Fiji dedicates a week to philanthropy

NSU isn’t the only organization with service as a core value. The fraternity of Phi Gamma Delta, commonly known as Fiji, will exhibit their value of service during FIJIanthropy, a week dedicated to raising money for the United Service Organizations, the fraternity’s national charity, from Feb. 9 to 11.

The third annual event will feature a free mocktail party, with pina colada and margarita mocktails on Feb. 10 in the Don Taft University Center Spine, and Dodge the Chicken, a dodgeball-style tournament played with rubber chickens, on Feb. 11 from 5 to 8 p.m. in The Commons Pagoda.

Andy Phan, sophomore chemistry major and Fiji brother, said the brothers are excited for all of the events, but many of the brothers are most looking forward to Dodge the Chicken.

“It is the largest event of the three, and for such an odd concept — using rubber chickens — it is actually a blast to sling rubber chickens at each other,” he said. “The event is a blast, and anyone who has never tried hurling rubber chickens in a game of dodgeball is really missing out.”

Even though the events themselves have not changed much every year, Phan also said that the event has grown in attendance, money raised and, most importantly, spirit.

“Each year, our philanthropy chair and his committee brings greater ideas and even greater ambitions of what they can achieve with FIJIanthropy,” he said. “We hope that FIJIanthropy catches fire and maintains consistency like our most successful event, Miss Black Diamond.”

FIJIanthropy is one of two major charity events Fiji hosts every year. The first, Miss Black Diamond, is held every fall semester to raise money for Broward Partnership for the Homeless.

Phan said that both events were created to ensure that the fraternity donates money to programs in need every semester.

“We just have a great time raising money for UNO,” Phan said.

The United Service Organizations, or UNO, is a non-profit, congressionally chartered organization that offers programs and services for military members and their families. Provided services and programs include holiday care packages, Operation Phone Home, United through Reading Military Program, Operation That’s My Dress and more.

Fiji brother Forrest Newman, senior biology major, said that he’s excited about this year event and pleaded with the number of people who are getting involved in raising money for a good cause.

“There’s a greater amount of participation within the fraternity and outside of Greek life this year,” he said. “I hope it motivates others to give back to their community and other organizations.”

Teams can sign up for Dodge the Chicken up to the time of the event. To participate in Dodge the Chicken, students must form teams of five and pay a registration fee of $10. Donations will also be accepted throughout the week.

To sign up for Dodge the Chicken, or for more information, contact Phan at ap1802@nova.edu.

Learn about health professions with Career Development

To inform students about careers in healthcare, the Office of Career Development will host the second annual Pre-Health Day on Feb. 13 in the Carl DeSantis Building.

The event will include breakout sessions with health professionals from different fields, a keynote speaker, professional and graduate panels, roundtable discussions, mock interviews and a graduate school programs tabling.

Emilio Lorenzo, assistant director of Career Advisement, explained that the purpose of the event is to help healthcare students explore different careers in the medical field, network with professionals and plan for their futures.

“We have a lot of career fairs, [which are] great for business students and [are] an opportunity for healthcare students,” Lorenzo said. “But if I’m going into healthcare, I specifically want to talk to a doctor, a surgeon, a dentist.”

Valentina Ramirez, sophomore biology major, attended Pre-Health Day in 2015 and said that Pre-Health Day has something for everyone.

“If you’re looking for improvement or to build more connections with people, everyone has a lot of insight and advice,” she said. “They can tell you where you can improve and what you do well and open you to new experiences that you didn’t think about and opportunities that you can start exploring.”

She did a mock interview last year and plans to do one again this year to see if she’s improved.

“Hopefully, I’ll make some more connections,” she said. “Last year, I met a pediatrician who I still talk to on a monthly basis.”

Taryana Severe, junior biology major, also attended Pre-Health Day last year and said she plans on applying to a graduate program.

“Pre-Health Day gave me another sense of motivation and drive to continue on the path I’m on and understand if someone else can do it, and they’re making it, all I have to do is stay focused, and I can be where they are today,” she said.

Severe recommended that other students interested in health professions attend the event.

“If you’re a freshman or sophomore and don’t really know what you want to do, it helps you understand that as long as you have a passion and a drive, all you have to do is stay motivated and drive to continue on the path I’m on,” she said.

Lorenzo advised students to dress professionally and to come with questions prepared.

“You’re going to be networking with people, getting feedback, listening to presentations,” he said. “It’s always good to represent yourself in a strong way.”

Students can sign up for the event on CAREERShark. For more information, email career@nova.edu or call 954-262-7266.
February 9, 2016 | nsucurrent.nova.edu

Brazilian president declares war on mosquitoes carrying Zika virus

President Dilma Rousseff declared war on the Aedes aegypti mosquito, which carries the Zika virus, mobilizing thousands of soldiers and other state personnel to eradicate mosquitoes in residential and business areas. The mosquito-borne virus spread to more than 20 countries, with confirmed cases in Australia, Ireland and the U.S. as of Feb. 3.

In the U.S., the Centers of Disease Control said a patient in Dallas, Texas, contracted a rare case of the virus through sexual contact. The Zika virus is linked to a rare paralyzing neurological condition, Guillain-Barre syndrome, and microcephaly, which causes unusually small heads and underdeveloped brains in infants. Brazil, where the outbreak originated, is the worst-hit country.

It is investigating nearly 4,000 cases of microcephaly possibly linked to Zika. On Feb. 1, the World Health Organization declared microcephaly an international public health emergency, the same level of concern as the Ebola virus.

Europes says 10,000 unaccompanied migrant children may be missing

Australian lawmakers allowed to breastfeed in parliament chamber

After recommendation from a parliamentary committee, Australias House of Representatives changed a rule to allow Members of Parliament to breastfeed in both house and breastfeed in the chamber.

The new rules state that babies are no longer banned from entering the lower house chamber. Previously, lawmakers had to take their babies into the public galleries or offices in the building to feed them. House Leader Christopher Pyne said, No member, male or female, will ever be prevented from participating fully in the operation of the parliament by reason of having the care of a baby.

Deal reached to protect Canada Great Bear Rainforest

An agreement banning logging in 85 percent of the 12,000-square-mile Great Bear Rainforest, a temperate rainforest located on the Pacific coast of British Columbia, has been signed by the forest owners.

The forest is a richly biodiverse region and is home to a rare subspecies of black bear with white fur, called the spirit bear, and the grizzly bear. First Nations, a group of 26 aboriginal tribes, also inhabit the forest. The 26 tribes, five timber firms and several environmental groups agreed on the deal, which protects one of the worlds last and largest temperate forests. The deal also prohibits hunting of grizzly bears within First Nations territories.

France becomes first country to ban food waste in supermarkets

Supermarkets in France are now required to donate unsold food approaching its best-before date to charities and food banks rather than throwing it away or destroying it. The legislation also bans supermarkets from purposefully spoiling food to prevent people from foraging in their garbage bins.

The French Senate passed the law unanimously after a petition and a campaign against food waste, and campaigners are working to implement the legislation across the European Union.

Stay up to date with international events.

news@nova.edu
Roundtable highlights social issues

By: Grace Ducanis
@GraceDucanis

The College of Arts, Humanities and Social Sciences (CAHSS) hosted a bi-annual talking circle on inclusion and diversity to examine topics related to human rights and social justice on Feb. 7. Graduate students started the Social Justice Roundtable in 2008, and it has covered issues like intimate partner violence, international human rights and human trafficking.

Judith McKay, associate professor and chair of multidisciplinary studies in CAHSS, said that the purpose of the roundtable is to provide an environment for students to examine social justice issues and share their experiences and opinions with each other.

“Of the wonderful things about this university is that we are so multicultural,” she said. “We all come from our own backgrounds, families, cultures and experiences, and that makes up who were are. But isn’t it nice to be about how social issues can be solved at first hand, the individual level and then the global level. She said that, as an international student from Jamaica, the social issues that Jamaicans deal with are different from where people in the U.S. deal with.

“When you have people coming together in a circle, you don’t have some people on the short end of the table or on the long end of the table,” she said. “You have everyone coming together in equality.”

When McKay emphasized that the talking circle is a physical circle.

“We all come from our own backgrounds, families, cultures and experiences, and that makes up who were are. But isn’t it nice to be able to actually talk with people and to share.”

“This is who I am. Who are you?”

McKay emphasized that the talking circle is a physical circle.

“Or focus is more on social class,” she said. “Here you have stories about social class, gender issues, race issues. So it’s much more varied, and it lends an appreciative lens in terms of what major issues are confronting the U.S. today.”

