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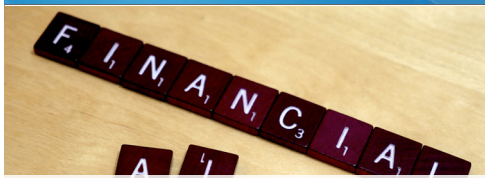
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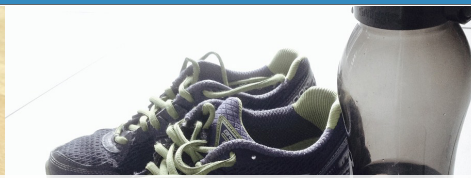
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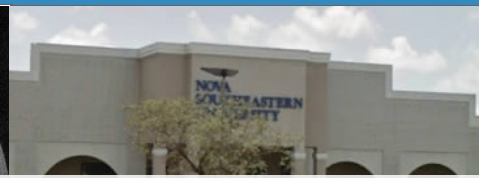
New year, new workouts

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Remembering British celebs

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No UPP classes, please

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Applications open for Undergraduate Student Symposium

By: **Grace Ducanis**

@GraceDucanis

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 Oleski, 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.

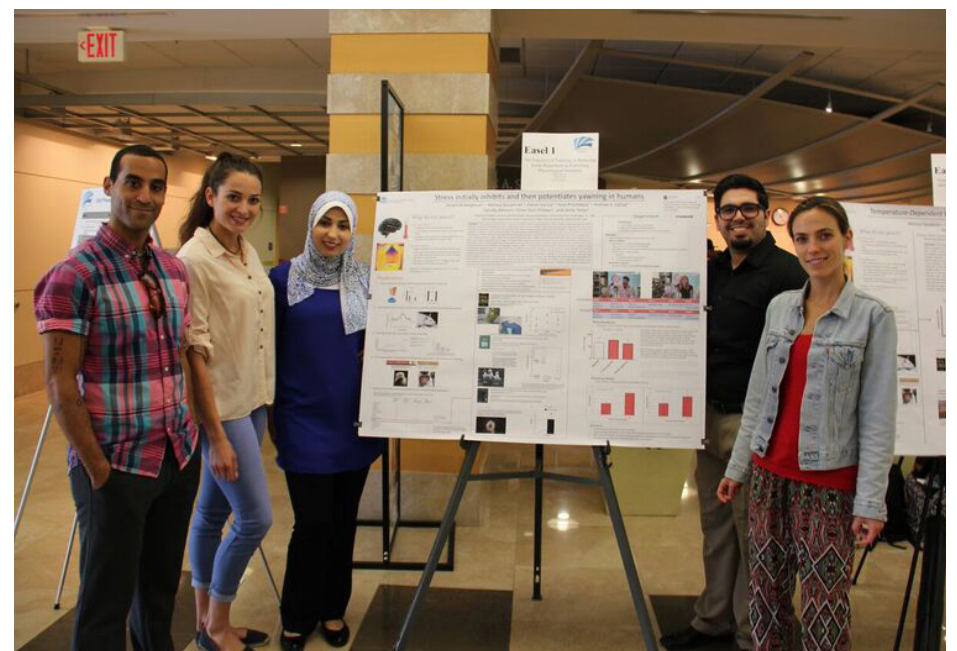
For Oleski, interacting with attendees and participants was the highlight of the symposium.

"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 agonism 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



Caption: Participants in last year's symposium display their research.

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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/student-symposium. Faculty will review the submissions and notify applicants in early March about their participation in the symposium.

Sorority hosts table for cervical cancer awareness

By: **Grace Ducanis**

@GraceDucanis

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.

Kanika 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.

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 kl784@nova.edu.

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NEWS ANCHOR

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Iran removes core of Arak reactor

Iranian state media reported that the country's nuclear technicians 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, France, 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 denied intention to produce nuclear weapons.

Regulations to make lion trophy imports more difficult

On Jan. 22, the U.S. will enact regulations on the import of lion trophies to give African lions greater international protection. The regulations will make it significantly more difficult to import lion trophies from Africa. According to BBC, the number of lions in Africa has decreased by 50 percent. Last December, the U.S. Fish and Wildlife Service announced that central and western African lions would be classified "endangered" and southern and eastern African lions would be classified as "threatened." The heightened protection of the species comes after Minnesota Dentist Walter Palmer hunted Cecil, a beloved lion lured from a national park in Zimbabwe, in 2015. Ninety percent of hunters using "canned" hunting facilities, in which handlers raise lions in captivity that hunters pay to kill, are from the U.S.

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 in a crash when their bus swerved off the road and fell 80 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 Global Brigades, a student-led humanitarian 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 2,800 by training 600 more firearms officers. 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. Despite 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 Resort. 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 castles, and Marvel and Star Wars characters under 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 threatens Europe's 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 bans, the chemical remains in the environment, bioaccumulating in the marine ecosystem's apex predators, namely whales and dolphins.

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3301 College Avenue
Student Affairs Building, Room 310
Fort Lauderdale, FL 33314-7796

nsucurrent.nova.edu

NEWSROOM

Phone: (954) 262-8455
Fax: (954) 262-8456
nsunews@nova.edu

BUSINESS & ADVERTISING

Phone: (954) 262-8461
Fax: (954) 262-8456
thecurrentad@nova.edu

Nicole Cocuy	Co Editor-in-Chief	nsunews@nova.edu
Li Cohen	Co Editor-in-Chief	nsunews@nova.edu
Jazmyn Brown	Copy Editor	thecurrentnews@nova.edu
Grace Ducanis	News Editor	thecurrentnews@nova.edu
Open	Features Editor	thecurrentfeatures@nova.edu
Erin Herbert	Sports Editor	sportseditor@nova.edu
Open	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Roddia Paul	Opinions Editor	thecurrentfeatures@nova.edu
Amanda Kaplan	Multimedia Manager	nsunews@nova.edu
Carli Lutz	Chief of Visual Design	thecurrentad@nova.edu
Roger Atangana	Visual Design Assistant	thecurrentad@nova.edu
Gaby Alfaro	Business Manager	thecurrentad@nova.edu
Shiloe Gardner	Distribution Manager	thecurrentad@nova.edu
Ezana Aseffa	Writer	nsunews@nova.edu
Marie Ontivero	Writer	nsunews@nova.edu
Megan Fitzgerald	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

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NSU's Brief Therapy Institute offers free sessions

By: **Grace Ducanis**

 @GraceDucanis

NSU'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 Research Grant made the free sessions possible with the aim of improving access to mental health care and counseling services by finding unique ways to encourage people to come in for a session who wouldn't normally seek therapy.

