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One of the initiatives is the planned move of the NSU HCA hospital to the University Park Plaza on University Drive in the near future. Other initiatives include the planned move of the NSU HCA hospital to the University Park Plaza on University Drive in the near future.

During the meeting, it was established that there will be new residence halls to accommodate the hoped-for 6,000 first-time-in-college students by 2020. Students of the Farquhar Honors College may have a living learning community with a live-in faculty member, who, Hanbury said, could advise book clubs and other academic activities outside of the classroom.

As in previous years, Hanbury first addressed the NSU community via a prerecorded video and addressed several changes and initiatives NSU is taking or plans to take in the future. One of the initiatives is the planned HCA hospital that NSU hopes to move from Plantation, Fla., to the University Park Plaza on University Drive.

Hanbury said the hospital will offer research opportunities to students of various disciplines in collaboration with the Center of Collaborative Research, which is set to open this spring. He also explained that researchers at the Cell Therapy Institute, which will open in fall 2016, will also be faculty members in the Health Professions Division (HPD).

Other initiatives include the Noah P. Brown Sports Centre, which will house intercollegiate athletics for NSU students, as well as students at the University School, and a new cafeteria and parking garage to complement the new residence halls.

In the introductory video, Hanbury explained that in the past year, NSU has seen a 17 percent increase in undergraduate students and 80 percent in retention rates of first- and second-year students, highlighted athletic achievements, announced a university-wide emergency drill for March 2016 and revealed a video being used to help the university raise money for student scholarships.

Legal incubators give low-income and moderate-income individuals access to legal services that they can afford and that they’re entitled to, according to Jayme Cassidy, Veterans Services director and staff attorney. Cassidy said the goals of the program are to provide an environment to new attorneys so that they can grow a sustaining practice, to introduce them into servicing low-income clients so that they have a long-term propensity to give back to the community and to help the veteran community.

Participants will have access to office space, law office management training, mentors, continuing legal education and marketing opportunities. They will be required to work 200 pro-bono hours in exchange for office space in the Shepard Broad Law Clinic.

The Shepard Broad Law Clinic functions as a professional law firm, housing the Veterans Law Clinic, the Children and Families Law Clinic and the Dispute Resolution Clinic. The Legal Incubator program will focus specifically on serving veterans.

Cassidy said that the program’s focus on veterans makes it unique among incubator programs across the country.

“Veteran populations bring multiple legal issues to the table, so it would give our new attorneys who apply for the program an opportunity to practice in almost any area that they wish to,” she said.

Post-graduate student attorneys will be involved in the program for one year, leaving after they’ve built a successful practice that they’ll be able to run on their own. Ashley Mitchell, third year law student, expressed interest in the program and said she wants to start her own firm.

“I want to be my own boss,” she said. “When I start a family, I want to be flexible. I want to give myself the option to create a schedule that’s beneficial to my career and my family.”

Mitchell said that the program would aid her future practice by helping her save money, get exposure and experience different kinds of cases. She plans to apply if the program is still available when she wants to start a firm.

Cassidy explained that law is applicable to almost any area of life, so undergraduate students who are passionate about varying disciplines like science or politics can be involved in the law as it relates to that discipline.

“If you pursue a legal career in an avenue that you like, then you will be a successful attorney,” she said. “Lawyering should be about your passion, and it’s great to start thinking about it while you’re in an undergraduate program because if you’re undecided about your undergraduate major, you can take a step back and ask whether you’re doing the right thing now to take your career forward later. You can take your passion and make it your career.”

NSU law graduates can apply online at law.nova.edu/career/incubator. For more information about the Legal Incubator program, contact Cassidy at 954-262-6184 or jcassidy1@ nova.edu.
Facebook accepts proposals forush hate-speech in Europe

The social media giant launched a continent-wide campaign to combat extremist posts in response to German politicians’ concerns over an increase in online xenophobia linked to the arrival of refugees. Facebook began its “Initiative for Civil Courage Online” in Berlin, Germany, and pledged approximately $1.09 million to efforts against racism and xenophobia. Germany received more than one million migrants last year; and the resulting racists’ comments, on Facebook prompted German Chancellor Angela Merkel to push for Facebook to enforce its policy against bullying, harassment and threats. The country’s Justice Ministry implemented a task force with Facebook, other social media sites and Internet service providers that will target and remove online hate speech.

New Argentine president aims to improve relations with Britain

After a centuries-long sovereignty dispute over the Falkland Islands that culminated in a war, newly elected Argentine president Mauricio Macri pledged to start a “new era” in Argentine-British relations. In an interview with The Guardian, Macri said he wants “sit down and start talking about the subject and in the meantime find in which ways we can cooperate.” In 2013, 99.8 percent of the inhabitants of the disputed territory voted for to remain a British territory despite Argentina’s long-standing claims to the islands. Macri traveled to the World Economic Forum in Davos, Switzerland, from Jan. 20 to 23, the first time an Argentine president has attended the yearly gathering in more than 10 years.

Almost 20,000 ISIS-related deaths in Iraq in less than 2 years

The United Nations Humanitarian Coordinator for South Sudan, Eugene Owusu, said 81,3 billion is the least amount needed to aid 5.1 million people suffering life-threatening circumstances. Since civil war broke out in South Sudan in 2013, more than 10,000 people have died, and 2.3 million people became displaced. The war between the government and its opposition has also crushed South Sudan’s economy, namely its oil industry, on which the country relied for public spending relief. Since last year’s peace deal, each side has accused the other of violating the agreement, and neither can settle on a plan for a nationally unifying government.

Almost 20,000 ISIS-related deaths in Iraq in less than 2 years

The United Nations Humanitarian Coordinator for South Sudan, Eugene Owusu, said $1.3 billion is the least amount needed to aid 5.1 million people suffering life-threatening circumstances. Since civil war broke out in South Sudan in 2013, more than 10,000 people have died, and 2.3 million people became displaced. The war between the government and its opposition has also crushed South Sudan’s economy, namely its oil industry, on which the country relied for public spending relief. Since last year’s peace deal, each side has accused the other of violating the agreement, and neither can settle on a plan for a nationally unifying government.

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Media professionals will give advice and speak about their careers at the College of Arts, Humanities and Social Sciences and the Office of Student Media's fourth annual NSU Multimedia Conference on Jan. 30 from 8:15 a.m. to 5 p.m. in the Carl DeSantis Building.

The speakers will include professional newspaper reporters, television reporters, photographers, music producers, sports editors, radio personalities, bloggers, entertainment lawyers and social media producers. NBC 6, WSVN News, Channel 7 FOX News, the Sun-Sentinel and the Miami Herald are among the represented companies at the conference.

Janette Becerra, office manager for Student Media, is involved in the organization of the conference. She said that this year, the conference will include professionals who use mediums like music.

“When you get to help someone else,” she explained. “You not only learn about the community, but you also help them in their future careers. ‘You need service hours for students’ careers,’ she said. Freshman marine biology major said. ‘It’s a great experience, and you don’t have to spend five hours a day volunteering, but you can spend two hours helping someone,” she explained. “It clears your head, and you get to help someone else.”

Other students believe volunteering will help them in their future careers.

“You need service hours for students’ careers,” said. “I think the time is better spent helping others.”

Stephen Andon, assistant professor in the College of Arts, Humanities and Social Sciences, has presented at the conference the past three years, bringing in media professionals working in the sports industry to talk to students. This year, he’s presenting on strategies in social media for sports teams, fans and players.

“Hearing from someone who’s being paid by the industry has a different kind of credibility than a professor saying you have to do this thing in a field,” he said. “There’s obviously a wealth of information that professionals have that [professors] don’t have. You get a broader picture of what it’s like to work in a media field.”

Andon also said that networking is important to a career in media.

“More so than getting good grades or getting good test scores, the way you get jobs is by knowing people,” he explained. “It works in all fields.”

Attendees will choose between more than 40 sessions led by different media professionals. Session topics include freelance journalism, finding internships, social media, photography, copyright law, writing for television news, clay animation and producing a documentary. The conference will include a small internship fair and end in a Q&A session with the professionals.

