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President Hanbury honors Miniaci family, highlights fundraising campaign at Celebration of Excellence

President Hanbury recognized the Miniaci family for excellence in community service and highlighted NSU’s fundraising campaign at the 18th annual Celebration of Excellence, an annual event hosted by Hanbury to showcase NSU’s achievements and future vision, on Jan. 30.

Through the campaign, titled “Realizing Potential: The Campaign for Nova Southeastern University,” the university plans to raise $250 million in philanthropic gifts and $300 million in externally funded research by 2020 as part of Vision 2020, NSU’s mission to be recognized as a premier, private, not-for-profit university. NSU has already raised more than half of the money.

“It’s the largest philanthropic campaign not only undertaken by NSU, but also the largest philanthropic campaign ever undertaken by any not-for-profit organization in Broward County’s history,” Hanbury said.

The philanthropic gifts that the university hopes to raise will prioritize NSU students, faculty and 21st century education initiatives. The university plans to devote $125 million to funding scholarships and other resources for students, $75 million to attracting qualified educators and researchers and $50 million to expanding NSU’s educational mission through community-centered initiatives.

“Our students, our faculty, our staff and all the researchers are performing excellently in areas of cultivation, including artists, actors, musicians, educators, entrepreneurs, physicians, dentists and nurses,” said Hanbury.

“They are trained to solve conflict, whether the conflict is within the individual, in the workplace or on the world stage.”

At the Celebration of Excellence, the Miniaci family received the President’s Excellence in Community Service Award, which was established in 1997 to recognize philanthropic support and commitment to the community.

“At NSU, we have a single shared vision, a commission and a set of core values that guide us in our actions, but it takes thousands of people to see that vision come to reality,” said Hanbury.

Albert Miniaci, an NSU trustee and member of the Ambassador’s Board, said that the Miniaci family’s contributions have helped to create the Rose and Alfred Miniaci Performing Arts Center in the Alvin Sherman Library, fund scholarships, support local children, families and cancer research organizations and assist individuals in many disciplines.

“The Miniaci family is engrained in our community and has demonstrated a stirring commitment to philanthropy and community service.”

Hanbury said, “They have created a destiny that has given back to thousands of individuals and have made this place a better place to live. Albert Miniaci said they want students to realize their potential.

“We want our contributions to help students to recognize their highest potential — to provide opportunities for young people who can’t afford college or have to leave college with student debts,” he said.

The Miniaci family hopes to promote values of giving, sharing and gratitude. Miniaci emphasized the importance of contributing to education and to the community in general.

“We hope that students would feel fortunate that they have the opportunity to go to a school like NSU and that they ‘pay it forward’ when they have the opportunity to, when they get to their careers or before they even get to their careers,” he said.

Hanbury said, “We hope to bring to the attention of the community the excellence that the university is achieving and will continue to achieve in the future and how important financial health is to students.”

Over 500 people attended this year’s Celebration of Excellence.

Indecent exposure reported on Miami campus

Public Safety reported that a female student witnessed indecent exposure on NSU’s Miami campus around 1 p.m. on Jan. 26.

The student reported the incident to Public Safety at around 4 p.m., and she told officers that she was walking between buildings when the suspect rode by in a vehicle and exposed himself. The suspect was described as a Latino male in his late 20s to early 30s, wearing shorts and a t-shirt and driving a white Dodge with red markings on the rear of the vehicle.

Ewing, director of Public Safety, said that students should always call 911 before notifying Public Safety or on-duty security personnel if they see someone suspicious or are in danger. He also said that students shouldn’t put themselves in even more risk by trying to get more information of a perpetrator.

“We never want you to put yourself in danger,” Ewing said. “If you can get a description, great. If you can get a tag number, great. But don’t put yourself in danger.”

To identify the suspect, Public Safety is working with the Miami-Dade police. They are also working with security personnel of the Palms at Town and Country, a mall located within a few miles of the campus. Public Safety has no evidence that the suspect is an NSU student.

“The safety of the student is primary, and the safety of those at the campus is our first concern, so we wanted to take a host of options depending on the severity of the incident,” Ewing explained.

Ewing said that Public Safety considers multiple options for dealing with safety incidents, making decisions based on the severity of the incident.

With this incident, we first made sure that the suspect was not in the area, put our security staff on high alert, contacted the Miami-Dade police department and notified the mall security,” he said.

Shane Lam, associate director of field operations for Public Safety, said that the Miami campus is unique because of the traffic caused by The Palms, and he emphasized the importance of timely reporting.

“If you see something, say something, and do it in a timely manner,” he said.

Ewing noted that incidents of this nature on campus are infrequent and being aware is the key to safety.

“Your senses are going to tell you if something is not right — that will be your first indicator,” he said. “Don’t put yourself in a situation where you could be victimized, where criminals are looking for a weak target.”

In an emergency situation, students can notify Public Safety immediately by pressing the red button on the emergency telephones located in classrooms and on the poles with blue lights around campus.

Ewing recommended that all students review the 2015-2016 campus safety handbook, which is available online at nova.edu/publicsafety.

The NSU emergency hotline number is 800-256-5065, and Public Safety’s number is 954-262-8999.
China releases Swedish rights activist

China released activist Peter Dahlin after detaining him for damaging national security on Jan. 4. The Swedish embassy confirmed his departure from China. Dahlin, the founder of Chinese Urgent Action Working Group, a non-governmental organization, was arrested in August 2013 for activities related to foreign political organizations. The organization supports human rights and has been critical of the Chinese government.

Turkey accused of purchasing oil, funding ISIS

While representatives from Israel and Turkey are making efforts to improve relations, Israeli Defense Minister Moshe Ya’alon claimed that Turkey funded ISIS by purchasing oil from the group. The Turkish government denies that it has any ties with ISIS, but Turkey’s involvement in the conflict has been a matter of concern for countries in the region.

Prisoners remain at large after mass prison breakouts in Brazil

According to authorities, 40 inmates broke out of the Frei Damiao de Bozanno prison in the northeastern coastal city of Recife after using a homemade key to escape. This is the latest in a series of mass prison breakouts in Brazil, where authorities estimate that up to 10,000 inmates have escaped from prisons in recent years. The prison guard’s union has reportedly warned of a serious prison guard shortage in the state of Pernambuco, which is the largest in southeast Brazil.

Jalisco becomes fourth Mexican jurisdiction to allow gay marriage

Mexico’s Supreme Court ruled against the ban on same-sex marriage in states that have prohibited it. The decision allows gay couples to marry in Jalisco, the fourth state in Mexico to allow same-sex marriage. The court ruled that no one may marry under the age of 18.

Turkey is one of the last countries in the world to permit same-sex marriage. The court’s ruling is seen as a major victory for gay rights activists in Mexico and a step towards greater acceptance of diversity in Latin America.

On Shore Calendar

SGA Senate Meeting @Rosenthal 200 3 - 5 PM

Black Student Union Open Mic Night @UC Pit 7 - 9 PM

CommunityFest @Gold Circle Lake Noon - 4 PM

Chinese New Year Event @Flight Deck Backyard 7 - 10 PM

NSU Takeover Night Hockey Game @BBT Center 7:30 PM

INTERESTED IN NEWS, WRITING, OR PHOTOGRAPHY? COME TO THE CURRENT’S MEETINGS IN SAB 104. AND YES, THERE WILL BE FREE FOOD.
By: Grace Ducanis

The Office of Student Activities offered tickets for $5 so a first-come, first-served basis but sold out within a few days. Students who bought tickets from the Office of Student Activities will be provided with transportation to and from the place, a Bench and a T-shirt.

Yahi Demiestie, graduate assistant of Student Programming in the Office of Student Activities, said she thinks tickets sold out quickly because attending the game is a good experience.

“Some people think it’s the kind of overlooked in international students,” Parra said. “We thought they come, get their degree and go. Back. They don’t maybe they want to stay here for after they finish their studies. They need help finding the opportunities that are out there.

The conference will include workshops on studying abroad, writing a resume, interviewing and giving 30-second elevator pitches. Paula L coer, junior biology major, is from Ecuador and attended the conference in 2014 when she was a freshman. She said that it was one of the most amazing experiences she’s ever had.

