By: Grace Ducanis
@GraceDucanis

Applications open for Undergraduate Student Symposium

Undergraduate students of all disciplines can submit applications for inclusion in the 15th annual Undergraduate Student Symposium until Feb. 5.

The Farquhar Honors College will host the symposium, which is a showcase of undergraduate students’ work through poster displays and oral and film presentations, on April 8.

Don Rosenblum, dean of the college, said that the symposium is meant to recognize student accomplishments.

“The showcase lets students see all that’s possible and get excited about their potential and opportunity,” he said.

In the past, the Farquhar College of Arts and Sciences hosted the symposium. Some projects featured in the symposium in past years have been published, presented at national conferences and led to further research.

Rosenblum hopes that because the newly-created Farquhar Honors College is hosting the symposium, more students from other colleges will participate.

All participants in the symposium must secure a faculty sponsor. The Undergraduate Student Symposium is a competitive event, culminating in an award ceremony. NSU faculty serve as judges.

“I know, and many faculty know, that there are many fantastic things that are going on at NSU that can’t happen at many other large, prestigious universities,” said Rosenblum.

“This is a way of showing off one of our unique qualities — the time and attention that students get from their faculty and the opportunity to participate in research endeavors.”

Marisa Oleksi, senior biology major, won first place for poster presentations in last year’s symposium. Her project was an extension of a paper she wrote for a composition class. She researched 30 viral videos, analyzing their contents to discover what elements she could find in viral videos that weren’t present in other videos. She found that the most common similarity among them was the use of irony, followed by original content.

For Oleksi, interacting with attendees and participants was the highlight of the symposium.

“You go into the symposium sort of as an expert in your little field,” she said. “But people bring you more ideas for how to further your research.”

Puja Patel, senior biology major, collaborated with other students to study the effect that agonists of specific receptors had on human neural stem cells. The team received an honorable mention for poster presentations.

Patel said that she wouldn’t change anything about her experience at the symposium.

“It’s a great opportunity to get to show your research,” she said. “The spotlight’s on you when you have to present. It’s pressure, but it’s nice to be on the spot sometimes. You get to do research in a lab alone, but when you’re out there, and everyone’s talking to you about it, you feel a kind of kinship.”

Patel enjoyed seeing the presentations from students in other disciplines.

“It’s nice to get to see the other things that you don’t study, because you don’t get exposure to it every day,” she said.

Rosenblum had advice for students considering applying for inclusion in the symposium.

“Talk to your faculty member about the concept or idea that you want to present, and take the work seriously,” he said.

To apply for the Undergraduate Student Symposium, visit cfapps.nova.edu/studentsymposium. Faculty will review the submissions and notify applicants in early March about their participation in the symposium.

To raise awareness about cervical cancer for Cervical Cancer Awareness Month, Zeta Phi Beta, Inc. will host a table event as part of Zeta Phi Beta, Inc.’s Stronger with Knowledge series, in association with the National Cervical Cancer Coalition, more than 12,000 women in the United States are diagnosed with cervical cancer each year. Cervical cancer is the second-most common cancer in women, but it is one of the most preventable types of cancer. Human papillomavirus (HPV) is found in 99 percent of cervical cancers, but the majority of women with HPV do not develop cervical cancer.

At the table, students can learn more about cervical cancer and participate in games and giveaways, and Zeta Phi Beta, Inc. will collect donations for an organization, yet to be determined, that supports cervical cancer awareness.

The table event is part of Zeta Phi Beta Inc.’s Stronger with Knowledge series, in which the sorority focuses on a different health issue and informs students about it each month. Already, they’ve covered premature birth and sickle cell disease.

“We decided to start the Stronger with Knowledge series because we were only doing major diseases that had affected our members,” Liburd said. “We decided to pick lesser-known diseases to raise awareness about [for] each month.”

For more information, contact Liburd at kl798@nova.edu.

By: Grace Ducanis
@GraceDucanis

Sorority hosts table for cervical cancer awareness

To raise awareness about cervical cancer for Cervical Cancer Awareness Month, Zeta Phi Beta, Inc. will host an information table on Jan. 20 from 10 a.m. to 2 p.m. in the Don Taft University Center Spine.

Kamila Liburd, senior legal studies major and vice president of Zeta Phi Beta, Inc., said that it’s especially important for female juniors and seniors at NSU to be aware of cervical cancer because they are 21 or nearing age 21.

Liburd was surprised when her doctor recommended screening for cervical cancer.

The American Cancer Society recommends that women over age 21 get screened for cervical cancer every three years.

“A lot of women don’t know about screening and how often they’re supposed to be screened, and we have to inform them,” Liburd said. “If female students get checked out early, the cancer can be removed. I hope this event will convince them to get checked out.”

According to the National Cervical Cancer Coalition, more than 12,000 women in the United States are diagnosed with cervical cancer each year. Cervical cancer is the second-most common cancer in women, but it is one of the most preventable types of cancer. Human papillomavirus (HPV) is found in 99 percent of cervical cancers, but the majority of women with HPV do not develop cervical cancer.

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To apply for the Undergraduate Student Symposium, visit cfapps.nova.edu/studentsymposium. Faculty will review the submissions and notify applicants in early March about their participation in the symposium.

Caption: Participants in last year’s symposium display their research.
Iran removes core of Arak reactor

Iranian media reported that the country’s nuclear technician finished dismantling the core of the Arak nuclear reactor, a heavy water nuclear facility that could produce weapons-grade plutonium from its wastewater, as of Jan. 14. The removal of the core is one of Tehran’s obligations under a global nuclear deal involving the U.S., the UK, China, Russia, and Germany in order to lift strict economic sanctions. The plan was originally for the core to be removed and filled with concrete to eliminate the possibility of nuclear proliferation; however, the countries agreed on a plan to allow Iran to redesign the facility so that it was incapable of producing weapons of mass destruction. Iran said it needed the heavy water reactor for the production of medical isotopes and destruction. Iran said it needed the heavy water reactor for the production of medical isotopes and destruction. Iran said it needed the heavy water reactor for the production of medical isotopes and destruction. Iran said it needed the heavy water reactor for the production of medical isotopes and destruction. Iran said it needed the heavy water reactor for the production of medical isotopes and destruction.

Three US Columbia University students killed in Honduras bus crash

Authorities reported that three women who were in Honduras on a volunteer mission to help the poor died when a bus they were on crashed and fell 20 feet into a ditch. At least 12 other Americans, who were also reportedly students, suffered injuries. The group was part of a program at Columbia University called “cultural learning facilities,” in which a student raises money in a charitable organization that seeks “global health and sustainable development”; the students were travelling to the airport to go home when the bus crashed due to mechanical failure, according to the responding firefighters’ spokesman.

London increases armed police

In response to last year’s Paris attacks, London Police Commissioner Bernard Hogan-Howe said the Metropolitan police will increase the number of armed officers to 300 or more. The police will also increase the number of armed response vehicles by 50 percent to ensure that firearms response “continues to come from a group of highly specialist and highly skilled officers,” Hogan-Howe said in a statement. In the increase in arms, most of the Metropolitan police force will remain unarmed; but London’s police decided to arm more officers to ensure that the city is equipped to handle and respond to possible terrorist attacks.

Disneyland comes to mainland China

By June 2016, the Shanghai Disney Resort will be the first Disney park on mainland China and the third in Asia after Tokyo Disneyland and Hong Kong Disneyland. The 960-acre, estimated $5.5 billion resort broke ground in 2011 and will include an Enchanted Storybook Castle, which is reportedly Disney’s largest, most technologically advanced castle, and Marvel and Star Wars lands. The park is expected to draw “billionaire” tourists to visit the Disney property umbrella. Disney hopes to take advantage of China’s recent economic boom, in spite of reports of uncertainty of the country’s continued prosperity.

