Hanbury honors donors at Celebration of Excellence

By: Rachael Hirstein
@RachaelHirstein

NSU’s 19th annual Celebration of Excellence took place on Jan. 29 in the Don Taft University Center and the newly named Rick Case Arena. The arena had a sold-out attendance of 400 people, including most of NSU’s trustees, President Hanbury, 64 students, Chancellor Ray F. Ferrero Jr., the president’s executive council and many of NSU’s sponsors.

The Celebration of Excellence is an event that honors and acknowledges all of the progress NSU has made each year and to honor and acknowledge members of the community for their service and leadership.

Sharon Sullivan, executive director of Advancement & Alumni Relations, said this event has changed in different ways over the course of nearly two decades, including what is presented and where the event is located.

“For many years, the Celebration of Excellence also included the recognition of NSU’s Distinguished Alumni, but that ended in 2014 when the Distinguished Alumni Awards became a unique event and the Celebration of Excellence focused on the honorees of the President’s Award for Excellence in Community Service,” Sullivan said. “[The event] has been in several locations, primarily off campus at the Signature Grand. In 2013, we moved the celebration back to campus to showcase NSU to all of our guests.”

The event this year awarded the President’s Award for Excellence in Community Service to Stanley and Pearl Goodman for the dedication of their collection of modern and temporary Latin art to the NSU Art Museum and for the dedication of their time to other nonprofit organizations, such as Goodman Jewish Family Services of Broward and the Broward Center for Performing Arts.

President Hanbury also discussed Realizing Excellence also included the recognition of their collection of modern and temporary Latin art to the NSU Art Museum and for the dedication of their time to other nonprofit organizations, such as Goodman Jewish Family Services of Broward and the Broward Center for Performing Arts.

President Hanbury also discussed Realizing Excellence. The purpose of the campaign is to raise $250 million dollars by the year 2020 to support philanthropies, scholarships and the students who attend NSU and the University School. He discussed NSU’s progress not only on the campaign, but also on its research.

“We’ve made progress; we’ve made $150 million raised for the $250 million, so we only have $100 million more to make by the end of 2020,” President Hanbury said. “We’re also halfway there in our research capabilities of $300 million by 2020, and what we are doing by 2020 is raising enough for a half a billion dollars…for philanthropy, scholarships, research and special projects for NSU to reduce our dependency on tuition for students to come to this university.”

During his speech, President Hanbury reiterated the opening of the Center for Collaborative Research last fall and discussed the future plans for medicine at NSU including the new College of Allopathic Medicine, which will be the eighth college in the Health Professions Division at NSU.

“NSU will be the only university in the southeastern United States, and the only university in the state of Florida, that will have both colleges of osteopathic medicine, or D.O., led by Dr. Elaine Wallace, and of allopathic medicine, or M.D., led by Dr. Johannes Vieweg,” Hanbury said. “The establishment of NSU’s M.D. program coincides with the future relocation of Plantation General, a community hospital, to our campus, which will evolve into a teaching-research hospital by the Hospital Corporation of America. The hospital will not only serve the surrounding community, but, contrary to other medical schools and hospitals, will indeed be integrated to doctoral research universities of NSU.”

The celebration concluded with the presentation of the 12 new members of the NSU Shark Circle, which means each member donated more than $1 million to the university. Of the 12 awarded, six were NSU trustees.

CommunityFest is back at NSU

By: Rachael Hirstein
@RachaelHirstein

NSU will be hosting its 14th annual CommunityFest on Feb. 11 from 12-4 p.m. at the Gold Circle Lake in between the Alvin Sherman Library and the Hortiz Building.

Stephanie Martinez, senior psychology major and part of the CommunityFest marketing committee, described the event.

“It is a really big event that wants to connect the community with Nova students,” she said. “Clubs, organizations and vendors in the community have tables with free food and giveaways. There is also a petting zoo and bouncy houses.”

Other activities include slides, music, obstacle courses, face painting and much more.

Daniel McFadden, graduate assistant for Special Events and Projects in the Office of Campus Life and Student Engagement, stated that this is a collaborative event created by one person in particular.

“CommunityFest was created and implemented in 2003 by Ms. Michelle Manley, Director of Student Media, who wanted to bring the university community together and build school spirit,” he said. “While this is a student-initiated event, NSU’s CommunityFest also involves the collaboration of NSU students, staff members, community businesses and local organizations.”

Martinez stated that this event has great impact on both NSU and the surrounding community.

“The biggest impact is the engagement we get from the community,” she said. “You can see how they’re impacting our students, so they can open the students’ eyes to see so many things they can do around the community so they’re never bored.”

McFadden also said this event normally has an attendance of about 4,500 people. CommunityFest is very large and requires a lot of space not only for the vendors, but also for those who attend, so he wishes for the venue to be larger in future years. McFadden does hope students come out to the event.

“It is a great way for our student body to learn about all that NSU has to offer and to really feel and display our shark pride,” he stated.

Martinez said that along with community members of all ages, many members of NSU bring their families to this event.

Students, faculty and staff from all NSU regional campuses are also welcome to attend, and NSU will provide a discounted rate for transportation to the main campus. Seats must be reserved prior to the day of the event through the website listed below.

CommunityFest is free to attend and all are welcome. For more information, visit nova.edu/specialevents/communityfest/index.html or contact Assistant Dean of Student Affairs, Alexis Martinez at 954-262-7280.
SLCE is tripping in February

By: Scott Black

The office of Student Leadership and Civic Engagement (SLCE) and its subgroup, Sharks and Service (SAS), are taking a trip focusing on the restoration of wildlife in the Everglades for a weekend excursion in Homestead, Florida from Feb. 15-17. During the trip, NSU students will work with the Everglades Habitat Foundation to build a new wildlife sanctuary.