“I was scared — I’m not going to lie,” she said. “I had just changed my country, changed my language, [my] culture. When I got there, I realized I was not the only one going through the same thing. At the end you’re fine — you’re home here. It’s just the beginning when you’re scared.”

Leon still keeps in touch with friends she made at the conference.

“This is the second year that the Office of Student Activities has organized the NSU Takeover at the BB&T Center. Morgan Thorn, junior biology major, attended the NSU Takeover at the Florida Panthers vs. Chicago Blackhawks game last year with her friends.

“It was not any of the other hockey games I’ve been to before,” she said. “There weren’t many that people at the last season, so it was awesome to have a big crowd in the stadium that night.”

Thorn said that she’s a huge hockey fan.

“My favorite thing about the game was getting to go with some of my friends who never experienced NHL games, and to connect students to the community,” Thorn said. “There’s a good population here who have school pride, but we need to work harder on getting the students who aren’t getting involved,” she explained.

NSU students attend the conference in 2014.

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Rand Paul, Chris Christie, on News painkiller. 14 medications, including tramadol, an opioid psych ward in Tomah, Wisconsin, and was given 2014 from multiple drug toxicity, as reported by former Marine Cpl. Jason Simcakoski, died in result of over-prescribing drugs. One veteran, as reported by The Washington Post. Talton, was officially related to the V A scandal, three, Director of Central Alabama's V A James fired from their positions, and only one of those announcement to senior-level executives. As bonuses. However, Shinseki only applied this to meet quotas to ensure they received cash as employees were also creating false wait lists resignation that he would suspend the bonuses, as employees were also creating false wait lists to meet quotas to ensure they received cash bonuses. However, Shinseki only applied this announcement to senior-level executives. As of February 2015, only three executives were fired from their positions, and only one of those three, Director of Central Alabama’s VA James Talton, was officially related to the VA scandal, as reported by The Washington Post. Unfortunately, deaths also occurred as a result of over-prescribing drugs. One veteran, former Marine Cpl. Jason Simcakoski, died in 2014 from multiple drug toxicity, as reported by Military Times. At the time, Simcakoski was in a psych ward in Tomah, Wisconsin, and was given 14 medications, including tramadol, an opioid painkiller.

VERDICT: True.

“Right now, Barack Obama is launching between 15 and 30 air attacks a day. He’s not arming the Kurds. We need to define the enemy. We need to rebuild the military to defeat the enemy.”—Ted Cruz, on why he voted against the Defense Authorization Act

As of November 2015, the U.S. conducted approximately 6,353 air strikes against ISIS over the course of 15 months, as reported by MSNBC. This number equates to approximately 15 air strikes a day.

As far as arming the Kurds, an Iraqi ethnic group located around cities controlled by ISIS, the government, is, in fact, supplying arms and assistance to the Kurds. However, these supplies cannot be handed directly to the people; they must go through the Iraqi government first. According to Politifact, the U.S. has supplied more than three million pounds of material to the capital of the Kurdish Regional Government. But because the Kurds are not an independent nation, the U.S. has to designate all the supplies through the Iraqi government, as required by the Foreign Assistance Act and the Arms Export Control act.

VERDICT: Misleading. While the U.S. is conducting that number of airstrikes, the government is also supplying the Kurds with supplies.

“And then in Ohio, of course, I had to bring about big reform, again, because we were so far in the hole, and now we just found out we are up over 400,000 jobs since I took over as governor.”—John Kasich, on why he rejects the establishment label

According to the U.S. Department of Labor’s monthly report in December, Ohio has created approximately 400,780 private sector jobs since Kasich took office in 2011.

VERDICT: True.

“And [Iowans] asked about [Hillary Clinton’s] email situation. And here’s what she said to the American people — she did it for convenience, for her convenience. She put America’s secrets at risk for her convenience. She put American intelligence officers at risk for her convenience. She put American strategy at risk for her convenience.”—Chris Christie, on the Democratic town hall meeting in Iowa

In the Democratic Town Hall meeting on Jan. 26, Clinton was asked about the email scandal. In response, she said, “You know I had no intention of doing anything other than having a convenient way of communicating, and it turned out not to be so convenient. I’m not willing to say it was an error in judgment because what— nothing that I did was wrong. It was not; it was not in any way prohibited.”

The scandal is that Clinton, while serving as secretary of state, used her personal email account on a private server rather than a State Department account, giving her control over her records. While past secretaries of state used private emails, Clinton is the only one to have conducted official business via email on a server she created specifically for her home. Having a private server under her control allows her the opportunity to permanently delete emails and other information.

VERDICT: True.

“Radical Muslims and radical Islam is not just hate talk. It’s hate action. They blow people up. Look what they did in San Bernardino. Look at the attack they inspired in Philadelphia, that the White House still refuses to link to terror, where a guy basically shot a police officer three times.”—Marco Rubio, on ISIS

As far as the attacks in San Bernardino on Dec. 2, it was never confirmed, nor denied, that the attacks were based on radicalism. According to CNN reports, the police department and FBI have not found an official tie to ISIS; they say that the case seems to be evident of self-radicalization, rather than radicalization due to ISIS affiliation.

ISIS follower Edward Archer shot the police officer in Philadelphia. Though the shooter said, “I follow Allah. I pledge my allegiance to the Islamic State that’s why I did it,” government officials have not confirmed that the incident was an act of terrorism.

VERDICT: Misleading. Though there are incidents of radicalized Muslims attacking people in the U.S., it has not been confirmed that these incidents are directly related to ISIS.

VERDICT: True.

“I’ve supported legislation to allow body cameras. I’ve been in Ferguson. I’ve been trying to look for solutions to our criminal justice problem. One thing I discovered in Ferguson was that a third of the budget for the city of Ferguson was being raped by civil fines. People were just being fined to death.”—Rand Paul, on why technology isn’t being used to protect communities

According to The Washington Times, Rand Paul has supported Kentucky state and local law enforcement in obtaining body cameras as part of piloting programs intended to reduce complaints against police officers. As reported by PolitiFact, the revenue from fines and public safety in 2012 was $2.2 million out of a budget of $19.5 million, which means that approximately 11 percent of the budget was used for fines. For the 2015 fiscal year, the Justice Department reported an expected $109 million collection in fees, fines and costs, which would only be about 23 percent of the expected $132.6 million revenue.

VERDICT: Partly true. While Paul actively supports body camera programs in police departments, his statement about Ferguson was incorrect.
Celebrate community at CommunityFest

By: Darren Hendrickx

To unite the NSU and South Florida communities, NSU’s Department of Special Events and Projects will host the 13th annual CommunityFest at Gold Circle Lake on Feb. 6 from noon to 4 p.m.

CommunityFest is a festival, free of charge, where NSU and community organizations and vendors host booths around Gold Circle Lake. Each vendor and organization provides games, food, giveaways or other activities, such as face painting. There will also be bounce houses, obstacle courses and musical performances.

Daniel McFadden, graduate assistant for special events and projects, described CommunityFest as a carnival-like event.

“CommunityFest celebrates our university, our students, employees and families,” he said. “It was created to bring the university community and our surrounding businesses together while building our school spirit.”

McFadden said that CommunityFest has been successful due to the diverse amount of activities, and that outside vendors will include Burger21, Hungry Howie’s, Moo’s Southwest Grill, Tijuana Flats, Menchies and Quarterdeck Restaurant, among others.

According to McFadden, those who attend CommunityFest can expect excitement and fun.

“There will be numerous giveaways and information from all of the booths around the lake,” McFadden said. “Our stage area will have continuous entertainment throughout the entire event. A multitude of local businesses and restaurateurs will be in attendance to give free samples of their food and items and raffles for prizes.”

Stephen Rafferty, junior communication studies major, said he had a good experience at CommunityFest. There are so many different activities, and that outside vendors will include a booth will receive fin points, which factor into the group’s allocated budget at the end of the semester.

CommunityFest is open to the community. For more information, visit nova.edu/satspecialevents/communityfest/index, or contact Special Events and Projects at 954-262-7283 or specialprojects@nova.edu.

