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Nova Southeastern University

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## Locals unite in Miami women's march

By: **Li Cohen**

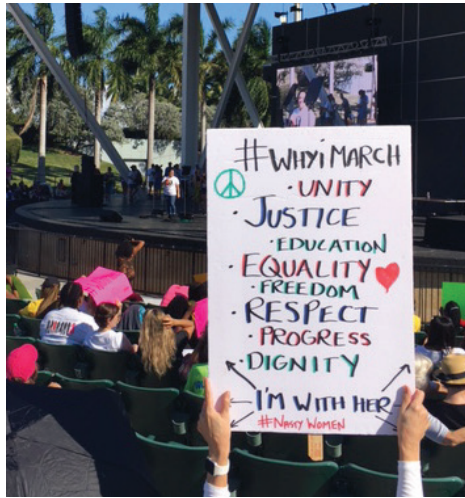
The Jan. 21 Women's March on Washington fueled many people, including some NSU students, to attend a sister march in Miami.

For those living in South Florida, Miami became the epicenter of advocating. More than 10,000 men, women and children rallied at Bayfront Park Amphitheatre, many of them holding signs and shouting statements of policies believed to need change. The attendance filled the amphitheater to capacity, causing marchers to congregate on — and eventually shut down — Biscayne Bay Boulevard and I-95.

Haley Tract, freshman international studies major, attended the march because of her political intrigue and passion for advocating. She believes that progressive policies focus on more than women's rights, but also healthcare, higher education, immigration and the voices of the minorities.

"If I believe I can make change, I will positively make that impact no matter what somebody tells me," she said. "Being able to attend the sister walk is not only historically significant, but one of the most influential moments of my life. Walking next to thousands of people who are there to support the same cause as me is invaluable, and I will carry that moment with me for the rest of my life."

Many of the people at the Miami rally showed the same sentiment. Approximately 20 organization advocates, including Congressman Ted Deutch, actress Lyneise Rachelle, Miami Beach Commissioners Kristen Rosen Gonzalez and Ken Russell and multiple organization leaders, spoke at the event, each asking for a call to action. The empowerment of these individuals



Participants in the women's march in Miami on Jan. 21.

was built upon the rights of women, immigrants, the LGBT+ community, and the environment. Some expressed this with a speech, some presented poetry and others performed with music, but all had one focus—to inspire others to fight for equality.

Meghna Mendu, junior biology major, also attended the march. She said she was always passionate about women's rights and was deeply grieved and shocked by the outcome of the presidential election. This time, she wanted to go out and make a difference by being a part of the resistance.

"I never knew so much fear and divide was in our country," she said. "Even though I am a colored woman, I also know many people who fit into the different categories that are being



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discriminated against, and I wanted to show that I will not sit back and let hatred spread through our country."

Ujala Ahmed, senior finance major, said she was inspired to attend the rally because of people unifying together to work against President Donald Trump's mockery of various populations. She explained that while the feminist movement fights for equal pay and reproductive rights, it also fights for social issues, such as the challenges facing the LGBT community, religious freedom, immigration issues, environment sustainability and more.

"We came together to stand up for ourselves and for anyone else whose rights are being threatened," she said. "If we unite and create a strong fighting force for all the injustices and

inequality we are facing, then we can prevent further damage and find solutions for a better future, together."

South Florida's march was only one out of the more than 600 that occurred around the world. People in South Korea, France and South Africa were some of the many participating countries, fueling more than 2 million marchers and creating the biggest march in U.S. history.

Mendu explained this global unification gave her hope, as the presidential inauguration made the upcoming years seem bleak.

"Now it's clear to me that the American people will not take the violation of our civil rights without a fight," she said.

While the march made 'herstory'—a term women around the world coined as the new era of history—the Women's March national leaders plan to continue advocating with their organization. The plan consists of 10 actions for the first 100 days, starting the day after the march. The first action is writing a postcard to senators about concerning issues, and following actions will be released throughout the 100 days. People can subscribe to be alerted when these actions are announced.

"This [march] was just the beginning, just the trailer, but I personally hope that this changes the hearts of those in political power and allows them to gain perspective," Ahmed said. "I want to see progress."

Those interested in participating in these tasks or learning more about the movement can find more information at [womensmarch.com/100](http://womensmarch.com/100).

By: **Rachael Hirstein**

@RachaelHirstein

## SAS springs into service

The Office of Student Leadership and Civic Engagement (SLCE) and their sub-group Sharks and Service (SAS) are partnering with Youth Rebuilding New Orleans (YRNO) to host a spring break trip to New Orleans, LA from March 5-11.

The trip's purpose is to help the community with continuous disaster restoration in the area. In 2005, Hurricane Katrina infiltrated New Orleans, leaving damage everywhere. Homes and businesses were destroyed and the city's inhabitants were left to pick up the pieces.

This trip will give students the opportunity to take part in rebuilding what was lost 11 years ago.

Schae Maynard, senior environmental science major and SAS site leader, discussed how the restoration would benefit the community.

"Even though it's been 10 plus years since Hurricane Katrina hit that area, there's still a lot that needs to be done," she said. "We will be building homes, refurbishing homes and restoring homes with the idea that they will be sold to teachers at discount prices because we want the teachers to come back to the area to educate the youth."

Disaster restoration in New Orleans has been the SLCE office's main focus during the

past few spring break trips.

Mariah Knowles, sophomore finance major, student office manager of SLCE and student site leader for SAS, said that the spring break trip has occurred for over five years.

This trip is impactful, not only for the community, but also for the students who participate.

"The larger impact on the university that both the spring break trip and other SAS trips as a whole provide is a sense of community," Knowles said. "Students get to meet to new people, build relationships and get the experience to serve the community."

Maynard discussed how the trips allow students to learn more about each other, about the people from the community in need and about themselves.

"By meeting new people, you get different perspectives," she said. "Taking all of that away from what you learn from each individual, you could understand where you fit in, and it opens up your mind to different possibilities. And no matter what your life goal is, there is always an opportunity to help somebody, even in a small way."

Ten to 11 students generally attend, along with five or six graduate assistants and site



PRINTED WITH PERMISSION FROM M. KNOWLES  
2016 SAS spring break trip participants help repair a house.



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The participants of the 2016 SAS spring break trip.

leaders, according to Maynard. However, all students are welcome to register.

The cost of the trip is \$285, but the cost is split into two payments. A \$100 deposit is due during the online registration, and the remaining \$185 is due before the trip begins.

The registration form for the trip can

be found at [nova.edu/springbreaksas](http://nova.edu/springbreaksas). The registration deadline is Feb. 13.

For more information, contact Liz Mazorowicz at [em1404@nova.edu](mailto:em1404@nova.edu) or call 954-262-7195.



# NEWS ANCHOR

Stay up to date with world events.

## Shooting at MLK Day Parade in Miami

According to the Washington Post, a Martin Luther King Jr. Day celebration in Miami took a violent turn on Jan. 16, when gunfire erupted at a crowded outdoor festival honoring the civil rights leader, injuring eight people, including five juveniles, authorities said. The shooting took place at Martin Luther King Jr. Memorial Park, and police said it was an exchange between rival gangs.

## Obama shortens sentence of Chelsea Manning

According to Time Magazine, former President Barack Obama shortened the prison sentence of Chelsea Manning, the former U.S. military intelligence analyst who was responsible for a 2010 leak of classified materials to anti-secrecy group WikiLeaks, the biggest such breach in U.S. history. Manning was due to serve 35 years behind bars; however, Obama has shortened the sentence to time served plus 120 days. The president said the time Manning was sentenced to was “disproportionate” to the sentences other whistleblowers have faced.

## Avalanche destroys Italian hotel, up to 30 feared dead under snow

According to the New York Times, an avalanche buried a hotel in a ski town in central Italy on Jan. 18, leaving at least 30 people missing. The avalanche appears to have been triggered by a series of earthquakes that hit the area. Six people have been rescued so far, and rescue operations are still going on.

## Girl Throws Dog from Blue Heron Bridge

A girl was seen throwing a dog off the Blue Heron bridge in Riviera beach on Jan. 18. According to the Sun-Sentinel, the girl said that she did so “cause dogs can fly.” BJ, an eight-year-old Jack Russell terrier mix, is in stable condition now, after a nearly 50 foot fall off the bridge. No more information was given about the girl, but according to the sheriff’s office, charges in the case will be forthcoming.

# NEWS BRIEFS

## NSU names arena after Rick Case

On Jan. 19, NSU officially named the arena, located in the Don Taft University Center, after community leader and automobile dealer, Rick Case. Rita and Rick Case gifted NSU with a scholarship endowment as part of the university’s first comprehensive fundraising campaign, Realizing Potential, according to an NSU press release. The campaign’s goal is to raise \$250 million for students, faculty and 21st century education.

## Community Fest

Community Fest will be held on Feb. 11 from 12-4 p.m. at the NSU Gold Circle Lake. All students, faculty, staff and their families are invited. Some festivities will include inflatables, a petting zoo, face painting, balloon artist and caricaturists. For more information, please visit, [nova.edu/communityfest](http://nova.edu/communityfest).

## “Once Upon a Mattress”

“Once Upon a Mattress” is the musical comedy adaptation of the Hans Christian Andersen fairytale “The Princess and the Pea” with music by Mary Rodgers, lyrics by Marshall Barer and book by Jay Thompson, Dean Fuller and Marshall Barer. Performances are at 7:30 p.m. on Feb. 24, 2 p.m. and 7 p.m. on Feb. 25 and 2 p.m. on Feb. 26 in the Performance Theatre, which is in the Performing and Visual Arts wing of the Don Taft University Center.