Chemical threats European cetaceans

Polychlorinated biphenyls, or PCBs, are present in European killer whales and dolphins “in dangerously high levels,” according to scientists, who published a study in the journal Scientific Reports. Their research found that Europe’s dolphins and killer whales have the highest level of PCB concentrations in the world and that some killer whale populations face extinction because of the chemical. According to the U.S. Environmental Protection Agency, PCBs are synthetic compounds found in older electrical equipment, such as transformers, as well as in other commercial products like adhesives, caulking and plastics. Many countries banned PCBs in the 1970s due to environmental concerns, but countries in Europe banned the chemical later than others. Despite the ban, the chemical remains in the environment, bioaccumulating in the marine ecosystem’s apex predators, namely whales and dolphins.

National health: the right to therapy

By Grace Ducanis

@GraceDucanis

NEWSU’s Brief Therapy Institute is providing free one-hour therapy consultations to the public every Friday from 3 to 9 p.m. until April 1. Interns and faculty from the graduate Marriage and Family Therapy program will conduct the sessions, which are designed to help individuals and couples identify strengths, weaknesses and areas for growth in their healthy or unhealthy relationships.

The President’s Faculty Development and Reseach Grant made the free sessions possible with the aim of improving access to mental health and counseling services, a finding of unique ways to encourage people to come in for a session who wouldn’t normally seek therapy. John Miller, professor in the Department of Humanities and Social Sciences, said the grant focuses on relationships as opposed to the most common mental health diagnoses of depression or anxiety.

“The bulk of people who come into any kind of therapy practice, regardless of why they came, which will generally be depression or anxiety or some other mental health problems that they’re having,” he said.

Although a single therapist conducts the sessions, a consultation is a team effort, making it unique among other types of mental healthcare. Various other mental health professionals and therapists will observe the case with the aim of offering the client as much useful feedback as possible.

Miller said that students shouldn’t feel like they have to have a problem to come in for a session.

“We want to try to bring people in who have a healthy relationship,” said Miller. “You would go to your primary health physician for a check-up even though you’re in good health. Our desire is for that to happen with mental health counseling.”

Melissa Schacter, a licensed mental health counselor and marriage, family therapist and doctoral student in the Marriage and Family Therapy Program, wrote the grant with Miller. According to Schacter, the one-hour consultations are a unique approach to therapy.

“Often this approach by itself is very helpful, rather than focusing on more severe interventions,” she said. “There’s not so much of an expectation for people to have to come back.”

Schacter said that it’s a good idea for a undergraduate students seek therapy if they feel like something’s not right in their relationships or that something big is about to happen. She also said that it’s a valuable experience overall, whether or not the client is having relationship problems.

“It’s an opportunity to learn about yourself and someone else,” she said. “Therapy is a chance to develop healthy relationship habits at a young age, and you can take that with you in life as you get into more serious relationships.”

Miller said 30 percent of clients who attend sessions at the Brief Therapy Institute are women; however, men are more likely to attend single consultations than sign up for multiple sessions.

Miller noted that Americans treat mental health services differently than other health services, tending not to seek help because of stigmas associated with mental health problems.

He said that this leads to issues when individuals seek therapy years after they’ve begun having problems in their relationship, but heading off situations early makes them easier to handle.

“Sometimes you get locked in a cycle with your partner, and you can’t get out of that cycle you’re in,” said Miller. “Someone can stay in that kind of cycle for years. But if you introduce an objective, trained professional who’s going to interrupt that cycle, something magical happens. It’s the power of an objective other: it’s amazingly useful to people.”

The sessions are open to all individuals and couples over the age of 18. To make an appointment, call 954-262-3030, or ask for a single session therapy appointment.
SLCE organizes volunteer trip to the Special Olympics

By: Grace Ducanis
@GraceDucanism

To allow students to attend and assist with the Special Olympics State Basketball Championship Tournament, the Office of Student Leadership and Civic Engagement (SLCE) will host a volunteer trip to Tavares, Fla., from Jan. 29 to Jan. 31.

Students will work at the tournament and assist with tasks like announcing, recording scores, keeping time, giving out medals and making sure teams are in the right place.

Elizabeth Mazorowicz, graduate assistant for SLCE, was involved in the Special Olympics while she was an undergraduate student at Central Michigan University. She is now organizing the trip to the Special Olympics Ranch. The ranch hosts animals from zoos that went on a three-day SAS trip to Jacksonville in October to work at the Catty Shack Wildlife Ranch. The ranch hosts animals from zoos that have closed down and whose owners can’t care for them.

“If you’re looking for an opportunity to meet new people, SAS trips are a good chance for that,” said Knowles. “The trips aren’t expensive for what you get out of them. You get it back and then some for the experience of being at a place over the course of a few days and getting involved with an organization. It changes your life in a small way because of the service you’re providing to somebody else.”

The Special Olympics is a group of Special Olympics State Basketball Championship Tournament. Athletes can compete in individual skills, in addition to competing on teams.

“The athletes are all so hyped to be there,” Mazorowicz said. “They look forward to this all year. They’re ready to play, they’re ready to tell you about it, and they’re ready to show you all their medals. It’s awesome.”

The Special Olympics trip is a Sharks and Service (SAS) trip. SLCE organizes several SAS trips during the academic year.

Mazorowicz said that SAS trips give students the opportunity to target specific social issues.

“You get to go away to a different community, you learn about that community, and you learn about it the issue that’s affecting it,” she said.

Mariah Knowles, freshman finance major, went on a three-day SAS trip to Jacksonville in October to work at the Catfish Shack Wildlife Ranch. The ranch hosts animals from zoos that have closed down and whose owners can’t care for them.

“If you’re looking for an opportunity to meet new people, SAS trips are a good chance for that,” said Knowles. “The trips aren’t expensive for what you get out of them. You get it back and then some for the experience of being at a place over the course of a few days and getting involved with an organization. It changes your life in a small way because of the service you’re providing to somebody else.”

The Special Olympics SAS trip is open only to NSU students. Students can sign up online at orgsync.com/45785/forms/176452. The cost is $30, which includes transportation, lodging and some meals.

For more information, contact the Office of Student Leadership and Civic Engagement at SLCE@nova.edu or 954-262-7195, or contact Mazorowicz at 954-262-7297 or em1404@nova.edu.

NEWS BRIEFS

Get creative for a chance to win $500
NSU is hosting a competition until Feb. 15 to name the University Quality Enhancement Plan, a program designed to enhance student learning and a requirement for NSU’s SACS accreditation. This year’s topic is “Improving Writing for all NSU Students.” The winner will receive a $500 gift certificate to the NSU Bookstore, recognition on the school’s website and lunch with NSU’s chancellor and the QEP committee at the Faculty Club. Submissions must be emailed to pakehr@nova.edu by Feb. 15.

Apply to be an Orientation Leader
Orientation Leader applications for summer 2016 will be available on OrgSync until Feb. 5 at 5 p.m. Leaders assist first-year and transfer students in transitioning into college and participating in undergraduate orientation. A mandatory training will take place May 2 through May 6. To apply, visit orgsync.com/49596/forms/167419/submission. For more information, contact Lauren Storms, graduate assistant for Orientation, at lh2026@nova.edu or 954-262-8102.

Learn about a non-profit experience
Gregg Behr, executive director of the Grable Foundation, will present a discussion, “Mr. Rogers, Mickey Mouse and the Future of Learning,” on Jan. 26 at 4 p.m. at the University School. The Grable Foundation focuses on supporting non-profit children’s development programs, and Behr is nationally recognized as a trustee for GreatNonprofits.org and Graamakers for Education. NSU’s Abraham S. Fischler College of Education will host the discussion, which is open to NSU faculty, staff, students and alumni.

Get the tools for success
The Office of Undergraduate Student Success will host the “Study Math Smarter, Not Harder” workshop on Jan. 19 from 12:10 to 12:50 p.m. in the Knight Auditorium of the Carl DeSantis Building as part of its Tools for Success winter workshops. The next workshop in the series, “Effective Reading Strategies,” will be on Feb. 2 from 12:10 to 12:50 p.m. in the Knight Auditorium. The workshops will also be available through live streaming on Blackboard.

For more information, contact the Office of Undergraduate Student Success at 954-262-8106 or studentsuccess@nova.edu.