Outpost wildlife rescue to rehabilitate animals and release them back to the wild, while all learning about the organization and giving back through a week of service.

Both NSU undergraduate and graduate students are welcome.

Liz Manzorowicz, graduate assistant for civic engagement, hopes to have students that are excited about wildlife and ready to learn a lot and have an amazing weekend.

“We want people to come, bring their best energy and be prepared to meet new people,” she said. “These experiences are designed to pick up a weekend and do something good.”

These experiences are definitely something you will not regret [because] you will meet a whole new group of friends and SAS will be able to share an experience of a lifetime.”

This is the second time SAS has worked with wildlife. Last year, SAS hosted the Sea and Humanity of Greater Jacksonville, NSU students from the main campus and the Jacksonville campus attended a wildlife weekend retreat, and the retreat was so successful that SAS decided to select a similar wildlife rescue within a short driving distance from NSU.

The cost of the trip is $35 and will cover food and transportation. At the end of each day, NSU will provide a meal and some time for student reflection.

Kacey Crespo, freshman marine biology major and SAS Site Leader for this trip, will be facilitating the entire group and meeting with them at the dinner on Friday at 6 p.m. There, she will debrief and prepare students for the trip on Saturday from 10 a.m. to 4 p.m. and take them back to Miami by 10 a.m. to 1 p.m. She will also help create a memorable schedule and provide fun reflection activities.

“The reflection activities make this trip paramount and something we do not do what we do,“ Crespo said. “They are important to get people thinking about more than just themselves and how these issues affect my community, myself, my friends and family members. This experience goes far beyond this service trip, where people can continue to be proactive and continue to change their community in a positive way.”

The registration form can be found at orgync.com/13934/forms/289995. For more information, contact Liz Manzorowicz at em14046@nova.edu or call 954-262-7305.
NSU celebrates Black History Month through art

By: Brianna Walker

NSU’s Division of Public Relations and Marketing Communications will host Afrotopia, an African Presence 2017 Art Exhibition from Feb. 3 through March 10. The reception portion of the event will kick off Feb. 3 at 6:30 p.m. in the Don Taft University Center and the exhibition will be housed in the Adolfo & Mariela Cotilla Gallery in the Alvin Sherman Library.

The event will feature giveaways, musical entertainment by NSU’s Riff Tides a capella group and a dance performance by Young Contemporary Dance Theater, Miami. The director of internal communications and chairwoman of the African presence committee, Mara Kiffin, said that along with the performances, there will be a welcome message by the NSU’s Executive Vice President Jacqueline Travisano. A guest speaker will talk about how black people have been represented in the 20th century in the arts, specifically in the performing arts.

This year’s exhibition, “Afrotopia: Art of the Politics of Representation,” features depictions of black cultural experiences by artists of African descent. Kiffin said a lot of the artists whose works are going on display are international.

“I think we will have an exciting exhibit this year,” Kiffin said. “I usually never get a chance to get a really good look at the art before the event, so it’s really exciting for me to see how everything is displayed and to see how it is received by the audience.”

After the reception, all the attendees of the event will walk to the gallery where the artwork will be shown.

“We will have giveaways, food, wine, and afterwards we will walk around to see the exhibit,” Mara said.

The Division of Public Relations and Marketing Communications has put on this event for 14 years, choosing a new theme each year. Last year, they had a hairstylist onstage for the remainder of the event and the year before that they had a hair fashion show.

“I think this event is needed to educate people and to help them realize that we, black Americans, are here and that we are beautiful,” Verret said. “I think that this event is a really fun way to celebrate black culture and bring awareness to it.”

Kiffin said that she is looking forward to everyone having a good time and she wants the NSU student population to take advantage of the event and come out and support the event.

“We try to do more than entertain. We try to educate and I think it is important because the more we understand about each other and our differences, we realize we are more alike than not, and I think that’s why it’s so important to celebrate and remember Black History Month,” Kiffin said.

The event is free and open to the community and to NSU Students. To attend the event, RSVP at cvent.com/events/afrotopia-art-and-the-politics-of-representation-african-presence-2017?registration-fccbf822b9486a590debc29e6216a224.aspx.

NSU’s version of a block party

By: Jenna Kopec

NSU’s annual student organization block painting will take place on Feb. 4 from 10 a.m. to 4 p.m. in the library quad. The event will be held every winter semester through Campus Life and Student Engagement for organizations to decorate and touch up the sidewalk surrounding the space in front of the Alvin Sherman Library.

Sandria Phillis, graduate assistant for student organizations, said that the event is great for the university.

“It’s a way to promote unity among the organizations,” said Phillis.

According to Phillis, over sixty student organizations will participate in the event this year. Five of those organizations will be painting a block for the first time. Those organizations are: The C.H.E.E.S.E. Club, Campus Cursive, Vegetarian and Vegan Club, Society of Mentors and Lens Up! NSU Sharkshooters.

Mariah Knowles, sophomore fine arts major and president of the C.H.E.E.S.E. club, said she is excited to participate in block painting for the first time.

“We’re really excited because the painted sidewalk is a staple of the university, so it’ll be really awesome for our club to be a part of that,” said Knowles.

All organizations are allowed to paint a block, however, in order to do so, they must submit applications in the fall semester. Organizations will be provided paint based on the designs and applications they submitted, according to Phillis.

Besides seeing the designs of the blocks come to life, Phillis said she’s looking forward to seeing the organizations practice their team building skills.

