



NY Tech Expects Loss of \$20 mil-\$30mil Loss Due to Enrollment Drop

President Foley says 'significant hit' may impact programs

By Ioannis Ioakimidis
Contributing Writer

President Hank Foley of the New York Institute of Technology is expecting an estimated revenue drop in the "\$20 million to \$30 million range," as the result of a large decline in international student enrollment, as well as a decrease in domestic students, in the face of COVID-19.

"It's going to have a substantial impact on the school," Foley stated, in an exclusive interview with the Manhattan Globe, the university's independent student newspaper. "It's been a significant hit," Foley explained that "next year, we're looking at being down another 400 or more international students, and then the year after that another hundred or so."

Due to the financial state of New York Tech, Foley acknowledged that the administration will be going to take "a closer look" at which academic programs will be offered and how many professors will be teaching. These upcoming months will hopefully give the university more clarity on these specific changes, he added.

As a result of the need to safely reopen both New York campuses, New York Tech prepared for roughly 800 to 1,000 people per day on each campus. The average number of people on the New York City campus numbered 80 to 100. In comparison, slightly more than 100 people visited the Long Island campus daily.

The financial aspect of keeping so many buildings open for so few people is also being reviewed, Foley said. He estimated only about 14-15 percent of classes were taught in-person this semester and they were lab courses that couldn't be taught remotely.

Foley shed some light on the re-opening plan for fall 2020 and the modifications planned for the coming spring semester.



A view of NY Tech during a typical day

Foley said the process for planning the fall semester was slow in coming together. Working with New York Tech Vice President, Suzanne Musho, along with various deans, the majority of the planning came together in the summer. In preparation for the changing circumstances due to the pandemic, multiple reopening plans had to be devised. A massive amount of student feedback was submitted and will be taken into account when planning for the future, Foley said.

"The cost of the development and implementation guidelines are in the millions of dollars and continue to climb," Musho told the Manhattan Globe. The costs cover numerous changes made, such as layout revisions to buildings, consultations with both safety and design professionals, installation of new equipment and adjustments to existing equipment, and testing protocols as well. "We look forward to methodically and responsibly re-engaging campus life in a more typical format, as the vaccine becomes more widely available in the Spring of 2021," Musho said.

The aforementioned New York Tech's Campus Life Committee, led by Musho, will research how the student experience can be improved. The administration will continue to make plans to accommodate the university's students and staff when they are on campus.

Foley credited Provost Junius Gonzales with working hard to improve the online experience and he commended the faculty for quickly adapting to online teaching. The president said Gonzales is working companies that specialize in remote learning.

Over the summer, professors could choose whether they wanted to teach in-person or remotely.

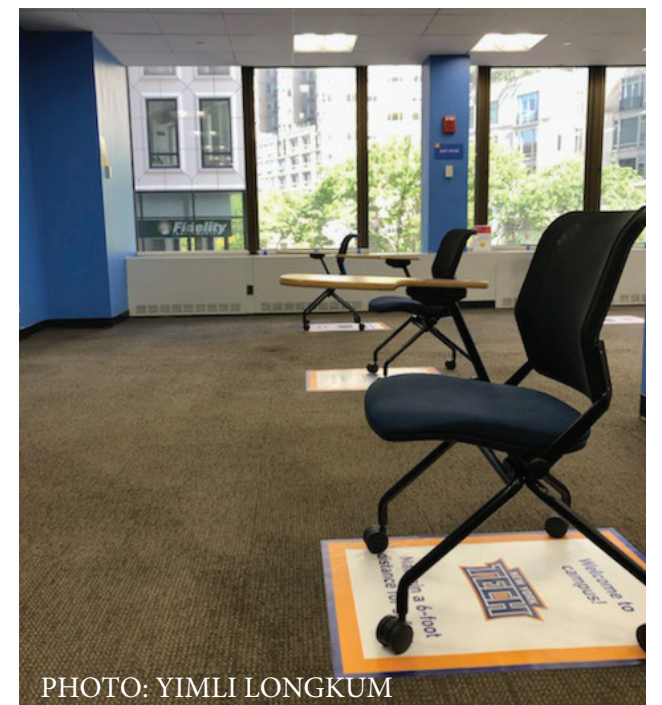


PHOTO: YIMLI LONGKUM

Empty desks available for proper social distancing in classes.

However, within the first couple of weeks of the fall semester, an unspecified number of professors switched to online after starting in the classroom, creating student confusion, Foley acknowledged.

For those who still had to be on either campus, proper security was implemented to ensure the safety of the New York Tech community.

Foley said the school is continuing to work on improving the experience for the entire New York Tech community.

How NY Tech Planned: Facilities, Safety & Security For Fall 2020 Reopening



PHOTO: YIMLI LONGKUM

Adminstration office at NY Tech



By **Emily Peacock**
News Editor
Copy Editor

Suzanne Musho, AIA, NCARB, vice president for capital planning and facilities management and chief architect at New York Institute of Technology, who is heading up the campus reopening plans at New York Tech, addressed questions and concerns regarding procedures and facility changes due to COVID-19.

Read below about the four-step plan, LEAD, an acronym for each step, which were the details for reopening of the New York campuses that occurred on Sept 9.