## Student Organization Block Painting

On Feb. 4, organizations will have the opportunity to paint the sidewalk blocks in between the University Center and the Parker Building, in front of the Library. The event will take place from 10 a.m. to 4 p.m. For more information, contact the SOURCE office at 954-262-7548 or [ioc@nova.edu](mailto:ioc@nova.edu).

## Applications open for SEA Board

Student Events and Activities (SEA) Board is currently accepting applications to become part of their team for the 2017-2018 school year. SEA Board plans and executes events on campus, such as Sharkapalooza, SEA Thursdays, Wreck-a-car and more, according to their flier. Applications are open until Jan. 31 and are available at [nova.edu/seaboardapplication](http://nova.edu/seaboardapplication).

## Resident Assistant applications are open

The Office of Residential Life and Housing is accepting applications for future Resident Assistants for the 2017-2018 school year. Applications are due by Feb. 3 and can be found at [nova.edu/housing/resources/employment/ra.html](http://nova.edu/housing/resources/employment/ra.html). For more information about Resident Assistant employment opportunities, please contact Daren Capirchio, Associate Director of Residential Life, at 954-262-7087.

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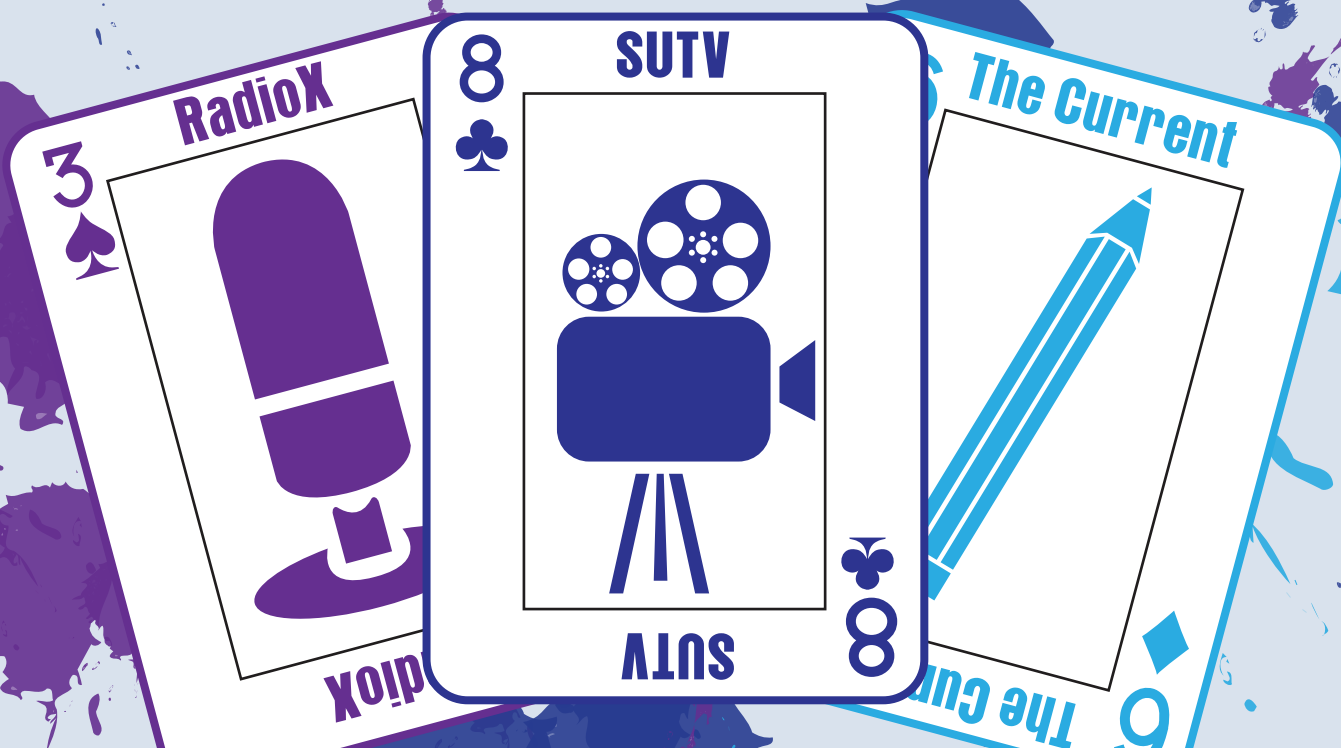
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# HAVE A HAND IN STUDENT MEDIA!



## iShark makes learning mobile

By: **Grace Ducanis**

@GraceDucanis

iShark Mobile, an NSU app that provides users with information and updates on the university, has gained a new feature called SharkLearn Lite that integrates with Blackboard and WebSTAR to allow students to view course assignments, a course directory, their tuition account balances and holds on their account.

The iShark app, which is a free platform developed by the Office of Innovation and Information Technology, also provides information on campus dining, athletics, the Shark Shuttle, RecWell and emergency contacts.

James Drew, director of information and innovation architecture, leads a team that works on the design of the app. The new features are additions to the version of the app that was redesigned almost a year ago. He said that the iShark app is meant to be a centralized hub for everything mobile.

“[The iShark app] is our jumping-off point to start to aggregate things together,” he said. “Just like SharkLink is supposed to tie all of those core services that we have at the university together. That’s kind of the intention behind iShark.”

According to Drew, when developing new



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The iShark app now integrates with BlackBoard to allow students to view course assignments and grades.

projects like the recent iShark updates, the team talks to NSU students, faculty and staff.

Angel Nieves, senior director of software development, said that the new versions of the app were designed because there was no consistency in the way the app looked and functioned.

“It was very disjointed,” Nieves said. “Every single module within that app had a different look and would function very differently from one module to another. So that’s why we got this framework...so we could have a consistent feel and functionality.”

The new features are built onto the

framework, according to Drew. He said that although many students and faculty are requesting new features, like connections to library databases and JobX, not every system currently has what the team needs to display it properly in the app.

“We’re really trying to focus on getting information in its rawest form so that we can manipulate it and show it in the most visually appealing, user-friendly way,” Drew explained. “If we can’t do that, then I’m more apt to back off of [the proposed feature] until we can.”

According to Drew and Nieves, the app is updated about every three months, and students can expect to see new features in the app throughout the year.

“We’re trying to make it the best it can possibly be,” Drew said. “We’re really trying not to bloat it up with a bunch of stuff and be a little more selective about what goes in there.”

The app is available for free on the App Store and Google Play. For more information about the app, visit [nova.edu/ishark/](http://nova.edu/ishark/) and to give feedback on the app, email [mobilehelp@nova.edu](mailto:mobilehelp@nova.edu).

## PVA performs “3&10: Across the Pond”

By: **Rachael Hirstein**

@RachaelHirstein

On Jan. 27, NSU’s Performing and Visual Arts, PVA, is hosting the “3&10: Across the Pond” dance performance from 3-4 p.m. in the PVA theatre located on the first floor of the University Center.

Luke Kahlich, adjunct professor in the Department of Performing and Visual Arts, was co-creator of this performance and explained the significance of “3&10.”

“My colleague in Liverpool, Dr. Pauline Brooks, she and I have been doing these telematic international choreography performances, and this is the tenth year,” Kahlich said. “This is where the ‘10’ came from, and three years ago we met up and started working with musicians in Edinburgh so that we have musicians in Scotland and dancers in England and Florida. That’s where the ‘3’ comes from.”

Kahlich also mentioned that the performances are both live and virtual for viewers here and “across the pond.”

“Each of the live audiences see the live performers, then they see the [same] live performers virtually on the screen, plus the



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Rehearsal “Distant Voices” from previous performances.

dancers 3,000 miles away on the other side the screen,” he said. “You’re challenging the audience to put the work together. They also have more choices of what to look at and when.”

The type of dance will be modern contemporary, just like previous years, and will include two reconstructed works, two short musical interludes from the musicians and a new work.

Brittany Nicholson, senior dance major, participated in the performance two years ago.

She explained that the dances are both cohesive and separate.

“In general, there are moments when the dancers in Florida and the dancers in England are dancing at the same time, so it looks like one cohesive unit,” she said. “There are also



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Rehearsal of “The Handsome Moon” for the “3&10: Across the Pond” performance.

times when dancers will come from off screen to look as if they are jumping from Florida into Liverpool.”

According to Kahlich, technology played a huge part in the making of this performance.

“Certainly, at the beginning, the biggest thing we dealt with was technology because... we would lose sound, we would lose video, we would lose both, it would come back, and this was very frustrating,” Kahlich said. “Each year it has gotten better, and not having to worry so much about the technology at this point, we could go back, put more work and pay more attention to the choreography.”

The distance and time barriers added extra challenges when it came to choreographing the dances, and Nicholson mentioned that being in the performance was just as unique an experience as it is to watch because of these challenges.

“It was interesting to work with people from different time zones [because] for us it was 10 a.m. for rehearsals but for them it was 3 o’clock in the afternoon,” she said.

All are welcome to the “3&10: Across the Pond” performance, and it is free to attend. For more information, contact NSU’s College of Arts, Humanities, and Social Sciences at 954-262-8000.