John Miller, professor in the Department of Family Therapy of the College of Arts, 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, will talk about relationship problems that they're having," he said.

Although a single therapist conducts the session, 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 giving 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 at NSU's Marriage and Family Therapy Program, wrote the grant with Miller. According to Schacter, the one-hour consultations are a unique approach to therapy.

"This approach to therapy is preventative, 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 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 therapy is 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



PRINTED WITH PERMISSION FROM J. MILLER
Dr. Miller (left) conducts a single-session consultation at NSU's Brief Therapy Institute

life as you get into more serious relationships."

Miller said 80 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.

Men tend to like the one-hour consultations because they're solution-focused, Miller said.

"The first question we ask is: how will we know at the end of this meeting that this will be useful to you? What's one thing you could get out of this meeting that would be a step in the right direction?" he said.

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 relationships, 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. "Some people 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, and ask for a single session therapy appointment.

SLCE organizes volunteer trip to the Special Olympics

By: **Grace Ducanis**
@GraceDucanis

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 in Tavares.

“Working with the Special Olympics is the most incredible opportunity that I’ve ever had,” Mazorowicz said. “It’s unique, and it’s a really cool way to engage with people with special needs. You learn a lot about yourself.”

According to Mazorowicz, the games are a celebration. Students who volunteer will get to attend the opening ceremonies on Jan.

29. All of the teams in Florida have had to qualify to compete in the 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 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 SAS trip is only open 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’s 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 his or her dean and the QEP committee at the Faculty Club. Submissions must be emailed to packerb@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/48996/forms/167419/submission. For more information, contact Lauren Storms, graduate assistant for Orientation, at ls2026@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 Grantmakers 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 954-262-8386 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 954-262-1638 or email seamist@nova.edu.

On Shore Calendar

Zeta Phi Beta’s Cervical Cancer Awareness Informational
@UC Spine
10 AM - 2 PM

SGA Senate Meeting
@Rosenthal 200
3 - 5 PM

JAN 20

Sharks and Service Info Session
Rosenthal 200
Noon - 1 PM

SEA Thursday
@UC Spine
Noon - 1 PM

LOD Session on Effective Communication
@Rosenthal 200
4 - 5 PM

RSA Barbecue
@Commons Pagoda
5 - 7 PM

JAN 21

2016 Leadership Conference
@RecWell basketball courts
4 - 5 PM

JAN 23

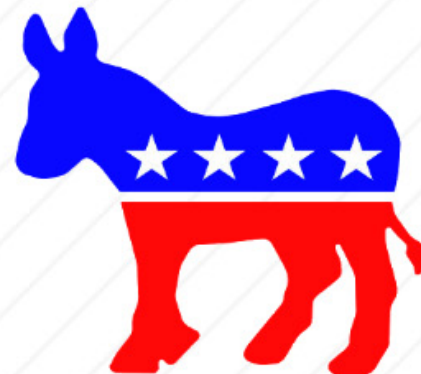
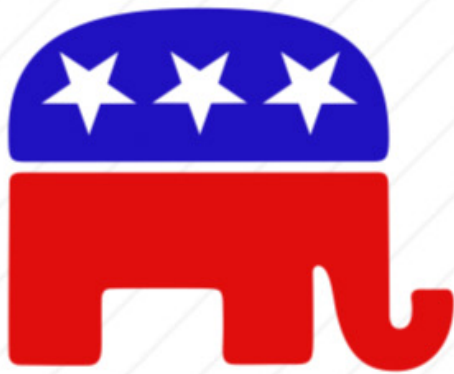
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Fact-checking the Republican presidential debate

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.

“Well, let 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 2000 legal case *Bush vs. 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 on 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 Democratic governors when Obama entered office in 2008. As of 2016, there are 31 Republican governors and 19 Democratic governors.

VERDICT: True.

“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 385,000 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 5,479.40 jobs for total nonfarm occupations.

VERDICT: Partly 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 this — 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 abortionists, 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 Guttmacher Institute reported that in 2008, roughly 3,322 abortions were conducted a day, or over 200 abortions in two hours. 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
 - oDemocratic Primary—May 17
 - oRepublican Caucus—March 5
- Louisiana March 5
- Maine
 - oRepublican Party Caucus—March 5
 - oDemocratic Party Caucus—March 6
- Maryland April 26
- Massachusetts March 1
- Michigan March 8
- Minnesota March 1
- Mississippi March 8
- Missouri March 15
- Montana June 7
- Nebraska
 - oDemocratic Caucus—March 5
 - oRepublican Primary—May 10
- Nevada
 - oDemocratic Caucus—Feb. 20
 - oRepublican Caucus—Feb. 23
- New Hampshire Feb. 9
- New Jersey June 7

- New Mexico June 7
- New York April 19
- North Carolina March 15
- North Dakota
 - oRepublican Caucus—March 1
 - oDemocratic Caucus—June 7
- Ohio March 15
- Oklahoma March 1
- Oregon May 17
- Pennsylvania April 26
- Rhode Island Sept. 13
- South Carolina
 - oRepublican Primary—Feb. 20
 - oDemocratic Primary—Feb. 27
- 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

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THAT TIME I... INTERNEED IN A LAB

By: **Ezana Aseffa**

If I could summarize what motivates me to participate in research, it would be the process of designing an experiment to test a hypothesis. I've always envisioned a mental scene similar to the differential diagnoses that would take place on the show "House, M.D.," but with a much less tense atmosphere, of course. When everyone, from the head of the lab to the undergraduates working in the lab, brainstorm and shares different ideas to tackle a hypothesis and discover previously unknown information, it's so intellectually exhilarating and addicting.

When Dr. Tartar posted the link for the internship in the Summer Undergraduate Research Experience (SURE) at Washington State University on the Nova Neuroscience Facebook page, I immediately visited it and began gathering everything I needed to submit my application.

Anxiety began to build after a month went by; I had already been rejected from three internships and hadn't heard back from the rest of them. Finally, almost three months later, I received an email from the director of the internship at WSU that I was accepted.