Learn globally with NSU

By: Grace Ducanis

To exhibit international education programs available to NSU students, the Office of International Affairs will host the bi-annual Education Abroad Fair on Feb. 4 from 11:30 a.m. to 1:30 p.m. in the Don Taft University Center Spine.

At the fair, students can learn about study abroad programs offered by non-university providers, faculty-led study programs, service trips and scholarships and interact with faculty and organizations providing the trips.

Alejandra Parra, associate director of International Affairs, said that the education abroad program has grown significantly, with over 700 students studying abroad in the last three years.

“They become much stronger,” she said.

“They become global citizens, citizens of the world. They’re not afraid of the world anymore.”

Wildman applied what she was learning in class to the places she visited. She toured a monastery in Monserrate while studying evolutionary psychology.

“Everyone should go,” Wildman said. “It’s a life-changing experience.”

Parra said that students who learn in a foreign environment become more independent.

“The students learn how to take care of themselves, how to handle foreign currency and how to handle themselves in a place where they speak a different language,” she explained.

According to Parra, studying abroad improves a student’s career opportunities.

“When they come back, they can capitalize on their knowledge, and they’re more valued as a prospective employer when they have an international experience,” she said. “We live in a global community, and it’s now very important to have an understanding of the world.”

Study abroad destinations include Europe, Central/Latin America, the Pacific, South East Asia, Africa and the Middle East. Faculty-led travel study destinations include Eastern Europe, Barcelona, New Delhi and Ecuador.

For more information on travel and study abroad or the Education Abroad Fair, contact Parra at aleparra@nova.edu or 954-262-7240.
By: Kathleen Bowman

Kathleen Bowman is a senior business major, a member of the women’s swim team and Razer’s Edge Leadership Development Program. Last semester, she studied with Semester at Sea, travelling by boat to different countries and experiencing various cultures, all while earning credit toward her business degree. Throughout the semester, she visited England, Italy, Crete, Greece, Spain, Morocco, Senegal, Brazil, Trinidad and Tobago, Panama and Costa Rica.

Can you imagine a whole semester on a cruise ship? I had the opportunity to participate in a study abroad program called Semester at Sea that goes to 13 cities in 11 countries on four continents, all within 100 days. I was able to take 32 credit hours all while travelling the world.

In those 100 days, the ship became my home. The ship hosted close to 1,000 students, faculty, staff, lifelong learners and crew. The class schedule of the program was very unique. When we traveled from one country to the next, we would have our classes. And when we were in a country, we were able to travel around and do whatever we liked.

The classes I took were Drawing at Sea, Personal Finance, International Marketing and Strategic Cost Management. My courses were always so enjoyable, and it was super cool to see first-hand why what we learned mattered. For my Strategic Cost Management class, for example, we went to an organic winery in Italy where we learned about how they run their business all while enjoying their product.

The ship had lots of things to do, which I loved. Students could get involved in several organizations, including coloring club, walking club and arts and crafts. Students could also relax by a pool and play board games in a game room. Every night, there were two different talks for the shipboard community. The first one was always something interesting that a student, lifelong learner or professor wanted to share, and the next hour was always something educational that had to deal with the locations we were going next.

One thing that I absolutely loved about being on Semester At Sea was the meal times, not because of the food, but because of the great conversations we would have during those meals. No one could be on their phones since we didn’t have data access, so everyone was always engaged and talking about something with the group. Each meal always lead to a great conversation.

Through this experience, I can say I have made lifelong friends. It is such a unique program that offers the opportunity not only to get to know your classmates on the ship, but also to travel with them to places you may have never been. I think travelling with someone really changes you as a person. I think everyone really gains you insight to who that person really is, and that’s why I think I was able to make so many strong connections with people. I also became close with one of my professors. It’s fun to live so close to your professor and see them at dinner or by the pool. The close-knit feel of all being together on the ship was one thing that I really liked.

After doing Semester At Sea, I have changed as a person. I was able to not only see all the amazing sites in 11 countries, but was also able learn more about others’ cultures. I also believe that I’ve grown as a person through this experience. I definitely think that I would be able to travel anywhere and not feel as scared to be in a place I’ve never been before. It was definitely the best decision I’ve ever made and will be a highlight of my life for a very long time.

By: Reddia Paul

During Black History Month, it is important that we not only remember past history but the moments of the present as well. Within the last year, the black community has made honorable achievements in education, technology and career development. Let us welcome the month of February by learning about recent black accomplishments.

Delaware State University’s youngest doctoral graduate

According to blackenterprise.com, 22-year-old Jalal Hayes finished his dissertation titled “Thermodynamic and Kinetic Studies of Alkali Metal Doped-Lithium Amide-Magnesium Hydride Hydrogen Storage System” in late December 2015. He was always ahead of the game, graduating high school at the age of 15 and earning a bachelor’s degree at 18. Throughout graduate school, he lectured around the world, did research in hydrogen, interned with NASA and tutored fellow students in chemistry. Hayes definitely made the most of his educational opportunities.

Eleven-year-old college freshman

According to urbanintellectuals.com, Carson Hue was accepted at the age of 10 to Texas Christian University to study quantum physics. If that isn’t impressive enough, he is also fluent in Mandarin Chinese and scored at 1770 on his SAT. Hue was reading by the time he was one year old and described college as enjoyable. He is expected to graduate at 15, and, if he does, that will make him the youngest person to graduate from the university.

Fashion empire that promotes dressing for success

Entrepreneur Dr. Alvin Perry knows that first impressions are important and that some young adults have forgotten how important it is to dress for success. There is so much pop culture influence that business attire is seen as boring and forgotten. Perry aims to make business dress appealing to the younger generation, according to goodblacknews.org, through his business PV Designs Inc. Perry even sells men’s accessories to historically black colleges and universities, such as Fort Valley State University.

First African American to lead a Claremont undergraduate program

According to diverseeducation.com, the new Pitzer College President Melvin L. Oliver is a professor, researcher and author who advocates campus diversity. He has dedicated his whole life to promoting equality and diversity and looks forward to using his new position to create programs that will do just that.

Winner of 2015 Sloan Award

The Sloan Award was created in honor of Alfred P. Sloan, president, chairman and CEO of General Motors Corporation, and aims to promote and honor people who create projects and initiatives that benefit and strengthen society. According to goodblacknews.org, Joseph Danquah is a science and math teacher at Bard High School Early College in New York and received the 2015 Award of Excellence in Teaching Science and Mathematics. Danquah struggled with math growing up and uses his understanding of its difficulty to motivate his students.

First black woman to win the Emmy for best actress in a drama series

According to npr.org, at the 67th Emmy Awards in September 2015, Viola Davis received the Emmy award for her performance in “How to Get Away with Murder.” As she accepted her award, she said to the world that “the only thing that separates women of color from anyone else is opportunity.”

First black statewide officeholder in Kentucky

According to nphn.com, not only is Jenean Hampton the first black statewide officeholder in Kentucky, but she is also one of the few black women who support the tea party movement on the national level. Hampton formerly served in the U.S. Air Force for seven years and was in Saudi Arabia for Operation Desert Storm.

Harvard Law School’s first deaf and blind graduate becomes disability advocate

According to hpn.com, Haben Girma always wanted to be a lawyer but did not have the access to the educational opportunities she needed in Eritrea, Africa. Coming to America meant she would have access to education that catered to those with disabilities. She went to Lewis & Clark College and graduated magna cum laude in 2010. Then, after graduating from Harvard in 2013, she became an attorney, focusing on supporting those with disabilities. As recognition for her efforts, she celebrated the 25th anniversary of the Americans with Disabilities Act at the White House with President Barak Obama and Vice President Joe Biden.

