



How to Survive Valentine's Day Single



February is upon us, and the first thing that comes to mind is not the snow, or mid-terms, but the smell of chocolate in the air from none other than the holiday of love: Valentine's Day! Now for those of you that can celebrate with your significant other and do those cute lovey dovey things you only see on Instagram, the rest of us see you, and we cringe because we want you to get a room and stay in it. Not because we don't think it's cute, but because we are crying inside and want that same thing. But it is not all that bad! Let us single people band together and help each other! Here are my tips on how to survive Valentine's Day Single:

1. If you have already broken your New Year's Resolution and have not been to Tait in a while, that's ok! Because you have no one to impress, go eat chocolate.
2. Go to Scott and study for your mid-terms, stop thinking about cute boys or girls, and bring chocolate with you.
3. Binge watch "Narcos" and maybe try to learn Spanish in the process.
4. Sign up for a cooking class so you can be wifey and hubby material and can make yourself chocolate.
5. And finally, go out with your friends and have a good time! Whether you're in a relationship or single, it doesn't matter, everything happens for a reason and go through it having a great time.

Happy Valentine's Day and Happy Reading Week!

Nancy Rostom (VP Academics, New College Council)

How to Take Advantage of Reading Week

You have been working hard, and you are ready for a break, but it is easy to let your time off get away from you. To take advantage of the reading week - try to stay productive and enjoy your time off as well. Here are some tips on how to make the most of your break:

Schedule your time: Since the beginning of the semester you probably have set a routine for yourself to follow, but Reading Week is a week of unstructured time. Plan ahead for reading week and schedule some time to visit friends and family but also some time for school work. When you come back from the break, you want to be well rested but ready to take on the rest of the winter term and final exams!

Set goals: Setting small and manageable goals is the key to a successful Reading Week. If you set out to catch up on weeks of reading or make too many plans for the amount of time you have off, you may be overwhelmed and end up accomplishing less than if you set smaller, more realistic goals.

Take time for you: Reading Week is supposed to be a break. No matter how much work you plan to get ahead on, make sure you have some fun and take some time for yourself. Visit a friend who is in another city, reconnect with your family back home and take the time to do the things that you don't have time for when you're busy with classes. Find a new hangout spot downtown, cook a meal, try a new fitness class or maybe even give your room a much-needed cleaning.

Julianna Primiani (VP Communications, HRSA)

LOUNGE MONITORS



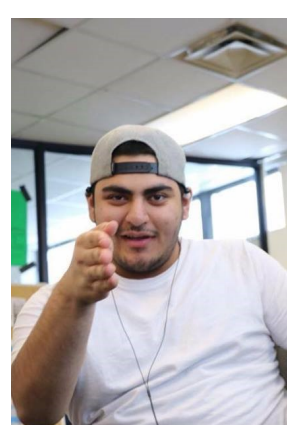
Shahrukh Jamshed



Louis Dib



Wardha Bokhari



Fraz Khan



New Year. New Me... Not Really

Every year people set resolutions for themselves; goals they want to accomplish within the next 365 days. But, this year we get 366 days for our resolutions. Generally, everyone starts off good in January then slowly there is a decrease in motivation to achieve these resolutions. Gyms for example, have a membership peak in January but by summer a large amount of people stop going. So how to stick to resolutions?

Personally, this is how I'd do it. Think about who you are, then, think about your ideal self (where and who you want to be). Now you have point A and B. The question is how do you get there? I believe every year you should strive to be the best version of yourself. Resolutions begin with growth. How are you going to grow and develop this year? Don't base resolutions around other people. Resolutions take self-understanding. Therefore, not 'New Year, New Me'. It's a fresh opportunity to be who you want to be through improvement. Create a path for yourself. Today you are here, what daily challenges can you set for yourself? Every month try setting three daily challenges. For example: exercising, calling your grandparent, and writing in a journal. Also, create smart goals that will be your path to becoming the new you by 11:59 pm December 31st 2016. Keep resolutions reasonable yet interesting so you stay motivated to achieve them.

This year strive to the best version of you. So, be a better person, eat your vegetables, and get those A's. Don't lose sight of the end goal and try not to forget about your resolutions half way through the year. Stick to it, your future self will thank you.

Veronica Rondinone (Editor, New Beat)

Photos taken by: Wardha Bokhari & Gabrielle Dias

Sporty Eagle



So far, it has been a whole term of continuous assignments, last minute exam prep, and energy-draining all-nighters. In our tiny time gaps a lot of us struggle to find something worthwhile to do. I've used the remaining time in my semester to take part in intramurals.

Keep in mind that I'm not exactly the guy with outstanding athletic abilities, but my love for sports and ambition to try out different things has made me join several New College sports teams competing in York intramural leagues. Soccer, dodge ball, and broomball are a few to name. These equally fun and competitive evenings have inspired yours truly to captain the Co-ed Futsal team. From the big guns of Stong to the unique and energetic individuals at Winters, you get to face and meet many different people through intramurals. Playing alongside fellow NC peers creates a sense of pride and will to win; a feeling easier felt than explained when you're perspiring for your team. Even if you're not the most coordinated individual, come on out and sweat stress away with New College.

Never hesitate to join a New College Team. For those who don't know how, you can sign up at www.imleagues.com. You would have a lot of fun playing for our soaring Eagles. Remember, it's your choice as to if you want to fly with us or not!

Haile Wondwossen (1st Year, BAS Accounting)



Reshad Ahmed
NCC Secretary

LOUNGE MONITORS



Haile Wondwossen



Haya Alsayegh



Diana Le Huynh



Nazvir Singh Jhand