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The Current

The Student-Run Newspaper of Nova Southeastern University

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Orientation Issue

Welcomes, New Sharks!

A SPECIAL ISSUE FULL OF STORIES FROM THE PAST YEAR ALONG WITH A PULL-OUT SECTION TO HELP NEW SHARKS NAVIGATE NSU.



NSU brings academic hospital and emergency room to campus

By: Li Cohen
@Current_Yakira

Not only did the Westside Regional Medical Center Outpatient Emergency Department in the University Park Plaza open last May, but, in April, a Florida administrative law judge also issued a Recommended Order to approve the certificate of need for an academic hospital.

The emergency room, a 12,700-square-foot facility, is accessible 24/7. It includes 16 private treatment rooms, one designated trauma room, a full-service laboratory, a pharmacy, advanced imaging equipment, and emergency transportation for incidents within a five-mile radius. The Agency for Health Care Administration invested approximately \$20 million in the emergency room's construction.

NSU President George Hanbury II said that the emergency room provides numerous benefits for students. These benefits include clinical rotation opportunities for Health Professions Division students, emergency convenience, and an open medical facility when NSU clinics are closed.

While the emergency room is a great addition to the NSU community, Hanbury said there's still plenty of room for expansion.

"The biggest benefit of the emergency room is what's going to come along later, and that is going to be the hospital," he said. "That will help to facilitate the construction of a hotel conference center for our students' use. It'll be



PRINTED WITH PERMISSION FROM J. KATZMAN
The Westside Regional Medical Center Outpatient Emergency Department at the University Park Plaza is open 24/7.

a great area for graduate and undergraduate students."

Though the hospital, which will replace Plantation General Hospital, still needs final approval from Florida's Agency for Health Care Administration, it is expected that the hospital will open by 2020. If approved, HCA will invest over \$400 million in the hospital, which will be built around the Westside Regional Medical Center's free-standing emergency room and serve as the center of the NSU Academical

Village.

Hanbury said that undergraduate and graduate students from multiple disciplines, including the healthcare sciences, psychology and business, will have an opportunity to get experience with their programs at the new facility and that the construction of the hospital is a milestone for NSU to become recognized as a premium, not-for-profit university.

"As time goes by, NSU will evolve like universities such as Tufts or Boston University

and will reach a destination teaching-research university distinction," he said. "That won't be next week, next year or even by 2020, but you have to start somewhere. I commend HCA for sticking with us and persevering. This will be transformational for the university and all of our students."

Unlike Plantation General, which only focused on traditional health services, the new hospital would also focus on technology and treatment, as well as research, clinical trials, and education for NSU students.

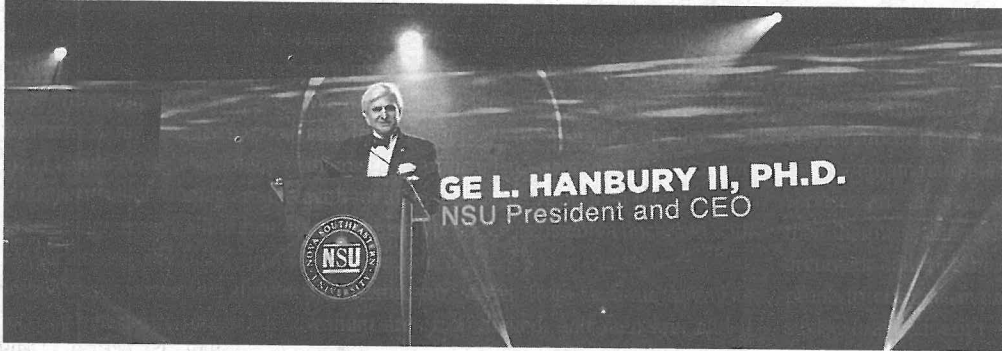
In the 77-page Recommended Order, Judge W. David Watkins wrote that part of the reasoning for his decision was that Plantation General Hospital is outdated, according to Tampa Bay Business Journal.

"The modern amenities of PGH's new hospital will significantly enhance the availability and quality of services when compared to its current facility," he wrote. "PGH will be able to offer more specialty services within its current service lines, and the relationship with NSU will attract quality healthcare providers to the area."

While Health Professions Division students are currently able to practice their clinical rotations at the emergency room, the hospital will allow them to spend more time

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

By: Grace Ducanis
@GraceDucanis



Hanbury celebrates NSU and the community at the annual event.

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President Hanbury recognized the Miniaci family for excellence in community service and highlighted NSU's fundraising campaign at the 18th annual Celebration of Excellence on Jan. 30.

The Celebration of Excellence is an event hosted by Hanbury to showcase NSU's achievements and future vision.

Through the fundraising 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, [and it's] 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 the areas of cultivating tomorrow's great 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 he, Rose, Dominick, Meike and Beatriz Miniaci were honored to be recognized.

"We don't look for recognition, but it's nice to be recognized, and we're all humbled by it," he said.

The Miniaci family's contributions helped create the Rose and Alfred Miniaci Performing Arts Center, 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 his family wants students to realize their potential.

"We want our contributions to help the students to recognize their highest potential — to provide opportunities for young people who can't afford college or have to leave college with student debt," he said.

The Miniaci family hopes to promote values of giving, sharing and gratitude. Albert 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.

Albert Miniaci said that part of the purpose of the Celebration of Excellence is to inspire others to support the university.

"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," he said.

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

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EMERGENCY ROOM from 1

with physicians and get more practice in various specialties. If the hospital is built, it will be the second teaching hospital in Florida — the first is at the University of Florida.

According to a press release issued by NSU, 200 of the 264 licensed beds from Plantation General, an HCA East Florida hospital, will be relocated to the new facility, and, while the new hospital is under construction, Plantation General will continue to offer its services. After the new hospital is completed, Plantation General will solely offer emergency care at its current location.

In the press release, Hanbury said the relocation of the hospital will provide easy access and far-reaching benefits for the community.

"Our faculty members and students are already making breakthroughs in cell therapy, pharmaceuticals and the hi-tech/biotech areas," he said. "Bringing this healthcare hub to our campus will provide the resource that leads to

clinical trials to benefit our community and all of humankind."

Businesses and services at the University Park Plaza will be temporarily relocated during construction, and only some will remain in their original locations as part of the Academical Village. The village, a \$500 million project, will transform the plaza into a 30-acre high-tech research and office area, featuring the hospital and emergency room, as well as a hotel and conference center.

The plan for the hospital was announced in October 2013, but the hospital faced opposition from Memorial Healthcare System and Cleveland Clinic Hospital, which have facilities in Pembroke Pines and Weston, respectively, delaying construction. The mayor of Plantation has also made statements against the relocation, saying that the move will be disadvantageous to Plantation's General patients, as 30 percent of them reside in the area surrounding the hospital,

according to earlier reports by The Current.

Hanbury said that a hospital is like a small city within itself.

"It can be a wonderful opportunity for undergraduate and graduate professional students to understand how theory and practice come together," Hanbury said. "It is my intention and effort to not only build a community hospital, which is what the Agency for Health Care Administration would build first, but to also build a major teaching hospital for all of South Florida."

No plans for the University Park Plaza have been finalized. NSU will wait until the hospital is approved and for a hotel to express significant interest before proceeding.

THIS ARTICLE HAS BEEN UPDATED SINCE THE ORIGINAL PUBLICATION OF "NSU OPENS EMERGENCY ROOM," ON AUG. 25, 2015, AND "CAMPUS HOSPITAL APPROVED BY STATE JUDGE," ON APRIL 12

NSU ranks high in undergraduate student earnings

By: **Grace Ducanis**

@GraceDucanis

According to studies by the Economist and the Brookings Institute published in October 2015, NSU ranked among the top 25 percent for undergraduate student earnings 10 years after enrollment.

Both studies used data from the U.S. Department of Education's College Scorecard, which published demographic and earnings information about students based on information submitted on financial aid applications and on tax returns.

In both studies, the financial advantages of attending a particular university were calculated by comparing the gap between how much money students earn to the money they could have made if they had studied at a different school.

NSU scored in the 77th percentile in the

Economist study and in the 76th percentile in the Brookings study.

In an article on the studies by Kristel Tiwari published in SharkFins, President Hanbury said, "Our priority at NSU is preparing our students for success in their chosen career fields. The fact that NSU graduates are earning more than three quarters of their peers from other colleges is a testament that our faculty members, researchers and other support staff are focused on helping our students realize their potential."

The Economist found that NSU students earn \$2,261 more per year than expected. The expected earnings for a student attending NSU 10 years after enrollment are \$44,239, and the median actual earnings are \$46,500.

The Brookings study predicted that earnings for NSU students 10 years after

enrollment would be \$42,828, and the actual median earnings are \$48,939. In the Brookings study, NSU students earned an estimated \$6,111 more than expected.

The Economist determined its ranking of schools by first determining how much money a student could expect to make after graduating, which they calculated based on SAT scores, ethnicity, gender, the size of the college, whether the college was public or private, and the major of a student. They compared that number to the amount of money that students actually make. The study included 1,275 four-year colleges.

Brookings' method for determining rankings was similar but gave more weight to different variables. Brookings found that curriculum value, the share of graduates in STEM occupations, high completion rates, and

high faculty salaries are all associated with high student earnings. The study included 1,666 four-year colleges.

In the Economist study, NSU ranked higher than Florida Atlantic University, Florida State University, the University of Central Florida and the University of Florida. In the Brookings study, NSU ranked higher than all of the previously mentioned universities, with the exception of the University of Florida.

Both the Economist and Brookings admitted that the studies are likely limited in some way.

"No ranking system is perfect," said Brookings.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 19.

Biology students take part in international initiative

By: **Li Cohen**

@Current_Yakira

As part of the Small World Initiative international research project to discover new antibiotics, NSU students worked with biology professors Aarti Raja and Julie Torruellas Garcia to discover and research new strains of bacteria with antibacterial properties.

The Small World Initiative originated at Yale University in 2012 and, according to their website, aims "to encourage students to pursue careers in science through real-world applicable laboratory and field research in introductory courses," as well as to educate students on the lack of effective antibiotics. More than 100 schools of higher education throughout the world undertook the project.

Raja, an assistant professor at the Halmos College of Natural Sciences and Oceanography, said that the purpose of the initiative was to come up with a program in which undergraduate students could be involved in research and to address the global concern of limited antibiotics.

"Since we don't have a lot of antibiotics out there, one of the things that they thought of was, 'Well, we need to go find more antibiotics,'" she said. "As luck would have it, the majority of the antibiotics out there — I think about two-thirds of the antibiotics we have out there today — are made by microorganisms that are found in the soil."

The initiative is an ongoing project, but as part of Raja and Garcia's classes, which Raja brought to campus in 2014, students were only required to take part in the project for the semester in which they were enrolled. Students collected soil samples from various areas in South Florida, analyzed the soil for microorganisms in the lab, and then grew bacteria in the lab to discover whether it had antibacterial characteristics.

Each student kept a lab report explaining their methods, research and findings and submitted it at the end of the course. Raja offered students who discovered a new microorganism or wanted to continue research the opportunity to do so as part of an independent study.

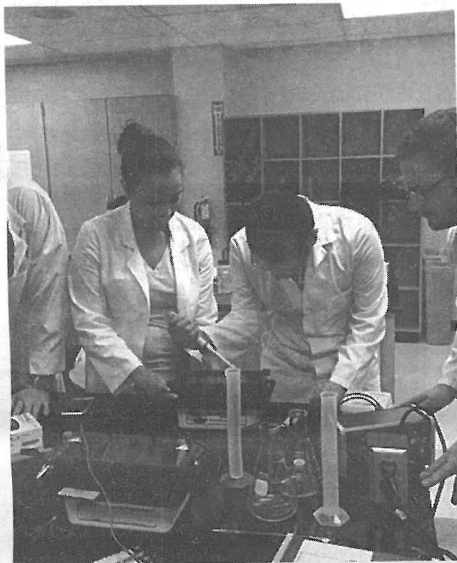
Frank Hifferman, now an NSU alum, said, "A lot of modern medicines and phenomena that we have today are naturally based, and now we have the chance to kind of see them as we go."

Morgan Quarles, senior biology major, took Raja's microbiology class and located seven bacteria with antibacterial properties.

"I could have potentially discovered a new antibiotic that can be used to help a lot of people fight off different bacterial infections," she said. "It's really awesome."

Raja said that not every undergraduate has the opportunity to engage in research.

"With this kind of a project, you get the feel for research because you get to start working on something on day one in the classroom," Raja said. "We don't want students to memorize



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Students research bacteria as part of international effort.

a bunch of things; we want them to put it into practice. Once it's put into practice, it sinks in more, and they understand better."

Ezana Assefa, senior biology major, said that one of the most important things he's taken away from the project is understanding how science can be broken down and applied on students' levels.

"A lot of labs are already ordered, and everything is textual with the same results over and over again," he said. "With this project, it took a completely different spin and made it an actual experiment that each student was able to make their own. Not even the professor knows what to expect, and that gives it a much more experimental feel."

Raja applied to take part in the initiative and underwent training in summer 2014. She said she hopes to offer the opportunity to more students in the future and implement the project in the curriculum of all biology I courses on campus, but she wanted to see how positive her students' reactions were first.

"It gives a real-world application to what you learn in the classroom," she said. "We may be down here in South Florida in a small area, but now we are partnering with people from all over the world, and that's pretty cool."

Haldon Marmolejos, senior biology student, said that with bacteria continuously evolving, it's important to find new strains that can prove to be helpful for treating various infections.

"It's amazing to be part of a team that can help future generations with medications, finding diseases and finding something that can change the world," he said.

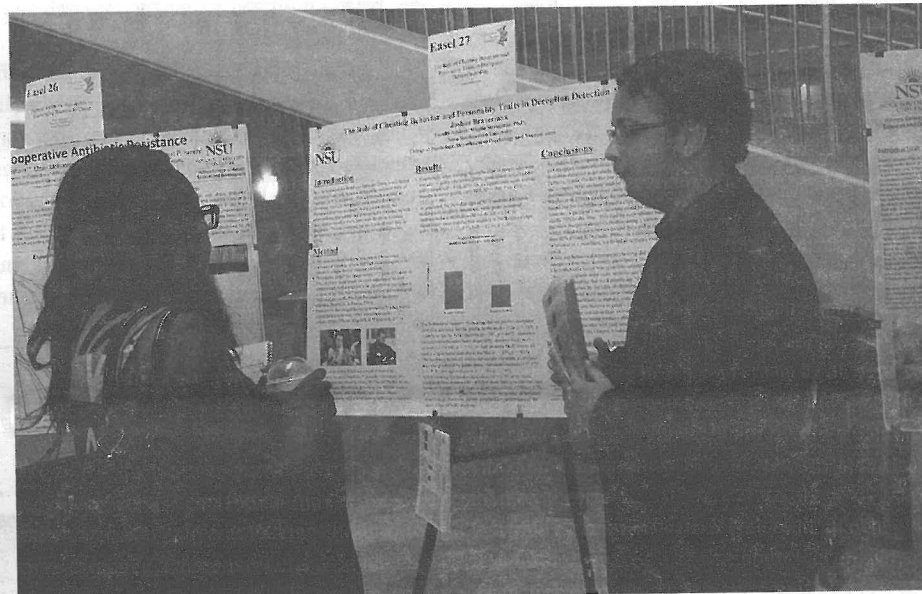
For more information about the initiative, visit smallworldinitiative.org.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON NOV. 17, 2015

Students showcase projects at Undergraduate Student Symposium

By: **Grace Ducanis**

@GraceDucanis



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Joshua Braverman presented his research, "The Role of Cheating Behavior and Personality Traits in Deception Detection Ability," at the symposium.

Undergraduate students of all disciplines submitted applications for inclusion in the 15th annual Undergraduate Student Symposium, which was held on April 8.

The Farquhar Honors College hosted the symposium, which is a showcase of undergraduate students' work through poster displays and oral and film presentations. All participants in the symposium must secure a faculty sponsor. The Undergraduate Student Symposium is a competitive event, culminating in an award ceremony. NSU faculty serve as judges.

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

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

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

"I know, and many faculty know, that there are many fantastic things that are going on at NSU that can't happen at many other large, prestigious universities," said Rosenblum. "This is a way of showing off our unique qualities — the time and attention that students get from their faculty and the opportunity to participate in research endeavors."

Marisa Oleski, senior biology major, won first place for poster presentations in the 2015 symposium. Her project was an extension of a paper she wrote for a composition class. She researched 30 viral videos, analyzing their

contents to discover what elements she could find in viral videos that weren't present in other videos. She found that the most common similarity among them was the use of irony, followed by original content.

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

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

Puja Patel, now an NSU alumna, collaborated with other students to study the effect that agonism of specific receptors had on human neural stem cells. The team received an honorable mention for poster presentations.

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

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

Patel enjoyed seeing the presentations from students in other disciplines.

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

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

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

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 19.

NSU forms international collaboration within Center for Collaborative Research

By: Grace Ducanis and Li Cohen

As part of the newly constructed Center for Collaborative Research, which will officially open in September, NSU will also open the Cell Therapy Institute for cell-based biomedical research in collaboration with Sweden's Karolinska Institutet, a university that has conducted over 40 percent of academic medical research in Sweden.

Research programs at the new institute will focus on cancer, cardiovascular disease, and disorders known to cause blindness. To help support the programs, the institute will offer high-quality resources in the areas of genomics, cell therapies, and flow cytometry.

Gary Margules, vice president for the Office of Research and Technology Transfer, said that, although no date has been set, the current plan is to hold the ribbon-cutting ceremony for the center in September so that students will be available to participate in the ceremony.

He said that there will be significant opportunities for graduate and undergraduate students to conduct research in the center, beginning in the fall. The different institutes and organizations started moving in on May 1.

Thomas Temple, senior vice president for translational research and economic development and an orthopedic surgeon, is one of the new researchers at the Cell Therapy Institute. He will conduct research on cancer stem cells and bone regeneration alongside Cell Therapy Institute Director Richard Jove, who was previously the director of molecular oncology at the Moffitt Comprehensive Cancer Center and Research Institute.

Temple said that the new group of researchers has a "global flavor" and that

many of the primary researchers are from the Karolinska Institutet.

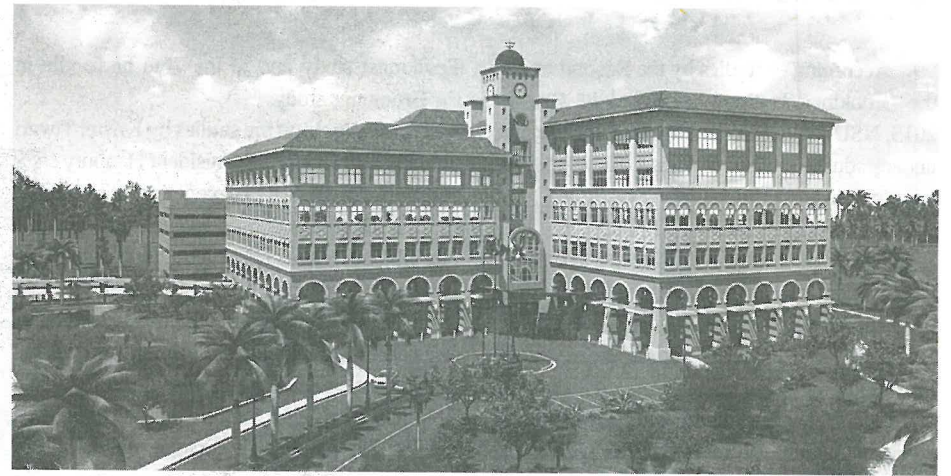
"It's all part of NSU President George Hanbury's vision to create a truly transformative research enterprise at NSU and leading scientific discovery with clinical enterprise — in other words, getting ideas from the bench to the bedside in rapid order," he said.

Aside from the research projects already announced, Temple said the institute is also in the process of forming groups of computational biologists, recruiting more researchers from Europe, working with Professor Stephen O'Brien from the Department of Biological Sciences to set up a genomics group, and collaborating with the Guy Harvey Oceanographic Center to discover drugs that stem from sea life.

"It's really taken off in a major way," Temple said. "Everything is coming together at once. The educational piece is linking to the research piece, which will be linked to the new hospital. It will all be seamless — all these new discoveries will make their way into the hospital and be available to the patients who need them."

Temple said that students must be involved in research at the institute and that he believes the opportunity will attract a lot of students who have a profound interest in research and a scientific background.

"It's all about education and training the scientists for tomorrow," he said. "We really want students to be involved in the laboratory enterprise and in educational processes. Students are the future of scientific endeavor, and if they don't engage, then we're going to have a problem in society. This is really going to raise the bar, as far as sophistication, greater



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CCR will officially open this fall, allowing students to participate in advanced research.

jobs, a sense of purpose, and a sense of pride in the community."

Jove said that students are critical to the center's operations.

"This is an opportunity for students to get involved in world-class research that will make a difference in terms of Gulf War syndrome, cancer therapy, cardiovascular disease, among others," he said. "Advanced students with an interest in getting exposure in a laboratory will be able to do that."

The Center for Collaborative Research is a 215,000-square-foot facility next to the Health Professions Division. It will include wet labs for research; a General Clinical Research Center; the Institute for Neuro-Immune Medicine; the Rumbaugh-Goodwin Institute for Cancer Research; the Emil Buehler Research Center for Engineering, Science and Mathematics; and a private incubator for information security

businesses. According to Margules, the center will be transformational in terms of research capacity.

"Right now, NSU is bursting at the seams," he said. "This new space, plus [NSU's other new projects] and the core facilities that will be new to the university, opens up room for the existing people to blossom and for the new people to have a really nice place to work."

For more information about the Center for Collaborative Research, visit nova.edu/ccr. For more information on the Karolinska Institutet, visit ki.se/en/startpage.

"NSU FORMS INTERNATIONAL COLLABORATION FOR NEW CELL THERAPY INSTITUTE" ORIGINALLY PUBLISHED 1/19/2016

"CCR RECEIVES CERTIFICATE OF OCCUPANCY" ORIGINALLY PUBLISHED 4/19/2016

Shark du Soleil takes over NSU

By: Li Cohen

@Current_Yakira

To celebrate another year at NSU, the Student Events and Activities Board hosted Shark du Soleil during Homecoming Week from Nov. 7 to Nov. 13, 2015.

Homecoming Week is an NSU tradition and weeklong celebration. During this week, the NSU community gathers to celebrate shark pride through activities and the Homecoming volleyball game.

The annual Sallarulo's 5K Race of Champions kicked off Homecoming Week this year. Special Olympics Broward County hosted the race, which was for individuals with disabilities. A carnival with free food and performances followed the race.

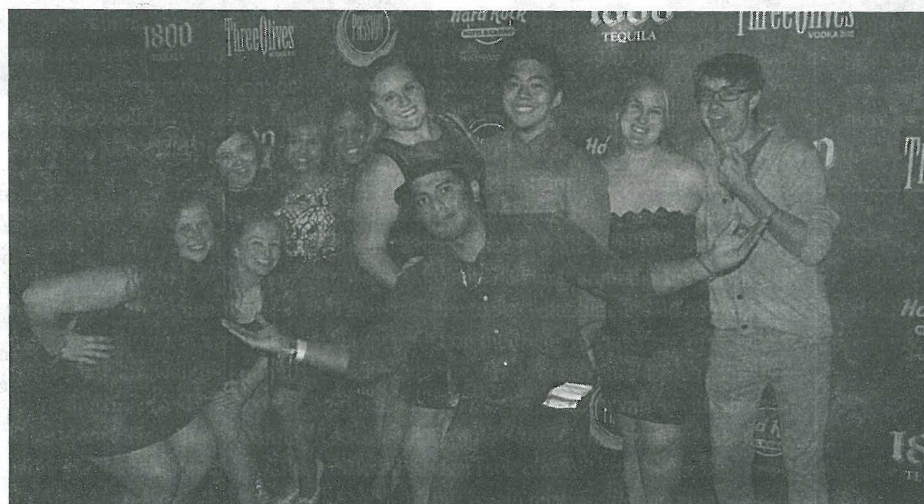
The rest of the week included the annual Flight Deck Follies drag queen show, Shark Race, Greek Knockout, homecoming bash at Passion Night Club, a tailgate for the Homecoming Volleyball game, and a post-Homecoming party at the Flight Deck Pub Backyard.

New to this year's tradition was the Homecoming Yard Show, in which the Unified Greek Council fraternities danced in a yard show. A live DJ performed music, and food trucks were available. The Homecoming Backyard Party was also new to last year's lineup and included live music until midnight.

Parker Sheppard, junior exercise and sport science major, said that Homecoming Week is the time of the academic year when students get to interact with each other the most and that he enjoyed the party at Passion Night Club the most.