Challenge your tech creativity
The Department of Writing and Communication will host a technology and writing workshop series until April 13. All workshops will be from noon to 1 p.m. in the Writing Studio, Room 127c, in the Parker Building. Workshops include Hack Your Brain: Creativity Workshop 1 on Feb. 11, What Every Coder Needs to Know about Usability on Feb. 17 and others. For a full schedule, visit sharkfins.nova.edu/write-hack-create.

Learn how to work with hazardous materials
The Institute for Disaster and Emergency Preparedness in the College of Osteopathic Medicine will host hazmat training from Jan. 19 to Jan. 29 to teach interested students how to respond to maritime disasters and emergencies. NSU students can attend the training for free and learn about health and safety, environmental protection and maritime life protection and will receive a certificate upon completion. For course dates and times, visit sharkfins.nova.edu/marine-response-training-and-hazardous-materials-safety-courses. For more information, call 954-282-1638 or email seamin@nova.edu.
On Jan. 14, Fox News hosted the sixth Republican presidential debate for the top-tier candidates: Marco Rubio, Ted Cruz, Donald Trump, Jeb Bush, Chris Christie, John Kasich and Ben Carson. The presidential candidates made the following statements during the debate, and The Current staff decided the verdicts after heavy research of reputable sources. Full transcripts of the debate can be found online at cbsnews.com, memeorandum.com, time.com and more.

**News**

“Let, well, me tell you this. Do you remember when he [Barack Obama] ran for president of the United States, and he was a candidate, and he went and said, ‘These Americans with traditional values, they are bitter people, and they cling to their guns and to their religion.’ That tells you right away where he was headed on all of this.”—Marco Rubio, on gun legislation

According to the transcript of Obama’s statement from a fundraiser in San Francisco on April 6, 2008, he stated, “…And it’s not surprising then they get bitter, they cling to guns or religion or antipathy toward people who aren’t like them or anti-immigrant sentiment or anti-trade sentiment as a way to explain their frustrations.” The statement was in reference to small-town Pennsylvania.

**VERDICT:** Misleading. Obama’s statement did not make the comment exclusive to “Americans” with “traditional values.” By including these two terms in his statement, Rubio made the comment sound more anti-Republican than how the President originally intended.

“We have the lowest percentage of Americans working today of any year since 1977. Median wages have stagnated, and the Obama-Clinton economy has left behind the working men and women of this country.”—Ted Cruz, on the economy

According to the Bureau of Labor Statistics, the percentage of people aged 16 and over in the labor force was 62.7 percent in 1977 and 62.6 percent in 2015. As reported by the Social Security Administration, however, the median wages have not stagnated. Aside from a negative change in median wages in 2009, there has been an increase in median wage amounts since 1991. Since 2010, the median wages have increased from $26,363.55 to $28,851.21 in 2014.

**VERDICT:** Misleading. Although Cruz was correct about 2015 having the lowest ratio of Americans working since 1977, the actual difference is only 0.1 percent, which may be due to various reasons — economically and demographically. The median wages, on the other hand, have not stagnated and have gradually increased.

“Let me tell you who Larry Tribe is. He’s a left-wing judicial activist, Harvard Law professor who was Al Gore’s lawyer in Bush versus Gore. He’s a major Hillary Clinton supporter. And there’s a reason why Hillary’s supporters are echoing Donald’s attacks on me, because Hillary wants to face Donald Trump in the general election.”—Ted Cruz, on Trump’s accusation that Cruz is not a legally natural-born citizen

According to his biography on Harvard University’s website, Tribe has taught at Harvard’s law school since 1968, and President Obama and General Holder appointed him to serve as the first Senior Counselor for Access to Justice in 2010. Tribe helped found the American Constitution Society, a liberal legal organization, in 2001. In the 2008 legal case Bush v. Gore, Tribe served on Gore’s legal team but did not argue the case at the Supreme Court. When it comes to Hillary Clinton, Tribe has declared his support for Obama, as he was his professor at Harvard, but he has not formally declared his support for Clinton.

**VERDICT:** Mostly true. Tribe does demonstrate liberal views, is a Harvard law professor and spoke in favor of Gore, but he is not an official supporter of Clinton.

“And frankly, it just came out, and in Iowa now, as you know, Ted, in the last three polls, I’m beating you. So, you know, you shouldn’t misrepresent how well you’re doing with the polls.”—Donald Trump, in response to Cruz’s statement that his numbers are increasing while Trump’s decrease.

In a survey released by Quinnipiac University on Jan. 11, a reported 31 percent of Republicans would vote in favor for Trump, as opposed to 29 percent in favor of Cruz. Trump has led the past three polls by the University, with 28 percent in favor in Dec. 14 and 25 percent in favor on Nov. 24. Cruz, on the other hand, has favors of 27 percent on Dec. 14 and 23 percent on Nov. 24.

**VERDICT:** True.

“Look, I have an A-plus rating in the NRA, and we also have a reduction in gun violence because in Florida, if you commit a crime with a gun, you’re going away. You’re going away for a long, long while.”—Jeb Bush, on gun control

According to a Crime in Florida report by the Florida Department of Law Enforcement for Jan. to June 2015, the followings statistics for firearms have been reported: murders with firearms increased from 336 in 2014 to 356 in 2015, forcible rapes with firearms decreased from 80 in 2014 to 67 in 2015, forcible fondling with firearms stayed the same with 3 in 2014 and 2015, robberies with firearms increased from 4,021 in 2014 to 4,073 in 2015, and aggravated assaults with firearms increased from 7,341 in 2014 to 8,265 in 2015.

**VERDICT:** False. Aside from the number of forcible rapes and fondling, the number of crimes that occur in the state of Florida with firearms have increased in the past year.

“When you [Barack Obama] became president, you had a Democratic Congress and a filibuster-proof Democratic Senate. You had only 21 Republican governors in this country, and now after seven years of your policies, we have the biggest majority we’ve had since the 1920s in the House, a Republican majority in the Senate and 31 out of 50 Republican governors.”—Chris Christie, on Barack Obama

According to The New York Times, there were 21 Republican governors and 29 Democrat governors when Obama entered office in 2008. As of 2016, there are 31 Republican governors and 19 Democratic governors.

**VERDICT:** False.

“I’ve done it once in Washington, with great jobs and lower taxes. The economy was really booming. And now in Ohio, with the same formula, wages higher than the national average. A growth of 305,000 jobs.”—John Kasich, on the economy

The minimum wage in Ohio is $8.10 for workers 16 and older who are employed by businesses with annual gross receipts of at least $297,000. Workers of smaller companies, and who are younger than 16, make $7.25, the federal minimum wage. According to the U.S. Bureau of Labor Statistics, in the past year, Ohio has seen a job growth of 5,479 jobs for total nonfarm occupations.

**VERDICT:** Partially true. The wages are higher than the national average, but Kasich was not specific as to what the timeframe is for his projected job growth rate. If he meant it for the past year, the verdict would be false, but as he was unclear, the verdict cannot be determined in that respect.

“In the two hours of — of this debate — five people have died from drug-related deaths, $100 million has been added to our national debt, 200 babies have been killed by abortions, and two veterans have taken their lives out of despair.”—Ben Carson, in his final statement

According to the National Institute on Drug Abuse, approximately 25,000 people died in 2014 due to overdosing on prescription drugs, which is approximately five people every two hours. According to the National Debt Clock, approximately $100,000 is added to the national debt every 10 seconds, or approximately $72 million every two hours. The Gannamcher Institute reported that in 2008, roughly 3,322 abortions were conducted a day, or over 200 abortions in two years. A 2015 report by the LA Times stated 22 veterans commit suicide every day in the U.S., or about two veterans within two hours.

**VERDICT:** True.
Voting in the primary elections

By: Li Cohen
@Current_Yakira

Most people are aware that in the general election, individuals vote for who they want to be president; however, before this election can occur, each state holds primary elections for political parties, mainly Democrats and Republicans, for voters to select the candidate who will represent their respective party in the final race. Registered voters of the Democratic and Republican parties are able to vote for who they want to see as their party’s nominee.