McKay said that the previous roundtable on inclusion and diversity, participants had talked about difficult issues.

“For people who haven’t shared that experience, it can be illuminating,” she said.

McKay remarked that the purpose of a university is not simply to advance students academically but also socially.

“It’s helping students ask, ‘What are other values and other people’s experiences that can help me make a more informed and compassionate person?’” she said.

The next roundtable is in the planning stages. For more information, visit cahs.nova.edu/community-outreach/vj.html, or contact McKay at 954-262-3060 or mckayj@nova.edu.

On Shore Calendar

SGA Senate Meeting
@Rosenthal 200
3 - 5 PM

Painting with a Sweetheart
7 PM

Riji Mocktail
@UC Spine
11:30 AM - 1 PM

Hijabalthon Dinner
@UC Pit
6 - 9 PM

Valentine Candy Gram Fundraiser
@UC Spine
12 - 1 PM

SAS Info Session
@Rosenthal 200
12 - 1 PM

Valentine Candy Gram Fundraiser
@UC Spine
12 - 1 PM

Valentine’s Day Photoshoot
@UC Spine
Noon - 1 PM

Student Organization
Block Painting
@Library Quad
9 AM - 4 PM

LTA Informational
@DeSantis 1052
7 - 8 PM

Pre Health Day
@DeSantis Building
8 AM - 3 PM

Traffic Jam
@Mailman 309
11 PM - 2 AM

Project S.E.E.D Workshop
@DeSantis 1047
11 AM - 1 PM

SEA Board General Meeting
@Rosenthal 200
12 - 1 PM

Valentine’s Day Photoshoot
@UC Spine
Noon - 1 PM

Student Organization
Block Painting
@Library Quad
9 AM - 4 PM

Dinner & Movie
@AMC Dine-In Theatre
8 PM

Faculty Mixer/Health Fair
@UC Second-Floor Lounge
4 - 6 PM

Black History Month Dinner
@Flight Deck Multipurpose Room
7 - 9 PM

Black History Month Dinner
@Flight Deck Multipurpose Room
7 - 9 PM

Valentine Candy Gram Fundraiser
@UC Spine
12 - 1 PM

FEB 10

FEB 11

FEB 12

FEB 13

FEB 15

FEB 16

GO SHARPS!

NEWS BRIEFS

Education programs rank second in Florida

Teaching education programs at Abraham S. Fischler College of Education are ranked second in Florida for teacher preparation programs. Florida Education Commissioner Pam Stewart ranked the programs in the 2015 annual report using summative scores for fall 2014. The report also includes teacher preparation rankings on performance standards for programs in elementary education, English reading education and math education. All rankings are based on the success of graduate students of the programs.

Tell NSU about sustainability

NSU created a survey about the university’s sustainable measures. To expand NSU’s initiatives to combat and raise awareness on climate change, sea-level rise, energy consumption and other sustainable issues, students can fill out a survey about their interest in these issues. The survey can be found in the Shuck Fins newsletter.

Gift your loved ones candy and flowers for Valentine’s Day

NSU’s Residential Student Association will sell Valentine’s Day candy and flowers Feb. 10-12 from 11 a.m. to 1 p.m. in The Don Tall University Center Spine. Candy and flowers are $3 each and $5 for both. For more information, contact Vice President Josh Haeffner at jh2372@nova.edu or Programming Chair Diego de j28810@nova.edu.

Expand your artistic mediums

Textile artist Erin Basset will host a discussion on the invention and trade of silk on Feb. 14 from noon to 1:30 p.m. at the NSU Art Museum Fort Lauderdale. Basset will also discuss the qualities of silk that make it a good medium for artists. The discussion is part of the museum’s Art Roundtable series and is free for museum members, which includes NSU students. To RSVP, visit the museum’s website at nsuarmuseum.org. For more information, call 954-262-0284, or email museervations@nsufl.org.

Explore graduate program opportunities at an open house

NSU’s College of Arts, Humanities and Social Sciences, College of Psychology and Mailman Segal Center for Human Development invites prospective graduate students and undergraduate students to attend an open house on Feb. 19 at 6 p.m. in the Mailman building. Students interested in meeting and speaking with faculty and staff and learning about master’s and doctoral programs, graduate financial aid options and trends in fields of interest can register online at https://www.nova.edu/webforms/sharkopenhouse/index.html. Refreshments will be provided. For more information, call 954-262-7563 or 800-541-6682, ext. 27563.

Volunteer for SEUSSFEST

The Alvin Sherman Library is looking for volunteers for its fourth annual SEUSSFEST, a celebration of Dr. Seuss’s birthday and early literacy, on March 6 from 10 a.m. to 2 p.m. Volunteers will help set up the event, greet children and families, distribute free books to each child and guide costumed characters for photo ops. SEUSSFEST will feature face painting, a magic show, theatrical performances and storytelling. To sign up to volunteer at http://www.signupgenius.com/go/10c0b4ba9a72baaf85-volunteer. For more information, contact Sarah Falvey at sfalvey@nova.edu or 954-262-5471.

Spend your summer with ResLife

Applications are being accepted for the summer housing assistant position with the Office of Residential Life and Housing are due by March 10 at 6 p.m. Students must also submit an application through JobX by March 13 at noon; the job number is B106. Summer housing assistant staff are responsible for aiding camp and conference participants and students residing on campus for the summer term. Benefits include a $1,500 stipend, a $200 declining balance meal plan and a free single room. To access the application, visit http://www.nova.edu/housing/resources/employment/forms/sha_application.pdf. For more information, contact the Office of Residential Life and Housing at 954-262-7052 or remlife@nova.edu.
On Feb. 3, CNN hosted the New Hampshire Democratic town hall. Presidential candidates Hillary Clinton and Bernie Sanders participated in the event. Candidates made the following statements throughout the debate, and The Current staff determined the verdicts after heavy research of reputable sources. Full transcripts of the debate can be found online at CNN, The New York Times and other sources.

“I was for 16 years in the House Democratic Caucus, for nine years in the Senate Democratic Caucus. Right now, I am the ranking member of the Senate Committee on Finance, appointed by the Democratic leadership and membership. A couple of years ago, I was very proudly the chairman of the Senate Veterans Committee. So, of course, I am a Democrat and running for the Democratic nomination.”—Bernie Sanders, on if he thinks he’s a Democrat

According to biography.com, Sanders served in the House of Representatives from 1990 to 2006 and served in the U.S. Senate from 2006 to 2015, when he decided to run for president. While he served in the Senate, Sanders was on the Committee on Budget, the Committee on Health, Education, Labor and Pensions, the Committee on Veterans Affairs and the Joint Economic Committee. In 2013, he became chairman of the Senate Veterans Committee, according to politico.com.

VERDICT: True.

“I want to defend the Affordable Care Act. It is one of the great accomplishments, not only of this president, but of the Democratic Party going back to Harry Truman. The Republicans are determined to repeal it. And they tried 62 times just to turn it back to the insurance companies. Senator Sanders and I share the same goal. We want to get universal health care coverage. Before it was called Obamacare, it was called Hillarycare, as you remember.”—Hillary Clinton, on a political revolution

The New York Times reported that the number of times Republicans appealed ACA was 62 as of Jan. 6.

While Clinton did propose a universal healthcare plan in 1993, while Bill Clinton was in office, it was very different from Obamacare. According to politico.com, under Hillarycare, the plan would create regional alliances that individuals and small businesses can choose to join. Verdict: Mostly true. While Clinton was right about the number of appeals and her 1993 attempt at universal health care, she failed to mention that her plan was vastly different from Obama’s. In fact, Obama’s ACA is modeled on Mitt Romney’s healthcare reform, known as RomneyCare, which was passed in Massachusetts in 2006.

“...the fact that there have been more deaths by overdoses than car crashes in this state. There are 23 million people who need help in our country, both alcohol and drugs.”—Hillary Clinton, on marijuana

According to the Centers of Disease Control and Prevention, from 2013 to 2014, New Hampshire had a 7.3 percent increase in drug overdose-related deaths, namely from prescription pain relievers and heroin. State news stations have reported that there were approximately 295 opioid-related deaths in New Hampshire in 2015.

For traffic-related deaths, the National Highway Traffic Safety Administration reported that, in 2014, there were 95 traffic fatalities and 126 drivers involved in fatal crashes in New Hampshire.