"Homecoming is an incredible opportunity to take a step back and truly enjoy yourself at school just before a stressful part of the semester," he said. "It's a time to reconnect with people whom you may have lost touch with and a time to connect with those that you haven't yet."

Student Events and Activities Board Vice President of Traditions Daesha Roberts,



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Students who won the #SharksHC VIP Challenge last year celebrate at Passion Night Club.

senior business administration major, said that Homecoming is for alumni and students to celebrate NSU together and for students to make memories so that they'll want to come back to campus after graduation.

"You're supposed to want to come back to your campus, so that's why it's important — to build the tradition so you can remember those good times in undergrad," Roberts said. "This is your school. You have to make your experience a good experience in college."

The Homecoming Council hosted its #SharksHC VIP Challenge this year through the Goose Chase app. Teams of five to 10 students could download the app and complete a series of challenges until the portal closes. The winning team received a VIP Homecoming experience, including a limo ride to the Homecoming Bash, a complimentary dinner, and a VIP section during the party.

Sierra Herbert, now NSU alumna and previous winner of the #SharksHC VIP Challenge, said the VIP Homecoming experience added a nice touch to her evening.

"It was a gated-off stage up front, and we

had our own bouncers, so we were the only ones allowed to go up there," said Herbert. "There was free food, and we had our own private space to sit down. It was really nice."

Roberts said that students tend to compare the opportunities and events held at NSU to those offered at other colleges and universities, but that students have to realize the importance of making the most out of what's available at NSU.

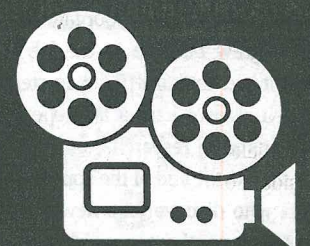
She also said that, statistically, students who are involved on campus get better grades and have a better experience both during and after college.

A study conducted at Purdue University found that students who are involved and active on their college campuses perform better academically than those who only go to classes.

"This is NSU," Roberts said. "This is what we have, and all you can do is come out and try to make the best experience out of it and make it fun. You can't be in your room the whole time and complain."

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON NOV. 3, 2015.

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Jam out with your favorite artists at NSU's annual concert

By: **Li Cohen**

[@Current_Yakira](#)

NSU knows that a major key to making students happy is bringing their favorite musicians to perform on campus.

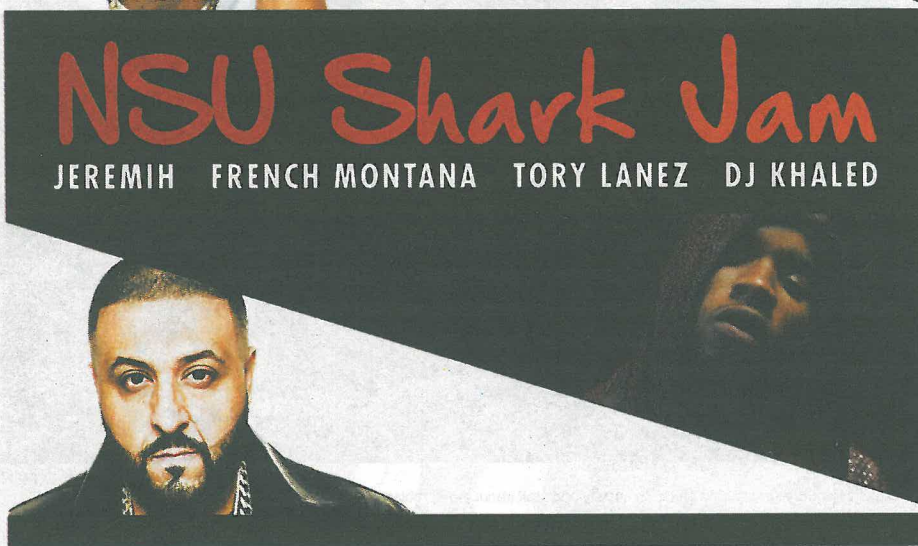
To turn that key into a success, the Office of Student Activities Office of Special Events and Projects brought music artists Jeremih, French Montana, Tory Lanez and DJ Khaled to NSU's annual Shark Jam on March 31 in the Arena at the Don Taft University Center.

Floor seats were \$20 for NSU students, faculty and staff and \$25 for NSU alumni. Assigned seating was \$15 for NSU students, faculty and staff and \$20 for NSU alumni. Tickets were \$35 for all NSU members and their guests on the day of the concert.

NSU students, faculty and staff had to present their Shark Cards to purchase tickets, and they were allowed to purchase up to four tickets per card. Tickets could be given to guests to attend the concert.

The Office of Special Events and Projects decided the artists after surveying students about their preferred artists and genres at events throughout the year, including Sharkapalooza, Homecoming Week and SEA Thursdays.

Lorena Cabrera, graduate assistant for Special Events and Projects, said that last year's show had more performances and offer more diverse talent than in previous years.



NSU brings some of students' favorite artists to campus.

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"We have never hosted a concert with this many artists," Cabrera said. "We are very fortunate to have secured four well-known acts."

Nick Thompson, freshman business administration, said that the concert is too good of an opportunity to pass up.

"It's a great opportunity to spend the night with your friends on campus at an event different from those typically held, like basketball and

volleyball games," he said. "It's too good to pass up."

Sydney Taylor, junior marine biology major, said she was looking forward to last year's concert, but wishes the concert included different performers.

"It's always a fun time," she said. "I just wish, instead of getting four performers, they would have gotten one big performer who is

more popular. I know the performers, but I only know a couple of their songs."

Cabrera hoped students would take advantage of this opportunity.

"We are working really hard to make this an unforgettable experience for students so that events like this can continue to happen in the future," she said. "Plus, how often do you get the chance to see four major artists for less money than you would normally pay to see one [artist]?"

Thompson said he was excited for the concert and that it offers a great deal to students.

"I think it's amazing that NSU is able to get well-known artists like them, artists you would otherwise have to pay a great deal of money to see, to perform here on campus and at an affordable price," he said.

Taylor agreed, despite her music preference.

"It's the best thing that happens on campus in the winter semester," she said. "Honestly, who wouldn't go to a concert for \$15 to see some top artists?"

Students were required to bring their Shark Cards to the event, and guests had to present their IDs. No bags were permitted in the arena.

Tickets were sold at the Arena box office until the day of the show.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON MARCH 29

Community walks overnight to support cancer patients

By: **Grace Ducanis**

[@GraceDucanis](#)

Cancer never sleeps, and neither did those who participated in Relay for Life from 6 p.m. on April 9 to 6 a.m. on April 10.

Relay for Life, an annual 12-hour relay walk to raise money for the American Cancer Society, took place on the Alvin Sherman Library Quad.

The American Cancer Society works with individuals to prevent cancer, identify cancer in its earliest stages, assist cancer patients, research cures, and pass laws to help defeat cancer. Last year, Relay for Life raised over \$30,000 for the society. This year, the student-led Relay for Life committee's goal was \$33,000.

At the event, organizations and individuals formed teams to walk laps around the quad. There were laps specifically for cancer survivors and cancer caregivers and laps with special themes, such as the toga walk, three-legged walk, backwards walk, '80s and '90s hours, silent hour, and glow sticks.

Tori Lynn, Caren, Michael Baez, the Riff Tides, Jamal Bernard, Roy and Laura Phillips, and the Acoustix performed throughout the night and early morning. Organizations and relay teams tabled during the relay, selling different items to raise money for the American Society.

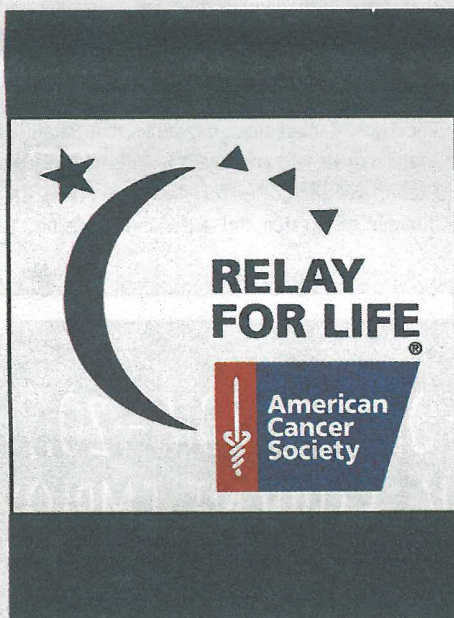
Ujala Ahmed, junior finance major and president of the Relay for Life committee, said that Relay for Life is the biggest undergraduate fundraiser at NSU.

"[Relay for Life] builds a sense of community," she said. "Participating means being an involved citizen — someone who cares about service. It's a great way to give back to the community together with your friends."

Parker Sheppard, sophomore exercise and sports science major and vice president of event coordination for the Relay for Life committee, said that over 35 teams signed up.

"Throughout the year, a lot of people who have and haven't dealt with cancer forget about cancer," he said. "My grandfather passed away from cancer a couple of years ago, but when I think about him, I don't think about the cancer that killed him."

Sheppard said that "Cancer never sleeps" is Relay for Life's slogan.



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To help raise money for cancer patients and their families, NSU hosts the annual Relay for Life.

"Cancer's not stopping anytime soon," he said. "It's growing, and it will keep growing, but Relay for Life raises awareness and supports the cause."

The event included a luminaria ceremony, during which individuals dedicated decorated illuminated bags to honor friends or loved ones whom cancer has affected.

"So many people have been affected by cancer in some way, whether that person has passed away or survived," Sheppard said. "It's a traumatic experience that evokes a lot of emotion in people."

Ahmed said that the money raised through Relay for Life doesn't all go to research or to administration fees.

"It helps people, and you can see the difference that it makes," she said.

For more information about Relay for Life, contact Ahmed at ua27@nova.edu. To learn more about the American Cancer Society, visit cancer.org.

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Hanbury addresses concerns at Town Hall Meeting

By: **Li Cohen**

@Current_Yakira

On the afternoon of Jan. 21, NSU President George Hanbury answered questions from the NSU community in the Arena Club Room in the Don Taft University Center.

Many students asked the president questions about concerns they have with NSU policies, procedures and affairs. Topics for discussion included department funding, opportunities for students of various disciplines and financial aid.

Throughout the meeting, it was established that there will be new residence halls to accommodate the hoped-for 6,000 first-time-in-college students by 2020, part of which will be specifically geared toward Honors students.

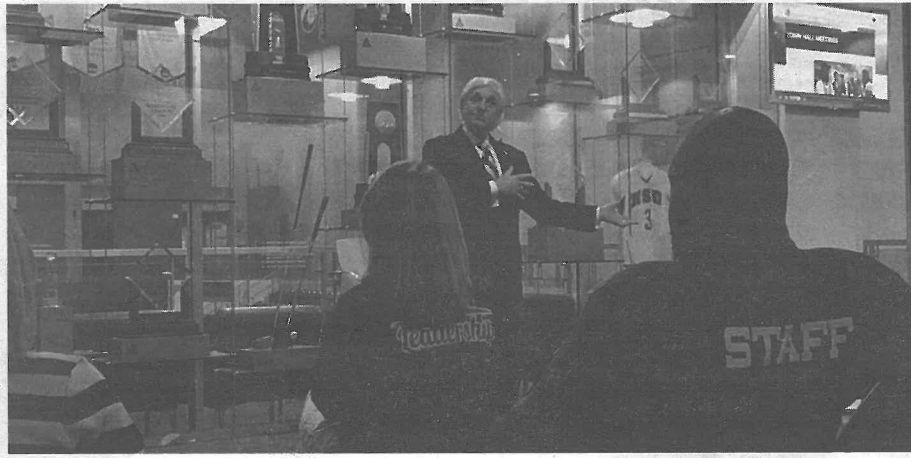
Students of the Farquhar Honors College may have a living community with a live-in faculty member, who, Hanbury said, could advise book clubs and other academic activities outside of the classroom.

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

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

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

In the introductory video, Hanbury explained that in the past year, NSU has seen a 17 percent increase in undergraduate students and 80 percent in retention rates of first- and second-year students, highlighted athletic



PRINTED WITH PERMISSION FROM L. COHEN
President Hanbury speaks with students, faculty and staff about their problems and concerns at the annual Town Hall Meeting.

achievements, announced a university-wide emergency drill for March 2016 and showed the audience the donation video that is being used to accrue money for the university.

Ujala Ahmed, junior finance major, asked how some of the new opportunities available on campus, namely research, will benefit the majors not included in science, technology, engineering and/or math (STEM).

In response, Hanbury explained about Vision 2020 and NSU's goal to double the amount of undergraduate students, which is currently 3000. He also explained that the arts are essential to students becoming more well-rounded and said that additions to NSU's Razor's Edge programs will help bring more students to the arts.

Previously, Razor's Edge was a program for leadership development that students could apply for prior to entering their freshman year; however, there are now multiple programs incoming freshman can apply to, including Razor's Edge Global, for incoming students interested in global issues and international relations, Razor's Edge Research, for incoming students interested in scientific research, Razor's Edge Shark Cage, for incoming students interested in business development, and Razor's Edge Shark Talent, for incoming students interested in participating in the arts.

"I encourage the arts," Hanbury responded.

"I really want the honors college to promote the arts and for more students to come as an undergraduate to learn more about the liberal arts... I do want to offer scholarships to young men and women to come here to pursue the arts."

As Hanbury's response focused on recruitment, Ahmed followed Hanbury's response by saying that although she appreciated the information he provided, it did not seem as though the information focused on students who are currently enrolled at NSU.

"Don't forget about emphasizing retention," she said. "I just don't think if you focus on enrollment and not the students who are already here, they're not going to want to stay. Don't forget about the students who are already here."

Two RecWell student employees, whose names are unknown, also confronted Hanbury and administrators about circumstances at RecWell. The students said that some of the gym equipment is faulty, which could lead to injuries, that there is inadequate first aid materials and that there is "faulty funding" for the department as a whole.

Jessica Brumley, vice president of Facilities Management, explained that Facilities Management will continue to work with Aarika Camp, assistant dean for student services and director of Residential Life and Housing, to

fulfill work orders for that specific area and that Physical Plant will walk through RecWell to determine the areas that need improvement.

"I do believe that the people who actually work in the spaces that we service are our best resource," she said. "I don't think it's a matter of faulty funding, as you said, I think it's a matter that safety is our top priority."

It was also suggested that NSU displays international flags that represent the countries students are from at NSU, which is currently being implemented by the Undergraduate Student Government Association.

Other students complained that there are not enough scholarships available to students, particularly at the graduate level. Hanbury said that the university does offer more scholarships to undergraduates than graduates, but because NSU is a private university, administrators are constantly trying to obtain new donors to support students.

Hanbury also held another student town hall meeting on Feb. 22 in the Steele Auditorium at HPD. To see when student meetings will be held next year, visit nova.edu/townhall/students/index.html. For more information about meetings, contact Barbara Packer-Muti at packerb@nova.edu.

NSU has provided the following updates and has made the following changes to address students' concerns:

- An Honors Living Learning Center, with a faculty-in-residence, is being considered for implementation into the new residence hall, which is currently being planned.
- The Noah P. Brown Sports Center is expected to be complete by September.
- The gym equipment in RecWell will be repaired and replaced throughout the summer.
- Appropriate first-aid equipment has been supplied to RecWell employees.

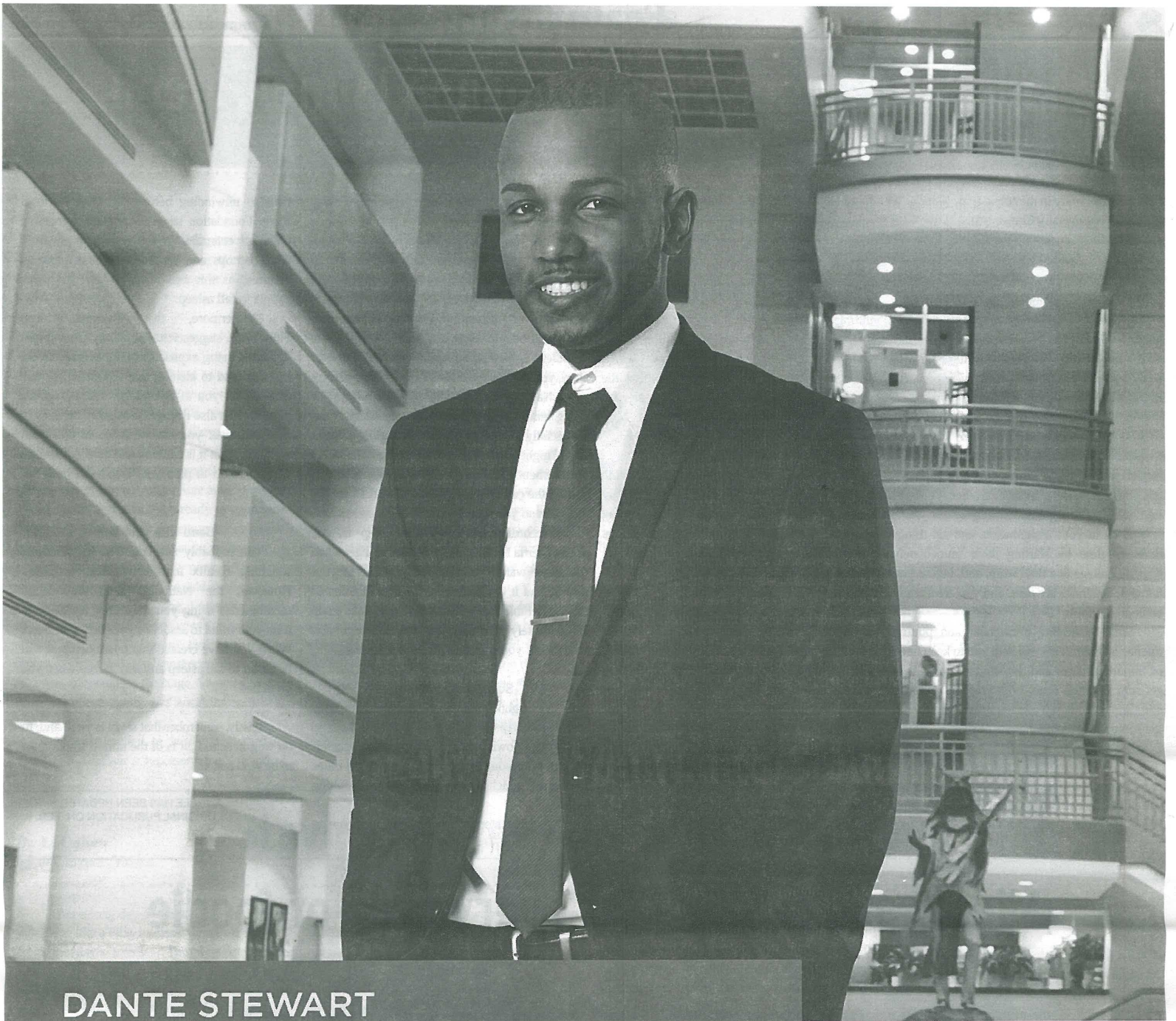
THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 26.

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College students can sleep, too

By: **Chantel Grant**

Getting a good night's rest in college is priceless. Apart from learning that your least favorite professor has cancelled class, waking up and feeling well rested is the most precious rarity in college.

Far too many students believe that being well-rested in college is impossible, when getting that epic good night's rest may only take a little preparation. The following steps are easy to follow and, if followed precisely, will get rid of those puffy bags from underneath those eyes.

Organize and prioritize

Time management is essential to being well-rested. You may be a professional procrastinator and, by extension, a restless sleeper. You will need to make enough time to sleep.

Look at your assignments, and get things done on time by starting them immediately because college is a time warp, and, before you know it, deadlines are here, and you are already behind.

Start by buying a calendar and putting memos on them. This will help you to keep track of important dates and, hopefully, urge you to get stuff done on time. With your assignments done and calendar up to date, it will be easier to get some well-deserved hours of sleep.

Wean off the caffeine

A cup of coffee in the morning is fine, but coffee or any caffeinated drinks in the evening can affect your sleep. Nothing is worse than

lying in bed and being unable to fall asleep, so to prevent this, put a cap on how many caffeinated drinks you have throughout the day.

If, for some reason, you have late classes and need the extra energy to survive, try drinking ice-cold water and munching on something during class. The cold water will shock your system enough to keep you from falling asleep, and snacking keeps your mouth active, which helps to keep you up and alert. Without the caffeine in your system, it should be easier for you to fall asleep and stay asleep.

Log off

Being a college student in the social-media era can complicate your life. You're probably 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 lying 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 hours perusing 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. The problem with napping is that when it's time for bed, you can have a difficult time falling asleep.

Napping is definitely not 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 out of it if you want restful sleep at nights.

Schedule unwind time

Throughout the day, your mind and body are constantly working, and it can be hard to slow them down for bed. You may find yourself in bed with your mind still moving at 40 miles per hour, which can prevent you from falling asleep.

To put a stop to this problem, dedicate an

hour to unwinding before bed. The National Sleep Foundation suggests reading something funny or entertaining. Try staying away from using laptops and electronic devices close to bedtime, as this can make it hard for some people to fall asleep.

Furthermore, the National Sleep Foundation suggests staying away from bright lights, as being exposed to bright lights before bed can lead to anxiety that can make it more difficult for you to fall asleep. The light from your devices also disrupts your sleep cycle.

Whatever you choose to do in this hour, make sure that it is calming and does not require a lot of effort to prep your mind and body for sleep.

Bond with your bed

You probably use your bed for studying, watching Netflix and many other activities. However, the National Sleep Foundation recommends using your bed only for sleep to train your mind to associate your bed with sleep. When you have created this relationship, it will be easier to fall asleep and stay asleep when you go to bed.

Lastly, remember that sleep is vital, and, to do well in school, it is of the utmost importance to be well rested.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON FEB. 9.

Microwave cooking for every type of foodie

By: **Li Cohen**

@Current_Yakira

Oh, food — the evergreen topic that's a weakness for many and loved by all. There are endless combinations of fruits, vegetables, meats and grains that create impeccable dishes for your taste buds to savor. Perhaps the most wonderful aspect of food is its chameleon-like ability to adapt to every individual's needs. No matter what kind of foodie you may be, there are recipes out there that are sure to make your eyes widen, mouth salivate and stomach groan as you imagine the deliciousness.

For college students, access to those enchanting meals seems limited, but do not fret, young sharks — kitchens are not totally necessary to create culinary masterpieces. All you need to be the next Master Shark Chef is a microwave and a hungry tummy. I created all of the following recipes during my time in the residence halls.

For the vegetarian foodie: Veggie Lover Fajitas

What you need:

2 cups of sliced bell peppers (your choice of color)
One-third onion, sliced
1 jalapeno (optional)
3 tablespoons cilantro
Salt, to taste
Lemon pepper, to taste
2 tortillas
One-fourth cup of cheese
One-fourth cup guacamole

What to do:

1. In a microwave-safe dish, add sliced pepper, onions and jalapeno. Sprinkle with cilantro, salt and lemon pepper.
2. Cover and cook in microwave for 10 minutes on high.
3. Place guacamole and cheese on tortillas and add vegetable mixture.
4. Roll up tortillas, and eat up.

For the health-nut foodie: Steamin' Salmon

What you need:

1 square of parchment paper
1 lemon
1 piece of salmon
1 tablespoon olive oil
One-half bell pepper
One-fourth onion

What to do:

1. On parchment paper, place thin slices of lemon. Top slices with piece of salmon, followed by pepper and onion slices. Drizzle olive oil over combination.
2. Fold the top and bottom portions of parchment paper over the fish and vegetables, followed by the sides. Tuck in loose ends and make sure all sides are folded tightly.
3. Microwave for approximately three and a half minutes. When done, cut the parchment paper with scissors or knife and serve.

For the exotic foodie: Perfect Pad Thai

What you need:

1 cup of water, plus more for soaking noodles
1 package of rice or ramen noodles
3 tablespoons soy sauce
2 tablespoons peanut butter
3 tablespoons sugar
Sriracha, to taste
One-fourth cup shredded carrots
Green onions, to taste
Bean sprouts, to taste

What to do:

1. Fill a large microwave-safe bowl with water and bring to a boil in microwave. Submerge noodles in boiling water and let soak for approximately 15 minutes.
2. In small bowl, mix peanut butter, sugar, sriracha, soy sauce, carrots and 1 cup of water.
3. Combine peanut butter mixture and

noodles and cook for another five to 10 minutes.
4. Top with green onions and bean sprouts.