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# Career Corner

## Brain Drain: What is it and how does it affect industry and career trends?

By: **Emilio Lorenzo and Emily Tasca**

*Emilio Lorenzo is the assistant director of career advisement in NSU's Office of Career Development. He 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.*

Have you ever heard the phrase “brain drain?” No, it’s not an alien experiment on your mind. The term can be defined as “smart, young professionals graduating with their degree in one geographic area and then leaving to work elsewhere.” The “drain” refers to the transfer of talent and knowledge from one area to another. Brain drain is an issue affecting many areas today, one of which is the South Florida region, but to understand this problem fully we must look at it from a variety of perspectives.

It can be easy to generalize when discussing brain drain. You might hear people say “South Florida isn’t the best place for young professionals.” South Florida is a much different area than the Midwest or Northeast, however, it does have its benefits and a very diversified

job market. South Florida’s job market isn’t as easily definable as a more traditional market such as the finance field in New York City or the technology industry in Silicon Valley. While there are some industry areas that still need to grow, there are others that South Florida is considered one of the strongest markets in.

Considering the melting pot that is South Florida, diversity is a part of our everyday life and an active component within any industry. This diversity has helped establish strong relationships with a multitude of Latin American businesses and overall markets. One of these is the entertainment industry. Everyone knows that if you want to be a movie star in the United States, you go to Hollywood, California. For Latin America, that hub is in South Florida. Companies like Telemundo and Univision have helped establish this brand for the area which, if looked at from a big-picture perspective, has created a brain drain on its own, as many individuals from other parts of the U.S. or the world come to South Florida to establish themselves in this type of career.

Outside of entertainment, agriculture, hospitality and healthcare are other key areas influencing South Florida’s economy that can be considered strengths. Hospitality is the “bread and butter” of South Florida; the area will always attract a large number of tourists based on the location and weather. However, it has also created job opportunities for local residents in a variety of job functions. For example, if you work for Carnival Cruise Lines, you don’t

necessarily need to work for the hospitality or marketing portion of the company. You might work in the finance department, human resources or supply chain management. This helps to highlight that South Florida’s diverse economy sometimes provides opportunities in certain industries in non-traditional ways.

When it comes to healthcare, South Florida is filled with not only strong reputable hospitals and healthcare facilities, but also many of the top academic medical programs in the country, including those at NSU. This not only provides a multitude of clinical opportunities, but it also provides opportunities in other areas of healthcare, including healthcare support or administrative roles.

Just like an individual must understand their strengths and uncover strategies to leverage their weaknesses, South Florida must find avenues to combat the brain drain in industries such as technology. Over the last few years, South Florida has dramatically increased the amount of available positions within this area. However, there is still much room for improvement and many of these opportunities may not be similar to those found in a Silicon Valley start-up. Some individuals decide that they want to specialize in a certain area within their industry which is not applicable to the area they live in, so they leave for a new city. This, however, does not mean a brain drain is happening. Although technology opportunities here in South Florida may look different, they nonetheless provide a great way to make a living. For many, these technology

opportunities may be a better fit in terms of values and other factors that contribute to their wellbeing.

To leverage this weakness within the technology field, an up-and-coming industry has emerged in South Florida which combines one of the strongest markets, healthcare, with one area that needs more growth, technology. Considering that healthcare relies so heavily on technology, which is not something that will change in the near future, the opportunities for technology jobs within healthcare settings is only going to increase exponentially. At the end of the day, all new graduates and young professionals have various components that they value in their career and will take into consideration when determining the area in which they plan to work and live, as well as the setting they would like to work in. If you hear of a brain drain happening in a certain industry or geographic area, it’s important to look at all the factors to really see what is going on. South Florida has areas of strength, and areas that can grow, but ultimately brain drain is a global issue.

Every industry has its own road to success, and it is up to you to navigate these waters strategically. Do not be thrown off by generic phrases that indicate a lack of job opportunities within a certain area. Instead, do your own research to find where you would fit best. Uncover nontraditional avenues to reach your career goals.

## Give some, save some

By: **Rachael Hirstein**

With the Big Red Bus parked outside DeSantis so often, it’s hard not to think about donating blood. But what does it really mean to do so? Organizations like the Red Cross and OneBlood allow nearly anyone to help save lives just by donating a few pints of blood.

According to the Red Cross, someone in the United States needs blood every two seconds. This stresses the importance of donating blood; however, there are precautions and requirements when it comes to donating.

When preparing to give blood, there is a screening form that potential donors must fill out to see if they are eligible to donate.

Both OneBlood and the Red Cross have requirements, such as weighing 110 pounds if the

potential donor is 5 feet or taller, being at least 17 years old or 16 with a parent’s permission. Someone that does not meet the requirements will not be allowed to donate due to safety and liability concerns.

According to the Red Cross and OneBlood, whole blood donations can be made six times a year, with 56 days in between each donation. Power Red donations, which entail donating two units of red blood cells during a single donation, while getting plasma and platelets returned, require 16 weeks in between each donation.

Donating blood can save the lives of those in need of blood transfusions, like those in surgery or victims of automobile accidents.

Alyssa Yarbough, sophomore

communication major, has donated blood in the past with the Red Cross and enjoyed her experience.

“I did not know much about donating blood prior to doing it,” she said. “My experience with donating blood was great; they made me feel comfortable, calm and at ease. Donating blood makes me feel great because I know that there are people in the world who need it, and I’m helping those in need.”

Rewards can come out of donating blood as well. The Big Red Bus gives out free movie tickets to those who donate, and the Red Cross gives out gift certificates on certain days.

It’s simple to schedule an appointment at either the Red Cross or OneBlood. The Big

Red Bus is also stationed outside the DeSantis building multiple times a week looking for donors throughout the day.

To donate through the Red Cross, go to [redcrossblood.org/donating-blood](http://redcrossblood.org/donating-blood) or call 305-644-1200 for their Miami location at 335 SW 27th Avenue. The hours of operation are Monday through Friday 9 a.m. to 5 p.m., but they are closed on weekends and holidays.

To donate through OneBlood, go to [oneblood.org/donate-now/](http://oneblood.org/donate-now/) or call 954-378-1188 for the Hollywood Donor Center at 3615 Hollywood Boulevard.



## Places to 'gill' out:

### *Jimmie's Chocolates and Café 47*

By: **Jacqueline Lytle**

NSU is a unique and lively campus, but that doesn’t mean that Sharks can’t band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Fifteen minutes from campus, students can find a relaxing place to sip some coffee, chat with friends and complete assignments.

Heading into Dania Beach, you’ll notice a small café, a hidden gem, surrounded by luscious trees and lined with tiny lights. A parking lot big enough for three cars will welcome you, as you enter Jimmie’s Chocolates and Café 47.

Just around back, you’ll find more parking, and the entrance to Jimmie’s yummy chocolate shop, full of assorted chocolate delights. Treats like chocolate covered strawberries, truffles and chocolate turtles will satisfy

any chocolate cravings.

However, the real star of the show, is its spacious patio. Partially enclosed by large trees and full plants, several tables and a small furnace make up the patio, giving patrons an off-street view and surprisingly quiet atmosphere. The comfortable, calming setting makes it perfect for hanging with friends or studying, while sipping on coffee and nibbling on a sweet treat.

The chocolate shop and café serve various coffee options, with specialty coffees having a hint of Jimmie’s chocolate in them, like the chocolate caramel or chocolate coconut cappuccinos. Each comes with a few chocolate-covered espresso beans. Desserts offered change regularly, but you can’t go wrong with the chocolate, strawberry and banana-filled crepe.

The café also serves an assortment of Caribbean-inspired lunch and dinner items.



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Jimmie's Chocolates and Café 47 offers a tranquil spot for students.

Appetizers like the Petite Blue Corn Nachos will hold you over until sandwiches and salads like the PoBoy Tropicale and Latino Salad fill you up. Café 47 offers a variety of house specialties and entrees as well, such as Braised and Shredded Pork Shoulder.

Jimmie’s Chocolates and Café 47 is great no matter the occasion, whether it be taking a

break with friends or studying for a huge exam. Serving lunch and dinner, plus satisfying all-day sweet tooth’s, this spot is sure to be a new favorite.

**Jimmie's Chocolates and Café 47**  
148 N Federal Hwy (US-1) Dania Beach, FL  
33004, \$2-\$22

#### **Chocolate Shop**

Open Monday through Thursday from 11 a.m. to 6:30 p.m., Friday and Saturday from 11 a.m. to 7 p.m. and Sunday from noon to 5 p.m.

#### **Café**

Lunch is served Tuesday through Saturday from noon to 3 p.m.. Dinner is offered from 5:30 to 10 p.m. on Wednesday and Thursday; 5:30 to 11 p.m. Friday and Saturday.



# Hear it from your peers: Mental health is important

By: Jeweliana Register

According to the National Alliance on Mental Illness, 1 in 5 adults experience mental illness in a year. That means approximately 43.8 million people go through their days with an illness that is most likely invisible to others.

If you break your leg, you will probably be placed in a cast for a few weeks to help heal it. This cast sends a message to others that you are hurt. If you have a cold, your nose is probably runny and you may have a nasty cough, both of which send a message to others that you are not feeling your best. Other illnesses have “tell-tale signs” like an obvious cast or a scratchy voice, but mental illness does not always have such clear signs. Some people that have been diagnosed with mental illnesses may seem to be happy, their life may look normal from the outside and their overall appearance is probably not different than anyone else’s. The problem lies here: mental illness does not look like a physical illness, so some people discredit it as not being a real obstacle.

Mental health stigmas seem to revolve around the idea that people who live with mental health problems, like anxiety and depression, are not going through real health problems, or that mental health is not very important at all. According to the Mental Health Commission of Western Australia, three out of four people that have experienced mental health disorders have witnessed stigmas pertaining to their disorder.