FOR FALL 2020:

Step One: Layouts

Musho described the layout changes in the format of classrooms, the campuses, and the process for students and staff to enter campus. Inside classrooms, all desks and seats have been moved to be six feet apart and outdoor seating will be added at Long Island campus (with outdoor heating) to ensure social distancing at all times.

In order to enter either campus, students and faculty must take their temperature and answer three questions: Have you tested positive for COVID-19? Have you been near someone with COVID-19? Do you have any symptoms? If a person's temperature is under 100.3 degrees Fahrenheit and has answered no to all questions, then access is granted. To maximize efficiency, the university has created an app to enter this information, and students simply have to show security their confirmation email for entry. New York City students will receive a badge from the library lobby, which will allow them to enter the surrounding buildings. Masks will also be required on both campuses at all times, and a paper mask will be provided for those who forget their own.

Step Two: Equipment

Campus equipment is being updated for maximum adaptability. Musho mentioned adding hands-free tools and an enhanced ventilation system throughout the buildings, as well as introducing new outdoor areas for students to gather and still be socially distanced. Elevators will only allow two to three people at a time, and the library, along with some other facilities, will be designed to maintain distance as well.

Step Three: Academics

Musho noted the change in class productions, with the addition of distance learning and hybrid classes to the curriculum. Professors are working together in their departments to find the best format for each class, and decisions are still being made. Musho said that everyone is doing their "very best to have face-to-face instruction." Students asked about the possibility of outdoor classrooms in New York City and Musho mentioned potentially using Central Park.

Step Four: Disinfection

UV lights, static cleaners, and COVID-19 approved cleaners will be added to both the Long Island and New York City campuses. Classrooms will be disinfected between every two classes, with extra cleaning of doorknobs, light switches, and other high-traffic areas and items.

The Students First: Community Conversations Series is a series of discussions aimed at informing students on the changes to be made at New York Tech during this pandemic and the support systems that are available to members of the New York Tech community. Stay tuned to learn from Mindy Haar, Ph.D., clinical associate professor and chair of interdisciplinary sciences, about how health and nutrition can boost immunity.

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New York Tech Community Adapts to COVID-19 Life

By Ioannis Ioakimidis
Contributing Writer

As the year comes to an end, so does the first semester fully online due to the pandemic. Back in March, New York Institute of Technology (NYIT) was forced to adapt quickly in the shift from in-person classes to mostly remote education. Since then, we have seen many modifications made to make sure the transition was as seamless as possible for the NYIT community. Getting to speak with students, as well as NYIT's President Hank Foley, more intel on the impact that COVID-19 has had on the university.

During the summer, every member of the NYIT community received a welcome kit either by mail or upon returning to campus, which included a thermometer, reusable cloth mask, hand sanitizer, and a hands-free door opener.

NYIT will also require testing of all students, and also request that faculty and staff provide testing results as well for COVID-19 prior to their return in September, and have given options on how to get tested. These options include the university itself in New York City, through the person's own physician, or any of the providers of free tests.

The NYIT New York City Reopening Plan for Fall 2020 was created by administrators Suzanne Musho, Jerry Balentine, and Brian Harper. This plan was intended to have a population of up to 1,200 individuals, consisting of 20 percent students, 40 percent faculty, and 15 percent staff. Facial coverings are mandatory and must be worn at all times both in the presence of others and in public settings while also social distancing, and any individual without a mask will be given one at the campus.

When speaking with Musho about the cost of the new safety measures put into place, she said, "The cost of the development and implementation guidelines are in the millions of dollars and continue to climb." This cost comes from a number of changes made, such as layout revisions of the buildings, consultations with both safety and design professionals, installation of new equipment and adjustments to existing equipment, and testing protocols as well. Musho follows this by saying, "We look forward to methodically and responsibly re-engaging campus life in a more typical format, as the vaccine becomes more widely available in the Spring of 2021."

Residential dormitories saw a number of changes, starting with no visitors allowed within the dorms under any circumstances. Single rooms are available for any students with specific health requirements, and are decided on a case-by-case basis. Both the dormitories and the campus are undergoing continuous disinfection protocols as well.

In regards to extracurricular activities, most student clubs will be implemented virtually, both extracurricular and cocurricular, however the Long Island athletics program is currently suspended until further notice. The school also continues to advise proper hygiene to keep the spread of COVID-19 to a minimum.

When gauging whether or not a semester is a success, the most important place to turn to is the students. Third-year students at NYIT, Amelia Razak, Jacky Jimenez, and Fernanda Valle shared their first-hand experiences of what the fall semester was like for them.