I arrived at WSU at the end of May, and it was literally a race from that very moment. First, there were the necessary introductions, then the overview of the program, and, finally, I was whisked away to meet the members of my lab.

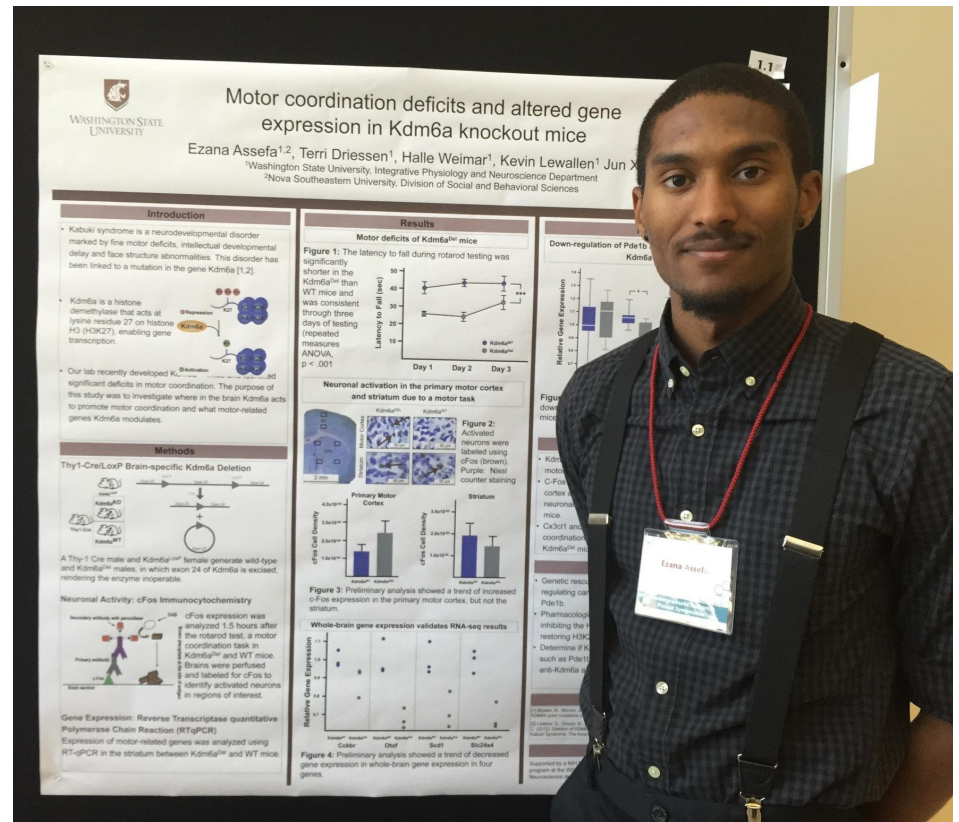
One of the most fulfilling parts of the internship was the fact that I began working on a current experiment being carried out in the lab.

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 increasing 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 chromatin 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 interwoven 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 program 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 been otherwise inaccessible.



PRINTED WITH PERMISSION FROM E. ASEFFA
NSU junior Ezana Aseffa spent summer of 2015 conducting research in Washington state.

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.

Staying safe on your nighttime runs

By: **Li Cohen**
@Current_Yakira

After a long day of classes and work, there is nothing like a nice, long run outside to unwind from the day's stresses. The weather outside tends to be beautiful at night — with cooler temperatures, slight breezes and, sometimes, the occasional rain drizzle to cool off your run. As relaxing as running at night may be, there are some safety hazards to be aware of.

Avoid dark-colored clothes

As lovely as it is to run in the cooler weather, it's important to keep in mind that the darkness makes it difficult for drivers to see you. Make sure to wear light-colored clothing that won't make you blend in with the night but will reflect the lights coming off car beams and lamp posts. The last thing you want is to be hit by a car because the driver couldn't see you in your pitch black clothes on a pitch black night. Many running shoes, jackets, pants and accessories come with reflectors to make you more visible to drivers, so take advantage of that little tool to avoid any accidents.

Don't have your music on maximum volume

Just as it's difficult for drivers to see you, a lot of times, it's difficult to see cars or even fellow pedestrians. While running around night, especially around campus, it's extremely important to be aware of your surroundings. If listening to music is a part of your running routine, keep the volume at a reasonable level, and only keep one earbud in to leave your other ear free to listen to what's going on around you. This way, you'll still be able to keep pace with your goals but won't block out all external sound. You want to be able to hear a driving car honking its horn, a runner coming around the corner or even someone who may sneak up



PRINTED WITH PERMISSION FROM L. COHEN
When running at night on campus, be sure to take safety precautions.

behind you.

Wear a headlamp

Headlamps may not be the accessory you see on the runners in the magazines, but it is definitely one of the best investments you could make. Not only do you run the risk of drivers not seeing you, but you also run the risk of not seeing exactly where you're running. There are a lot of construction sites in the area and places where the roads and sidewalks aren't smooth,

and you don't want to fall and sprain your ankle.

Take the road well-traveled

Eight p.m. isn't exactly the best time to venture on the road less-traveled. Stick to a route that you know well and that others know well, too. If anything were to happen, even if it's just a sprained ankle, you want to be able to find help and for people to get to you easily. If you're running next to the road, make sure to stay on sidewalks, and avoid running in a traffic lane as much as possible. Nighttime is not the time to try out new things. The lack of light and inability to see everything and everyone around you can lead to some serious situations, especially if you're alone, so be sure to know your route, and know it well.

Don't run alone

You may love the feeling of running by yourself; it's just you, your thoughts and your challenge in accomplishing a goal for a few miles — the ultimate "you" time. Unfortunately, running alone at night makes you vulnerable to dangerous situations. "Stranger danger" isn't just a tool parents provide their young children; it's a safety mechanism that should be regularly regarded. Running with a friend can lower the likelihood of being a victim of assault, and, if you do happen to come across a situation, having another person there increases your chances of getting out unharmed.

