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The Current

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Drag racing is no drag

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The cons of the Pro Bowl

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Music joints for your inner hipster

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Dorm life worsens depression

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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



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Honorees of the President's Award for Excellence in Community Service, Dr. Stanley and Pearl Goodman

Award for Excellence in Community Service to Stanley and Pearl Goodman for the donation 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 Potential: The Campaign for Nova Southeastern University. 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're over 50 percent there with \$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 Horvitz 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

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



NSU's Miami SGA at a previous CommunityFest event.

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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/safspecialevents/communityfest/index.html or contact Assistant Dean of Student Affairs, Alexis Martinez at 954-262-7280.



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A petting zoo from a CommunityFest event in the past.

students," she said. "Clubs, organizations and vendors in the community have tables with free food and giveaways. There is also a

NEWS ANCHOR

Stay up to date with world events.

President Trump and Mexican President Nieto's relationship hits a wall

According to NBC, just hours after President Donald Trump signed executive orders to stop illegal immigration, Mexican President Enrique Peña Nieto promised to protect all Mexican immigrants currently in the United States now facing potential deportation. Included in Trump's executive orders are plans to build a wall along the U.S.-Mexican border blockading illegal immigrants from entering the U.S., which Trump claims will be paid for by Mexico. Nieto stated Mexico will not pay for a wall.

UN fears for the lives of 750,000 in western Mosul

Approximately 750,000 people are stuck in the western half of Mosul, held captive by ISIS, according to a statement released by the United Nations agencies. The community is experiencing severe food, fuel, water and medical supply shortages. American-backed forces in Iraq previously took hold of the eastern half of Mosul and have currently surrounded the western half, hoping to take hold of the area in the coming days, according to NBC.

France bans public eateries from offering unlimited sugary drinks

According to BBC, France has banned the selling of unlimited soft drinks at a fixed price or offering them unlimited for free, deeming it illegal in an effort to stop the country's rising obesity rate. Public eateries in France known for their self-service soda fountains will all be affected.

Young actor fatally shot during music video filming

Australian actor and stuntman Johann Ofner, 28, was shot and killed on Jan. 23 while filming a gunfight scene for hip hop group Bliss N Eso's latest music video, according to CNN. Australian police are investigating Ofner's death, as the gun used during the scene was loaded with blanks rather than live ammunition.

Fan will gift two-time Oscar winner Tom Hanks with dream car

42-year-old Monika Jaskolska of Bielsko-Biala, Poland caught sight of several tweets made by Tom Hanks alongside various models of his favorite car, the Polski Fiat 126P, according to NBC. Jaskolska began raising funds to buy Hanks his dream car before she received one for free from an anonymous donor. Polish rally driver Rafal Sonik plans to remodel the car, and Polish national airline LOT has offered to transport the vehicle to the U.S. at no cost. Jaskolska will donate previously raised funds to a local hospital.

NEWS BRIEFS

Shark tagged by NSU travels 13,000 miles

In the longest track ever recorded in the Atlantic Ocean, a male mako shark named Hell's Bay travelled 13,000 miles in 600 days. The shark was tagged by NSU's Guy Harvey Research Institute in May 2015. With its research, the institute hopes to better understand sharks and how to protect them, according to a release by the NSU Newsroom. To see the shark's journey, visit cns0.nova.edu/sharktracking/.

NSU's online public administration master's ranked thirteenth

BestColleges.com ranked NSU's online master's in public administration program 13th out of the 25 best online programs, according to Yahoo Finance. The programs are ranked based on academic quality, affordability and online programming and data retrieved from the National Center for Education statistics through the College Navigator and the Integrated Postsecondary Education Data System. To see the rankings, visit bestcolleges.com/features/best-masters-of-public-administration-programs-online/.

Applications open for Undergraduate Student Symposium

The symposium, which is an event that displays the work and research of NSU students, is accepting applications until Feb. 10. Categories for submissions include academic papers, posters, short films and oral presentations. The symposium will take place on April 7. Undergraduate students from all colleges can apply to participate. To submit, visit cfapps.nova.edu/student-symposium/.

Work as an admissions ambassadors

Applications for the position of NSU Admissions Ambassador are open until Feb. 13 on Orgsync. Ambassadors are responsible for conducting campus visits, hosting guests for Shark Preview and communicating with prospective students and their families as well as NSU departments and faculty. In order to be considered for the job, applicants must attend at least one informational session. Sessions will take place on Jan. 31 and Feb. 10 at noon in the Horvitz Administration Building, room 114B. To apply, go to orgsync.com/103321/forms/128039.