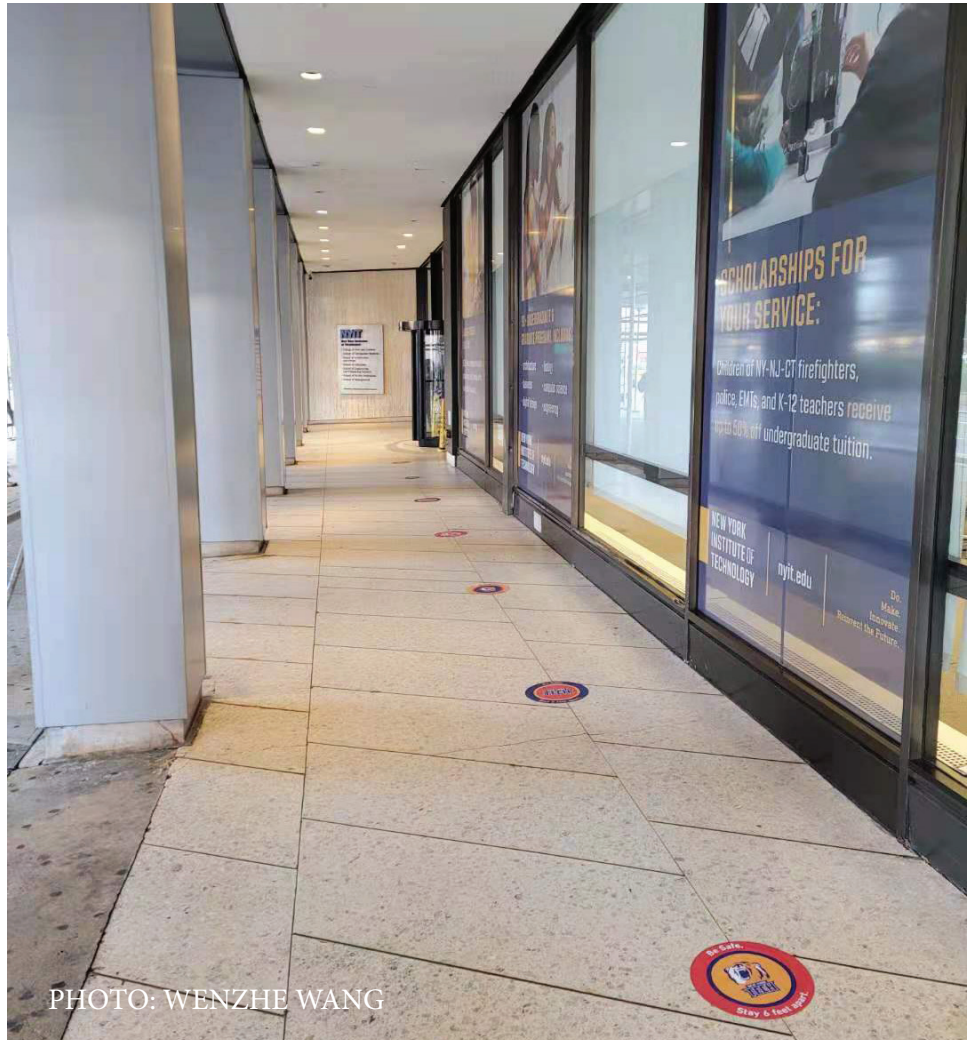


PHOTO: WENZHE WANG

Front walk way of 1855 Broadway.

Feelings towards the transition process from in-person classes to online only were mixed for students. Valle had a difficult transition, stating "It was very sudden and kind of difficult, because I did not have the same access to resources that I could get on campus." However, Razak said her transition was smooth since most of her programs were already online as a graphic designer major. Jimenez stated how her transition was okay, since half of her classes did not require in-person learning. For the classes that did, she mentioned that it was difficult for her to learn the skills that the class was teaching.

With that being said, all three said that their GPA remained the same when compared to previous semesters. With Jimenez, she claimed that her GPA got better than it was previously.

None of the students that were interviewed said they have been back to the campus since classes went remote in April. When asked if the students would return to NYIT if the structure was the same as it is currently, both Razak and Jimenez said that they would return next semester. Valle being unsure whether or not she wants to return. She will continue to weigh the pros and cons for continuing her education at NYIT if it continues to be online.

Besides questioning if these students will be coming back to school, students started to ask about other important factors of continuing online education. Valle is curious on how students are able to receive resources at home, like Adobe Creative Cloud. Being able to have this resource is very important as a Graphic Design major since the programs are what they use for the majority of their courses. Although it is only \$19.99 a month, not every student can afford it. While some students are continuing to see success in their studies, it seems as though NYIT still has a few issues that need to be corrected when moving forward in an online-only education system.

This pandemic has lasted longer than anyone has truly anticipated and with that being said, NYIT seems to try to adapt quickly to make sure their community keeps well. Even as NYIT is struggling on the financial aspect of things, they still seem to be working hard to get things improved and done. It is important for NYIT as a whole to keep going and many do believe their hard work is not going unnoticed.

Old Westbury Team Sports Suspended for At Least 2 Years Due to COVID-19



Group of NYIT Lacrosse players huddled up as they celebrate at a game before COVID-19

By Aiden Fitzpatrick
Contributing Writer

Just 14 months after the New York Institute of Technology’s 2019 rebranding of its sports teams and bear mascot now seems to have been all for nothing since all of New York Tech’s NCAA sports programs have been suspended.

Dan Velez, New York Tech’s athletic director, believes the suspension was an unfortunate result of the national COVID-19 pandemic. “The global COVID-19 pandemic has brought unprecedented challenges to all facets of our lives. Higher education and intercollegiate athletics were no exception,” he stated.

When discussing, he explained the reason for the re-branding was “to create a new brand identity that would resonate with our alumni as well as future generations.” The rebranding was not “rushed into” so to speak, Velez shared “We had discussed a rebrand for some time internally in athletics. When the university announced and undertook its own rebranding process we decided that this was the time to do it, to make sure that athletics branding was in line with the university’s.”