Take your cell phone

It's uncommon to find someone without a cell phone these days, but if you don't like to take your phone with you during workouts, get in the habit of doing so. If you decide to run alone, it's important to have some way of contacting a

friend, family member or emergency personnel in case of an emergency. You don't want to be stuck a few miles away from home in the dark with no way of getting help. If you don't want people calling you or texting you while on your run, simply put your phone on airplane mode or place the sound settings on silent until you're finished with your run. There's also some great running apps that you can utilize to make your run even more efficient than before.

Tell a friend

Even if you choose to bring a friend along with you on your run, make sure to tell someone at home where you're going, who you're going with and when you expect to be back. If something were to happen, you don't want to be left stranded or alone all night and not have anybody know where to find you. If your friends have an idea of where you are and when they should expect you back, you can avoid being dragged into an extremely dangerous situation.

Running is a great hobby — it's a physical and mental challenge that, once accomplished, makes you feel like you won a billion bucks with the Powerball ticket. Engaging in the sport does pose some risks, though, if you are not careful about how you go about it. By practicing safe habits during your workout, you can avoid dangerous situations and ensure that you return home safely. Start the run with your legs, continue on with your head, and finish the run with your heart, but never run without being smart.

FAFSA FAQ

By: **Jazmyn Brown**

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

Samuel Reasee, financial aid counselor in the Office of Enrollment and Student Services, offered advice for students looking to receive financial aid for the next academic school year.

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, and the university gets an Institutional Report. So the FAFSA is going to be broken up 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 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 allotted 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 university likes to have the application earlier so we can 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 the latest you would need to complete the FAFSA for fall 2016 would be July 1.”

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

“Even if 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 parent(s)?

“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?

“Upfront, you technically don’t need any documents to fill it out. Later on, you might be selected for a process called verification, then you would need documents, but to complete the FAFSA up front, you just need a username and a password, be a U.S. citizen or have alien registration and have a social security number. Once you or your parents file taxes, there’s a thing called the IRS Retrieval Tool that will populate the boxes for your tax information; there’s no need to punch in any information.”

How do you make sure I’m getting the maximum amount of financial aid?

“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 Sallie 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 reallocate the money, and that’s how those on the waiting list get scholarships.”

If I go over my loan cap in undergrad, will that affect my loan amounts in grad school?

“No. For an independent undergrad student, the loan limit is \$57,500. If you are a dependent undergrad student, it’s \$31,000. Once

you get to the graduate level, depending on the program, that 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 \$224,000. There’s a difference based on the program that you’re doing. After you get your undergrad bachelor’s degree, if you exceed the loan limit while you’re pursuing your master’s degree, then there’s what you call a Graduate Plus 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 toll-free at 800-806-3680, or email finaid@nova.edu. To submit your FAFSA, visit <https://fafsa.ed.gov/index.htm>.

Federal loan limits per year (annual)

Dependent students:

First-year undergraduate students
\$5,500 (\$3,500 max. in subsidized loans)

Second-year undergraduate students
\$6,500 (\$4,500 max. in subsidized loans)

Third-year and beyond undergraduate students
\$7,500 (\$5,500 max. in subsidized loans)

Independent students:

First-year undergraduate students
\$9,500 (\$3,500 max. in subsidized 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 and professional degree students
\$20,500

Maximum total (aggregate) loan limits

Dependent undergraduate students

\$31,000 (\$23,000 max. in subsidized loans)

Independent undergraduate students

\$57,500 (\$23,000 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

Sunshine doesn’t always mean safety

By: **Li Cohen**

[@Current_Yakira](https://twitter.com/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 underlies this is a scene of less-than-forgiving circumstances.

The U.S. Department of Justice stated that South Florida is the third-busiest area for sex trafficking in the U.S., with Miami acting as a major hub for the illegal activity. Trafficking is a form of slavery in which traffickers force adults and children to conduct sexual acts against their will, and, according to the Trafficking Resource Center, 310 of the 4,168 human tracking cases reported in 2015 were from Florida.

Although people of all genders and ages are coerced into the illegal activity, the majority of victims are adult females. What makes this demographic particularly vulnerable, especially in South Florida, is that many college students and young adults move to the area and do not think that participating in South Florida’s night life 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 go to clubs and bars and participate in other activities.

Shane Lam, associate director of Public Safety’s Field 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.

“If an individual or company is making plans for you to travel, it’s important for you to know the address or the telephone number of wherever you’re traveling to,” he said.

Lam also said 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 write their potential employer about the type of work they’ll be doing and the kind of conditions they’ll be living in.

“Criminals are always looking for weak targets,” he said.

One survivor of sex trafficking, Shandra Woworunto, used her experience to help

others, as she founded Mentari, a non-profit organization that provides mentorship and job training to other survivors.

In the Department of State’s Trafficking in Persons Report from July 2015, Woworunto explained that after she responded to an advertisement for a job in a Chicago hotel and accepted the position, she traveled to the U.S. and was abducted and forced into sex trafficking.

“I was picked up at the airport, along with five other women, by men we all believed were affiliated with our recruiter,” she said in the report. “Shortly thereafter, however, our passports were forcibly removed, our lives were threatened, and the situation became clear: we were being trafficked into the sex trade.”

Lam said that when going out, students should be aware of their surroundings and trust their senses and instincts, as they will provide clues to a threatening situation.

Trafficking 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 legislature and 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.

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Athlete of the Week: Darren Hendricks

By: **Erin Herbert**
@erin_herbert

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



Hendricks has participated in track and field events since he was in middle school. PRINTED WITH PERMISSION FROM D. HENDRICKS

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."

Are there any athletes in the realm of track and field who inspire you?

"Yeah, but some of them are older and competed in the 80s, like Sergey Litvinov. He's definitely one of the smallest throwers ever, but he's one of the best throwers. He has the third-best mark in the history of the sport. So I really look to him for motivation."

Darren Hendricks is also a contributing writer for *The Current*.



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On the Bench: World Records

By: **Erin Herbert**
@erin_herbert

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. Types 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.

Russia’s recent ban from all international sporting events by the International Association of Athletics Federations for a state-sponsored doping program has reignited concern for doping in international sports competitions. A

number of athletes who have held world records used various forms of doping in order to gain a competitive edge. Therefore, British Athletics has proposed a radical reform in which all current track and field world records will be erased in an effort to punish those who participate in doping and ring in a “new era of clean competition,” according to BBC. But there is one major flaw in the UK’s plan: it will punish athletes who achieved their world record while clean.