Drugfree.org reported that, in 2010, 23.5 million people in the U.S. were addicted to alcohol and drugs. However, drugabuse.gov reported that the number of alcohol abusers declined from 18.1 million people in 2002 to 17.3 million people in 2013, and illicit drug use has increased to 24.6 people since 2002.

VERDICT: True.

“...the number of appeals and her 1993 attempt at universal health care, she failed to mention that her plan was vastly different from Obama’s. In fact, Obama’s ACA is modeled on Mitt Romney’s healthcare reform, known as RomneyCare, which was passed in Massachusetts in 2006.

“I voted for the reauthorization of the Voting Rights Act when I was in the Senate. It passed 98 to nothing based on a very extensive set of hearings and research.”—Hillary Clinton, on equality

The Voting Rights Act was originally passed in 1965. The legislation said that voting rights can’t be denied based on race and that citizens can’t be denied voting rights based on failing compliance testing, and it also gave the ability to enforce the 15th Amendment. The act eventually extended to include American Indians, Asian Americans, Alaskan Native and people of Spanish heritage, and, in 2006, was renewed until 2031.

The Washington Post reported that the reauthorization did, in fact, pass 98 to zero in the Senate.

VERDICT: True.

“Let’s be clear. We have one of the lowest voter turnouts of any major country on earth. In the last election, where Republicans won a huge victory, 63 percent of the American people didn’t vote, 80 percent of young people didn’t vote.”—Bernie Sanders, on revolution

According to data published by the Pew Research Center, in the 2012 election, the U.S. only had a 53.6 percent voter turnout. Out of 34 countries, only three — Japan, Chile and Switzerland — had lower voter turnouts in their elections.

According to politifact.com, in the November 2014 general election, 64.1 percent of voting-eligible people in the U.S. did not vote and 78.5 percent of voters aged 18 to 29 didn’t vote.

VERDICT: True.

“But you said something else, which I think is really important. We can’t be here in New Hampshire and not talk about the addiction problem in New Hampshire. Not talk about the fact that there have been more deaths by overdoses than car crashes in this state. There are 23 million people who need help in our country, both alcohol and drugs.”—Hillary Clinton, on marijuana

VERDICT: True.
By: Carolyn Jorgensen

Carolyn Jorgensen is a student in the conflict analysis and resolution doctoral program. Jorgensen is also an adjunct professor of political science at Broward College, where she teaches state and local governments and national government online. Last semester, she presented a paper she had written at the Northeastern Political Science Association Annual Conference.

In November 2015, I traveled to Philadelphia to present at the Northeastern Political Science Association Annual Conference. I had never heard of the organization until I saw a call for papers earlier in the year. I was definitely interested in presenting, as political science is my passion.

I submitted a proposal for a paper I had written for a class called Foundations of Genocide. The paper was on the role of the media in the Rwandan genocide, which occurred in 1994 and led to 800,000 people being killed in 100 days. I talked about the type of language the local newspapers and main radio station used to encourage people to participate in the genocide.

I have been studying genocide for over 10 years now, and wrote my master’s thesis on genocide prevention.

I thoroughly enjoyed being at a conference in my chosen field and getting back to my political science roots. Although I am finishing a doctorate in conflict analysis and resolution and have greatly appreciated studying conflict from a variety of disciplines, political science has always been my great academic love. I read the BBC for international news every day, and I am closely following the 2016 election.

The Northeastern Political Science Association Conference was a wonderful experience for me. I was able to gain more presentation experience, reconnect with the political science field, meet some great students and professors and got to see the city of Philadelphia, a place I had never been before.

My advice to my fellow NSU students is this: if there is a conference you want to attend, do your best to make it possible for you to go. You will not regret it.

By: Chantel Grant

College students can sleep, too

Being a college student in the social-media era can complicate our lives. We are plugged in 24/7, and it can be difficult to plug out. Therefore, you have to make a conscientious effort to log out of all social media websites before bed because they can be distracting. We’ve all been guilty of laying down at night and spending hours scrolling through Instagram, Facebook and Snapchat. You are robbing yourself of a good night’s sleep when you spend the hours scrolling social media, so give yourself a deadline.

Tell yourself that by 9 p.m., you will log out of all social media accounts, and resist all temptation to break this rule. That way, your mind can relax, and you won’t have anything else to do but fall asleep. By the way, if you wake up in the middle of the night, do not go on social media. It will definitely keep you up, and before you know it, you have given away priceless hours of sleep.

To nap, or not to nap?

Many students won’t agree with this tip, but before you dismiss it, take a moment to carefully read through it. Napping is great, and after a good nap, everyone feels refreshed. However, the problem with napping is that when it’s time for bed, you can have a difficult time falling asleep.

Napping is definitely worth it in the long term, it throws you off your sleep cycle, especially if you are already struggling to get a good night’s rest. However, napping is definitely recommended if you are extremely exhausted. If this is the case, try to keep it between 10 and 20 minutes so you won’t suffer from sleep inertia. According to the Valley Sleep Center, sleep inertia is that groggy feeling you get when someone wakes you up in the middle of your sleep, and it can leave you feeling disoriented and miserable for the rest of the day. Take a nap if absolutely necessary, but don’t make a habit of it if you want restful sleep at nights.

College students can sleep, too

Features
Features

Things to do over spring break

By: Chantel Grant

The most anticipated time of year for college students is almost upon us. If you’ve ever watched a 90’s teen movie, spring break is depicted as the pinnacle of college experience. With beach babes and boys with washboard abs thrusting their fists in the air on packed beaches, it’s clear why spring break is usually regarded as a party oasis for college students. However, this year, you and your friends can break the mold by doing more than just partying and going to the beach. Below are a few alternative activities that can be done over the highly anticipated break.

Eating expedition
An eating expedition is the best of both worlds, as you and your friends get to indulge in great food and go to new restaurants. It’s simple and cost effective if you decide to do this over your break. The hardest part is to research the places that you would like to go, and the goal is to eat at a new place every day.

Make the experience as exciting as possible by picking places that would require a mini-road trip. Your eating expedition should rival those of the Food Network and Travel Channel, so don’t be shy about going to places that boast weird foods. Visit events.southflorida.com for a few ideas. By the end of spring break, you and your friends should have a new appreciation for food and knowledge that could woo any restaurant connoisseur.

Have fun and give back
College students seldom have the time to do anything charitable, apart from helping each other get better grades. Use this time to branch out and help your community. Organizations are always looking for volunteers, and you could really dedicate yourself to the cause for a couple of days.

If you have enough time, you could even volunteer for organizations that are out of state, that way you could have the experience of travelling and volunteering. The Office of Student Leadership and Civic Engagement also offers a spring break service trip to New Orleans from Feb. 27 to March 4.

Get cultured
By the time you leave college, you won’t have time to go to museums, live performances, art shows or anything cultural. Instead of comparing tan lines after spring break, you and your friends can impress colleagues and professors by talking about visiting the NSU Art Museum or the ballet performance you saw in Miami.

Go camping or hiking
While everyone is heading to the beach, you and your friends can head to the trails. If you’re the adventurous type, camping can be quite the thrill, especially if you have to hike to your camp site. With websites such as floridahikes.com, you can tailor your camping experience to fit your needs and choose places that appeal to you and your friends. Instead of buying sunscreen and tanning lotions, you might want to stock up on some bug spray and marshmallows.

Did someone say Disney?
Theme parks can be a bit cheesy at times, especially if you’ve been there on countless family vacations. However, going with friends for spring break is a lot different, and it doesn’t have to be Disney. Places such as Busch Gardens, Wet n’ Wild and Rapids Water Park provide fun for relatively good prices, which range from $40 to $80. You might be sick of the beach, but there’s no way you can grow tired of water slides and the endless rides these theme parks have to offer.

Cruising
OK, so this last one may not necessarily be “cruising.” However, you and your friends can take a ferry to Bimini for spring break. Just imagine escaping to the Bahamas for a day or two with a couple friends; it’s the perfect mini-vacation for college students who may have to work over the break. Bimini is only 53 miles away, and instead of taking a flight, you can take a ferry. Not only is the destination worthwhile, but so is the journey.

There you have it — six activities that you and your friends can do over this break. The saddest part about spring break is that it has been reduced to partying and going to the beach, but if you and your friends are looking for something different to do, do at least one of these activities. Who knows? You can probably try to do all six and make it a spring break bucket list.
Gate keepers and key masters: Guide to what employers look for

By: Emilio Lorenzo and Emily Tasca

Emilio Lorenzo is the assistant director of career advancement in USDA Office of Career Development. Emilio understands the importance of helping students reach their career goals and wants with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advancement team in USDA Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels.