Just two weeks before classes were to begin, all students and staff were notified through an email stating that



A floor sign all throughout the NYIT NYC campus.

NCAA sports had now been suspended for at least the next two years. Coach Velez was informed the morning of Aug. 20. “The decision was made by senior leadership,” Velez said, agreeing the suspension decision was ultimately necessary but unfortunate.

Student athletes and coaches were heartbroken with this final decision after looking forward for so long to this new era they would’ve had after these new rebranding plans were implemented.

“My primary role at this time is to assist, advise and guide the student athletes through this incredibly challenging time,” he said. Like many student athletes, Tom Urena, a junior NCAA lacrosse defenseman who had just transferred to St. John’s University Division One NCAA Lacrosse Program, was very shocked.

“I never thought this would’ve happened to a program that actually does well,” he said, of New York Tech sports.

While the future looks very uncertain for New York Tech’s athletic department and its sports programs, it’s important to know that the COVID-19 virus is an ongoing worldwide issue.

“With all of the challenges that the pandemic has brought to society ... all areas of the university are under intense pressure to ensure that we are fulfilling the mission of New York Institute of Technology,” Velez said.

Writer, Aiden Fitzpatrick, a Long Island campus lacrosse player on a sports scholarship, who is transferring to Springfield College next semester.

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☐ No and YES

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Results

NYIT Librarians are Helping Students During the Pandemic

By Anthony Udayakumar
Contributing Writer

Even with the pandemic forcing most classes to remote teaching, New York Institute of Technology (NYIT) librarians in the Manhattan campus are relentless in trying to give many services and help for the students. As students attend school via remote learning, NYIT librarians have found many ways to aid students by changing how the library is operated. “The librarians at NYIT are always looking for innovation to help the students, always trying to reach out and listen to them with what they want help with,” said Elisabete Ferretti, a Librarian at NYIT, on a Zoom call addressing the school’s library.

The library at the NYIT Manhattan campus was a place where many students did homework, projects, printing, studying, renting out textbooks, and was even just a place where students can interact with one another and their school. However, since this past March, COVID-19 has halted many aspects of life around the world including education. Because of this, the NYIT library has had to adapt to aid the students and try to help them as usual.

The library itself has made changes for the pandemic and it is still open for students to use. The library is still open from Monday to Thursday from 9 a.m. to 8 p.m but there are many precautions. “Masks are required, glass walls are on the desks and the library’s tables and computers are at a proper distance for social distancing,” said Elisabete Ferretti. She also claims that for the most part, many people are not coming to the library at all and not many librarians are there working in person. However, students are still allowed to come as long as they follow guidelines for COVID-19. Many librarians and the library itself are mostly working online and remotely. However, Ferretti explains “the library still has classes and rooms that are semi-open for students to use such as 3D printing and the study rooms,” There are still rooms that students can use for schoolwork. She also emphasizes, “The library has also made curbside pickups available for students.” Curbside pickups reduce contact with people coming to the library.

“My job remains the same except when we are in the office, we are required to wear masks, practice social distancing, and use hand sanitizer,” said James Corry, another NYIT Librarian. The librarians themselves have put mandatory rules for them to practice in order to prevent the possible spread of the virus. “There are markings on the floor to remind visitors to the library to practice social distancing,” explained James Corry. There are many reminders in the library for people to see and to point out the changes in the library that they must adhere to for the virus.

“The librarians are always having a meeting with one another to change the webpage and help the students,” says Ferretti. Most of the services and help that students can receive are on the NYIT library page and there is a guide for the upcoming fall semester that showcases all these changes. “Live chats with librarians online are open from Monday to Friday from 8 p.m to 10 a.m,” said Ferretti. The students can communicate with librarians via text chat anytime to ask questions and receive help for any question they have.

The library has completely become a virtual library for students to use with new services that the students



PHOTO: YIMLI LONGKUM

can use. “The students can make appointments with the librarians for group or one-on-one assistance,” Ferretti said. The workshops and help that the students knew before are all still here but also remotely, such as Zoom calls which librarians use for appointments to help students and teachers.

“Students have access to a large number of research databases in all disciplines and subject areas were increased and Librarians began using Zoom to conduct workshops, classes, and online instructions,” Corry said. The library was vital for students offering textbooks and reading materials, however, with the pandemic, the library had to find new ways to bring these services to students remotely. The library has also “waived off-late fees that students may have,” according to James Corry. Mrs. Ferretti says, “The library is always digitizing pages that students want from books,” The library has acquired the chapters and pages that students want to use for their schoolwork and send it to them digitally. Mr. Corry states, “We continue to purchase books with an emphasis on ebooks so students can access them remotely.” The library is willing to buy ebooks and try their best to get new material for students. However, students can still come to the library physically and get what they need at the library.

The pandemic has also made technology a key factor for remote learning and the library has helped people with technical issues. The library has given and sent out devices for students to use for school. Elisabete Ferretti says, “students can use a self-checkout on the first floor for laptops.” Having access to a computer is necessary to take part in remote learning and the library has provided for those who currently do not have one to use. The libraries have also helped students in being able to learn remotely by providing internet access. Mrs. Ferretti states, “The library has also been offering wifi hotspots for people to use.”