Alexis Good, sophomore marine biology major and member of Green Sharks, participated in block painting last year.

“I enjoyed how everyone was excited to do something so simple and how people from so many organizations gathered together into what felt like a community,” said Good.

Set up for the event will take place between 9:30 a.m. All participating organizations are required to have a volunteer help set up and clean up. Radio X will play music during the event, and food will be provided.
Features

By: Brittany Eyres

It was a Wednesday night in July, back in 2009, when I first stepped into a junior dragster. I had no idea what to expect. I put on my Uncle’s old racing suit, got in and buckled up. My father pushed me under the control tower and onto the track. He looked at me and said, “Are you ready?” I nodded my head, inside the large white helmet. Then, he placed the starter into the engine and it roared to life. The sound of the engine made me smile, chills running up my spine.

Since that day, I’ve been drag racing. I was 12 years old. Junior Dragster Racing is interesting because it is made specifically for kids ages five through 17. Crazy, letting a five-year-old drag race… right? Well, they’re only allowed to go 25 miles per hour. Something about the speed and adrenaline coursing through my blood had me tremendously excited.

I quit cheerleading, basketball and softball to focus on my new passion. I spent every Sunday of every summer at the racetrack. My family and I started to travel to other racetracks as I got older. I gained a racing family that has watched me grow up and excel, and I have watched them grow up, too. I gained best friends who I spent every possible second with at the track. I even made friends from other tracks.

I remember Father’s Day, 2011. I paid my entrance fee as a “father’s day present” to my crew chief and best friend, my dad. It was a good day… that was until I crashed. I knew I had lost the first round and was angry about it. I continued down the shut off area of the track at an unusually fast speed. As I started to turn, the car went onto the right side wheels, and I flipped my car. I was stuck up against a fence. When someone finally came to rescue me, I got out and took my helmet off, tears streaming down my face.

The medics had me sit on someone’s golf cart while they checked out my bloody hand. “Can you tell us what day it is, Brittany?”

“Sober. How’s my racecar?”

“Okay, good, who is the president?”

“Obama. How’s my racecar?”

“Okay. Good. Your finger is cut pretty deep; do you want us to wrap it?”

“Sure. How’s my racecar?” The medics chuckled at my persistence. They let me get up to look at it. My front wheel bar and right wheel were bent. The tires started flowing again. It was something that could be fixed, but for a betty price. Racing is the most expensive sport. So I went online, found a new set of front wheels and ordered them right away, so I could get back on track. I was not going to let this one accident stop me. 2013 was my final year, but my best year.

I won multiple times at my track, competed in the “Race of Champions” race at divisionals in Maryland and won, went to the semifinals at the Eastern Conference Finals in Bristol, Tennessee out of 500 cars, and won my age group at the end of the year. I ended Junior Drag Racing on a great note. But I miss it more than anything else. I am currently working on my new car to race, a 1972 Chevy Vega with a 572 big block engine. I am hoping to have it completely built and ready to go by this summer.

By: Ben Underhill @ActualBenU

In today’s technology-based society, many students carry around mini-computers in their pockets in the form of smartphones. Although most smartphones come with pre-programmed apps, these phones are, for the most part, fully customizable when it comes to which apps you have. Here are just a few of the apps that can help a student’s daily life, all of which are free and available in both the iTunes App Store and Google Play.

Outlook

Starting with the basics, Microsoft offers the Outlook mail system as a smartphone app. The easy-to-use app lets users hook up multiple emails to the app, as well as turn on notifications for new emails, calendar events and more. With the app, seeing an email late becomes a thing of the past.

Blackboard Mobile Learn

The Blackboard app is another student essential, despite being frustrating at times due to crashes and slow loading speed. The app shows students their most recent grades, current courses, syllabi, upcoming assignments and announcements from professors, just to name a few features.

iShark

NSU’s officialmobile app is an all-encompassing app designed for students, faculty, staff and even orientation. The “Student, Faculty and Staff” section of the app includes direct access to Blackboard and the course directory, real-time information about Shark Shuttle routes, and ReeWell services including group classes, intramural sports and club classes.

OrgSync

If involvement peaks your interest, then OrgSync is the way to go. The OrgSync app allows users to stay up-to-date with their organizations as well as browse the other on-campus organizations. The app also features optional notifications for announcements within the involved groups.

Uber

Sometimes students might not be in the best position to drive or don’t have a car to begin with. Never fear, ride-sharing is here. Uber offers ride-sharing services that allow the user to request a car to pick them up at a set location and drop them off at another for a reasonable price. For example, an Uber ride from campus to the NSU Art Museum costs about $15, while a ride from campus to Publix would be about $5.50.

Venmo

Owning money to someone can be a struggle if you don’t usually carry cash. That’s where Venmo comes in: simply hook up a credit or debit card and transfer money to another user. You can also use Venmo to split bills and keep track of your purchasing history.

RetailMeNot

College can get expensive, so there’s no reason to spend more than you should at stores. RetailMeNot collects hundreds of stores’ sales and coupons together into one coherent app. Users are able to use the coupons directly from the app.

Quizzet

Quizzet is a great resource for study material. It compiles a myriad of practice quizzes, virtual flashcards and more on almost any topic. With all of this information in one place, studying for your next big exam becomes a breeze.

WhatsApp and GroupMe

These popular group messaging apps are must-haves if you are involved with anything on campus. From sports to performing arts to organizations and more, both of these apps have their advantages for communicating with a large number of people, such as group and direct messaging, liking messages, setting up events people can RSVP for and more.