Senior communication studies major attended the conference last year and said she looks forward to returning to the conference this year.

“I think the conference is a great way to see different aspects of communications in the real world,” said. “I thought it was very beneficial for my major and just great getting to see different people in the field. I want to see who’s going this year and what they have to talk about.”

The conference is open to high school, community college and NSU students. Breakfast and lunch will be provided. The registration fee is $10, but the conference is free for NSU students. Registration closes on Jan. 29. To register, visit nova.edu/studentmedia/multimediaconference/registration.

SLCE hosts volunteer fair

By: Natalie Payan

To provide students with information about volunteering opportunities, the Office of Student Leadership and Civic Engagement (SLCE) will host the Winter Volunteer Fair on Jan. 27 from 11:30 a.m. to 1 p.m. in the Don Tall University Center.

This annual event brings 20 to 30 local community members from various non-profit organizations to the university so that students can interact with and learn about diverse volunteer organizations, like Feeding South Florida, the Museum of Discovery and Science, the WildLife Center, Broward Partnership for the Homeless and Flamingo Gardens, among others.

Stephanie Schoeder, graduate assistant for SLCE, said she understands the difficulties students face when volunteering.

“Finding a local community volunteer group can be overwhelming,” she said. “It’s easier for the affiliates to come here instead of students having to go out. Now students have a contact person with these affiliates, so they know where to start.”

, junior biology major and president of the Alpha Phi Omega organization, attended the fair in the past and saw how it impacted students.

“Students definitely get to see a different side of the community that they wouldn’t normally see,” she said.

, sophomore criminal justice major, said volunteering helps students escape from the intense school workload.

“I like volunteering because it relieves stress from school or anything in a person’s life,” she explained. “It clears your head, and you get to help someone else.”

Other students believe volunteering will help them in their future careers.

“You need service hours for students’ careers,” she said. ”If a person’s interested and doesn’t have the time, they’ll make the time,” she said. “I think there’s a lot of people who can benefit from it.”

Some students think volunteering itself can benefit students.

“You gain experience with volunteering, and you don’t have to pay anything when you volunteer,” said, freshman biology major. “You also learn how to give back to the community without expecting something in return.”

Then volunteered last year and still works with students.

“You don’t have to spend five hours volunteering, but you can spend two hours helping someone,” she explained. “You not only learn about the community, but you also learn about yourself.”

Students are not required to register for the fair. For more information, contact the SLCE office at slce@nova.edu or 954-262-7195.

Heinser appointed Executive Director for University Relations

NSU President announced appointed as Executive Director for University Relations on Jan. 13. has worked in the Office of Public Affairs since Jan. 2011, and prior to his promotion was named interim executive director for the last 11 months of his job. has promoted NSU’s accomplishments through local, state, national and international media outlets. Prior to joining NSU, served as the director of communications for the ACLU of Florida, a non-profit organization, and he handled media relations training, crisis communication, community relations and internal communications.

NSU’s online programs recognized in annual report

U.S. News & World Report recognized several NSU programs in its annual report on the best online education programs in the U.S. The criminal justice program dropped two ranked positions in the past year, the nursing program gained 28 spots in the last year, and the non-MBA graduate business and graduate education programs improved the ranking for the first time. Among online career and technical graduate programs ranked 24th, Master’s in Nursing ranked 49th, the business (non-MBA) graduate program ranked 78th, and the education graduate program ranked 95th.

Learn how to build your resume

The College of Engineering and Computing will host a workshop to prepare the Office of Career Development, for students to learn how to build their resumes on Jan. 28 from noon-1 p.m. in the Career Library in the Horvitz building. Lunch will be provided. To RSVP to the event, visit nova.edu.

Learn about mental health at Faculty Symposium

The next Faculty Symposium, scheduled for 4:30 to 6 p.m. on Feb. 4 in the Faculty Shark Club, will focus on the “Confidentiality of Mental Health Diagnoses and Treatment: Reasonable Expectations and Legal Tensions.” Speakers at the symposium include professor , assistant professor in the Department of Family Therapy, and .

Dive in with the scuba club

The Office of Recreational Programming and Aquatics and Scuba Club are hosting dive trips for the remainder of the semester. Trips include: manatee snorkeling in Crystal River on Jan. 30, Blue Grotto and Devil’s Den dives on Feb. 13, two-tank boat night dive on Feb. 13, a beach dive on Feb. 14, two-tank boat dives on Feb. 27 and 28, a beach dive on March 12, a two-tank boat night dive on March 29 and a beach dive on April 3. For more information on the dives, contact or .

Learn about studying abroad

To educate students on study abroad opportunities, the Office of International Affairs will host the Education Abroad Fair on Feb. 4 from 11:30 a.m. to 1:30 p.m. in the Don Tall University Center Sphere. The fair will provide information on finding the right study abroad experience, academic advising and financial aid information. For more information, contact the Office of International Affairs at 954-262-7240.

Be healthy with NSU

The Healthy Campus Program will offer complimentary health services to NSU students, faculty and staff on Saturday mornings and evenings. Lifestyle coaches are available to help people learn how to eat healthier, exercise regularly, become goal-oriented and to quit smoking. To make an appointment, or for more information, contact 954-262-5022 or .
Representatives, he voted against the Bill in when Sanders was a member of the House of licensed dealers. Politico reported that Sanders on gun control ...immunity from gun-makers and sellers which call, the Charleston Loophole. He voted for gun legislation in 20 years.’’—

“...the new income and wealth going to the top one percent.”—

On Jan. 17, NBC News hosted a Democratic presidential debate for the top-tier candidates: Hillary Clinton, Bernie Sanders and Martin O’Malley. The presidential candidates made the following statements during the debate, The Current staff decided the verdicts after heavy research of reputable sources. Full transcripts of the debate can be found online at cbsnews.com, washingtonpost.com and nbclive.com.

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“...the richest people in the top one percent receive approximately half of their income from wages and salaries. The rest of their salaries are made from self-employment and business income, interest, dividends, capital gains and rent.”

VERDICT: True.

“He [Bernie Sanders] voted against the Brady Bill five times. He voted for, what we call, the Charleston Loopole. He voted for immunity from gun-makers and sellers which the NRA said, ‘was the most important piece of gun legislation in 20 years.’”—Hillary Clinton, on gun control

The Brady Bill, or the Brady Handgun Violence Prevention Act, was passed in 1994 and made it mandatory for consumers to pass background checks when purchasing guns from licensed dealers. Politico reported that Sanders did, in fact, vote against the bill.

“The Washington Post reported that when Sanders was a member of the House of Representatives, he voted against the Bill in May 1991, June 1991 and Nov. 1993. However, Sanders voted in favor of the May 1993 Staggers instant background check amendment, which would allow people to request a response explaining their ineligibility to purchase guns if they didn’t pass background checks, and an amendment to replace the five-day wait period.

VERDICT: True.

“One out of three African American men may well end up going to prison. That’s the statistic.”—Hillary Clinton, when asked if the perception that African American men’s lives are cheap is perception or reality

The National Association for the Advancement of Colored People reported on their website that one in six black men were incarcerated since 2001, and that, assuming the trend continues, one in three black men can expect to be imprisoned during their lives.

VERDICT: True.

“Who in America is satisfied that we have more people in jail than any other country on Earth, including China? Disproportionately, African American and Latino. Who is satisfied that 51 percent of African American young people are either unemployed or underemployed?”—

Bernie Sanders, in response to Clinton’s answer on African American perception

The New York Times reported in 2008 that the U.S. has roughly 2.3 million people imprisoned, leading the world in imprisonment rates. China is second in the world with the number of people imprisoned with 1.6 million people.

The Bureau of Labor Statistics reported that as of Dec. 2015, the unemployment rate for male and female black people between the ages of 16 and 19 was 23.7 percent.