Elizaveta Shmakova, sophomore biology major from Russia, shared her personal experience with mental health and its importance.

“Of course, it’s really important! For example, last year I was overwhelmed with my classes. It was really hard, therefore I had to take one semester off. I had to go back to Russia. It was hard to maintain my regime, to wake up at the same time every day and to do all the homework, and it really bothered me,” Shmakova said. “It was not physical; physically I was fine. I slept eight hours, I ate well, I exercised, but mentally, it was really hard for me to keep on track. I think we need to learn how to maintain our mental health and know how to do it individually.”

She explained a few of the things that helped her get back on track and maintain good mental health.

“For the last six months, I had to take the semester off. I started to do yoga. It really helped me through meditation. I also became closer with my mom, and I started to talk with her about all of my problems, which helps,” Shmakova explained.

Stacey Warm, a freshman business administration major, suggests that you know your limits and focus on your mental health, even when it seems difficult to balance your schedule.

“I think it’s pretty easy to ignore your mental health just because if you’re really busy, you don’t focus on yourself, but I think it’s really good to sometimes just relax, work out or do things with your friends that will make you happy,” Warm said. “If you do anything and see improvement, it makes you feel better about yourself and the world around you, so just try to feel the good in everything.”

Parker Edwards, a freshman exercise science major, said that instead of stressing over what needs to get done, focus on yourself every now and then. Your school work is important, but that does not mean that your mental health is not.

“I think it’s easy to dive into all of your school work if you’re stressed out. Most people decide to just go at it and do everything they can to accomplish what they need done, but I think sometimes it’s important to just go to your happy place. Sit in your room, listen to music, go to the beach, just kind of escape from things for a bit,” Parker said.

What can society do to encourage mental health? Parker suggested a shift in expectations. Instead of focusing so much on success professionally, society should be focused on teaching people how to be successful in all aspects: professionally, psychologically and physically.

“I feel like it’s important to be successful

in society, and you feel like you need to be busy all the time, but you do need time to relax. I think that should be pushed more,” Parker said. “It’s like you have to do it all and you have to have good grades, but where’s the free time, you know?”

At the end of the day, mental health is important. It affects so many aspects of a person’s life, from the way that you react to situations to the way that you handle everyday stressors. Mental health is an on-going process. Maintaining good mental health is a great goal to have throughout any time in your life, but it can be ever-changing. What works for you now may not work in the future, and what works for you may not be right for someone else. Mental health is such a personal thing. It’s not “one size fits all.”

The journey to good mental health may be long and tough at times, but it is so rewarding in the end. Monitoring mental health can be a daunting task, but luckily Henderson Behavioral Health is here to help guide us students that may feel overwhelmed. Mental health is not something to neglect, and nothing to be ashamed of.

To get in contact or make an appointment with Henderson Behavioral Health, call 954-424-6911 or walk into the University Park Plaza location at 3538 S. University Drive, Davie, FL 33328.

# Fashion Finatics: *Cheap or chic: Why not both?*

By: Celina Mahabir

We’ve all heard a rendition of the age-old classic, “The Prince and the Pauper.” The regal, magnificent prince trades places with the rejected, overlooked pauper for a day – and not a single soul recognizes the difference. While people claim fairytales aren’t real, there’s definitely some truth behind the Mark Twain novel. Today, thousands of women and men alike are promoting the cosmetics industry with their social media influence, innovative makeup techniques and, of course, product advertising.

But what if I told you that you don’t need to run your bank account into the ground to achieve a glow space aliens can see from Mars? Or contour as sharp as cheddar cheese?

A number of well-known publications such as Allure, Glamour, Independent and Metro have all picked up on the trend that’s taking the makeup industry by storm: makeup dupes. Short for “duplicate”, a “dupe” is a product that acts as an alternative to a high-end makeup product that can cost way more money.

The following tools are just a few of many products you can swap out to save a few extra dollars this semester.

**1. Color corrector**  
**High-end:** Left  
 Correct Click Color Corrector by Cover FX, in the shade Peach, \$18  
**Dupe:** Right  
 Dark Circle Concealer by NYX Cosmetics, in the shade Medium, \$5.99  
**Verdict**  
 Both color correctors serve their purpose: they eliminate dark circles and make applying concealer much smoother with more coverage. Both products also have the same consistency – a little goes a long way.

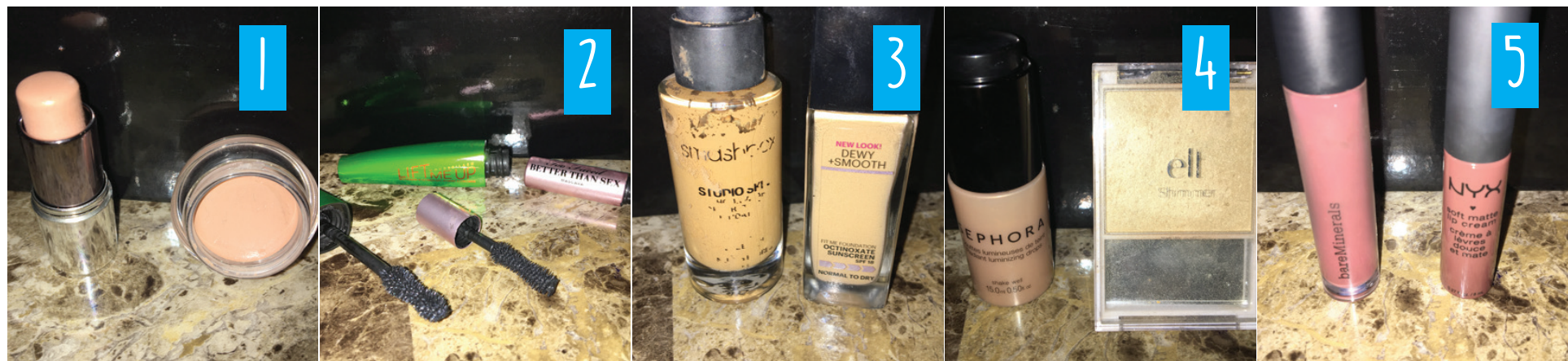
**2. Mascara**  
**High-end:** Right  
 Better Than Sex by Too Faced, in the shade Carbon Black, \$23  
**Dupe:** Left  
 Wonder’Lash Lift Me Up by Rimmel London, in the shade Extreme Black, \$6.78  
**Verdict**  
 In 2016, Better Than Sex was voted the best-selling mascara by teenVOGUE on an international level. Rimmel London provides a great alternative for nearly a quarter of the cost.

Both products are waterproof.  
**3. Foundation**  
**High-end:** Left  
 Studio Skin Foundation by smashbox, in the shade 3.15, \$42  
**Dupe:** Right  
 FIT ME! Dewy + Smooth by Maybelline, in the shade 240 – Golden Beige, \$4.99  
**Verdict**  
 Both foundations provide hydration for normal-to-dry skin while creating a smooth, natural finish. They provide medium coverage with natural ingredients.

**4. Highlighter**  
**High-end:** Left  
 Radiant Luminizing Drops by SEPHORA, in the shade Ultra Light, \$14  
**Dupe:** Right  
 Shimmer by elf, in the shade Gold, \$6.44  
**Verdict**  
 Both highlighters, like many others, are designed to provide definition to your face by illuminating the areas on your face where natural

light hits, like your cheekbones. The SEPHORA illuminator is liquid, while the elf shimmer is powder.  
**5. Lipstick**  
**High-end:** Left  
 GEN NUDE by bareMinerals, in the shade Scandal, \$18  
**Dupe:** Right  
 Soft Matte Lip Cream by NYX Cosmetics, in the shade Berlin, \$5.99  
**Verdict**  
 Both products are matte liquid lipsticks that dry quickly without drying your lips out. The colors are nearly an exact match and both provide adequate coverage without too many coats.

These are just few of many products that you can find inexpensive, nearly identical replicas for. It’s official: makeup products have their own doppelgangers, and they’re called dupes.



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## Finding Fitness: Pilates

By: **Melanie Chapilliquen**

What do a soccer player, gym junkie and volleyball player all have in common? Friday's Pilates Plus class left them in pain the days following; sore muscles and the inability to walk properly due to the fatigue was felt.

Walking into the Pilates Plus class in the RecPlex, I felt pretty confident that this was a class I could take without ending up in pain. After doing strength training and cardio four times a week, I figured that this class would parallel yoga. I was partially correct. This is a class similar to yoga in many ways because it focuses on core training and flexibility. The major difference, though, is that Pilates Plus uses additional tools to add strength resistance made to tone muscles. At the beginning, the instructor, Lourdes Perez, asked who had been

to a prior class or who had taken a Pilates class before. Then, she modified her class according to the different levels of agility.

The class began with simple breathing techniques and soft classical music playing in the background. Perez then switched to simple stretches, such as "the downward dog," prepping the muscles that were about to be used. Little by little, the music became more upbeat and, as a result, the people training in the class began to get pumped.

Perez is a positive instructor who taught while providing encouraging comments. When instructing a new stretch, she adjusted her level of difficulty. She would first provide an example for the beginners, which allowed them to target the necessary muscles, while

not exceeding their bodies' capabilities. After instructing the beginners, she would modify the same movements to add more resistance for intermediate to advanced participants. I, for one, did everything that was instructed for beginners. It became easy to follow the stretches, but once the repetitions increased, my body decided to rebel. My legs could no longer be as straight as they once were, and at one point, my legs decided not to hold the position instructed, asking me to pause and then once again readjust myself. It would have been a lot harder if we had not had such a positive instructor.