COVID-19 has changed many aspects of the library at NYIT, however, librarians have innovated the library constantly to help the students. They are trying to continue to find ways to reach out to students and find new ways that the library can improve its services remotely and combat the bounds of the pandemic.

Dealing with COVID-19 from NYIT Students' POV

By **Maiomie Rohoo**
Contributing Writer

This coming spring, New York Institute of Technology's students will return for another semester, along with it comes waves of uncertainty about how much the school really cares about their student experience.

NYIT classes have shifted to online learning since March for the health and safety of everyone on campus due to the ongoing COVID-19 pandemic. As the number of cases continues to rise nationally, the institution has adapted hybrid learning for the fall and spring semesters. To ensure the safety of everyone going back to campus, they have enacted some regulations such as mandatory covid tests, masks on campus, and sending students health kits.

According to Dean of Students Tiffani Blake, there have not been any cases of COVID-19 in the residence halls this semester. If any students thought they had it, they were immediately tested and all came back negative.

"In regards to students in general in the past three weeks, we've had more and more students who are reporting to us that they have been diagnosed with COVID," Blake said. It was "minimal numbers" and these students are online so it was just a precaution for them to inform the school.

Since March New York Tech students have received more than 26 emails from the school regarding information and updates about Covid-19. However, when speaking with various students about what they think NYIT needs to improve during the upcoming spring 2021 semester communication was their biggest concern. "I was very stressed because I had gotten a lack of information from any advisor and professor I reached out to," said Lola Rivera, a junior. "I felt kind of in the dark and it is even worse going into the spring semester...most of my stress and anxiety came from the actual school such as the registrar and advising departments," she continued.

For Jamila Lontoc, a digital film and television student transparency is also one of her main priorities for future semesters. "I think it's all based on communication, the classes with a lack of communication during this stressful time does not help the students at all."

President Foley often reiterates in his emails that "we think constantly about the student experience; improving it substantially is so important to us that it is at the core of our new strategic planning and our daily decision making." Although as of now, it's debatable the institution is near providing the best for student experience, in this writer's opinion.

Currently, for Rivera, a Communication Arts major with hopes of graduating a semester early, the biggest obstacle is the school. During the registration for the spring semester, Rivera found out through her two advisors that because of COVID most of the classes she needs to graduate early are only being offered in the fall which is her last semester. So far she has only been able to register for four courses when she usually takes six each term. According to her advisors, more classes are supposed to be available however it seems like the registrar hasn't posted them online yet even though registration for the spring semester began on Nov. 2. "I feel as a student, I should not have



Spring 2020 Journalism 101 course with Professor Jaffee.

to stress over whether or not I will be able to graduate because the school can't be organized during a pandemic." In times of economic struggles and unorthodox teaching methods, many students are looking for any type of financial and academic relief. "Student tuition includes fees for being able to use studio equipment, lab equipment, computers, editing software, library, and many other resources that we aren't getting," said Astrid Santana, a senior in her last semester. "I'm spending more money from home that I don't have, as I am now unemployed due to Covid than I would if I was in school," she added.

Blake pointed out that although students are mostly not physically together, the school needs to maintain a virtual infrastructure. Zoom, Canvas, Blackboard, and other remote and in-person student accommodations – along with previous improvements the school plans to make – require the support of tuition.

"At this time, a tuition reduction will not occur, but tuition is frozen for the next few semesters," she said. "I always want students to know that when the campus is open it is open to all so you can still come by and use the physical spaces in person."

Dorming during pandemic has also raised a lot of anxiety for students. Many have even chosen to stay home for the coming semesters. Shana Nelson, a first-timer to dorming said she felt "surprisingly safe" dorming this semester.

Aimee, who did not provide a last name, a resident advisor at NYIT Riverside dorms located on 88th street is hopeful for the spring semester. "Going into the spring semester we will continue to hold socially distanced events and hopefully provide more passive activities for the residents to participate in," she said. "It's definitely been a weird and unconventional semester, but hopefully with warmer weather we will be able to hold safe events outside and we will continue to keep track of the residents leaving the residence halls in order to minimize the exposure to COVID," she added.

Rightfully frustrated about the upcoming semester students are persisting through confusion, anxiety, and a lack of information between them and the institution.

"If professors and advisors expect us to keep it together during hard times, why do they keep making it harder?" asked Rivera.

Marijuana Legalization in New Jersey, Decriminalized Federally



By Emily Peacock
News Editor
Copy Editor

In the 2020 elections, leaps and bounds were made for the legalization of marijuana. Various states legalized weed both medically and recreationally. Among those states is New Jersey, a neighboring state of New York. This could be promising for the future of legalization in New York and more of the East Coast.

What does the legalization of marijuana in New Jersey mean for the state? It means that people will stop being arrested for marijuana-related charges (as long as the amount of marijuana does not exceed six ounces), there's a possibility for past marijuana convictions to be expunged, and there will be an increase in state funding from the sales tax on the plant.

