

## #J'ADORE

### Super Gorgeous Ombré Nails Trends

Pick two nail polish shades and transform your nails from basic to glam! Check out this super chic collection of gorgeous ombré nails for inspiration.



**Blue ombré design**  
One of the most elegant and mesmerizing ombré effects is the trending blue. Your nails automatically become a beautiful backdrop with feathered out light icy blue or dark blue shade. Try tones from turquoise to sky to azure for a more lively and breezy vibe.

#### Nude ombré nails

Basically, unlike other types of nail designs, an ombré manicure look is easy, simple, and seamless. Besides, you can smartly add your twist to elevate your nails and take them up a notch. This post is for you! Save this super chic collection of gorgeous ombré nail art designs, and glamorize your boring nails!

#### Pretty pink ombré nails



Your manicure is surely incomplete if you do not opt for shades of pink. From baby pink to hot pink, the choices are definitely maximum when pink nail colour comes to mind! You can achieve the cutest feminine nail design by combining pink with your favourite nail colour. Plus, there are several ways to get an ombré effect, including French tips, horizontal effect, faded effect, vertical effect, half-and-half, etc.

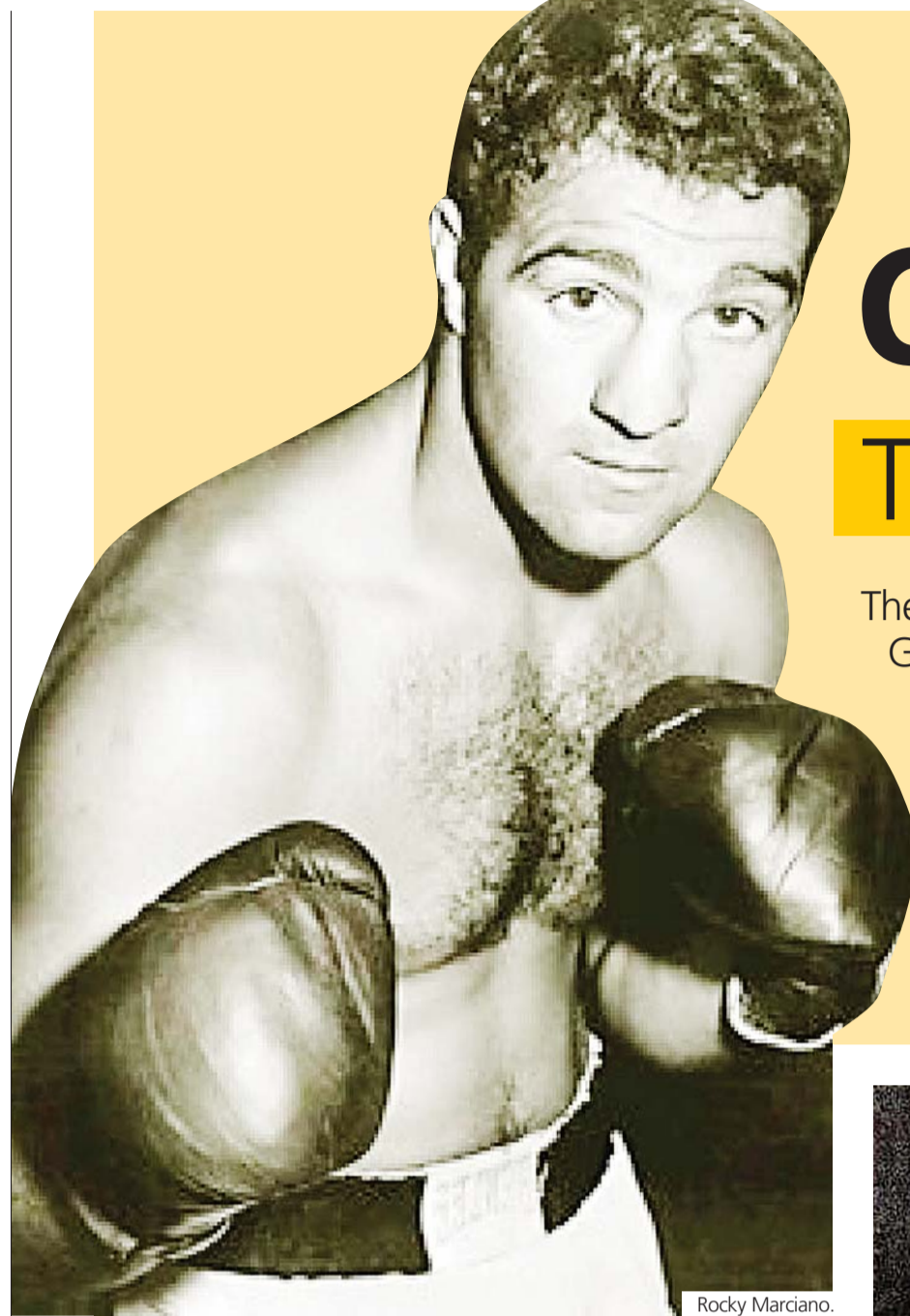
#### Pleasing pastel ombré effect

A pastel ombré can never go wrong. Be it any occasion or any colour choice, a pastel nail design will ALWAYS save the day! Pastels are known as pleasing pastels for a reason because they have the power to uplift your mood and your nail game. You can select any shade and go either matte or glossy - pastel ombré is your knight in shining armour.



#### Lavender/Liac/Purple ombré nails

The shades of purple do have a touch of calmness and royalty to them. Purple ombré nail design speaks highly about your individuality and persona. This trend creates a look that is equally smart and fashionable. Be it the cooler tones or the warmer ones - this nail paint spans an alluring and rich gamut. Plus, these look at their enticing best when done in a high gloss. You can wear this ultra-stylish ombré effect to glam evening events or anywhere you want to make a statement.