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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 to focus 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 Outpost wildlife rescue to rehabilitate animals and release them back to the wild, all while learning about the organization and giving back to the community.

Both NSU undergraduate and graduate students are welcome.

Liz Mazorowicz, 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 be able to share an experience of a lifetime."

This is the second time SAS has worked with wildlife. Last year, SAS hosted the Habitat for 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 Sunday from 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 entail not what we do but why we do it," 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 orgsync.com/139343/forms/238995. For more information, contact Liz Mazorowicz at em1404@nova.edu or call 954-262-7165.

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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 & Marisela Cotilla Gallery in the Alvin Sherman Library.

The evening 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 styling natural hair for the duration of the event and the year before that they had a hair fashion show.



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The hair fashion show from a previous African Presence exhibition reception.

Francesca Verret, senior secondary mathematics education major and president of the Haitian Student Association, has participated in the African Presence exhibit in the past as a natural hair model for the fashion show.

"I think this event is needed to educate people and to help them realize that us, 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-fccbd0b22f0d4a639debc29e6216a224.aspx.

NSU's version of a block party

By: **Jenna Kopec**

[@Jen_Kopec](https://twitter.com/Jen_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 is 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.

Sandra Philius, 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 Philius.

According to Philius, 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 finance 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 Philius.

Besides seeing the designs of the blocks come to life, Philius 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 9-9:30 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.

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THAT TIME I... RACED JUNIOR DRAGSTERS

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 is 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 a 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?"

"Sunday. 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?"



Eyres has been racing since she was 12 years old.

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"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 tears started flowing again. It was something that could be fixed, but for a hefty 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

Apps every Shark should have

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 official mobile 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 RecWell services including group classes, intramural sports and scuba 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

Owing 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.

Quizlet

Quizlet 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 allows you to write away all of your feelings and post it to a forum-like community for others to read and respond positively to.

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.

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Shannon Booker: A Shark with a smile

By: Jenna Kopec
@Jen_Kopec

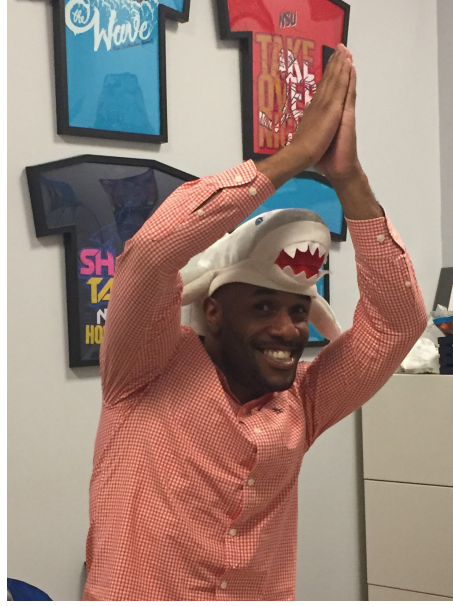
You've probably seen his name in your inbox, telling you about the next involvement opportunity on campus. Or maybe you've seen him in person dancing at Sharkapalooza or running in between events, always with a smile on his face. Shannon Booker, assistant director of Campus Life and Student Engagement, 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, freshman council for SGA, Phi Beta Sigma, campus life, orientation, residence life and the summer bridge program.

"It reflected in my grades," he chuckled. He said that's why he always tries to advise



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Booker loves running, reality TV and reaching out to students.

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.

But NSU isn't the only place Booker lends his help and guidance. Every afternoon, you'll find him at the University School, coaching either sixth grade football or acting as assistant coach for middle and high school track and field.

"I love those kids, and it's a change of pace," said Booker, who's always had a passion for working with the youth. "The U-school kids, they're excited for life."

Booker credited his community involvement to his parents, particularly his mother, who ran in-home childcare for almost 30 years.

"I look at my mom like the community mom. She's the mom you see on TV shows where everyone goes to her house and she knows everyone," he said.

When Booker isn't swinging with Sharks or coaching U-school students, he said you might find him out for a run, one of his favorite hobbies. He said it's a great way to clear his mind and de-stress.

"It's like the Forrest Gump movie, I just feel like running," he laughed.

But don't let the cardio fool you, Booker said he loves to eat junk food, and you'll find him at Wendy's at least three times a week. His

go-to? The 4-for-\$4 deal.

"I always have my \$4.24 ready," he said.

And though he's known for hyping students up, he said he's often pretty relaxed and mellow at home. The proof hung just above his head, three paintings that Booker made at Paints 'N Cocktails. Booker said his other five creations are hung around his house.