VERDICT: Sanders remarks about the incarceration rate in the U.S. were true; however, his statistics about the unemployment rates for African Americans was misleading. While that specific demographic is leading in unemployment rates in the U.S., it is not as high as he stated.

“I drove our incarceration rate down to 20-year lows and drove violent crime down to 30-year lows, and became the first governor south of the Mason-Dixon Line to repeal the death penalty.”—Martin O’Malley, on his time as mayor of Baltimore and governor of Maryland

VERDICT: O’Malley’s statements about the incarceration rate and death penalty are true; however, his statement about the 30-year low is misleading.

“I voted for it [the Affordable Care Act], but right now, what we have to deal with is the fact that 29 million people still have no health insurance. We are paying the highest prices in the world for prescription drugs, getting ripped off. And here’s the important point, we are spending far more per person on healthcare than the people of any other country.”—Bernie Sanders, on healthcare

The Centers for Disease Control reported, as of Aug. 2015, that the number of uninsured people, under the age of 65, was 35.7 million. CNN also reported that, when compared to other countries, Americans tend to pay between two and six times more for brand name prescription drugs. As for healthcare spending in total, the California Healthcare Foundation found that, as of 2013, US health spending was approximately $2.9 trillion, which exceeds other developing countries.

VERDICT: True.

“...the people of Puerto Rico, our fellow Americans, are getting treated with by these hedge funds that the people of Puerto Rico, our fellow Americans, haven’t discussed the shameful treatment that the people of Puerto Rico, our fellow Americans, are spending far more per person on healthcare than the people of any other country...”—Martin O’Malley, in his final statement

According to a report from CNN, the U.S. currently has approximately 250 prisons and jails throughout the country to house immigrant detainees. The report also said that the U.S. has the largest immigration detention system in the world and costs approximately $1.84 billion a year.

Hedge funds are limited partnerships of investors that are typically high-risk. As of Sept. 2015, Puerto Rico was $73 billion in debt, approximately $3 billion of which was borrowed in the form of hedge funds from U.S. investors. Because the debt is so high, the government has repeatedly shut down schools, rewriting labor laws and cutting back on welfare benefits for Puerto Rican citizens.

VERDICT: True.
By: Grace Ducanis  
@GraceDucanis

The Office of Student Leadership and Civic Engagement (SLCE) is planning its sixth annual spring break volunteer trip for students to rebuild homes in New Orleans damaged by Hurricane Katrina from Feb. 28 to March 5.

Students will work with Youth Rebuilding New Orleans, an organization that buys properties, builds, rebuilds or renovates them and then sells them to teachers.

Elizabeth Mazorowicz, graduate assistant for Student Leadership and Civic Engagement, is organizing the trip.

“It’s not just volunteering, it’s not just hanging out with people,” she said. “It’s learning about a different community and being able to contribute to the positive change in that community.”

A group of teenagers started Youth Rebuilding New Orleans 10 years ago after Hurricane Katrina hit. They market homes specifically for teachers because they believe that the backbone of a community is education. Mazorowicz said that even though Hurricane Katrina happened 10 years ago, it’s still important for volunteers to continue to return to New Orleans.

“You don’t recover quickly from a natural disaster that wipes through an entire community,” she explained. “After a hurricane hit, things don’t magically pop up. Families had to evacuate, and everything was completely ruined. You just don’t go back to that and have it be OK. It takes years to build a community.”

Marybeth Lillwitz, sophomore sociology major, is one of two site leaders for the trip who will receive training before the trip and assist with planning.

“You get a different perspective on service. When you go on a trip, you can really give it your all,” Lillwitz said. “It’s a lot different from going on a service day for a few hours than when you’re dedicating a whole week to service.”

Lillwitz is excited to see how Youth Rebuilding New Orleans operates and to explore New Orleans.

“I think students learn so much more from being out in the community and being exposed to different types of people than just from sitting in their classroom,” she said.

Even though the purpose of the trip is to help rebuild the community, students will get to experience New Orleans after their work for the day is done.

“New Orleans is an incredible place with an incredible culture,” said Mazorowicz. “There are museums to explore. We’re staying near the French Quarter.”

The New Orleans Spring Break trip is only open to NSU students. Students who go on the trip will receive training in construction. Students can sign up online at orgsync.com/45785/forms/176480. The cost is $250. Transportation, lodging and meals will be provided. The deadline to sign up is Feb. 1.

For more information, contact the Office of Student Leadership and Civic Engagement at SLCE@nova.edu or 954-262-7195.
By: Tiffany Smith

On Saturday, Oct. 31, I woke up with one thought on my mind. Not about my Halloween costume for the evening, but rather if it was worth waking up at 7 a.m. for a mock trial rehearsal at the Shepard Broad College of Law. It turns out, it was.

As a member of the undergraduate mock trial team, it was mandatory for us to attend the rehearsal to see how a real mock trial would unfold. I wasn’t sure what to expect, but I would soon find out.

I arrived at Shepard Law School to see my fellow mock trial team members waiting in the lobby before going into the court room. I was one of 12 selected jurors.

We filed into the brightly lit court room and took a seat in the juror box. The host introduced herself as Professor Chaney and thanked us for joining her and supporting the law school herself as Professor Chaney and thanked us for joining her and supporting the law school.

The prosecutor launched into his argument about a case of which I was unfamiliar. With judge, and the show began.

For snorkeling:

Vista Park

The beautiful coral reef is off the shore of northern Ft. Lauderdale. The dive area features staghorn coral, turtles, tropical fish and even nurse sharks. The dive is typically between 10 and 18 feet and is about 80 yards from the shoreline.

Blue Heron Bridge

While this is a great place to go diving, it’s also wonderful site to go snorkeling for those who aren’t scuba-certified. Blue Heron Bridge, otherwise known as Phil Foster Park, is on Singer Island and is recognized as a top diving spot. In the past, snorkelers have seen manatees, tiny squids, eagle rays and sea horses.

Indian Key State Historic Site

Officially Florida’s first national monument and one of the first undersea parks in the country, Indian Key is composed of two separate areas, one which is open to the public, and one which is closed. It is located off the southern coast of Miami and is home to many species, including nurse sharks, rays, and snappers.

For advanced diving:

Shark Canyon

Located off of Juno Beach, this is the perfect site to see Caribbean reef sharks up close and personal. The go-to spot of the dive is known as the Amphiheater, a horseshoe-shaped cut out in the reef ledge. This is where you can see the reef sharks swimming around you and your fellow divers. In the past, divers have seen spotted eagle rays, hammerhead sharks and a tagged Hawksbill turtle. The dive is approximately 70 feet.

Governors River Walk

River Walk is for the real diving adventurers — it’s a series of shipwrecks that one can see in a single dive if you time the currents and let them push you along the way. Wrecks include the Sha Sta, S. Jacques, Thozina and the Gilbert Sea. The wrecks are about 90 feet deep and feature reefs, lemon sharks and other sea life.

Princess Anne Reef

This 100-foot dive off of Palm Beach features an artificial reef made from a 2400-ton ferry vessel. S.S. Princess Anne originally transported cars and people across Chesapeake Bay, and eventually, she ended up in Palm Beach County. Divers have seen grouper, spotted eagle ray, bull sharks, dog snappers and bass.

Tortuga

Sometimes called the Fair Game ship, the Tortuga is a 160-foot steel ship that is a part of the Pheggey Artificial Reef site. The ship sits upright in 110 feet of water and is easy for trained divers to navigate. Many divers see boxfish, snapper, barracuda and other under-the-sea fauna.

Before going out into open water, make sure to check the local weather and news reports for any closures or warnings. Avoid snorkeling or diving alone, and never go out on a night dive unless certified or with a certified scuba instructor.

By: Li Cohen
@Current_Yakira

Under the South Florida sea

Spending the day tanning in the sun, watching sunsets from the beach and walking on the boardwalk at night are all fun and popular activities for most Floridians. As fun as these activities are, there is a hidden gem of outdoor adventuring that many people fail to search for: diving under the sea.