Nate Parker writes, directs, funds and stars in the largest-paid movie in Sundance history

Nate Parker took a three-year absence from the entertainment business to write, prepare and, ultimately, star in a film that would make Sundance history. In “The Birth of a Nation,” Parker tells the story of Nate Turner, the man credited with leading one of the greatest slave rebellions in U.S. history. Not only did Parker receive a standing ovation for his film, but since the premiere of his film, he has also made $17.5 million from Fox Searchlight. According to vulture.com, while writing the film, he was aiming to reclaim the name “The Birth of a Nation” back from its former negative connotation.
The Super Bowl is the biggest game of the year in the National Football League, and with this year marking the 50th year of this tradition, it’s bound to be a great game between the Carolina Panthers and the Denver Broncos. Sure, it is exciting and lots of fun, but the pressure of the game is intense. A Super Bowl party puts just as much pressure on you as a host. Here are some tips to plan the best party.

Dress for success

Depending on when your race is, you’ll want to purchase running gear that suits the environment. If you plan on running a race in South Florida during the winter months, don’t be mistaken by the normally hot weather. It’s often very cool in the morning — when most races begin — and gradually becomes warmer throughout the morning. To ensure that your choice of clothes doesn’t hold you back from crossing the finish line on your runs, make sure to stretch your muscles and prevent injuries.

Training time

Even though you’re training for a race, it doesn’t mean you run every day. Unfortunately, running is pretty hard on your body, which is why it’s good to include cross-training and rest days in your running schedule. Rather than run every day, come up with a set schedule for the week. For example, you could choose to do your longest runs on Sundays, mid-distance runs on Mondays, short-distance runs on Tuesdays and Wednesdays, rest days on Thursdays, and short distance runs on Saturdays. On your off days, try doing yoga or other cross-training activities, such as lifting weights or swimming.

For Flemons, he finds it most beneficial “I just trust them,” he said. “My experience on the ground on his runs. Depends on how he feels during his runs. Most people talk about carb-loading before a major event, Flemons said that processing and digesting food is different for everyone. In his case, Flemons doesn’t eat within the two-hour time frame before a run. “I end up feeling more comfortable if I don’t run before my run,” he said. “But my daughter runs, and she doesn’t have a problem eating right before she runs.”

Just as important as food is hydration. When you’re running, you lose a lot of water weight through sweat, so you have to make sure that you remain hydrated throughout the duration of the race. Most people don’t take water bottles with them during their runs, so the best way to ensure you’re hydrated is to drink plenty of water all day, every day.

Determine your diet

Nobody loves food more than athletes, and for good reason. When it comes to exercise, especially when you’re training for distance races like marathons, it is crucial to fuel your body efficiently to maximize your abilities. Say hello to carbohydrates, your new best friend. Throughout your training, you want to fuel yourself for long runs, and that means filling your diet with more carbs than fats. Without the proper nutrition, you won’t have enough energy to fuel your runs.

Doug Flemons, professor of Family Therapy in the College of Arts, Humanities and Social Sciences, is an avid runner, and usually comprises his running schedule with walks like the Shack Shuffe 5k, among other races. He generally runs 3.1 miles three or four times a week, and sometimes doubles the distance, depending on how he feels during his runs.

As the wind hits you face-first, the music takes over the beat of your race, and the sights around you turn into a blur, you can’t help feel a sense of accomplishment as you run down your weekly path. Whether you are a competitive runner or a hobby runner, you are still an athlete, and you have yet to discover some of the greatest tests of strength. When it comes to competing in a race — whether it be a 5k, 10k, half-marathon or a full marathon — it is crucial to train hard so you can run harder. A common mistake people make is to not adjust their diets, running and workout schedules and clothing needs to meet the requirements of whatever races they choose to compete in.

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DIY Valentine’s Day gifts

By: Erin Herbert
@erin_herbert

Valentine's Day gifts don't necessarily require a lot of time or money. Instead of buying your crush a gift this year, share your love with a gift from your heart that you made with your hands.

Heart bokeh photo

Now that you have a beautiful hand painted picture frame, you'll probably need something to go in it. Instead of using a photo you already have, create a new memory with your Valentine by taking a heart bokeh picture. Biskah refers to the alluring qualities of an out of focus image. Lights within a bokeh image can be manipulated into different shapes by using lens filters made from construction paper. Hearts are one of the easiest shapes to use in bokeh and are perfect for spicing up pictures of you and your Valentine.

For the best results, use a camera that has manual settings, such as a DSLR. To begin, trace a circle roughly the size of your lens cap onto a sheet of dark colored construction paper, and cut it out. Draw your desired shape in the middle on the circle, then use an X-acto knife to cut out the shape. Remember to keep the shape small and try to cut as precisely as possible. Tape the lens filter to the outside lens of your camera; make sure the paper is not touching the actual lens and ensure that the only light reaching your camera lens is through the heart-shaped cutout.

Now that you have created a lens filter, it’s time to adjust the settings on your camera. Set your camera to “manual” mode and turn off autofocus on your lens. Manual mode allows you to customize the ISO, aperture and shutter speed of your camera, which will manipulate your camera into giving you the perfect bokeh effect. The basic settings for a bokeh photo are a 1/125 shutter speed, an aperture of f/8 and the lowest ISO setting your camera will allow given the lighting of your photograph.

With your camera and lens filter ready to go, you can now start taking pictures. For the best results, shoot at night while focused on a source of light, such as a string of holiday lights or street lamps, and use a tripod to stabilize your picture. You can change your camera settings to get the effects that best suit your needs.

Heart bokeh is a fun and cute way to dress up photographs and is sure to impress any Valentine.

Heart-shaped cake pops

One of the best things about Valentine’s Day is that it’s an excuse to eat more sweets than normal, and it’s rare to find someone who will turn down homemade cookies or cakes. So treat your sweetheart to something sweet this Valentine’s Day. Cake pops make a great gift because they’re easy to make, and the decorating possibilities are endless.

Start off your cake pops by making any kind of cake according to the directions on the packaging. Once the cake is cooked all the way through, remove it from the pan and allow it to cool completely. After the cake is given time to cool, place it in a large mixing bowl and crumble it with a spoon or by hand. Then add a half cup of your favorite frosting to the crumbled cake, and mix well. If your cake mixture is still dry after, add more frosting as needed.

Next, take a spoonful of the cake mixture, and roll it into a ball using your hands, and place them on a baking sheet lined with wax paper. Repeat this process until you have used all of the cake mixture. Place the baking sheet in the freezer for 30 minutes or until the cake is firm.

Remove the cake balls from the freezer, and, using your thumb, make an indent in the top to give the cake its heart shape.

Set the cake balls aside, and begin to melt chocolate to create the coating for your cake pops. On the stovetop, bring water to a boil in a pot, and place a metal mixing bowl on top of the pot to create a double boiler. Place your desired chocolate into the mixing bowl, and stir frequently to prevent burning. Dip each cake ball into the melted chocolate, and return it to the baking sheet.

Place a new lollipop stick in each cake ball and return them to the freezer for 10 more minutes. Once the chocolate has dried, dip every cake ball into chocolate once again and place upright to dry. The cake pop sticks can be pushed into styrofoam or cardboard to keep them upright and allow them to dry properly.

The method of decorating the cake pops is completely up to you. You can coat them in sprinkles, candies or even drizzle more melted chocolate on top.

Valentines bath bombs

There’s no better way to soak stress away than with a hot bath and a bath bomb. However, buying bath bombs can get a little pricy, so making your own is an easy alternative for a great gift.

In a mixing bowl, combine 6 ounces of baking soda, 2 ounces of citric acid, 2 ounces of corn starch and 2 ounces of Epsom salt. In a separate bowl, mix 1 table spoon of water, 3 teaspoons coconut oil and 3-4 drops of any essential oil. Then, slowly stir the wet ingredients into the bowl of the dry mixture. Once the two mixtures are well combined, add 2-3 drops of red food coloring and mix in completely.

Next, transfer the mixture into a heart shaped plastic or silicon mold, and if you don’t have any molds, you can alternatively shape them by hand and wrap them in plastic wrap to hold their shape. After 30 minutes, remove the bath bombs from the mold and place them on a paper towel to dry. Allow the bath bombs one full day of drying before using them.

Valentine’s Day doesn’t have to be anything extravagant, but exchanging small gifts is a fun way to show each other you care. Gifts don’t have to be store-bought or expensive because, sometimes, the best gifts are the ones that you can make with your own two hands.
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Above}
Guide to the Super Bowl
By: Darren Hendricks

The Super Bowl is the biggest game of the year in the National Football League (NFL). Every player in the NFL dreams of winning this game for their team; it is the game that every team works hard for year after year, as this game is played for the ultimate prize in the NFL.