For the homesick foodie: Muggin' Mac and Cheese

What you need:

One-third cup elbow macaroni
One-half cup water
One-fourth cup milk
One-half cup shredded cheddar cheese
One-fourth cup chopped Monterey jack cheese

What to do:

1. Mix the pasta and water in a mug, and microwave it on high for two minutes, then stir.
2. Repeat two-to-four times, stopping after every two-minute interval to stir. The water should absorb completely. If the water is not completely cooked through after four intervals, add a little more water and microwave for another minute.
3. Remove mug of noodles and stir in milk and cheddar cheese.
4. Microwave for another minute. Once done, add Monterey jack cheese and enjoy.

For the late-night sweet tooth foodie: Triple Chocolate Nut Mug

What you need:

4 tablespoons self-rising flour
4 tablespoons white granulated sugar
1 egg
3 tablespoons cocoa powder
4 tablespoons Nutella
One-fourth cup chocolate chips
One-fourth cup almonds or walnuts
3 tablespoons almond or cashew milk
3 tablespoons olive oil

What to do:

1. Combine all the ingredients, excluding 1 tablespoon of Nutella, in a large coffee mug and

mix with a fork until its smooth.

2. Microwave on high for one and a half to three minutes, or until cooked thoroughly. If you place a tooth pick through the middle, it should be clean when pulled out.
3. Top with remaining Nutella, and satisfy your sweet tooth.

For the carnivorous foodie: Jammin' Jambalaya

What you need:

1 cup of rice
1-2 sausage patties or links
1 piece of chicken breast
One-half cup shrimp, tailed and deveined
Cajun or creole seasoning
1 can diced tomatoes
2 cups of water
One-fourth teaspoon salt
1 tablespoon butter

What to do:

1. In microwave-safe bowl, combine rice with 2 cups of water and salt. Microwave, uncovered, until all liquid is absorbed—about 15 to 18 minutes.
2. Place sausage on microwave-safe plate, and cover with paper towel. Microwave on high for 35 to 40 seconds.
3. Place chicken breast in bowl. Fill bowl with enough water to cover chicken breast halfway. Cover bowl with plastic cling wrap and microwave on high for three to four minutes. Make sure chicken is not pink in the middle.
4. In another microwave-safe bowl, melt butter and then add shrimp. Cook shrimp on high power for six minutes.
5. Combine meats and rice with seasonings and tomatoes. Microwave for additional one to two minutes to rewarm meal.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON SEPT. 15, 2015.

THAT TIME I... WON A CAR

By: **Lakesha Pierre**

Lakesha Pierre, junior biology major, was last year's winner of a free one-year car lease donated by Rick Case Automotive Group at Sharkapalooza.

The last event of the annual Week of Welcome is Sharkapalooza, which I usually go to for free t-shirts, food and to sign up for different clubs. However, this year was different.

I decided to stay until the end of Sharkapalooza to see who was going to win a free car for a year. Hours passed by, and the host of the event kept repeating the same thing: "We're giving away a free car, so be here at 9!" Finally, it was 9 p.m., and they were ready to announce the winner. They pushed the computer button to randomly select the winner, and the director of activities announced the lucky person. "And the winner is Lakesha Pierre," he said.

When I heard my name, I was shocked. I couldn't believe that I actually won. I stood there and realized that I had to run over to the stage before they decided to call someone else's name. As I was approaching the stage, I wanted to cry, but I knew everybody was watching so I held it in.

I was so excited to win that instead of shaking Rick Case's representative's hand, I

hugged him. When Stan Bostic, the national director of communications and VIP programs, spoke to me, I was nervous and didn't know what to say. He said the car was only free for a year, which confused me a little, because I thought I was keeping the car forever, but hey, it's still a free car. It was the end of Sharkapalooza, and I walked outside with Stan and the people from Rick Case Honda to select one of the four cars that were parked in the Shark Circle. When we got outside, Stan told me to check the interior of each car and choose which one I wanted. Although I had an idea of which car I wanted, I decided to hop in and check the features inside each car before making the big decision. I chose the new 2015 Honda Civic mainly because of the dashboard view and the rearview camera.

I went to the dealership that following Tuesday to go pick up the car. When I got there, the car was parked outside waiting for me in front of the showroom entrance with a huge red, white and blue bow on top of the hood. I went in and filled out a few papers, and within two hours I was driving off with my new car. I couldn't believe that this would ever happen to me. I fell in love with the car as I drove home from the dealership.

I was so fortunate to win this car. I just



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Pierre won a free year-long lease for a car, courtesy of Rick Case, at the annual Sharkapalooza.

returned back to NSU after a year-long break and my birthday was just a couple of weeks before. However, I like to think that all of my hard work has finally paid off, and I'm finally getting what I deserve. I've always helped out my family and friends through tough financial situations, with academic assistance and by just being there in their times of need. I was never the type of person to tell somebody no to when they came to me for help because I know that not

everyone in life is as fortunate as I am to have such great and supportive parents. Many people would believe that winning the car was just luck, but I believe that when you do so much to help others, God will always find a way to reward you with a gift. I would like to thank NSU and Rick Case for giving me this car for a year. I am truly grateful.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON SEPT. 15, 2015.

By: **Li Cohen**
@Current_Yakira

Staying safe on your nighttime runs

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

Avoid dark-colored clothes

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

Don't have your music on maximum volume

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

the corner or even someone who may sneak up behind you.

Wear a headlamp

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

Take the road well-traveled

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

Don't run alone

You may love the feeling of running by yourself; it's just you, your thoughts and your challenge in accomplishing a goal for a few miles — the ultimate "you" time. Unfortunately, running alone at night makes you vulnerable to dangerous situations. "Stranger danger" isn't just a tool parents provide their young children;

it's a safety mechanism that should be regularly regarded. Running with a friend can lower the likelihood of being a victim of assault, and, if you do happen to come across a situation, having another person there increases your chances of getting out unharmed.

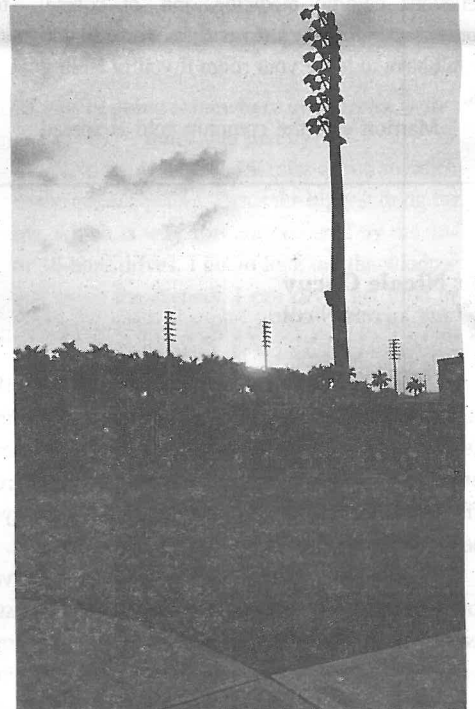
Take your cell phone

It's uncommon to find someone without a cell phone these days, but if you don't like to take your phone with you during workouts, get in the habit of doing so. If you decide to run alone, it's important to have some way of contacting a friend, family member or emergency personnel in case of an emergency. You don't want to be stuck a few miles away from home in the dark with no way of getting help. If you don't want people calling you or texting you while on your run, simply put your phone on airplane mode or place the sound settings on silent until you're finished with your run. There's also some great running apps that you can utilize to make your run even more efficient than before.

Tell a friend

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

Running is a great hobby — it's a physical and mental challenge that, once accomplished, makes you feel like you won a billion bucks



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Make sure to practice safe habits when exercising outside, especially at night.

with the Powerball ticket. Engaging in the sport does pose some risks, though, if you are not careful about how you go about it. By practicing safe habits during your workout, you can avoid dangerous situations and ensure that you return home safely. Start the run with your legs, continue on with your head, and finish the run with your heart, but never run without being smart.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 19.

TO GET THE BUZZ ABOUT CAMPUS LIFE AND LEARN EVERYTHING YOU NEED TO KNOW FOR STARTING COLLEGE, PICK UP THE CURRENT'S FIRST ISSUE OF THE YEAR! THE FIRST ISSUE BACK WILL HIT NEWSSTANDS ON TUESDAY, AUGUST 23

Sick and alone

By: **Jazmyn Brown**

Being sick while you're at college is completely different than being sick at home. Your mom isn't here to bring you breakfast or some soup in bed and a cocktail of medicine to make you feel better. More likely than not, you'll be all alone in your suffering. But worry not — it's better to figure out how to take care of yourself now so that, in the future, you won't always have to rely on mom.

The beginning phase of a cold

Oneka B. Marriott, assistant professor of pediatrics and public health in the College of Osteopathic Medicine, said each year, millions of adults and children become sick with symptoms related to the common cold, including runny nose, sneezing, coughing, sore throat, headaches, body aches, watery eyes and fever.

"Winter and spring tend to be the peak times of year for colds, but, in Florida, where the weather is tropical for most of the year, colds can occur year-round," Marriott said. "If you do contract a cold, stay home to prevent spreading it to other people; cough away from others and into a sleeve or tissue. Also, rest and drink plenty of fluids."

Over-the-counter cough and cold medicines can help to provide symptomatic relief but will not actually treat the infection, said Marriott.

Outtakes is your new mom

Outtakes has everything from orange juice to chicken noodle soup — albeit not as good as mom's — to medicine to fresh fruit to tissues. In a pinch, you can buy Pepto-Bismol, Advil, Motrin, Emergen-C, Zertec and other medicines to help you feel better. Stock up on basic pain relievers, cold/flu medicine, and, of course, some soup before the sickness gets worse so you won't have to leave your room if you're feeling ill.

Marriott said the common cold is spread

through respiratory droplets that pass in the air or remain on surfaces where other sick people have been.

"The common cold typically lasts seven to 10 days and will resolve on its own in otherwise healthy individuals, but it can be more severe even progressing to pneumonia in persons with asthma or immune-compromising conditions," she said. "Colds that linger longer than seven to 10 days can turn into sinus infections, which will prolong the course of the illness."

According to WebMD, an over-the-counter mucus thinner like Mucinex, some chicken soup, and a warm towel — see below — over your nose can treat a sinus infection within 12 hours.

Bonus — cough, cough: If you start to feel yourself getting sick with a cold, Emergen-C can stop it right in its tracks. Take a dose as soon as you feel a cold coming on or if you want to eliminate your chances of catching a cold from someone you know who is already ill.

Schedule an appointment with NSU's Student Medical Center

Marriott said sinus infections may require the treatment with antibiotics prescribed by a healthcare provider.

"If an individual is experiencing sinus pressure, congestion, headaches, fatigue, malodorous breath, or sore throat beyond the seven to 10-day window typical of a common cold, I would encourage him or her to seek medical attention as soon as possible," she said.

Located behind the main Health Professions Division building in the Sanford L. Ziff Health Care Center, the clinic provides a wide range of services from women's health to immunizations to a simple checkup.

There are plenty of walking-distance pharmacies to choose from

If your doctor prescribes a medication

that needs to be filled at a pharmacy, there are plenty options on or near campus. Right next to the Student Medical Center is NSU's pharmacy. On University Drive, there is a Walgreens, and the Shark Shuttle has routes that go to both Publix and Walmart. If all else fails, near Publix on Davie Road, there is a CVS Pharmacy. So there's no excuse to go without your medication.

What to have on hand

Marriott said acetaminophen, or Tylenol, and ibuprofen, or Advil and Motrin, are good to have on hand, in general.

"But it is not as important to keep a stock of cold medicines in the cabinet as it is to recognize the early signs of a cold and act accordingly," she said. "Sometimes, medicines can expire in the cabinet if kept too long, so always check the label before taking [a dose]."

Fever is the body's way of fighting an infection, according to Marriott.

"In many instances, it represents a healthy immune system that is actually doing its job," said Marriott. "However, fevers can make a person feel pretty miserable. Drinking plenty of fluids, resting and taking acetaminophen or ibuprofen as directed to help control the fever may relieve some of the uncomfortable feelings."

Pro tip: Buy a heating pad and an ice pack to relieve pain resulting from inflammation, muscle tenderness, headaches, fever, and stomach aches. A humidifier can help with stubborn sinus pressure and congestion. Alternately, steam from a hot shower or a pot on the stove will suffice in place of a humidifier; use frozen veggies for an ice pack and a rag soaked in hot — be careful — water for a heating pad.

Healthy habits

Marriott said the best way to treat a cold is to take measures to prevent it in the first place.

"The number-one best practice is to wash

your hands thoroughly and often throughout the day with warm soapy water," she said. "Keep your hands out of your face, eyes, nose and mouth. Avoid direct, prolonged contact with persons who are actively sick. Last but not least, everyone who is able is encouraged to get the yearly influenza vaccine to help prevent infection from many of the common strains of influenza circulating that season."

Marriott said maintaining a healthy lifestyle with proper nutrition and daily exercise is important to fortify your system against infection.

While there is no cure for colds, nor do flu shots work 100 percent of the time, according to WebMD, a 2009 study showed that the more you sleep, the less like you are to succumb to a respiratory bug.

Aerobic exercise increases blood flow and the body's natural virus-killing cells, and eating foods with phytochemicals, like dark green, red, orange and yellow vegetables, contain vitamins that keep you healthy and prevent colds, according to WebMD.

"Daily multivitamins, probiotics, and a balanced diet with fruits, vegetables, proteins and healthy fats are essential in one's daily routine," said Marriott. "Regular exercise also helps to keep the immune system strong and can help you to recover quicker once stricken with a cold."

If you're prone to getting sick, living on campus and away from home can seem like a real-life nightmare. However, practicing good eating habits, getting enough rest, exercising, preparing in advance, and acting quickly, among other things, will get you back on your feet in no time at all.

For more information, Marriott recommended visiting the Centers for Disease Control and Prevention's website at cdc.gov.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON **OCT. 14, 2015.**

By: **Nicole Cocuy**

@CurrentNicole

All-nighter survival guide

College is infamous for many things — wild parties, hook-up culture and dealing with the lingering pressure to finally figure out a career path — but the one college struggle that affects nearly every student on a regular basis is the mounting workload.

Regardless of how organized you are or how effectively you manage your time, it's nearly impossible to avoid a few sleepless nights every semester. There will always be that one project you underestimated, that one paper you forgot about, or that one test you really don't feel prepared for.

All-nighters can be difficult to accomplish effectively, but with practice — which you will unfortunately get plenty of throughout your undergraduate career — and if you follow these tips, pulling off all-nighters won't cost you more than some snacks and a cup of coffee.

Take a brief nap beforehand

Staying up all night is pretty exhausting, but the peak of difficulty is in the early a.m. when you haven't rested in almost 24 hours, and your eyes refuse to stay open. Take about an hour to shut your eyes, relax and refresh before you get to work.

While it might seem like a waste of precious time that you could be using to get a head start on your busy night, a short nap will actually keep you focused and help you work more efficiently. Just make sure to set an alarm — or two — so you don't accidentally sleep through your entire evening.

Find the correct location

Your location is the factor that has the most impact on your productivity and ability to focus.

If you're surrounded by too many people, or if the room is filled with too many distractions, you might be tempted to procrastinate. Equally, if the room is too quiet, too dark or too comfortable, you might fall asleep.

While the perfect working environment varies from person to person, there are some standard tricks to help you keep your study momentum. Try to find a plastic or wooden seat in front of a desk or table in a bright room that is far away from any beds or sofas. Sometimes, it also helps to work in a public study area like the Don Taft University Center; it's a lot harder to fall asleep when there are other people around. Plus, it can be nice to be surrounded by strangers in the same boat as you.

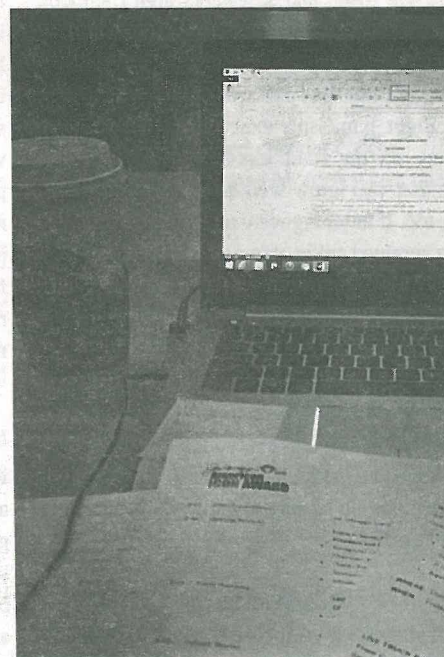
Find the best soundtrack for your evening

Listening to classical or low-tempo electronic music drowns out distracting nighttime sounds and helps you focus on what really matters: finishing your assignment. Plus, having a mellow soundtrack to your all-nighter can actually be pretty beneficial. According to Psychology Today, mellow, low-tempo instrumental music improves student performance on cognitive tasks.

If you have a Spotify account, check out the whole genre of Spotify-curated playlists dedicated to focusing, particularly "Brain Food" and "Late Night Focus." If not, go to Pandora and create a radio station for classical or other instrumental music.

Unplug yourself from all distractions

Turn off your phone, log off of Facebook, Instagram, Snapchat, YouTube, Twitter, Vine or whatever social media site you're on right now,



PRINTED WITH PERMISSION FROM L. COHEN. Use these tips to pull off a successful all-nighter

and get to work. Trust me, while it's tempting at 3 a.m. to get caught in a social media-lurking cycle, finding out the relationship status of your cousin's friend's girlfriend's brother is not that important right now. Fight the temptation to procrastinate, tell your friends — who really shouldn't be awake either — that you'll talk to them later, and focus. Remember, the less time you waste on distractions, the sooner you can go to bed.

Food, water, coffee, repeat

Food and water will be your best friends throughout the evening. Stock up on brain food like fruits, vegetables and nuts, and snack away

whenever you feel like you need an energy boost. Avoid fatty foods and carbs to avoid feeling sluggish and sleepy. Remember to wash everything down with lots of water to stay hydrated throughout the evening.

While it's tempting to chug coffee throughout the evening, just keep one double shot espresso from Starbucks by your side, and reserve it for moments of desperation and pure exhaustion. Drinking too much caffeine can make you shaky and crash in the middle of your all-nighter, so it's advised to only use it when absolutely necessary.

Resist the urge to rest your eyes for a bit

As tempting as it is to say, "I'm going to take a two hour nap and wake up at 5 a.m. to finish the rest," trust me, you probably won't get up. Fight through the urge to rest your eyes and finish before you even consider getting rest. You'll have enough time to sleep after your paper is turned in. Set up alarms at certain checkpoints — for example, two hours before you have to get up and start your day — in case you do accidentally fall asleep.

Reward yourself

That's right, reward yourself. You just successfully pulled off an all-nighter. Once your task is complete, and your day is over, have a well-deserved nap. Turn off your phone, turn down the air conditioner, grab your coziest blanket, and cuddle up with some rest and relaxation.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON **SEPT. 15, 2015.**

Secret Life: Nelson Bass

By: Chantel Grant

Nelson Bass is an assistant professor in the Department of History and Political Science of the College of Arts, Humanities and Social Sciences. But when students and faculty leave the classroom and head out for summer break, Bass assumes his role as “road trip aficionado” and readies his MINI Cooper for long drives and sight-seeing.

Road trips are a passion for Bass, and he tries to convince his students that travelling is one of the most exhilarating experiences they will ever have.

When was your first road trip?

“As a kid, my father didn’t really believe in the typical vacation. We didn’t hop on a plane and go to a resort, although we did go to Disney a few times. The Disney thing is kind of an American tradition, so we did it, and it was fun. But the real vacation came when we would load up the family van and go on these long road-trips across the country. My dad is a huge fan of the national parks system, so we would drive for days on end to go to see different parks. I suppose this is where I found my appreciation for the adventure that can come out of packing up the car and letting the road take you where it may.”

Where have some of these trips taken you?

“All over the U.S., Mexico and even Cuba. I have seen 46 states in a car on several different trips, including a trip last summer with my wife, Lindsay, which saw us put 9,000 miles on our MINI Cooper across 20 states. When I was a bit younger, in law school and graduate school, a few friends and I would leave North Carolina after the holidays and head to Mexico for weeks on end, traveling as far south as Oaxaca and basically just enjoying the freedom of the road. We did this every year for about 5 years,

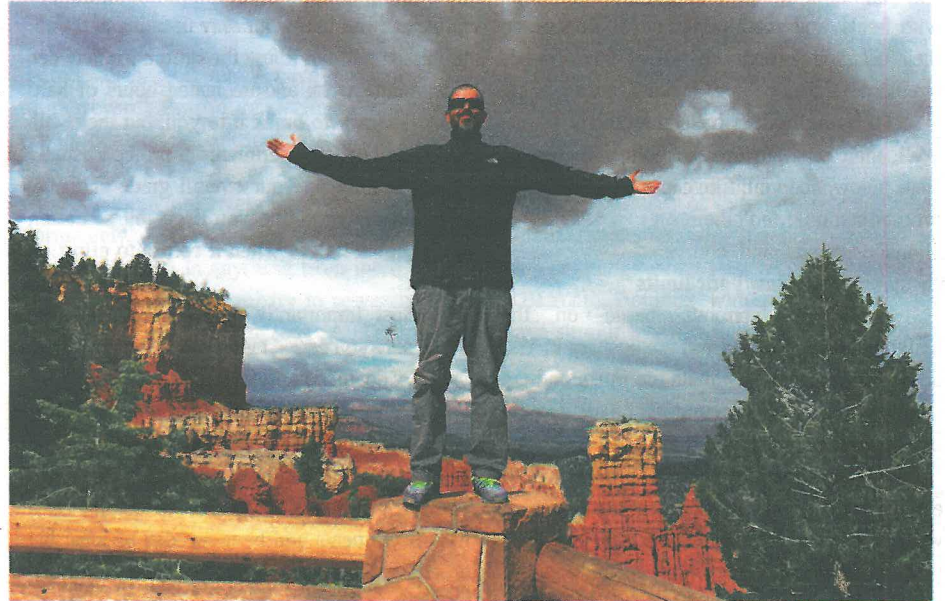
always taking in New Year’s in a different city. There is just something about seeing changes in topography and geography that appeals to me.”

Which trip was your first solo jaunt?

“Believe it or not, in Cuba. I was studying abroad for the summer as an undergraduate at Appalachian State University, and another student [and I] had become very good friends with a Cuban named Luis, who was part of our host-family. Luis kept telling us about the differences between life in Havana and that of the rural countryside, where his extended family lived. However, every manner of transportation we could think of to see the rest of the country was problematic. Flying was way too expensive for poor college students, and the train was notoriously unreliable. So, we had the brilliant idea of renting a car, which was easy enough; however, when we opened the car door, we realized it was a manual transmission. None of us had any idea how to drive a stick shift at the time, so that is how I learned. Driving across Cuba in a beat up Suzuki Sidekick with no working blinkers and only one headlight was an unforgettable experience.”

Where do you stay when you are on these trips?

“It depends. In Mexico, we usually relied on youth hostels, which are essentially cheap rooms for college students and budget travelers. So, we would pay \$10 or so a night for a bunk in a large room, and you generally have a shared shower area. Now, this sounds somewhat rustic, and I suppose it is, but the fantastic part is you end up meeting people from all over the world who you will never forget. On the other hand, in Cuba, there is a serious lack of accommodations in rural areas, so we would stay with individual families who rented out rooms. This was fantastic



When he's not in the classroom, Bass is in his car travelling around the country.

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because it meant we had the opportunity to meet real people and see how they lived, which is difficult in an authoritarian country.”

How was your trip this past summer?

“Well, a few years back, my wife mentioned that she had never seen the Grand Canyon. So, I thought, if we’re going to see the Grand Canyon, we should see as much of the country as possible. Last June, we took off and drove from Fort Lauderdale to see our families in North Carolina and Michigan and then headed west, visiting Mount Rushmore, Badlands, Yellowstone, Zion, Arches and Grand Canyon National Parks. We camped out the majority of the time, pulling a tiny two-person tent out of our MINI Cooper, which was already filled to the brim. It sounds like a line out of some cheesy novel, but we spent our nights underneath the

stars. The highlight of the trip was the time we spent in Yellowstone, where we got incredibly lucky and found a campsite in the park for the July Fourth weekend. Campsites are usually booked out, so to say we were lucky is kind of an understatement. They kept warning us about bears, but at that point I was so excited to be there that that didn’t deter me at all. Anyway, we got to celebrate Independence Day in one of the most beautiful national parks in the country, around people who were just as appreciative of the experience as we were.”

If you’re going somewhere in America, why don’t you just fly?

“No flying. If I fly, I’ll miss out on so much of the natural beauty. That’s the biggest thing for me, which is why I’m not bothered by the 14- or 16-hour drives. I get to look out the window and enjoy the scenery. I can never get tired of that; even when I’m physically tired of driving, seeing mountains and stopping at different places and interacting with people along the way re-energizes me.”