With Professional Association of Diving Instructors (PADI) courses, which are required to go diving, individuals can find local dive shops that offer certifications in open water diving; scuba diving, adventure diving, advanced open water diving, rescue diving and more. Certification isn’t needed for snorkeling, but for the diving locations, you must have an open water dive certification, and for advanced diving, you must have advanced open water diving certification.

There’s something about diving — whether it be the ability to breathe underwater, the remarkable sensation of feeling weightless or the magnificent scenery that’s unlike any on land — that is simply addicting. There are some diving areas that are just too beautiful for words. For those who are certified to dive on a regular basis, and for those who aren’t certified but still want to see the beauty of the sea, here are some go-to spots.

For snorkeling:

Snorkeling is for those who want to get a glimpse of the underwater world without having to dive deep into the sea. Snorkelers stay near the surface of the water and, typically, only submerge their heads. The only equipment required to go snorkeling is a full face mask, snorkel and fins.

Vista Park

The beautiful coral reef is off the shore of northern Ft. Lauderdale. The dive area features...
Bad habits are hard to break. It’s a timeless saying, and you probably use it as your excuse for why you can’t stop doing something you know you shouldn’t be doing. But that’s your first mistake; thinking you can’t do something often hinders your ability to complete it. If you’re trying to break a bad habit and need a little motivation, stay tuned. Here’s how to kick bad habits like Jet Li in a Kung Fu movie.

What: Name that habit

Figure out what your bad habit is. It might even be something that you do without knowing it. But remember that just because something is a habit doesn’t mean it is something you should change; good habits exist as well. To know if something is worth changing, think about its consequences. Ask yourself, “Does this action have bad consequences, and will I benefit from not doing it?” If the answer to both of those questions is “Yes,” then, congratulations, you’ve completed your first step.

This step is definitely the most important because you will need it as motivation. After identifying what the benefits of stopping your bad habit are, you can use them as motivation to keep you going if you ever feel like it gets too hard.

When: No time like the present

Timing is everything; you have to set realistic goals. That doesn’t mean that you can’t dream or set goals for your future, but when it comes to bad habits, you have to approach them realistically. It’s almost like the hype of starting a New Year’s resolution; many people do not complete them because they set unrealistic goals and place so much weight on completing the goal that it begins to feel like it is not accomplishable. Before you know it, you have another New Year’s resolution fail.

So if you really want to break your bad habit, you need to start with small change at the right time and if you really have to log your progress, motivations, and thoughts. All of that will contribute to keeping you on track. The most important part is picking a time and sticking to it. Mentally prepare yourself for your change and make sure that when the date you chose arises that you don’t chicken out — stick to it.

It’s also really important to start in the beginning of the week; that way, you can track your progress easily and won’t catch yourself saying, “It’s the middle of the week. Maybe I should start on Monday.”

For example, you know you have a really big trip coming up in two months, and you decide that you want to look and feel your best on your trip, so you decide that you are going to start drinking less soda and more water. You have 60 days to get on track; pick the first day of the month, and get started.

How: Hitting the jackpot

Remember that being realistic is the key to success. For example, if you have an addiction to coffee, do not expect to just be able to cut cold turkey. Caffeine has strong addictive properties, so maybe you should try weaning yourself off it slowly. If you normally have six cups a day, cut down to five and so on until you are finally at one — and then, hopefully, none. The truth is, the more obtainable a goal is the more likely you are to stay motivated to reach it.

So maybe your ultimate goal is to completely stop your bad habit, but you know it will take time. Along the journey to breaking your habit, combat any frustration or impatience by accomplishing those smaller individual goals first. Having smaller goals will make achieving your ultimate goal easier because, along the way, you’ll accomplish the little things. And before you know it, you will hit the jackpot.

When it comes to breaking a bad habit, you want to make sure that you follow your what, when and how. That will be the plan that helps you stick to your goal, even when it gets hard. Bad habits die hard, but if you mentally prepare yourself, plan out your steps and find ways to keep yourself motivated, you can and will be successful. In the words of Mr. Keys to Success, DJ Khaled, stay focused, work hard and never give up.
The art of storytelling: Why it’s important

By: Emilio Lorenzo and Emily Tasca

Emilio Lorenzo is the assistant director of career advisement in NSU’s Office of Career Development. Emilio understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advisement team in NSU’s Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels to ensure that each individual is supported throughout his or her career exploration and planning process.

Since the beginning of time, there have been stories, stories that have come in many different shapes and sizes but, at the end of the day, deliver a certain message and paint a picture for the audience. Many do not realize the power that stories possess, as they can drive the imagination while revealing more unique characteristics about the storyteller. Storytelling is a valuable tool to utilize whether in an interview, networking or writing professional documents, such as personal statements or cover letters, as they can be the window that conveys not just skill sets but also the full spectrum of what encapsulates the individual.

One of the main struggles when entering a competitive interview is how you can make yourself stand out throughout the process. When up against candidates with similar credentials, using personal stories is a way to set yourself apart. For example, it’s very easy to tell the interviewer that you are a leader and a great communicator, which they would then have to take on face value. Instead, approaching this situation with a story offers examples of how you have utilized your leadership and communication skills in the past. In this scenario, the interviewee could have reflected back on specific leadership experiences that required the use of communication skills, like planning a community service event for a student organization. Not all stories need to be the next Academy Award winner, as long as they exemplify the message that you are trying to get across.

To ensure that your message within the story is not lost in translation, organize your storytelling approach with what is referred to as the “STAR Format.” For example, imagine someone asks you to share a time you experienced a conflict and how you handled that situation. For this question, it is very easy to go on tangents, just like that one uncle or aunt at the holiday party who tells a story that has no point and no end in sight. Instead of getting lost in all the details, stick to the main points of the story, which in the STAR Format are the situation, task, action and result. Regarding the question above about a conflict, an individual can respond with:

One summer, I worked at an air conditioner servicing company, where I was in charge of answering calls and handling customer issues. Considering it was the summer in Florida, we would have many upset customers calling in need of service. One individual in particular was very upset and a bit hostile over the phone. I remained calm, gathered all the necessary information and continuously acknowledged the caller’s complaints and needs while staying positive throughout the entire process. At the end of our conversation, I was able to send a technician to his home that very afternoon, and he actually was very appreciative of our quick service and my demeanor throughout.

This story was not only a good representation of how the individual can handle conflicts, but it also gave the interviewer a better understanding of the individual’s personality.

One question you may ask yourself is, “How personal should I get when I tell stories?” The answer lies in the setting or in the manner in which you plan to use the story. As we mentioned earlier, in interviews, the STAR Format is your best approach; however, in personal statements and other professional documents, the details may need to be expanded upon to give the reader a fuller picture.

For example, if you are applying to a graduate program, like medical school or law school, you will want to ensure that the admissions committee understands why you are the right fit for their program, who you are as an individual and how your values and overall life philosophy aligns with that of the institution. To do this, you need to dive deeper; unlike the interview, you will not be present to fill in any gaps or answer clarifying questions. Just remember when including personal stories to ensure that the story is always tied back to the topic at hand.

Overall, stories are a part of our culture and everyday life, so what better way to show the “real you” than to use stories as a tool to deliver appropriate messages and themes? As you continue on your professional career journey, it is important to reflect back on your experiences, memorable interactions and difficult situations that provided life lessons. These reflections can be considered “story banking,” where you build a virtual bank of stories in your mind that are readily available to include in interview answers or within professional documents and settings. The power of storytelling is an untapped resource; it is fueled by your personal journey and can be the empowering force to make yourself stand out.
Secret Life: Dr. Steven Alford and Dr. Suzanne Ferriss

How did you both get started with motorcycling?

Alford: “Well I rode when I was young and irresponsible, and much later, one of one of our students here had a bike, and he was going back to his home in Switzerland, and Suzanne arranged to buy the bike from him for me. So then I was going to take the Motorcycle Safety Foundation course, and so I said, ‘If I’m going to do it, you’re going to do it.’ So then we did it together, and then we got another bike, and she got one.”