But, if Super Bowl 50 is going to be your first NFL Championship experience, then stick around to learn the ins-and-outs of one of America’s favorite sports.

Football basics

Football is a sport where you advance a ball to the other team's end zone for six points. The team can then choose to kick the ball to earn an extra point for a total of seven points. Each team can only have eleven guys on the field at once. There are four 15-minute quarters in a game. To determine who receives the football first, the officials flip a coin, and whoever wins the toss can decide to receive the ball or defer and receive the ball in the second half.

Gameplay: offense and defense

The team that has the ball is on offense, and their objective is to advance the ball into the end zone in order to score points. The opposing team, who would be on defense, has to stop the offense from advancing and scoring. The offense starts wherever the ball was kicked. If the ball was kicked into the end zone, it is a touchback, and the ball will start at the 20-yard line. If the kick returner returns the ball, the offense will start wherever the returner stopped.

The offense will start on first down, and they have until fourth down to advance the ball 10 yards. If they do not advance the ball to the first down marker, they will have to punt to the other team. However, if the offense is in field goal range, they can send their kicker out to kick the ball between the uprights for three points. In addition to the kick, the players will also get commemorative Super Bowl championship rings, which are approximately the size of a golf ball.

The Super Bowl is not only a big deal for the teams but also for fans. With the Super Bowl being the biggest football game of the year, fans love seeing their team win and become the NFL’s champions. Fans get to join in with their team’s victory, as merchandise, including hats, shirts, jerseys and posters, are sold following the team’s victory, as merchandise, including hats, shirts, jerseys and posters, are sold.

The winner will hoist the Lombardi trophy, a large, heavy trophy named after Coach Vince Lombardi after he won the first two Super Bowls with the Green Bay Packers. Players will receive a shirt that says “Super Bowl Champions” and make their way to the stage as the team is presented with the trophy.

Because this year is Super Bowl 50, the winning team will also receive an 18-karat gold trophy with the number 50 on it, which ends up weighing around 70 pounds. In addition to the trophy, the players will also get commemorative Super Bowl championship rings, which are approximately the size of a golf ball.

Bowl basics

The Super Bowl is not only a big deal for the teams but also for fans. With the Super Bowl being the biggest football game of the year, fans love seeing their team win and become the NFL’s champions. Fans get to join in with their team’s victory, as merchandise, including hats, shirts, jerseys and posters, are sold following the game that say “Super Bowl Champions.” The Super Bowl gives fans something to be happy about, as well as bragging rights until next season. Plus, watching their team win the Super Bowl gives fans great memories for the rest of their lives.

Every Super Bowl has led to a whole host of on-field and off-field stories.

Bulls forward Nikola Mirotic has emergency appendectomy
The Chicago Bulls announced that Mirotic underwent an emergency appendectomy after being diagnosed with acute appendicitis. As a result, he will be out until at least, after the All-Star game on Feb. 14. Mirotic was supposed to participate in the 2016 Rising Stars Challenge during All-Star weekend for the second year in a row; however, he will have to sit out. Mirotic will miss at least eight games while he recuperates.

Cheerleaders to receive nearly $324,000 from New York Jets in lawsuit
The Jets agreed to pay almost $324,000 to cheerleaders in a class action lawsuit over wages. The 52 cheerleaders said they received $150 per game and uniforms but had to pay for all other expenses, including transportation, hair care and makeup. The women will receive $2,559 if they worked either the 2012 season or the 2013 season and $5,913 if they worked both seasons.

Hornets forward Blake Griffin will sit out the All-Star game on Feb. 14. Griffin broke his hand in a fight this past weekend. ESPN reported that Griffin broke his hand when he hit a Clips’ equipment staff member, Matias Testi, during an argument at a restaurant in Toronto. Griffin reportedly punched Testi several times, and after Testi went outside, Griffin pursued him and punched him again. Griffin apologized in a tweet, saying he is “looking for the team on a resolution and getting back in the game as soon as possible.” He has been out since late December with a quad injury.

Anaheim Ducks’ Shawn Horcoff suspended for PED violation
Horcoff is suspended for 20 games without pay for violating terms in the NHL’s performance-enhancing substances program. Horcoff said he tried a treatment to heal a finger on an injury he suffered last year and acknowledged his mistake. He said, “Although I was unaware that this treatment was not permitted under NHL rules, that is no excuse whatsoever... I should have done my research... I accept full responsibility for my actions, and I am sorry.” Horcoff is the third NHL player to be suspended, after Toronto Maple Leafs’ Carter Ashton and Buffalo Sabres’ Zenon Konopka in 2014. Horcoff will lose more than $383,000.

Women’s Basketball

The women’s basketball team earned a 79-64 victory over Saint Leo on Jan. 23. The Sharks outscored Saint Leo 28-13 in the final quarter to secure the win.

Men’s Basketball

The men’s basketball team fell to Saint Leo on Jan. 23 by a score of 80-61. Harrison Goodrick led the team in scoring, earning a total of 16 points.

On Deck

Men’s Baseball

vs. Alabama-Huntsville
Huntsville, Ala.
Feb. 5, 1 p.m.

vs. Alabama-Huntsville
Huntsville, Ala.
Feb. 6, 1 p.m.

Men’s Golf

Matlock Invitational
Lakeland, Fla.
Feb. 8-9, All Day

World Golf Invitational
St. Augustine, Fla.
Feb. 7-8, All Day

Women’s Basketball

vs. Florida Tech
NSU Arena
Feb. 3, 5:30 p.m.

vs. Rollins
Winter Park, Fla.
Feb. 6, 2 p.m.

Men’s Basketball

vs. Florida Tech
NSU Arena
Feb. 7, 7:30 p.m.

vs. Rollins
Winter Park, Fla.
Feb. 8, 7:30 p.m.

Women’s Softball

vs. Colorado Christian
Clearwater, Fla.
Feb. 5, 7 p.m.

vs. Ursuline
Clearwater, Fla.
Feb. 6, 11 a.m.

vs. Eckerd College
Clearwater, Fla.
Feb. 6, 4 p.m.

vs. Tampa
Clearwater, Fla.
Feb. 7, 9 a.m.

vs. Lynn University
Clearwater, Fla.
Feb. 7, 11:30 a.m.
Football is undoubtedly one of the biggest sports in the U.S. Season after season, fans spend millions of dollars on tickets, jerseys and other merchandise, and when it comes to the Super Bowl, money is no object. And the Feb. 7 match-up between the Carolina Panthers and Denver Broncos will be no exception. Fans everywhere are gearing up to celebrate the 50th anniversary of the Super Bowl, and tickets are expected to reach record-breaking prices. But not for the reason you would think. Ticket prices are expected to skyrocket due to the market manipulation of ticket brokers through a number of online ticket vendors.

Ticket resale sites, such as StubHub and VividSeats, typically require sellers to disclose the seat information for their tickets before they are allowed to be put for sale. However, these rules become increasingly lax during sales periods for large sporting events and concerts, namely the Super Bowl. Ticket brokers use this unenforced regulation in order to sell tickets to fans at an exponentially higher price.

According to a report on StubHub’s sales data done by ESPN in 2015, the average face value of a ticket to the Super Bowl is approximately $500 to $1,000, depending on the location of the seat. But the prices of resale tickets are often much higher; Fox Sports reported that average resale ticket prices for Super Bowl 50 will have already hit $5,000, based on information from SeatGeek. Some individual tickets are already on sale for prices as high as $25,000.

Ticket brokers are at the root of this price inflation crisis. When resale sites don’t enforce the disclosure of ticket information, then ticket brokers are allowed to sell tickets that they don’t actually have. Brokers will list these tickets at very high prices and wait for individuals to buy them. Once they have the money from the ticket sale, brokers will wait for ticket prices to drop as the event approaches and then will finally purchase a cheaper ticket for their buyer. This form of short-selling in the ticket industry creates a huge profit for ticket brokers but leaves fans unnecessarily spending thousands of dollars to see their favorite teams play in the Super Bowl. Although it may seem like spending $5,000 on a ticket to go a football game is the worst of a sports fan’s troubles, it’s not. Since ticket brokers are selling tickets that they don’t physically own, there is a high chance that the broker may not be able to fulfill a ticket that has already been purchased, leaving some sports fans without a seat on game day.