To vote in the primaries, an individual must be registered to vote in their area of primary residence as either a Democrat or a Republican. For those who will not be in their state for the date of that state’s primary election, they can elect to vote by absentee ballot. The state department of the voter’s respective state typically provides the ballot.

The following dates are tentative and subject to change. Check in with your home state’s department as the dates listed below approach to ensure that the given date has not changed.

• Alabama March 1
• Alaska Aug. 16
• Arizona Aug. 30
• Arkansas March 1
• California June 7
• Colorado March 1
• Connecticut April 26
• Delaware April 26
• Florida March 15
• Georgia March 1
• Hawaii Aug. 13
• Idaho May 17
• Illinois March 15
• Indiana May 3
• Iowa Feb. 1
• Kansas March 5
• Kentucky
• Louisiana March 5
• Maine
• Maryland April 26
• Massachusetts March 1
• Michigan March 8
• Minnesota March 1
• Mississippi March 15
• Missouri March 15
• Montana June 7
• Nebraska
• New Hampshire Feb. 9
• New Jersey June 7
• New Mexico June 7
• New York April 19
• North Carolina March 15
• North Dakota
• Ohio March 15
• Oklahoma March 1
• Oregon May 17
• Pennsylvania April 26
• Rhode Island Sept. 13
• South Carolina
• South Dakota June 7
• Tennessee March 1
• Texas March 1
• Utah March 22
• Vermont March 1
• Virginia March 1
• Washington May 24
• West Virginia May 10
• Wisconsin April 5
• Wyoming April 9

Visit our website for exclusive stories, photos, and more!
They didn’t give me a side project that would keep me occupied in order to prevent me from messing up anything they deemed important; I worked on those important projects.

The project was centered on an interesting field of research that explores the role of epigenetics in different disorders. Epigenetics deals with changes in physiological phenotypic traits due to external changes rather than genetic ones. This lab specifically studied how chromatins regulators affected gene expression in a mouse model of Kabuki syndrome, a neurodevelopmental disorder characterized by face structure abnormalities, some cognitive development delay and fine motor deficits.

I learned so much about genetics and how it is intertwined with neuroscience, even to the point where I would say it is a critical component of neuroscience; you can’t study neuroscience without considering genetics. The project itself was very helpful to me as a student, and the program’s organizers did a very good job of making all of the students feel welcomed at the university and to the community.

After this internship, I feel like I came back to NSU as a smarter consumer of information and science. One of the main reasons I seek out internships like this one is to develop my critical thinking skills in order to train myself as a future professional, M.D. or Ph.D. I’m learning more and more that asking the right questions can lead you to a wealth of knowledge that may have otherwise inaccessible.

Another important lesson I learned is the cohesiveness necessary for a lab to run effectively. I had the opportunity to speak with other people participating in different internships at WSU that summer, and the horror stories of their experiences with their labs made me appreciate how welcoming my lab was to me and how cohesive they made things for me to begin working.

Overall, this has been one of my most enriching experiences in my collegiate career, and I definitely plan to continue pursuing more internship opportunities this upcoming summer.
### Features

**FAFSA FAQ**

**By:** Jazmyn Brown

As of Jan. 1, 2016, the 2016-2017 Free Application for Federal Student Aid for the 2016-2017 academic year is open for students interested in financial aid.

**What is the FAFSA?**

“FAFSA stands for Free Application for Federal Student Aid. Once students complete a FAFSA, they get a SAR, which is a Student Aid Report. The SAR is sent by the Department of Education. So the FAFSA is going to be broken up into two ways, the students get a copy, and the school of their choice that they add on the FAFSA will receive a copy of it.”

**Have there been any changes to the FAFSA for the 2016-2017 aid year?**

“One major change is that one of the requirements for independent status. Students born on or before Jan. 1, 1993, will now be considered independent. So more students will who will be considered independent compared to last year; the date changed from Jan. 1, 1992 to Jan. 1, 1993.”

**How do I log on to complete the FAFSA?**

“You should have a username and password. As of May 10, 2015, the Department of Education changed it from a PIN or four-digit number to a username and a password. Identity theft is one of the largest and fastest-growing crimes, so the Department of Education changed it to make it a little more difficult because once somebody has your information they know everything about you. If you haven’t made that conversion already, then you will have to change it — you’ll have to transfer from a PIN to a username and password, but you will still use that PIN to authenticate your username and password.”

**Is there a deadline or priority deadline to submit the FAFSA?**

“Yes because what we have here is institutional funding and state aid, which are all issued on a first-come, first-served basis, so you want to get it done before January ends. One of the things we look at is when the student submitted his or her application. We have to allocate the monies from the Department of Education to all the students who qualify for it, and one criterion is the date on which you’ve done your FAFSA. So if you wait until March to do it, and somebody else did it in January, you wouldn’t get the funding. The cutoff date is Feb. 15, because we have to give your awards out and make any provisions to make sure you’re receiving additional money. Your FAFSA goes from July 1 of the first year until June 30 of the following year, so in order to you would need to complete the FAFSA for fall 2016 would be July 1.”

**What if I don’t have the latest tax information?**

“If even you haven’t done your taxes, you can still go in and estimate the amount. Then, you can go back and make corrections. We go by the first date that we actually, physically received it in our system, so you can submit it with estimated information and go back and change it by July 1.”

**Do I need my parent(s) in order to fill out the FAFSA?**

“If you are a dependent student, then absolutely — your parent must sign off on it. But if you’re an independent student or there are special circumstances, then no.”

**What if I live in a different state than my parents?**

“The FAFSA is a federal document, so it supersedes the state level, so what that means is that you could be in Florida, and your parents live in Pennsylvania, but the FAFSA guidelines — unless you have some special circumstances — require that your parents get a username and a password and sign the form if you are a dependent student.”

**What documents do I need to fill out the FAFSA?**

“Completing the FAFSA early because, again, there are institutional dollars at the school, and if they run out, you either go on a waiting list, or there just isn’t money for you.”

**What if the financial aid award I receive isn’t enough to cover my tuition?**

“We have scholarships, which can be accessed on our webpage. You can also talk to your program office or academic advising and see if there are any scholarships within their budgets. If it happens that we have no money, there’s something like the alternative loan, such as a Parent Plus Loan or a Sailee Mae or Discover loan. But when some students who apply to go to NSU end up not coming here, we have to reconcile our account balances and manipulate the money, and that’s how those on the waiting list get scholarships.”

**If I owe every loan cap in undergrad, will that affect my loan amounts in grad school?**

“No. For an independent undergraduate student, the loan limit is $57,500. If you are a dependent undergraduate student, it’s $31,000. Once you get to the graduate level, depending on the program, the amount increases. If you’re in finance, for example, you get $138,500 — that’s your aggregate loan amount. If you’re in the health professions, you get $244,000. There’s a difference based on the program that you’re going into. After you get your undergraduate bachelor’s degree, if you exceed the loan limit while you’re pursuing your master’s degree, then there’s what you call a GradPlus Loan, another federal program, which will help until you complete the program. There are ways to help you finance and fund your education; you may run out of federal dollars in undergrad, but you can get alternative money or loans. But at the graduate level, you would just get the Graduate Plus loan.”

For any additional questions, contact the Office of Financial Aid at 954-262-3380 or nillie-free at 800-306-3880, or email finaid@nova.edu to submit your FAFSA, visit https://fasfa.ed.gov/index.htm.