What’s the best part of a road trip, in your opinion?

“The freedom. And by that, I don’t just mean the freedom of the open road, which is amazing. But I am also referring to the solitude of being away from all of the things that clutter up our everyday world. On a good road trip, you aren’t checking your email every 5 minutes, there is rarely a TV, and you just have time to connect with the world around you. A good book receives your total attention, and your conversations are focused on the things around you and the shared experiences you are having, rather than what someone posted on social media. There was a good 10-day stretch this past summer where we just turned off our cell phones because we couldn’t get any real service, anyway. It just makes you appreciate the world around you in a different way.”

Any advice for students thinking of taking their first road-trip this summer?

“Just go for it. There are campgrounds everywhere, and you really don’t need a lot of money to see the country or other countries for that matter. The number of students who are here at NSU and have never even seen Key West always amazes me — it would be a great place to start enjoying road trips. A road trip doesn’t have to take weeks and months; all you need is a car, a friend or two, and a sense of adventure.”

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON APRIL 12.



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Procrastination for Dummies

By: **Roddia Paul**

Every school year, you tell yourself that you will stop waiting until the last minute to do assignments, that you will go out less and study more, and, most of all, that you will stop going on Netflix when you should be doing homework. Each term, you have that one friend who manages to conquer yet another battle with finals, and you roll your eyes as they do their usual victory dance. All of your friends wonder how they balance making money, being a social butterfly, and collecting all those A's. Well, their secret is blown. Follow these few steps below, and you, too, can master the art of procrastination.

Know your limits

First and foremost, based on the assignment, know when you are pushing it. You do not want to underestimate too much and get stuck having to halfway complete an assignment or not be able to complete it at all.

For example, when it comes to writing an essay, make sure you are honest about your own writing skills. If writing is your specialty, and you know for sure your paper will be gold, go ahead and wait until the night before. If writing is your weakness, and it takes you several hours to complete your introductory paragraph, or you have no idea what an introductory paragraph is, you should definitely do it at least two weeks prior so that you give yourself enough time to do a first draft, revise and make sure your final product is your best effort. The Writing Center is

a great place to get feedback on your paper. To call and schedule an appointment, call the center at 954-262-8350.

When it comes to projects and experiments, those should never be done less than a week prior to the due date unless you want to really strain yourself. Projects are often underestimated. You think you can fake your way through, and your professor will not know the difference between last minute work and dedicated hours of hard work — sorry to break it to you, but they will. Considering that experiments or projects usually weigh heavily on your overall grade and may even be the only one you'll get all semester, one shouldn't slack when it comes to effort on projects.

Most importantly, know your professor. Make sure you understand exactly what it is you have to do to complete the assignment, what your professor is expecting, and how he or she grades. Plainly stated, do not procrastinate the first big assignment for a professor with whom you are unfamiliar. After you've completed a few assignments and have an idea of what his or her grading techniques are, you can work in some procrastination. You never want to procrastinate with a professor whose class you have just enrolled in for the first time because only the experience of previous course work will tell you how much procrastination you can actually get away with.

The biggest rule of procrastination is to know the difference between assignments that

are worth being procrastinated and ones that you should just do and get it over with. Easy assignments that do not take much time should always be done when you have the time. Do not save them for the last minute because they can pile up and ruin your Friday night. Save your newfound procrastination skills for more tedious work.

Work smarter, not harder

Yes, you read that right — to be successful in not doing your work, you still have to do your work. An effective procrastinator is someone who is smart enough to wait until the last minute and still correctly complete their assignment. In your classes, be attentive, ask questions, and, most importantly, take notes. The more information you obtain and record, the less information you will have to cover to do your homework later. It's like waiting to study for your midterm or final. Everyone does it, but would you rather just review your detailed notes the night before the test or have to read every single chapter because you cannot remember one word your professor said this semester? On behalf of the entire student body, Alex, I'll take the first option for 500 please.

Snack city

Never, ever, attempt a last minute assignment without snacks. Be it something healthy or completely greasy, you have to simultaneously eat and work. You cannot fall

asleep if you are chewing, and, most importantly, if last minute work gives you anxiety, eating is a good way to counteract it. Eating the right snack can keep you awake, serve as a reward for your assignment completion, and will take your mind off how much time it will actually take to complete the assignment. Tell yourself, "I'll eat half now, and when I finish, I will treat myself to the rest."

The week you plan to finish an assignment that you knew about since syllabus week, make sure you take a trip to the store and get all your favorite snacks. That way, when you get stuck or suddenly feel hungry, you will not be tempted to stop and take a long break — you've waited long enough. In that moment, you'll grab a snack and head right back to your laptop.

Play time

Procrastination would not be complete without a little distraction. Make that a lot of distraction. After you've done your in-class duties and stocked up on your snacks, it's time to reward yourself. Go out with your friends or maybe stay in for a good movie night. Enjoy yourself because, if you did your prep work right, then you have all the time in the world to complete that assignment that you dread starting. OK, maybe not all the time in the world, but enough time to get it complete, nonetheless. Bask in one last night that you don't have to get less than five hours of sleep.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON OCT. 6, 2015.

CAREER CORNER

Journey to you: How to explore your major and career

By: **Emilio Lorenzo and Emily Tasca**

Emilio Lorenzo is a career adviser in NSU's Office of Career Development. He graduated from NSU with a Master of Science in the college of student affairs and a concentration in conflict analysis and resolution. Lorenzo understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advisement team in NSU's Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels to ensure that each individual is supported throughout his or her career exploration and planning process. She earned a Bachelor of Arts in communication studies from the University of Rhode Island, with a focus on interpersonal communication, and a minor in psychology.

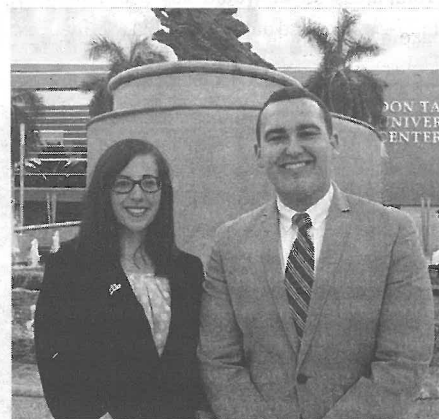
If only finding your passion and deciding on a major was as easy as choosing a meal from a restaurant menu. Deciding on a career path can seem scary if your friends seem to already have their lives planned out from day one of college. But a career journey is never a straight shot to the finish line, and each student should approach it in their own strategic manner with informed decisions. In the beginning of your career journey, there are a variety of steps and

techniques you can follow to illuminate your overall passion and find a major that best fits you.

The first step in this journey is learning more about yourself, which includes evaluating your overall interests, personality and skill sets. You know yourself better than anyone; think back to the classes you enjoyed in high school and the activities you participated in before college. It's also important to ask clarifying questions about these interests, such as "What did I enjoy most about these classes?" and "What skills were needed to be successful in such activities?"

In addition to your interests, it's important to identify the values that were embedded within these past experiences and to ask yourself if such values are needed in your career to be happy. Values can be anything from finding a career that provides a service to others, utilizing communication skills, and other key strengths you've identified or a multitude of other themes you deem significant. Values can spark the fire that ignites your overall career passion.

Sometimes, it's difficult to be objective when evaluating yourself, which is why engaging in more formalized assessments, such as the MBTI, MyPlan and StrengthsQuest, can also be useful in collaboration with your own self-exploration. Assessments provide insight into your personality strengths, weaknesses and your overall approach to decision-making and problem solving.



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Lorenzo and Tasca help students get to their dream careers.

With assessments, there are more grounds for interpretation than just reviewing a Scantron test result, which is why it's important to focus on the essence of your results. By the end, you want to be able to say, "Now I know a little bit more about myself." You wouldn't buy a car without knowing the full details of what's under the hood. People are just like cars in this way. The more you know about yourself, the easier it will be to see how all of your working parts align with a certain career or industry.

Now that you know yourself better, you will apply theory to practice. There is hardly a better way to do that than participating in internships, clubs and organizations or even engaging in informational interviews with professionals in your field of choice. An informational interview is a strategic way of gaining valuable information about a profession while networking with employers.

At this point in your studies, you are still exploring your options, which is why talking to people in industries you are currently considering can be a useful tool in solidifying your decision. However, speaking to a professional and experiencing hands-on work within that field are

two different approaches in your career journey. This is why internships can be so valuable, as they provide an avenue to develop skills needed within the profession while also helping you uncover if you truly enjoy the field as a whole.

Deciding on a major during your career journey should not be rushed or influenced by classmates who seem to have it all figured out. Each one of us has our own personality, interests, values and a unique perspective on how we make sense of our passions. For these reasons, we need to follow a path of exploration that is entirely our own, and these tools can be a guide in finding that path. Changing your major is a common occurrence, and as long as you take the proper steps to explore the next chapter of your career interest, the process is only another road to finding your true passion. Self-exploration and experiential learning, such as interning, can provide light to this path when it seems winding and dark. Do not fret because, once you do find that passion, you will feel like a ship captain who has finally found the island he or she has been seeking.

Tips for exploring your major and career:

- Evaluate your interests, personality and skill sets.
- Take a formal assessment like the MBTI, MyPlan and StrengthsQuest to get an objective evaluation of your strengths and weaknesses.
- Participate in clubs and organizations.
- Take on an internship, and meet with an expert in a field of interest for an informational interview to gain better insight on that career path.
- Don't be afraid to change your major if it leads you one step closer to finding your passion.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON SEPT. 1, 2015.

#CollegeSolutions to your #CollegeProbz

By: **Nicole Cocuy**
@CurrentNicole

College is supposed to be the best time of our lives, but, sometimes, it can be so complicated and frustrating that we question whether this is even remotely possible. Between bad roommates, stressful workloads, and the pressure of the fast-approaching future hanging over our heads, it can be pretty difficult to live our college lives to the fullest. Fortunately for us, even the most frustrating #collegeprozb can usually be solved by a little effort and a quick meeting with an NSU employee.

“My roommate is a total nightmare.”

When you’re forced to share a small space with another individual for an extended period of time, there’s bound to be drama at some point. Sometimes, the little things that get on your nerves, like when he or she always invites loud guests over when you’re trying to study or when there’s a mounting pile of dirty dishes by the kitchen sink, can simply be solved with a little communication. Sit down with your roommate and politely discuss what’s bothering you. Often, our “annoying” roommates don’t even know that they’re being annoying, so setting up ground rules and finding a compromise can easily prevent further conflict.

If your personalities don’t mesh or you just haven’t hit it off yet, find an activity that you both can do together. It could be anything: binge-watching “Friends” on Netflix, culinary experiments with Pinterest recipes, attending a weekly yoga class, trips to a shared favorite restaurant to catch up and get to know each other, or even study sessions for that impossible philosophy class you’re both enrolled in. Sometimes, a little effort goes a long way.

Of course, everyone doesn’t always get along, and serious issues do arise. If you don’t feel comfortable discussing a particular issue with your roommate, or if you made an effort, but nothing has changed, NSU’s Student Mediation Services is here to help. To schedule an appointment, contact Student Mediation Services at studentmediation@nova.edu or 954-262-7196.

“I’m a commuter, and it’s hard to make friends.”

Living off-campus doesn’t have to hinder your college experience. I know that it’s a little cliché, but getting involved really does make it a lot easier to form lasting connections with other students and the NSU community as a whole. Fortunately, NSU has plenty of clubs and

organizations to choose from. Interests range from networking with others with similar career goals, finding a creative outlet, volunteering with others to stop world hunger, joining Greek life, or fishing, bowling, or playing ultimate Frisbee with other students. Feel free to search through the list of student organizations on novasoutheastern.orgsync.com, and reach out to the listed point of contact to learn more about any organization you’re interested in.

Even if you don’t have the time to commit to a student organization, you can still attend on-campus events and activities. Different NSU offices, like the Office of Student Events and Activities, are constantly planning events for students to take advantage of. To find out more about on-campus programming, keep your eyes peeled for email invitations, check out the events calendar at novasoutheastern.orgsync.com/calendar, contact SEA Board at SEA-Board@nova.edu, or 954-262-7223 or pick up an issue of *The Current*, our student-run newspaper.

Of course, if you have any questions, comments or concerns regarding your involvement at NSU, The Office of Orientation and Commuter Student Involvement is a great resource. The Office of Orientation and Commuter Involvement aims to keep commuters engaged in the NSU community through programming and initiatives on campus. To contact the Office of Orientation and Commuter Involvement, call 954-262-8050, or email commuter@nova.edu.

“I feel stressed and overwhelmed.”

Between balancing school, work, organizations and a social life, feeling stressed is almost unavoidable. Fortunately, the Office of Undergraduate Student Success exists to help students fight their stressors head-on and find easy ways to avoid future stress. An academic success coach can teach you ways to effectively manage your time, study more efficiently or find resources that cater to your academic needs. To make a meeting with an academic success coach, call 954-262-8386 or go to nova.edu/yoursuccess.

If you ever need someone to talk to, make an appointment with Henderson Student Counseling Center. NSU students get 10 free sessions per year with licensed professionals that can be used for anything from dealing with break-ups, family conflicts and academic and financial stress to coping with depression and anxiety. To make an appointment with the Henderson Student Counseling Center, call 954-

424-6911, or go to their office at the University Park Plaza.

“My math class is way too hard, and I’m pretty sure I’m failing.”

Let’s be real: college isn’t easy. We’re all required to take a class at some point that is either way past our competency level or in a subject we’ve always struggled with. If the course is absolutely necessary for your graduation requirements, you really have no option but to persevere. Instead of feeling embarrassed or discouraged, asking for help from experts is the easiest way to get through a difficult course without negatively impacting your GPA. Fortunately, NSU’s Tutoring and Testing Center offers assistance in anything from intermediate algebra to organic chemistry to research paper writing for any relevant course. Tutoring is free with a maximum of three free sessions per course per week and can be online or in-person. To make an appointment, call 954-262-8350.

Of course, the best person to talk to about complex course-specific concepts is your professor. NSU professors typically want their students to learn the content and succeed and, therefore, keep their office doors open during their weekly hours to address any comments, questions and concerns. Meeting with your professor — the person who creates your tests, grades your papers and evaluates your projects — one-on-one is certainly the most effective way to get your desired grade. Also, here’s an added bonus: showing your dedication to the course material by utilizing office hours is certainly something professors consider when writing letters of recommendations. Usually, office hours are listed on the course syllabus, but if they aren’t specified or if you want to make an appointment in advance, email your professor.

“I love South Florida, but I’m starting to miss my family and hometown.”

While it’s true that there is nothing quite like the comforts of home and that moving away forces you out of your comfort zone, understand that this is an exciting opportunity to grow that everyone goes through at some point in their lives. You’re not alone in your homesickness; there are several other new students who long for home cooked meals and warm, fluffy beds. Equally, there are even more returning students who overcame homesickness that understand what you’re going through and would likely have some solid advice to offer. Seek other residential students in your hall or classes who might be

willing to talk about their experiences with homesickness or even bring up your concerns to your residential advisor. As mentioned earlier, the Henderson Center is an excellent resource to take advantage of when suffering from any kind of emotional stress, including homesickness. Their licensed professionals are hired to listen to you vent about whatever is troubling you and offer sound advice — free of charge.

Another way to get over homesickness is to keep yourself busy with exciting activities and engaging organizations. Take the time to join an organization that you think you’d be passionate about, whether it’s forming lasting bonds in a sorority or fraternity, practicing self-defense strategies with the NSU martial arts club or strengthening your religious beliefs with ABLAZE. Bonding with other students who have similar interests is the easiest way to find your niche and make NSU your second home. Also, take the time to explore all of the amazing sights, food and activities South Florida has to offer, like stand-up paddle boarding and scuba diving at the beach, authentic Cuban sandwiches and fresh seafood or even the latest exhibit at the NSU Art Museum. Just don’t forget to pick up the phone and call home every once in a while.

“I have absolutely no clue what I want to do in the future.”

Granted, there are a few lucky students who walk into their first day of freshman year 100 percent certain about what they want to do with their lives and never really deviate from that plan, but it’s unrealistic to expect all 18-year-olds to have their entire futures mapped out. College is a period of exploration. Throughout such a brief time frame, you learn a lot about yourself, especially your strengths, weaknesses, likes and dislikes. Take a variety of classes. If a particular course comes easily to you or if you find that you actually enjoy learning about a particular subject, chances are that you’re on the right path.

Of course, The Office of Career Development is available to sort out any career path woes, whether you’re a freshman who’s undecided, a senior trying to figure out your next step, a recent graduate who can’t seem to find a job or anything in between. You can set up a meeting with a career advisor by calling 954-262-7201, or you simply drop by one of their offices in the Horvitz building or the Carl DeSantis building.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON AUG. 25, 2015.

How to cope with stress

By: **Jenna Kopec**

It’s no secret that college can lead to some major cases of stress. Between academics, extra-curricular activities, friends and family, college life can feel like one giant juggling act. Whether you’re an underclassman looking to make your mark or an upperclassman planning your next move, you’re bound to feel the heat at some time or another.

When midterms are finally over, classes are kicked into high-gear, and the last half of the semester’s race can be even more difficult than the first. When Thanksgiving break approaches, keep in mind that even though the college experience isn’t always the easiest, these breaks are a time to regroup, refocus and enjoy a little vacation from Stress City. Here are some tips from fellow students to help you refresh over the holiday breaks.

Realize that stress isn’t always a bad thing

Julian Pino, senior psychology major, said, “Stress hurts, but stress can also help.”

As awful as it sounds, sometimes it can be hard to find motivation to do school work. Some stress can benefit students by giving them that

extra push to accomplish a task.

Know when to take a step back

Sometimes, sitting in front of a textbook or computer screen can really drain a student’s will to move forward. One effective strategy to dealing with this can be to take a small break.

Pino said that when he feels stressed out, he’ll pause whatever he’s doing, read some articles online and decompress.

Everyone needs a little bit of “me” time, even if that time only lasts 10 minutes.

Shawn Stricker, junior sport and recreation management major, said, “Obviously, if it’s something due the next day, then you have to power through, but once you get it done, take a step back.”

Do what you love

What should you do during that “me” time? Whatever makes you happy. Anything from laughing your lungs out when talking to your friend on the phone to treating yourself to a trip to Starbucks can suffice as the balance students need.

Kelly Raza, sophomore pre-nursing major, suggested getting involved in the arts when you

need a break from science.

Raza said, “I usually dance. I’ll freestyle a lot.”

Don’t be afraid to ask for help

Sometimes, the emotions that we feel can be so consuming that we forget about all the other people who’ve once been in our shoes. If you feel like stress may be getting the better of you, remember that there are always sources for help. Besides moral support from friends and family, NSU offers several resources to help students manage stress.

The Office of Undergraduate Student Success offers workshops on array of subjects from test preparation to stress management.

Raza attended a stress management workshop, where she learned different ways to cope with stress. She said that instead of using the word “stress,” we should say that a situation is “overwhelming.” This idea helps us look at a situation as something we can conquer, even if it is overwhelming.

“And, with that, I just go, ‘This is overwhelming, but not stressful,’ and I walk away.”

It’s also important to remember that all

part- and full-time students are given 10 free counseling sessions from the Henderson Student Counseling Center. The center is located in the University Park Plaza, and you call and make an appointment at 954-424-6911.

It’s important for students to learn how to cope with the overwhelming feeling that comes along with college. Somewhere along the line, any student may need a little extra help. There is no shame in seeking it.

Spoiler alert: It’s going to be alright

Author John Green once said, “Every year, many, many stupid people graduate from college. And if they can do it, so can you.” No one comes to NSU because he or she isn’t capable of handling whatever gets thrown in his or her way. So go ahead — crack open the textbooks, chug the energy drinks, and tackle any obstacle in your way. No matter how high your stress levels are or will become, remember that you always have a support system here at NSU and that you’ll make it through.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON NOV. 3, 2015.

Athlete of the Week:

Casey Carroll

By: Erin Herbert
@erin_herbert

As the son of a Division I basketball coach, basketball has always been a big part of Casey Carroll's life.

Carroll's father's involvement in basketball exposed him to the sport at a young age, and he has played ever since.

He said, "I grew up around basketball, and I just fell in love with the sport and continued to play throughout my whole life."

During his first year at NSU, Carroll was the star of a social media campaign for the Department of Athletics called "#UCallItForCasey." Facebook and Twitter users had the chance to suggest various trick shots for Carroll to complete. Carroll then performed each trick shot on video for NSU's basketball fans in an impressive display of his skill.

Carroll recently finished his undergraduate degree in sport and recreation management and is now pursuing his master's in management.

Carroll offered some insight into his passion for basketball.

After you finish your master's, do you plan to continue playing basketball?

"That's the goal right now. I would love to continue playing basketball, but if something else pops up career-wise, I'll always consider that option. I'm leaving the door open for whatever comes around."

What's the most difficult aspect of playing basketball?

"Probably staying healthy. I've had a couple bad injuries throughout the year. It's been tough to stay healthy and maintain that health throughout the whole season since it's such a long season."

Do you have any specific tools that you use to motivate yourself throughout the long seasons?

"I'd definitely say my teammates. They're always supportive of me because they know about my health issues, so they're always saying 'Keep pushing, keep pushing, we'll help you out when we can.' So my teammates are my motivation to play hard. I always want to get wins for them."

Have you had any coaches who have influenced or inspired you throughout your basketball career?

"Definitely my dad. I played for him my senior year of high school. It was only his second year of coaching high school, so it was really cool. I've always grown up watching him coach, and I've always liked his style, and for him to be my official mentor as a coach, rather than a dad watching on the sidelines, was really cool."

What has been your greatest accomplishment while playing basketball?



Carroll dedicates his life to being successful on and off the court.

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"It would definitely be getting a scholarship to play here. I know I'm very fortunate to have a scholarship because I know a lot of people have to pay for college and don't have the opportunity that I have."

What is the most rewarding part of playing basketball?

"I'd say making lifelong friends. I'm still really close with teammates from high school and from my previous college and all of the people who have previously graduated here. So those friendships are definitely very rewarding."

A number of other teams have mentioned that they have specific rituals or superstitions they perform before or after games — does

the basketball team have anything like that?

"Individual players do, but I don't have any, actually. I'm not superstitious at all. I'm very laid back and kind of a jokester, so even during the games, I'm cracking jokes with the other team or my teammates. It lightens the spirit for the people who are really superstitious."

What do you enjoy doing when you're not practicing or in a game?

"I play video games a lot. My teammates and I always get online and play Call of Duty together. It's usually just video games or hanging out with my teammates."

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JANUARY 12



On the Bench:

Equal pay for equal play

By: Erin Herbert

It's no secret that professional athletes earn quite a hefty salary. Athletes can earn millions of dollars each year just for playing sports. However, like many other jobs in the U.S., gender plays a huge part in an athlete's pay grade.

The U.S. women's national soccer team is taking a stand against the pay inequality in professional sports. According to The New York Times, the team has filed a law suit against U.S. Soccer demanding pay and benefits similar to those that the members of the men's national soccer team receive.

The wage gap between males and females in professional sports is enormous. Forbes reports that the highest paid male in Major League Soccer, Cristiano Ronaldo, earns approximately \$79 million per year. On the other hand, Alex Morgan of the Women's National Soccer League earns roughly \$1 million per year from both pay and endorsements. There is absolutely no reason for the wage gap between players to be this large.

The women's national team is currently the best in the world, earning the number-one rank for the second year in a row. The team has not fallen below second in the world since the creation of FIFA's ranking system in 2003. The men's national soccer team, however, is not nearly as accomplished as the women's team. The men currently rank 29th overall and have never won a World Cup or an Olympic medal. But, apparently, the women's team's three World Cup Championships and four Olympic gold medals haven't been enough to warrant equal pay.

The women are doing the exact same job as the men, if not better. So why should they be paid significantly less? Some argue that the women's national team doesn't generate as much revenue as the men's team, simply because women's sports are unpopular. However, according to Daily News, the team drew in 26.7 million viewers during last year's World Cup — the highest number of recorded U.S. viewers to ever watch a soccer game.

In order to further their case, the women's national team has threatened to boycott the 2016 Summer Olympics in Rio de Janeiro, Brazil, if they are not granted fair compensation, according to Bleacher Report. The team is the current favorite to take the gold medal, and it would be devastating for U.S. Soccer if the women refused to participate. However, it honestly shouldn't have to come to this. The women are doing the exact same job as the men and, ultimately, have the right to be compensated in the same manner. Refusing to grant equal wages to the team simply because they are women is sexist and morally unjust.