If put into effect, athletes such as Usain Bolt, Tyson Gay and Paula Radcliffe, all of whom earned their world records without the aid of doping, would lose their world records. The IAAF does need to 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 instill a sense of integrity in athletes and ensure that no one has an unfair advantage, but resetting 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.

Spring 2016 Intramurals

Preseason Basketball
Registration completed
Competition Dates:
Jan. 19-25

Basketball
Registration Dates:
Jan. 4-22
Competition Dates:
Feb. 1-25

4v4 Flag Football
Registration Dates:
Jan. 18-28
Competition Dates:
Feb. 4-25

Racquetball
Registration Dates:
Jan. 4-22
Competition Dates:
Jan. 26

Start strong: How to start your fitness goals on the right foot

By: **Erin Herbert**
@erin_herbert

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 a lot easier than it seems — all you need to know is where to start. Here are some suggestions for boosting your fitness plan in 2016.

Yoga

Yoga is one of the best ways to tone your body and simultaneously increase your flexibility. With thousands of pictures of headstands 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 every 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 transform 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 Pooch to 5K program that will prepare both you and your canine companion to run a 5K.

Strength training with your own body weight entails exercises such as planks, push-ups, burpees, triceps dips and lunges. Each of these exercises can be done anywhere and without any equipment, making them ideal for the beginner fitness enthusiast. Websites such as shrinkingjeans.net can provide you with dozens of month-long workout plans using body-weight exercises. You find challenges that target your arms, legs, back and core, so the possibilities for your workout are endless.

Boxing

If you’re sick of running on the treadmill or lifting weights every day, try learning boxing as a fun way to supplement your current workout plan. Boxing requires a balance of finesse and power, which can be achieved through the sport’s recommended training plan of both cardio and strength training. Training for boxing can be done individually, with a punching bag, or with a sparring partner, so you’ll always have the option of training by yourself or with friends.

Expertboxing.com offers a free comprehensive guide to boxing called “The Beginner’s Guide to Boxing.” The guide walks users through the steps of boxing with a series of pictures for you to follow along with. Along with how-to guides for beginners, there is also a vast number of training resources to use once you have reached an intermediate level.

Creating a routine using these workouts, in combination with a balanced diet, can help you achieve a healthier and more active lifestyle. It only takes three weeks to make a habit, so be sure to stick with your new fitness routine all year long.

SPORTSSHORTS

Women’s Basketball

The women’s basketball team earned a 64-63 victory over Eckerd on Jan. 6. Junior Kayla Wright, who scored 26 points, led the Sharks. The women are now on an eight-game winning streak and have a season record of 13-1.



Men’s Basketball

The men’s basketball team fell to Eckerd by a score of 70-60 on Jan. 6. Senior Chris Page and Junior Harrison Goodrick, who scored 22 and 14 points, respectively, led the Shark’s efforts.



Women’s Swimming and Diving

The women’s swim team beat Florida Southern by a score of 137.5-124.5 on Jan. 9. The Sharks took first place in the 400-yard medley relay, 200-yard freestyle, 100-yard breaststroke, 200-yard butterfly, 100-yard freestyle, 200-yard individual medley and 200-yard breaststroke.



Men’s Swimming and Diving

The men’s swim team earned a 146.5-115.5 victory over Florida Southern on Jan. 9. The team placed first in the 1650-yard freestyle, 200-yard free, 100-yard breaststroke, 200-yard butterfly, 100-yard freestyle, 200-yard breaststroke, 500-yard freestyle, 200-yard individual medley and 200-yard freestyle relay.



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OUT OF THE SHARKZONE

Chip Kelly new head coach for 49ers

After firing Jim Tomsula, the San Francisco 49ers hired Chip Kelly as the 11th head coach in the franchise's history. San Francisco's CEO Jed York and general manager Trent Baalke chose Kelly after he interviewed with the team. Baalke said in a statement that Kelly "possesses all the qualities [the team was] looking for in [its] head coach." Kelly previously coached the Philadelphia Eagles from 2013 to 2015, when the team fired him after a 6-9 record.

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 Carli 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. Carli 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.

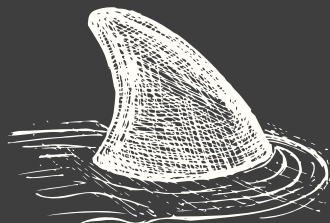
Sting to be inducted into WWE Hall of Fame

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.



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.



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After all this time, we will always remember Professor Snape

By: **Li Cohen**

[@Current_Yakira](#)

Much to our dismay, Alan Rickman, the actor who played the complicated and intriguing Professor Snape in the Harry Potter saga, died on Jan. 14 at the age of 69 due to cancer. Rickman was a talented actor and, according to his friends and family, a wonderful person as well.

Rickman was born in West London in 1946, and since his college years, has acted in numerous performances and films. He won a Golden Globe in 1997 for Best Performance by an Actor in a Mini-Series or Motion Picture Made for TV for his role in "Rasputin," a 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 the Year in 1992 and many more.

This beloved actor may be gone, but he most certainly will never be forgotten. For many of us, Rickman is as much of an icon as Harry Potter himself, for many of us spent our childhoods watching Professor Snape and Harry Potter battle for what we would later understand to be the greatest love of all time. For those who aren't the biggest Potter fans, it is likely you've seen Rickman play Harry in "Love Actually," Alexander Dane in "Galaxy Quest," Colonel Brandon in "Sense and Sensibility" or perhaps

Grigori Rasputin in "Rasputin."

No matter what play or movie you may have seen him in, there is no arguing that Alan Rickman was one of the most talented and loved actors of all time. Rickman's death is a shock to many and a heavy loss for all. Even though he is gone, he will never be forgotten, and the best way to commemorate his many accomplishments is to watch him in his prime in his many masterpieces. After all this time, we will always remember.

"Romeo & Juliet" (1978)

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."

"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.

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 understand 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.

