them as Oil and Water- Vi being the Oil and Caitlyn being the Water. This struck

Caitlyn hard, as she kept replaying the scene over and over in her head.

Now onto the next pair.

Jinx- who was then known as Powder- and Ekko were friends during their childhood. As the youngest two, they were very close- but things changed after Vander- Vi and Powder's adoptive dad- died. Powder was then taken in by Silco and changed her name to Jinx, while Ekko founded the Firelights.

The first time Jinx and Ekko meet each other after the time skip is during one of Silco's Shimmer smuggling missions. Jinx was in charge of guarding the Shimmer when Ekko and the Firelights attacked the ship, trying to destroy it. Jinx retaliated and killed many of the Firelights. The next time they meet, Ekko and the Firelights attack Jinx- while she's with Vi- and take Vi and Caitlyn hostage, thinking they work with Silco. Ekko finds out that Vi isn't working with Silco, and talks to her about her sister. Ekko tells her that Powder is gone, and all that's left is Jinx. Vi disagrees and tells him that she knows her sister. Ekko takes her to see a mural painted on the shelter with portraits of everyone they've lost- with Powder being the biggest portrait, symbolizing that Powder is gone. He tells Vi that Jinx is working with Silco not because she's forced to, but because she wants to.

The next time they meet is on the bridge to Piltover. They don't meet as friends,

but as enemies. As they fight, Ekko knocks Jinx down with a series of strikes. When he's about to give her the finishing blow, he stops and looks into Jinx's eyes, seeing his old friend, Powder. Ekko's expression causes Jinx to stop struggling and she gives him a sorrowful smile, before detonating a grenade right next to them in an attempt to take them both out at the same time.

Don't worry, they both live.

Circling back to what I said earlier, Silco isn't the main "villain" of the story. In my opinion, there is no villain. Just people with different goals and different means of achieving their goals. Some might even say everyone is the villain of the show. Silco is the villain for using Shimmer to turn people into enhanced creatures of themselves to create an army; Jinx is the villain for always blowing stuff up and killing people in the process; Vi is the villain for leaving her sister and blaming her for the death of their friends; The Council are the villains for not helping Zaun and destroying the source of the shimmer.

But are they really villains? Or are they just people who've gone through horrible experiences that have turned them into the people they are now?

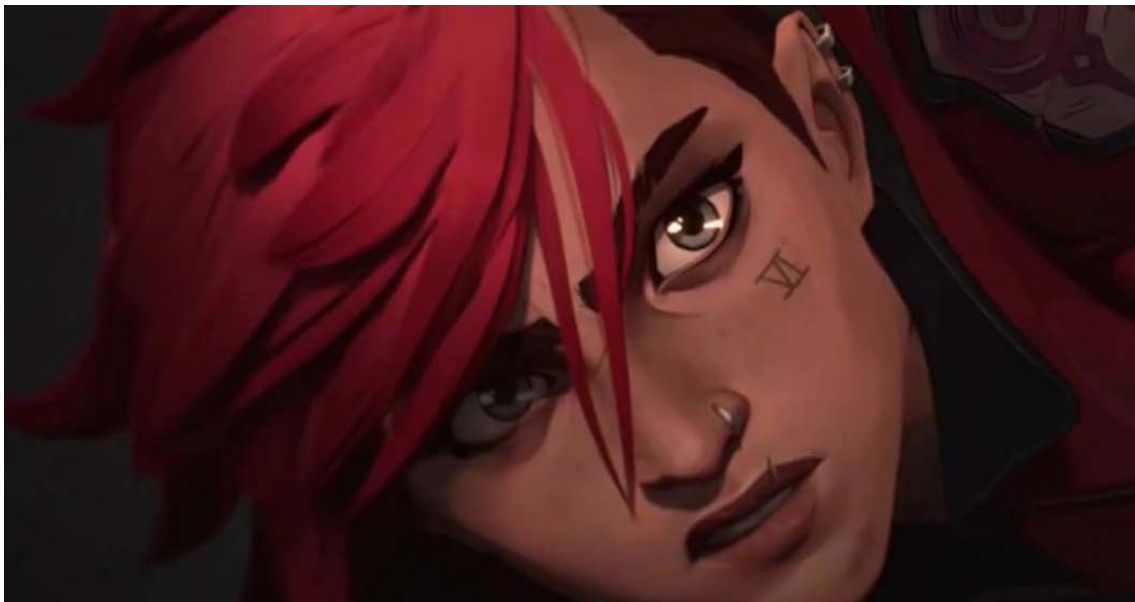


Image by: www.newsweek.com

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Navigating success: a guide to a flourishing spring term at Broward College