There was once a man named Jonas who had a magic map that could guide him through any obstacles or dangers that lie beyond. Jonas embarked on a four-year journey. This collegiate land he entered was at first very mysterious; however, his map kept him on course so he would not be led astray. Jonas’s hope was to use this map to enter a world where he could spend the rest of his life doing what he loved. Four years after he began, Jonas reached a door that could not be opened with his map. In front of the door was a gatekeeper, who asked Jonas, “Why should you come through this door for?”

In our world, the gatekeepers are employers, and the door will allow us to pursue our career goals and find our dream job. To gain entrance, you must convince the gatekeeper that you’re not only the right fit for what lies beyond the door, but that you can also actually add value to this new world.

Similar to Jonas, students must be key masters, which means being able to articulate your experiences and how you will transition into a full-time working environment to the gatekeeper. The story of Jonas exemplifies the fact that each student will need a game plan to get to this point; however, it is the ability to connect the dots of the hard and soft skills, experiences and overall passion for the field that leads to career success.

In order to communicate the skills that you have and why they relate to your employer, you must first understand what is needed in their field. To start benchmarking skills needed in such sectors, a good strategy is to sit down with current professionals and evaluate the qualities that contribute to their success. Sometimes these skills are “hard skills,” which are specific, teachable abilities that apply directly to a given job. For example, using QuickBooks software is a hard skill that is needed in accounting. Being successful in a job is not limited to just hard skills, as the “soft skills” you bring are just as important. Soft skills are defined as the cluster of personality traits, communication, language, interpersonal skills, leadership and overall qualities that make up the individual, which are developed through various experiences.

Aside from sitting down with professionals in the field, another way to learn what employers are looking for is to do your own independent research through industry-focused articles or journals. For example, the National Association of Colleges and Employers (NACE) surveys top employers every year and publishes the top ten skills employers look for. This year, the top three were leadership, teamwork and communication skills.

Now that you know the skills that you need to be successful and open that door, you can identify various avenues to help develop these qualities. Internships can be a key way to develop hard and soft skills. For example, a marketing student doing an internship would not only learn how to develop a marketing plan, a hard skill, but also how to communicate that plan to her team members and solicit feedback, which is a soft skill.

All of the experiences you gain throughout your four years will pay dividends when you, similar to Jonas, must be articulate to able them back to the gatekeeper (employer/hiring manager). These skills can be developed as mentioned in internships, but they can also be cultivated through projects, professional interactions and involvement, all things that can also be utilized as a story to exemplify that you possess such key qualities (soft skills) and applicable knowledge (hard skills).

Overall, the more examples you have to showcase that you are the right fit for your field, the more likely that you will possess the key to open the door for your career goals. A strategic plan is very important; however, gaining and understanding the relevancy of such experiences, while being able to articulate that back to the gatekeeper, is what will make you a true key master.

Stringing justice from crimes of war

By: Li Cohen

It is often said that those who fail to learn history are cursed to relive it, and that is what Scottish-born lawyer Peter Watson explained during his presentation on an infamous World War II case on Feb. 7.

Watson, who is well-known for cases involving high-profile athletes, politicians and prestigious groups, such as the Scottish Police Federation, focused his presentation on a six-year investigation of Nazi-collaborator Antanas Gecas and the damage he caused.

According to the British Broadcasting Corporation (BBC), Gecas was a platoon commander and a member of the 12th Auxiliary police battalion who, along with men he commanded, murdered tens of thousands of Jewish people in Lithuania and Belarus. Gecas moved to the UK in 1947, and a Soviet official convicted him in 1987; however, the case was dismissed for reasons unknown.

Once back in the UK, the filmmakers created teams of lawyers throughout the world to gather information on the case, including in the U.S., Canada and Israel. The teams discovered various documents and eyewitness accounts that supported the idea that Lithuania was the “forgotten part of history” in terms of the Holocaust, as there were more than 70,000 executions of Jews in that country alone, and individuals, most notably Gecas, had gotten away with their crimes.

Watson explained that Lithuania had become a “self-cleaning” region during the war, as Germans did not have to invade in order for mass executions to occur. Documents unveiled a list of 150 Lithuanian officials whose sole purpose was to screen towns within the country for Jewish populations.

Watson went on to discuss how, eventually, Gecas sued the filmmakers for their investigation, stating that he did not shoot Jews, even though there was evidence showing that, in many cases, Gecas was the one murdering Jews in pits and ghettos with a revolver. However, Gecas’s offensive charge was denied, and his story received greater attention than before.

Though Gecas died at 85 years old in Scotland in 2001, his case has continued on to be one of most importance for historians, political scientists and individuals throughout the world.

“There is an eternal cry for justice that can never be silenced when the crime is so great,” Watson said. “These are not matters of history. They are matters of humanity. We continue to witness the ongoing butchering that we deliver as a human race to one another. And there are lessons to be drawn from all of this.”

Scottish lawyer Peter Watson discussed his experience with a Nazi war crime with the community on Feb. 7.
Secret Life: Jessica Collado

By: Nicole Cocuy
director, Nova

When she’s not in the classroom, Jessica Collado composes her own music for commercials, scores and music libraries.

Collado, visiting professor in the College of Arts, Humanities and Social Science’s Department of Performing and Visual Arts, is an accomplished and talented percussionist with a master of fine arts in music composition from Vermont College of Fine Arts.

Collado’s academic background and professional experience composing her own music has proven to be an asset in the NSU community through her role of faculty producer of Mako Records, where she helps aspiring musicians in the NSU community produce demos.

I had the opportunity to speak to Collado about her composing experience and involvement with Mako Records.

How did you get started?

“I started playing drums when I was 12. I actually went to a high school football game. My brother was a trumpet player in the band, and I saw the drum line, and I was like, ‘That looks really cool. I want to learn how to do that,’ so I joined the band program. But the hand drummers wouldn’t let me play drums right away because everybody wanted to play drums, which makes sense. It’s a cool scene. So he said, ‘You have to learn how to play another instrument first, and then you have to audition.’ But how well you learn one instrument will then determine whether or not he would let you audition. So, I said, ‘I don’t know what to play,’ and it was kind of in the middle of the school year when I switched to hand drum, and I said, ‘Michael’, who is my brother, ‘You’ve gotta teach me the trumpet or something.’”

What is your role with Mako Records, NSU’s new record label?

“We’re very welcoming of students who want to have a double major in whatever they’re studying and music. If they come and take some of our music courses, or they want to minor in music, I definitely encourage them to come check us out. They can come talk to me or Dr. Adams. We have a pep band now. We play at the basketball games, and we played at Homecoming. We’re just really trying to grow and be better than the typical college is now. But the competition now is tough.”

How does your experience of composing your own music play a part in your producing role for Mako Records?

“I try to take my experiences and use it as a tool to help students find their voices and their sound. Sometimes, they think, ‘I don’t know what to write,’ and stuff like that. Sometimes, percussionists have the biggest struggle with rhythm, and I just give them these challenges. I tell them, ‘That’s what you need to set your time on right now. If you want to strengthen, then you have to focus on rhythm. When people hear something, they can already feel an emotion in the viewer to feel sad or happy or scared and things like that.’ I tell them that, too. I tell them they need to find their weaknesses, work on them so they can get a balance, and that’s how they produce good music.”

What advice do you have for students who are interested in getting involved with music or even Mako Records?

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Collado claimed her name to fame when she started playing the drums in high school.

How do you feel about learning composition?

“Rhythm is my strong point. ‘If you want to learn composition techniques, we’ll work on that in our private lessons and classes,’ I took his advice, and when I went to grad school, I said, ‘Alright, composition all the way.’”

What are your favorite instruments to use to compose music?

“I use a lot of hand percussion. I try to incorporate a little more Latin elements in my composition process, only because it helps me establish my voice, or, I should say, my sound. When people hear something, they can already associate it with my music. ‘Oh, that must be Jessica.’ And that’s actually how most musicians are. There’s something about that, when we listen to them, we’re like ‘oh, that’s so-and-so.’ It’s not hand percussion, I like the vibraphone, which is kind of like a piano, but you hit it with sticks, and it’s made out of metal. It’s on a whole pedestal, and it applies all the same concepts.”

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Finding Fitness: Spinning

By: Erin Herbert

Finding Fitness is more than scoping out the latest fitness trends; it’s about finding exciting new ways to fit fitness into the most important subject of any story: you. From extreme sports to strange and, sometimes, uncomfortable classes, this feature is all about finding the best fitness to maximize your health.