Off Shore Calendar

Food Truck Invasion
Family Night
@Sunset Cove
Amphitheater

5 PM

Art Palm Beach festival
@Palm Beach County
Convention Center

JAN 20

College Night
@America's Backyard

10 PM

JAN 21

International Chocolate
Festival
@Fairchild Tropical
Botanic Garden

9:30 AM

JAN 22

Galactic "Into the Deep"
Tour
@ Revolution Live

8:30 PM

Trench Day Rare Beer
Fest and Bottle Release
@Due South Brewing
Company

3 PM

Madonna
@American Airlines
Arena

8 PM

JAN 23

Backyard Boogie
@Wood Tavern

3 PM

Mariana's Trench
@Revolution Live

7 PM

Bill Maher
@Revolution Live

8 PM

Madonna
@American Airlines
Arena

8 PM

JAN 24

Miami Jazz Jam
@Churchill's Pub

9 PM

WWE RAW
@American Airlines
Arena

7:30 PM

JAN 25

"The Book of Mormon"
@Broward Center for
Performing Arts

8 PM

JAN 26

SOUNDBITE

'Blackstar' by David Bowie

By: **Marie Ontivero**



PRINTED WITH PERMISSION FROM M. ONTIVERO
Pay homage to the late and great David Bowie with his final album, "Black Star"

Interested in independent music, emerging artists and new album releases? DJ Marie, music director at Radio X, will keep you updated every week in *The Current* on what's new in the world of music. You can catch her on Thursday nights from 9 p.m. to 12 a.m. on 88.5FM, bringing you new music you're sure to love.

2016 will be a year full of amazing releases, especially since it started off with David Bowie's "Blackstar." Considering the events surrounding its release, it's easily going to be the album of the year. "Blackstar" dropped on Jan. 8, David Bowie's 69th birthday; two days later, Bowie passed away after an 18-month battle with liver cancer. These chain of events don't even begin to cover the eeriness of this album, as evident in "Blackstar" with lyrics such as "Look up here, I'm in heaven," and "Something happened on the day he died, spirit rose a meter and stepped aside." Fans considered

the album to be a parting gift from Bowie, which his producer later confirmed. The album presents quite a variety of sound; there's deep, melancholic tunes that tap into our feels, but there's also songs to jam out to with the infectious, retro vibe typical of Bowie's music. Considering that this is not only Bowie's 25th studio album but also his last musical chapter, it's definitely worth a listen.

You can find "Blackstar" on both Spotify and Apple Music.

Perfect if you like: Queen and other 80's glam rock

Favorite Tracks: "I Can't Give Everything Away" and "Girl Loves Me"

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

By: **Li Cohen**
 @Current_Yakira

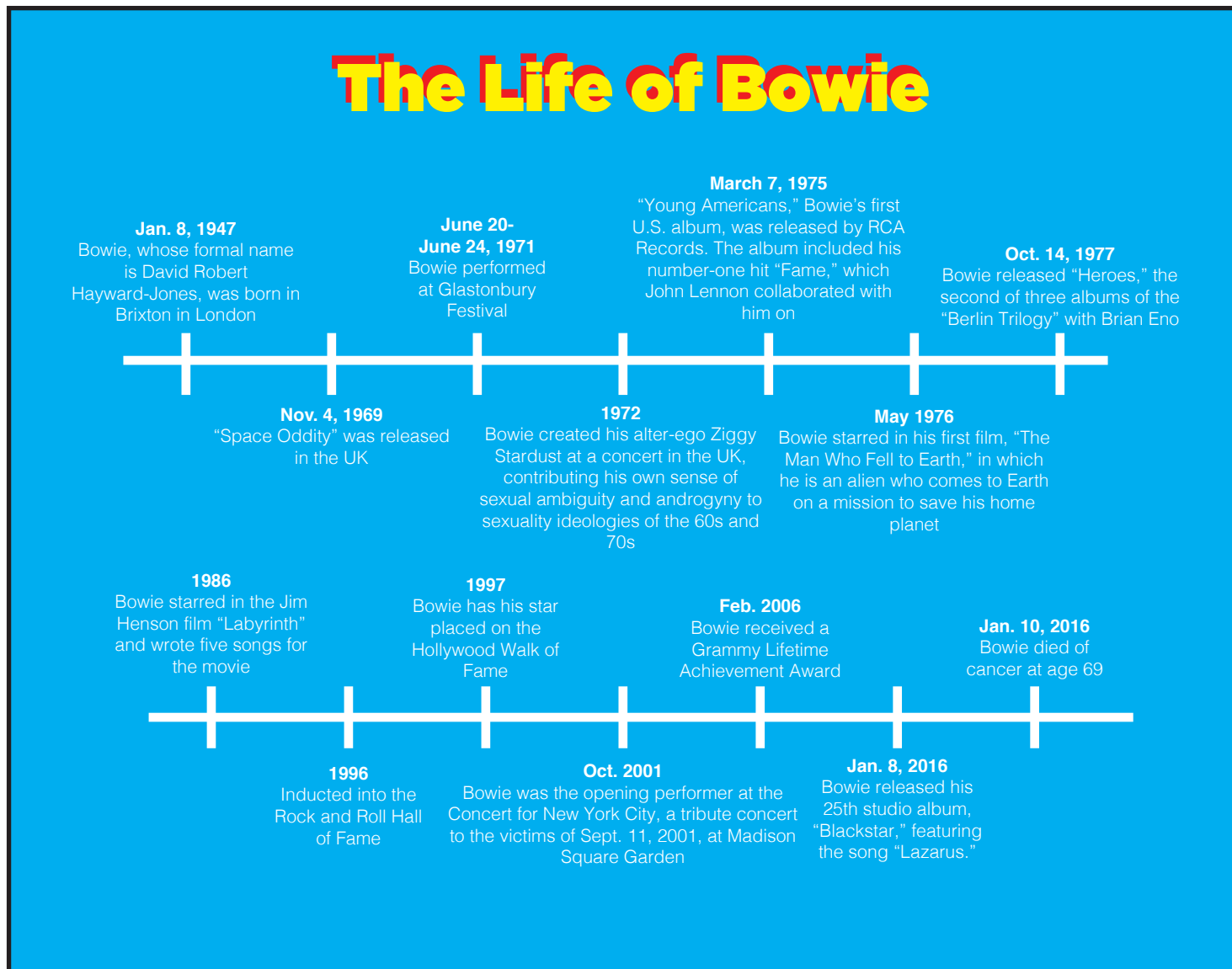
David Bowie, otherwise known as Ziggy Stardust, was one of those artists with an unforgettable style and unmistakable voice. Once he emerged in the UK in the 1960s, he became one of the most popular musicians for more than four decades with more than 30 albums.