Every ticket resale site should require sellers to disclose ticket information and provide proof that the seller actually owns that ticket. If ticket vendors and resale platforms actually upheld this policy, then there would much less strain on the ticket market, and a wider variety of fans would be able to attend high profile events, such as the Super Bowl.

Buying tickets to any event should never be a scam, and vendors should crack down on ticket brokers who try to cheat the system and, essentially, rob unsuspecting fans. The Super Bowl is meant to be a celebration of one of America’s favorite sports, not a way for brokers to make a quick buck.

When does ticket manipulation happen? Football ticket prices escalate during large sporting events and concerts, so sales periods for sporting events and concerts typically see a rise in ticket prices. Even during the season, ticket brokers may alter website information or alter ticket arrival times in order to make it more costly for ticket buyers to find their seats. Because of this, ticket brokers are able to sell tickets at higher prices than what is advertised.

By: Erin Herbert
@erinherbert

Top image: The NSU rowing team has taken first place at competitions such as the Sunshine State Conference Championship. In her career at NSU, Roberts helped her team win the FSRA State Championship. In her career at NSU, Roberts has been heavily involved on campus. Roberts is the planning board for Community Fest.

On the Bench: Super Bowl tickets shouldn’t be a scam

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New Orleans is known for many things, but most of all, this historical city is known for its annual Mardi Gras festival. This annual event is a French carnival celebration that traditionally begins after the Christian holiday Three King’s Day and ends the day before Ash Wednesday. In New Orleans, this celebration includes parades, music, dancing, masks, various festivities and, of course, the famed beaded necklaces that are thrown around to the party-goers. While South Florida may be far from the French Quarter in Louisiana, there are still plenty of ways to celebrate the carnival and all of its debauchery.

Mardi Gras Crawl (21 and over)
Feb. 6, 3:40 to 9 p.m. at SHOTS Miami
Hosted by Grub and Pub Tour, this pub crawl includes a walk between local bars in Miami, where participants can see street performers, such as stilt walkers, dancers and live musicians. General tickets are $33.64 and include a beer or shot at each location on the tour. VIP tickets are $61.07 and include one liter of beer at check-in, a beer or shot at every other location and a souvenir mug. Cheaper tickets are also available on Groupon.

South Cape Mardi Gras Trolley Event (21 and over)
Feb. 6, 7 to 11 p.m. at South Cape
The South Cape Hospitality and Entertainment Associations will host the Mardi Gras Trolley, where participants can stop at 14 businesses in the area for specialty $2.50 drinks that are only available to Trolley riders. Tickets are $10 in advance and $15 on the day of the event. Participants will receive Mardi Gras beads upon check-in, even if they don’t want to win a Mardi Gras-themed gift basket and take a shuttle to participating locations. Stops on the trolley route include Back Streets, Cape Coral Brewing Co., Coconut Bar & Grill, Cruiser’s Lounge, Dixie Roadhouse, Masterpiece Mixers, Monkey Bar & Steak House, Pearl and Brew, Rock ’n’ Billiards, Ralph’s Place, Rockafel, Dolphin Key Resort Tiki Bar, The Dek and Tubby’s.

17th Annual Fat Tuesday Mardi Gras Party
Feb. 9 from 6 to 8 p.m. at Lulu’s Bait Shack
Lulu’s Bait Shack will, yet again, host their annual Mardi Gras Party, featuring live entertainment and cash prizes. Drink specials will be offered throughout the night and girls who enter the “Best Beads” contest to show off their Mardi Gras costumes and beads will get the chance to win a cash prize. In previous years, the winner received a cruise for two to the Bahamas.

Mardi Gras Pub Crawl for Charity (21 and over)
Feb. 19, from 7 p.m. to 12 a.m. at Tiki West Raw Bar & Grill
Procession from this pub crawl will go to Deliver the Difference, a local, non-profit organization that delivers meals to those in need. Participating businesses include Tiki West Raw Bar & Grill, A’s Sand, Puddle Jumpers, O’Keefe Irish Pub, Buster Tubbs, Hemingways Wine & Cigar Bar, Bar Topp House, Lake Dora Sushi and Sake and Pizza Tavara. Food and drink specials will be served at the locations, and there will also be live music. Participants who dress up in Mardi Gras attire will receive a raffle ticket for a prize.

Meadge A 3rd Annual Mardi Gras Concert
March 4 from 10:30 p.m. to 4 a.m. at West Palm Beach Event Hall
The JMF Corporation will host this Kompa and zouk-style Mardi Gras concert, with live performances by artists Kihue, 7-ref and 5lan. Tickets are sold in advance for $30.

Daxton Bloomquist may have started following his dream to work in musical theater later than most, but he still nabbed the role of Elder McKinley in “The Book of Mormon.”

In high school, Bloomquist participated in school productions and always enjoyed performing, even saying that he would never stop Bloomquist from working on Broadway. Despite Bloomquist’s history with musical theater, it was still a dream he held onto.

“I love ‘Turn It Off.’ That’s Elder McKinley’s big number. It’s the hardest number I do in the show, and it’s probably the most rewarding. I think the audience really comes out loving it,” Bloomquist said.

“Miss Saigon.” What was your favorite play to be a part of and why?

“So, I started with musical theater in Wichita, which is a wonderful regional theater to grow up with. I got to do a lot of shows in college with them, and they bring in a lot of talent from like the big schools in the Midwest, so I got to work with them. I never had a favorite show. I really loved doing ‘Miss Saigon.’ It was one of my favorite shows to be a part of. I really loved being a part of ‘The Sound of Music,’ as well.”

The two are completely different types of shows, but I would say those two were my favorites out of the numbers I got to do. ‘Chitty Chitty Bang Bang’ I believe I did in the Midwest in Lyric Theatre in Oklahoma, and I got to work with a really great choreographer, Joanne Hunter, who really pushed me to dance more than I could at that level, so I think each show that I did in those theaters I learned something new from. I learned a lot, and being someone who was very green in the theater world, which just means very new to the business, I learned a lot from them, and they taught me a lot. It was a struggle for a lot of years, but I think it’s paying off.

What do you relate to the most with your character Elder McKinley?

He wants to be the best he can absolutely be and I think that is the whole point of the show. I don’t want to necessarily give too much away, but I think if you come to the show and if you’re religion you are, what color you are, whoever you are, we can really find and live a happy life. I think that is the whole point of the show. I don’t want to necessarily give too much away, but I think if you come to the show and if you’re really invested in the worthy, it gives you a really beautiful, lighthearted message. I think this is the success in the show.

What do you think is the message that the show tries to portray to the audience?

To me, the message is that if we all work together, no matter what faith you are, what religion you are, you are who you are, whoever you are, we can really find and live a happy life. I think that is the whole point of the show. I don’t want to necessarily give too much away, but I think if you come to the show and if you’re really invested in the worthy, it gives you a really beautiful, lighthearted message. I think this is the success in the show.

What do you think people should go watch “The Book of Mormon”?

If I have to pick a number that I’m not in, I would say that I think ‘Baptize Me’ is a number that is written really, really well, and really like it. It’s sung between our female lead and one of our other male leads. You had roles in a variety of different plays from “Cameolet” to “The Producers” to "Miss Saigon.” What was your favorite play to be a part of and why?

“So, it started with musical theater in Wichita, which is a wonderful regional theater to grow up with. I got to do a lot of shows in college with them, and they bring in a lot of talent from like the big schools in the Midwest, so I got to work with them. I never had a favorite show. I really loved doing ‘Miss Saigon.’ It was one of my favorite shows to be a part of. I really loved being a part of ‘The Sound of Music,’ as well.”

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What do you relate to the most with your character Elder McKinley?

He wants to be the best he can absolutely be and I think when I was McKinley’s age, I would think it’s paying off. I was a really new to the business, I learned a lot from our other male leads.