What is spinning?

Maria Pontillo, who has been a spinning program instructor at NSU’s Recreation and Wellness Center for approximately 10 years, described spinning as an indoor cardiovascular workout performed on stationary bikes. During spinning, which often last 40 to 60 minutes, there is often loud, motivating music and low lighting in order to create an energized atmosphere.

Spinning is an excellent workout choice for individuals of all ages and fitness levels. Pontillo has classes at every fitness level and has even instructed children and individuals with prosthetic limbs, showing that spinning is appropriate for almost everyone. However, individuals with a history of health issues should consult their doctor before participating in a spinning course.

According to Pontillo, there are four primary bases within spinning: endurance, strength, interval and race day. An endurance focused class, for example, will focus on keeping a steady pace and a constant heart rate for a long period of time. Strength ride is focused more on high intensity; participants will be encouraged to keep a steady pace and a consistent and high intensity atmosphere.

The final variation of spinning is known as the interval ride, which the highest intensity spinning course taught fall under the interval ride category. The primary difference between interval rides and other types of spinning courses is the inclusion of recovery intervals. A majority of the spinning classes commercially taught fall under the interval ride category.

What are the benefits?

According to Pontillo, she said, “[Spinning] enhances cardiovascular fitness, increases metabolism, improves energy and burns fat and calories.”

Spinning is often confused for a muscle building strength ride, but the benefits of spinning are more closely related to cardiovascular health.

Pontillo explained, “Spinning is definitely not a strengthening exercise. A lot of times, people think that it’s a strengthening exercise because your legs are burning when you’re sitting on the bikes for at least 40 minutes. So people think that they’re getting stronger or that their legs are going to get huge, but that’s really not the case. You’re getting stronger in terms of your lungs and your heart, not your muscles.”

What is the risk?

The only health risks associated with spinning are the result of working out incorrectly. Pontillo said, “Like any type of exercise, if it is done incorrectly or unstructured without the parameters of what spinning is, then there are health risks.”

Amending classes with a certified instructor is crucial to correctly practice spinning. Attempting to perform spinning outside of a classroom setting without an instructor can lead to a number of minor injuries.

Local spinning classes:

Recreation and Wellness Center
Nova Southeastern University
3301 College Avenue, Fort Lauderdale-Davie
Visit recnova.edu/fitness/ for a schedule of classes.

Ellen’s Ultimate Workout
5173 S. University Drive
Field of Flowers Plaza, Davie
Visit ellenultimateworkout.com for a schedule of classes.

Studio B
11330 West State Road 84, Davie
Visit studiobefl.com for a schedule of classes.

Women’s Basketball
The women’s basketball team fell 73-88 to Palm Beach Atlantic on Jan. 30. Taylor Buie and Kaylia Wright led the Sharks, scoring 24 and 23 points, respectively.

Men’s Basketball
The men’s basketball team closed out a tight game against Palm Beach Atlantic with a victory on Jan. 30. The game’s final score was 79-78, in favor of NSU.

Men’s Baseball
The men’s baseball team lost to Catawba 5-2 on Jan. 31. Although the Sharks suffered their third defeat of the season, sophomore Andrew Liberty was able to record the first homerun of the season.

Heat guard Tyler Johnson out 2 months after shoulder surgery
Miami Heat shooting guard and point guard Johnson underwent surgery to repair a left rotator cuff after experiencing shoulder pain since 2014. He will miss two months and possibly the rest of the regular season. Johnson is expected to be out of surgery until the offseason, but Head Coach Erik Spoelstra recognized Johnson’s discomfort in a December game. The guard averaged 8.7 points, 2.5 assists and three rebounds in 36 games for this season. He has missed nine games.

RIO OLYMPICS TO GO AHEAD DESPITE ZIKA VIRUS OUTBREAK
Brazil announced that it will not cancel the Rio de Janeiro 2016 Olympics despite the Zika virus outbreak in Latin America. The mosquito-borne virus, linked to microcephaly, or smallness of the head, in infants, poses no threat to athletes or spectators, according to authorities. Pregnant women and their unborn children are at the most risk.

Yankees Greg Bird to miss season with shoulder injury
New York Yankees first baseman Greg Bird will miss the 2016 season due to a right shoulder injury. Bird underwent surgery to repair a torn labrum at The Hospital for Special Surgery in Manhattan. According to the team, Bird aggravated an injury from May 2015 when he was in the minor leagues.

Gary Bettman to remain NHL commissioner until 2022
Bettman signed a six-year contract extending his stint as NHL commissioner. In an interview on the NHL Network on Jan. 31, Bettman confirmed that he signed the deal in September 2015. He has been NHL commissioner for 23 years, including three lockouts in the 1994-1995, 2004-2005 and 2012-2013 seasons. Bettman’s new contract will expire in the same year as the collective bargaining agreement with the National Hockey League Players’ Association.
Athlete of the Week: Jacob Blackiston

By: Erin Herbert @erinherbert

Jacob Blackiston knows that there’s more to baseball than just the physical aspects. Blackiston, junior communication studies major, knows that strong mental game and a good attitude are just as important as physical training.

Blackiston is originally from Hacienda Heights, California, where he grew up playing baseball alongside his older brother.

He said, “My dad played growing up, and then, my brother, who is three years older than me, played, and that led me to playing baseball.”

Blackiston played baseball all four years of high school at Los Altos High School and then played briefly at a junior college before attending NSU.

During his first season at NSU, Blackiston was a member of the 2015 Sunshine State Conference Championship team.

I got the chance to sit down with Blackiston and ask him a few questions.

How did you get started playing baseball?

“I started playing when I was 4. It was just tee ball and stuff like that. My grandma and my older brother taught me how to play. I did little league and travel baseball, then high school and junior college, then I ended up at NSU.”

What do you think is the hardest part of playing baseball?

“I would say the mental aspect of it. Because you can train and try to make yourself better every day, but if you go into the game with a negative mindset, then you can tell; (you’ll) perform badly. But if you have a bad day and have a positive mindset, you’ll get better. The next day is a new day, and you can tell because (you’ll) go out on the field and perform better, too.”

Are there any specific tools you use to motivate yourself to keep that strong mental game?

“Yeah, I guess it would be the fear of not playing anymore. So my dad always tells me that I’m going to regret not playing anytime. And when I’m older, so I just might as well buckle down and produce. That just keeps me going.”

Do you plan to continue playing baseball after college?

“I would like to say so. Everybody hopes to get to the next level and keep playing as long as (they can). But I also see the other side of it, I’m here to get an education first, so I plan on getting my degree and getting a job, too.”

If you don’t continue playing baseball after college, what would you want to do career-wise?

“I want to work in the front office of a major league baseball team. Preferably the LA Angels of Anaheim, but if not, somewhere in Sports Center. That would be pretty cool.”

Are there any athletes that you look up to or like to model your style of play after?

“I would say Derek Jeter. Watching him play, his energy and effort, I take that into my mindset on the field. Give [the game] all of your energy and all of your effort, and it’ll play itself out on the field. For his whole career, his mindset was ‘I may not be the best player, but I work the hardest. So I’m not going to let anyone outwork me,’ and I think that way, too.”

Throughout your career in baseball, have you had any coaches who have influenced or inspired you?

“I would say my dad. I played for my high school coach for three years, and I still keep in touch with him, but my dad is the driving force behind me in baseball. He keeps me going every day, and he’ll tell me words of motivation.”

What has been your greatest accomplishment as a baseball player?

“My greatest accomplishment was receiving a scholarship and coming over here to play. When I hit my sophomore year in junior college, I thought that that might be it, and I might not get any offers. But then, NSU made an offer and gave me two more years to play, if not more, if I succeed. That’s probably been my greatest accomplishment. That and winning the conference championship last year.”

What do you think has been the most rewarding part of being a member of NSU’s baseball team?

“I would say the people [who] you get to meet. My coach is always adamant about ‘the hang,’ which is just hanging out with the group and the team. Once you’re done with baseball, you won’t really have the ‘hang’ anymore, because all the guys are doing other things, whether they make it in baseball, or they’re doing jobs and other things like that. All of my closest friends are members of this team or are people I grew up playing baseball with back home. So I’d say that’s the best part about baseball, just creating those relationships with people.”

Is there anything specific that you do to pump yourself up for a match or to celebrate after a win?