<table>
<thead>
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<th>Federal loan limits per year (annual)</th>
<th>Dependent students:</th>
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<tr>
<td>First-year undergraduate students</td>
<td>$6,500 ($3,500 max. in subsidized loans)</td>
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<tr>
<td>Second-year undergraduate students</td>
<td>$6,500 ($4,500 max. in subsidized loans)</td>
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<tr>
<td>Third-year and beyond undergraduate students</td>
<td>$7,500 ($5,500 max. in subsidized loans)</td>
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**Independent students:**

| First-year undergraduate students | $9,500 ($3,500 max. in unsubsidized loans) |
| Second-year undergraduate students | $10,500 ($4,500 max. in subsidized loans) |
| Third-year and beyond undergraduate students | $12,500 ($5,500 max. in subsidized loans) |

Graduate students: $20,500

**Maximum total (aggregate) loan limits**

| Dependent undergraduate students | $31,000 ($25,000 max. in subsidized loans) |

**Independent undergraduate students**

| $57,500 ($55,500 max. in subsidized loans) |

**Graduate students**

| $138,500, or $224,000 for graduate students in certain health professions programs ($65,500 max. in subsidized loans) |

**According to the U.S. Department of Education**

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<th>Financial information?</th>
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**By:** Li Cohen

**@Current_Yakira**

There’s more happening under the South Florida sun than what people are often led to believe. The area is full of images of sandy beaches, tasty food and long nights in the city, but many don’t realize that what underlays this seascape is a scene of less-than-forgiving circumstances. Many of these students spend their weekends in the airport, getting jobs to go to clubs and bars and participate in other activities.

Shane Lam, associate director of Public Relations at NSU, for example, is predominately female, and young adults move to the area and do not think that participating in South Florida’s nightlife and activities can pose threats to their safety. NSU, for example, is predominately female, and many of these students spend their weekends venturing to downtown Miami to get into clubs and bars and participate in other activities.

Shane Lam, associate director of Public Safety’s Flight Operation, said that young female adults are more likely to be trafficked because criminals often promote false businesses, such as modelling jobs or babysitting, the kinds of jobs young women are likely to look for.

“I am also aware that young women should be especially careful of overseas jobs, as they may lead to exploitation. He also said that, whenever possible, young adults should call and verify an overseas job before accepting it and they work they’ll be doing and the kind of conditions they’ll be living in.”

“Crime victims tend to end up in cities and tourist locations, where there is typically a high demand for sex. The Florida National Organization for Women reported that South Florida is an in-demand location for human traffickers because it is easier to bring in victims from Latin America and the Caribbean. The organization also reported that Miami International Airport is one of the top entry points for foreign trafficking victims entering the U.S. The organization for Women said that the lack of community awareness, comprehensive legislation or resources for victims makes it difficult to find the victims and protect them from abusers. Other than being aware, multiple sources, including blogs and news sites, have suggested that one of the best ways to combat trafficking is to be aware of its significance. Talking to friends and family members about what human trafficking is, identifying dangerous situations and explaining the prominence of the crime in their respective locations can help people at least be aware that it is a local problem.

For questions about human trafficking or to report a suspicion of a case, contact local authorities or the National Human Trafficking Resource Center at 888-373-7888.
Track and field was originally just a way for senior communication studies major Darren Hendricks to train for football, but he has now become one of the best discus and hammer throwers at NSU. Hendricks began running track in middle school, participating in events such as the 4x200 relay in order to gain speed for football. After a short time of being a runner, Hendricks was introduced to field events and began throwing both hammer and discus.

In 2015, Hendricks was the Peach Belt Conference Champion for the men’s discus throw. He also holds NSU’s school records for both the men’s discus and hammer throw. I got the chance to sit down with Hendricks and ask him a few questions.

What do you think is the hardest part of competing in throwing events?
“Technique. The technique is always the hardest, especially for hammer. Not only are you trying to turn, but you’re also trying to make sure the hammer doesn’t pull you. Even though the hammer only weighs 16 pounds, when you’re swinging it, you’re trying to hold back 300 to 400 pounds, depending on how fast you’re swinging. The lifting can also get difficult, especially when you get up to heavier lifts, and you get sore — you have to work through the pain. But aside from the lifting, technique is the hardest. There’s no such thing as a perfect technique or a perfect throw; there’s always one little thing that goes wrong. There will always be something that you have to adjust or have to fix.”

Do you have any specific tools that you use to motivate yourself to achieve good technique?
“I just think of it as pushing to Nationals. Getting a certain weight, getting better and getting stronger. If I can get there, I think of it as getting better and getting stronger, but if I don’t, I’ll get down on myself and push harder to improve. I’m always trying to get better.”

What has been your greatest accomplishment in track and field?
“Winning the conference, definitely. Winning the conference and breaking two school records have been my greatest accomplishments as an athlete.”

What do you think is the most rewarding part of being a member of the track and field team?
“The most rewarding part of being a member of the team is not only building a bond with my teammates, but it’s also been a great experience to be a part of the NCAA and getting to be a collegiate athlete. You get to pursue what you loved in high school, but you get to take it further and further as you move further in life.”

Do you plan to continue competing after college?
“I plan to keep competing. I want to try to push into the Olympics. If I give it a few years and keep getting better and better, then I could see myself making a run for it. It’s something that I just won’t stop doing — I’m always going to keep doing it.”

Darren Hendricks is also a contributing writer for The Current.
Earning a world record is the pinnacle of achievement of athletics. No championship or gold medal could ever compare to the honor of holding a world record; however, some athletes may now have their names expunged from the history books and have their world records taken away. According to the British Broadcasting Corporation, United Kingdom Athletics recently published “A Manifesto for Clean Athletics” and has proposed to reset all current world records in track and field in response to the ongoing doping crisis.

Doping includes, but is not limited to, the use of steroids, blood transfusions and the misuse of insulin. The use of doping, such as blood doping, which increases the amount of oxygen that an individual’s blood is able to carry to their muscles, gives athletes an unfair physical advantage and can result in an unearned victory. The use of blood doping, which increases the amount of oxygen that an individual’s blood is able to carry to their muscles, gives athletes an unfair physical advantage and can result in an unearned victory.

The WADA and IAAF should consider ways to discourage doping and other forms of cheating in athletics, but punishing every athlete is not the way to go. The World Anti-Doping Agency should review all previous drug tests, discern which athletes have participated in doping and then take appropriate action against those athletes who are guilty of any type of doping. The athletes who are guilty should be stripped of their world records, and the world record should be awarded to the next fastest time or distance recorded, as opposed to being completely reset.

The WADA and IAAF should be stricter with their drug testing and have a transparent policy with all testing records. If all of their records are made available to the public, there can be fewer discrepancies and will ensure that athletes found doping will no longer be allowed to compete or qualify for world records.

It’s exciting to see that UK Athletics is taking a stance against the current doping crisis, especially in the sport of track and field, but their current plans for reform are too radical and will punish all athletes, instead of just those who are found cheating. There is definitely a lot of work to be done to instil a sense of integrity in athletes and ensure that no one has an unfair advantage, but reversing every track and field record is counterproductive. Athletes need to be shown that the honor of a world record can only be achieved through hard work and practice, not doping.

Yoga
Yoga is one of the best ways to tone your body and simultaneously increase your flexibility. With thousands of pictures of your body and simultaneously increase your fitness plan in 2016. It’s the start of a new year and the perfect time to start forming a new fitness routine, but deciding where to start can be overwhelming. It seems like everyone at the gym already knows every workout in the book, leaving beginners slightly terrified. However, starting to work out is no time. The program offers hundreds of yoga and other complicated poses all over the Internet, yoga may seem a little daunting at first. But never fear; with the right attitude and coaching, anyone can learn yoga.

Do Yoga With Me is a free online yoga class that could turn you into a master yogi in no time. The program offers hundreds of yoga tutorials for all skill levels, with an extensive amount of videos demonstrating correct poses and technique for beginners. Each video mimics a yoga studio setting, with a teacher guiding you step by step of the way. Do Yoga With Me also offers videos that promote mental as well physical wellbeing; there are numerous courses that help individuals cope with anxiety and stress through the practice of yoga.

Running
Most people have a love-hate relationship with running, but running is one of the most beneficial forms of exercise, and you can do it just about anywhere. Couch to 5K is a popular running program that will ease you from a couch potato into a 5K runner over the course of nine weeks.

The Couch to 5K program uses a system of intervals to gradually get your body accustomed to running for an extended period of time. The first week combines short periods of running with long periods of walking, so that even an absolute beginner can easily get started. Each week, the intensity of the workout slowly increases, and your time spent walking decreases, so by the final week, you’ll be able to run a full three miles without interruption.

Once you complete the Couch to 5K program, there are still numerous other ways to keep training. The same trainers that created the program have also developed a 5K to 10K program to increase your endurance, as well as a Poosh to 5K program that will prepare both you and your canine companion to run a 5K.