WayUp and Indeed

College is all about preparing for a “real-world” job. WayUp, which is only available through the App Store, and Indeed, which is available in Google Play and the Apple Store, provide easy-to-use services that compile internships and jobs within the area. Both apps have their perks. WayUp is designed to help college students and recent graduates find internships and smaller jobs, while Indeed is for anyone and can help find any kind of job within the area.

AroundMe

As much fun as college can be, sometimes it’s nice to get out and explore the city surrounding campus. AroundMe is a great way to see local restaurants, movie theaters and other entertainment, including reviews and price ranges.

Circle of 6

Walking by yourself when no one else is around can be a bit nerve-wracking, but Circle of 6 is there to help. The app lets you choose six trusted people, hence the name, and can tell them where you are and if you need help. The app is a great way to help prevent violence.

Vent

College can be very stressful and sometimes just having someone to talk to helps. That’s where Vent comes in. The app lets you choose six trusted people, hence the name, and can tell them where you are and if you need help. The app is a great way to help prevent violence.

With technology surrounding us in our day-to-day lives, apps can make the difference in productivity, safety and savings. As the semester comes to full speed, make sure to have these apps on hand for another great semester.
You’ve probably seen his name in your inbox, telling you about the next involvement opportunity on campus. Or, maybe you’ve seen him in person dancing at Sharkapalooza or running in between events, always with a smile on his face. Shannon Booker, assistant director of Campus Life and Student Engagement, has garnered a reputation for being the upbeat go-getter we all know.

“People always ask me ‘don’t you ever get mad?’” said Booker. “Of course I get upset about different things, but when I’m out in the public with people, they don’t need to know what’s going on. People don’t realize a person’s mood can affect another’s.”

Booker said that he likes to keep a positive energy and interact with students at NSU. He doesn’t want to be seen as the “assistant director” but as Shannon, someone who understands and cares about the students. And he does. As an undergraduate, Booker said that he was a super involved student. He was involved in hall council, freshmen council for SGA, Phi Beta Sigma, campus life, orientation life and the summer bridge program.

“I’m reflected in my grades,” he chuckled. He said that’s why he always tries to advise students based on his own experience.

“It’s good to be involved, and my job is to push involvement, but it’s also good to have a balance,” he said.

Surviving the Super Bowl… when you don’t know what’s going on

By: Grace Dunican

For most, February means Valentine’s Day. For many football fans, February means only one thing: getting to watch their favorite and least-favorite teams battle it out over the pigskin. Whatever your personal opinion on the Super Bowl is, the game is a cultural phenomenon. Whatever your feelings toward the Super Bowl, following are a few ways to enjoy the game.

Becoming a football expert

According to USA Today, a 30-second Super Bowl commercial costs between $3 and $4 million. Companies pay dearly for Super Bowl exposure. But music can be a universal language. If you’d rather tune out the sports and focus on the entertainment, the commercials are there to pick up the slack in the game.

Relish the commercial blitz

According to USA Today, a 30-second ad during the 2016 Super Bowl cost $5 million dollars. Companies pay dearly for Super Bowl ad time and rarely waste a second with uninteresting content. As a result, Super Bowl commercials tend to be vastly more entertaining than the game, at least for those viewers who are generally uninterested in sports. From the classic Super Bowl party foods like chips and dip, wings, pigs in a blanket, loaded potato skins and nachos. If you want to go the extra few yards, make cupcakes decorated with the competing teams’ colors. You might miss a few plays making your way from the couch to the kitchen so many times, but you can afford that.

Snap to the halftime show

The NFL pulls in the biggest stars from both the sports and entertainment arenas for the Super Bowl. This year, Luke Bryan will sing the National Anthem at the start of the game, while the Motley Crue will play the halftime show. Football might not be easy to understand, but music can be a universal language. If you’d rather dance than tune, the halftime show might be just what you need to stay entertained during the game.

You should do a to-do list and here’s why

By: Samantha Yorke

Samantha Yorke is an assistant director and success coach for the Office of Undergraduate Student Success at NSU. She earned her bachelor of science degree in psychology from the University of Central Florida and her master of science degree in higher education from Florida State University. Samantha is a proud Floridian with a passion for empowering others. You should make a to-do list.

Organize tasks: A list of things to do can save hours from total execution time. This list not only assists with stress management, but helps you become more productive and on top of your daily work. If you find yourself forgetting what small tasks you need to get done in your day or what pages of your textbook you were supposed to read for homework, you may want to consider how writing these details down may promote success.

Improved memory: It’s impossible to remember every little thing you have to do at one time. Picking up a paper, taking your dog out for a walk, getting to the gym, attending class, making that late night meeting... talk about busy! Having everything written down assists you with remembering what comes next in the day and in what order they should be completed.

Productivity: If you prioritize the items on your to-do list, you will notice how much more you are achieving. You can become less distracted, for you know exactly what needs to occur next in your schedule. This may help you discover time that you did not even know you had, which can now be allotted to things you enjoy.

Motivation: To-do lists are often encouraged by motivational speakers — and, of course, it is one of Undergraduate Student Success at NSU. Having clear thoughts and specific tasks are not only encouraging and stress-relieving practices, but empowering and motivating!

How should you make your to-do list

Quality over quantity: Make sure the items going on your to-do list are substantial items — you don’t want to waste your time on dozens of small, low impact items without considering large, high-impact items. Although it may feel good crossing many things off of a list, it is important to remember why you are creating the list in the first place. Try to incorporate three, big daily goals.

Write it the night before: Writing a to-do list as you are scrambling to get ready in the morning defeats the purpose of the list in the first place. Take ten minutes out of your night to carve out some goals for the following day. This allows you to reflect on where you are at in life and what major occurrences are just around the corner.