These women should not have to make a spectacle of themselves as they fight for something they rightfully deserve: equal pay. They should not have to march onto the field before their games sporting banners that read "Equal Play = Equal Pay." The U.S. Soccer Federation should realize that this is the 21st century, and it should no longer exploit women for their labor.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON APRIL 19

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Residence hall work outs

By: Sarah Kelly

The frightful “Freshman 15” is sometimes even scarier than the dreaded biology final. It’s something that’s so easy to gain, but so difficult to lose. Chips and cheese at midnight, snacking while studying, and stress eating are a few of the reasons students put on weight throughout their college years.

Although there are many classes offered at RecWell, including yoga, Zumba and spinning, and nothing beats jogging outside, always keep in mind your dorm is an alternative to the gym. Here are a few workouts you can do right from your dorm room to help fight off that unwanted muffin top.



Bridges

Find a chair or any object you can prop your legs up on, and put your heels directly on the chair, forming a 90-degree angle. Lay down, pushing your heels into the chair, squeeze your glutes, and raise your hips to the ceiling, making sure only your heels touch the chair. Put some jams on, and bridge to the beat.



Planks

Lie on the floor and push yourself up as if you were doing a push up, but instead of returning back down, stay up, and hold the position for as long as you can. The burn in your

core is going to be painful, but one motivation to keep holding the plank is to challenge your roomie and see who can hold their plank the longest.



Leg raises

Lie on the floor with your feet together, and lift your legs to the ceiling while keeping your back against the floor. For a more difficult exercise, lift one leg at a time, switching back and forth. Find any upbeat song, and leg raise to the song’s tempo. When the song finishes, your legs are sure to feel like Jell-O.



Chair dips

Find a chair or any object that you can get a good grip on, then set your legs body-length out,

bending your elbows behind you at a 90-degree angle, and grasp the chair and lift your body weight, making sure your butt doesn’t touch the ground. Then using your triceps, lower your body. Lowering your body and raising it back to starting position is one rep. For these, turn on some jams, and drop to the chair at the beat of the music.



Wall sits

Lower your hips until your knees form a 90-degree angle, then lower your hips against the wall as if you were sitting in a chair. A good idea for knowing how long to hold your wall sit is to brush your teeth while doing this.

Doing these simple workouts from the comfort of your dorm room will help lessen the guilt after making a 3 a.m. trip to Waffle House and, hopefully, tone your body. Even if you don’t see drastic changes right away, keep at it, and stay positive.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON NOV. 10, 2015.



Body weight squats

When doing body weight squats, first make sure your feet are shoulder-width apart, and drop your hips as low as possible while keeping your heels on the floor. One fun way to do this around your room would be picking up clothes or shoes, and with every item you pick up, do a squat.

Shark's Swimming and Diving claims three national titles at NCAA Championships

By: Erin Herbert

@erin_herbert

The men’s and women’s swimming and diving teams took home three gold medals at the 2016 NCAA Division II Swimming and Diving Championships.

The women’s team earned an 11th-place finish, while the men’s team improved by three spots to finish fourth overall.

Anton Lobanov and Thiago Sickert both earned individual national titles at the meet, which lasted from March 9 to 12. On the second night of competition, Lobanov placed first overall in the men’s 100-yard breaststroke, defending his 2015 NCAA Championship title. Lobanov went on to win yet another individual title in the 200-yard breaststroke with a time of 1:53.29 on the final day.

Sickert took first over all in the men’s 200-yard butterfly, an event in which he holds the Sunshine State Conference record. Sickert also earned All-American status in numerous events, including the 50-yard freestyle, 100-yard freestyle, 200-yard freestyle and 200-yard butterfly.

Both Sickert and Lobanov were also members of the men’s 200 yard-freestyle relay, which took third place overall. The team, which consisted of David Van Der Colff, Lobanov, Victor Tarin and Sickert, earned a new NSU record with a time of 1:27.11.

The men’s team improved greatly this season, after placing seventh overall at Nationals last season with a losing 2-5 record.

“This year, the group was really strong,” said Sickert. “As a team, we were more of a unit. We worked together better.”

On the women’s team, Emma Wahlstrom earned the best individual finish of the meet, taking third in the women’s 200-yard freestyle with a time of 1:48.26. Wahlstrom also earned a top-eight finish, after taking seventh overall in the 500-yard freestyle with a time of 4:56.14. Malin Westman finished fourth overall in the women’s 100-yard breaststroke. Westman finished with a time of 1:01.79, setting a new NSU record.

Sickert believes that NSU’s Head



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The NSU Sharks swam to victory at the NCAA Championships.

Swimming Coach Hollie Bonewit-Cron and the rest of her staff were instrumental to the team’s success at the meet.

“I think the having the coaches support us was a big part of our success,” Sickert said. “We have a really great staff around us, supporting us and giving us everything that we need to swim fast. Besides hard work, I think that was the most important part.”

Both teams were highly successful throughout the entire season; the men earned a 4-1 record, and the women earned a 5-1 record. The Sharks also took second place overall at the Sunshine State Conference Championships earlier this year.

Sickert believes that the team’s recent success bodes well for their performance next season.

“[Our recent success] means a lot,” said Sickert. “We’re happy; we’re motivated. We already have some recruits coming in for next season, and with everything on paper, it looks really good. It’s going to be a great year, and, hopefully, we’ll win. We have very high expectations for next year.”

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON MARCH 23.

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Athlete of the Week:

Andrew Liberty

By: **Erin Herbert**
@erin_herbert

Serious injuries often mark the end of many athletes' careers, but Andrew Liberty, sophomore exercise and sport science major, persevered through an injury to come back to baseball stronger and better than ever.

Originally from Tucson, Arizona, Liberty moved to Boca Raton, Florida, at age 5 and began playing baseball. Liberty played baseball for four years at Calvary Christian Academy in Fort Lauderdale.

During his high school career, Liberty suffered leg injuries that sidelined him from baseball for an entire season.

"I broke my femur [and] tore my ACL, MCL and meniscus," said Liberty. "I was out for 11 months and ended up having to wear braces for two years."

Although coming back to baseball was a tough challenge for Liberty, he did not allow his injuries to hinder the progress he had made so far.

"Coming back was pretty rough," Liberty said. "After not playing for a year, your timing is thrown off, and I was afraid to use my legs again, so my whole game was a little different. It took a while to get used to it. It took me about a year to fully recover and get back to top speed and where I was playing before. It was pretty traumatic, but I'm back to where I was before."

Liberty explained the impact that baseball has had on his life.

How did you get into playing baseball?

"My dad played baseball up until high school, but he had always been my coach up until I was about 15. He was always there, he coached me, and he taught me how to play baseball, so I owe everything to him."

What do you plan on doing with an exercise and sport science degree?

"I'm not sure yet, but I either want to do

speed training at a gym or use my business minor and get into sales, like medical equipment for rehab or physical therapy, because I was hurt in high school and had to wear braces. So I'd like to be able to get into that business."

Do you plan to continue playing baseball after college?

"No, I'll probably start working right away. I figure I've got four years here, and I've gotten to play, meet some great guys, and build chemistry with the team, so I'll probably just take my degree and go to work."

What do you think is the hardest aspect of baseball?

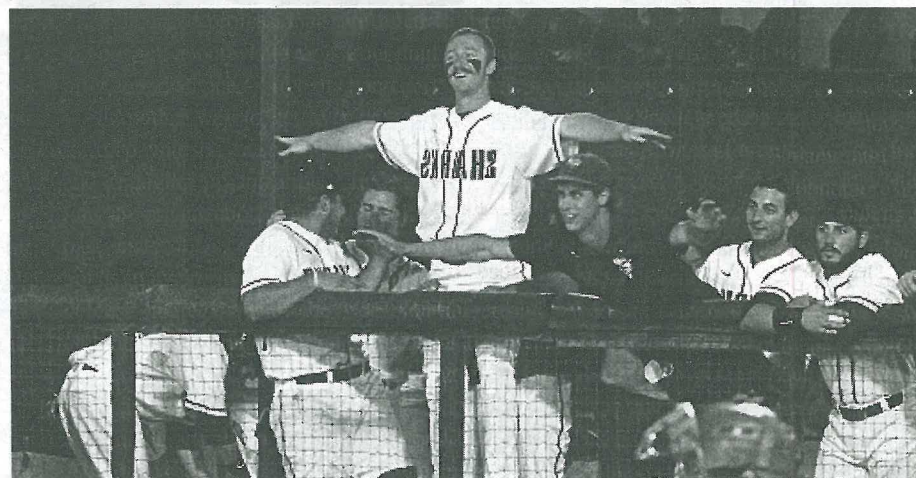
"The hardest part of baseball is probably that, even when you succeed or you do something really well, it's still a game of failure. You have a very small success rate. You could be doing things really well the whole time but still get a bad result, so it's a really tough mental game. You definitely have to be mentally tough."

Are there any specific tools that you use to motivate yourself to stay mentally tough during games or practices?

"There are eight other people on the field, so you have to do your role the best you can to support the other guys. You don't want to let your team down, you don't want to take a bad at bat and bring it into the field, you always want to be at your best and do your best for the team. Support your brothers, and keep them close."

Have you had a coach who has influenced or inspired you?

"My dad inspired me throughout my whole life; he's the reason why I'm still playing. I stayed down here so he could watch me play. My high school coach, Greg Mucerino, really inspired me to continue playing through college, and he's one of my best friends. He's a really good guy and a really good mentor. He's inspired me a lot through my years playing baseball."



Liberty enjoys another baseball game with his teammates.

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Are there any professional athletes whom you look up to or enjoy watching?

"I have a few friends in the majors right now from down here. Luke Jackson is one of my good friends, and he just broke into the majors this year. Trea Turner was a role model for me growing up while I was playing with him; he's really exciting to watch, and he's one of the fastest guys in the league. I also enjoy watching the smaller guys, like Jose Altuve or Dustin Pedroia, who are like 5 feet 5 inches tall, and it gives smaller guys confidence and shows us that we have a shot to play at that level."

A lot of the other teams on campus are pretty superstitious about pregame or postgame rituals. What about the baseball team?

"We have some pretty weird rituals. Our pregame stretch gets pretty interesting, to say the least. Usually, when the other team is hitting, we'll be stretching, and if there's ever a ball hit toward us, we like to see who can get hit by the ball. So that's a little strange. I also do this thing called 'Left Field with Lib' with Michael Callahan to help get people to come out to the game. As for postgame, we celebrate in the locker room, and we usually blast music as loud as possible and rage for about 30 seconds as hard

as we can. It gets a little rowdy. Our rituals are a little different, but they're a lot of fun."

Can you give us a little more detail about your pregame ritual with Callahan?

"It's usually a quick 10-second video that he puts on Twitter to help get more people to come out to the game. We don't have a huge crowd because we play a little farther away from where the dorms are, so people can't walk to the games, but we use the videos to try to get more people out to watch and get more fans."

When you're not playing baseball what do you enjoy doing?

"I like playing golf and beach volleyball. I've lived down here for a while, so the beach is a pretty big part of my life, so I'll go out and play beach volleyball with my friends or play a round of golf with my buddies."

Did you ever play golf competitively?

"No, never. I wish I had, but I played football and soccer for a little when I was young, but I had to stop playing those after I got hurt. I really just play golf for fun."

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

By: **Erin Herbert**
@erin_herbert

It's the start of a new experience and the perfect time to start forming a new fitness routine, but deciding where to start can be overwhelming. It seems like everyone at the gym already knows every workout in the book, leaving beginners slightly terrified. However, starting to work out is a lot easier than it seems — all you need to know is where to start. Here are some suggestions for boosting your fitness plan in college.

Yoga

Yoga is one of the best ways to tone your body and simultaneously increase your flexibility. With thousands of pictures of headstands and other complicated poses all over the Internet, yoga may seem a little daunting at first. But never fear; with the right attitude and coaching, anyone can learn yoga.

Do Yoga With Me is a free online yoga class that could turn you into a master yogi in no time. The program offers hundreds of yoga tutorials for all skill levels, with an extensive amount of videos demonstrating correct poses and technique for beginners. Each video mimics a yoga studio setting, with a teacher guiding you every step of the way. Do Yoga With Me also offers videos that promote mental as well

physical wellbeing; there are numerous courses that help individuals cope with anxiety and stress through the practice of yoga.

Running

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

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

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

and your canine companion to run a 5K.

Strength training

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

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

Boxing

If you're sick of running on the treadmill or lifting weights every day, try learning boxing as

a fun way to supplement your current workout plan. Boxing requires a balance of finesse and power, which can be achieved through the sport's recommended training plan of both cardio and strength training. Training for boxing can be done individually, with a punching bag, or with a sparring partner, so you'll always have the option of training by yourself or with friends.

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

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

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 19.

Finding Fitness: Spinning

By: **Erin Herbert**
@erin_herbert

Finding Fitness is more than scoping out the latest fitness trends; it's about finding exciting new ways to focus on 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. Stay tuned to find out what new and exciting fitness endeavors are in the area.

What is spinning?

Maria Pontillo, who has been a spinning program instructor at NSU's Recreation and Wellness Center for about 10 years, described spinning as an indoor cardiovascular workout performed on stationary bikes. During spinning, which often lasts between 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. In an endurance-focused class, participants keep a steady pace and constant heart rate for a long period of time.

Strength classes are focused more on high intensity; the objective is to raise the participant's heart rate while keeping a consistent and high intensity throughout the entire course.

Interval rides are a combination of both endurance and strength rides. Participants are expected to start with a low heart rate and gradually increase it through exertion throughout the course. The primary difference between interval rides and other types of spinning courses is the inclusion of recovery intervals. A majority of the spinning classes fall under the interval ride category.

The final variation of spinning is known as race day, which is the highest intensity spinning course. This course is offered as a specialty style of training for regular spinners and competitive riders, so Pontillo doesn't recommend race day style courses for beginners.

What are the benefits?

Spinning has a number of health 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 and strengthening exercise; however, the benefits of spinning are more closely related to cardiovascular health.

"Spinning is definitely not a strengthening exercise," Pontillo said. "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."

Pontillo also said that spinning is a non-weight-bearing form of exercise, meaning that there is a very low amount of pressure placed on one's joints during a spinning course. Other high impact forms of exercise, such as running, place a high amount of pressure of the joints, creating the potential for joint pain in the future.

Pontillo said that spinning is a great cross-training option for individuals who frequently engage in high-impact exercises such as running.

What are the risks?

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."

Attending 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 rec.nova.edu/fitness/ for a schedule of classes.

Ellen's Ultimate Workout

5173 S. University Drive
Field of Flowers Plaza, Davie
Visit ellensultimateworkout.com for a schedule of classes.

Studio B

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

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON FEB. 9.

Coach's Corner: Jennifer and Dan King

By: **Erin Herbert**
@erin_herbert

Coaching duo Jennifer and Dan King know that it takes the right balance of hard work and motivation to build a successful volleyball team.

Head Coach Jennifer King began playing volleyball in seventh grade, and her passion for the sport has stuck ever since. King played volleyball at Siena College for four years before carrying her love for the sport over into a coaching career.

"I did everything when I was little," King said. "Soccer, softball, kind of standard stuff that everybody always does, but nothing ever clicked. But once I hit volleyball, that's what really stuck."

Assistant Coach Dan King, Jennifer King's husband, grew up participating in marching band and beach volleyball. Dan King started out as a high school volleyball coach and quickly worked his way up to the collegiate level.

"I started coaching high school volleyball first, and then I got my first college job from the same guy who helped me get my first high school job," Dan King said. "Really, for me, it was a matter of being lucky enough to be around the people in the profession."

There's no doubt that the pair makes an effective coaching team, and they owe a lot of their success to their ability to separate work from their home life.

"We really try to keep the areas of our life separate," Jennifer King said. "When we're at work, we're working; we talk about work. Obviously, home comes up here and there, but the same way I would speak to any other assistant, I speak to [Dan King]. Those lines are really important for us in terms of keeping consistency in what we're doing, and at the end of the day, our philosophies are the same, whether in coaching or in life. It makes it easy to keep going every day when you have the same thought process in general."

Dan King said the entire staff works together to the best job they can.

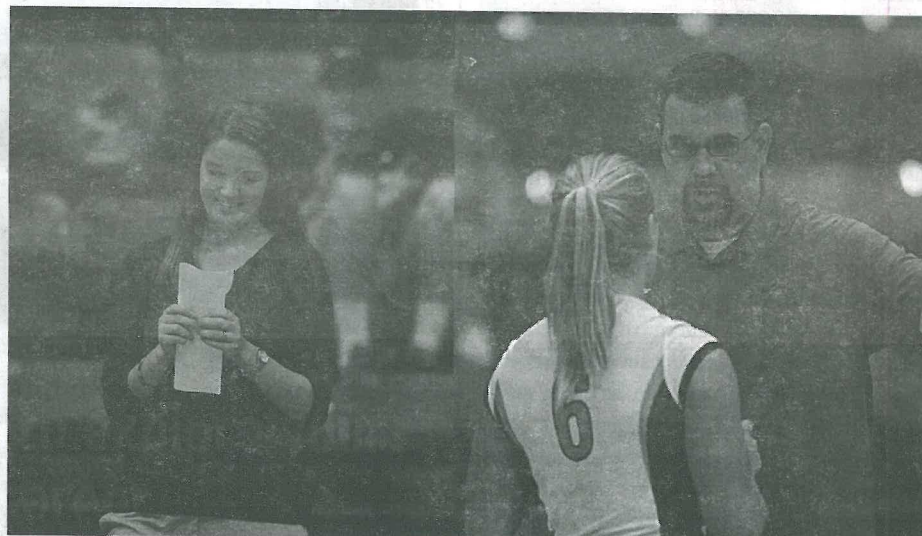
"We don't treat it any differently than other jobs I've had," he said. "[Jennifer King is] head coach, she makes the choices, and we've got a great staff. Our assistants are outstanding. The entire staff complements each other, and we do our best to do right by our student athletes. So as far as how we get along together, it's no different than any other job."

A great attitude about work and an outstanding supporting staff aren't the only things that have contributed to the Kings' successful coaching careers. They said they've found that keeping positive attitudes and using multiple tools to motivate their team can really help athletes grow to their full potentials.

"We've been using 'GRIT' this year," Jennifer King said. "It stands for 'Genuine, Relentless, 1 percent, Together.' It's been a big motivating thing for the group right now. But when it comes to motivating, what first has to happen is you have to know your athletes. I can't motivate one athlete the same way I motivate the next one. A lot of it is trying to be positive with them and speaking about how talented they are and the things that we're doing well, while we're still trying to improve and trying to fix things."

Dan King believes that understanding each athlete's motivational needs on an individual level is important for both the players and the coaches.

"I feel like when it comes to motivation, it's an individual thing; some kids are motivated differently than others, so what we do is compartmentalized," he said. "I may work more closely with some athletes than Jen or the other coaches. Having the staff that we do really allows us to be focused on certain individuals and what that kid needs as opposed to what another needs. I feel like encouragement in the



The King's rule when it comes to leading the volleyball team to victory.

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moment is a very individual thing, and our staff allows for that to happen."

Both coaches believe that having highly motivated players will help the team in the long-run. Although the team started last season with an incredibly strong start, going 10-2, Jennifer King is less concerned with statistics and more concerned with the team's overall progress for the season.

Jennifer King said her expectations for the rest of the season were focused on improvement.

"We just want to keep improving," she said. "We obviously talk about what our record is now because it's a great start — it's the best start in program history, and it's very exciting — but one loss or one win won't dictate what we do tomorrow. So the focus for us is always getting better, playing cleaner, being better teammates, and being a better functioning unit."

Jennifer King said the team's goal is to play in the NCAA tournament on Dec. 3.

"It's something that this program hasn't

done in a long time, and I think this group is capable of achieving that goal — we just have to focus on what we're doing and not about the winning," she said.

For both coaches, the most rewarding part of their job isn't the record-breaking seasons or the conference titles; it's the special relationships they're able to build with their players.

"The relationships that we get to build with these kids are a highlight," Dan King said. "A lot of the relationships we build with former athletes are pretty special."

For Jennifer King, being able to help an athlete improve upon themselves is an incredible moment as coach.

"Any time I see the little light bulb go off for a player, those are the best moments," she said. "When we've worked on something and tried and tried, and they finally get it, and it works, it's pretty awesome."

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON OCT. 6, 2015.

Interested in getting involved with The Current?

Join us every Tuesday from noon - 1pm in the Student Affairs Building, room 104. Food, fun, and the chance to expand your portfolio are on us! Our first meeting is August 23rd.



On the Bench: A tribute to Peyton Manning

By: **Erin Herbert**
@erin_herbert

After a show-stopping 18-year career, Peyton Manning bid the National Football League farewell. Following his second career Super Bowl win against the Carolina Panthers in Super Bowl 50, the 39-year-old ended his career in style and left the league as a true champion.

Manning has been a part of most American's sacred Sunday afternoon ritual for almost two decades, and teammates and fans alike will surely miss his commanding presence and talent on the field. Manning's long journey may be over, but it was a tremendous one from start to finish. From being drafted first overall in 1998 to the bitter-sweet Super Bowl victory that everyone knew would be his last, Manning has surely left his mark on the NFL and the sport of football.

Regardless of whether you followed the

Colts or the Broncos, it's impossible to deny that Manning is one of the greatest quarterbacks to ever grace the NFL. However, people won't solely remember Manning for the number of championship rings he has or the massive number of games he has under his belt. People will remember him for the standard of excellence that he brought to the sport of football.

Longtime rival Tom Brady, quarterback of the New England Patriots, even acknowledged Manning's contributions to the sport. Shortly after Manning announced his retirement, Brady posted a congratulatory message on Facebook, saying, "Congratulations Peyton, on an incredible career. You changed the game forever and made everyone around you better. It's been an honor." As a fan, it has truly been an honor

person and witness the greatness of one of the most talented men in football.

Being good was never enough for Manning, and it never will be. He always strove to be the best of the best and would quietly put in long hours of hard work to ensure that his performance was at 100 percent every time he stepped onto the field. His hard work and determination led to him two Super Bowl Championships, 14 Pro Bowls and three league records.

Yet, despite all of his grand achievements and numerous accolades, he has always been nothing but humble. Manning would never accept the praise for a hard-fought victory or a well-executed play; he would rather acknowledge his teammates and coaches and attribute his success to them. Manning's respect for the game is unmatched, and he has

undoubtedly presented himself as one of the most honorable men in sports.

Humble in victory and gracious in defeat, Manning has cemented himself as football legend. It has truly been an honor to be a part of Manning's career. Fans have cheered along with Manning after every victory and have felt the same anguish after tough post-season losses. But, through victories, losses and a fair share of injuries, the world has gotten the opportunity to love the incredible athlete and man who Manning has become.

So thank you, Manning, for sharing your talent and passion with the world. Sunday afternoons will never be the same without you on the field.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON MARCH 15.

Think Pink during October

By: **Jazmyn Brown**

Many teams and franchises from multiple sports incorporate breast cancer awareness into their games and events by wearing pink, and this is most apparent during the month of October. Many players choose to wear pink during October to symbolize their support for the cause, from socks and shoes to armbands and mouthpieces.

During October, NSU's Athletic Department offered free admission for cancer patients and survivors and up to four of their family members to special cancer awareness games. The first 200 people to arrive at each game also received free "Think Pink" T-shirts.

Patrick Lillis, graduate assistant for marketing and production in the Athletic Department, explained that a Cancer Awareness Event is put on during one game for each sport, for a total of 6 events throughout the year.

"[Last] year's theme was 'Think Pink,'" said Lillis. "We partnered with Memorial Cancer Institute for the season to help with our events."

Through the partnership with Memorial, Lillis said, athletics provides information on cancer resources and treatments, in addition to vouchers for a special \$50 mammogram during October and basket raffles.

Lillis said, "Our goal is to raise awareness in the fight against cancer, to recognize survivors and warriors of the disease and to remember those who lost their battle with cancer."

Kimberly Carbo, assistant athletic director, said that prior to the games, there was a moment of silence for those who lost their battle with cancer.

"We also recognized any survivors or warriors in attendance for their courage and determination," she said.

Additionally, athletics raffled a Pink Gift Basket, courtesy of Memorial Cancer Institute, at each game.

Since each sport hosts a cancer awareness event, special games occur throughout the school year. The basketball "Think Pink" event was Feb. 10, 2016, a doubleheader, with women's at 5:30 p.m. and men's at 7:30 p.m.

For more information, please contact Kim Carbo at 954-262-8254 or carbo@nova.edu

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON OCT. 27, 2015.

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By: Nicole Cocuy
@CurrentNicole

Top of the leaderboard: The students behind 'Artcade'

College isn't always fun and games, but for graduating art majors, the senior art exhibition is.

"Artcade," the 2015-2016 senior art exhibition, opened on March 21 in the theater lobby of the Don Taft University Center and remained open until April 18. The exhibition showcased the work of four senior art majors: Annie Nguyen, Roger Atangana, Malika Kuzibaeva and Juan Salazar.