“Before the game, I’ll listen to music. We also have superstitions and stuff like that, like don’t step on the line or just other weird stuff. But post-game, if we win, we’ll be in the locker room just going crazy, banging on the lockers, yelling, having little mosh pits — it’s all just fun and games. You have to let all of that energy out, and it feels good to win.”

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

“When I’m not in practice, I enjoy playing video games and eating Chipotle.”

By: Trent Strafaci

Attention all football fans: it’s official. The NFL owners voted 30-2 in favor of giving Kroneke his way. It was too good of a deal to pass up.

One would be a fool not to understand that the NFL and NFL owners have only one standard: the gold standard.

The Los Angeles Rams are in St. Louis. But it doesn’t matter because Kroenke and NFL owners have only one standard: the gold standard.

The Rams are multiple-time Super Bowl champions. They aren’t just any team. The Rams have a history that few can match.

In 1946, the Cleveland Rams arrived in LA. That would be the Rams’ first home in St. Louis. But it doesn’t matter because Kroenke and NFL owners have only one standard: the gold standard.

The Rams built up a fan base. They did it with winning. The Rams have three Super Bowl rings, more than any other NFL team. The Rams have a history that few can match.

The Rams were in LA. The Rams were in St. Louis. But it doesn’t matter because Kroenke and NFL owners have only one standard: the gold standard.

So Georgia Frontiere, the owner, shipped them to LA in the first place. And now, Kroenke wants them back. The Rams’ history is just an obstacle.

And the Rams aren’t the only NFL team that has been moved. The Cleveland Browns were moved to Baltimore in 1996.

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Twenty years ago, there was a reason they left LA in the first place: money. LA has a long football history but they do not support their teams.

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

“When I’m not in practice, I enjoy playing video games and eating Chipotle.”
Fighting hunger pains: Where to eat gluten-free

By: Li Cohen
@Crawft, Yakira

Ah, food. It’s hard to resist the aromas of homemade foods that fill the air with pungent sounds of exquisite entrees. Lovers of food often wear their hearts on their sleeves, but, sometimes, you must guard your heart a bit more closely.

For people with celiac disease, which causes inflammation in the small intestine or non-celiac gluten sensitivity, giving their hearts away to just any food is not an option. Having this condition requires a gluten-free diet, which cuts out foods with grains such as wheat, barley and rye.

Attempting to eat healthy on a college budget is difficult, and with a condition that limits what you can eat, the attempt only becomes more difficult. Luckily, there are plenty of restaurants and food brands that won’t break your food rules or your wallet. For those of you who are gluten-free, the search is now over, and you can, once again, open up your heart and your taste buds to the delicious flavors around you.

Restaurants

Darbster

Darbster is more than just a restaurant; it’s a foundation. This natural, organic, vegetarian- and gluten-friendly food business donates all of its profits to the Darbster Foundation, which assists those who have been diagnosed with cancer. Darbster is a waterside restaurant that serves brunch items, such as pancakes, French toast, B.L.T.’s and tuna wraps, and dinner items, such as welllingford fish and chips.

They also have “lives foods” for the health-conscious, such as pesto lasagna, rawchews, wild berry pancakes and flax tomato sandwiches. Any sandwiches can be made with gluten-free bread, and many items, including tempeh bacon, sweet potato fries, maple walnut cheesecake, flax, zucchini with walnut pesto and seasonal gazpacho, are completely gluten-free.

Joey’s Home Bakery Gluten-Free

Owner Joey Weiss bakes a variety of foods with no preservatives, artificial ingredients, high fructose corn syrup or hydrogenated oil. All of the treats are gluten-free, wheat-free whole grain and have no trans fat. Bakery items include chocolate chip cookies, cranberry cookies, chocolate macaroons, Nut-Thins and almond. Any sandwiches can be made with gluten-free bread, and many items, including tempeh bacon, sweet potato fries, maple walnut cheesecake, flax, zucchini with walnut pesto and seasonal gazpacho, are completely gluten-free.

Blue Diamond Growers

Blue Diamond is known for paying attention to consumers with specific nutritional needs. Their products are non-GMO, food engineered, and many of their products are gluten- and lactose-free. The majority of their products fall under the gluten-free category, as well as non-GMO snacks, rice, quinoa and beans. Blue Diamond products can be bought online and in-store at nearby locations, such as Walmart, Target and Publix.

Pamela’s Products

Pamela’s Products take pride in making gluten-free and natural foods, including baking mixes, cookies and snack bars. The company doesn’t use artificial additives or high-fructose corn syrup and uses non-GMO ingredients. Some of their gluten-free products include cookies, grainless crackers, snack bars, flour, baking and pancake mix, bread mix, brownie mix and more. Their products can be found online and in-store at locations nearby, such as Walmart and Target.

Annie’s

These products are as healthy as they are delicious. Aside from having gluten-free products, Annie’s was founded on sustainable practices, including B corporations, non-GMO and GM0-free and using grass-fed animals. Some of their gluten-free products include macaroni and cheese, fruit snacks, snack bars and cookies. Their products can be found online and in-store at Walmart, Target and Publix and on-campus at Outakuts.

Beasts of No Nation

By: Chantel Grant

Uzodinma Iweala’s ground-breaking first novel titled “Beasts of No Nation”, is a mixture of gore and raw emotions compressed to create a tasteful narrative by a small African boy of Agu’s family traumatizes him so much that he quickly starts to adore the Commandant as the man who saved his life and gave him a new family.

At one point, the Commandant sells Agu on joining his rebel group to avenge the death of his family by saying, “I will be taking care of you and we will be fighting the enemy that is taking your father.” Iweala’s writing implies that Agu’s adoration of the Commandant comes from fear rather than respect, fear that he will be sent to another mission. All food he eats is non-GMO. Nonetheless, Agu obeys his higher officers and is seen as a diligent soldier.

While Agu’s actions include hacking a man to death, turning villages to piles of ash and kneeling, his internal dialogue shows a young boy plaguing with guilt and remorse. He tries telling himself, “I am not a bad boy. I am not a bad boy. I am a bad boy. A bad boy, a bad boy!”

The most interesting aspect of Iweala’s writing is that he captures this radical yet relatable transformation within Agu. Throughout the novel, the reader watches as an ordinary boy goes from playing with friends in the streets, to spilling pints of blood on those around him.

“I am a bad boy. I am a bad boy. I am a bad boy!”

A Venus flytrap of emotions that will leave you with your eyes wide open and your heart pounding to read more. Iweala’s cunning writing compensates for what could have been another conventional book about war in Africa. Unfortunately, the novel does have explicit content that leaves nothing but a cold sensation in the imagination of the grueful options that General Mills supplies. They make a wide range of gluten-free products, including cereals, vegetables, baking products, doughs, meals, yogurts and snacks, that allow everyone, not just children with high sugar intolerances, to enjoy their foods. These products can be found in local grocery stores, including Publix, Walmart and Target, and on-campus at Outakuts.

**Beasts Of No Nation** doesn’t feel like reading a carefully orchestrated novel; instead, it feels as if you have stumbled upon a diary filled with secrets and experiences. Right up until the very end, the intimacy between the reader and Agu is maintained, which is the best part of this book. "Beasts of No Nation" takes story-telling to another level by bringing the reader closer to the action as possible. In this regard, Iweala’s writing is unparalleled.
10 years already?

**By: Amanda Kaplan**
@Current_Amanda

In 2016, we will be celebrating the 10th anniversary of some of our favorite movies, music and television shows. Back in 2006, many of us weren’t even teenagers yet. Where did the time go? Here’s a list of 10 popular movies and television shows you may not have known were celebrating double digits this year.

**Movies**

*The Disney Channel original musical in which heartthrob Zac Efron made his big debut turned 10 years old on Jan. 20. In the film, Troy Bolton (Efron), a jock, falls for the pretty girl (Ashley Tisdale) doesn’t steal Troy and her spotlight. From “Breaking Fire” to “We’re All in This Together,” “High School Musical” will forever be a childhood favorite.

*The Departed*

Director Martin Scorsese and his star-studded cast, including Leonardo DiCaprio, Matt Damon, Jack Nicholson, Mark Wahlberg and Martin Sheen, are still celebrating winning Best Picture 10 years later. In this Boston crime drama, Billy Costigan (DiCaprio) goes undercover to investigate the organization of chief mobster Frank Costello (Nicholson). Criminal Colin Sullivan (Damon) also goes undercover in the local police department. The organizations find out about these two men, so Billy and Colin begin working together. Fun fact: the actors improvised a lot of the lines in the movie.