Daniela Iregui Silva
Online Editor

As the winter break draws to a close and the prospect of a new semester looms large, Broward College students are gearing up for the challenges and opportunities that come with the Spring term. To ensure a successful and fulfilling academic experience, it's essential to start the term with a strategic plan. Here are some invaluable tips and tricks to make the most of your Spring term at Broward College.

1. **Schedule an Appointment with Your Academic Advisor:** One of the first and most crucial steps towards a successful semester is to schedule a meeting with your academic advisor early on. These professionals are there to guide you through your academic journey, helping you select the right courses and navigate any challenges



Image by: www.broward.edu

you may face. By taking the initiative to connect with your advisor during the first weeks of the Spring term, you set the stage for a well-informed and well-planned academic experience.

2. **Review Your Course Syllabus and Create a Comprehensive Planner:** Each course you undertake comes with a detailed syllabus, acting as a roadmap for the semester. Take the time to thoroughly review these syllabi, noting down essential information such as assignment due dates, exam schedules, and any other important events.

Armed with this knowledge, create a comprehensive planner for the term. Utilize either a physical planner or digital tools to set reminders and keep yourself organized. This proactive approach will help you stay on top of your academic commitments and reduce the likelihood of last-minute stress.

3. **Get Involved in Campus Life:** College isn't just about academics; it's also an opportunity for personal growth, community engagement, and networking. Make it a priority to find a club or

program that aligns with your interests and goals. Broward College offers a diverse range of clubs and extracurricular activities that cater to various passions. Whether you're interested in joining a cultural club, an academic society, or a sports team, getting involved in campus life provides a platform for personal development and fosters a sense of belonging.

4. **Stay Connected Through Social Media:** In the digital age, information is at your fingertips, and staying connected has never been easier. Broward College programs and departments maintain active social media accounts

to keep students informed about events, workshops, and important dates. Make it a habit to follow these accounts to stay in the loop and enhance your college experience. Whether it's updates on academic

resources, announcements about career fairs, or details about cultural events, staying connected through social media ensures that you don't miss out on valuable opportunities.

In conclusion, a successful Spring term at Broward College is within your reach with careful planning and proactive engagement. By scheduling an appointment with your academic advisor, reviewing your course syllabi, getting involved in campus activities, and staying connected through social media, you'll be better equipped to navigate the challenges and embrace the opportunities that the semester presents. Here's to a thriving Spring term filled with growth, learning, and achievement at Broward College!

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Florida Climate Lobby: A Call to Action for a Sustainable Tomorrow

Rising tides and urgent calls: Florida students advocate for a sustainable future with Climate Lobby

Swami Hinojosa Blas
Editor-in-Chief

On January 23 and 24, several representatives from the Youth Action Fund, Sunrise Movement, and Gen Cleo Actions, along with students from across Florida, will attend one of the most significant meetings of young activists advocating for climate and energy use. Florida's largest climate lobby aims to influence policymakers and increase public awareness. The largest student groups come from the University of Miami, Miami Dade College, the University of Central Florida in Orlando, the University of South Florida in Tampa, and Florida State University in Tallahassee.

The climate lobby in Florida is greatly concerned about the impact of rising sea levels on coastal communities. Since a large portion of the state's population resides in coastal areas, it is crucial to implement policies to help mitigate the effects of rising sea levels. These policies include investing in robust infrastructure, enforcing zoning regulations, and promoting safe practices. The lobby also focuses on hurricanes and other extreme weather events, which have become more frequent and intense due to climate change. Students involved in the lobby will advocate for policies prioritizing community resilience to such events by implementing stricter building codes, disaster

preparedness measures, and investments in renewable energy sources to reduce greenhouse gas emissions.