Prioritize the biggest items first: If you don’t push yourself to complete the biggest items on your list first, you may find yourself looking to complete the little tasks instead. Empower yourself to focus on big tasks, like studying for finals or signing a major document, before reorganizing your closet or going on a shopping trip.

Now that you have the tools and tips, use them to build your to-do list tonight.
Ventura and Marte: Gone too soon

By: Trent Strafaci

Even if you don’t know anything about baseball, you know life can change in the blink of an eye. Major League Baseball recently received some sad news with the passing of two young stars. Kansas City Royals' pitcher Yordano Ventura, 25, and former big-leaguer Andy Marte, 33, died in different car crashes in the Dominican Republic on Jan. 22 and Jan. 21 respectively.

The league, primarily the Miami Marlins, offered their condolences.

After hearing about the passing of Ventura, Royals general manager Dayton Moore said the first call he made was to Michael Hill, the Miami Marlins’ president of baseball operations.

“The Marlins handled that with such grace and heart,” Moore said, according to the Sun Sentinel. “I was just hoping to find out how to process this. There’s no way to be ready for this.”

Ventura, known for his electric arm, played an instrumental role in helping the Royals reach Game 7 of the 2014 World Series run. Ventura played against Madison Bumgarner of the San Francisco Giants and pitched five scoreless innings in relief. He went on to be instrumental in the Royals’ series run in 2015 as well.

His Royals teammates referred to him as “Ace.” Two years prior to his own death, he mourned the lost of his friend Oscar Tavares, another Dominican-born baseball player with the St. Louis Cardinals.

In a separate accident, the day before Ventura’s in the same island nation, Andy Marte was killed in a car wreck. Signed by the Braves in 2000, he quickly became a top prospect from 2002-2005. He was signed by the Red Sox in 2006 and then traded to the Cleveland Indians in a super trade. He spent 2006-2010 with the Indians. Major League Baseball sent their condolences to Marte’s family and friends.

It is always a tragedy when young people die. These were two young men with bright futures, and they were gone much too soon.
Ashley Roe moved from Dallas, Texas to sunny and sandy South Florida for more than just her love of the beach. After developing a passion for softball over the last 16 years, with experience in junior college softball at Northwest Florida State College, she is now a 21-year-old senior outfielder on the NSU softball team. She is about to graduate with a degree in athletic training, which she plans to put to use as an athletic training graduate assistant.

What encouraged you to play softball?
“I’ve played a lot of sports, but softball was always just so challenging, and there’s something new that you learn every single day when you play it, so I really enjoyed that aspect of it.”

What would you consider your biggest accomplishment in softball?
“Never really won anything big but earning a scholarship would be my biggest accomplishment through it.”

Who’s your biggest influence?
“My most influential person would be my grandfather. He definitely turned me to baseball when I was young. He’s the whole reason I’m a huge Oakland Athletics fan. He was going to play for the Pittsburgh Pirates, but he got drafted right beforehand into the navy, so I definitely just stuck with it and it has always been a topic of conversation for us.”

What is your biggest challenge while playing?
“Probably my biggest challenge is to always stay mentally in it, to never overthink things and always remember to have fun while I’m playing.”

How do you balance being a student and an athlete?
“The student-athlete program is not a challenge because I enjoy it, but it’s very tough because I have to balance my athletic training hours also...to attend another team’s practice on top of mine and school. It’s very doable [though], and I definitely recommend it to anybody who has the opportunity because it is a lot of fun.”

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Do you have a saying or a motto that you live your life by as an athlete?
“No, I really don’t. For the most part, my favorite Bible verse is Isaiah 41:10.”

Do you look up to any team or softball player? If yes, who and why?
“My favorite baseball player is actually Yoenis Cespedes from the Mets. He is my idol. He played for Oakland for a couple of seasons, and he was my favorite player. He made everything look so simple.”

If you could go back in time and give yourself some advice, what would it be?
“If I could go back now and tell myself something, it would definitely be to stop thinking that things are going to get easier. Whenever you get older, the things I always thought were like, ‘Once I get to high school, it’s going to get easier, I’m going to be better,’ and then I go to college and it’s even harder than ever before. ‘Always remember that you’re going to work hard, it’s going to get harder from here and the easiest day is yesterday.’”

**OUT OF THE SHARKZONE**

Duke coach bans players from locker room

According to ESPN, sources say that Duke University’s men’s basketball coach Mike Krzyzewski banned his players from the team locker room and also prohibited them from wearing any university apparel. This decision was a result of Duke’s recent loss to rival school North Carolina State University on the court. The Blue Devil’s home court. The team also faced the results of their past few games, which included a loss to the ACC regular-season champion. Coach Mike Krzyzewski banned his players from locker room and also prohibited them from wearing any university apparel. This decision was a result of Duke’s recent loss to rival school North Carolina State University on the court. The Blue Devil’s home court. The team also faced the results of their past few games, which included a loss to the ACC regular-season champion.

Cleveland Cavaliers confusion

The Cleveland Cavaliers are frustrated with the results of their past few games, according to Fox Sports. LeBron James discussed the need for a backup point guard in order to balance out the playing time for James and their current point guard, Kyrie Irving. The defending NBA National Champions are not nervous about getting back to the team they were, but are aware something needs to change to see the results they want.

Usain Bolt loses gold medal

Usain Bolt, the Jamaican track and field superstar, was stripped of one of his gold medals from the 2008 Olympic Games in Beijing, China because of his 4x100 relay teammates were found guilty of doping, according to Yahoo! Sports. The accomplishment was winning the Morning Methanexamine, a stimulant banned by the World Anti-Doping Agency. The International Olympic Committee can investigate drug tests up to 10 years after a sampling.

