



Shawn Chitnis CBS Denver Reporter

Watching the news on TV has been an essential part of my life since I was a child. It was built into our daily family routine, but at that age I could only dream it would one day become a career. While it felt like a job out of reach and so nontraditional for our culture, once I'd gotten my first taste of reporting in high school I decided to study journalism in college. The passion that I found there has stayed with me more than ten years into the industry and I cannot imagine working in any other profession.

I knew all along that I wanted to become a TV reporter. Thankfully, my parents were cautiously supportive of my interests and didn't hesitate to let me consider a degree in broadcast journalism. When it came time to apply to colleges, I found that the University of Southern California offered everything I wanted to achieve my goal. It was the perfect setting to get out of my comfort zone and challenge myself to explore all that the university and Los Angeles had to offer. The skills and approach I developed throughout my time in college are still a part of how I operate in my field of work today. But it was also essential that I studied outside of my major, taking classes in business, political science, even music and cinema. Beyond college, internships showed me the heights of this business were endless. From meeting those journalists I admired all my life, to walking the red carpet of the Golden Globes, I spent time working in newsrooms at home and in New York City to understand the wide range of possibilities in TV News.

A graduate fresh out of college ready with a resume reel, a portfolio of some of my best work as a reporter, I spent six months looking for that first job. Most reporters working in TV news get their start in a "small market," where you are usually far from home or any major city. You sign a contract to earn a small salary and stick it out for a couple of years, away from friends and family. I got lucky as I worked just two and half hours from where I grew up near Seattle. On my 22nd birthday in November, I began my on-air career as a reporter for the NBC station in Yakima, Washington.

Two and half years went by quickly and I had to start the process again, updating my resume reel with work showcasing time as a morning reporter as well as covering central Washington. There were fires, shootings, local elections, as well as fresh fruit and wine. Once again I prepared myself to live far from home but I landed in Spokane, the second largest market in Washington, still only about four hours away from home.

Working for the CBS affiliate in eastern Washington became my first extended run in this business, covering a full range of stories including a presidential election and the governor's race. I even had a full day of nonstop reports on a devastating wildfire over 24 hours. Spokane would also give me the story of my career, interviewing Rachel Dolezal, a white woman who made international headlines by identifying herself as Black while leading the local NAACP chapter. I felt like I could take on any story after working in my first two markets so I set my sights on returning to a major city like Seattle but hopeful I could also get the exposure of a new part of the country. Another long search with an updated reel and asking everyone I knew for help, got me to the CBS station in Denver. Five years into my current job in Colorado, I have worked every shift and traveled all around the state exploring my new home while still on this journey.

Entering a second decade of reporting, I remain just as passionate about this field and covering the pandemic has only strengthened by belief in the need for solid journalism at all levels. The allure of TV cameras and bright lights may catch the attention of some temporarily but to last in this business, you must be willing to do the work and spend much more time behind the scenes to get that moment on the air.

Anwita Kasar - The Four Essential Steps on Balancing Your Work

Here is a scenario for you to imagine: you have a math test, a science test, a very important project, and countless hours of homework, all in the same week. On top of that, you have other extracurriculars that take up an hour or two every day. You might think that you will not be able to get it all done in such a short amount of time. However, you can, all thanks to one important and helpful concept: time management. Time management is the process of organizing and planning how to divide work, and it can teach you that time is awfully valuable, so it is best to know how to plan accordingly. It may be hard at first, but with four essential steps, you will find the ability to complete your work much easier.

Purpose

In terms of working with a purpose, it is all about the quality over the quantity. It does not necessarily mean that the longer you work, the more you will be able to get done. Instead of simply cramming all your work in one day, ask yourself, *what is it that I need to get done?*, and set a few specific goals to achieve each day. In doing so, you will find a direct purpose in completing your tasks. An amazing part about setting objectives is that once you complete a few, you will feel more accomplished and more productive. Finally, finding a purpose in work is extremely helpful in that it can prevent you from easily getting sidetracked. There are undoubtedly some goals that will take more effort to complete than others, so it would be a good idea to space out your goals so that a certain day is not overpowered with as much work as another day.

Focus

Focus often comes hand-in-hand with purpose. When you find a purpose, you are better able to focus just on your work and nothing else. It is always helpful to try to stay off of electronic devices and forms of social media so that you are not getting easily distracted. When working, you should have a clear mind, and there should not be multiple different thoughts and ideas swirling around in your head, as said previously. A great way to clear the mind is to take a few deep breaths before you start. This will help you get rid of any unnecessary thoughts and anything else that is unrelated to what you are doing currently. If it is possible, try to find a quiet place to work, which is very helpful because no other outside voices and sounds are preventing you from doing your work. Eventually you will find that the more

focus you have, the more efficiently you are able to get your assignments done, and you wouldn't have to spend too much time on a single topic.

Prioritization

When it comes to prioritization, an important piece to remember is that there should not be multiple different items that are prioritized to the full extent. If that is the case, the amount of effort you put in will not be used efficiently. All of this goes back to the idea of purpose. When setting your goals, make sure that you are not setting too many goals for a specific day. It is important that you find a balance between the number of objectives you want to get through in one day and in one week. For each day of the week, set a goal that is of top priority. Then, set more goals that are still important, but not as important as the top goal. This is very helpful in deciding how to effectively use your time.