"It's just something fun to do, and I'm proud of my work," he said.

But Booker said his real guilty pleasure is reality TV. It was hard for him to choose a favorite but he listed "The Real Housewives of Atlanta," "Love & Hip-hop" and "Big Brother" as some of the best. Of course, he isn't opposed to a Lifetime biopic or Hallmark Christmas movie either.

All TV drama aside, Booker's real passion is helping others, and he said since coming to NSU five years ago, he's never looked back.

"It's definitely been an exciting journey. I'm in my tenth year in higher education," he said. "Being an employee during the first 50 years of NSU is an honor within itself."

Surviving the Super Bowl... when you don't know what's going on

By: Grace Ducanis
@GraceDucanis

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. Even if you don't care who wins, get confused every time the ball changes hands and still don't understand what a "down" is, chances are you still might end up watching the Super Bowl with some sports-crazed friends or relatives.

So, for those members of the population who are sports-illiterate and really don't care who wins, here are a few ways to enjoy the Super Bowl.

Intercept the chips and dip

If there's one thing the American public

enjoys as much as football, it's food. To maximize your enjoyment of the game, maximize the number of savory snacks that make their way into your mouth. Try making, or buying, some 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.

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 always-hilarious Doritos commercials to the nostalgic Snickers ads, the commercials are there to pick up the slack in the game.

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 Lady Gaga will take the stage for the halftime show. Football might not be easy to understand, but music can be a universal language. If you'd rather dance than punt, the halftime show might be just what you need to stay entertained during the game.

Tackle the party

Even if you don't like football, Super Bowl parties can be an opportunity to connect with friends and family. If some of your friends and family don't like football, use the time to get to know them better. If, on the other hand, your viewing companions are jumping up and down in jerseys and face paint, maybe it's worth it to try to understand why they're so passionate about the game. Who knows? Maybe next year, you'll be the one yelling at the screen. Football is a team sport, whether you're on the field or on the couch.

Hopefully, by the time the winning coach is soaked in Gatorade, you'll know a little more about one of America's favorite sports. If not, at least this year you made it all the way to the end zone.

Success Coach

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.

To-do lists are not just for grocery shopping and event planning — they can be used for your daily routine inside and outside of the classroom. In order to maximize your to-do list, first consider the reasons for making one. Then, consider tips for perfecting one.

Why you should make a to-do list

Organization: Organizing 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 doing.

Motivation: To-do lists are often encouraged by motivational speakers — and, of course, the Office 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 you should 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 Bumgardner 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.



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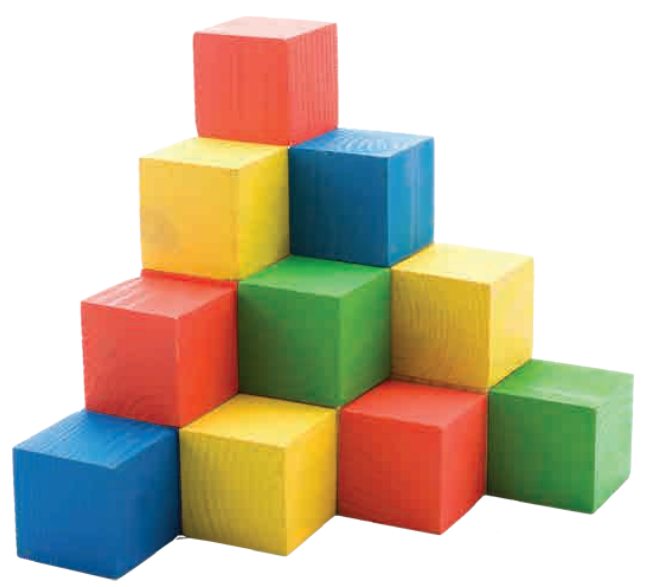
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Athlete of the Week: Ashley Roe

By: Bianca Galan

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?

“I’ve 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 portion 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 to because it is a lot of fun.”



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Roe’s biggest challenge is to stay in the game mentally.

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.’”

ON DECK

WOMEN’S BASKETBALL

vs. Florida Tech
Rick Case Arena
Feb. 4 | 2 p.m.

vs. Rollins College
Winter Garden, Fla.
Feb. 8 | 5:30 p.m.

MEN’S BASKETBALL

vs. Florida Tech
Rick Case Arena
Feb. 4 | 4 p.m.

vs. Rollins College
Winter Garden, Fla.
Feb. 8 | 7:30 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 University
NSU Baseball Complex
Feb. 5 | 12 p.m.