Ferriss: “Yeah, so I basically didn’t start until I was in my 40s. I came to it late.”

What made you both interested in motorcycles in the first place?

Alford: “Get on one and drive 85 miles per hour on the expressway, and you’ll be very interested. I think it’s just as much fun as you can have with your clothes on.”

Ferriss: “I think there’s also this more immersive sensory experience, and that could be good or bad. When it’s really hot, and you’re going through Texas, and it’s 105 degrees, and you’re feeling dehydrated, then you do not want to be on a motorcycle. You would like to be in an air-conditioned car. But when it’s a beautiful day outside, you can feel the sun, and you can feel the breeze, and you can smell things, even through a full-face helmet. We’ve gone through Florida, and you can smell the orange groves. I think that part of it is really interesting. You feel like you’re more connected to the landscape when you’re on the motorcycle than you do when you’re in the car.”

How frequently do you just get on your motorcycles and just ride around?

Alford: “I would say a few times every week to commute. We don’t do it so much to go out for fun. We do it more to commute. We ride to work.”

Ferriss: “But preferable to riding among South Florida drivers for us is going on trips. Spending a couple of months on the bike over the summer is really what we prefer.”

Ferriss: “It’s the preferable experience, but we use it for commuting because it’s also more environmentally conscious and cost efficient, even though it’s sometimes difficult to jockey with the drivers. And, of course, when it’s raining, we have the alternative: taking a car. If it’s raining, we usually avoid it, but if it’s nice out, we usually ride.”

What’s the coolest place that you’ve gone to while riding?

Ferriss: “I would say that we’ve been to a lot of really cool places. I would say the Canadian Rockies was one of the best places we’ve been to. Going along the ice fields parkway toward Jasper was amazing. And wouldn’t you say Southern Utah and the Grand Canyon?”

Alford: “Yeah, Utah is all rocks, right? ‘Oh, let’s go look at some rocks,’ right? It turns out that Bryce Canyon National Park, Zion National Park, Canyon Lands, Arches National Park, all of this stuff is in Utah, and, as long as you don’t find the need to drink alcohol, it’s a very interesting state.”

What made you interested in studying motorcycling culture?

Alford: “Well, first of all, it was a way to be a scholar and still do fun stuff. We have been editors for the Journal of Motorcycle Studies for 10 years, and then we published a book in 2008 called ‘Motorcycle,’ and we have another one coming out this spring on the relation of bicycles and motorcycles.”

Ferriss: “But I think, initially, it was going to popular culture conferences. That’s how it started. It was a way to combine something that we enjoy doing but also learn more about it, and then to meet other scholars who are also interested in it, and then looking at how it intersects with popular culture, with history, with design, engineering. The ways that you could gain entry into other fields was, to us, very interesting.”

Alford: “In 2009, we had a conference put on by the University of Trier in Germany. The American Studies department there put on a conference based on our book, and it was really cool. They had artwork and stuff that some Germans did, and we had lectures and showed movies and stuff. That was fun to do.”

Ferriss: “We’ve met people from all over the world who ride motorcycles and study them.”

Through your motorcycle culture research, what were your major findings?

Alford: “I think one of them is — I wouldn’t call it negative — but one of them is sort of corrective to try through scholarship to get out of people’s heads the idea that people who ride motorcycles are these unwashed, bearded, smelly, uneducated, potentially violent outlaws. First of all, there are 7 million motorcyclists in the U.S., and that is an extreme minority. But, of course, because they’re very attractive to the media and because we have this whole history since 1954 of popular culture sort of buying into that with ‘The Wild One’ and all of the films that follow that, it’s just pervasive. And we wanted to sort of emphasize these gender issues. There have always been female motorcyclists, and they can ride bikes, too.”

Ferriss: “I think that’s been driving all of our research. It’s to open people’s eyes to the fact that, first of all, it’s not just the way it’s represented in America, too. This is an international phenomenon, and motorcycling is in some ways more pervasive in other countries than it is here. It’s not the minority.”

Alford: “Well, first of all, it was a way to train, which is with protective gear.”

Ferriss: “The cops and take a driver’s test. It’ll give you that right to have it on your license. It’s true for everybody, but especially for younger people who are more likely to have a higher opinion of their skills than they might actually have. And, of course, you see so many idiots riding around here in their flip flops and their shorts and wanting to feel the wind in their hair with no helmet. Those people are organ donors, and they clearly have not been apprized of how one should ride, which is with protective gear.”

Ferriss: “We also recognize that it’s not for everybody, and we’re not trying to convert people to motorcycling, but take the Motorcycle Safety Foundation course if you’re ever at all interested. Take the course, and check it out in a safe, controlled way with expert guidance. It’s a great way to train.”

What advice do you have for those who might be interested in motorcycling?

Alford: “There’s one piece of advice, and that is to take the Motorcycle Safety Foundation course. It’s usually on a Thursday night, and it’s all day Saturday and all day Sunday. It’s not cheap. It’s like $300 bucks or something, but they start you out by giving you a motorcycle and you learn how to walk it, and you learn how to park it, and you learn how to sit on it. Basically they teach you how not to kill yourself. There is so much valuable information and skills that you learn in a short amount of time, and, in addition, on Sunday, when you’re done, they hand you a little piece of paper, and this is your chit that you can take to the DMV and get your ‘Motorcycle Also’ endorsement on your driver’s license. So you don’t have to go down there and deal with the cops and take a driver’s test. It’ll give you that right to have it on your license. It’s true for everybody, but especially for younger people who are more likely to have a higher opinion of their skills than they might actually have. And, of course, you see so many idiots riding around here in their flip flops and their shorts and wanting to feel the wind in their hair with no helmet. Those people are organ donors, and they clearly have not been apprized of how one should ride, which is with protective gear.”

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Finding fitness: Yogalates

By: Erin Herbert
@erin_berbert

What is it?

Yogalates is a form of exercise that combines the breathing practices of traditional yoga with the core-stabilizing techniques of Pilates. Practicing Yogalates is meant to give you a workout for both the mind and body; the Pilates element focuses on muscle control and posture, while the yoga element focuses more on individual meditation, as well as strengthening both the mind and spirit. The primary concentration of Yogalates is pushing the physical limits of your body while simultaneously expanding your mind.

What are the benefits?

Yogalates is often used as form of physical therapy and is ideal for rehabilitation of minor injuries. Due to the muscle strengthening nature of Yogalates, it is highly recommended for individuals with back problems; the poses used in Yogalates can stretch and relieve pressure on the muscles surrounding your vertebrae and can even improve posture to prevent future spinal injuries. In addition to being used as a form of therapy, Yogalates can increase flexibility in any individual. Over time, performing Yogalates poses will promote healthy muscle movement and increase an individual’s muscle tone.

Not only will Yogalates improve the overall health of your muscles, it can also help keep your internal organs healthy and working properly. Yogalates poses and breathing exercises work to stimulate your internal organs, which will increase your body’s natural blood flow. Increased blood circulation offers benefits such as healthy skin, improved heart function and a strong immune system.

When practiced in combination with a healthy diet, Yogalates can be effectively burned a large amount of calories and an effective weight loss technique. According to Harvard Health, both a one-hour yoga class and a one-hour Pilates class can burn approximately 300 calories in a 155-pound person. Practicing Yogalates over an extended period can result in a substantial amount of weight loss, as long the effort you expend continually increases.

What are the risks?

When participating in Yogalates, it is very important not force your body into uncomfortable poses. Attempting to do a difficult pose without proper training or stretching can lead to muscle strain and other minor injuries.

Ways to learn Yogalates:

Yogalates — Beginners Workout DVD
By: Jonathan Ural
Available on Amazon.com for $6.95

Yogalates Workout — Pilates & Yoga Beach Fusion
By: Boho Beautiful
Available on YouTube for free

Louise Solomon’s Yoga & Pilates: Total Body Toner DVD
By: Louise Solomon
Available on Amazon for $19.95
Junior Emma Wahlstrom established an impressive swimming career in her home country of Sweden and has brought her talent to the U.S. to become one of NSU’s top swimmers.