Strength training
When some people hear “strength training,” their first instinct is to run straight to the weight room, but the dozens of racks of Barbells and dumbbells, as well as the endless sea of weight machines, can definitely be intimidating to a novice. If you can resist the urge to pick up the heaviest set of weights at the gym, you’ll find that one of the best options for beginner strength training is to use your own body weight to amp up your fitness routine.

It’s exciting to see that UK Athletics is taking a stance against the current doping crisis, especially in the sport of track and field, but their current plans for reform are too radical and will punish all athletes, instead of just those who are found cheating. There is definitely a lot of work to be done to instil a sense of integrity in athletes and ensure that no one has an unfair advantage, but reversing every track and field record is counterproductive. Athletes need to be shown that the honor of a world record can only be achieved through hard work and practice, not doping.
ON DECK

**Women’s Basketball**

- vs. Tampa
  - Tampa, Fla.
  - Jan. 20, 5:30 p.m.
- vs. Saint Leo
  - NSU Arena
  - Jan. 23, 2 p.m.
- vs. Lynn
  - Boca Raton, Fla.
  - Jan. 27, 5:30 p.m.

**Men’s Basketball**

- vs. Tampa
  - Tampa, Fla.
  - Jan. 20, 7:30 p.m.
- vs. Saint Leo
  - NSU Arena
  - Jan. 23, 4 p.m.
- vs. Lynn
  - Boca Raton, Fla.
  - Jan. 27, 7:30 p.m.

OUT OF THE SHARKZONE

US women’s volleyball team will go to 2016 Olympics

The U.S. women’s volleyball team secured a spot in the Rio de Janeiro 2016 Olympic Games in the NORCECA Olympic Qualification Tournament, a three-day tournament for teams from North America, Central America and the Caribbean. The U.S. team is the fifth team to join the 12-team tournament in Rio, behind Brazil, China, Serbia and Russia. The U.S. qualified for the Olympics after its final game against the team from the Dominican Republic, winning three straight sets 25-19, 25-19 and 25-18.

LeBron James earns 50th Player of the Week accolade

Cleveland Cavaliers forward LeBron James won his 50th Player of the Week award for Jan. 4 through Jan. 10, the most in NBA history. This is James’ second Eastern Conference Player of the Week award this season and is his 31st award with the Cavaliers.

**FIFA names Carl Lloyd, Lionel Messi world’s best soccer players in 2015**

Lionel Messi of FC Barcelona won the Ballon d’Or for top male player over Cristiano Ronaldo and Neymar, and this is his fifth time receiving the award. Messi had 41.33 percent of the vote, while Ronaldo had 27.76 percent, and Neymar had 7.86 percent. Carl Lloyd, midfielder of the Houston Dash, won the Women’s World Player of the year award, beating players from Japan and Germany. Lloyd won with the U.S. in the Women’s World Cup, scoring a hat-trick.

**Sting to be inducted into WWE Hall of Fame**

WWE announced that its first inductee to its Hall of Fame for the Class of 2016 will be Sting, whose wrestling career began in 1985 and spanned to 2015, when he won the WWE Slammy Award for “Surprise Return of the Year.” Sting is a six-time WCW World Heavyweight champion, and his other accomplishments include two NWA World Heavyweight Championships, two WCW United States Heavyweight Championships, Pro Wrestling Illustrated’s Most Popular Wrestler of the Year for 1991, 1992, 1994 and 1997, an NWA World Heavyweight Championship and four TNA World Heavyweight Championships. Sting also won the TNA World Tag Team Championship with Kurt Angle and won the UWF World Tag Team Championship twice with Eddie Gilbert and once with Rick Steiner. The WWE Hall of Fame induction will take place on April 2 in Dallas, Texas.

**Nets GM Billy King reassigned, coach Lionel Hollins fired**

The Brooklyn Nets fired Coach Lionel Hollins in the middle of a dismal 10-27 record, the NBA’s third-worst record. The Nets reassigned its General Manager, Billy King, leaving the GM position open until the team finds a replacement. The team said assistant Tony Brown will act as interim head coach.
Brandon in "Sense and Sensibility" or perhaps Alexander Dane in "Galaxy Quest," Colonel aren't the biggest Potter fans, it is likely you've to be the greatest love of all time. For those who Potter battle for what we would later understand
childhoods watching Professor Snape and Harry
Harry Potter himself, for many of us spent our
many of us, Rickman is as much of an icon as
most certainly will never be forgotten. For
the Year in 1992 and many more.

"Rasputin," an ALFS Award for British Actor of
Actor in a Miniseries or a Special for his role in
Primetime Emmy in 1996 for Outstanding Lead
Actor in a Miniseries or a Special for his role in
"Rasputin," an ALFS Award for British Actor of

"Rasputin." Most people have at least heard of
Shakespeare's tragic play. The story of two
teenagers falling in love, only to have their
families attempt to keep them apart, has a tragic
ending in perhaps one of the most famous
relationships of all time. This was Rickman's
first role, and he played the role of Tybalt, Juliet's
cousin and the leader of the younger Capulets.

"Die Hard" (1988)
Bruce Willis might be the front-man of the
movie, but Rickman is definitely the star of the
film. Rickman plays the villain Hans Gruber, a
German terrorist who leads a team of terrorists
to take over a building in Los Angeles. Gruber and
his team of terrorists take hostages, including an
NYPD officer who manages to escape their sight
and is the only chance the city has at defeating
the enemy.

"Truly Madly Deeply" (1990)
Everyone loves a good love story,
especially when it seems to be a British version
of the famous Patrick Swayze movie "Ghost." Rickman plays Jamie, the ghost of a woman's
boyfriend who haunts her while she tries move
on after his death.

"Robin Hood: Prince of Thieves" (1991)
"Robin Hood" is a story as old as time.
Rickman reclaimed his role as the villain to play
Sheriff George of Nottingham, the tyrant of the
area. Robin Hood, played by Kevin Costner,
fights back against the Sheriff's tyranny as a
rebel, with the help of his companion Little John.

"Rasputin" (1996)
Most people know the story of Russia's
Anastasia, but not everybody is familiar with
the alleged prophet and healer who befriended
Anastasia's family, particularly her father, Tsar
Nicholas. Rickman portrays Grigori Rasputin,
the mystic who predicted a major downfall in
Russia and became forever known as the "mad
monk."

The Harry Potter saga (2002-2011)
Rickman takes on the wizarding world as
Professor Snape, the dubious character who
teaches Harry Potter lessons of potions, dark
arts, life and love. Snape proves to be more of
a complex character than the audience would
think upon watching the first movie, and for
those who followed the saga or read the books,
they understood just how dynamic he was.

"Love Actually" (2003)
Popular during the Christmas season,
this film portrays the lives of eight couples in
London. Rickman plays Harry, a husband who
had an affair with his secretary and is attempting
to fix his marriage. The film also features actors
Colin Firth, Liam Neeson and Emma Thompson,
and has become a holiday classic.

"Galaxy Quest" (1999)
Straying from his usual role as the bad guy
of the film, Rickman plays in this comedy as
Alexander Dane, an alum of a TV show who has
to help an alien race on a mission. Along with co-stars Tim Allen and Sigourney Weaver, the
 trio is tasked with helping the aliens after they
see the actors' TV show, which focuses on a
space crew going on various spaces adventures.

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**R.I.P. Starman: David Bowie (1947-2016)**

By: Li Cohen
@Current_Yukina

David Bowie, otherwise known as Ziggy Stardust, was one of those artists with an unforgettable style and unimitatable voice. Once he emerged in the UK in the 1960s, he became one of the most popular musicians for more than four decades with more than 30 albums.

Bowie's first release, “Space Oddity,” was an instant hit and was on the top five of the UK singles chart in 1969. He eventually transcended UK fame and hit the U.S. charts in 1975 with his number-one hit single “Fame.” Other famous songs include “Under Pressure” with Queen’s Freddie Mercury, “Heroes” and “Starman.”