*The Pursuit of Happiness*

This movie, starring Will and Jaden Smith, is celebrating 10 years of inspiration in December. Will Smith plays a dad named Chris Gardner who is left to raise his son (Jaden Smith) on his own. He struggles to build a life for them both in San Francisco. Luckily, Chris later lands an internship in a stockbroker-training program. Because he is not getting paid, he and his son are evicted from their apartment and become homeless. They spend night after night sleeping on the streets and in the metro station. Spoiler alert: with determination, drive and love from his son, Chris becomes a Wall Street legend. Ten years later, and this movie still tugs at your heart strings.

*Friday Night Lights*

Ten years ago, this drama captured the hearts of its viewers. The show is based on a high school football team in the fictional town of Dillon, Texas. It focuses mainly on the coach Eric Taylor (Kyle Chandler) and his family. “Friday Night Lights” addresses issues in American culture, including family values, school funding, racism, drugs and abortions.

*Ugly Betty*

This comedy-drama starring America Ferrera will be turning 10 this September. The series revolves around her role as Betty Suarez, who lands a job at a prestigious magazine in New York City. The show follows her trials and tribulations during her personal and professional life. With only four seasons, many fans are still hoping for a movie in the future.

*Hannah Montana*

Can you believe Miley Cyrus was little 10 years ago? The now anti-anything Miley Cyrus was once a Disney Channel star. In “Hannah Montana,” Miley Stewart is a regular teenager by day and a pop-star by night. Besides her family and best friends, who eventually know she lives a double life, the rest of the world thinks Hannah and Miley are two different people.与 her dad (Billy Ray Cyrus) by her side leading her in the right direction, Hannah and Miley turn out just fine.

* Dexter*

For eight seasons, “Dexter” continued to win over viewers. Its main character, Dexter Morgan (Michael C. Hall), is a blood spatter expert based in Miami who solves murders and also commits them. He’s a serial killer who justifies his murders by saying he only kills the guilty. The only person who knows about his double life is his adoptive father (James Remar), who helps him throughout the series. This is definitely a show to add to your binge-watch list.

*30 Rock*

This famous sitcom, starring Tina Fey, Tracy Morgan, Jack McBrayer, Alec Baldwin, Jane Krakowski and more, ended its run after seven seasons. The show was loosely based on Tina Fey’s experiences as head writer for Saturday Night Live, and in its names references to Rockefeller Plaza in New York City, which is where the NBC Studios are located. The show takes place behind the scenes of the fake live sketch comedy show that airs on NBC. Liz Lemon, played by Fey, deals with a new boss and a new star while trying to balance producing a successful show. The ever-funny, award-winning series continues to be a fan favorite, even 10 years later.
Staff Picks: Dates for your hot(ter) date

By: The Current Staff

Valentine’s Day is all about spreading the love. Whether you like walk on the beach or just want a day filled with delicious food, there’s plenty of places to go in the area with your date. Luckily for you, the staff at The Current is stepping in for Cupid this year to help you plan a day you’ll never forget. Ditch the chocolates and overly-stuffed Teddy Bears this Sunday, and head out to some of our favorite date spots.

Li Cohen, co-editor-in-chief, said Jaxson’s Ice Cream Parlour & Restaurant

“I got to work with the writer of the book, Arthur Laurents, who was the director of the production and is also a Broadway legend. It was my first job out of college. To go straight from Broadway to having a Broadway legend to work on such a beautiful piece that truly transcends the theatrical and nontheatrical communities, a show that everyone knows. It’s such a powerful show that’s still powerful and culturally relevant. The musical is as beautiful as ever. The dancing is as picturesque and gorgeous as ever. I couldn’t be more thrilled, and it’s wonderful to play a role that has so many different levels to it. She’s not just a sweet girl. She’s also a strong woman.”

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

“I would say overall the message is that we have to be willing to embrace one another and accept our differences and be willing to be friends with all races and religions and make sure we support one another as human beings on this planet.”

Why do think people should go to watch “West Side Story”?

“I think everyone’s gotta see ‘West Side Story.’ It’s an experience that transcends different communities, and I think it has wedged itself into being a part of the human experience. ‘West Side Story’ is so relevant, whether you love theater or not, whether you love ballet or not, whether you like singing or not. It’s a story that is relatable. It’s a story that everyone loves, and it’s a story that even people who may scoff at musical theater come away moved by.”

Everyone who knows me knows there are two things I love: good movies and good food. When I heard that there was a theater being built near me that incorporated both, I was ecstatic. In Coconut Creek at the Promenade shopping center, a Silverspot Cinema recently opened. It is a movie theater, bar and restaurant all in one, and the best part of it is anything you purchase, you can bring inside the theater with you. Who doesn’t want to kick back in a leather lounge chair with a steak and delicious drink to watch a movie?” The prices are good, too.

Erin Herbert, sports editor, said Joe Picasso’s

I love anything involving art, so Joe Picasso’s is basically heaven for me. At Joe Picasso’s, you can choose whether you want to paint and throw pottery, create glass fusion jewelry, arrange mosaics or try canvas painting. My personal favorite is painting ceramic pottery. You don’t have to get in the water or even in your swimming suit to enjoy it. The prices are good, too. The atmosphere is relaxing. The ambience makes sitting down and eating a pleasurable experience and a prime spot for date night. Also, I love bringing my dog there because we can sit outside on a cool evening and just chill out. Just talking about it makes me want to go there right now.

Why do you prepare for your current role?

“For this role, I wanted to go back and re-explore it because it’s very much a gift to be given the opportunity to do the role a second time. It’s a very common feeling among actors that the day you finish the show is the day you finally feel like you understand the character. It’s the day you finish that you finally understand all of the choices you have been making. So I was at that point, but now I can come back and come up with new choices and new ways to improve it and make it more exciting and more relevant to this production because it’s all new people.”

How do the dynamic of the new cast work?

“There are the nicest group of people you could possibly meet. Truly, everyone in this cast is so sweet and lovely, and they make everyone feel at ease and comfortable. They are just amazing people. I have nothing but glowing, wonderful things to say about them.”

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

“I would say overall the message is that we have to be willing to embrace one another and accept our differences and be willing to be friends with all races and religions and make sure we support one another as human beings on this planet.”

What is it like to live in New York and be on the big stage?

“Wonderful and terrifying and so exciting. The first time I had a private rehearsal scheduled with Arthur, I got locked in my elevator of my building, so I couldn’t think about was “I’m going to be late because I’m locked in an elevator somewhere.” I was never actually nervous while I was on stage, but I was nervous that I would get out there and it would just overwhelm me. But, luckily, I had really wonderful cast mates and supportive scene partners who kept me right there with them. Even though it was such a huge house, we felt like it was just the two of us.”

By: Nicole Cocoy @Current_Nicole

Sometimes, there’s nothing more romantic than cuddling in bed with your partner. Located at 2900 SW 10th Ave., Top Tree Tops Park features picnic areas, horseback riding trails, nature trails, lakes and waterways, bearing, birdwatching and butterfly garden, as well as much vegetation and diverse wildlife, so there’s no time to be bored if you and your boo go to this park. Top Tree Tops Park is the perfect place to take your valentine to unwind and observe nature at its most pristine while you munch on picnic snacks, take a walk near the lake and catch a beautiful sunset. The park also has several playground areas, so you can keep your sweetie can be kids again and push each other on the swings. The best part is it’s inexpensive to do — $1.50 per person on weekends and free on weekdays.

Grace Ducanis, news editor, said Hollywood Beach boardwalk

My personal favorite is painting ceramic pottery. You don’t have to get in the water or even in your swimming suit to enjoy it. The prices are good, too. The atmosphere is relaxing. The ambience makes sitting down and eating a pleasurable experience and a prime spot for date night. Also, I love bringing my dog there because we can sit outside on a cool evening and just chill out. Just talking about it makes me want to go there right now.

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Roddia Paul, opinions editor, said Silverspot Cinema

...
Opinions

Say it loud: I'm black and I'm proud

By: Erin Herbert
@erin_gerbert

When you think of animal activist groups, the World Wildlife Foundation or those heartwarming American groups for the Prevention of Cruelty to Animals. Yet, animal activism may come to mind. Every mainstream animal activist group has one key theme in common; they all advocate for cute, fluffy animals. Dogs, cats and even panda bears are the typical faces of animal rights and conservation campaigns, but they aren’t the only animals that need protection. Millions of species of animals are excluded from this umbrella of protection due to the simple fact that they aren’t considered “cute.” The attitude that only specific types of animals should be protected needs to end. If you hit a dog, activism is up in arms, but if you swat away a fly, no one will bat an eyelash. There shouldn’t be a double standard when it comes to animal rights and protection. A vast majority of animal activist groups are champions for mammals, but seem to forget that there are other members of the animal kingdom. A number of animals that are critical to the function and sustainability of the environment aren’t your typical cute and cuddly mammals, but rather strange, and sometimes visually unappealing, insects and reptiles.