Wahlstrom moved from Sweden to Florida in 2013 so she could attend NSU and pursue a degree in business administration. She hopes to return to Sweden after college to establish a career in management.

Wahlstrom is no stranger to success in swimming. While swimming in Sweden, she earned nine Swedish Youth National Medals and one Junior National medal. Her swimming career has continued in Florida in the U.S. She finished in the top eight at both conference championships and national competitions. She was also a member of NSU’s Sunshine State Conference Championship team in 2015.

I got the chance to sit down with Wahlstrom and ask her a few questions about herself.

How did you get your start in swimming?

“It’s weird actually because I don’t have any family members involved in swimming. I just started watching how to swim when I was a kid, and it just escalated from there. My swimming teacher said that she saw potential in me and told my parents that I should keep swimming, and I’ve just kept on going. So I’ve never really stopped.”

What events do you normally swim?

“I swim a lot of stuff. It really depends on what day it is. But I do swim the 100 and 200 backstroke, some sprint events, the 100 freestyle, 200 freestyle and 500 freestyle. All freestyle and backstroke, basically.”

What are your favorite events to swim?

“I like the 200 freestyle the best, I think. I also like the 500 freestyle on a good day. But I think the 200 freestyle is the best one for me.”

What do you think is the hardest part of swimming?

“I think it’s the amount of time that you have to put into it. It’s a very demanding sport, and everything has to be perfect in order to get a really good race. So I think the hardest part is the amount of time it takes in order to get better.”

How do you handle a loss in a race, or a loss in a meet?

“I’m very competitive, so I get very angry myself, ‘Whatever, it’s only one race,’ or ‘It’s only one meet.’ But I think it’s the extra family that you get from the team, since we spend so much time together and practice together so often. You get so close with everyone. Even if it’s an individual sport, we get really close, and we’re still a team. Probably the biggest advantage that we get is learning time management, too. I think it’ll be really beneficial later on in life when we get into our professions. I think that’s going to be really helpful.”

What has been your greatest achievement as a swimmer so far?

“Back home, it would be my Junior National medals and Senior National medals, but here, it would probably be making it to Nationals and placing top eight at Nationals. And, of course, winning conference with my team.”

How does it feel to be one of the top swimmers on the team this year?

“It wouldn’t say that, but I feel like everyone has a big part in our success. My success is based not only on me but also on my coaches and my teammates. I feel honored to represent the team the way I do. I don’t see myself as a top scorer on the team — I just contribute what I can to the team.”

Is there anything specific you do before a race to pump yourself up?

“Not really in-season, but at conference and nationals, I always listen to house music, Swedish House Mafia especially.”

How do you handle a loss in a race, or a loss as a team?

“I’m very competitive, so I get very angry in the beginning. I usually just get into my own bubble for a few minutes, and I just say to myself, ‘Whatever, it’s only one race,’ or ‘It’s only one competition. We’ll get better.’ I don’t walk around being angry for a long time, but it really affects me a lot when we lose. But I know it won’t be there forever, so I just keep going on.”

What are your expectations going on in competitive swimming?

“I’m trying to take it one race at a time. Just focus on one race, otherwise, it would be way too stressful. I just try to make sure I’m in a good environment, like my teammates are pumped and making sure that we have a good team spirit, so that everyone can do their best.”

Once you’re done with college, do you plan to continue swimming?

“I haven’t really decided. It depends on what comes up with job opportunities. But I’m never going to quit swimming for life, it’s always going to be my main practice. I’m never going to stop, but maybe I won’t keep swimming on a competitive level.”

When you’re not in practice or at a meet, what do you enjoy doing?

“I love listening to music. I have a huge LP sound system, and I collect vinyl records for it. I like to hang out with my friends and family, and I really enjoy reading, too.”

Sports are one of America’s favorite forms of entertainment. The athleticism and display of talent within sports is what initially draws fans to the sport. Cheerleading has long been considered a sport. NASCAR, on the other hand, is predominantly entertainment posing as a sport, not a sport. NASCAR drivers are considered a sport. NASCAR doesn’t require any athletic skills, and the endurance required to finish a 500-mile race. However, it is important to realize that it’s the car doing the brunt of the work when it comes to automobile racing. NASCAR doesn’t always depend on how athletic the driver is, but rather how fast his or her car is. It is really unfair to call something a true sport when athleticism isn’t even required.

When compared to a real sport, such as a cross country, the case for NASCAR being a sport doesn’t even come close to holding up. In cross country, an athlete needs to be in good physical form in order to be a competitor; a body can physically go the farthest determines who the winners are, not the competitors’ smackers. In NASCAR, it’s the exact opposite; a driver could be the least athletic person in the world, but as long as they have a fast car, they’ll have no problem competing.

Sports are supposed to be competitions of physical strength and endurance. By the very definition of the word, a sport is an activity that requires both physical exertion and skill, two elements that NASCAR definitely lacks. NASCAR drivers trade in their days in Sweden to swim at NSU.
College students are known for many things, but unfortunately, having money is not one of them. There’s a huge misconception that being fashionable means you have to break the bank. Sure, Prada will always be Prada, and no one wants to be caught in fake Ralph Lauren, but there are many sites out there that will make the navy blue shirt you think you’re wearing authentic. Here are some sites with cute clothes and low prices, and if anybody asks, smile politely and say, “This old thing? It’s been so long that I forgot.”

Addexpress www.addexpress.com
Allexpress is known in the black community for its ability to help a sister out with some good weave extensions. However, what people don’t know is Ali has a lot more to love than just her gorgeous locks. Type this site into your browser, and you will see categories on your left-hand side. These categories include men’s and women’s clothing, phone accessories, jewelry and much more. The best thing about this site is that within each category, there are mini-categories, so you can narrow your search by color, style, pattern and texture. You can find outfits similar to your favorite style icons for more than half the price.

Moddeals www.moddeals.com
This store is mix of Pacsun, American Apparel and Maurices. If you like vintage or are into the latest trends, then this is definitely the website for you. Usually, a good pair of jeans is at least $40 in-store. Imagine being able to buy a pair of jeans that are just as good for only $9.99. The reason you spend so much on jeans at the mall is not because it’s better quality; it’s because you are paying for the name brand. American Apparel, we love you, but at college students, we can’t afford to pay $90 for one pair of jeans that might not be in style next month anyway.

10dollarmall www.10dollarmall.com
You’ve heard of the dollar store. Well, welcome to the 10 Dollar Mall. Yes, you read that right. Everything on this website is $10 or less. That includes clothing, shoes, bags, accessories, and sports equipment and electronics. This site has saved many Briderellas and wannabe prom queens; their selection of clothes ranges from cutting suits to wedding gowns and everything in between. The best part of it all: everything is cheap, and you can usually catch some sort of sale, anywhere from 5 percent to 75 percent off. What’s better than being able to say, “I got this on sale?”

AliExpress www.aliexpress.com
This website is mix of Pacsun, American Apparel and Maurices. If you like vintage or are into the latest trends, then this is definitely the website for you. With a name brand prices, this is the site for you. With a slogan like “Great Value, Great Experience,” you probably see where they were going with this. This website also provide trending attire at an affordable cost. This website has over 300 million products. 4.99 for every piece of clothing, electronic, toy and fashion accessory available for 4.99 or less. Don’t worry — you can definitely narrow down the search.

Tidebuy www.tidebuy.com
This website is definitely worthy of being a part of your top five. Not only do they have men’s and women’s clothing, but they also have shoes, bags, jewelry, beauty products, outdoor and sports equipment and electronics. This site has saved many Briderellas and wannabe prom queens; their selection of clothes ranges from cutting suits to wedding gowns and everything in between. The best part of it all: everything is cheap, and you can usually catch some sort of sale, anywhere from 5 percent to 75 percent off. What’s better than being able to say, “I got this on sale?”