Rocky Marciano.

# What's so G.O.A.T about it?

## The real Italian Stallion!

There has to be difference between a Hall of Fame nominee and GOAT; GOAT or Greatest of All Time. Should be Undeclared, unparalleled in skill and the first to demystify the sport, where he or she stands; no one else stands. Goat defines the sport not the other way round. His personal story is unique, inspirational; GOAT is an outlier that defies gravity. Probably they are from outer space, an alien. Much like Superman is from the planet Krypton. Getting a silver should and is a disqualification for the status of GOAT.

### #WHATS-A-GOAT



Divij Sharma  
Arbit  
Correspondent

"It ain't about how hard you can hit. It's about how hard you can get hit and keep moving forward."  
-Rocky Balboa

This article is for the lovers of the sport of boxing i.e. Mr. Saill Dutt and Rakshat Hooja, Sir let me tell you a story about a G.O.A.T.

It is very easy these days to call someone a GOAT (Greatest of All Time); I mean we have many who have been given this title from footballers like Cristiano Ronaldo to Leo Messi, Roger Federer in tennis and in the much abused world of cricket like Tendulkar, Shane Warne or Muttiah Muralitharan. In fact, these days Goat has to be described by specialists like the two aforementioned cricketers will be Goat of wicket takers. In honesty, at the cost of being rude, this is bastardizing the concept to fit the bill of popularity. With so many Goats around it feels like we are running George Orwell's 'Animal Farm' (Pun intended) there has to be difference between a Hall of Fame nominee and GOAT. Getting a silver should and is a disqualification for the status of GOAT.

GOAT should be in my opinion, as the full form, Greatest of All Time. Undeclared, unparalleled in skill and the first to demystify the sport, where he or she stands; no one else stands. Goat defines the sport not the other way round. His personal story is unique, inspirational; GOAT is an outlier that defies gravity. Probably they are from outer space, an alien. Much like Superman is from the planet Krypton.