As the people in the class did the stretches, she would walk around the room to advise and give pep-talks to different students. When she saw that a person ran a risk of injury because

he or she did not have a proper form, she would demonstrate through example how it should be done. In addition to working out, it was a teaching lesson to ensure everyone's safety. She was very attentive and patient with everyone who asked questions and needed extra clarification.

Taking this class was a great opportunity to get out of my comfort zone and push my body in a healthy manner. After a stressful first week of class, it was a great way to unwind, but, at the same time, challenge myself. Cardio and soccer training could not compare to the different muscles that were targeted in the class. I ended up using muscles I didn't even know could be used. This year, accept a challenge and hit up Pilates on Fridays at 4:15 p.m.

## SPORTSSHORTS

### Men's basketball

The men's basketball team fell 66-68 against Eckerd on Jan. 18. Gerard Tarin led the sharks in scoring with 25 points and ten rebounds. BJ Edwards led in assists with three.

### Women's basketball

The women's basketball team fell 52-64 against Eckerd on Jan. 18. Maria Bardeeva led the sharks in scoring with 11 points. Samantha Logan led with five rebounds, and Katie Barnard had two assists.

### Men's & women's swimming

On Jan. 14, both the men's and women's swim team defeated Florida southern. The men picked up a 150-112 win, while the women were victorious with 155-107.

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# Athlete of the Week:

## Madison Yelle

By: **Trent Strafaci**

What does a girl from Texas do at NSU? She swims, of course.

Madison Yelle, a junior marine biology major from Mansfield, Texas and a long distance freestyle swimmer for the women's NSU swim team plans to make water her career.

Yelle swam during her time at Mansfield Legacy High School, and she was regional champion in the 100-free and 100-breaststroke, which helped her earn "Outstanding Swimmer" her senior year. She also swam for the Mansfield Aquatic Club team. She came to NSU in 2014 on a swimming scholarship, and in December 2016, she earned a spot with the NCAA with provisional qualifying time.

### How did you get into swimming?

"Well, about ten years ago, a community swimming pool opened up in my hometown in Mansfield, Texas, and I decided to give swimming a try. And I fell in love with it from the beginning."

### Who is one of the most influential people in your swimming career?

"The one person who has been most influential in my swimming career has to be Bob Button. He was my coach in Mansfield

and brought me along to become a competitive swimmer. He was instrumental in starting my career, and he helped improve my style and times."

### Why did you choose NSU?

"The reason is simple. They recruited me, but before that, I had heard good things about the program, and when I got here, I really connected with the people on the team."

### What is the most difficult thing about swimming?

"The most difficult part of swimming is balancing my time. I have to find time to eat after workouts and then getting to class on time is also a challenge."

### What do you like to do when you're not swimming?

"I love to bake, and I enjoy going to the beach with my friends."

### What is the biggest accomplishment you have had as a swimmer?

"My biggest accomplishment, and one of my proudest moments, had to be swimming a winning time of 16:57.64 at the Spartan Invitational this past December in the 1,650 freestyle. It was really exciting."



PRINTED WITH PERMISSION FROM M. SHATTUCK Swimmer Madison Yelle won the 1,650 freestyle at the Spartan Invitational last year.

### What do you plan to do after your time at NSU?

"I plan to work in marine biology or oceanography. The fields are directly related to my major."

It makes sense that Yelle would want to work in or around water. Once a swimmer, always a swimmer.

## OUT OF THE SHARKZONE

### Manziel wishes to rejoin NFL

According to ESPN, Johnny Manziel, former Browns quarterback who was cut in March 2016 for drug abuse, said that he is sober and did not need professional assistance to become sober. He told Ed Werder that he is determined to resume his football career.

### Former Jets rushing back Mark Gastineau battling brain disease

Mark Gatineau, who played for the Jets in the '80s, said that he is battling serious brain issues that he believes are a result of the concussions associated with football, according to ESPN. In recent years, research suggests that playing football, particularly at a young age, can contribute to degenerative brain diseases. Gastineau said that he does not regret playing football and encourages children to play as long as they follow safety procedures.

### Ashley Wagner wants to talk about head injuries

Three-time U.S. champion Ashley Wagner has revealed after nearly a decade of experiencing them that she used to get skull-crushing headaches after hitting her head on the ice, according to The Mercury News. The figure skater says she has suffered at least 6 concussions from falling on the ice and thinks it should be talked about more within the sport.

### NCAA passes shut down of spring break off-campus practices

NCAA passed a proposal to prohibit off-campus practice during a vacation period outside of a playing season, according to USA Today. Jim Harbaugh is expected to make a comment about this because Michigan usually takes spring break trips to practice at IMG Academy in Bradenton, Florida.

# ON DECK

## Women's Basketball

vs. Palm Beach Atlantic  
West Palm Beach, Fla.  
Feb. 1 | 5:30 p.m.

vs. Florida Tech  
NSU Arena  
Feb. 4 | 2 p.m.

## Men's Baseball

vs. Tusculum  
NSU Baseball Complex  
Feb. 3 | 6 p.m.

vs Alabama-Huntsville  
NSU Baseball Complex  
Feb. 4 | 4 p.m.

vs. Barry  
NSU Baseball Complex  
Feb. 5 | 12 p.m.

vs. St. Thomas  
NSU Baseball Complex  
Feb. 7 | 6 p.m.

## Men's Basketball

vs. Palm Beach Atlantic  
West Palm Beach, Fla.  
Feb. 1 | 7:30 p.m.

vs. Florida Tech  
NSU Arena  
Feb. 4 | 4 p.m.

## Women's Golf

World Golf Invitational  
St. Augustine, Fla  
Feb. 5-6

## Women's Softball

Florida Tech/Marriott  
First Pitch Classic  
Feb. 3-5

## Women's Tennis

vs. Keiser  
West Palm Beach, Fla.  
Feb. 3 | 1 p.m.

vs. Flagler  
St. Augustine, Fla.  
Feb. 5 | 11 a.m.

# On the Bench:

eSports should be respected, and we shouldn't be having this discussion

By: **Aidan Rivas**

For the last few years, video games have been on the rise, both as an entertainment medium and a career path. People can invest their time into growing more experienced at something normally called a hobby and turn it into a five to six figure salary. A couple recent examples would be players like Dominique "SonixFox" Mclean or Justin Wong who have recently been acquired by Rick Fox's relatively new eSports team Echo Fox. This is happening, and sadly it's happening in the general public's ever-judging gaze.

The standard sports like American football, soccer, baseball and tennis at their very core are all simply games that adults are paid to play, and it's only because of social perception that they became respected. Baseball is, or at the very least was, seen as America's pastime for children everywhere, and nobody saw any issue with athletes becoming baseball pros as full-grown adults. eSports are commonly seen as nothing more than a bunch of man-children scrambling to preserve their youth. It's an unfortunate consequence of today's perception of video games.

Video games and sports are not that different, but if the similarities are unclear, instead compare video games to another mind sport: chess. Chess is respected across the globe, despite the fact that there's no physical activity

involved. It's considered a mind sport, and for good reason. A player must confound their enemy through elaborate planning and efficient counter-plays.

These traits carry over into nearly every single eSport, and more so. In chess, players have time to deliberate, since the game rules allow players to take turns. Minus a few outliers, like digital card games and Pokémon, nearly all competitive video games are "constantly active." From start to finish, competing players are continually performing some kind of action until the match comes to a close. This doesn't even happen in American football, the most-watched sport in the U.S. In gaming, players spend an overwhelming amount of time practicing for events where, if they don't take home the trophy, they only receive money from sponsors. For a ludicrous amount of work, professional video game players receive nothing more than the minimum.

The year 2016 is a great example of how the world is positively changing to fix that. Two different Street Fighter V tournaments were aired on ESPN2 last year: EVO 2016 and Capcom Cup 2016. It's a step in the right direction, and for the most part, gamers are all for a new age of entertainment. Will the rest of the populace get up to speed?



# Tunes for every mood

By: **Rachael Hirstein**  
@RachaelHirstein

Music is food for the soul, and many people have playlists chock-full of their favorite songs that help get them get through the day or certain situations. I have compiled a list of some of my favorite songs that I play on a daily basis.

## Morning/wake up songs

“Do it Like a Dude” by Jessie J  
“Born This Way” by Lady Gaga  
“Roar” by Katy Perry  
“Lady Marmalade” by Bob Crewe and Kenny Nolan, specifically the cover by Christina Aguilera, Mýa, Pink, and Lil’ Kim

These are the perfect upbeat songs to wake up to because they are so empowering and sassy that I feel ready to tackle the day. They all scream girl-power and strength and help boost my self-confidence, making me feel proud of myself. Waking up and jamming out to these songs is the best way to start the day.

## Study/homework songs

“We are Young” by Vitamin String Quartet  
“Wonderwall” by Vitamin String Quartet  
“Symphony No. 5” by Beethoven  
“Für Elise” by Beethoven

I have an easier time studying when the music I listen to doesn’t have lyrics. That way I’m not focusing on the words, I’m just letting the beat calm me and help me focus. Beethoven and Vitamin String Quartet instrumentals keep me on track while I pump out essays and trig homework.