However, before this can all happen, two more bills must be passed regarding the logistics of decriminalizing weed/expunging past charges as well as the process of selling recreationally. They are to be voted on December 14, with a final vote for the Senate and assembly three days later. Here's what will happen when the bills are passed: An article from NBC New York shared that with all marijuana sales "the state's 6.625 percent sales tax would also apply, 70 percent of which will go to a social equity fund. The remaining amount will go to police training for marijuana DUIs, and to running the program itself." This exemplifies that opening up the marijuana industry in New Jersey will certainly help the state's economy. Starting, only 37 businesses will be able to grow and cultivate weed in the state. Each business will be able to open as many dis-



Photo: Emily Peacock

pensaries as they want though, as long as the presiding town approves. In two years, the number of growers will be able to expand, opening up the industry further. In time, similar laws could be brought to New York. This could enhance the states economy as it will in New Jersey, and will make past convictions eligible for expungement.

In other positive news, the House of Representatives has voted to decriminalize marijuana federally, results coming in 228 to 164. This is the first time in history that Congress has voted on the topic of legalizing marijuana, making 2020 a landmark year for the plant.

Unfortunately, the bill is not expected to pass due to fear in the political world. An article from The Washington Post states that Democrats are "voting overwhelmingly to support the federal decriminalization bill and all but five Republicans opposing it." For Republican politicians this could threaten their political future, as more and more Republican-voting citizens are voting for the legalization of marijuana alongside their Democratic counterparts. "68 percent of Americans said the use of marijuana should be legal, the highest support for marijuana legalization since the polling organization first asked in 1969," says The Washington Post.

Federally decriminalizing marijuana would not solve all of the problems that the War on Drugs has created, but it would potentially expunge marijuana records dating back to 1971 and would most definitely ease tensions between state and federal law enforcement. Times are changing and it is time the government caught up with the American people.

Target Finally Opens

By Wenzhe Wang
Contributing Writer

After a 12-months delay, Target located in Columbus Circle opened on Wednesday, Oct. 21, 2020. In my memory, the big Target "Open Soon" announcement was taped on the windows since last fall. It was expected to open on July 19th. Unfortunately, this opening date was also delayed because of the pandemic, by the order of the governor, in the public area indoor activities were limited. At first, it was projected to open during the fall of this year.

Kwok Man was a librarian who works at NYIT library in Manhattan campus. "I have seen that glass gate on the library side keep closing for a super long time," Kwok Man said, "my working place was just facing the building next to the street. Therefore, whenever I raised my head, I could always see that big Target circle logo on the wall."



PHOTO: WENZHE WANG

Continued on page 8...

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Since the Covid-19 pandemic in New York City in March 2020 and the executive order of closing non-essential business, which was issued from the governor’s office, the grand opening date of the Columbus Circle Target at 1863 Broadway kept being delayed. However, many NYIT staff and students, including the reporter, have great expectations for the grand opening of the Target. “There are two reasons for me to wait for the Target grand opening. First, it is a good place for students to spend during the gaps between classes.”

Austin Cui, a senior student at NYIT, noted “the NYIT Manhattan Campus has only three buildings, and its library only covers three floors at 1855 Broadway, which is always crowded during the lunch break time. The grand opening of Target could make students have one more place to spend.”

“The second reason is its opening will make our life convenient.” He also mentioned, “It’s also another wonderful place to chill during class break, besides Whole Foods and Best Buy. In my opinion, Target is better than the other two stores. It covers more products we need, and its location is much comfortable for all NYIT staff and students.”

Another student Cecilia also agreed the grand opening of the Columbus Circle Target would bring a lot of convenience to her. “I am living in Queens,” she said, “and

most of my classes end in the afternoon, it will take me a lot of time if I go to the grocery store after school. Now the Target is open, I can stop by the grocery area after school and do some shopping, then go home with these groceries, that really helps me a lot.” Her roommate Chole Yyue also agreed with her points. They two are also graduating in the summer, 2021, and they are planning to finish the master’s degree at NYIT also, that means they can also enjoy the benefits of the Target in the next two years.

This reporter stopped by the Target during the Thanksgiving holiday. Unfortunately, because of the order of the NYC mayor, Target was closed for Thanksgiving this year, but it opened for Black Friday. All products listed would be sold on sale both in-store and online. The reporter stopped by the Target one week after Thanksgiving, the indoor adornment was ready for Christmas. The reporter checked the personal hygiene area, and the hand sanitizer was full of stock. Customers at the store were all wearing masks, and one employee was standing at the entrance to check face masks on every customer. The checking out line also marks 6-foot distance on the ground, in order to stop spreading the virus. Everything looked under control.

The pandemic will end eventually, the new Target will always benefit the community, including the NYIT Manhattan campus’ students, staff and faculty.

Sustainable Habits



By Christian Ochoa-Diaz
Staff Writer

It is that time of the year when New Year’s Resolutions will soon be created for 2021. Resolutions regarding picking up new habits is generally the common choice. Going to the gym, eating healthier, reading a book a day, are a couple of resolutions that are the most common on everyone’s list.

However, we commit ourselves to these goals the first couple of weeks and then we stop. Why? Why do we do that? The best explanation for this reoccurring problem is due to the lack of sustainability and practicality. We can not simply start a habit and expect it to work from the start. As individuals, especially as a society, we have adopted a short attention span to almost everything we do. In this article, I will explain a technique that I’ve learned to sustain a habit.