What do you think the show portrays to the audience?

To me, the message is that if we all work together, no matter what faith you are, what religion you are, you are who you are, whoever you are, we can really find and live a happy life. I think that is the whole point of the show. I don’t want to necessarily give too much away, but I think if you come to the show and if you’re really invested in the worthy, it gives you a really beautiful, lighthearted message. I think this is the success in the show.

Why do you think people should go watch “The Book of Mormon”?

I think you should watch it to get a good giggle in, to get out of your comfort zone a little bit and watch it to watch one of the best worst shows in this century. It really is a really well written show, and I think everybody should see that type of art on stage. It’s different from anything you’ll ever see. I promise.

Interview with an elder from “The Book of Mormon”
Have you ever had a crush you couldn’t muster up the courage to talk to? Or worse, you finally attempt to and then wish you hadn’t because the feelings weren’t mutual? Julien Baker has been through it all and shares her experiences with a guitar and her strong voice.

With its organic simplicity, her music style is what you’d find in a young person’s life is almost paradise. There are very few things in the arts that are an accident. I had written a book for adults, and my agent had actually suggested that I make some adaptation process? Was there anything that was so well received that it’s been an alien invasion that has devastated the planet. You can see. “The 5th Wave” in theaters now. It was one of the easiest things I’ve known before. Certainly, that’s one of the things I love to read and to see on film, and I think they really worked very hard to capture the heart of it, the characters. To surpass the small talk phase and of coming off in a manner she didn’t want to.

There are so many albums out there that discuss the real differences in relationships, but few talk about these uncomfortable beginning moments that are just as awful or amazing as the actual relationship. Julien has given sound to these occasions and words them in a way that we can all relate—the story is coming to an almost abrupt end. I do remember bringing my three boys to college, and it was one day, you’re under your parents’ roof, and your life is one way, and the next day, it’s totally different and completely changed. I think that’s so foreign to me and to everything that discuss the great and terrible sides of relationships, but few talk about these trying to survive and rescue her brother from an alien invasion that has devastated the planet. You can see. “The 5th Wave” in theaters now. It was one of the easiest things I’ve known before. Certainly, that’s one of the things I love to read and to see on film, and I think they really worked very hard to capture the heart of it, the characters. To surpass the small talk phase and of coming off in a manner she didn’t want to.

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Opinions

By: Roddia Paul

February 2, 2016 | nsucurrent.nova.edu

Seriously Kidding

a satire column

411: Oscar edition

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I avoid commenting on Facebook posts because, sometimes, having a conversation with some people on Facebook is like trying to play chess with a pigeon, especially if the pigeon knocks all the pieces over, craps on the board and thenasiswa. It's worse.

I came across a Facebook page dedicated to sharing the best and funniest posts. Tumblr has to offer, I encountered one of those comments — one that makes you lose a little bit of faith in humanity. In it, the individual said something to the effect that improper English seems to be a requirement for Tumblr users on their posts and that it points to a lack of education. Incidentally, a lot of people share this opinion.

Now, Tumblr is not the most sophisticated websites, especially for a social media site. Users often intentionally misspells words and use shorthand to make jokes funnier or, wait for it, just because. A cute puppy or kitten might be "snok," instead of "snook," and "ta" and "tau" are "youy" and "you." And if a Tumblr user decides to share an anecdote, sometimes, he or she will choose to dismiss with punctuation entirely, telling their story in one giant sentence.

Sometimes, users also ignore the rules of capitalization — such as "swetheart NO" in response to naiveté. Speeling words incorrectly or using shorthand or any unconventional/ non-standard form of English often creates emphasis or a stronger emotional effect than plain and proper writing. Who’s to say whether a person lacks an education based on something as informal and impersonal as a post on the Internet? And who’s to say whether the provider’s first language is even English?

Between all the puns, running jokes, sweating and GIFs, Tumblr is a hubbed for progressive ideology. Many users advocate for things like women’s rights, LGBTQ+ equality and body positivity for both men and women and generally use their right to free speech to express love and acceptance. Don’t people have to be aware of these issues in order to even discuss them? An education precludes any such discussion.

Some even say it takes more time to spell things incorrectly or use non-standard English, intentional or not. What? That’s the whole point of slang, shorthand and acronyms like "thtb." One knows the differences that some settings require proper English, especially if he or she has an education; there are times when formality is key, like for a paper or cover letter, versus an informal setting, like social media websites and text messages. Each instance has its own level of formality. The beauty of language is that you can pick and choose how you want to use it. Must, if not all, people know that expletives are not OK in the term paper or resume? On the flip side, texts, especially fast ones, won’t use MLA style and type full sentences with correct punctuation and grammar to say something in 500 words that could be said in 12.

Yes, there are some people who take education for granted or don’t have the opportunity to go to school, so their circumstances affect the way they write, but correlation is not causation. Improper use of the English language does not presuppose a lack of education. What does one have to do with the other? Assuming that one lacks an education is just because of the way he or she wrote his or her Facebook, Tumblr or Twitter post is just ignorant. It’s just a pretentious and unjustified assumption.

Language is ever-changing and malleable, like a ball of clay, and everyone has their own unique ball of clay to shape however they wish. Instead of worrying about other people’s balls of clay, remember that you have your own to play with.

For many years, I was against Valentine’s Day. I thought it was overrated, hyped up and overly corny. Every year, as February rolled around, I dreaded the day. Huge teddy bears made me sick, chocolate made me fat, and roses seemed pointless. As the years passed by, my dislike for Valentine’s Day only grew more. It took me having a valentine to realize that Valentine’s Day was so meaningless to me, before then, the closest I ever got to having a valentine was through the card and candy students annually brought to class in elementary school.

It was that moment that I realized people who hate Valentine’s Day are probably the people without a valentine. It wasn’t the holiday itself that frustrates people; it’s all the happy couples they see around them. It’s true that somebody could have a valentine one year and love the day and the next year not have one and despise it. Our generation has left out the purpose of the holiday, to spread love, and turned it into something that makes you lose a little bit of faith in humanity. In it, the individual said something to the effect that improper English seems to be a requirement for Tumblr users on their posts and that it points to a lack of education. Incidentally, a lot of people share this opinion.

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Disney stars gone rogue: It's not that serious

By: Roddick Paul

Shia LaBeouf is an alleged drunk, Stacy Ferguson is busy being “Fergalicious,” Christina Aguilera forgot the National Anthem, Demi Lovato went to rehab, Vanessa Hudgens is queen of the nudes, Hannah Montana is swinging from wreking balls, and Raven Symone has lost her marbles.

By now, it’s obvious these people are former Disney stars. As each of them transitioned from Disney to the big boy table, critics watched them like hawks. Although it is common for young adults to play youthful roles nowadays, we can’t expect someone to stay an “innocent” Disney actor forever.

It’s funny because the people who criticize them the most are the ones who grew up watching them on TV. I’m guilty of judging a star or two, as if I haven’t made huge mistakes myself.

We look down on these former Disney stars for sexually explicit songs, alcohol and drug use and excessive partying, all things that characterize things we as college students encounter continuously. The only difference is our dirty laundry is not aired on TV, talks shows and exaggerated tabloids.

If these people weren’t famous, their lives and mistakes wouldn’t be highly public or looked down upon. It’s natural that people outgrow childhood television shows. As college students, for the most part, we have shifted from watching TV stations such as Disney to FOX and USA. Many of us have grown rid of TV itself and rather watch Netflix. So how can we blame a Disney star for doing the same?