## Sad songs

“Chasing Cars” by Snow Patrol  
“Terrible Things” by Mayday Parade  
“Adam’s Song” by blink-182  
“Hallelujah” by Jeff Buckley  
“Welcome to the Black Parade” by My Chemical Romance

These songs really speak to me when I’m having a bad day and just need to cry. They speak to me on such a personal level that I feel as if the artists are speaking specifically to me and are trying to help me through my hard time. I need to listen to sad songs every once and awhile, and these songs are perfect.

## Angry songs

“Jesus of Suburbia” by Green Day  
“Teenagers” by My Chemical Romance  
“Walking Disaster” by Sum41  
“Mr. Brightside” by The Killers  
“Pick up the Phone” by Falling in Reverse

Whenever I’m angry or just upset, I listen to songs like these because they are fiery and full of angst. Sometimes I just need to rage and listen to intense guitar solos or a bit of screamo to vent my emotions and cool off.

## Workout songs

“24K Magic” by Bruno Mars  
“Uptown Funk” by Bruno Mars  
“Side to Side” by Ariana Grande ft. Nicki Minaj  
“Massive Attack” by Nicki Minaj ft. Sean Garrett  
Anything alternative or punk rock

I love music with fun beats or aggressive sounds to get me pumped up for a workout because they get me ready to burn some calories and break a sweat. Nothing gets the blood flowing like a song that makes you happy or feel fierce.

These are just a few of the songs that really motivate me throughout my day. Without them, I would go crazy. There are tons of songs and artists out there that make my days ten times brighter.

# Find your Personal Legend with “The Alchemist”

By: **Marlene Gumbert**

Quote: “When you want something, all the universe conspires to helping you achieve it.”

“The Alchemist” is the perfect read to jumpstart your new year. This book provides not only an escape from reality, but inspirational insight to a world that exists in all lives. Translated into 80 different languages, this book quickly made its way to becoming an international best seller, winning 115 international prizes and awards, according to the author Paulo Coelho’s website. Published only 28 years ago, it has touched the lives of millions, including mine.

The author escorts readers on an inspirational tale of a boy on a spiritual journey to self-discovery. The story is told through the eyes of Santiago, a young shepherd who is inspired to pursue his Personal Legend, or destiny, and search for treasure buried near the Pyramids of Egypt. A Personal Legend is a calling that awakens a deep desire and passion to live with a sense of purpose for something greater than one’s self.

The young man leaves the comfort of his

home to travel through the deserts, where he finds an abundance of wisdom that eventually leads him to his treasure. Over the course of his journey, the readers watch this average shepherd boy transform his life through learning the language of the world; a universal language that connects everything and everyone, a language that eventually leads him to the ultimate treasure.

“The Alchemist” is a must read for anyone seeking to improve their quality of life. I have learned that the future really does belong to those who believe in the beauty of their dreams. No matter what the reader’s initial state or perception is, this book will open their eyes to a world of magnificent wonder. Finishing this book has altered my perception in many aspects of life. It will bring nothing but positivity into your life and will have you struggling to put it down.

“The Alchemist” argues that the greatest lie in the world is that, at some point, we lose the ability to control our lives and become victims of fate. Along his path to enlightenment,

Santiago learns powerful life lessons while trying to conquer internal and external obstacles that are thrown at him. Below are some basic life lessons I found while reading “The Alchemist:”

At some point in time, we have all heard the phrase, “There is nothing to fear but fear itself.” Change can be scary for us all because we are stepping out of our comfort zone into an unknown territory. Fear of the unknown is inevitable, but when fear itself keeps one from their dreams, it becomes a problem. Over the course of his journey, Santiago proves that success sometimes requires change in certain aspects of life, and change forces us to enter that unfamiliar territory.

Live in the present because yesterday is history; tomorrow is a mystery; and today is a gift. There is no point in dwelling on the past or stressing over what “might” happen in the future. Now is a good time to be present.

We all hope to be completely satisfied with our lives someday. Looking at the root of the word satisfaction, we see the word ‘action’ being

the key component. The key to success is taking action. Life is always in constant motion; sitting around talking or thinking about it isn’t enough.

Similarly, every decision or action we make has a ripple effect. It is our responsibility to take action and initiate a ripple effect. For example, a simple decision to change a diet can create a powerful ripple effect in many other areas of our lives, like physical appearance, mood, stress levels, confidence, etc.

We are never too old to learn. Every day, we should wake up and aspire to be better versions of yesterday’s self, always keeping an attitude of gratitude. We should think outside of the box and not be afraid to be different.

Focus on your own journey because at the end of the day, your opinion is the only one that matters. This is your life, and you’re the only one in control of your own happiness. Even still, love is the ultimate driving life force.

# Local museums

By: **Nikki Chasteen**

Visiting a museum may not be the first idea that comes to mind when you and your friends are bored on the weekends. But what you may not know is how many cool museums are around NSU’s campus. The greater Fort Lauderdale area is quite historic and offers a variety of museums for students, their families and friends. While there are too many to list – I was shocked myself to see just how many museums there are in the Fort Lauderdale and Davie community – here are a few museums to get you started.

## NSU Art Museum

### 1 E. Las Olas Blvd., Fort Lauderdale

The NSU Art Museum in downtown Fort Lauderdale is free for NSU students, alumni, faculty and staff. It is open Tuesday through Saturday from 11 a.m. to 5 p.m. and Sunday from noon to 5 p.m. Artists currently being featured include William J. Glackens, Samson Kambalu, the Regeneration Series, Francesco Clemente and Belief + Doubt. A new collection by Catherine Opie will open Feb. 12 and close on June 18.

## Stranahan House

### 335 Southeast 6th Ave., Fort Lauderdale

The Stranahan House has been part of the history of Fort Lauderdale since Frank Stranahan built the house in 1901. The Stranahans were important figures in the development of Fort Lauderdale as we know it today. The

house became a museum in 1981, after being purchased by the Fort Lauderdale Historical Society. The admission for the Stranahan House is \$12. Daily tours start at 1 p.m., 2 p.m. and 3 p.m. The Stranahan House offers a variety of special events throughout the year. Coming up on Mar. 18, the Stranahan House will be hosting a Mad Hatter Tea Party. The admission for this special event is \$25.

## Old Davie School Historical Museum

### 6650 Griffin Road, Davie

Opened in 1918, Old Davie School House served approximately 90 students, according to the museum’s website. The school house was the first permanent school to serve the Everglades, and it is the oldest school in Broward County. In addition to the museum, the property also contains other attractions like the Viele House. Although the home was moved from its original location, it was restored to be structurally sound. The Viele’s were paramount to the development of the Davie community. Another home you can visit is the Walsh-Osterhoudt House, which was brought to the Old Davie School property as part of a relocation project at the request of the Osterhoudt family. Lastly, the Pioneer Hut is a replica of what a pioneer hut would have looked like in 1908. According to the website, the Pioneer Hut was designed to signify “how the pioneer spirit lives on in Davie.” Admission for the Old Davie School House and the Walsh-

Osterhoudt house is \$10. The museum and houses are open Tuesday through Saturday from 10 a.m. to 2 p.m.

## Museum of Science and Discovery

### 401 Southwest 2nd St., Fort Lauderdale

The Fort Lauderdale Museum of Science and Discovery is located a few blocks away from the NSU Art Museum. If it’s a really cloudy day, you can even do both. General admission to the museum is \$16. They are open seven days a week, 10 a.m. to 5 p.m. Monday through Saturday and noon to 6 p.m. on Sunday. On display now are exhibits such as “To Fly,” “Living in the Everglades,” “Ecodiscovery Center” and “Powerful You.” Of course, the museum is also home to the IMAX and IMAX 3D theaters which have feature documentaries, as well as a full-feature Hollywood movie. The IMAX is currently showing “Star Wars: Rogue One.” The price ranges for the different IMAX viewing options, so be sure to check the availability at [mods.org/visit/index.html#prices](https://mods.org/visit/index.html#prices) before going.

## Bonnet House Museum & Gardens

### 900 N. Birch Road, Fort Lauderdale

Bonnet House is a collection of gardens and nature trails, as well as the former home of the daughter of Hugh Taylor Birch, who bought the home for his daughter as a wedding gift in 1919. The home is located on the property inside Hugh

Taylor Birch State Park and offers plenty to see, including tours during the day. Public tours begin Tuesday through Saturday at 9:30 a.m. and run every hour with the last tour beginning at 3:30 p.m. Each tour lasts approximately 1.5 hours and is guided. Admission is \$20. According to the museum’s website, picnics are welcome with paid admission. A picnic in the gardens with your significant other or besties makes for a relaxing time to get your mind off classes and assignments. In addition to the museum and orchid gardens, the property also has an art gallery.

So next time you are sitting at home or in your dorm room and you are wondering what you could possibly do when it’s not sunny enough to catch some rays, go check out some of Broward County’s historical museums. There is a museum for everyone. Get out and explore. You might have a good time and learn something new about your community. Whether you are a native to Florida, South Florida, an international or out-of-state student, there is a museum in the community for you to check out.

# SOUNDBITE

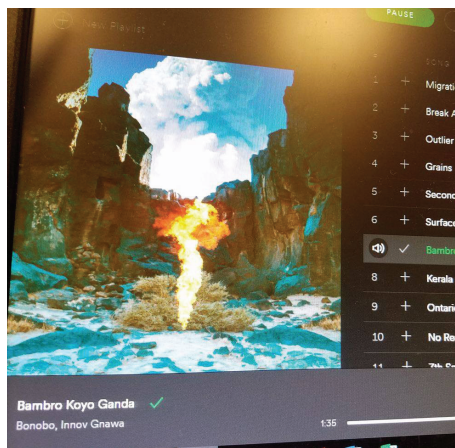
## "Migration" by Bonobo

By: **Adam DeRoss**

While everyone has his or her own views and tastes in the music world, it's universal that music carries emotion. Some songs make you feel sad, some pump you up for a workout and others are simply neutral for studying or busy work. When listening to the compositions of Simon Green, better known by his DJ name Bonobo, calm and somber seems to be the prevalent theme.