According to Nguyen, the theme, "Artcade," is not only fun and clever, but also represents the students' diversity.

"When you walk into an arcade, you see all these different kind of games from all these different periods with all these different themes, and they're all flashing in your face," said Nguyen. "For me, that reminds me of how art is. I thought it was a funny idea because, not only does it represent that whole diversity, but at the same time it's really funny."

Kuzibaeva said the artists' diversity stems from their different artistic styles.

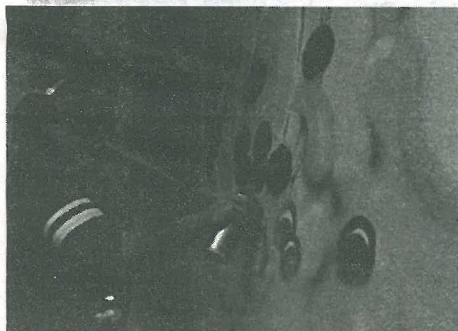
"We chose 'Artcade' because all of our stuff is so different," said Kuzibaeva. "Roger's is mostly an illustration, animation kind-of-thing. I'm more of the organized person. Annie's is more nature-themed colors and kind of chaotic. Juan's is very colorful, very abstract."

While the senior art exhibition may symbolize the end of their undergraduate education, this isn't "game over" for graduating art majors.

Nguyen said, "They say that opportunity is always there, so it's up to you to find it and take that opportunity."

The four artists behind the senior art exhibition explained how they got started, what their inspirations are, and what's in store for them in the future.

Annie Nguyen



What made you interested in studying art?

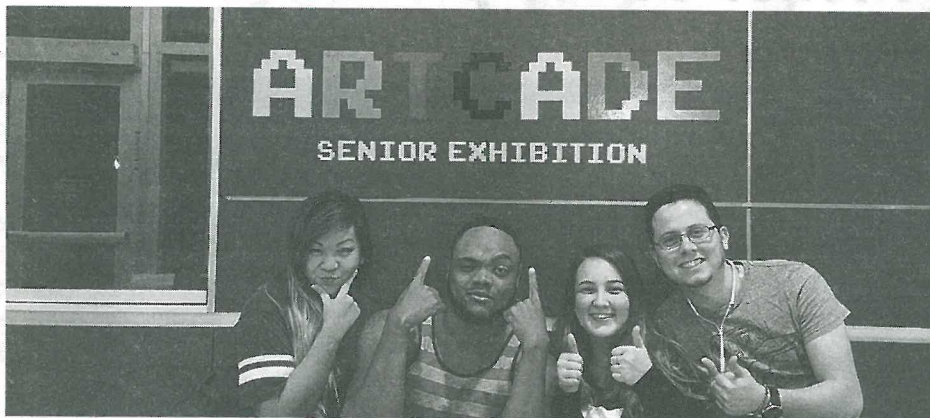
"It's funny; when I first started here at NSU, I started as a biology major, and I was actually in the dual dental program. After going and shadowing and working in different offices and stuff, I realized it wasn't what I wanted to do for the rest of my life. I switched into art because that's something that has always been a part of my life, and it was a big part of high school, too. I entered a bunch of competitions, and it was a calling for me. They always say to follow your passion, and nothing can stop you."

What is your favorite medium to work with?

"Anything. I'm the type of person who likes to learn new techniques and new methods and new materials and apply them in different ways so I can get my message across. I've worked across the board from traditional painting and graphite, which is what I grew up with, to eventually chicken wire sculptures with calligraphy paper on it, so it's all across the board."

How would you describe your artistic style?

"I think the best way I can describe it is just really organic only because I have a split between my fine art and my street art style. Either way, they both are geared toward organic figures. The fine art side is very cultural and reflects on my background, or it's very political. It's just things that have a specific statement, but in a very earth-tone-y way. My street art style is the complete opposite, where it is super colorful, super warped, with all these really bright colors. My artist statement is about my experience as



Senior art students show off their work at their featured exhibit.

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a first-generation Vietnamese-American, so there's this whole internal struggle figuring out my culture while also being Americanized. That's pretty much what my artwork emanates."

Where do you draw your inspiration from?

"It's mostly just stuff that I come up with on the spot. The biggest stimulus I get is from the material that I am working with. So I will look at the material, I'll think about its characteristics, and I'll think about a message I can convey with those characteristics. Instead of having a message and choosing the materials, which is how I think most people do it, I do the opposite."

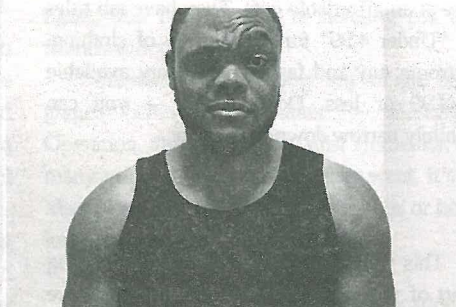
Which artist has influenced you the most?

"It goes two ways because there's the whole entire fine art side with the street art side. On the street art side, I think my favorite would have to be Christina Angelina. She's also known as @starfightera on Instagram. Her style is just so beautiful. It's very feminine, but it's at the same time very strong. On the fine art side, there are a lot of different people I like to refer to because I like a lot of different styles. I like Jeff Coons because he has a very industrial concept. He's probably one of the most famous artists out there, and he's a genius. I also like really cultural people like Ai Weiwei. He's a Chinese artist, and his work reminds me of my fish sculpture with the paper, and his style represents more so his culture and his political statements. His art resonates with me in how I convey my messages."

What are your post-grad plans?

"I was really nervous about it at first, but now I'm just so much more confident about telling people only because the way I started out being in art is probably the same way I'm going to end up approaching my post-grad plans. It's literally just going for it. I don't have a 'plan A' and a 'plan B'; I just have a whole bunch of 'plan B's'. There's my job at the museum right now, there's an art residency path, but it's all geared toward an overall vision that I am aiming for, which is to open up my own studio school in the future."

Roger Atangana



What made you interested in studying art?

"It's very creative and out of the ordinary. You get to explore things that people haven't done before. Art can be anything. That's what's amazing about it. I love visual communication because I think it rules the world. You turn left because there's a stoplight that tells you to wait and go left. You're controlled by visuals, and I just think it's pretty cool."

What's your favorite medium to work with?

"I love my computer and Photoshop. I always tell people that when I use Photoshop, I feel like a god or a magician. I can do anything,

pretty much. There's nothing I can't do with Photoshop."

Where do you draw your inspiration from?

"Artists who are better than me. I think we learn from each other, and it's OK to learn from others and to make your stuff yours and put your originality in it."

Which artist has influenced you the most?

"There's this guy called Artgerm. He has a YouTube channel, and I watch his videos a lot. I actually learn more from him than from my class because he uses Photoshop, and I learn tricks from him way more than I learn in class, and it always puts me ahead. And there's a very old one — he's dead — Saul Bass. He's a minimalistic artist. He makes posters. I love his work so much."

How would you describe your artistic style?

"For me, if you can use Photoshop, why would you make something normal if you have the possibility to make something out of the ordinary? I like surreal stuff, like fantasy. I would describe my work as out of the ordinary."

What are your post-grad plans?

"I'm going to go into graphic designing because a couple friends who graduated last year are working in Miami. Miami is a very good place for graphic designers, so I'm planning to work for any company for now. Ultimately, hopefully, I'm going to own my own business, which will be great."

Malika Kuzibaeva



What made you interested in studying art?

"I started all the way in elementary school, and I started because of a teacher there. She inspired me. I had this class where it was just me and her, and she just made me feel like I belong in art. I understand it more than just reading and writing. I'm more of a visual learner."

What's your favorite medium to work with?

"It used to be just Illustrator, but then I started using Photoshop. Photoshop is not my favorite. But now because of my job, I like InDesign. So now I like both of them, and I bounce back and forth between Illustrator and InDesign."

Where do you draw your inspiration from?

"I start off usually with sketches. A lot of people don't like doing that. I used to hate doing sketches, as well, but I usually try to do sketches, and, from there, my thing with how I do it is by layout. If, for example, we're doing this magazine ad, it has to either go together by colors or the type of fonts or images, so, for me, it's mostly by layout. It depends on the type of theme that is needed and layout."

Which artist has influenced you the most?

"There are so many of them, but the obvious graphic designer is [Stefan] Sagmeister. He's a crazy dude. He does crazy stuff. All of his stuff is outside the little bubble that everyone expects. He just thinks outside the box. Honestly, all of his stuff is just different."

How would you describe your artistic style?

"It's very organized and very clean. When I think of Sagmeister, all his stuff is chaotic and spread out. That's kind of what I like about him, but my type of art is mainly clean and organized. It's very simple. It's not too crazy, but that's how I usually go. That's why whenever I have a project, like there was one project that I did and my professor tried to make me go grungy, but still, it was an organized grungy feel. I have a professor who is always trying to make me go messy, but I just can't. Even when I try to play with images and stuff, they're all either organized by color or shapes."

What are your post-grad plans?

"I really want to move to the West Coast. I really want to move to [Los Angeles]. I feel like that's where graphic design is major and popular."

Juan Salazar



What made you interested in studying art?

"I've always been very 'artsy-fartsy' as a little kid. I started college as a biology major, but I saw that I wasn't too passionate about it. I ended up just taking a second semester to figure out what it was that I wanted to do. I found out that there's a lot of careers in art. It's like what I was pretty much born to do, I would say."

What is your favorite medium to work with?

"I am very versatile when it comes to mediums. Anything when it comes to paints — acrylics, spray paints, watercolor or even oil — I'm very comfortable with, but I would say my favorite would be charcoal."

How would you describe your artistic style?

"The style would be geometric and very colorful. I used to use very dark tones in my palette, but then, once I started painting here in college, I went into a whole full-color road."

Where do you draw your inspiration from?

"My inspiration comes from my feelings, whatever I'm feeling at the moment. Sometimes, it can be very personal or just my own world type of thing. But then, of course, the outer world does have a huge impact — what's trending, what's going on, whether it's politics, financial stuff, school. It really just depends on my mood."

Which artist has influenced you the most?

"Definitely Vincent Van Gogh, along with Salvador Dali, Picasso, and even contemporary artists like Alexander Mijares, who is from Miami, and even Brito."

What are your post grad plans?

"I'm taking some time off to just work and get my studio set up. Hopefully, within two or three years, whether I decide to stay here in Florida or move out, I do want to go on to be an industrial designer, more so for the automotive branch, designing cars, mainly exterior, but I know the interior is super important, too."

Staff Picks: Guilty pleasure TV shows

By: The Current Staff

Award-winning shows like *Game of Thrones*, *House of Cards* and *Downton Abbey* are stimulating forms of entertainment that are actually worthy of our time; however, every once in a while, wasting our time through mindless reality TV, silly cartoons and shallow dramas is good for the soul. We may not all be quick to admit to watching these shows out of fear of being judged for our poor taste in television, but don't be ashamed. Everyone has at least one guilty pleasure. Here are the shows members of The Current staff hate to admit that they love.

**Nicole Cocuy, co-editor-in-chief, said
"Gossip Girl"**

Throughout high school, I mocked my friends who watched "Gossip Girl" because I thought it was so superficial and ridiculous, but, last year, I got a little bored and decided to secretly give the show a shot. After episode one, I was immediately engrossed in Serena and Blair's deceitful, backstabbing yet surprisingly supportive relationship, spending countless, sleepless nights binge-watching the show. I am ashamed of my addiction because it is so problematic and it has sexist and classist undertones. But despite how shallow and despicable the characters were, I still loved them, and the constant plot twists and dramatic scenes kept me hooked.

**Li Cohen, co-editor-in-chief, said
"Jersey Shore"**

I'm not sure why I found this show so enticing in middle and high school. Perhaps it was the emphasis of going to the gym, the overexposure of the sun and tanning beds, or the very informative scenes on the importance of doing laundry that drew me to watch every season of the show. There was just something about watching these overly-muscular men and extra-saturated tan women spending their days getting drunk on the beach and their nights getting drunker in the club that was so entertaining. Of course, being exposed to such entertainment caused a few of my brain cells to

shrivel, but it was all in good fun, as it even led to my friend and I winning a costume contest for dressing up as two of the characters. Looking back, my friends and I were a tad obsessed with the show, but at least now I know that overuse of the gym, excessive tanning and too many laundry sessions can lead to a lifestyle that I most certainly do not want.

**Grace Ducanis, news editor, said
"The Bachelor"**

I'll watch them all: "The Bachelor," "The Bachelorette" and "Bachelor in Paradise." The reality dating television franchise, now in its 20th year, is not generally considered good television. A lot of people think the shows are sexist, shallow and fake, which is why it's sometimes embarrassing to admit that I like and watch them. My obsession with the franchise, however, remains undiminished. I love analyzing the contestants, trying to figure out whose feelings are real and who's lying for the cameras, speculating about whether events are engineered by the show's producers or not, and looking at all the nice clothes. The contestants may not always really love each other, but don't doubt my love for the "Bachelor" franchise.

**Chantel Grant, features editor, said
"Laguna Beach"**

I am dying of laughter just writing this, but I was in love with a TV show on MTV called "Laguna Beach." It was a "reality" show that followed a group of privileged teens who lived in Laguna Beach, Calif. Each episode was filled with gossip and blonde hair being flipped in frustration. I heard the words "like" and "oh my gosh" so often that I had to turn off the closed captions. The main character was Lauren Conrad, and her arch nemesis was Kristin Cavallari. The two were at odds over a surfer named Stephen. I was so obsessed with the show that I told my parents I wanted to get blonde extensions like Kristen and Lauren. Also, all I wanted to wear were denim skirts, flip flops and off-white tank tops because Lauren and

Kristen were always dressed that way. The worst part is I tried to talk like them, and it sounded ridiculous with my Jamaican accent. Anyway, I cried when they graduated from high school and vowed to move to Laguna Beach so I could be close to the cast.

Now that I am bit older, I think the show was the dumbest thing ever, especially since I found out it was all staged. I can't even stomach the thought of watching re-runs, but, back then, no one could come between me and "Laguna Beach."

Erin Herbert, sports editor, said "Breaking Amish"

I typically don't watch much television, but in high school, I was shamelessly hooked on TLC's "Breaking Amish." The reality show follows a group of Amish teenagers who leave their strict lifestyles in an Amish community to go to New York and experience life as regular teens. The show is absolutely hilarious because commonplace things such as going to the beach or going clubbing are so foreign to the teens, and they have no idea how to handle these situations. But watching awkward Amish teenagers trying to navigate life in New York City isn't even the best part of the show; it's the drama. Each episode, one of the cast members inevitably dropped a new bombshell, which fuels fights and drama. The show is completely ridiculous, but that's what makes it so addicting. Whenever I'm flipping through the channels and land on a re-run of "Breaking Amish," I just have to watch and re-live the drama.

**Roddia Paul, opinions editor, said
"Flavor of Love"**

I usually try my hardest to shy away from conforming to stereotypes. So, when reality TV comes on with its foul language and violence, I quickly change the channel. But it's time that I come clean; I love reality dating competition TV shows. The fighting, the screaming, the back stabbing and the steamy attraction — I love it all. My all-time favorite dating

competition show has to be "Flavor of Love." In each episode, Flavor Flav, rapper and former television personality, sent one competing girls home until he finally found his perfect match, or so we thought. Flavor Flav actually attempted to find love three different times and is not currently dating any of the women he chose. Go figure. Recently, VH1 had a marathon of all its former dating competition shows and, of course, "Flavor of Love" was included, and I was right there, eight years after the last episode, indulging in the show as if I had never seen it before. Nobody wants to seem like bad behavior intrigues them, but I guess we all need a little drama in our lives.

**Roger Atangana, visual design assistant, said
"Phineas and Ferb"**

"Phineas and Ferb" is a cartoon that revolves around siblings Phineas and Ferb, who are determined to make the most out of their never-ending summer time. The fact that they are super brilliant kids who spend their time building enormous castles in their backyard, helping aliens fight bad guys, traveling through time and much more, does not make things easy for their sister Candice, who unsuccessfully and endlessly tries to rat them out to their mom. What got me coming back for more is their pet, Perry the Platypus. He might be a quiet platypus at home, but he also doubles as a secret agent who tries to stop the evil plans of his one and only nemesis, Dr. Heinz Doofenshmirtz. The relationship between Perry and Doofenshmirtz is so interesting that I can never have enough of it; even though they're arch nemeses, there are times when they act like they're the best of friends. Do they like or hate each other? You decide, as you watch these two characters have dinner while Doofenshmirtz explains his evil plan to Perry, who genuinely pays attention. This is a Disney show for kids but, hey, it's too captivating for me to miss out on.

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Cute doesn't have to be costly

By: Roddia Paul

College students are known for many things, but unfortunately, having money is not one of them. There's a huge misconception that being fashionable means you have to break the bank. Sure, Prada will always be Prada, and no one wants to be caught in fake Ralph Lauren, but there are many sites out there that will make the naysayers think you're wearing designer. Here are some sites with cute clothes and low prices, and if anybody asks, smile politely and say, "This old thing? It's been so long that I forgot."

**AliExpress
www.aliexpress.com**

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

**Moddeals
www.moddeals.com**

This store is mix of Pacsun, American Apparel and a hint of H&M. If you like vintage or are into the latest trends, then this is definitely

the website for you. Usually, a good pair of jeans is at least \$40 in-store. Imagine being able to buy a pair of jeans that are just as good for only \$9.99. The reason you spend so much on jeans at the mall is not because it's better quality; it's because you are paying for the name brand. American Apparel, we love you, but as college students, we can't afford to pay \$90 for one pair of jeans that might not be in style next month anyway.

**10DollarMall
www.10dollarmall.com**

You've heard of the dollar store. Well, welcome to the 10 Dollar Mall. Yes, you read that right. Everything on this website is \$10 or less. That includes clothing, shoes, bags, accessories and jewelry for both men and women. This site has a mixture of everything, so there's no way you won't find something worth spending \$10 on. Plus, every week they have a new sale, so keep your eyes out for even better deals.

**Rose Wholesale
www.rosewholesale.com**

This site has a cool way of selecting which merchandise to sell on its site. Basically, they use social media as a way of figuring out which types of outfits and accessories are currently trending in the media, and they make it available for customers to buy at a fraction of the price. To go along with their social media interaction, you can mention them on one of your social media sites wearing something you bought from them,

and they will post you on their site under Rose Style.

**Tinydeal
www.tinydeal.com**

If you like name-brand attire but not the name brand prices, this is the site for you. With a slogan like "Great Value, Great Experience," you probably see where they were going with this. This website aims to provide trending attire at an affordable cost. They have tab titles like "Under 4.99" for every piece of clothing, electronic, toy and fashion accessory available for 4.99 or less. Don't worry — you can definitely narrow down the search.

**Tidebuy
www.tidebuy.com**

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

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 26.

Are you
obsessed
with music
as much as
we are and
want to meet
cool students
and awesome
artists?

Meet our
RadioX DJ's at
Sharkapalooza
to learn about
our first
meeting and
how you can
get experience
as an on-air DJ!

Karena Washington: Bringing sax-y back to NSU

By: **Grace Ducanis**
@GraceDucanis

Karena Washington started out at NSU as a marine biology major, but the rhythm was too hard for her to resist, so she switched her major to music.

Now, she plays the saxophone with NSU's pep band, performing at volleyball and basketball games and at other events. The pep band's repertoire includes "Forget You" by Cee Lo Green, "Party Rock Anthem" by LMFAO, and other pop songs.

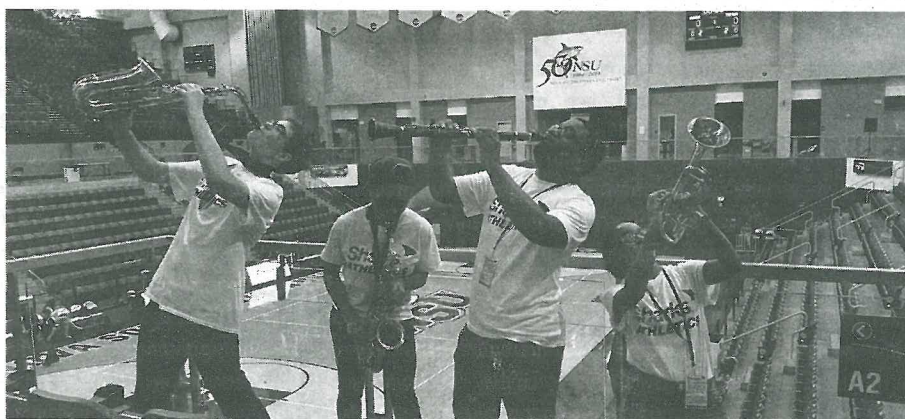
Washington was instrumental — pun intended — in restarting the pep band during the fall semester, and discussed how peppy NSU is.

What's your background in music?

"I grew up in a family where my parents were like, 'You're going to play music and sing.' I took piano lessons when I was in second grade. In middle school, I joined the chorus, acapella and band where I played saxophone, which is what I play in the pep band now. Now, I do band and acapella."

Why did you decide to switch your major from marine biology to music?

"I liked marine biology, but it's a tougher field. You have to be really devoted to it because, if you don't get funded for your research projects, you can't really do anything. Music was always in the back of my mind, and I thought about music education. I really want to be a band director, so I decided that music was a better fit for me because it was more of a secure job, and I really like it. Also, the school that I really want



Washington and her band-mates performing at a volleyball game.

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to go to after NSU has a great music program, and I want to be involved with the band there."

Why do you want to be a band director?

"A lot of my best mentors were band directors, and I really want to be like them. I've given lessons in other small-group settings, and people have always told me I would be a great teacher or great music director. It really stuck with me."

Why is it important for NSU to have a pep band?

"It gets more people to come to games. It gets people spirited and into the games. We're there to have fun and to help other people have fun. President Hanbury has come up to us and told us that he has wanted a pep band for a while. Also, the arts programs are really small here, and

we're trying to get it to grow. Having the pep band shows that we have a band here, [and] a lot of people don't know that. I'm hoping that, one day, the pep band will get really large and that more music people will come to NSU."

Why is the pep band important to you?

"Music has always been my number-one passion, so to get it started here on campus was a big deal for me because I get to watch other people enjoy music just as much as I do."

What songs get the crowd going?

"'Power' by Kanye West, 'The Hey Song,' and 'Kencraft 400.' 'Power' is my favorite song to play."

Have you guys ever messed up during a performance?

"Yes. A lot of times, people are timid and don't want to start the song because they don't know if they're coming in at the right time. So the drummer will start, but not everyone will realize that we're actually starting, so we're like, 'Where are we?' One game, we didn't have our band director there so we didn't know what we were doing and played at times we weren't supposed to. But, now, that's all worked out."

What do you like most about being in the pep band?

"I came from a place where I played mostly classical music, so to be able to play music that's on the radio lets me groove with what I'm playing more. Also, I get to help others develop their music skills. I get to learn what works when teaching someone and what doesn't."

Why do you love music?

"With speaking, it's hard to express yourself sometimes. But, with music, you can shape how you want to play something to explain how you feel or what you want to say. It's also a time to escape, in a sense. If you're stressed out, you can play out your stress and have a little break. It's just you and your instrument."

You can catch NSU's pep band at sporting events, and you can follow the pep band on their musical journey on Twitter @NsuPepBand.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON FEB. 16.

A muenster of a sandwich

By: **Nicole Cocuy**
@CurrentNicole

What if I told you that grilled cheese sandwiches don't have to be just simple, sloppily assembled midnight snacks with slices of American squished between slices of mundane, slightly-buttered toast?

At Miss Cheezious, grilled cheese sandwiches are so much more than quick and easy, last-minute meals; they're art.

From creamy mac and cheese melted on sourdough to refreshing apples paired with Havarti cheese to a twist on the classic turkey and cheese sandwich, Miss Cheezious has curated the perfect menu of 17 different sandwiches to satisfy every cheesy craving.

Miss Cheezious started out as just a food truck but became so popular that it expanded into a cute little restaurant in downtown Miami. It certainly lives up to the hype; every sandwich is perfectly toasted and made with a delicious slice of gooey, melted cheese and, most importantly, love.

The buffalo chicken melt mixes the crunch and savory goodness of fried chicken with the sweet, soft, creamy texture of bleu cheese and a spicy blast of buffalo flavor. The croqueta monsieur adds a Latin feel to the traditional ham and Swiss by including a deep-fried ham-filled pastry to the classic combo, making everyone's favorite lunchtime meal even better. The pesto melt sends taste buds straight to Italy by combining all the traditional flavors — pesto, tomatoes, provolone and parmesan — into sandwich form. The patty melt — a fan favorite — pairs a brisket patty with a creamy, zesty chorizo pimento cheese and smoky slices of bacon. Regardless of what you choose from the menu, it's guaranteed to be "gouda."