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.

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 got scars that can't be seen. I've got drama, can't be stolen. Everybody knows me now." The preceding lyrics describe his rise to fame and his eventual fall, and then death, which he explains makes him free — as though his job in the music industry is complete.

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.



Your monthly fashion 'Fix'

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 even 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 at 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 parts the subscriber prefers to show off or conceal to which colors and styles are more attractive to the subscriber to how frequently the subscriber wears formal, casual and professional clothing.

Subscribers can also send their stylist

messages like "I live in Florida, so I have no need for outerwear," or "I have a conference 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 flattering hues can be quite the challenge. But I 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 turquoise, white and black paisley 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



PRINTED WITH PERMISSION FROM N. COCUY
 StitchFix subscription boxes are filled with irresistibly stylish goodies customized to fit your tastes.

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 tailor-made, 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 \$28, 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, most importantly, the confidence to wear styles I previously feared.

Do you want to be a DJ?
 RadioX is looking for volunteers



If interested visit us at the
 Rosenthal Student Center, Room 104



Keep classes out of UPP

By: Jazmyn Brown

The University Park Plaza (UPP), for those who don't know and have yet to figure it out, is located in the same plaza as Bank of America, Pizza Loft, Pier 1 Imports, Geronimo's, and the NSU Bookstore. Located on University Drive and SW 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 one semester, I saw 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 with few students. Like astronomy. Like higher-level math courses. Like basket weaving.

More recently, after discovering that four out of six of my classes were in UPP, a student stopped me on my way to class and asked me, "What and where is the University Park Plaza?" In a rush, I said it was near the bookstore and probably — not definitely — next to Geronimo's.

Placing classes in UPP presupposes that all students know where it is — and that they can drive or trust in the Shark Shuttle or like to walk, when it's actually inconvenient, unsafe and unfair.

For students who drive, having classes in UPP is a struggle because of parking. Students have to give up whatever parking spot they have — good or not — and get lucky enough to find a space in the UPP parking lot that's either close to where their class is or is so far away that they might as well have walked from the Don Taft University Center.

If you're a student like me who doesn't drive, then there's the Shark Shuttle, which may or may not work depending on your schedule. Yes, there's a Shark Shuttle app, but what about students who also work — on and off campus — or who have barely any time between classes to coordinate when and where to catch the shuttle to go to their other classes?

The Shark Shuttle page on NSU's website says, "The service operates on a 20-minute headway. 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 day classes. I can make the walk at a leisurely pace in about 15 minutes — 10 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 poorly lit, on a path that's more an imitation 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.

"Well, take the shuttle," you might say. Please see above.

Technically 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 parts of the plaza. Just look at the "Nova Southeastern University" plaques on the buildings.

Also, it's true that students have had classes there in the past, so this is really nothing new. Classes for nursing, one of NSU's major programs, is 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."

My first two semesters 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 all of my literature classes, as well as my one philosophy class, are 10 to 15 minutes from the main campus in UPP.

I'll 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 changes in classroom location. According to Course Wizard, 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 if you don't count online classes, meaning that percentage-wise, one-third of lit 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 one can say that the number of bio classes located in UPP over the past two semesters is about the same, while there's been a more noticeable increase in the number of lit classes located in UPP.

It's more fact than legend that more NSU students are biology majors or other science majors — it seems that any random person you stop on their way to lunch in the UC is a bio major — which means that more classes, and classrooms, are needed to accommodate science, technology, engineering and math (STEM) majors.

The classrooms in UPP are also slightly smaller than those in Parker and DeSantis, 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.

Odds are that it's because of larger class sizes in NSU's STEM majors and an increase in the number of sections offered that force other majors to the outskirts of campus.

But an easy way to counteract this is to offer some science-based classes, as is done with lit classes, online, or to hybridize classes with labs and have just the lectures online. As per Course Wizard, 11 BIOL classes in fall 2015 were completely online, while nine BIOL classes are online for the winter 2016 semester. Clearly, it's possible for STEM students to take and pass online classes in their majors. Otherwise, NSU would not offer online classes for them at all.

For someone like me, who has a 6 to 10 p.m. lit class in UPP, it's disheartening to discover that for the first term of the winter 2016 semester, approximately 25 classes are in DeSantis from 6 to 10 p.m. While some might say, "Well that means there probably isn't room in DeSantis," I call shenanigans, and, on top of that, there are just three classes in Parker from 6 to 10 p.m. for the first term of this semester. Three. And yet we're shoved in UPP like there isn't room on the actual campus. I'd much rather walk to and from Parker at night than from UPP.

And it's not like the non-STEM majors take up a lot of room; along with our small number, a lot of non-STEM courses are either online or are located in the UC or the library, anyway.

It should be a university's priority to make classes as pleasant as possible, and that includes getting to the class. Having classes in DeSantis or Parker or even 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 more 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.

Seriously Kidding a satire column

All a(hover)board the latest bandwagon

By: Nicole Cocuy
@CurrentNicole

Do you hate arriving to meetings sweaty after briskly walking from place to place under the hot, Florida sun? Do you worry about the safety hazards associated with walking, like accidentally tripping on a rock and spraining your ankle or stepping into a wad of gum and ruining your shoes? Are you just tired of walking in general?

Fellow humans, rejoice! We now have a new invention that makes most tedious of daily tasks, walking, obsolete.

Thanks to the Hoverboard, we no longer have to waste our precious energy walking from our cars to our classrooms, or even from our beds to the kitchen. Rather, because walking is no longer a necessity with the purchase of a Hoverboard, our legs will be liberated from unpleasant exertion for the rest of our lives.

Antiquated technology, like the skateboard and the scooter, relies on manual work to move from A to B, but because the Hoverboard is battery operated, you can float to your destination at a leisurely pace without ever having to break a sweat.

Not only is walking pretty exhausting, but it's also a form of exercise that has been linked to decreasing weight and lowering BMIs, thus increasing everyone's risk of becoming severely underweight. However, because using a Hoverboard burns absolutely no calories, it makes losing weight virtually impossible. The only hazard Hoverboard users have to worry about is mild and trivial in comparison: the possibility of the device glitching and self-

destructing.