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

WOMEN’S GOLF

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

Lady Moc Golf Classic
Lakeland, Fla.
Feb. 20-21

WOMEN’S SOFTBALL

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

vs. Alabama-Huntsville
Griffin Stadium
Feb. 9 | 5 and 7 p.m.

MEN’S GOLF

Matlock Invitational
Lakeland, Fla.
Feb. 13-14

SPORTSSHORTS

Men’s Basketball

The men’s basketball team fell to a close 65-70 against the University of Tampa on Jan. 26 at home. Sophomore Dwayne Gibson led the Sharks with 17 points, junior Gerard Tarin added 15 points, and senior Harrison Goodrick contributed 10 points, but the Sharks did not have enough to finish. The Sharks are now 2-9 in the Sunshine State Conference.

Women’s Basketball

The women’s basketball team celebrated their Shark Night and Think Pink Game by beating the Tampa Spartans 66-56 on Jan. 26 at the new Rick Case Arena. Senior Octavia Wilson led the Sharks with 24 points, senior Samantha Logan scored 18 points, and junior Amanda Tivenius followed Wilson with 10 points. The Sharks advanced their record to 8-3 in the Sunshine State Conference after the game.

OUT OF THE SHARKZONE

Duke coach bans players from locker room

According to ESPN, sources say that Duke University’s men’s head 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 Blue Devil’s home court. The team also lost two games before their loss to North Carolina State University. This makes their overall record 2-3 since Krzyzewski’s leave of absence for back surgery.

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 one of his 4x100 relay teammates was found guilty of doping, according to Yahoo! Sports. The anonymous teammate was using Methylhexanamine, 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, the world-renowned golfer, is back in action from 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, Wood’s comeback is significant because he is scheduled to compete in four tournaments over a five week span.

On the Bench:

The NFL should get rid of the Pro Bowl

By: Trent 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 stars 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 billion dollars, which made it the highest revenue-based sport in the U.S. The next closest sport was baseball, which brought in 9.5 billion 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 South Floridian's guide to all things music

By: **Carli Lutz**
@Caaarlirose

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 70s. 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
undergroundcoffeehaus.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" will tug on your heartstrings

By: **Ben Underhill**
@ActualBenU

"I Wrote This For You," written by Iain S. Thomas under the penname Pleasefindthis, found its way into my life almost accidentally. I was in Barnes & Noble shopping for Christmas presents in 2015 when I stumbled upon the book and I haven't been able to put it down since. This bestselling collection of poetry, accompanied by images, taps into the rawest human emotions in the best possible way.

My obsession with the book stems from its concept. In his TEDxJohannesburg talk, Thomas explained, "By leaving out things like gender, age, race, location, people apply the stories to themselves." I found this quality fascinating: all-inclusive poetry that never gives up the pure emotion behind the poetry.

The book contains a beautiful mixture of short, free-verse poetry and photography, often leaving room for interpretation as to how each poem relates to its picture, if at all. If anything, the pictures are just as interesting to examine and enjoy.

Of the poems in the book, my favorite is "The Corners of Your Mouth." The poem delves into why we always smile for photographs. Thomas' reasoning: the hope that there would be something to be happy about in the future. The sheer depth and realism hit me, and, since it is one of the first poems in the book, the poem hooked me on Thomas's writing. That's why I religiously read the book over and over again, devouring every word that resonated, which was most of them.

There were only a few poems that didn't particularly stick with me. If one poem was not to my liking, the next one usually was. For the most part, the few poems I did not like, one of my friends did.

One of the best parts about "I Wrote This For You" is that it's not the only one of its kind. Thomas has published two other books under the

titles "I Wrote This For You and Only You" and "I Wrote This For You: Just the Words." Both books bring about the same true emotion and passion as the first, and Thomas shows no sign of stopping as he has also published a myriad of other books aside from these three.

The book provides original yet somehow familiar poems. "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.