Health

Perhaps the most important part of time management is your health. None of the other concepts will be as effective if your mind is not functioning properly, and you are in a constant state of stress. Truthfully, it is not easy to work effectively when there is so much to do. That is why it is extremely important that you take breaks whenever your mind feels distant from your work. These breaks can be composed of drinking water, grabbing a light snack, getting out of your chair and stretching, or even watching some television. Anything that will help remove stress from the mind is vital, so when you go back to work, you are able to complete your work with a focused mind and much less stress. Whenever you are overloaded with work, remember that a healthy mind leads to more efficiency.

The best part about time management is that all the smaller components are related to one another in some way or form. When you follow one step, you can easily follow the other steps that come with it. So the next time you have multiple different exams and projects due in a short amount of time, remember the four essential ideas--purpose, focus, prioritization, and health--and think about how you can incorporate these into your own lives. It will take some time to get used to following a plan, but I assure you, when you fully grasp everything, it will be extremely beneficial for you, not only in the present, but also in the future.

Let's look back – Nikhil Shivaji Kekan



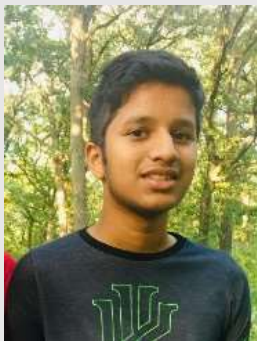
2020 has been a roller coaster ride for us all. Let's keep the disease aside for a bit and think about what this year has taken away from us. How many times did we have good laugh with someone sitting in a restaurant or a coffee shop or on the bus or train? How many those eye contacts did we make that made us smile? How much quality time did we get to spend with our family? Quality time meaning telling your parents about what you are going through in your life, your sorrows your joys your wishes your future plans or telling them and your siblings about incidents that happened in the past which would make them laugh? Have you got to observe that smile on your parents, grandparents face when you are just around them?

Actually, this pandemic made it possible for some people to be with their families after a long time. If you are one of those you are blessed. For some, it took away even those few moments they used to get.

This year has been unfair in many aspects. But it has also made us realize what's really important in life. It has shown us all things we have been running behind are useless. It has shown how important it is to have good friends. It has shown us how important is it to have a human touch. How important it is for humans to live in a herd and not alone. This year has taught us that depression is real. Loneliness is real, and we should be connected to our loved ones emotionally mentally. This year has brought learning for parents to be friends with their children so children can be at ease to express their joy sorrows and feelings. This year showed us that we need to manage our expenses, this year showed us why to use our money wisely. This year rejuvenated our feelings emotions.

I feel frustrated when I think about the past when I used to be on my phone all the time while traveling. Let it be a bus or train or flight. I could simply put my phone away and observe people around me, try to talk to some of them. Maybe I could make a few friends. I regret my actions in the past. You also must have realized similar mistakes you did, and willing to correct them when everything gets to normal.

Once things get normal I want to live in the real world. visiting places, traveling, wandering around the globe, get in touch with my loved ones in real and not through social media, want to grateful to nature, plant trees, go out and play on the playground, help the community in the best way I can and many more. Do you feel the same way I feel?



Krish Mehta - First Round of COVID-19 U.S. Vaccinations to begin on Monday

According to officials, the U.S. public will start receiving the Pfizer/BioNTech coronavirus vaccine starting Monday after it was authorized for emergency use. The first three million doses of the vaccine will be shipped across all states this weekend, said Gen Gustave Perna, who is overseeing distribution of the vaccine.

The vaccine is said to be 95 percent effective and has been deemed safe by the Food and Drug Administration (FDA). Perna said, "Expect 145 sites across the states to receive the vaccine on Monday, another 425 sites on Tuesday, and the final 66 sites on Wednesday." This distribution would complete the initial delivery of the Pfizer/BioNTech vaccine and cover about 3 million people.

The Pfizer vaccine has already received regulatory approval in the UK, Canada, Saudi Arabia, and Bahrain. Just like those countries, U.S. health authorities are expected to prioritize medical workers for the first doses. More Americans outside the highest-priority groups are likely to be able to get the vaccine in January, with general availability expected by April. Coronavirus deaths have been rising rapidly since November in the U.S. On Wednesday, the country recorded more than 3,000 deaths - the highest total in a single day anywhere in the world.

Stephen Hann, the head of the FDA said, "The FDA's authorization for emergency use of the first Covid-19 vaccine is a significant milestone in battling this devastating pandemic that has affected so many families in the United States and around the world." After an open and transparent review process that ensured the vaccine met the FDA's rigorous, scientific standards for safety, effectiveness, and manufacturing quality, Hann authorized it.

On Thursday, during a 23-member panel between medical experts and the FDA, they came to a conclusion that the vaccine's benefits outweighed its risks.