Sustainable habits are influenced by two things, a steady commitment and how specific the habit is. For example, if an individual wants to start a new habit of going to the gym, they should be as specific as possible. Instead of saying “I want to go to the gym this year” be specific and say, “I want to go to the gym at least once a week this year.” Adding a certain measurement to your habit allows a sense of possibility and a way to avoid feeling overwhelmed by the pressures of going each day. That is why being specific is important. To maintain that habit, you need steady commitment. If you don’t go to the gym in three days but, manage to go at least once like previously mentioned then you are steadily committing to the habit without doubting yourself for not going. Being specific and having a steady commitment to your habit will allow you



Photo: Christian Ochoa-Diaz

to gradually improve that habit. Going back to the example, you’ll get to a point where you might want to go to the gym more than once a week. What should you do? You should say to yourself, “at least 2 days a week I should go to the gym.” Gradually increasing the amount of times you do a habit in an effective way can cause that habit to be permanent.

The “Two-Day” Technique is an effective and sustainable method that is easy to follow. The main principle of the Two-Day technique is to not miss more than two days of doing your habit. For example, if you accomplish your habit on Monday but don’t do it on Tuesday or Wednesday on Thursday you must do the habit whether it is done with minimal or full effort. The technique prevents you from procrastinating. The repetition of practicing this technique will eventually help you make that habit permanent.

Overall, taking accountability to sustain your new habit is up to you and you only. Blaming others, excuses, or procrastinating doesn’t help your goal to achieve a long-term habit. Remember to commit and be specific about your habit. Practice the Two-Day Technique. Eventually you’ll see yourself completing habits that you’ve wanted to do for a while now. Best of luck!

Tops Ten Gifts for your Significant Other



By Karibay Angeles
Staff Writer

A brand new year is around the corner, and we can't wait to see what is in store. Before we say our goodbyes to 2020 though, the tradition is to shop till we drop for the holidays. We've had a rough year that will never be forgotten. That's why we have to let this year go with a bang, let's give our significant other a gift they will enjoy. Here are ten gifts that your partner will love:

Mobile Photo Printer:

A gift that lets you print out all your romantic memories and hang them up.

Waterproof Speaker:

For a relaxing romantic shower after work.

For a weekend jam session.

Matching Undies for Bedtime

For bedtime bonding.

A DIY gift:

A personalized gift with meaning to your partner.

Examples:

A photo album with pictures and screenshots of chats and phone calls.

A list of things you would only like to do with your partner.

Jewelry with Significance to your partner:

A necklace with a symbol of your union.

A bracelet with a charm or a keychain with charm that represents both of you.

A ring that has the date when you met engraved.

An item your significant other can use everyday, something functional:

An item your partner has been needing:

A coffee machine.

A sweet mug with their initial.

A blanket that reminds them of you.

Something she can use to relax like an essential oil diffuser.

Adopt a furry friend together:

A pet you can take care of together that will bring adorable memories into your lives. Also of course a home for a homeless furry friend needing kind parents.

A romantic scavenger hunt to an intimate candle lit dinner and a sexy evening:

A cute picnic in the living room by the tree with your partner's favorite foods and a gift from the list above, then you can blind floor your partner and lead them to a sexy and relaxing bath or shower filled with oils and candles.

If you are in a long distance relationship, fly out to your partner and put a bow on yourself for the holidays, but first take a covid test. If it is impossible for you to visit them, mail them a gift you can use together:

Bond Touch Bracelets. It's a waterproof bracelet that when you touch it your partner's bracelet lights up and



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vibrates. This gift allows for even the busiest partners to keep in touch, literally. Once you get the hang of it you can communicate with pules, meaning different things like I love you or I miss you, come home. This is a great gift to remind your partner even on the toughest days that you are thinking of them.

A naughty gift: The Lush Bullet Vibrator, it's pretty simple and it works with an app that allows your partner to pleasure you when they can't.

Traveling essentials for when they visit you: A travel pillow, toiletry case personalized with the name of your partner.

This one you will love: Give your partner a sweatshirt that smells like you. Your smell is unique to you and your partner will consider it sacrate on the toughest of days when they miss you.

A body pillow for your partner on lonely nights

A present that gifts them a night of experimentation, where everything is possible:

You can have an interactive night of sexual pleasures. A day of all the things your partner wishes to do with you: Shopping, Spa Day, PaintBall, Video Games all day, or Skydiving lessons.

My Picks For A Soulful Christmas



By Cybrieme Hargrove
Staff Writer

It’s that time of year again; Christmas season. Prepare to hear the same collection of songs playing in every store across America. Even though I have a soft spot in my heart for anything Christmas related, including Santa Clause, presents, hot cocoa, and don’t get me started on my Christmas pajama collection. The same loop of songs is warm and welcome at first, but after the thousandth time they can mind numbing. Do you get tired of it? I’ll be honest, it doesn’t bother me that much, but that’s only because I’ve grown up on a different set of songs than most people.

My mom knew that there was more out there than the old-timey songs and Mariah Carey. She introduced me to songs and renditions of classics sung by some of the most influential African American artists of all time. These songs created a feeling that went against the status quo of a holiday that, like others, can have an image that’s whitewashed. This is a feeling I’m sure many other black kids felt growing up. If you’ve ever felt like this or are just looking for some new tunes for your holiday playlist, perhaps you’ll enjoy some of the selections in this article.