Bonobo debuted in 1999 and, since then, has produced six studio albums, incorporating a variety of genres including downtempo, chillwave and trip-hop. His most recent record "Migration" was released on Jan. 13 and preserves the trance-like qualities Bonobo is known for. It's a lengthy album that provides a lot of relaxing melodies. However, while the content is familiar and still very enjoyable, Green hasn't done much to innovate or make this record any better than those previously released.

The tracks on this record are all very long, ranging on average between five and seven minutes. While this gives them a lot of room to provide interesting melodies and concepts, most of that time is spent repeating a few very basic elements. That's not to say the tracks aren't well composed, as many of them feature harmonious instrumentation and some fitting vocals from various featured artists.



PRINTED WITH PERMISSION FROM A. DEROSS  
Bonobo's latest release is well-produced but lacks innovation.

The three most interesting tracks on the record, "Bambro Koyo Gnawa" featuring Innov Gnawa, "Ontario" and "Figures," represent what Bonobo can achieve at his best.

"Bambro Koyo Gnawa" is influenced by what sounds like various African cultural music selections. The track features echoed chants for vocals and incorporates melodic violins alongside clanging, metallic percussion. It also incorporates an intermittent clapping that drives the beat forward.

"Ontario" features a lot of progressions from various Asian and Middle Eastern stringed instruments. The backing bassline is not as

heavily prevalent, allowing the chords and percussion to really shine through.

The best quality of "Figures" is its track panning on the clanking and stunted percussion interlaid with the wailing synth chords floating above them. The vocal samples are dreamy and captivating and they serve as a good complement to the rest of the instruments.

Despite their good qualities, the tracks are a little too long for how repetitive they get.

Some of the tracks on this record don't have any interesting components whatsoever. An example would be the intro track "Migration." At first, all that is audible is a very faint piano melody and the occasional chirping of birds. This goes on for about 90 seconds before more instruments like off-kilter cymbals and a bassline that steadily rises in pitch and volume enter. While it is just the intro track and may be meant to symbolize the beginning, it could have done more to be interesting. It doesn't do enough to capture interest or attention for the content ahead.

"Grains" is another track that suffers from oversimplification. The melody remains relatively unchanged over the course of the entire four minute track and only introduces the more interesting elements of the song, such as the percussion and strings about three quarters of the way through.

## Senior Spotlight: *Alonzo Williams*

By: **Kerrigan McVicker**

Alonzo Williams, senior dance major, is a resident assistant and involved member of the performing arts. He will also be the first male dance major to graduate from NSU. Besides dance, he enjoys hip-hop and photography. He went on to describe his experience as an NSU dance major.

### Where are you from and at what age did you begin to dance?

"I am from Miami, Florida, but I have also lived in New York City, specifically Newburgh and Harlem. I began dancing at 16."

### When did you discover your love for dance and why?

"My brother was in it before me. He is a professional break-dancer, and I remember watching "America's Best Dance Crew." I saw the crew The Jabbawockeez, and I liked that style, so I just tried it. And I really got good at it. It wasn't until I became Christian where I really understood the significance of it, which was pretty much a year later. And that is where I found the love for it."

### What is it like being a dance major at NSU?

"Being a dance major at NSU is very interesting because NSU is not necessarily a performing arts discipline school. So you have to accept that, but also let those constraints expand your creativity. That goes as far as how to practice, how to learn and how to make opportunities for yourself, as well as your peers. So, I would say it has been an awesome journey because when I came in as a freshman, due to just my passion and those who came in with me, and our passion in general, we were able to really change the forefront and bring the arts more alive here on this campus. From my freshman year to now, we have a [Razor's Edge] Shark Talent Program, and it is really great to see that NSU is witnessing those things."

### What has been your greatest challenge as a dance major?

"I think my greatest challenge would be understanding my significance within dance itself. I come from an urban background, so I grew up learning and doing street dancing. But, in order to afford dance classes, which I could not, I had to join a night program at my high school. It was based on classical dancing, and it was awkward for me. I had to do ballet and modern dancing. When I came to NSU, I expected more of a difference... that could be tailored to my style, but NSU is also more classical. I found myself with all of these classical disciplines, but yet I was not able to foster them into my own ethnos. But that also helped me because now when I dance, my style is very unique, and you can see the influence from all over the place."

### What has been the most rewarding part of your experiences here at NSU?

"As a dancer, I would say bringing audiences to the shows. Since I was a freshman, I just danced my way to senior year. At first when I came to NSU, people knew me as the "Dancer" at orientation because I got up and performed a weird isolation head thing, and everyone freaked out... No one knew my name, so they just called me the "Dancer" until they began to know my name.

Then my peers and I, who came in as dance majors, really changed the game of NSU. We were able to choreograph our own pieces and be so young and do it at a big level. We went to competitions and performed at high levels. This made the dance program be more sought after, which made people want to take classes, be more involved in more dances and frequently audition. Fast forward and we now have the Shark Talent Program. It has really been a beautiful thing to see all of it culminate together and grow.

I am also an RA, and I watch over the Shark Talent Program, and it is because of [the students] why I am going to be staying here after graduation because I want to see them graduate,



PRINTED WITH PERMISSION FROM A. WILLIAMS  
On top of dance, Alonzo Williams enjoys photography and Newsies caps.

and I want to help them grow as artists within their careers, and I want to help them utilize their surroundings too."

### What are your plans after graduation?

"I plan to work in the community of South Florida, work on community outreach through art initiatives. I also plan on working two years professionally as a dance choreographer, utilizing different forms of art within my shows. I do not only want to do dance, but I also want to incorporate a mixture of spoken word and photography too. After that two year break, I want to possibly get my Masters, but at the same time I want to create a dance-training studio, which is one of my main goals. Then two to five years after that, if I am settled down, I plan on opening a performing arts center."

### Who have been the most influential people in your career?

"I would say first my brother, Emmett Williams. Another person would be my friend Damien because we used to dance together in high school, but he had to stop dancing because he was diagnosed with Leukemia. He's back now, he is cancer-free... Another person is Sarah Amores, Danielle Burdick and Angelina Granitz. And I would say my parents, but that's already a given. Most importantly, what holds that all together is my faith in God."

## OFF SHORE CALENDAR

### "Titanic: The Musical"

Jan. 19 – Feb. 5  
@Amaturo Theater, Broward Center for the Performing Arts

### "Colgate Skating & Gymnastics Spectacular"

Jan. 25 | 7 p.m.  
@BB&T Center

### "Step Afrika!"

Jan. 25 | 10 a.m.  
@Aventura Arts & Cultural Center

### "Paramount's Laser Spectacular"

Jan. 27 | 8:59 p.m.  
@Parker Playhouse

### "Atmosphere and Freshwater Fly"

Jan. 27 | 7 p.m.  
@Revolution Live

### "FATVillage Art Walk"

Jan. 28  
@FATVillage Art District, Fort Lauderdale

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# Seriously Kidding

*a satire column*

## An open letter to BuzzFeed

By: **Jenna Kopec**

@Jen\_Kopec

To the almighty powerhouse that has become everyone's favorite Snapchat story, ripe with twerking chicken nuggets and 21 pictures guaranteed to make us laugh, thank you. Thank you for redefining what it means to be a news outlet.

Long gone are the days where journalism meant equal representation, inverted pyramids and a separation of fact and opinion. You've brought the industry back to its yellow roots, and rightfully so.

News, like everything else, is a business before a public service. Feeding on the fears and concerns of the public through sensationalized story lines, unverified information and anonymous sources, is the perfect way to grow your business in these uncertain times. But what's most promising and impressive about this organization is the way it entertains the public after sending it into uproar.

After doing their due diligence to report whatever they feel like, BuzzFeed surrounds us in a comforting compilation of Tumblr posts that are too funny and times where celebrities rocked the red carpet. They do this without forcing us to leave the little news tab on the best website in the

world. And as we grow weary of reading a hard-hitting story that is far beyond the 800-word average of every other lazy outlet, BuzzFeed lets us shake off all responsibility by venturing off to YouTube. This allows us to comfortably bounce between challenge videos of staff members trying to drink alcohol in the middle of the day and educational pieces that brush over serious topics but present no real scenarios to fix them.

BuzzFeed, you are the business that we should all strive to be.

Of course, you have your critics. Don't let the bullies like CNN get you down with their criticism. As they cling to their system of information gatekeepers, along with the New York Times and others, they fail to see the future of the market. You know that you can flood the world with information; you know to give the people what they want.

So thank you, BuzzFeed. Thank you for your quizzes, your videos and your ability to infiltrate social media platforms. But most of all, thank you for redefining what it means to work in journalism. Thank you for telling us what we all need to hear.

## The free market isn't free

By: **Ben Underhill**

@ActualBenU

Politicians often praise how great capitalism is and how it has made America great. This is true, but only to a certain extent. Yes, capitalism helped the U.S. become an economic powerhouse, but we are no longer a capitalist country. To clarify, by capitalist country, I mean a country in which a free market reigns, something we have not had for a while now.