“Even though they have postal drops here on campus, I think the Shark Shuttle should go to other beaches like Rolling Hills later at night like it used to so those who have classes at late times and do not have their own transportation can get home safely and quicker.” - Kathleen Bowman, senior business major

“I would like the shuttle to go to more retail stores and malls besides the Broward Mall so that we can have more variety and shopping options.” - James McCloskey, freshman biology major

“I think the shuttle should have some movie star or two as if I haven’t made huge mistakes myself.” - Ava Cole, junior biology major

“Even though they have postal drops here on campus, I think the Shark Shuttle should go to the post office for students who may need to go in person.” - Matthew Brown, sophomore biology major

“I would like the Shark Shuttle to go to other beaches besides Ft. Lauderdale beach so that we can have more variety of hang-out spots.” - Kaylin Houting, freshman behavioral neuroscience major

“We look down on these former Disney stars for sexually explicit songs, alcohol and drug use and excessive partying, all things that characterize things we as college students encounter continuously. The only difference is our dirty laundry is not aired on TV, talks shows and exaggerated tabloids.” - Shane Wolfe, senior biology major

“I think the shuttle should go to The Fountains, near Broward Mall, because it has a lot of nice restaurants and clothing stores for students to visit.” - Corey Chan, sophomore biology major

“Because there are a lot of international students here on campus or students who like to travel in general, I think the shuttle should take us to the airport.” - Nicole Suarez, sophomore athletic training major

“The fact is that women come in all shapes and sizes. Some are tall, some are short, some are extremely muscular, some carry more fat. But at the end of the day, each woman, each person, is unique and should be celebrated for the qualities that make him or her special. We are more than the unrealistic, sexist interpretations of what a woman should be. I am not nothing, you are not nothing, and by understanding that the media and a silly set of numbers cannot define the standard of beauty, we are, in fact, everything.” - Roddick Paul

“I think the shuttle should have some movie star or two as if I haven’t made huge mistakes myself.” - Ava Cole, junior biology major

“I would like the Shark Shuttle to go to other beaches besides Ft. Lauderdale beach so that we can have more variety of hang-out spots.” - Kaylin Houting, freshman behavioral neuroscience major

“This has even gone beyond the typical surgical or cosmetic enhancements and into the clothes we purchase. Unlike men’s clothing, women’s pants sizes start at a size double-zero. Whatever the hell kind of size is a double-zero? I can assure you that even the smallest women will have hips larger than double-zero inches. Men’s pants and pants manufactured in Europe are labeled with how many inches their waists actually are, not these strange suicidal digits that honestly have no correlation to a woman’s size. By no means am I attempting to degrade women who are that size, as everyone’s shape is different based on numerous factors, mainly genetics, but I am attacking the fact that a woman’s size has reached the point where it is equivalent to nothing — to being a double-zero. In no way should anyone, not just women, be compared to a symbol that is representative of nothing — of non-existence — that is also a symbol of perfection.

Women are constantly told they are too big. Even some models, who tend to be significantly smaller than the average-sized woman, are fired for being “too fat.” The media plays into this notion by persuading women to eat less, workout more and take more supplements to lose weight to achieve this ideal beauty. And now, women are being objectified through something as simple as a pair of jeans.” - Roddick Paul

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Job ID: 4691
Hours: 10 hrs./week
Rate: $8.50/hour
Greet and relate to all visitors. Direct NSU students, visitors and employees to various NSU departments for assistance as appropriate. Manage the designated phone line and traffic to the appropriate departments. Schedule, set-up and maintain seating rooms and patio area. Daily light maintenance of reception and meeting room areas. More detailed description and other duties to be provided from department. Other duties as assigned.

Graduate Student Assistant-Recruitment & Admissions Systems-(1157) Job ID: 5690 Hours: 25 hrs./week Rate: $11/hour Assist the Associate Director of Recruitment and Admissions Systems in special projects that support the Enrollment and Student Services team in meeting departmental goals and objectives. Assist in processing Enrollment Management Technology (EMT) quality assurance reports. Assist with the development of policies and procedure relative to department responsibilities. Assist with the data entry and maintenance of Banner and other EMT systems (Ellucian Recruiter) high school and college validation tables.

Student Assistant-(HPP130) Job ID: 4860 Hours: 20 hrs./week Rate: $10/hour Check for accuracy of data, review charts and prepare billable procedures. Collect necessary data for reports. Create files. Make phone calls to patients and doctors. Update appointments and support peers.

Graduate Student Assistant-Verification-(504) Job ID: 4632 Hours: 25 hrs./week Rate: $11/hour Assist students with verification requirements for federal aid, conduct calling campaigns for students with financial aid requirements, review documentation, review financial aid records in relation to federal grants. Assist the Assistant Director of Federal Grants and Verification. Other duties as assigned.

Student Marketing Assistant-(1136) Job ID: 5548 Hours: 15 hrs./week to 25 hrs./week Rate: $9/hour

- Assist professional staff in developing and creating marketing strategies and materials for all Campus Recreation programs and events
- Assist with display and production of gift items for use in multiple mediums, including print and digital advertising
- Assist with the maintenance of the Campus Recreation mobile application through online content-management
- Conduct weekly on-campus tabling events to heighten the awareness of Campus Recreation programs and services
- Assist with the updating of the Campus Recreation website
- Update Campus Recreation bulletin boards and all other visual marketing presented to the campus
- Assist in keeping a library of campus recreation photos for use in all marketing; scheduling and coordinating photo shoots as needed
- Assist in creating and updating Campus Recreation videos for use in multiple mediums to highlight and promote programs and services
- Conduct other relevant duties as assigned

Marketing Assistant/Library Administration-(824) Job ID: 4923 Hours: 20 hrs./week Rate: $9/hour Report directly to the Director of Community Relations and Marketing. Work on the marketing visitors, fielding the supervision of the director. Must understand how to create postcards, posters, bookmarks, brochures and other materials as directed. Provide support for marketing director.

Administrative Student Assistant-(HPP180) Job ID: 4997 Hours: 10 hrs./week Rate: $10/hour Perform intermediate level clerical tasks, including, but not limited to, receiving and directing visitors, handling telephone calls, scheduling meetings, composing basic correspondence and providing routine general office support.

Program Director-(467) Job ID: 5176 Hours: 20 hrs./week Rate: $10/hour Assist with special video production and post-production projects. Create stand-alone video products for SVTV programming and Radio X website.

Performing & Visual Arts Student Assistant-(904) Job ID: 4706 Hours: 10 hrs./week to 15 hrs./week Rate: $8.75/hour Assist the Performing and Visual Arts Faculty and Staff in the day-to-day tasks of preparing and execution of Performing and Visual Arts Operations and Events. Duties include, but are not limited to, answering phones, taking messages and responding to inquiries via phone, in person and by mail, taking reservations via phone, email or in person, sorting reservations for events, assisting patrons at Box Office windows, answering House Manager during events, filing, distributing and collecting mail and correspondence, locking, unlocking and monitoring PVA activities during gallery hours, including exhibitions, assisting with set-up/take-down exhibitions and productions, maintaining supply/ storage room in an organized fashion. Other duties as assigned.


Administrative Student Assistant-(OSS) Job ID: 4649 Hours: 20 hrs./week to 25 hrs./week Rate: $10/hour Provide support to the department with clerical duties, answer basic financial aid, bursar and registrar questions.

Responsibilities: 1. Issue and enter information regarding parking permits. 2. Maintain office supplies, including forms, brochures and other information documents required for the One-Stop Shop team. 3. Summarize daily walk-in data for reporting purposes. 4. Complete student requests for official transcripts, enrollment verifications and in-school deferments.

Graduate Assistant-Audiology Assistant-(024) Job ID: 4765 Hours: 10 hrs./week to 15 hrs./week Rate: $8.75/hour

- Schedule tutoring appointments for NSU students over the telephone and face-to-face using web-based tutoring database system
- Provide excellent customer service to students, faculty, staff and other members of the NSU community both over the phone and face-to-face
- Answer multi-line phone system
- Complete office tasks, such as filing, scanning, faxing and emailing
- Republish, restock and prepare tutoring rooms during openings
- Complete other special projects as assigned by the Assistant/ Associate Directors

Desktop Computing Assistant-(039) Job ID: 4407 Hours: 15 hrs./week to 22 hrs./week Rate: $9/hour Assist full-time technicians with the daily installation and maintenance and support of personal computer hardware and software. Troubleshoot technical issues relating to faculty and staff desktops. Assist OIT logistics in the pick-up and removal of surplus equipment.

Lab Monitor-(459) Job ID: 4499 Hours: 20 hrs./week Rate: $12/hour Assist students, faculty and staff with computer related problems in the different computer labs and classrooms.