Let’s start with those songs my mom introduced to me. The Soul Train Christmas Starfest Album features a collection of songs that fuse the feel of Motown, hip hop, and R&B with the magic of Christmas to create something truly unique. Songs like “Let It Snow” by Boyz II Men and “It’s Christmas (All Over the World)” by New Edition fit right in with each legendary group’s style, while creating that feeling you’d get from the classic Christmas songs. If you’re feeling a little heartbroken this holiday, Luther Vandross’ ballad “Every Year, Every Christmas” tells the tale of a hopeless man desperately waiting for his ex-lovers return every Christmas. For those that still want the standard Christmas music, this tape has you covered with renditions of “The Christmas Song” sung by Natalie Cole and “This Christmas” sung by Patti Labelle, and the Nat King Cole and Donny Hathaway versions are also just as good.

If you’re a hip hop fan like me, you’d probably like to hear more Christmas themed rap songs. If that’s the case then I’ve got some songs you’d definitely want to hear,



Photo: Epic Records

if you haven’t already. Let’s start with what will probably go down in history as the greatest Christmas rap song of all time, “Christmas in Hollis” by Run D.M.C. The beat has that holiday sound while not coming across as corny, and the lyrics tell a story that’s familiar to many of us who grew up in similar environments. If you have a soft spot for 90s R&B, you’d love “Sleigh Ride” by TLC and Silent Night Happy (Holiday Mix) by En Vogue. How about a little bit of the modern trap influence? Well for that I’d say check out Chance the Rapper and Jeremih’s 2017 mixtape “Merry Christmas Lil’ Mama.”

Lastly, I have to mention Tyler the Creator’s contributions to 2018’s “The Grinch” animated film. If you’ve seen the movie you probably heard his version of “You’re A Mean One, Mr. Grinch,” however, what you probably don’t know is that he also created a full project inspired by the film, aptly titled, “Music Inspired by Illumination & Dr. Seuss’ The Grinch.” This project is amazing. It has all of the charm and style found in Tyler the Creator’s regular music (with a lot of striking similarities to Igor which came out a year after, coincidence? I think not!) while also sounding like the music you’d expect to hear in every store across America.

If you’re burnt out on Christmas music, I hope that some of these songs can give you the refresher you need. Sometimes all it takes is experiencing something that goes against the image the masses try to push. The holiday season is home to many different traditions and cultures. I’m glad to share a piece of mine with all of you. Happy Holidays everyone!

Into the Perfidious Ocean



By Gaby Pinewood
Production Editor
Copy Editor

&



By Cybrieme Hargrove
Staff Writer

A world of grey- A sad kind of play. In separate mind, In separate space. I never thought i'd ever Come to miss a place With stresses unlike this; Those stresses feel now like bliss	stract ocean Of all my imperfections; It affected my perspec- tive. Sitting in solace, Isolated introspection There is a change in me, A change in the world- My eyes see the perfidi- ous ocean, A never ending toll of motions. In my defiled mind and	place I see A needed memory of my devotion. On the horizon, Where how I feel meets what I see; Perhaps there will be Something that will set me free From tumultuous tides
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New York Tech Offers Students a Tool for Sharing Their Achievements

New York Institute of Technology students now have a tool to promote their accomplishments in and out of the classroom: Merit Pages (nyit.meritpages.com). This online platform allows students to post academic and co-curricular achievements and activities in one location--accessible to parents, elected officials, high school guidance counselors, and hometown media outlets, as well as peers and even potential employers.

A Merit web page has been established for each New York Institute of Technology student and may display achievements already entered by the university's Strategic Communications team or directly by the students themselves. Students enrolled at New York Tech as of the spring 2020 semester already have a Merit page, while new students will receive an email inviting them to activate their page by mid-semester. Achievements may include internships, academic awards, honor societies inductions, community service, leadership achievements, scholarships, fellowships, and involvement in clubs and Greek life, among many others. Students can personalize their Merit page by adding photos, listing other achievements and work experiences, and connections to social media pages. Students also have the option of opting out of the Merit platform.

Throughout the year, when New York Institute of Technology distributes an achievement through press releases and email notifications, students will also receive an email and a link to their Merit page. Students can find out more at nyit.edu/merit and access their individual Merit pages at nyit.meritpages.com.

Questions about Merit can be sent to the Office of Strategic Communications and External Affairs at studentnews@nyit.edu.



For Feedback & Submissions:
Letters to the Editors:
manhattanglobe@nyit.edu

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Check out NYIT's Globesville!
Watch short, student run shows that will not fail to provide entertainment
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Hello Everyone!

Don't forget to check out the Manhattan Globe's new and improved website!

manhattanglobe.net



Do All Good Things Have to Come to an End?



By Nicole Miranda
Editor-in-Chief

A year and a half ago I was given a wonderful opportunity. I was offered the position as the Editor-in-Chief of *The Manhattan Globe* at NY Tech. Throughout my time as the EIC, I've learned more about NY Tech, the community, and even about myself. This position has brought so many connections and friendships that will continue for a lifetime. As much joy

it has brought me, it has also pushed me harder than anything I've ever had to deal with.

The Manhattan Globe will always hold a special place in my heart. Thankful for all the experiences I've had because of it. Thankful for all the people I've met. And especially thankful for all the contributors and readers who constantly supported our work.

Sometimes, all good things have to come to an end. Although I wish times were different, due these circumstances, I had made the decision to step down and away from *The Globe*. It will truly be missed, but never forgotten.