Tiger Woods returns to the green

Tiger Woods is now on the comeback trail, he is back in action on his long-term break due to injuries. On Jan. 26, Woods played in his first PGA tournament after a 17 month period of rest and recovery from multiple back surgeries. According to the PGA, Woods comeback is significant because he is scheduled to compete in four tournaments over a two week span.

On the Bench: The NFL should get rid of the Pro Bowl

Treant Strafaci

The NFL is one of the most popular leagues in the U.S. It is a star-driven league with players like Aaron Rodgers, Tom Brady, Matt Ryan and Odell Beckham. These starts make tons of money through endorsements and their contracts. With this in mind, the week before the Super Bowl shouldn’t be spent playing a meaningless game for extra money. The NFL should get rid of the Pro Bowl, which is a game played by 53 of the best players from the NFC and AFC as voted by fans. During the 2015 season, the NFL brought in a total revenue of 13 billions dollars, which made it the highest revenue-based sport in the U.S. The next closest sport was basketball, which brought in 9.5 billions dollars, according to marketwatch.com. Since the NFL brings in so much money, playing one meaningless game before the Super Bowl is not necessary. The NFL is a money-making machine, generating revenue through four preseason games, 16 regular games, the playoffs and the Super Bowl. One more game doesn’t make a difference.

On top of that, many of the big names decline invitation because of fear of injury or because they’ll be playing in the Super Bowl. Some of the big names like Aaron Rodgers, Tom Brady, Ndamukong Suh and Matt Ryan probably won’t be playing this year, possibly because they’ll either be playing for the Super Bowl or preparing for the 2017 season. During the 2016 Pro Bowl, Tyler Eifert, tight end for the Bengals, broke his ankle. His injury required surgery, and he missed the start of the 2016 season. Eifert said that there won’t be any future trips to the Pro Bowl for him, according to ESPN.

The game is no fun to watch any more. Offense dominates most of the game, which can be entertaining to watch but takes away the purity and competitiveness that fans enjoy. The NFL tried to make the game exciting in 2014 by switching the AFC vs. NFC team format to an “unconferenced” format, in which players were chosen without regard to their conference. This year the NFL will switch back to the traditional AFC vs. NFC format. The NFL is even trying to move the Pro Bowl to Orlando in 2017 to bring in more revenue for that one game. None of this will work because the players don’t want to get injured and therefore won’t put forth the effort. The NFL is already a 13 billion dollar industry. Getting rid of one meaningless game is OK. The NFL can still honor players for their accomplishments during the season, but it needs to be done another way.
The music scene in South Florida may sometimes seem scarce and a wee-bit neglected, but there are plenty of places you can go to check out a concert every now and then, purchase music and bond over your favorite musicians with other music lovers.

Radio-Active Records

1930B East Sunrise Blvd, Fort Lauderdale
radio-active-records.tumblr.com

Radio-Active Records is a name known by many Fort Lauderdale natives. Originally called CD Collector, Radio-Active Records is the go-to place in Fort Lauderdale for purchasing vinyl and other physical forms of music such as CDs and cassettes. Radio-Active Records is not only a place for purchasing albums, but it is also a well-known venue for performances by local artists, as well as nationally known artists that happen to stop by.

Sweat Records

5505 NE 2nd Ave, Miami
sweatrecordsmiami.com

Sweat Records isn’t just a record store. It’s a record store, coffee bar and book-seller all rolled into one hip store in the Little Haiti region of North Miami. The coffee bar features vegan snacks and goodies, and the store itself is a perfect home for hipsters and all other music lovers alike.

Revolution Live

100 SW 3rd Ave, Fort Lauderdale
jointherevolution.net

Located in the heart of Fort Lauderdale, Revolution Live has been one of the most popular music venues in South Florida since the 70’s. Revolution Live is the go-to spot to see popular touring artists and festivals, like the Mad Decent Block Party, in downtown Fort Lauderdale. Stand-out features of Revolution Live include two stages, two full service bars and a VIP space.

Culture Room

3045 N Federal Hwy, Fort Lauderdale
cultureroom.net

Culture Room is another one of the more popular music venues in South Florida, but unlike Revolution Live, it is a little more intimate and allows you to get more up close and personal with some of your favorite musicians due to its smaller size. Culture Room offers a large mix of bands and a full service bar, along with beautiful views of Fort Lauderdale as you hang out on the patio area.

Undergrounds Coffeehaus

3020 N Federal Hwy #5a, Fort Lauderdale
undergroundscoffeehaus.com

Undergrounds Coffeehaus is a cozy, quaint coffee shop and used book store in the Wilton Manors area of Fort Lauderdale. An avid supporter of the local arts and music scene, Undergrounds Coffeehaus is often home to performances by local musicians and open mic nights.

Churchill’s Pub

5501 Northeast 2nd Avenue, Miami
churchillspub.com

Since 1979, the British-owned Churchill’s Pub has been home to the punk and rock-loving crowds of South Florida. Regularly featuring local artists, Churchill’s is a hub for finding new talent and just enjoying a laid-back night of music and fun. Churchill’s Pub is a repeat winner of the Miami New Times Award for “Best Live Music Venue.”