The Pfizer/BioNTech vaccine was the first coronavirus jab to show promising results in the later stages of its testing process. It is a new type called an mRNA vaccine that uses a tiny fragment of genetic code from the pandemic virus to teach the body how to fight COVID and eventually build immunity. "When a person receives this vaccine, their

body produces copies of the spike protein, which does not cause disease, but triggers the immune system to learn to react defensively, producing an immune response against COVID-19,” said the FDA. The vaccine must be stored at extremely low temperatures, which makes distribution a little difficult. To solve this, Pfizer said, “Special shipping containers that use dry-ice will be used to transport frozen vials to the direct point of vaccination.”

Overall, for most students in most states, this vaccine will mean that their schools will eventually open up again, particularly by fall of 2021 for a lot of states. Even then, some states will allow online learning if required.



Ayush Khot - Watching Icarus

Hello! I am Ayush Khot, a high school senior living in Aurora, Illinois. Recently, I have read a poem in my AP Literature class that I would love to share with you. It is called:

“Musée Des Beaux Arts”

W.H. Auden

About suffering they were never wrong,

The Old Masters: how well they understood

Its human position; how it takes place

While someone else is eating or opening a window or just walking dully along,

How, when the aged are reverently, passionately waiting

For the miraculous birth, there always must be

Children who did not specially want it to happen, skating

On a pond at the edge of the wood.

They never forgot

That even the dreadful martyrdom must run its course

Anyhow in a corner, some untidy spot

Where the dogs go on with their doggy life and the torturer's horse

Scratches its innocent behind on a tree.

In Breughel's Icarus, for instance: how everything turns away

Quite leisurely from the disaster; the ploughman may

Have heard the splash, the forsaken cry,

But for him it was not an important failure; the sun shone

As it had to on the white legs disappearing into the green

Water; and the expensive delicate ship that must have seen

Something amazing, a boy falling out of the sky,

Had somewhere to get to and sailed calmly on.

To the average person, this may seem like a load of gibberish. On the other hand, this 1939 poem accurately predicted our current dilemma in this COVID-19 pandemic.

Auden, throughout the poem, emphasizes how people who don't suffer treat people who do suffer. The direct and matter-of-fact commentary talks to the reader in a realistic perspective. In short, people who live an ordinary life don't care about people who are hurting. The poet relates this general theme into a painting, *Fall of Icarus* (Brueghel, 2015). Icarus tried to escape Earth through wings; however, as he approached the Sun, the wax on his wings melted, descending Icarus to die in the ocean. In Figure 1, ordinary people observe Icarus' death without acting or trying to save him. Although his arrogance caused his death, people did not go out of their way to rescue him. This caution prevents them from saving Icarus who could have easily been rescued.



Fig 1. Fall of Icarus

This pandemic proves how Auden and Breughal were correct. Although the elderly are dying in hospitals, parents are losing their jobs, and businesses are failing, people still discard their masks in public areas. Endangering people close to you for a little more fun could be seen as irresponsible and selfish. I know some of you can't totally understand the position of the elderly and people with heart conditions: all I can ask is that people be considerate of what others may be going through. The world is a large place; people may be facing a lot of hardships at the moment. If you are financially stable, please consider donating to a local charity or non-profit organization.

And for anyone who has flown too close to the sun and landed in the ocean, boats will come for you.

Considering that we're all wearing masks and socially distancing, of course.

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Mindful eating during Holidays - Siyona Pawar



Holidays and food are co-related, since we are approaching the holiday time it can be easy to overindulge in treats, but it is still possible to eat healthier.

Mindful eating is all about enjoying fully whatever we eat. It has very little to do with calories, carbohydrates, fat, or protein and more focused on paying attention to your food by using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.

Why should we practice Mindful eating during the Holidays?

Since we are approaching the holiday season it's very important to practice Mindful eating because being mindful of the food you eat can promote better digestion, keep you full with less food, and influence wiser choices about what you eat in the future. It can also help you free yourself from unhealthy habits around food and eating.

Benefits of Mindful eating :

- 1) Reduce stress.
- 2) Increase enjoyment.
- 3) Easier digestion.
- 4) Reduce calories.
- 5) Lose weight.
- 6) Less binge eating.
- 7) Control food instead of it controlling you.
- 8) Enjoy the moment.

Drawbacks of not eating Mindfully :

- 1) It leads to unhealthy eating behaviors.
- 2) Unnecessary weight gain
- 3) Depression
- 4) Feeling Stressful
- 5) Lot of Health-related Issues
- 6) Constant Hunger

How can we practice Mindful eating during the Holidays?

- Buy only healthy options and be with your shopping list. ...
- The most important thing in Mindful eating is engaging your senses by noticing the colors, smells, sounds, textures, and flavors of food.
- Eating slowly and in small portions without distraction.
- Listening to physical hunger clues and to stop eating when you're full
- Distinguishing between true hunger and non-hunger triggers for eating
- Learning to cope with guilt and anxiety about food
- Eating to maintain overall health and well-being
- Noticing the effects food has on your feelings and figure

So hope the above points will surely help you all eat mindfully during this holiday season and bring a lot of happiness and good health to you and your family and friends.