After the release of Bowie's latest song “Lazarus” for the 2016 album “Blackstar,” fans knew he had released something special, but little did they know what would be so special about it. A few days after the music video for “Lazarus” was released, Bowie died at age 69 after a reported 18-month battle with cancer.

"Lazarus" was released, Bowie died at age 69 after a reported 18-month battle with cancer.

With his passing, it is easy to see that Bowie knew his time was coming to an end in his latest release, as the first verse states, “Look up here, I’m in heaven. I’ve scars that can’t be seen.”

Bowie created his alter-ego Ziggy Stardust at a concert in the UK, contributing his own sense of sexual ambiguity and androgyny to sexually ambiguous of the 60s and 70s.

In honor of Bowie’s numerous musical and entertaining contributions to the U.S. and the UK, we created a timeline of major moments in Bowie’s career. From us still here at ground control, we’ll miss your whimsical and eclectic ways, Major Tom.

By: Nicole Cocuy
@CurrentNicole

Online shopping certainly has its advantages. With the click of a few buttons from the comfort of home, during your lunch break or while on-the-go through your smartphone, the dress you need or the shoes you’ve had your eyes on will be yours in three to five business days without ever having to step foot in the mall.

But, unfortunately, this convenience comes with a price; if you didn’t take the time to try it on, you run the risk of it not fitting well, having an unexpected color or material or just not liking how it looks. Aware of these disadvantages, Stitch Fix, a subscription box company, hires stylists who take into consideration your measurements, body shape and personal style to curate the perfect collection of items for you.

For just $20 a month, Stitch Fix sends its subscribers a monthly collection of five items — a hand-picked selection clothes, shoes and accessories. To help stylists figure out what to ship, subscribers fill out a detailed survey that asks everything from sizes and measurements to which body part the subscriber prefers to show off or conceal to which colors and styles to which body parts the subscriber prefers to show off or conceal.

Subscribers can also send their stylist messages like “I live in Florida, so I don’t have to wear outerwear,” or “I have a preference coming up and would really like help picking out a sharp-looking outfit,” and the stylist will keep in mind those comments and concerns. Also, subscribers can share their Pinterest boards and social media accounts with their stylists so they can get a better feel of their clients’ personalities and preferences.

This service certainly may seem daunting to some — myself included. Trusting someone wholeheartedly to fully grasp the complexities of all of your likes, dislikes, sizes and styling cues can be quite the challenge. But we can attest to the stylists’ precision and perfectionism.

For example, in my box, I received a comfy and versatile gray-and-white-striped cotton button-down, a cozy, black and white marled cardigan, a tasteful turtleneck, white and black palette bodycon dress, a flowy, multi-colored, chiffon peasant dress and a long gold necklace with a feather pendant. With each box comes a letter from the stylist explaining why she made the specific choices she did, along with images of different things to pair with each of the items. When I first looked at the items, I was a little skeptical, as some deviated slightly from what I usually wear. But, when I tried everything on, I fell in love with every single item, and it all fit perfectly. Everything felt so tailoired, and I don’t think anyone could have done a better job.

What’s the catch? Unfortunately, subscribers don’t get to keep the items unless they buy them. Subscribers can keep the items for about a week, but then they have to decide what is worth purchasing and what isn’t. Granted, subscribers get a $20 credit each month towards their purchases that adds up for each month it isn’t used, and if a subscriber decides to buy all five items, she gets 25 percent off. However, the prices are a little steep — I think the cheapest item in my box was $20, but most of the items were worth about $50 — and throwing out about $150 bucks in one purchase isn’t feasible for the average college student. Still, it’s tempting to keep all of the items, as I personally struggled with selecting what to keep and what to ship back with a prepaid shipping label.

Stitch Fix makes everyone fill out a survey after each box is shipped to receive detailed feedback on every item that was selected for them, so if anyone is unhappy with the items selected for them, the stylists can understand how to avoid the same mistakes.

Overall, Stitch Fix is worth every penny. Thanks to their incredible service and personalized attention, I have a new favorite dress, something to look forward to every month and, more importantly, the confidence in wear styles I previously feared.
Opinions

January 19, 2015 | nsucurrent.nova.edu

By: Jazlyn Brown

The University Park Plaza (UPP), for those who don't know, are yet to figure it out, is located in the same place as Ballston, Pizza Hut, Potbelly, Improper Hamburgers, and the NSU Bookstore. Located on University Drive and 36th Street, UPP is home to classes like physics and astronomy, and this semester, most of your non-STEM classes.

I don’t blame any of you for not knowing about the classrooms in UPP. Browsing for courses is confusing because we learned that astronomy was located in UPP, and I hadn’t known then that some classes were over there. Then I thought that maybe that’s where professors taught obscure classes because when I saw that anatomy was located in a new building in SW 36th Street, UPP was no longer a necessity with the purchase of our cars to our classrooms, or even from our homes. But, yes, UPP is home to classes like physics, English, and the athletic buildings and the Alvin Sherman Library, the athletic buildings and the UC. But, yes, UPP is actually “on campus” since NSU owns a part of the plaza. Just look at the “Nova Southeastern University” sign.

So, I’m a student, and that’s to be expected. Not everyone has to be, but that doesn’t mean that random people can show up on your way to the bathroom to ask questions about the classrooms located in UPP.

Firstly, that’s more than likely the number of classes located in UPP. It’s far more than the number of classes available at UPP. The classes located there are smaller than classes located in the UC or the library, anyway. And it’s not like the non-STEM majors take up a lot of room; along with our non-major, a lot of non-STEM classes are either online or are located in the UC or the library.

It’s important to note that UPP offers classes as pleasant as possible, and that includes making classes as pleasant as possible, and that includes getting class, having classes in DeSantis or Parker even on the UC or the library is a much better option than UPP, especially at night.

For the few of us who aren’t one of NSU’s major popular majors, some of the reasons we chose NSU are because of the great atmosphere and location, the smaller class sizes and the caring nature of administration and staff. But it’s beginning to feel as if the silent minority is being pushed to the wayside, figuratively and literally.

The Hoverboard page on nsu.edu says, “The service operates on a 20-minute cycle. Although traffic conditions may cause the NSU Shuttle Bus Service to arrive slightly early or late, please allow yourself enough time when traveling via the Shuttle System.”

So you either hope to god that the shuttle comes with enough time for you to arrive at your class and that it comes exactly when your class ends, or at most five minutes after, or you just walk since it doesn’t make sense to wait more than 10 minutes for the shuttle to come.

Walking to and from UPP isn’t bad, especially for daily classes. I can make the walk at a leisurely pace in about 15 minutes at a brisk pace. But imagine that a student has a class in UPP that lasts from 6 to 10 p.m. Imagine walking SW 36th Street in pitch black darkness, because the road is lit by a street light on a path that’s more like an invitation of a sidewalk than an actual traversable walkway. Add to that the people who like to speed and that drivers are also affected by the darkness and poor visibility, and you have the perfect formula for a lawsuit.

“Walk, take the shuttle, you might say. Please see above.

This is our university, speaking. UPP isn’t even “on campus,” if one says that the main campus includes all administration buildings, graduate school buildings, Parker/DeSantis/Mailman and adjoining buildings, the Alvin Sherman Library, the athletic buildings and the UC. But, yes, UPP is actually “on campus” since NSU owns a part of the plaza. Just look at the “Nova Southeastern University” sign.

Also, it’s true, that students have bad habits there in the past, so this is really nothing new. Classes for nursing, one of NSU’s major programs, are located almost exclusively in UPP. But, for grad students, the distance between Rolling Hills and UPP is significantly less than the distance between the rest of the campus and UPP. It only makes sense that all undergrads go to class in the same places that are firmly “on campus.”

Most of the classrooms at NSU, I had a mixture of biology classes, philosophy classes, literature classes and math classes. While some were online, not a single one was located in UPP.

Flash forward to the winter 2016 semester, and most of my literature classes and one philosophy class, are 10 to 15 minutes from the main campus in UPP.