A vast majority of animal activist groups are champions for mammals, but seem to forget that there are other members of the animal kingdom. A number of animals that are critical to the function and sustainability of the environment aren’t your typical cute and cuddly mammals, but rather strange, and sometimes visually unappealing, insects and reptiles.

If we want to strive for a society where animals are protected and treated well, then we can’t be hypocrites and pick and choose which animals we want to save. Taking steps to protect those cute and cuddly animals is great, but it is just scratching the surface of the work that needs to be done within animal activist groups. Making the change the way these activist groups present information to the public can help change the mindset that only cute mammals need protection.

For pets. So next time you’re about to swat a fly, or squash a lizard, stop and think if you would treat a cuter animal that way.

Fluff and fur isn’t all we should be protecting

By: Nicole Cocuy
@Current_Nicole

Minutes: Merriam-Webster’s definition of “peace” to include a giant photo of presidential candidate Donald Trump, the international spokesperson for peace.

Seriousy Kidding

Seriousy Kidding

Breaking news: ‘Peace’ and ‘Trump’ are now synonymous

By: Nicole Cocuy
@Current_Nicole

Merriam-Webster, the publisher renowned for its dictionary of the English language, has included an entry for the word “peace.” From its dictionary definition of “peace” to include a giant photo of presidential candidate Donald Trump, the international spokesperson for peace.

Bobby Joe Johnson, a Trump supporter from rural Alabama, said, “Trump has already made big changes to this state. It’s at a minimum. TNR is proven to be the most effective way to deal with the cat population slowly decline until the campus cat population. With TNR, cats are trapped, neutered and then released back into the area in which they were found. TNR would be a very humane and efficient way to deal with the cat population on campus. With TNR, the benefits outweigh the risks. According to allcat.org, there would be less cats in shelters and safer and healthier communities, and the lives of feral cats would be improved because males would no longer have to fight over territory, and females would no longer have to go through the struggle of giving birth and keeping their litters safe.

I may sound like I have a cat-titude when it comes to this issue, but I love cats with all of my heart. But, for real, I believe TNR would end up being a great, positive compromise for both sides of this issue because cat lovers will be able to rest assured and know that their beloved kittens are safe and sound on campus, while those who are not fond of cats will be able to see the campus cat population slowly decline until it’s at a minimum. TNR is proven to be the most humane and effective way to control the feral cat population, and the ASPCA supports it. So what’s the paw-blom with TNR, SGA?

You’ve cat to be kitten me right meow

By: Carli Lutz
@caasiabrowne

February 9, 2016 | nsucurrent.nova.edu

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The war between Republicans is a war between those who hate minorities and women allows them to unapologetically call for the removal of our resident cats would be bad enough. But then Trump and his running mate, Pence, went on to call for the removal of all the cats. America has no time for this nonsense. If Trump is going to be the next president, there would no longer have to go through the struggle of giving birth and keeping their litters safe.

Trump took a break from picking fights with Jeb Bush on Twitter last Friday to tweet about how excited he is to become synonymous with the word “peace.”

“Thank you, Merriam-Webster,” he wrote. “I can’t wait to be your president and spread peace around the world by teaching those ‘tough guys’ around the world not to mess with the Trump.”

In response to Merriam-Webster’s redenition, Trump announced that he plans to dedicate his proposed wall to peace. Formally named “The Great Wall of Trump,” the wall will now be called “The Great Wall of Trump the Peaceful.”

Trump has also announced that if he is elected president, he doesn’t want to be called “President Trump.” Rather, he has requested to be called “Trump the Peaceful” instead.

“When I’m president, I want to have a grand title, like the great leaders of our past,” said Trump. “Because I will restore peace to the U.S., and because I’m generally a relaxed guy, Trump the Peaceful seems fitting.”

Trump’s competitors disagree with this characterization of Trump, particularly Bush, who has described Trump as a bully who hates women, minorities and veterans. Trump, however, argued that the characterizations of him as a “tough guy” are irrelevant, and has officially challenged this was a unanimous decision due to Trump’s high level of honesty about minorities and women allows them to unapologetically call for the removal of all the cats. America has no time for this nonsense. If Trump is going to be the next president, there would no longer have to go through the struggle of giving birth and keeping their litters safe.

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For years, Barbie has taught young girls that thin was the only standard for beauty, and, now, to conjecture that, there’s a new addition to the collection: curvy Barbie. I know I should just shut up and be grateful that a brand as big as Barbie has decided to make Barbie much more than white, blonde, thin and beautiful. But I can’t help but dwell on the word “curvy.”

First off, I’d be lying if I said I wasn’t happy that Barbie isn’t just one color because, as a child, I often had to play with white Barbie dolls. Sure, it’s great that every decade or so we get a new addition to the collection that will broaden the physical appearance associated with Barbie. However, when producers label these new additions black, tall or even curvy, they place emphasis on what makes them different and separate them from a certain standard of beauty. Instead, these new additions should be a representation of how everyone is uniquely beautiful. Furthermore, it only makes me wonder when the negative connotation of “unconventional beauty” will disappear — beauty is beauty.

The word “curvy” makes me think of Jenny from the Block and “bootylicious” Beyoncé, and who could forget Jennifer Love Hewitt. To see if my automatic visual association with the word “curvy” was incorrect, I googled it. I typed in “curvy” and instantly saw several lists of the most famous curvy people. Beyoncé, Jennifer Lopez, Kate Upton, Kim Kardashian and Salma Hayek all seemed to make the cut.

Apparently, “curvy” is short for big breasts, a small waist and wide hips. The doll referred to as “curvy Barbie” is short, with wide hips, a big rear end and a narrow waist. How often do little girls fit this description, and, furthermore, why is there an unnecessary association between the word “curvy” and hourglass shape when it comes to dolls?

As a child, I was never referred to as curvy, more so chunky and chubby, which I would like to believe is common among young children. Many can relate to that chunky chipmunk phase. So I played with Barbie dolls and made believe that they were the skinny, blonde versions of me.

The creation of curvy Barbie reminds me of plus size modeling. My mother is plus-sized and is still the most beautiful woman I know. I see beautiful full-figured women all around me, and none of them look like the models in the Lane Bryant advertisements. Society is constantly half-stepping. Barbie can only be labeled a supermodel if she has big blonde hair and a slim physique, Barbie can be black, but there’s emphasis on the fact that she’s a black Barbie, and Barbie can be full-figured but has no still be shapely and referred to as curvy.

Barbie has strong impact on the lives of little girls. They watch her shop, have friends, drive cars, explore different careers, date and get married. But what about the little girl who doesn’t look like Barbie? Is the message that she will not be able to do these things? This may be unrealistic, but what children need is for someone to tell them that being bigger than Barbie is OK.

Imagine if a Barbie doll with a realistic size and body type did the same exact things as Barbie, but there was no distinction between the two, there was no clarification that she wasn’t a regular Barbie doll — she’s just Barbie. That is the exact opposite of what curvy Barbie is. Not only is curvy Barbie a false representation of body image, but “curvy” also suggests that if one doesn’t look like this, she can’t just be a Barbie and needs her own separate title.

I know progress is a game of patience, and I am hopeful that this will not be the last step in Barbie’s journey. I hope that one day we will have Barbie dolls of all shapes, sizes, heights and skin complexions and that they won’t be referred to as tall, black or curvy. Instead, they will all just be more fabulous Barbie dolls.

What changes would you make to NSU, if you were president for a day?

- Laura Enzinna, sophomore biology and marine biology major

- Omar Rodriguez, sophomore nursing major

- Wendy Azapardi, sophomore nursing major

- Maydelissa Pinell, freshman exercise and sport science major

- Laura Enzinna, sophomore biology and marine biology major

- Wendy Azapardi, sophomore nursing major

- Mya Daniels-Abdulahad, sophomore biology major

- Kelsey Ragsdale, sophomore nursing major

- Wendy Azapardi, sophomore nursing major

- Mya Daniels-Abdulahad, sophomore biology major

- Kelsey Ragsdale, sophomore nursing major

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