Mysale www.mysale.com
Some people don’t have the time to shop at the mall, but they love getting new clothes. This store is mix of Pacsun, American Apparel and Maurices. For a small price, you can get boutique clothes. This store is mix of Pacsun, American Apparel and Maurices. For a small price, you can get boutique clothes.

Valentine’s Day is a little over two weeks away, which means love is in the air — particularly on our TV sets. From cute celebrity couples to our favorite fictional characters to even our friends and family members who flaunt their significant others on social media, it’s difficult not to feel a little jealous around this time of year. Here are some fictional and celebrity couples that are so cute that they turn the staff a shade of green with envy.

Jazmyn Brown, copy editor, said Rapunzel and Flynn from “Tangled”
Out of all the Disney fairy tale relationships, Rapunzel and Flynn’s has to be my favorite. Watching “Tangled,” it’s not hard to notice how Flynn Raider transforms from conniving naffan to caring, sentimental hero. The scene in which Flynn says, “I’m going to give you the most heartbreakingly beautiful screens in the movie, besides the happy, sad, roller-coaster ending. Rapunzel, headstrong and independent and fearless, doesn’t necessarily rely on Flynn throughout the movie, but the two become the perfect pair, and in the end, they save each other.

Amanda Kaplan, multimedia manager, said Carrie Bradshaw and Mr. Big from “Sex and the City”
Nobody who has ever watched or has even heard of “Sex and the City” knows who the inauspicious Carrie Big and Mr. Big. From their ups and downs, trials and tribulations, boyfriends, girlfriends, marriages, alcohol and NYC, there was nothing their relationship hadn’t been through. After years and years of on again, off again, their romantic relationship was finally on happily ever after. Side note: the show’s creator didn’t want them to end up together. Neither did I. Their imperfect relationship made them perfect. It was realistic, and almost every woman could relate to something the couple had been through. In real life, who knows if they both would have ever been able to commit. But I am happy they ended up together as an inspiration to all of us. They will forever be my favorite on-screen couple. P.S. I’m still hoping to wake up and have Carrie’s NYC apartment.

Bride, sports editor, said Westley and Buttercup from “The Princess Bride”
I’m not usually one to admit that I like low-key-dove couples in movies, but when it comes to Westley and Buttercup in “The Princess Bride,” I honestly can’t help myself. The way the two fall in love is so cliche, yet so simple and sweet, that it’s guaranteed that my heart will melt every time I hear “as you wish.” Through a series of misadventures, and even death, the two manage to stay madly in love. Granted, their relationship is pretty unrealistic, but I can dream, can’t I? Forget Kim and Kanye, Westley and Buttercup will always be the epitome of relationship goals for me.

Grace Ducanis, news editor, said Cory and Topanga from “Boy Meets World”
My relationship goal is Cory and Topanga from the television show “Boy Meets World,” which aired for seven seasons in the 1990s. Cory and Topanga were grade school, then middle school, then high school sweethearts. They had their ups and downs, but they never truly gave up on their relationship. Spoiler alert: they got married near the end of the series. Now, they have two children in “Girl Meets World,” a spin-off show currently airing on Disney Channel. I love that they’re a couple who stayed together, got married and stayed married, even though it wasn’t easy.

Reddia Paul, opinions editor, said Whitney and Dwayne from “A Different World”
So my co-worker’s relationship goals were petty cute, but my relationship goal is definitely the best of all time. Whitney and Dwayne from “A Different World” are definitely my relationship goals. Not that I’m rich and stuck up. OK, maybe I’m not rich. But the way their relationship formed him his soft spot. Dwayne always had a thing for Whitney, but he was more of her best guy friend. In today’s terms, she friend-zoned him. They both dated other people throughout the show, but every now and then, they would have moments where you could tell they were perfect for each other. It takes Whitney walking down the aisle to another man for Dwayne to get the courage to speak up. Truth he told, Whitney was not completely happy with the man she was marrying — everything was right, except the love part. Next thing you know, Dwayne stands up and objects to their marriage and Whitney finally confesses that she’s loved him all along. Eventually, Whitney marries her best friend, Dwayne. Who doesn’t want to marry someone who will do whatever it takes to be with you? I think your spouse should be like your best friend; that’s a bond that’s unbreakable.
A muenster of a sandwich

By: Nicole Cocuy
@CurrentNic

What if I told you that grilled cheese sandwiches don’t have to be just a simple, sloppily assembled midnight snack with a slice of American squished between two slices of mundane, slightly-buttered toast? At Miss Cheezious, grilled cheese sandwiches are so much more than a quick and easy, last-minute meal; they’re an art.

From creamy mac and cheese melted on sourdough to refreshing apples paired with Havarti cheese to a twist on the classic turkey and cheese sandwich, Miss Cheezious has curated the perfect menu of 17 different sandwiches to satisfy every craving. Miss Cheezious started out as just a food truck but became so popular that it expanded into a cute little restaurant in downtown Miami. It certainly lives up to the hype; every sandwich is perfectly toasted and made with a delicious slice of gooey, melted cheese and, most importantly, love.

The buffalo chicken mac and cheese melts the crunch and savory goodness of fried chicken with the sweet, soft, creamy texture of bleu cheese and a spicy blast of buffalo flavor. The caesar monsieur adds a Latin feel to the traditional ham and Swiss by including a deep-fried ham-filled pastry to the classic combo, making everyone’s favorite sandwich meal even better.

The pesto melts taste buds straight to fury by combining all the traditional flavors — pesto, tomatoes, provolone and parmesan — into sandwich form. The patty melt — a fan favorite — pairs a briny patty with a creamy, zesty chutney pimento cheese and smoky slices of bacon. Regardless of what you choose from the menu, it’s guaranteed to be “good.”

Even with just a quick glance of the menu, it’s clear that Miss Cheezious has everything anyone could possibly need involving bread and cheese, but if there’s something else that you’re craving that isn’t specified in the menu, you can always make your own sandwich. Including the cheese, bread and additions, gluten-free and vegan items are also available.

The sandwiches are pretty filling, but the hours of operation:

Address: 4716 Brickell Ave, Miami
Hours: Monday through Sunday from 11 a.m. to 11 p.m.
Price range: Under $10

For fans of the widely popular “Criminal Minds” series, this spin-off focuses on the International Division of the FBI, which solves crimes and helps Americans overseas. The team of the International Response Unit includes Chief Jack Garrett (Gary Sinise), tech analyst Jarvis (Annie Funke), the pilot episode, titled “Beyond Borders,” premiered during season 10 of “Criminal Minds” on April 8, 2015.

New year, new entertainment

By: Jazmyn Browne

Late last year saw the premiere of “Mr. Robot,” “Master of None,” “Making a Murderer” and “Jessica Jones,” as well as the end of “Parks and Recreation,” “The Daily Show” and “The Colbert Report.” But a new year brings with it some fresh material for our TV screens. Here are some upcoming TV series to look out for in 2016.

“Legends of Tomorrow” — premiered on DC Comics expanded its TV presence with “Legends of Tomorrow,” a spin-off of The CW’s widely-popular “Arrow” and “The Flash” that will feature characters from each of the shows — we can also expect some epic crossovers. Rip Hunter (Arthur Darvill), a time traveler, has to bring heroes and villains together to save the world from an apocalypse.

The show, developed by Greg Berlanti, Andrew Kreisberg and Marc Guggenheim, features some of our favorite heroes, including the X-Men (Brandon Routh) and White Canary (Caity Lotz), and hate-to-love-them villains, like Captain Cold (Wentworth Miller). With some new heroes, like Hawkman (Falk Hentschel) and Hawk Girl (Cara Stivali), “Legends of Tomorrow” will fit in nicely with the rest of the DC Comics universe. Catch “Legends of Tomorrow” on The CW on Thursdays at 8 p.m.

“You, Me and the Apocalypse” — premieres on NBC on Jan. 28 at 8 p.m.