The United States exists in a constant oligopoly for most industries, since the few existing corporations control a majority of the market. Businesses like ExxonMobil, Shell, BP and only a few others control most of the oil industry. AT&T, Verizon, Sprint and T-Mobile control most of the cellphone carrier market, while Apple and Samsung make the majority of mobile phones for those carriers. The existence of an oligopoly-dominated market makes it extremely hard for small businesses to succeed, since they do not possess the same resources as these large corporations – sorry to those who would rather blame the President for business failure.

The energy industry is a prime example of the dangers of having oligopolies instead of allowing a free market to exist naturally. The World Economic Forum reported in December of 2016 that solar and wind energy were now the same price or cheaper than fossil fuel in over 30 countries. Now, before people cry wolf and say that converting to clean energy will destroy thousands upon thousands of jobs, remember that clean energy creates jobs too. According to Bloomberg Magazine, "8.1 million people worldwide had jobs in the clean energy

[industry] in 2015."

So why is clean energy not more prevalent? Easy: the fossil fuel industry has existed for so long and buys so many politicians that they simply refuse to go away because of the money. In a true free-market economy, clean energy would be on its way to pushing fossil fuel industries out of business, and yet fossil fuels are still going strong. Thanks to legislation, regarding protecting the environment, some of these have suffered and are on their way out.

If the energy industry is too far of a stretch, consider how many mom-and-pop stores have been put of business by the likes of Walmart, Sam's Club, Target and more. Forbes and Time Magazine emphasize this in articles from 2013 and 2016, respectively. How can these small businesses compete with the insanity that is Walmart? That's a rhetorical question; small businesses rarely ever beat the superstores.

What's worse is that if a superstore that has decimated the local businesses of an area leaves, the locals are often left without a pharmacy and/or groceries within reasonable distance. And don't even get me started on the wages: Walmart's owners, the Walton family, are worth more than 40 percent of Americans.

With all of these conditions, how is our free-market economy really free? When a similar issue arose under President Teddy Roosevelt, as many corporations began to develop monopolies, he broke up these corporations into multiple smaller ones to encourage competition and ensure the health of the free market. Perhaps it is time to do that again

## Many professors get an F on timely grading

By: **Grace Ducanis**

@GraceDucanis

Too many NSU professors are lax with returning grades. In some classes, it has taken up to a month to receive a grade on an assignment. In other classes, professors don't return grades at all until students get that end-of-semester email that their course grade has been posted. While there are many professors that do prioritize grading, other professors routinely fail to provide grades when promised. This not only breaches student trust, but negatively impacts education.

The point of grading, for professors, is to measure how well students are retaining and understanding material. Good grades, in theory, mean that a student has mastered the subject. If professors don't grade assignments quickly, they have no way of measuring how effective their

teaching methods are. By the end of the semester, or even a month after an assignment has been turned in, time has been lost that could have been spent ensuring that students are learning by changing teaching methods. Of course, professors are not responsible for whether students apply themselves, but professors should endeavor to do what they can to ensure students are mastering their classes.

For students, grades are essential to success in a class. If a student fails a test, but doesn't receive a grade before the next test, he or she will not know what to work on to improve understanding of the subject. If a student gives a speech but doesn't receive a critique on the speech before giving the next presentation, how will he or she improve the next presentation?

If students completed every assignment perfectly, there would be no issue with late grades, but students are there to learn. They're going to get a few bad grades in that process. If they're ever going to learn from their mistakes, they need to know about them right away, instead of a few weeks or months along in the syllabus when they've already made that same mistake more than once. Or worse, at the end of the class when there's no more time to improve.

Understandably, professors have a lot of work to do, and grading often doesn't seem like the most urgent task on their agenda. However, many NSU professors need to do a better job of prioritizing grading. Not only will students' understanding of the course material improve, but professors will become better at relaying

information to their students.

NSU's Guidelines for Appropriate Conduct and Ethical Behavior for Employees, which can be found on the official university website, read: "Evaluation of student work is one of the fundamental obligations of NSU faculty and academic administrators... Grading should be done in a timely fashion, and consistent with standards recognized as legitimate within the NSU profession. A student should be given an explanation of the grade assigned."

Although NSU's website says that grading is a fundamental obligation of NSU faculty, the patterns of many NSU professors indicate that grading is, at best, a minor responsibility.

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# Education: Survival of the fittest

By: **Micaela Carou-Baldner**

American education has been an important topic of debate for the past few decades. However, lately it has been a candent subject in several media outlets and schools due to the increasing number of internationals who choose American colleges to pursue higher education. Critics of our current education system, such as The Washington Post, argue that American students are not being well prepared to compete against international students. This applies to both introducing themselves into the workforce as well as getting accepted into competitive graduate programs of study. As a college student in America, I agree.

According to some foreign language-teaching advocates, such as the American Council on the Teaching of Foreign Languages (ACTFL), other countries are making at least one foreign language mandatory at all educational levels. In some countries, like Finland and Germany, a minimum of two additional languages are being taught before college. This knowledge of languages not only provides students with a toolbox to compete and perform in a global economy, but apparently it also benefits overall intelligence, memory retention and concentration skills. Experts argue that speaking a second language promotes creativity, better listening skills,

increased mental flexibility and higher scores on standardized tests, which are a foundation to advance within our educational system.

Another important element of international education is the inclusion of music into the years before college. Many Asian and European countries reinforce at least one musical instrument of the student's choice. This musical teaching goes on through elementary, middle and high school, which allows students to learn another language, the language of music. Music has been tightly linked to the development of structural thinking and overall math skills while it provides people with a way of expression and an alternative emotional outlet.

One very important element of this picture is the role that educators play in the process of developing students into thinkers, writers, creators, challengers and paradigm shifters. Teachers are the driving force of society, and they should be recognized as such. In some parts of Asia, educators are regarded as highly as doctors are. They are seen as one of the most important professionals in a constantly changing society, and are valued and remunerated as such.

In the U.S., teachers are not seen with the same respect, and in many states, getting a teacher's license is a simple process that doesn't require a Masters in Education or even an

undergraduate degree in the field. Teaching does not only involve the transferring of knowledge; it encompasses inspiring, igniting a spark in young and older minds, fostering a safe environment conducive to learning, allowing others to question, to doubt, to express and to challenge. Are our teachers doing that in our schools or are they transferring knowledge that's been chewed and digested for students to swallow?

Answering a simple yes or no to the question would be simplistic, unfair and perpetuate the problem. We have some amazing educators, who push the limits in spite of standardized education, make students think outside of the box and deviate from the given curriculums to talk about current events, international issues and broader topics. International students do want to come to America and that very fact says something good about our schools. We have great resources, access to some of the most valuable research and technology, and some of the greatest creations and ideas of the past century were born and constructed in our country.

A large number of American students have easy access to technology within the school and at home, which makes research and innovation more feasible. We have study abroad programs that allow us to experience other cultures

firsthand, state of the art educational institutions that facilitate learning and engagement, and open minds that are willing to absorb information and new ideas. Part of the problem is that in this context of ease, American education has become comfortable and we have taken success for granted. Our schools must recognize that beyond factual data and the technology that supports its gathering, there are diverse individuals whose senses can be inspired by music, languages, arts and alternative ways of expressing and communicating. Ultimately, students are way more than a number on a standardized test that doesn't necessarily represent what they know about a particular subject.

American education should become less averaging in order to foster an environment where diversity is cherished at every level. It is time we stand up, get out of our comfortable place of triumph and realize that a global economy means that we are part of a macro system that does not necessarily favor us. We must look for our weaknesses, recognize them, work through them and grow up. Nobody is better than us, American students, but we are not better than anyone else. It is simply the survival of the fittest. So let's get moving!

## HOW WELL DOES THE NSU ADMINISTRATION RELATE TO THE STUDENT BODY?



# SHARK SPEAK



"As far as interacting with students, there's a portion of the administrative body that is extremely helpful and wonderful to work with. They're always there to help the students. There's also the other half of the administrative body that is not particularly helpful to the students and not particularly helpful to the departments that they are a part of just because of the nature of their work. It's kind of a mixed bag. It could be better in some respects, but for those [helpful] administrators, I'd like to say thank you."

- Christopher Ramirez, Senior legal studies major

"I mean I haven't had a problem. I think they do a great job. It's only my second semester here, but I know through athletics that they're very involved. We see them all the time at games and at meets. I've talked to them, and they come to our track and field meetings."

- Erin Blackwell, Junior speech and language pathology major

"I feel like it's so-so because sometimes it feels like they're trying a little too hard. It's almost like when your mom joins Facebook or something. They try to relate to you and they don't know half the jokes that they're telling. The banners they have in the UC? Some of those banners [make me think], 'No.'"

- Karicia Florestal, Junior biology major

"I feel like they treat me like an equal, so they relate really well on a personal level. It's really nice because I feel like I can collaborate with them and feel like I'm actually doing something with my life. But I do feel like, as a neuroscience major, they need more representation of professors in that field. It's really hard to make connections in my field, so I just feel like, in terms of the neuroscience department, there should just be more representation."

- Kaylin Huitsing, Sophomore behavioral neuroscience major

"I feel like they try but they don't really. There's a lot of things, like we hate the food and nobody ever does anything about it. Sometimes the teachers are really mean and nobody does anything about it."

- Kenzie Forgie, Sophomore marine biology major

"The NSU administration relates to the student body really well, as they try to find a way that relates to the students. [They] make a way so that they can communicate efficiently, like sending emails and try to reach out in a friendly kind of way."

- Kinley Diaz, Junior biology major



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