There is only one in the world

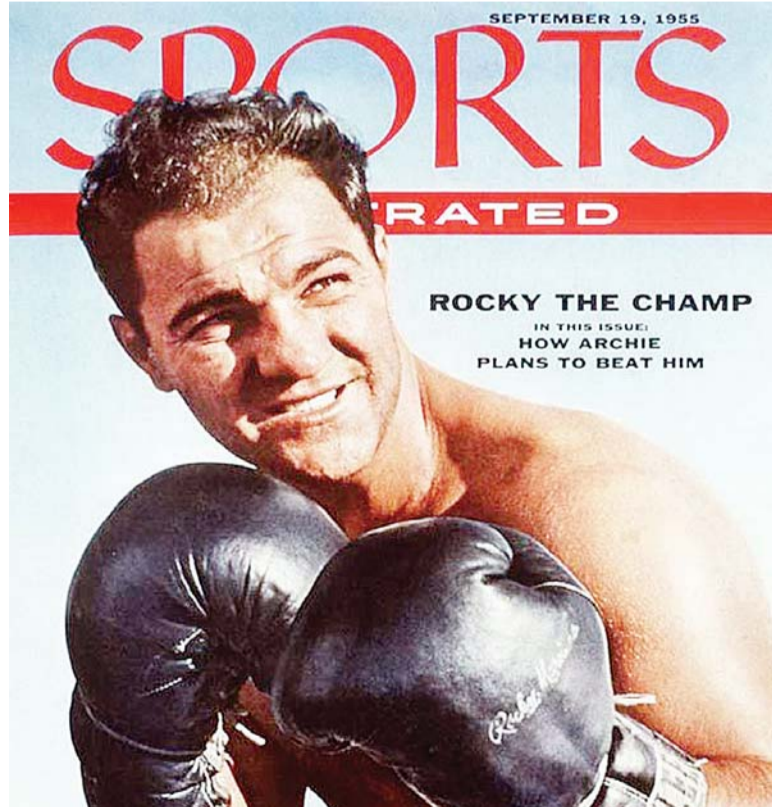
of sports that fits the aforementioned vicissitudes like a hand in glove on a cold winter morning and it is not Pele, Michael Phelps or Serena Williams. He was formally known as Rocco Francis Marchegiano, his fans called him Rocky Marciano.

Rocky was a professional boxer who competed from 1947 to 1955, and held the world heavyweight title from 1952 to 1956. He is the only heavyweight champion to have finished his career undefeated. His six title defences were against Jersey Joe Walcott (from whom he had taken the title), Roland La Starza, Ezzard Charles (twice), Don Cockell and Archie Moore. Marciano remains the only fighter to have stopped every opponent he ever faced for the world heavyweight title, and shares, with Joe Louis, the highest knockout-to-win percentage in world heavyweight title fights at 85.71%. His career knockout-to-win percentage of 87.8% remains one of the highest in heavyweight boxing history. His record stands as total fights in his career at 49 total wins at 49 and wins by knockout at 43.

**Style**  
Rocky was unlike a heavyweight fighter, he stood at 5ft10inch in height; he was strong but slightly built. In short, he did not have the height or the weight of muscle, neither was he black. He had everything going against him, he was too short and he had the smallest reach ever in the world of heavy weight boxing. It was difficult to understand, at the time, as to what he was doing in the ring. Experts did not understand his style of fighting; they called him brawler some called him 'airplane propeller' for the relentless punches he threw at his opponent, not giving damn if the defences were up or down. He did not care for his own defences and was known to be knocked down in



Rocky landing a Suzy Q on Joe Louis, Demolishing him.



Rocky on the cover of Sports Illustrated Magazine.

nearly every bout he fought, always had cuts and bruises on his face in nearly all his fights. A misfit for the sport he was to dominate. Since he was short for the weight category, he started to concentrate on the torso of his opponents in place of the face that was usually the chosen target for everyone. A New York Times reporter James Dickinson once asked him "why do you target the torso and not the face of your opponent". To which he quipped "Aim big, miss small. Aim small, miss big". In 1986, when the United States Army opened their sniper school, their motto to train future snipers was designed around the aforementioned lines, I am just saying.

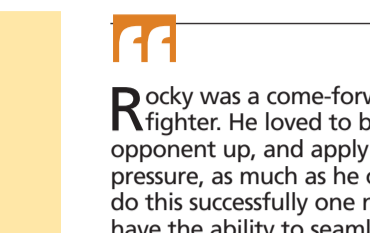
Before we dive deep into his fighting style, there is one very important point to keep in mind, before the 1950's, style of boxing was not the greatest gift one had to have, strength and opportunity played an important role. Having a heart of a champion was the discussion point among enthusiasts, people discussed and coaches executed left handed or right handed punches depending largely on what they thought would work, rather than any skill or scientific reasoning. Which is why Rocky's style of boxing is called 'Orthodox', this is the point in boxing history where style became important, where coaches paid deep interest on the individual boxer to develop skills that could help them dominate the ring.

From here you could be either a southpaw or north paw, from here you could have a quick movement off the feet, from here your job and weave will matter. It is from him style became important, after all, he was a misfit yet he survived and dominated.

**Leaning Style**  
Many of the elite fighters from the golden age of the 50's, or even as far back as the 30's, are known today for the everlasting fall in their stance. They seem as though they constantly edge towards the floor by leaning to their right, and moving their head downwards. When you think of this, Slick fighters like Ezzard Charles or Joe Louis are usually attached to this 'classic style'. Rocky could also be attributed to having this style, for he leaned more so than maybe all of them.