About the end of the world, as its name suggests, this action-packed drama will show how a single comet on an unalterable course to Earth brings the most random of characters together. Starring Matthew Bauturty from “Gavin & Stacey” as Jamie, an English bank manager, Rob Lowe from “Parks and Recreation” and “The Grinder” as Father Jude, an unconventional priest, Jena Fischer from “The Office” as Rhonda, a librarian, and more, this series will show how a band of misfits becomes the future of humanity as they bunker down in Slough, England, to watch the apocalypse.

“American Crime Story: The People v. O.J. Simpson” — premieres on FX on Feb. 2 at 10 p.m.


“Animals” — premieres on HBO on Feb. 5 at 11:30 p.m.

Mark and Jay Duplass of Duplass Brothers Productions, known for HBO original dramedy “Togetherness,” Mike Luciano and Phil Mazerese created the original animated comedy series “Animals,” which focuses on the lives and struggles of animals, such as pigs, bedbugs and rats, in New York City. The Duplass brothers produced the animated series “Animals” with private funding, and HBO has garnered two seasons. Luciano, Mazerese, Megan O’Neill, Katie Aselton and Mary Holland are among the voice actors for the series.

“112263” — premieres on Hulu on Feb. 15 at 11:30 p.m.

Starring James Franco as Lake Epping, a high-school English teacher, this mini-series, based on Stephen King’s book “11/22/63,” will explore the ramifications of changing the past and the consequences of the assassination of President John F. Kennedy. Executive produced by J.J. Abrams, the eight-episode series also stars Chris Cooper, Cherry Jones, Lucy Fry, Josh Dallas and more. Productions from Abrams and King include “Carrie” and “Alias.”

“Crimean: Criminal Minds: Beyond Borders” — premieres on CBS on March 16 at 10 p.m.

For fans of the wildly popular “Criminal Minds” series, this spin-off focuses on the International Division of the FBI, which solves crimes and helps Americans overseas. The team of the International Response Unit includes Chief Jack Garret (Gary Sinise), tech analyst Rusi (“Miss Cheezious Address: 4716 Brickell Ave, Miami Hours of operation: Monday through Sunday from 11 a.m. to 11 p.m. Price range: Under $10

If You Leave,” “Not to Disappear” manages to push those standards to even higher extremes for any future projects. In this new album, the English trio stayed true to their roots: strong, dark and powerful. The band’s lyricist and lead singer, Elena Tonra, discusses multiple reliable topics in her own somber manner — from falling in love and the troubles of adulthood. She discusses being with someone even though the love isn’t there and how she handles the void. While this may not seem to be the cheeriest album, it is about real issues that are not easy to talk about. Thanks to its authenticity and reliability, this band has managed to grow an enormous fan base in both America and Europe, even though they’ve only been around for a few years. They’ve had songs air on many TV dramas like “Gray’s Anatomy” and “The Vampire Diaries.” Who knows? Perhaps this review will lead you to that song you’ve heard and always wanted to look up, but you didn’t know where to start. You can find “Not to Disappear” on both Spotify and Apple Music.

Perfect if you like: The xx, Bon Iver Favorite Tracks: “Doing the Right Thing,” “New Ways” and “Made of Stone”
Temporarily faulty sewer system infuriates rich citizens of white suburbia

By: Jazmyne Brown

January 26, 2016 | nsucurrent.nova.edu

City and government officials immediately responded to white-collared citizens’ complaints about a major malfunction in the city sewer system in predominately white Rochester, Minn.

A major blockage caused the main line of the city’s sewage system to malfunction, causing toilets and sink and bathtub drains to overflow. Citizens had to wait approximately 12 hours before they could shower, use their toilets and wash their hands after counting their washes of cash in a panicky frenzy that the world would end.

Uptight mother of two Susan Goldsmith said the plumbing issues were an absurd inconvenience for her family.

“Where were we supposed to use the bathroom? Outside? Where the dog-sitter walks the dog?” she said. “Yes, we still had access to fresh, clean water, but what’s the point if we couldn’t flush?”

Goldsmith said she was flabbergasted that such a disruption of her busy, expensive life had happened.

“On the hankie, using the bathroom are human necessities — and, of course, we have to have the maid wash the dishes — so it was incredibly difficult to get through this catastrophe.”

The mayor of Rochester released a statement two hours after the initial complaints, apologizing for the city-wide disaster, which he said was incredibly difficult to get through this catastrophe.

By: Erin Herberth

January 26, 2016 | nsucurrent.nova.edu

Hijabs have meaning

By: Roddia Paul

Fascination with traditional garments of other cultures is increasingly common in the fashion industry. We’ve seen people sport dashikis and Indian hair accessories, but where do we draw the line between fashion trend and cultural appropriation? Attire is a significant part of a person’s culture, and yet, it is widely used as a fashion statement. As we approach World Hijab Day on Feb. 1, we need to remember that the hijab belongs to a culture and has significant meaning. It’s not just a political or fashion statement.

According to beliefnet.com, Muslim women wear hijabs when out in public as a symbol of modesty ordained by their God. An aspect of the Muslim culture is that a woman should be modest in both her appearance and actions. Not only does wearing a hijab have religious meaning, but it is also a cultural declaration, and it is a part of the woman’s cultural identity. For that reason, World Hijab Day is a day for women of non-Muslim faith to wear a hijab for a day and feel how Muslim women feel everyday of their life.

We should all take notice of World Hijab Day. As a Western culture, we think women should sport short shorts and flip flops as much as they please, so when we see a culture like that of the Islam, many of us have a hard time understanding it. Sometimes, people look down on Muslim women for their attire, and it’s as if people lose sight of the right to religious expression.

More recently, our generation has gone from mocking those who wear hijabs to now embracing their traditional headgear. In an interview with The New York Times, a man said, “I can really understand how those Muslim people feel, not being able to bathe and such,” she said. “But, at the end of the day, we didn’t have to suffer for too long.”

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Seriously Kidding a satire column

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Spoiler alert: There are women in Star Wars

By: Jazmyne Brown

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NSU is a liberal campus. I can't prove it. There's no statistical evidence. No survey has been done on the political affiliation of the students or of the professors at NSU. Yet I think for anyone who's attended classes at NSU, the fact that it is a liberal campus is self-evident.

While I have no statistical proof of NSU's liberal bias, I have some experiential proof. I've had multiple professors openly admit to being Democrats. Some have admitted it apologetically, as if they know they shouldn't express political affiliation. Others have been unapologetic, openly bashing conservatives and conservative views during class time. In my three years here, not one professor has admitted to being a Republican.

In my communication classes, I've noticed that liberal media outlets are consistently held up as examples of good journalism, while conservative media outlets are used as examples of bad journalism or completely ignored. I've listened to professors in many different disciplines explain that conservatives have been and that Bush caused the current economic crisis and that Fox News is where hate women and that Bush caused the current economic crisis and that Fox News is where.

I've had multiple professors openly admit to being Democrats. Some have admitted it apologetically, as if they know they shouldn't say that NSU is a liberal school. I can't prove it. However, I do want it to be easier. I wish that some of my professors had made more of an effort to present an unbiased view of the subject material. I wish that my textbooks left me guessing as to the political affiliation of the author, and I didn't have to spend hours reading multiple real-world examples in which conservatives are subtly or clearly in the wrong. I wish that my conservative classmates were as easily identifiable as my liberal ones.

College should prepare you for a real-world career. I've also heard and read that it should be a place where students are exposed to viewpoints that are different from their own. Even though I can't say that what I think about key issues has changed in a significant way since I started at NSU, I can definitely say that I was afforded exposure to viewpoints that conflicted significantly with my own. The liberal students at NSU haven't been given the same opportunity. An environment where all students feel comfortable expressing their political opinions would be ideal, if not at all realistic.

What I hope to be realistic is a student body that's not afraid to express viewpoints that their professors and fellow classmates don't agree with, no matter how uncomfortable they feel doing so. I hope it's realistic to ask professors to examine biases they might be unaware of and to teach a more balanced view of the issues in their courses. Then the conservative students that I know on campus might not be so quick to agree with me when I say that NSU is a liberal school.
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