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

The sandwiches are pretty filling, but the sides are definitely worth the additional calories. While the mac and cheese is subpar, there are also the thick, crinkle fries everyone grew up with and loves. They're the perfect consistency — hot and crispy on the outside but soft and fluffy in the inside. They can be dipped into a variety of sauces available at the front of the restaurant or topped with cheese and chili. Also, if you love to dunk sandwiches in soup or are craving a light starter, tomato bisque and turkey three-bean chili is also available.

While the sandwiches alone are enough to guarantee an enjoyable dining experience, the chill ambience is part of what makes this restaurant so great. When you eat at Miss Cheezious, as you watch TV indoors surrounded by succulents in bright mason jars and colorful metal chairs, or as you sit outdoors on sofas under the stars and large trees with twinkly lights, you feel like you're hanging out with friends at home.

Guests are free to play any of the board games behind the counter — Battleship, Operation, Taboo, Cards against Humanity, and many more — for as long as they want. It's the ideal place to catch up with old friends or host a large gathering.

Miss Cheezious is the perfect location for college students with its inexpensive and creative comfort food in a laidback, fun environment. It doesn't get any feta.

Miss Cheezious

Address: 7418 Biscayne Blvd., Miami

Hours of operation: Monday through Sunday from 11 a.m. to 11 p.m.

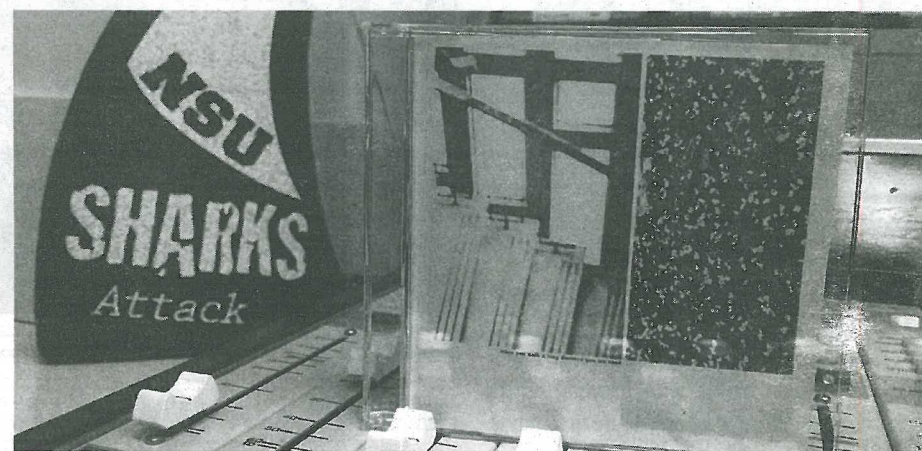
Price range: Under \$10

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 26.

SOUNDBITE

'When You Walk a Long Distance You Are Tired' by Mothers

By: **Marie Ontivero**



This Georgia-born band goes beyond its country roots.

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

From the moment Mothers released their single last October, "It Hurts Until it Doesn't," Radio X was hooked. The quartet from Athens, Georgia, had been teasing music since then, releasing two more singles until the album finally released on Feb. 26. Mother's debut, "When You Walk a Long Distance You Are Tired," contains eight tracks, but be warned: Kristine Leschper is a force to be reckoned with. Her voice is impossible to mistake for someone else's, with its high-pitch charm and her bewailing style of singing. There's also the lyrics' ability to transfer you into the body and mind of an awkward and unconfident girl.

The album is quite the emotional journey

and is full of Leschper's experiences with rejection and lack of attention. She brings up a lot of insecurities within the 42-minute span of the album, and, though this all may sound depressing, it's also important to know that it's OK to feel this way as long as you come out of it stronger, which was Leschper's goal. In an interview with *DIY* magazine, she said, "It's more of an empowering record than a sad record," which, at times, could be difficult to comprehend while listening. However, when heard in full, the album comes off as a form of pure perfection — even with all its imperfections.

You can find Mothers on both Spotify and Apple Music.

Perfect if you like: Front Porch Step

Favorite Tracks: "It Hurts Until It Doesn't," "Lockjaw" and "Hold Your Own Hand"

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON MARCH 15.

PVA hosts annual dance concert

By: Jazmyn Brown

From Nov. 6 to 7, 2015, the Department of Performing and Visual Arts presented its annual Dance Concert, a collection of seven dance pieces performed by students, in the Rose and Alfred Miniaci Performing Arts Center.

Augusto Soledade and Elana Lanczi, associate professors in the College of Arts, Humanities and Social Sciences, were choreographers for the concert. Soledade and Lanczi also coordinated guest and student choreographers and organized the audition and production of the show.

Soledade said each year, there are new choreographers and new works. A total of seven choreographers contributed to this year's show.

"There is always something different every year," said Soledade. "It's always a fresh experience."

This year, two guest artists, Lazaro Godoy and Carlota Pradera, collaborated with each other. They own a dance company in Miami.

"That's something new," Lanczi said.

Lanczi said attendees saw work that they probably haven't seen before.

"We have a really diverse program," she said. "They're going to see everything from hip-hop to modern to Afro-Brazilian to

contemporary and experimental."

Shanygne Bitna, junior communication studies and dance major, said her piece exemplified the Brazilian culture.

"We're at Carnival, the Brazilian festival, and, basically, there's a star, a famous woman in Brazil, and we see her, and we're excited, and we're just having fun and celebrating the Brazilian culture," she said.

Alonzo Williams, junior dance major, performed a rhythm and blues piece called "Ephesians 5: Single, But Looking."

"This piece is essentially about my own personal life story," Williams said. "In everyday life, there are temptations, [and the piece is about me] understanding that it's better to live holy and pure and trusting that God will lead me to the right person."

"In the movement itself, you will see the battle, but also the liberation," he explained. "It's better to battle those things rather fall victim to them; it's better to be patient rather than rush it."

Soledade said that it's always been a priority to present to the university the idea of how broad dance can really be.

"So when we look to invite choreographers to work with us, we're not interested in

presenting just one specific style; we want to show a huge range of possibilities, so that people can find something that they identify with," he said. "I feel there is a piece for anyone."

Lanczi said the show presented a variety of works performed by students who are incredible dancers.

"[The students are] really working so hard, so I think [attendees will] be excited to see their peers or colleagues on stage performing," Lanczi said.

The audition for the Dance Concert, which was open to all NSU students, took place in September 2015. Soledade said during the audition, the students were able to experience a little bit of each choreographer's style. Then, the choreographers chose their cast.

"The choreographers were looking for dancers they felt could work with their different styles, but they were all very willing to work with those students interested in expanding their knowledge of dance," said Soledade.

Williams said the concert is very different and interesting compared to other shows in the past.

"You can't expect anything specific,"

he said. "You're going to be surprised by the movement, the music and the message behind every piece."

Williams said Dance Concert is good for anyone looking for a relatable show.

"It'll be an enjoyable show, if you're looking to connect with the heart," said Williams.

Bitna said the show was lively, fun, energetic, vibrant and very cultural.

"I hope that attendees like and enjoy [the show] and try to understand the cultural background behind it because it's not just us shaking and having fun; it's an experience, it's somebody's culture."

On Nov. 4, the same week of Dance Concert, the Department of Performing and Visual Arts celebrated Dance Awareness Day, an annual event at NSU, which provided free dance classes to anyone interested.

"We were trying to make the week of the concert a week of dance experience, so people can come and take classes, then they can go and watch the show; they'll be immersed in the dance world for that week," Soledade said.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON OCT. 27, 2015.

An interview with the stars of 'Everybody Wants Some!!'

By: Grace Ducanis

@GraceDucanis

"Everybody Wants Some!!" is the story of a college baseball team's first three days at a Texas university in the 1980s. It was written and directed by Richard Linklater, who also wrote, produced and directed the films "Boyhood" and "Dazed and Confused."

I got to sit down with "Everybody Wants Some!!" actors Blake Jenner, Tyler Hoechlin, Will Brittain and Ryan Guzman to talk about the movie, play intense games of tic-tac-toe and laugh a lot.

What was your initial reaction to finding out that you'd been cast in an '80s film?

Hoechlin: "I was stoked, especially since Rick [Richard Linklater] was directing. Obviously, that lets you know that you're going to be in something very authentic, and you're actually going to feel like you've experienced it."

Guzman: "I was more stoked that I was going to be in a movie with baseball as its background. I'd always wanted to be in a movie that had some kind of baseball in it."

Jenner: "It was kind of surreal for me. I remember after my last audition Rick called me after and told me face-to-face. My mind was going like a fiesta, but, on the outside, I was trying to be a chill dude. It was a crazy moment."

Brittain: "I grew up watching a lot of '80s movies, so it was really rad to be a part of that, to be in a movie that fits into that category."

In the movie, your characters become kind of like family. Did everyone on set become a family, too?

Hoechlin: "The chemistry in the group was insane, especially for an ensemble. Sometimes, with an ensemble, it's hard to get everyone to get along, 12 guys in particular. But from the first day that we all met, we were out at Rick's property staying in a bunkhouse, and from the second or third day in, we all realized that everyone was really cool, and we weren't going to have a problem with anybody. We still have a text chain that goes off every day."

Jenner: "We all have severe separation anxiety."

Brittain: "We really are close friends. We know each other's moms, and we go over to



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Ducanis spent an afternoon with movie stars to get the inside scoop on stardom.

each other's houses for dinner. It's a blessing to do a movie and to come out of it with really good friends who get you and whom you can trust."

The film takes place at a university in Texas. What will college students find most relatable about it?

Hoechlin: "It's those days leading up to the start of class. We wanted to capture what it's like for someone to go off to school. I remember getting dropped off at college and my parents driving away and realizing that I was on my own, that these were the first moments I could be who I want to be and do what I want to do, and the consequences were my responsibility alone."

What was it like to film a movie set specifically in the '80s?

Hoechlin: "Growing up, I would hear '80s songs on the radio, but when you put the music with these characters, when you're at the disco, and you have that look and energy, it brings a whole new feeling to it. I had a new appreciation for it."

Jenner: "I got to realize what the fuss was about. My parents jam out to music from that era, so I got to embrace all of that."

Brittain: "Disco dancing was nice. I am

not a great dancer, but disco allows you to be yourself. No one can really look at it and say, "That's not how you do it."

Do you think that your characters fit your personalities well?

Hoechlin: "The one thing that McReynolds and I have in common is competitiveness. I grew up playing baseball, and I find it fun to compete."

Guzman: "There aren't too many things that I can say that I relate to about Roper. He's very misogynistic, and he's a partier. But he does care for his boys. He cares about the people he lives with, even though he doesn't show it in a conventional way. I kind of relate to that."

Jenner: "Jake and I definitely both have a thoughtful side. I process things quite a bit and pick situations apart, so that's how I'm able to relate to him. We both analyze life."

Brittain: "I don't relate to Billy too much because I feel like he's a jerk in some of the scenes. But I do relate to coming to college and having that overwhelming sense of uncertainty with all the different things happening and all the different people you're meeting."

The film currently has a 94 percent rating on Rotten Tomatoes, so, obviously critics

love it. But, in your opinion, what makes "Everybody Wants Some!!" a great movie?

Hoechlin: "I think it's refreshing to see a movie that's being labeled as a comedy be about the characters. It's such a character-driven film. There aren't a lot of movies you can go to and come out feeling like you know five or six new people. You don't have to have gimmicks or dumb something down for the audience. You can just see a great story, get to know these characters, and connect with them."

Guzman: "For me, what makes the film great is the director. Everything that we are right now is because of him. He guided us to where we are."

Jenner: "It's timeless, for people our parent's age or for people now. Music changes, fads change, and styles change, but growing up, having fun with your friends, and figuring out who you are stay the same."

Brittain: "Watching one of Rick's movies is like riding in the back of a Cadillac and looking at the window at the world you're put in. It's smooth, and it's a little bit comfy, but it smells like your grandma's car, too. That's what it feels like, and it was cool to be a part of."

If you weren't acting, what would you be doing?

Hoechlin: "I would direct and produce, which I plan on doing sometime eventually, anyway. I'd be a baseball coach. Or I'd renovate houses. I like the idea of taking something and improving on it and creating a painting that people can live in."

Guzman: "I would be doing professional fighting."

Jenner: "I've taught improv to kids in Miami, so I could see myself being a teacher. I might be a therapist because I like listening to people. Or I'd be a vigilante."

Brittain: "I'd be a personal trainer, military man or storm chaser."

"Everybody Wants Some!!" released in theaters on March 30.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON MARCH 29.

Fighting hunger pains: Where to eat gluten-free

By: Li Cohen

@Current_Yakira

Ah, food. It's hard to resist the aromas of home-made meals and the lasting tastes 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 who are gluten-free, the search is now over, and you can, once again, open up your hearts and your taste buds to the delicious flavors around you.

Restaurants

Darbster

Darbster is more than a restaurant; it's a foundation. This natural, organic, vegetarian-friendly and gluten-free business donates all of their profits to the Darbster Foundation, which assists in animal welfare and animal rights. Darbster is a waterside restaurant that serves brunch items, such as pancakes, French toast, BLT's and tuna wraps, and dinner items, such as nachos, wellington, salads and appetizers. They also have "living foods" for the health-conscious, such as pesto lasagna, rawchos, 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, nachos, 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 fats. Bakery items include chocolate chip cookies, biscotti, muffins, bagels, breads, cakes and more. Many of their products are sold online for no more than \$25, and they even make custom cakes. Their bread is also served at Luna Rosa Italian Restaurant and Bagel Bistro at Tequesta.

Weezie's Gluten-Free Kitchen

This restaurant, owned and operated by a wheat-intolerant chef with a background in French and vegetarian baking, offers breakfast, lunch, baked goods and catering. All food is gluten-free and includes meals such as omelets, French toast, oatmeal, breakfast burritos, pizza, sandwiches, burgers and quiche.

Original Pancake House

This franchise offers many delicious options for those who are, and are not, gluten-free. They're famous for their apple pancakes, oven-baked pancakes with fresh granny smith apples and cinnamon glaze, and Dutch Bay, a baked dough served with lemon and powdered sugar. Although not all of their items can be made gluten-free, their pancakes, crepes, waffles and eggs benedict can be.

Burger and Beer Joint

This place is known for its burgers being a blend of brisket and black angus beef. They also serve The Mother Burger, a 10-pound premium black angus beef burger that, if eaten within two hours, is free. Their signature burgers have toppings such as fried eggs, guacamole, chili, applewood smoked bacon, fresh mozzarella and more. All burgers can be served with gluten-free buns for an additional dollar.

Caffé Europa

Everyone loves fresh pizza or a nice bowl of pasta. At this Italian restaurant, traditional dishes, such as Penne alla Vodka, spaghetti, rigatoni and gnocchi, are served, along with appetizers, salads, meats and pizza. Gluten-free pastas and pizzas are available to customers for an extra charge.

Brands

Blue Diamond Growers

Blue Diamond is known for paying attention to consumers with specific nutritional needs. They're products are non-genetically engineered, and many of their products are gluten- and lactose-free. The majority of their products fall under the gluten-free category, including snack almonds, Nut-Thins and almond milk. 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 takes 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 GMO-free ingredients. Some of the gluten-free products include cookies, graham crackers, snack bars, flour, baking and pancake mix, bread mix, brownie mix and more. Their products can be found online and in-store at nearby locations, 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 being completely organic and GMO-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, in-store at Walmart, Target and Publix and even on-campus at Outtakes.

Ronzoni

Pasta might as well be its own food group, and many people turn to Ronzoni pastas for their spaghetti and lasagna needs. Many people don't realize that Ronzoni has dedicated a line of pasta products specifically to those who need to remain gluten-free. These pastas are made of white and brown rice, corn and quinoa, and they are sold as elbow macaroni, penne, rotini and spaghetti. Ronzoni products are found online and at Publix, Walmart and Target.

Ancient Harvest

Ancient Harvest originally debuted in the U.S. with their introduction of quinoa in a grocery store in the 1980s. Now, the company has transcended into a completely gluten-free, USDA-certified organic and GMO-free corporation. They make hot cereals, bean and lentil pastas, flour, polentas and many other products they created with quinoa, their prime ingredient. You can find Ancient Harvest products online and at Publix, Walmart and Target.

General Mills

As a kid, there was probably nothing better than waking up early on Saturday mornings, turning on Nick Toons and enjoying a nice bowl of Cheerios, Lucky Charms, Cocoa Puffs or Trix cereals. Cereal, after all, is basically a staple of life. While many people enjoy these sugary kids' cereals, many overlook the many gluten-free 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 at local grocery stores, including Publix, Walmart and Target, and on-campus at Outtakes.

Darbster

Price: \$3-\$18

Hours: Tuesday-Friday—5-10 p.m.,

Saturday—10:30 a.m.-10 p.m. and

Sunday—10:30 a.m.-9 p.m.

Address: 8020 South Dixie Hwy, West Palm Beach

Phone: 561-586-2622

Joey's Home Bakery Gluten-Free

Price: \$2-\$25

Hours: Tuesday-Friday—8 a.m.-6 p.m.,

Saturday—8 a.m.-5 p.m. and Sunday—8 a.m.-4 p.m.

Address: 1532 SW 8th St., Boynton Beach

Phone: 561-292-4004

Weezie's Gluten-Free Kitchen

Price: \$5-\$45

Hours: Tuesday-Thursday—7 a.m.-4 p.m.,

Friday—7 a.m.-8 p.m., Saturday—9 a.m.-3 p.m.

Address: 1321 East Commercial Blvd.,

Oakland Park

Phone: 754-551-6022

Original Pancake House

Price: \$5-\$12

Hours: Monday-Friday—7 a.m.-2 p.m. and

Saturday-Sunday—7 a.m.-4 p.m.

Address: 2851 N. Federal Hwy., Ft.

Lauderdale

Phone: 954-564-8881

Burger and Beer Joint

Price: \$11-\$30

Hours: Sunday-Thursday—11:30 a.m.-11 p.m.

and Friday-Saturday—11:30 a.m.-1 a.m.

Address: 11025 Pines Blvd., Pembroke Pines

Phone: 954-367-8980

Caffé Europa

Price: \$9-\$26

Hours: Sunday-Thursday—9 a.m.-10 p.m. and

Friday-Saturday—9 a.m.-11 p.m.

910 East Las Olas Blvd., Fort Lauderdale

954-763-6600

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON FEB. 9.

Craving mo' of Mojo's

By: Destinee A. Hughes

If you've ever dreamed of pink, rainbow-sprinkled, cotton candy-flavored donuts, deep-fried, caramel-glazed apple fritters, and key lime pies, it's no longer a fantasy. At Mojo's Donuts, it's a reality.

Nestled between two small shops on Pines Blvd. and University Drive lies the secret to edible happiness. The exterior of the shop may not be the apple of many people's eyes, but the interior makes up for it in ways that only the stomach could approve. Walking in the shop gives customers some form of dessert-filled tunnel vision. The tables, TV and decorations seem to blend in with the background, and you become fixated on the endless display of donuts.

Guava cheesecake, cookies and crème, red velvet, peanut butter and jelly — you name it, they have it. The options are almost overwhelming, but it's nothing this donut devourer couldn't handle, or so I thought. After about five minutes of standing in line with very impatient donut eaters, with the help of Mojo's staff, I finally summoned the courage to choose six scrumptious-looking donuts. I choose

the irresistible deco delight, fruity pebbles, strawberry cheesecake, cherry amore, key lime pie and crème brûlée.

At first, I didn't want to disturb the beautiful donuts. They were all sitting so peacefully in a half dozen box. But I could no longer eat with my eyes; I had to taste one of these bad boys. Plus, the boxes are labeled, "You deserve a donut," which makes every bite feel like a much-deserved accomplishment. Though they all tasted like something straight out of heaven. My top three favorites were the strawberry cheesecake, crème brûlée and deco delight.

The scrumptious strawberry cheesecake donut had a slightly pink glaze over it with a cheesecake cream filling, and it tasted exactly how it looked: like a mini cheesecake trapped in a perfect donut.

The second donut I went for was the crème brûlée. This donut looked fairly simple compared to the other extraordinary donuts, but there was absolutely nothing simple about the taste. The French would be proud; it's a donut that tastes exactly like the dessert, yet with an

American feel.

The last donut I devoured seriously exceeded my expectations; I've had my fair share of donuts before, but nothing quite like this. The deco delight was covered in frosted flakes, drizzled with vanilla icing, topped with strawberries and blueberries and filled with banana cream custard. Take all that in for a moment. It was perfect, everything one could dream of when eating a specially-made donut.

Now, I've proudly had many dessert-eating days. But what I experienced at Mojo's was something I couldn't put into words, but, instead, the sounds of me vigorously licking my fingers. These donuts were absolutely incredible; the taste was indescribable, and the endless display was remarkable. This place can turn any naysayer into a donut-eating devotee, which is why Thrillist.com has listed Mojo's on the list of the 33 Best Donut Shops in America.

Aside from delectable donuts, Mojo's also offers soothing teas and energizing coffees. The only downside to Mojo's is its odd hours. They're open from 6 a.m. to 6 p.m., or until



PRINTED WITH PERMISSION FROM MOJO'S DONUTS
Mojo's Donuts makes customers go nuts over their unique flavors.

they've sold out of donuts, which obviously happens a lot; the next day I went back, they were closed at 4 p.m. So the earlier you're able to devour donuts, the better.

Mojo's Donuts provides a unique yet extensive variety of freshly-made gourmet donuts. They have a friendly, knowledgeable staff and a presentation of donuts to awaken anyone's inner Homer Simpson. One donut at Mojo's will have you craving mo' and

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON OCT. 6, 2015

Wait, where's my phone?

By: Jenna Kopec

It's the first day of class. You've got a good feeling. You thrust the door open. You walk in. The class isn't empty; actually, you're the last one to show up. But instead of the excited pre-lecture chatter you see in the movies before a professor comes in, the only sound is that of your classmate double-tapping someone's Instagram post.

We've all had a class where everyone was more focused on a phone than on the faces around them, and if you haven't had a class like that, you've certainly had a similar experience at a meeting, public event, trip on the Shark Shuttle, or maybe even at a party. Everyone is on his or her phone everywhere you go.

The millennial generation hates hearing this, understandably so. We aren't to blame for having access to technology that our predecessors couldn't imagine: technology that fits in our pockets. But when do these advances stop helping and start hurting? When does playing on your phone go from habit to addiction? I'm no expert, but I'd say it already has.

Smartphones have a lot of benefits. They are information powerhouses, equipped for quick and quality communication, and are

readily available. So they come in handy when you get a flat tire, are having a debate with a friend, or need to make a call when you're running late. But smartphones are also very good at sucking up all of our attention. We use them to avoid talking to the annoying person we met in the store or to keep from doing our homework.

Smartphones create an escape from the things we don't want to do. They shouldn't, mainly because those things we don't want to do are usually the ones we are supposed to. Everyone knows the consequences of procrastinating and that the annoying person we're trying to avoid at the bus stop is still a fellow human being; a minute of conversation with them can't hurt.

The list goes on and on with what a smartphone can replace or push aside. Before you know it, that piece of computerized machinery becomes your right-hand man. Many of us even take it to bed to spend hours scrolling through a backlit screen before exhaustion finally knocks us out.

I'm guilty, too. In fact, before I reached this line of the article I looked at my phone three times, one of which included a mini-Tumblr

hiatus. I claimed it was for inspiration. The truth is, and perhaps this applies to many, I don't know why I kept checking my phone. There was no real reason.

Living in a world with a constant influx of information, not checking my phone often makes me feel like I'm missing out on something. I think that's what makes our generation "phone addicts." We're always afraid of missing out, and that looks different for every person. Maybe you don't care about social media, but you're checking for a phone call or text message. It's still hard to resist during class once you hear the buzz.

Speaking of buzz, have you ever checked your phone because you swear you felt it vibrate, only to be let down by a lack of notifications? Well, a 2007 study by David Laramie has shown that "phantom vibration syndrome" is not only a real but also prevalent, especially among young people. Though it can happen to any phone user, the study links this occurrence and how often it happens to emotional dependence on smartphones. In other words, we've gotten to the point where our bodies are fabricating stimulation from our phones so that we can feel better.

But instead of running to your phone every time it does or does not beckon, why not try to break free? Society can use a break, but that doesn't have to be as hard as it sounds. You don't have to go back to the flip phone. You don't even need to cut out your smartphone completely.

Challenge yourself to read the rest of this issue without checking your screen. Replace a Snapchat visit with a playdate with your dog, and the next time you go to the class of silence and Instagram posts, strike up a conversation with your classmate. Maybe you'll find that what you've been missing out on has actually been outside your phone all along.