“I Wrote This For You” truly is written for you. You can share it with yourself or share it with you friends, “I Wrote This For You” can quickly become a favorite and provides easily shareable poetry. Whether you keep the book to yourself or share it with your friends, “I Wrote This For You” truly is written for you.
By: Adam DeRoss

Plunderphonics is a genre that is slowly becoming more prevalent in the mainstream. Once a vastly experimental and underground genre, artists like The Avalanches and DJ Shadow pioneered the use of sampled content to compose interesting and layered pieces of music. But one artist who has been producing music in this style for quite some time now does it in a way that nobody else really can. Nick Bertke, better known by his alias Pogo, is a YouTube and SoundCloud based plunderphonics artist that takes great inspiration from nostalgic films, mostly Disney films. His most popular songs tend to be mixes of various Disney films mainly using samples from the film in question. His oldest video, a remix of “Alice in Wonderland” uploaded in 2007, has over 18 million views.

Needless to say, Bertke has released quite a bit of content since then, spanning seven albums and EP’s as well as countless singles. His most recent record “Weightless” was released on December 30, 2016, and it stands as another high quality mixture of his signature nostalgic and almost melanmorphic film remixes with some of his more original ideas.

The content on this particular record is a thinner spread of the film-inspired remixes as compared to his older albums. Most of the 17 tracks, while still using various samples from other works, tend to be arranged without too much of an emphasis on a central theme. Instead, they sound much more experimental and deviate a bit from the expectations fans hold of Pogo’s music. The film remixes that are present, however, are still exactly what fans would expect from Bertke.

“Data & Picard” is a groovy and psychedelic song using samples from Star Trek: The Next Generation.” Cheesy and spacey ‘90s synths and sci-fi sound effects form the musical basis for poetic Sir Patrick Stewart samples and sequenced Klingon language patterns from the character of Data. “Jungle Dash” uses sweeping classical guitar progressions and the gritty shaking of a snake’s tail from the film “The Jungle Book.” The music rushes by like vines in the forest and is cut up with Pogo’s signature vocal sample cutting and pitch manipulation.

While Pogo’s themed tracks still deliver in a big way, the album refreshingly places a bigger emphasis on tracks such as “There You Are,” “Dream Reaper” and “Closure.” “There You Are” is one of the most original pieces on this record, featuring vocals from Bertke himself — although heavily modified and manipulated. It is a lighthearted and dreamy piece that utilizes a variety of synths, funky guitar samples and lo-fi drum and vocal samples spread throughout. “Dream Reaper,” as the name would suggest, takes on a darker tone and is more reminiscent of deep house than plunderphonics. Bertke still manages to keep it unique by juxtaposing the dark drum hits and modulated “reaper” voice with similar synths and chimes from previous tracks such as “There You Are.” “Closure” is a perfect way to end the record with a stagnant and浮躁 heat that uses minimalist samples of all kinds that have been used throughout the album. It’s almost like an amalgamation of all of the moods that Bertke tries to convey to the listener all at once.

The music Nick Bertke produces and the videos he makes to coincide with them are enough to make anyone yearn for their younger days. Plunderphonics is a unique genre that does not have nearly as many practicing artists as other experimental genres like trip-hop. Even so, none of those artists manipulate the mood of the listeners as much as Pogo does. Pogo stands out as a shining example of creativity, not just within plunderphonics but music in general. Judging from the success he has had in the past, it doesn’t seem like Nick Bertke will be stopping any time soon.
Students petition against UC temperature
By: Jenna Kopeck
@Jen_Kopec

On Jan. 29, students hand-delivered a petition to President Hanbury requesting that the temperature of the Don Taft University Center be lowered.

“It’s the warmest building on campus,” said Benson. “I’ve watched generations of students sweat to death in the Don Taft University Center, I thought it was stupid that the university stated that the building meets temperature requirements and that the UC is the warmest building on campus,” said Benson.

A spokesperson for Hanbury said that the president realizes the concerns of the student body and will speak with facilities about correcting the issue. Until then, the university will not release any more statements on the matter.

Sampson said that she’s hopeful change will come from the petition.

“Hanbury wasn’t there when we went to deliver them, so we let the petition outside his door, but we know that he’s received them because the school sent an e-mail,” said Mallory Nespa, freshman communication major.

“If you ever feel depressed or need to talk, the friends I did make ended up being commuters and it was very hard to coordinate my schedule with them to do things like study or go out on weekends. The boredom led me to start thinking suicidal thoughts and become addicted to social media.

NSU does have a lot of resources for the depressed student, but depression often leaves students unable and unmotivated to care about themselves and reach out to the appropriate avenues for help.

Residential assistants are often the closest people physically for most students who are in the dorms, open a coat if I even plan on walking through the building.”

Ramirez said that he envisions a UC where students who dress appropriately for Florida weather start to hate their life when they walk into the building. He said that a colder temperature would also promote sensible fashion, such as sweaters, that he feels students do not get to indulge in because of the South Florida climate.

NSU administration has yet to respond to the petition, but students are not giving up.

“It’s the warmest building on campus,” said Kyle Ramirez, senior theatre major. “I want to walk out of the UC and have my glasses fog because of the temperature difference. I want to have to pack

NSU petition against UC temperature

With laundry, timing is key
By: Rachael Hirstein
@Rhirstein

It’s that time again: laundry day. Students are in and out of the laundry room at all hours of the day loading washers and dryers, but they forget to do one little thing: time their laundry.

With classes, organizations and work, it can be hard to find time to do laundry when students have frantic in-and-out schedules, but when you have to wait for another student to come and take their clothes, doing laundry becomes more of a challenge than a chore.

When the washers take 30 minutes to finish and the dryers take an hour, it can become very difficult to plan periods to do laundry. The washers are small, too, so waiting for a couple to open up to do a large load is horribly frustrating.

It is very inconvenient when no one comes back for their clothes and you are forced to either wait for them to come back or just take their clothes out for them.