With just one reasonable payment of \$499.99 on Amazon.com, a Hoverboard could be yours to parade around campus on. One of the best parts about this wonderful innovation? The Hoverboard does not speed up faster than a walking pace, making it possible to brag about your Hoverboard to others as you use it. However, this feature still pales in comparison to the hottest function on these futuristic little boards: the lights. Each board flashes bright blue lights bright enough to make your feet look like they're at a rave but low enough to protect you from being seen by a car if you choose to cross the street in all black clothing. We, as a company, aim to protect you from safety, as safety is incredibly uncool.

Don't be that guy who would rather soil his shoes by walking on dirty pavement than cough up a few hundred dollars for a practical purpose, while his friends glide by him, emanating "cool." Don't try to look like an activist and fight the powerful forces of consumerism by avoiding necessary products. Rather, be the guy who invests in a Hoverboard and parades his purchase around campus to show off how much more money he has than everybody else.

In the future, the Hoverboard hopes to make it possible to permanently sit while on the go without using any muscles — like the humans in "Wall-E," who were clearly living the life — but until then, making a small investment in a Hoverboard, the biggest invention of the 21st century, will certainly change your life.

Cosby controversy: Racism has nothing to do with it

By: Roddia Paul

"The sky is falling, the sky is falling, Bill Cosby has a mug shot, the world must be coming to an end," said Chicken Little, aka many of the black population on social media. It's like everything, especially in recent years, has to be about skin color and racism, even situations where it doesn't belong or is not evident. Within the past year alone, minorities have experienced many incidents of unjust treatment, but that does not mean that every case involving a minority is some sort of racial injustice.

Cosby, otherwise known as the father of black television, was charged and arrested in late December for drugging and sexually assaulting a woman over 12 years ago. When the mug shot of this 79-year-old television role model hit the media, many black people took to Twitter and Instagram in uproar faster than a cheetah chasing a gazelle.

The main consensus amongst the black community is that if Cosby were a white man, he would not have been arrested. There were memes about how Trayvon Martin and Michael Brown's killers got away murder but that Cosby's alleged rape resulted in his incarceration. What do the killings of these young black boys have to do with Cosby? Nothing, that's what.

As a member of the black community, I understand and empathize with those who have lost relatives to police brutality or gang violence, and I want justice just as much as any other person, but, OK, black twitter, you've gone a little overboard this time. We have gotten so used to being the victims that as a community, we expect to be victimized. Regardless of anything, rape is wrong. Black, white, yellow,

blue, rape is rape.

Cosby's case is not a matter of race. He currently stands free and has been for several weeks. What people are really upset about is who he is; him being black is just more fuel to the fire.

Cosby has been an important father figure in the black community since the 1960s, and it's hard for many of us to view someone we grew up watching as a positive figure in a negative light. But had he been just some regular Joe, no one would have heard of this story; it wouldn't have made front page news, nor would the black community have been accusing the criminal justice system of more racial injustice.

Furthermore, if Cosby were white, no one would have been saying, "What if he was black?" He's under investigation because of the many allegations against him over a span of 20 years, and this would not be the first time he was in court due to them. Cosby was publically accused in 2002, 2004, 2005 and 2012 but was never indicted. If this was a matter of race, wouldn't he have been placed behind bars several allegations ago?

Black community, stop being so uptight. I know we have to stand together and stick up for our fellow brothers, but if someone has done something wrong in our community, we especially should be the first ones to tell him or her so.

I'm not saying Cosby is guilty, because who really knows what happened 12 years ago? All I am saying is if your only reason for why Cosby shouldn't be found guilty is because he is black, then maybe you should rethink that.

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 burn your skin or make you choke to death was, but why someone would think it's cool 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 fad that will surely fade. Today, it's drinking your own pee and lighting yourself on fire, and tomorrow it will be chopping 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 wear what we see others wearing, and our ideas of what is considered suitable for leisure time have

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 hand-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 my 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 in 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 burst 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 to calculate a healthy weight, but other factors, such as body type, bone density, muscle-fat ratio and general health, influence that calculation as well.

With that said, unless someone's weight is damaging to his or her health, who, unless he or she is a doctor, can say that someone is over- or underweight?

We have a habit of telling people that they are too skinny or that they look like they've gained a little weight, and we never stop to think about the impact those words have on people. It's completely possible for someone to be over or under the estimated weight for his or her height and age and be completely healthy. "Healthy" is defined as being in good health, and good health varies from person to person.

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 heavier does not mean he or she should not eat one cheeseburger. 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 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 just 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.

PRESIDENT HANBURY WILL HOST A TOWN HALL MEETING THIS WEEK TO ADDRESS STUDENT QUESTIONS AND CONCERNS. HOW DO YOU THINK NSU COULD BE IMPROVED?

SHARK SPEAK



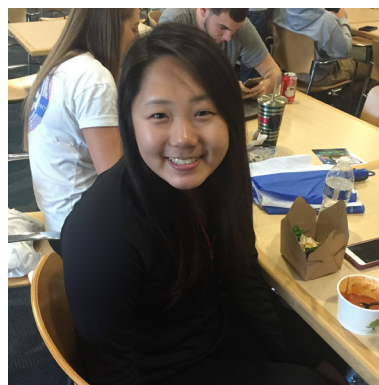
"I think that when a class is closed because the seating is full that there should be a waiting list created for students who would still like to take the course, that way if someone drops the course everyone on that list is notified and has a second chance at getting a seat in the course."

- Briana Doty,
junior biology major



"I think the whole Mailman building needs renovation, specifically the elevators because they are unreliable."

- Caitlyn Seavey,
sophomore environmental
science major



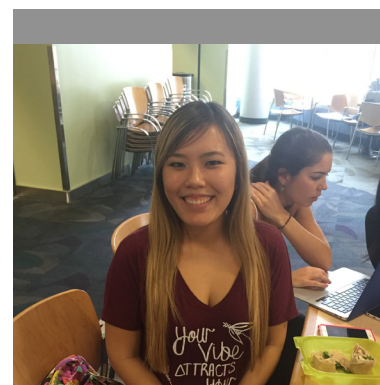
"I think the campus needs more events that will help promote school spirit, especially in regard to athletics."

- Dora 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 eating spots in the UC become extremely long. I think a great way to circumvent that is to make calendars informing the campus when the competitions will take place and to make designated areas and/or off-limit areas 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."

- Rachel Wapner,
sophomore nursing major

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