Florida's stunning beaches, distinctive ecosystems, and appealing climate make it a desirable destination for visitors and locals. However, this perfect location is facing a significant challenge in climate change. The state is experiencing the effects of rising sea levels, extreme weather occurrences, and other climate-related impacts, prompting the climate lobby to advocate for sustainable policies and promote awareness of the issue. Preserving and renovating Florida's valuable ecosystems, including the Everglades and coral reefs, is crucial for maintaining biodiversity, safeguarding against storm surges, and preserving water quality. The climate lobby is dedicated to protecting these ecosystems, recognizing their importance, and concentrating on their protection.

Florida is facing an immediate threat from climate change due to rising sea levels. Many communities along the state's extensive coastline are at risk of being attacked by the sea, which can damage homes and businesses. Lobby groups are working to raise awareness about the risks associated with climate change and are urging citizens and politicians to take decisive action. The focus of these efforts is on rising sea

levels that threaten the Florida coast, with Miami being a particularly vulnerable area. Parts of the city are already experiencing "sunny day flooding" during high tides.

The lobby groups emphasize the importance of implementing sustainable land use practices, robust infrastructure, and forward-thinking zoning regulations to mitigate these risks. Florida's abundant solar radiation is its greatest asset, providing the climate lobby with a unique opportunity to support renewable energy solutions. Solar energy has the potential to revolutionize Florida's energy landscape. Therefore, the lobby group supports policies that promote solar energy, remove barriers to installing solar panels, and encourage investment in renewable infrastructure.

The climate lobby faces challenges in a country where political and economic interests often work together. Advocates are trying to gain support for sustainable policies through various methods such as outreach, public education, and direct advocacy campaigns. Collaborating with businesses, community leaders, and political decision-makers is essential to find common ground and develop mutually beneficial solutions. The pressure group understands that tackling climate change requires an approach that considers econom-

ic, social, and environmental factors. By encouraging open and constructive dialogue, the climate lobby aims to bring together different interests and ideologies and unite stakeholders towards a sustainable future.

In Florida, the climate lobby is not just a voice in the wind but a call to action. The advo-

come. The Florida Climate Lobby is at the forefront of the fight against climate change, advocating for policies that address the immediate threats of rising sea levels, extreme weather events, and the broader impacts of climate change. By combining advocacy, education, and collaboration, the lobby works to move the country

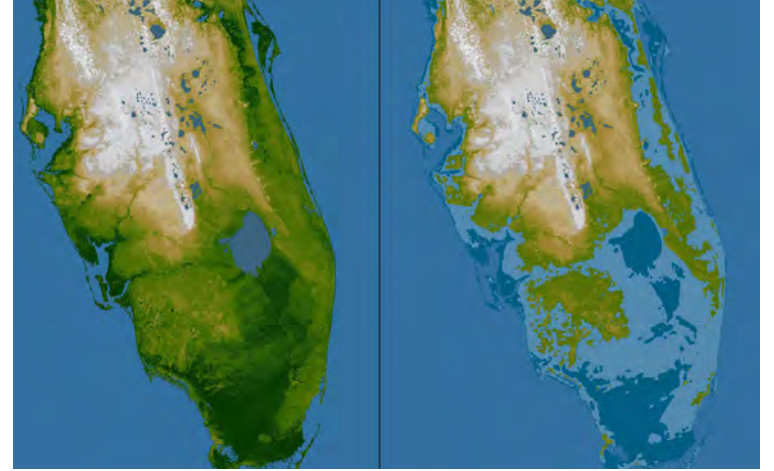


Photo by: news.wgcu.org

cate are aware of the situation's urgency and emphasize the need for rapid and fundamental changes in policies and behavior. Inaction can result in environmental and economic consequences, affecting property values, tourism, and general public well-being. As the climate lobby continues, it urges citizens, businesses, and policymakers to unite and build a resilient and sustainable future for Florida. The decisions made in the coming years will shape the trajectory of the Sunshine State for generations to

toward a more sustainable and resilient future. As the Sunshine State faces the challenges of climate change, the efforts of the climate lobby serve as a beacon illuminating the path to a brighter, more sustainable tomorrow for Florida and the rest of the world. erty values, tourism, and general public well-being. As the climate lobby continues, it

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