From a technical perspective, leaning to the right served to take the head off the 'centreline', which refers to the immediate tar-

**Housekeepers Week**  
Many people think about housekeepers when they enter a hotel or casino. However, housekeeping as a job can be a lot of work with little to no reward. Because most don't realize the hard work involved in housekeeping, that's why Housekeepers Week exists to give people the opportunity to thank housekeepers for their efforts in keeping everything tidy and safe for people to be in. Housekeeping is tough and often thankless work, so make sure to give a big thank-you and even a small gift to the housekeepers who keep hotels and the like clean.



whipped in from a high angle, going downwards and usually recoiling back from his hip. Rights are most commonly pushed out, and momentum is generated from the turning of the shoulders, but Rocky also generated a lot of momentum by looping it out and back in, at a wide trajectory.

#### Shifting

Rocky was a come-forward fighter. He loved to back his opponent up, and apply intense pressure, as much as he could. To do this successfully one needs to have the ability to seamlessly shift. This involves 'shifting' into southpaw to keep control of your momentum, rather than see it fall to your front foot.

get of enemy attack where the head usually is. Rocky's lean meant he made it more difficult for opponents to quickly get to him with straight punches. Being in a state of slipping, or at least halfway, made it much easier to move his head to duck or slip punches, compared to if his back was upright and straight. Contrary to common belief, Rocky could be a slippery customer at times. When he got hit, it was usually because he cared little for defence, or it was the product of prowess from smart opponents (such as Joe Louis, Ezzard Charles and La Starza).

**Parry**  
In addition to his leaning and low stance, Rocky had another line of defence in the form of his rear glove. Common convention usually sees a fighter hold his rear (right if orthodox, left if southpaw) glove to the side of his chin, especially if a side-on stance is adopted. However, Rocky had his right glove in front of his face. If an opponent were to throw a jab, they would find that they would run into the defensive wall that

back in the ring. The same formulas as the radio fantasy fights were used and entered into the NCR 315, with filming commencing February 1969 in a Miami studio. The two fighters sparred for between 70 and 75 rounds, which were later edited together according to the findings of the computer. Braddock, Louis, Schmeling, Sharkey and Walcott also recorded their defences. The right was whipped in from a high angle, going downwards and usually recoiling back from his hip.



Rocky with mother, being a good Italian son.

was his rear glove, so untimed jabs were rarely a success. Punching off of his parries were a great way to counter his opponent as they committed forward, allowing their momentum to be pushed onto their front foot. With their weight and momentum towards the front, it delayed the amount of time it took to get back out again. This bought enough time for Rocky to leap up with punches, and take advantage.

**Crouching Stance**  
Rocky was well known for his crouch. Rocky was one of the shortest heavyweight champions in history, but instead of shying away from what made him unique, he embraced it and went to make himself even smaller than he already was by crouching. Making him a smaller target in such a way, negated a great many straight punches, which were thrown without full weight behind it. And if his opponents did, then they would make it easier for Rocky to catch them with counters.

**Overhand Rights - Suzy Q**  
Marciano's most famous offensive tool was his overhand right, nicknamed his 'Suzy Q'. Rocky would throw the punch endlessly when at close range, throwing barrages at his opponent to smash to pieces their defences, as well as their desire to win. The right was

approach, it must never be forgotten that he wasn't without legendary skill.

#### The Super Fight

The Super Fight was a fictional boxing match between Rocky Marciano and Muhammad Ali shot in 1969 and released in 1970. At the time, Ali and Marciano were the only undefeated heavyweight champions in history and fans often debated who would win had they met in their primes. Ali and Marciano were filmed sparring for 75 one-minute rounds producing several possible scenarios for a genuine fight, with the result claimed to have been determined using probability formulas entered into a computer.

The final film was only shown once in select cinemas around the world, grossing \$5 million (\$35 million adjusted for inflation) from 1,500 theatres across North America and Europe. Punch-by-punch details of the boxer's records during their prime were entered into an NCR 315 computer. Also their strengths, weaknesses, fighting styles and patterns and other factors and scenarios that the boxers could go through were converted into formulas. The actual running of the software was done the night before each broadcast round of the 'computer championship' and took approximately 45 minutes to run,

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Marciano's most famous offensive tool was his overhand right, nicknamed his 'Suzy Q'. Rocky would throw the punch endlessly when at close range, throwing barrages at his opponent to smash to pieces their defences. The right was whipped in from a high angle, going downwards and usually recoiling back from his hip.