Nearly every time you do laundry, it’s a game of chance, trying to find an open dryer. They are almost always full, and students don’t come back for their clothes when they are finished because they don’t set a timer for themselves.

This causes problems, like clothes being thrown out of the dryers and onto the floor so that other students can put in their own. People have even stolen clothes because they were left unattended for too long. Some students left clothes in the dryer over winter break, surprising the residents that came back and needed to do the laundry.

There are signs all around the Goodwin laundry room that tell students to time their loads. Goodwin has even tried to help students with timing by making a free app for students to keep track of time and availability. Unfortunately, this app has not proven successful.

The app is supposed to show which washers and dryers are open and time your laundry, but none of those features work. The washers and dryers that are said to be open are not, and the timer is never correct. The only way to ensure that students’ laundry is taken out on time so others can use the machines is if the students use their phones’ timers to keep track of their laundry.

The only way to fix this problem is for students to take responsibility for their things and to time their laundry.

Depression and dorm life don’t mix
By: Adit Selvaraj

Living in the dorms can be very stressful for students with depression, and I must say I feel for the depressed students who are forced to live there out of necessity. Formerly an on-campus student, I ran on that lifestyle and moved back home after a detrimental experience.

Since my home is in Weston, which is only 20 minutes away from the Nova Southeastern University campus, I thought it was stupid that my parents suggested I stay at the dorms for my college career, but I obliged after recalling the excruciating portrayal of college life I saw in the media.

Living in the dorms was fine for the first few weeks but, by October, I found that I was at an all-time low. The combination of my preexisting depression and new independence meant that I was anxious all the time. I didn’t know how to make my own decisions and often made impulsive ones. It was almost impossible to manage even with the antidepressants I took every day.

I found myself binging on food to deal with my anxiety, then ordering extra portions of food due to the generosity of the meal plan. I still felt hungry and needed substantial portions every day.

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The truth about stereotypes surrounding Greek life

By: Gabrielle Thompson

I am sure you’ve heard the phrase “don’t judge a book by its cover” countless times in your life. Well, in Greek life it’s a lot more like “don’t judge a person by their letters.” Speaking from firsthand experience, Greeks are tired of being stereotyped with one another. No matter how many stories you have heard about Greek life where something terrible has happened? The news tends to focus on negative stories rather than all the positive things that come about because of fraternities or sororities.

The most common news stories about Greek life cover situations such as hazing or out of control parties and nothing about community service or fundraising. This reinforces the stereotypes that are harmful to the Greek community.

Let’s be honest, when you hear the word “fraternity” or “sorority,” the first thing that comes to mind is not a favorable thought. We party too much. We are a bunch of dumb, rich kids who rely on our parents to pay for everything. We are only friends with members of our own Greek organization. We are unoriginal and have to fit a certain mold to be accepted by others. Sorry to burst your bubble, but most of the time stereotypes aren’t true.

Believe it or not, according to USA Today, members of Greek organizations are 20 percent more likely to graduate from college than those who are not affiliated with a Greek organization.

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NSU needs to balance its biology focus

By: Monique Cole

One of the things that stood out when I applied to NSU was the emphasis put on research. It wasn’t until I was a student on campus that I truly started to discover what else the university had to offer. NSU focuses too heavily on its biology and research departments. Instead, the university should expand its focus by creating opportunities for collaborative research between all departments. By doing this, students can gain a broader knowledge that will help them in future careers. They will become more well-rounded individuals.

Is too much focus a bad thing? As the NSU overview video states, NSU is classified as a “doctoral research university.” According to NSU’s history webpage, the Carnegie Foundation for the Advancement of Teaching has classified the university as having “high research activity.” NSU has even created a campaign for students to realize their potential through research. One of the latest results of this campaign is the new Center for Collaborative Research.

One cannot simply disparage their university for being about medical invention and research, especially when it is classified as a research university. However, too much focus on these areas can become frustrating for undergraduates who aren’t biology majors. I have actually found that it can even cause a domino effect on social groups on campus. At freshman orientation, all I would hear is “Hi, my name is ___ and I am majoring in biology.” It becomes an undergraduate joke that everyone is a biology major.

My biggest classes would always be the science classes. No seat would ever go unfilled. On class selection days, you have to battle to get that one professor before the class filled up in less than 15 seconds. I was in that biology college bubble. The bubble contained nothing but studying, going to lab and maybe getting four hours of sleep on a good night. My only exposure to classes other than science were my humanity classes. All my friends were biology/health majors. I only had one friend who was an English major from my comedy and improv class.

Let’s take a moment to talk about the bubble effect. Many social gaps exist on campus. Maybe it’s because I’m a commuter, or that I am now a communication major. I only do the members master both life and business skills, but they also gain possible job connections, both in college and in postgraduate life. An astounding 85 percent of the executives at Fortune 500 companies were members of a Greek organization in college, according to Elite Daily.

Even with all the positive attributes fraternities and sororities bring to their communities, schools and members, there is still a stigma. Wearing a lettered shirt in public should not result in looks of disgust or dismay by strangers. We should not feel like we are being persecuted every time we mention something about Greek life. We should not feel self-conscious or worried that somebody is going to say something negative about us because we are part of a fraternity or sorority. I don’t know about all Greeks, but I am beyond proud of who I have become because of my sorority. I refuse to hide the immense enthusiasm I feel for my chapter, what we have accomplished and how we have helped others.

SHARK SPEAK

I think if you can, it would be very beneficial and important to have a minor because it opens up a lot of opportunities. I would think. The bio major itself has a lot of rigorous courses, so it’s a little difficult to maintain a minor, especially if you work. But if you can definitely check out different ones and definitely recommend it.
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