Compare the locations of biology and literature classes because, for one, I used to be a biology major and took bio classes, and, two, these two subjects will clearly demonstrate the difference between having to walk or drive from Course Ward, for the winter 2016 semester, four out of 137 available BIOL classes are in UPP, while four out of the 15 available LITR classes are in UPP — 12 classes of you don’t count online classes, meaning that percentage-wise, one-third of its classes are located in UPP. For fall 2015, only three out of 133 available BIOL classes were in UPP. No LITR classes were in UPP.

So can you say that the number of bio classes located in UPP over the past two years are actually better? While there’s been a more noticeable increase in the number of lit classes located in UPP.

It’s more than fact that more NSU students are biology, biochemistry, and chemistry majors — it seems that any random person you stop on your way to the lunch is a bio major — which means that more classes, and in STEM, biochemistry, biology or chemistry, science, technology, engineering and math (STEM) majors.

The classrooms in UPP are also slightly smaller than those in Parker and DeSantis, which is great, so it follows that smaller classes — which are typically not STEM classes — are located in the appropriately-sized rooms, leaving the larger classrooms for larger classes.
Opinions

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YouTube challenges aren’t all fun and games

By: Roddia Paul

Social media has transitioned from an outlet of social interaction to a parasite that is negatively shaping the behavior of both the youth and adult populations. Since when is intentionally harming yourself or others an appropriate trend? Every month it’s something new, whether it’s swallowing cinnamon, lighting yourself on fire, putting salt and ice on your skin or shocking your body with a freezing ice bath. Whatever act of stupidity you choose to be your poison, the fact remains that it’s stupid.

Who knows who the originator of these online challenges that potentially hurt your skin or make you choose to death was, but why someone would think in croc to follow along is still the million-dollar question. Go on YouTube and type in the word “challenge.” You’ll instantly lay your eyes on people of all ages from all over the world finding humor in harming themselves.

The cinnamon challenge, in which you try to swallow a spoon full of cinnamon without water, could cause inflammation of the throat and severe coughing and choking. Yay, you scarred your throat and lungs for a 10-minute YouTube video that your two subscribers will see. Here’s a cookie.

It might seem harmless. You and your friends are bored one night and decide to participate in a challenge to pass the time. Take the “good kids high” challenge, which involves one participant holding his or her breath until they lose consciousness, giving them an ultimate high. According to ABC News, since 2012, there have been over 400 fatalities due to this online challenge. The problem with the challenge is that when the people participating lose consciousness, they often die or become injured when they make contact with objects in the room or on the floor as they fall.

The worst part of it all is you have YouTube stars getting paid to do these dangerous challenges. Imagine the impact a YouTuber with millions of followers has on the world. With one video, they impact millions of viewers, and it only takes one “cool” person to do it before others chime in. Why is our generation so easily influenced? We are the age of technology, not poor judgment.

Do not put your health or your friend’s health in danger just to be a part of a fat that will surely fade. Today, it’s drinking your own pee and lighting yourself on fire, and tomorrow it will be chipping off fingers and jumping off cliffs. When do you draw the line?

Social media has too much influence on our daily lives. We can’t eat without posting it, we can’t post how we truly feel because we’re afraid of what others will think, we only post what we see others wearing, and our ideas of what is considered suitable for leisure time to be able to fit into a catchy hashtag.

Can we think for ourselves for once? I know it’s hard to think for yourself when you have media outlets feeding you five-star garbage, but I believe in you.

The most recent challenges consist of ice baths, over-eating junk food, swallowing slices of ham without chewing and stuffing your mouth with ice or marshmallows. The list is endless. Sure there are some fun ones, like question challenges or drawing, but anything that might upset your stomach, cause an injury or even cause death is better to avoid.

Let’s act like responsible college students and choose not to participate in challenge trends we see our peers doing. Not only does it make you look immature, but many of these challenges are also hazardous. I value your health.

Weight a minute

By: Roddia Paul

January is National Healthy Weight Awareness Month. According to nationaleatingdisorders.org, over 20 million women and 10 million men suffer from clinical eating disorders in the U.S., so body image is certainly a topic worthy of address.

Body image is a delicate topic that, for some reason, our society, is too often discussed. We allow the influence of television and different media outlets to not only shape our beauty standards of others, but to also create a gauge of what we think our own weight should be. This might hurt a few bubbles, but a healthy weight is much more complicated than “do these jeans make me look fat?”

Many times, if a person doesn’t fit what we consider to be a healthy body weight, we automatically assume he or she is out of shape, overweight or unhealthy, but weight is a funny thing. Two people can be the same age, gender and weight and physically appear to be two completely different weights. We just take height and age, and think we’ve found the only system for calculating a healthy weight, but other factors, such as body type, bone density, muscle-fat ratio and general health, influence calculation as well.

Our perceptions of body image and weight are part of the reason why the U.S. has such a high rate of eating disorders. Our country ranks number three in the world for country with the highest eating disorders, and a lot of that has to do with insecurity. There is so much pressure and conversation on body image and what we consider healthy and attractive.

Whether it is a billboard, a TV commercial, a magazine or a song on the radio, society consistently undermines and ridicules body weight. How can we expect people to be comfortable in their skin when they have been programmed to think that if he or she doesn’t look like a model, their body needs fixing?

During January, and even year-round, we need to focus less on what we think a healthy weight should look like and more on being healthy. We should always be considerate when it comes to commenting on other people’s weight.

Our health is all we have, and we should never let the negative opinions of others influence it. Always keep in mind that individual healthy weight may be different than that of family members and friends, so comparisons are useless. We should just focus on being the best we can be, and health will follow.

We’re quick to look for validation from our surroundings on what we should do. There is nothing wrong with being skinny or being extra thick. We have to remember that everyone is different, and just because someone is skinny does not mean he or she needs to eat more, and just because someone is fatter does not mean she should go on a diet. Sometimes, it’s really just that person’s body type, and he or she could be in great health.

Our perceptions of body image and weight may not be the reason why the U.S. has such a high rate of eating disorders. Our country ranks number three in the world for country with the highest eating disorders, and a lot of that has to do with insecurity. There is so much pressure and conversation on body image and what we consider healthy and attractive.

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shark speak

“I think that when a class is closed because the seating is full that there should be a waiting list created for students who would still like to take the course. That way if someone drops the course everyone on that list is notified and has a second chance at getting a seat in the course.”

- Briana Doty, junior biology major

“I think the whole Mailman building needs renovation, specifically the elevators and the area to make designated areas and off-limits for the visitors, that way, they do not interrupt our study time.”

- Fernando Reachy, senior biology major

“I think that the food places in the UC should be opened later, most importantly during midterms and finals because many students study late and get hungry.”

- Rachael Wagner, sophomore nursing major

president hanbury will host a town hall meeting this week to address student questions and concerns. how do you think NSU could be improved?

Caitlyn Sauvey,
sophomore environmental science major

“I think the campus needs more events that will help promote school spirit, especially in regard to athletics.”

Diona Lee,
junior biology major

“I think NSU should minimize and monitor the cheer competitions here on campus. When the kids come for competition, there is no parking, and the lines for the food places in the UC become extra long. I think a great way to circumvent that is to make calendars informing the campus when the competitions will take place, take parking away from designated areas and off-limit areas for the visitors, that way, they do not interrupt our study time.”

- Fernando Reachy, senior biology major

“I think the whole Mailman building needs renovation, specifically the elevators and the area to make designated areas and off-limits for the visitors, that way, they do not interrupt our study time.”

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Multimedia Conference
Saturday, JANUARY 30, 2016
Huizenga Sales Institute, Carl DeSantis Building
3rd Floor, Room 3000
Registration opens at 8:00 a.m. • Conference begins at 9:00 a.m.

Choose from more than 40 sessions:
print/online journalism, radio, sports, blogging,
photography, film production, television, fashion and
other forms of digital media and print.

Join us and media professionals from:
NBC, CBS, WSVN 7 News,
Sun Sentinel, Miami Herald, 99 Jamz, Venice Magazine

Learn how to get a job and land an internship.

Open to NSU and high school students.
To register, visit
www.nova.edu/studentmedia/multimediaconference.

For more information, call (954) 262-7482,
or email nsustudentmedia@nova.edu.