The output was a formatted report containing a series of codes describing each punch. This was then written to magnetic tape; the tape was then manually transferred to a Univac 1005 and printed. This took place in early 1968. The outcomes were then staged as radio plays with Worner and radio announcer Guy LeBow as the commentators. The fantasy fights were broadcast worldwide. Even the boxers who were still alive at the next three decades as to whether at least one print of film had survived to answer who had actually won the fight. Following an official discovery of a surviving print in 2005, it was discovered that the one the GOAT had defeated Ali even in the virtual world.

**Conclusion**  
When you decide on the new GOAT please do remember Rocky is waiting for him in the ring, he is now part of a computer program always available to any to challenge.

writearbit@rashtradrudoot.com



Rocky Marciano in training with his coach Charlie Goldman.

## #COVID-19

### Greater Protection

A third vaccine dose provided greater protection against infection and hospitalization from the Omicron variant than with two vaccines and also that there was less evidence of waning protection.



Two vaccine doses provide only limited and short-lived protection against SARS-CoV-2 infection with the Omicron variant. A study publishing September 1st in the open-access journal PLOS Medicine by Mie Agerose Gram at Statens Serum Institute, Copenhagen, Denmark and colleagues suggests that a third COVID-19 vaccine dose increased the level and duration of protection against Omicron infection and hospitalization.

Emergence of new SARS-CoV-2 variants may decrease long-term vaccine durability, increasing the risk of infection and hospitalization. However, evidence is limited regarding the vaccine effectiveness of three vaccines over time. In order to estimate the effectiveness of two or three vaccine doses against COVID-19 infection and hospitalization, researchers conducted a nationwide cohort study of all previously uninfected Danish residents aged 12 and older by accessing individual level data stored in the national Danish Civil Registration System and Danish Vaccination Registry. The researchers then estimated vaccine effectiveness using vaccination status as a time-varying exposure, adjusting for age, sex, geographic location, and comorbidities, before comparing infection and hospitalization rates to unvaccinated individuals.

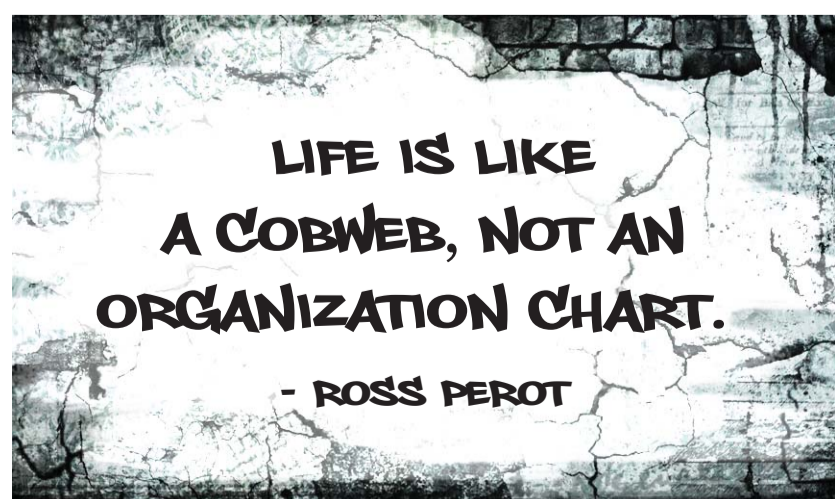
The researchers found that a third vaccine dose provided greater protection against infection and hospitalization from the Omicron variant than with two vaccines and also that there was less evidence of waning protection. Future studies are needed to better understand the durability of a third vaccine dose after 120 days and evaluate the need for subsequent boosters. One limitation of the study was that the data was non-randomized, so there could be unmeasured differences between the vaccinated and unvaccinated groups.

According to the authors, "Our findings indicate that a third dose is necessary to maintain protection against infection for a longer time and to ensure a high level of protection against COVID-19 hospitalization with the Omicron variant. Continued emergence of new variants and waning vaccine durability require ongoing evaluation of vaccine effectiveness against infection and hospitalization to inform future vaccination strategies".