I understand that, with new technology, culture changes. It's completely reasonable to say that a smartphone society should use their smartphones. But when misplacing a phone, an object that can be replaced, causes a routine panic attack among the majority of a population, it's gone too far. It actually sounds a lot like withdrawal.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON OCT. 6, 2015

Don't forget about AIDS

By: Erin Herbert

When most college students think about their personal health, they probably think about the bottles of vitamins sitting on their kitchen counter or about the brief physical checkups their parents force them to go to whenever they visit home. But, for a majority of college students, sexual health and the threat of AIDS may never cross their mind.

The spread of AIDS is an increasingly prevalent issue in the U.S., which too many people choose to ignore. People take the dangers of AIDS too lightly, and, due to their lack of information, they never stop to think that it could happen to them. However, AIDS is a real health threat and is a topic that everyone should be thoroughly educated about.

According to aids.gov, the acronym AIDS stands for acquired immunodeficiency syndrome. AIDS is the final and most developed stage of HIV, or human immunodeficiency virus. HIV and AIDS are diseases that lower the number of T cells in an infected individual's body, and over time, as the number of T cells in the body decreases, the infected individual

becomes more susceptible to viruses and infections. AIDS can affect anyone, regardless of age, race or gender.

AIDS awareness is incredibly important because it is a disease that one will carry with him or her for the rest of his or her life once he or she is infected. Although AIDS is very manageable with modern medicine, there is no safe and effective cure for the disease yet. Everyone is potentially at risk, but recent studies show that college-aged students are at more of a risk than ever. In fact, the Florida Department of Health reported that "16 percent of all new HIV infections reported in 2014 were among persons under the age of 25." They also reported that Broward County has the second-highest concentration of AIDS cases in Florida, meaning that students at NSU have an increased risk for exposure to the disease.

Students in South Florida are in an environment that makes them much more susceptible to AIDS than other college students, and being informed about AIDS can make a world of difference. AIDS awareness should be a top priority for both students and universities. The only way to stop the spread of AIDS is to inform individuals about the causes and risks of the disease. Everyone should take the time to inform him- or herself, as well as others, about what AIDS is, how it can be contracted, and how it can be prevented.

A general understanding of what AIDS is can also help end the stigma towards those suffering from the disease. Too many people believe that those who suffer from AIDS contracted it through carelessness, unsafe sexual contact, or even drug use. But in reality, AIDS can unknowingly be passed on through pregnancy, breastfeeding, incidental contact with infected blood, and a number of other ways. There are far too many myths about AIDS that could be ended with increased AIDS awareness.

Increasing awareness about AIDS is an important step in ending the spread of AIDS and helping to spread acceptance and compassion for those who are already living with the disease. Awareness is especially important for college students because they are typically at a higher risk of contracting AIDS and other sexually transmitted infections and diseases. Knowledge is power, and understanding AIDS is the best way to keep yourself safe and healthy.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON JAN. 19.

Everyone has a good story to tell, so tell it

By: Jenna Kopec

W.S. Merwin once wrote an entire poem about how every pencil has a story to tell, a legacy lurking somewhere in the graphite. I always thought this was beautiful. The truth is the story doesn't lie so much within the pencil as it does within the hand holding it.

Everyone has his or her own narrative to tell. And tell it they should, to the world or only on notebook pages. Whether through memoirs, poetry, short stories, songs or whatever medium can fit under the broad umbrella of "writing," expressing yourself in this manner can be incredibly therapeutic. As Stephen King put it, "It's about getting up, getting well and getting over. Getting happy, okay? Getting happy."

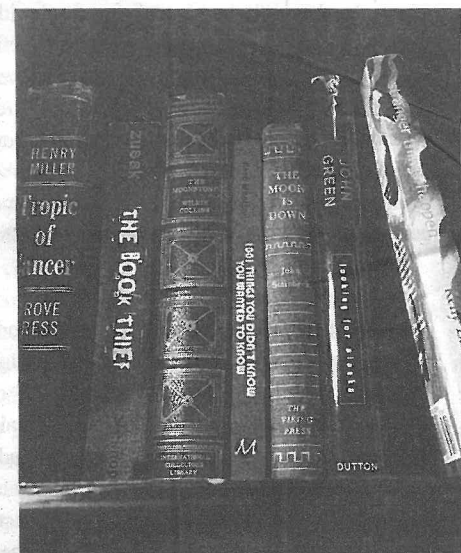
So why is it that so many people love to say, "I don't write?" Although I'm sure there are lots of reasons, I think our school system is a lot to blame.

American education has put so much focus on meeting standards measured on tests that it totally throws to the wayside very important aspects that encompass actual education. This isn't a new concept; we've been talking about this for ages. We, as a community, complain about sports, art and other extra-curricular activities being cut all the time.

But writing can never be "cut" from the schooling system; it's too integral a part of our society. You can't thrive in our culture if you can't read or write. Instead, it seems that schools only focus on half the concept. They teach us how to write essays, which, of course, are very important, but unless you're a special breed of English enthusiast, you probably aren't going to write about what's eating you up personally in APA format.

Before high school, the most encouragement to write creatively I got was during Saint Patrick's Day when I had to write limericks. Maybe limericks are your thing, and that's totally valid — please write your heart out in those five line stanzas. But what about the other 54 common forms of poetry? What about free writes? What about story writing? Memoirs? If these were mentioned to me in school, it was for a fleeting moment before we returned to how to properly formulate an essay that even the teacher didn't want to read.

I began seriously and creatively writing when I was a freshman in high school, when I felt like I had a lot to let out and not a lot of people to take in. I chose to write down the



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Stories are about the writer, not about what is written.

things I wasn't able to say. I know I wasn't the only one who needed that. I know that I'm still not the only one who would've benefited from a creative writing program in school.

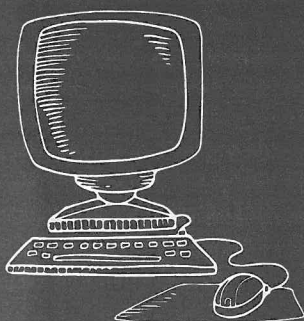
There are efforts to encourage the youth of America to pick up a pen and tell their stories. The Jason Taylor Foundation, for example, founded the Blueapple Poetry Network, an afterschool spoken word program for the Broward, Dade and Palm Beach counties. They've played an irreplaceable role in the lives of a lot of young poets, building on the principal mentioned at the beginning of this article: that everyone has a story to tell.

It shouldn't feel like these organizations are the primary creative guides for students, though. I understand that academics are important, but education can't be propelled forward unless we start looking at individuals as wholes. In terms of writing, it feels like the system is giving students inkless pens, presenting them with a formula and wondering why they can't stand writing.

Maybe not every student would love to see a creative aspect added to the curriculum, but I think it'd be hard to argue that they wouldn't benefit from it. A change like this could foster linguistic ability, intrapersonal and interpersonal awareness and critical thinking, all of which are pretty valuable skills in today's world and come along with some pretty great stories.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON NOV. 3, 2015.

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The future is uncertain and that's OK

By: Jenna Kopec

It's no secret that uncertainty is one of those concepts that makes a lot of people squirm. Whether you're a freshman or sophomore suddenly questioning the path you chose to take or a junior or senior panicking over which road to travel next, you'll most likely have to sit in uncertainty at some point in your college experience.

And, if you're one of the lucky few who know where they're going career wise, rest assured that uncertainty can and will still creep into the other aspects of life, like personal and financial issues. There are going to be times when we all just don't know what we're doing, and that's terrifying. It's also completely OK. I've noticed that a lot of seniors seem scared to the core about what happens after graduation.

On some level, I understand that it's unsettling to not know what the future holds, but I don't particularly get the incessant need to know. I remember last year, after graduating high school, the anxious feeling I had because everything was changing, but the anxiety wasn't necessarily bad. To me, there's some comfort in not knowing what's going to happen next because, at least then, anything can happen, and

you can decide where you will go next.

I know that there really is no end to the anxiety that accompanies big changes. It's just a part of life. But I'd like to point out that even if you did have a plan, nothing in life is set in stone. You never know what's going to move you or what decisions you're truly going to make. If you did, life would be boring. There are thousands of people who thought they were heading down one road before ending up on a better one. I mean, Steve Jobs never planned to drop out of school, and JK Rowling was living as a poorly paid waitress before she started writing the "Harry Potter" books. Sometimes, you just need to sit in uncertainty for a while. Sometimes, that unsettling feeling is the only force that can get you settled.

So to all those, young or old, who are panicking because they don't have all the answers, relax. Life isn't a math equation; there is no right way to do it. As long as you keep working hard and listening to your gut, everything will turn out exactly the way it's supposed to.

ORIGINALLY PUBLISHED 4/05/2016

Put your shoes back on

By: Petra Jurova

Looking around, it seems like there is an epidemic sweeping the NSU campus. It will probably not make you physically sick and it is not really life-changing, but it is definitely contagious. It's the growing trend of walking around barefoot.

When I first saw a person walking barefoot on our campus, it was raining, and I thought, "What a smart way to keep your shoes from getting soaked," but my supportive attitude towards this trend changed when I realized that walking barefoot was not just a way to beat the rain.

I soon discovered that the person I saw walking barefoot was not just trying to protect her shoes. Rather, she wanted to follow this new trend and not wear shoes at all. When I started paying attention, I noticed more and more people without shoes. They are walking around campus, standing in line for food, and even attending classes barefoot. This is a horrible and unsanitary habit. Students shouldn't walk around barefoot for multiple reasons.

I do not understand why students do not wear shoes around campus these days. It is really not pleasant to look at their dirty feet. I would also guess that their feet do not smell the nicest after they walk from one side of the campus to another. What scares me is that people seem to be used to it, and nobody gives them weird looks. It is almost like they are supporting this behavior.

College students are not known to be the most sanitary people, but this trend takes it way too far. Do students not realize how many diseases inhabit the ground? What is the point of getting medical shots, wearing clothes or taking a bath? How far will this new trend go — are people going to stop wearing clothes, too? There must be something done that will draw a line that students will not cross.

A common disease that students could catch from not wearing shoes is athlete's foot. Fungus causes his skin condition. According to Debra Wood, a writer for the Lahey Hospital and Medical Center, "Fungus thrives in warm, moist places such as locker rooms and swimming pool areas." This makes me think that hot and humid Florida seems like a perfect place to catch this fungus. The risk factors that increase your chance of contracting athlete's foot are "not

keeping your feet clean and dry, hot, humid weather, walking barefoot in locker rooms or public places," according to Wood. Basically, our students are asking for this disease because they have no protection from the dirty, wet ground. This type of fungus thrives in humid environment, and students only help to spread it when they walk barefoot. If their health is not their priority, they should be mindful of other people, at least.

Although students should recycle their trash, there is still litter on campus. All the prohibited cigarette butts, sharp objects and construction equipment does not make the ground a safe place to walk barefoot on. I have not seen students carrying around a first-aid kit, so I would like to see what they would do if they cut their feet on their way to class.

Have they not been taught that safety comes first? There is such a variety of shoes out there. From all the color variations to the different styles, pick one.

If being unsanitary is not enough of a reason to stop this trend, I believe it is also disrespectful. It's one thing to walk barefoot while having a picnic with friends, but it's another thing to attend classes with no shoes on. I feel really bad for the professors who have to look at all of those feet. I am certain students are aware of the fact that it is not hygienic. Plus, by doing so, they are not showing any respect to the professors. I do not think that someone can take their class seriously and have respect for their professors when he or she does not even make the effort of putting shoes on for their lecture.

I am putting my foot down — in my shoe. Students should really consider the sanitation and protection that shoes offer before leaving without them. So take care of your feet and show respect by simply wearing shoes. Many public places such as restaurants and retail stores require their patrons to wear shoes, so what makes people think that it is fine to go without shoes on campus? What if someone does not feel like wearing pants one day? Are people going to overlook that, too? Students need to lace up and stop spreading this trend.

THIS ARTICLE HAS BEEN UPDATED SINCE ITS ORIGINAL PUBLICATION ON NOV. 3, 2015.

Sinking ships: Escaping the stigma of being single

By: Roddia Paul

We live in the age of relationships, "situationships" and the occasional "relation" with no "ship." So you can only imagine how hard it is for many young adults to feel confident as that one "single friend."

No matter where you go, the aroma of love is in air, and I might be one of the few who wears a gas mask for protection. I know that statement probably came off as the usual "I'm single, and I don't need a man" facade that women tend to put on, but I will explain. Having a companion, someone who is all yours, is a great feeling that one day, hopefully, we all will experience.

However, the one thing our generation fails to take into account is the hard work and time a healthy relationship takes. No matter how much two people like each other or are attracted to each other, they have to be willing to not only be committed but to also compromise, or the relationship will fail every time.

People are jumping in and out of relationships like dating is on the verge of going out of style. Public service announcement: dating is not going anywhere. Whether you believe in the theory of evolution or some more spiritual explanation for the union of two hearts, there is someone for everyone. So do not let a night bingeing on movies such as "Titanic" and "A Walk to Remember" get you so down that you begin looking for a relationship in places where you should not.

The biggest problem is rushing to date or letting social media influence your view on being single. Too often, being single is viewed as a bad thing, and the only good thing ever associated with being single is free will. If you ever leave a relationship, and the first thing you have to say about your newly single title is now you can finally do whatever you want, pat yourself on the back. You just saved yourself from a controlling relationship. A relationship should never make you feel like you cannot be yourself or you have to stop hanging with people and doing things you love to do. Change is important to grow, but there is a big difference between stopping bad

habits and being manipulated.

If getting into the wrong relationship is not bad enough, think about all the stress that comes with trying to make something work that is not meant to be.

To all those struggling with dating, having to force happiness always ends badly. Instead, let's all make sure we know who and what we're getting into. Our generation is infamous for the "talking stage," the term young adults give to the stage of getting to know someone on a romantic level. Let's use the talking stage as a way to completely get to know the person of interest. You should know who they are as a person and what experiences have helped shape that person before you make the decision to fully commit. Of course, there is no way to completely know someone in only a few months, but knowing as much as you can will either seal the deal or become the ultimate deal breaker.

Being single does not mean you are lonely, ugly or crazy. Being single just means that you are single, and no negative connotation is attached. It is scary to think that someone is in a relationship with someone because they do not want to be alone, and, unfortunately in our generation, that is highly common.

When people ask you why you are single, do not feel obligated to have a valid justification; there is more to life than dating. Some people actually have responsibilities and goals and do not want the distraction of a relationship, while others like the thought of being able to hang out with multiple people versus only one person.

The most common reason for being single is plain and simple: you might not have found a working relationship with someone yet. For this reason, the talking stage tends to last longer than the actual relationship. Whatever your reason for being single is, do not let people talk to you into a relationship or make you feel bad, and, most of all, do not stress it. After all, there are more important things to worry about, like midterms and student loans.

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One race, many colors

By: Jazmyn Brown

"Are you Spanish/Latina?" No.

"What are you then?" Human. I am human. Or would alien be less confusing?

"Where are you from?" Earth, Solar System, Local Interstellar Cloud, Milky Way Galaxy, Known Universe.

"You look so ... different. Exotic, maybe?"

I'm not a tourist attraction, nor am I some sort of animal species to be gawked at like I belong in a zoo.

"Is your hair real?" No. It's all in your imagination. Seriously? Just because I have a nice head of thick, long hair does not mean that it isn't growing out of my scalp.

"Can I touch it?" Absolutely not. Paws off.

It really gets under my "outlandish" olive-toned skin that people assume that I'm something "other" just because of my features. When meeting someone new, it's not at the top of my list to explain my racial make-up and where my parents are from. But to others, the go-to question—which I swear is a visceral reaction to the combination of my skin tone, facial features and hair—is always the same.

It's an innate human characteristic to want to label things and place them into neat little categorical boxes that are fixed and well-defined. Race, culture, heritage and personal identity are some things that just don't fit the way we want. That's why I get the quizzical looks and awkward stares; I don't fit into people's preconceived notions of black, white, Hispanic/Latina or any other race.

But what is it exactly that makes someone black or white? It can't be skin tone alone. In 2010, a white baby with blond hair and blue eyes was born to a Nigerian couple who had immigrated to London. Earlier this year, a set of twins became a sensation because one is a fair-skinned redhead and the other is curly-haired and has a caramel complexion. No one believes they are related because, you guessed it, our preconceived notions of black and white prevent us from seeing the bigger picture that there is one human race.

Race is a socially-constructed sorting machine born out of the human desire to label and categorize. There is no scientific or

biological basis for race other than genetic traits that manifest as eye color or skin tone, for example, that definitively proves that one race is different and separate from another. We may have distinct languages, customs, religions and everything else that defines who we are in our culture, but these things don't necessarily make us foreign to each other in the sense that we are all human. If we tried to contain each race to their own, we'd end up recreating the Holocaust or reliving the Progressive Era in U.S. prior to WWII, in which eugenics was all the rage.

No one's skin is black or white, anyway. It's not possible. Skin color ranges from dark, dark brown to a pale, pasty cream. And even if we were black or white, or we were orange, purple or green, we'd all still be considered human. Even so, scientists figured out that we have invisible stripes that run up and down our arms and legs, twisting around our sides, backs, heads and torsos. Blaschko Lines, named after the dermatologist who first described them, resemble tiger or zebra stripes and are only visible under UV light. All humans have them,

as they are remnants of our growth from single cells.

People have assumed I'm Dominican, Puerto Rican and even Egyptian. No, silly. I'm a walking melting pot with a dash of German here, some Jamaican and Arawak Indian over there, a dollop of Scottish, a sprinkle of Nigerian and several scoops from a bunch of northern European countries. Just like everyone else — and I dare you to admit it — I'm a little bit of everything. I can't help what color my skin is any more or less than I can control what color the sky is. Melatonin just doesn't work that way.

Am I incapable of having "nice" hair just because I'm not fully black or fully white? Does my complexion remind you that much of some weird species of lemur from Madagascar that I'm "exotic?" Am I something "other" than human? I think not. I'm just another piece of the beautifully intricate and complicated puzzle that is the human race.

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Weight a minute

By: Roddia Paul

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

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

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

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

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

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

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

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

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

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

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Seriously Kidding

a satire column

Road rules are meant to be broken

By: Jazmyn Brown

A study done by a local newspaper showed that almost 95 percent of drivers who pass through NSU's Fort Lauderdale/Davie campus run at least one stop sign per day.

Reasons for running stop signs included not seeing the bright red octagons with big, bold, white letters, being too caught up in thoughts about Zayn Malik's upcoming album, being too busy breaking another law by texting, speeding to get to class on time, and not giving a single damn about road rules and safety.

"No, I'm not afraid of getting stopped by the police," Dunley Tarp, community member, said. "It's not like they patrol anyway. No one's looking."

Nearly half of surveyed drivers also said that they consider the roads and parking lots on campus to be Davie's version of Germany's Autobahn, a highway that has no speed limit. Most drivers are more preoccupied with saving an extra 5 seconds, rather than not killing other people.

"Speeding and running stop signs are good ways to test your driving skills, with all the pedestrians, construction and tight corners available on this campus," said Tarp. "I like to think I'm a NASCAR driver. Zoom, zoom."

Yasmin Booker, junior English major, said countless drivers have nearly hit her as she used the crosswalks specifically designed for pedestrians to safely cross the street.

"You'd think that if NSU could be held liable, administration would do something about the dangerous way people drive," she said.

"Sometimes, there are these people in vests who direct traffic, but I still almost get hit," she said. "It's really pointless because drivers are reckless. They would neither see the stop signs if they jumped in the road, nor will they listen to the traffic directors. I mean, they clearly aren't afraid of hitting me and getting smacked with a lawsuit."

In addition, all but one of the surveyed drivers confessed that they don't know what the point of a turning signal is. Some think it

helps the car turn, so they wait until after they're already making the turn to use it, while others dispense with it completely.

Emily Pickett, waitress at a local restaurant, is a self-professed road rules and driving expert and advised other drivers to know their signals.

"Doesn't the car, like, not turn unless you use the signal?" said Pickett. "And you're also supposed also drive with your hazards on if you're, like, confused or have to drive slow or something. Always, always, always use your hazard lights to show other drivers that you're the hazard who doesn't know where you're going."

"Ticket, shmicket," said Tarp. "I won't even go to traffic court. What are they gonna do, arrest me? Fine me? I'll take my chances. YOLO."

As a refresher, drivers should to come to a complete stop at all stop signs, wait at least three seconds — using this time to make sure they will not cause an accident if they continue driving — and proceed at speed that is not a multiple of 30. The "California roll," the colloquial term for slowing down but not coming to a complete stop before rolling through a stop sign, is not legal in Florida. As if this needs spelling out, Florida is not California.

The turning signal is an ingenious and futuristic piece of technology that actually allows driver to let other drivers know where they plan on going. For example, if Driver A is planning on turning left or switching to the lane on his left, he can use his nifty, magical turning signal to communicate his intentions to his fellow drivers and avoid a terrible accident that he, and his insurance company, will likely have to pay for.

Following road rules will save Driver A money. And time. And a hospital stay. And, potentially, a lawsuit. And a bunch of other hassles. Imagine that.

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Feminism isn't about equality

By: **Grace Ducanis**
@GraceDucanis

The first listed definition in the Merriam-Webster dictionary says that feminism is the belief that men and women should have equal rights and opportunities. I'm sure there are many who believe that, but they certainly aren't feminists. The second definition that Merriam-Webster lists is far more accurate: organized activity in support of women's rights and interests. Feminism isn't a movement concerned with men's issues at all. American feminism, as its name rightly suggests, is only concerned with women's issues.

Feminism stems from a basic premise: women aren't privileged, and men are, and it needs to be fixed. In order to be a feminist, you must believe that we live in a patriarchy, which is a society where men are in charge, and women don't have power. If you don't believe in the patriarchy, it's because you've bought into the system. So, when feminism tries to tell me that it's concerned about men, too, I simply don't believe it.

The bias against men in the legal system is well-documented. According to the Department of Health and Human Services, in 92 percent of custody cases, women receive custody of children in divorce and illegitimacy, and men

in only 4 percent of cases. A study from the University of Michigan shows that in federal cases, men are given sentences that are 63 percent higher than women's sentencing for the same crimes. For burglary, the arrest ratio of men to women is 9 to 1, but the imprisonment ratio is 30 to 1. For aggravated assault, the arrest ratio of men to women is 10 to 1, but the imprisonment ratio is 79 to 1. Men who kill their spouses are given a sentence 11 years longer than that of women who kill their spouses. The argument could be made that women aren't as prone to criminal activity, but that, in itself, is sexist. It also doesn't explain why men receive severer sentences than women for the same crimes. Gender bias is the only explanation.

Feminists have earmarked domestic abuse as a women's issue, but, according to the National Intimate Partner and Sexual Violence Survey, 40 percent of individuals who report domestic abuse are men. Yet, in a survey of 300 men who called domestic violence hotlines, 64 percent were told that the hotline only served women. 32 percent of the men were referred to an abuser's program. If that's not victim blaming, I don't know what is.

The list of issues goes on, and no one's

talking about them or doing anything to remedy them. The list of government programs specifically for women who have been victims of violent crime, need educational assistance, or need health assistance seems to grow every day, despite the fact that men aren't as physically or mentally healthy as women, aren't doing as well in schools as women, and are far more likely to be victims of violent crime than women. We've decided as a society that men are always in control and that women are always the victims. This leads us to some quite blatant stereotyping, stereotyping that even I'm guilty of. I'll admit it — I care more about a woman's suffering than a man's suffering, and it's absolutely sexist.

We say that society puts too much unhealthy pressure on women to look a certain way, but we ignore the fact that 78 percent of suicide victims are men. We live in a society in which, for whatever reason, men are driven to end their own lives at more than four times the rate that women are. If that statistic doesn't convince feminists that society disadvantages men, nothing will.

No, the answer to men's issues isn't feminism. Feminism isn't about men, and it will never be, no matter what the dictionary

definition is. Women started it for women, and it doesn't address men's issues. The movement is insanely critical of any men's advocacy, as my extensive time on the Internet has demonstrated to me. Jokes about killing all men, how all men are the problem, and drinking male tears simply aren't funny, nor do they in any way make feminism about equality for both sexes.

I don't have a problem with the idea of fixing issues that women are facing, but I'm not about to call myself a feminist because I believe that society equally disadvantages men, and not simply in the sense that they're not "allowed" to cry. It's perfectly fine to advocate for one sex or the other, but feminists need to realize that women aren't always victims and that men aren't always perpetrators. Men face real problems.

So, feminists, advocate for women if that's what you're passionate about. But please, recognize that men have issues, too. And, if you don't care enough to advocate for their issues, at least give up the pretense that you advocate for equal rights and opportunities for both sexes.

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