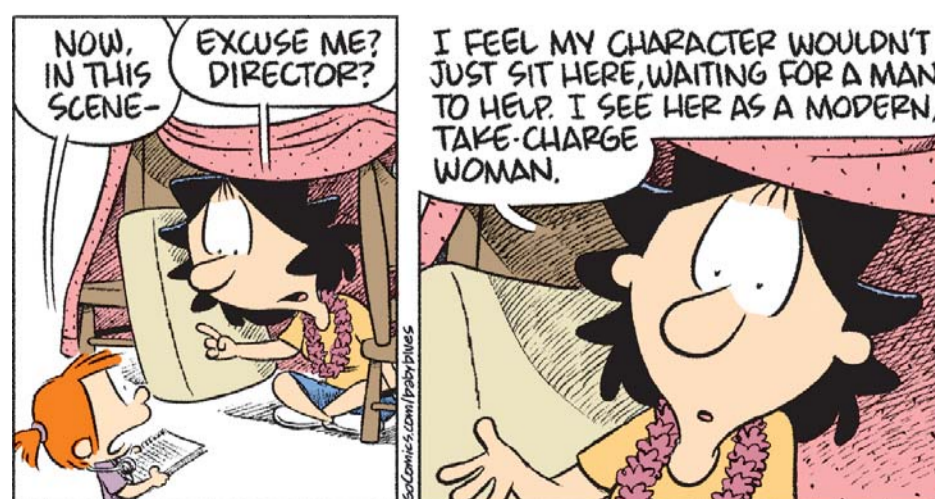
Gram adds, "Despite being less effective against infection with Omicron than previous variants, a third mRNA COVID-19 vaccine dose offers better protection against Omicron infection than two doses and protects well against COVID-19 hospitalization".



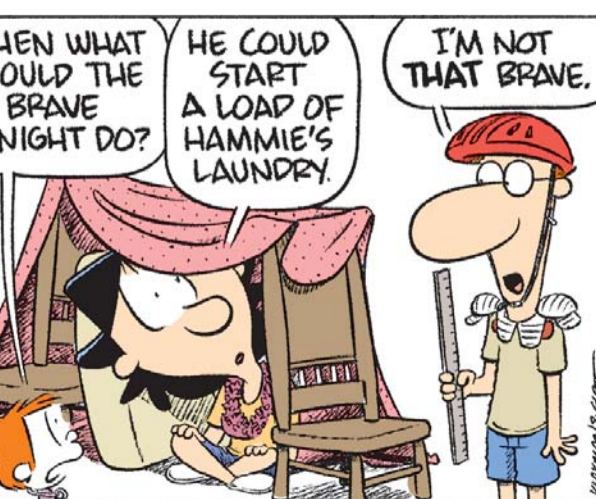
## THE WALL



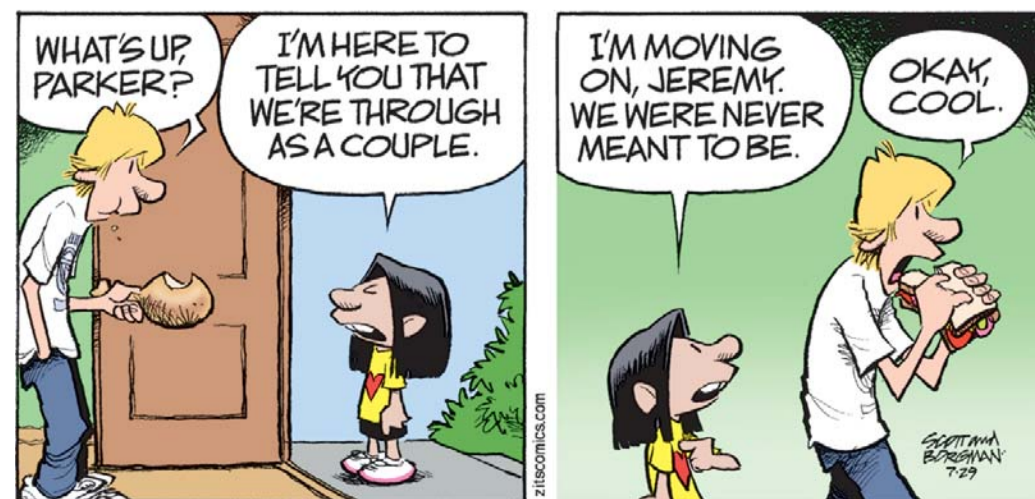
## BABY BLUES



By Rick Kirkman & Jerry Scott



## ZITS



By Jerry Scott & Jim Borgman