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SOUNDBITE

"Weightless" by Pogo

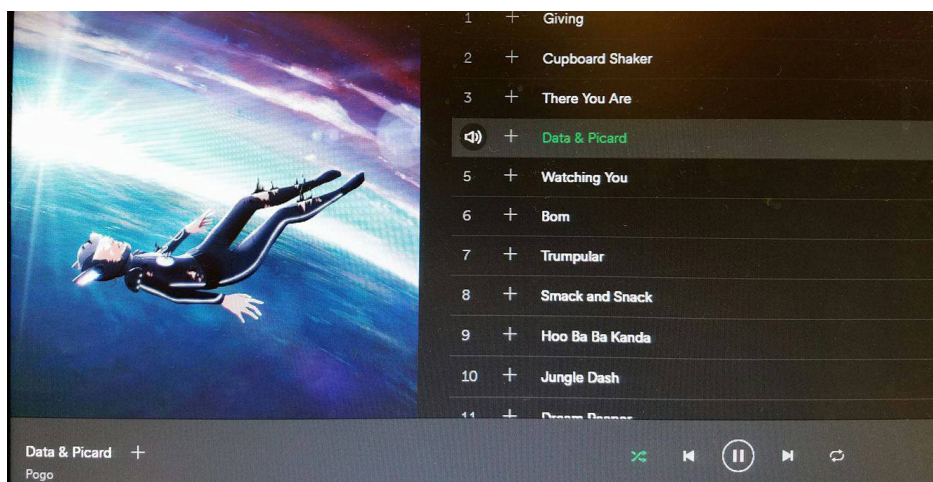
By: Adam DeRoss

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 melancholy 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



"Weightless" by Pogo is available on Spotify.

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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 '80s 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 higher 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 floaty beat that uses minimalistic 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.

Staff picks: Most overrated movies

By: The Current Staff

Some movies don't deserve the hype they create. Here are the films that our staff thinks just aren't worth a trip to the movie theater.

Jenna Kopec, features editor, said "Fantastic Beasts and Where to Find Them."

"I love Harry Potter. I love J.K. Rowling. But I hate 'Fantastic Beasts and Where to Find Them.' I'm really against the idea of creating sequels and spin-offs just for fans, as opposed to being inspired to write great storylines. The Harry Potter universe is such a wide and immersive concept. It's an entire universe. Yet the movie just felt like a compilation of cameos and shout outs from the original series, and it didn't have to be. The ending was especially unnecessary. But why? Whyyyyy? Why not just create a new plot and add more to the universe?"

Brianna Walker, assistant news intern, said, "Avatar"

"The movie 'Avatar' took over 12 years to make, and it had amazing visuals. The cinematography is to die for. However, the storyline is just your basic cliché love story. Bad boy meets girl, boy turns into a decent human being, but they can't be together because of their background... Does it sound familiar? It's a futuristic Romeo and Juliet. The hype that this movie received was excessive to say the least."

Danielle Pucillo, multimedia manager, said, "Jurassic World."

"I despise 'Jurassic World.' As a devoted fan of the 'Jurassic Park' series, I was disappointed for many reasons. The generic script made me roll my eyes and the overuse of CGI made me nauseous. Chris Pratt and Bryce Dallas Howard give bland, uninspired performances. I will give props to the guy who grabs his two margaritas when the Dimorphodons attack the tourists. He really saved the film for me."

Ben Underhill, arts and entertainment editor, said, "Suicide Squad."

"Despite the cult of personality surrounding Harley Quinn and the sheer love of the movie from fans, the critics have it right: 'Suicide Squad' sucks. Yes, the movie is super action-packed, which is fun at points, but that's all it has going for it. The dialogue is weak. While there is potential for really complex characters like Harley and Deadshot, the movie instead sacrifices great actors to the terribleness of the DC Cinematic Universe. I never thought I'd say it, but not even Will Smith can save this movie."

Carli Lutz, chief of visual design, said, "Mean Girls."

"If you ask a group of female millennials what their favorite movie is, chances are a large percentage will say 'Mean Girls.' That's how

you can tell how incredibly overrated it is. While I do enjoy some aspects of the movie, people are so obsessed with it that it pains me, and I don't understand what all of the hype is about."

Nicole Chavannes, copy editor, said, "The entire 'Twilight' franchise."

"Although I was a fan of the 'Twilight' books at the time, I thought from the moment I saw the first film that the adaptations were terrible. And yet, I saw every single one of them in theaters. Now that I'm older and wiser, I see the faults in the franchise, both the books and films. But the films in particular were overrated to me because they lacked continuity and good acting."

Trent Strafacci, sports intern, said, "The Hangover Part III."

"As a fan of comedy movies, I thought that the movie 'The Hangover Part III' was very overrated. When my friends told me it was better than the first two, I had to go see it. When I saw it, I was very disappointed. The movie takes place two years after the events of 'The Hangover II.' While the first two movies were some of the funniest movies I have ever seen with a lot of comical one-liners, "The Hangover Part III" was a waste of time and effort. It was not funny and not creative like the first two."

OFF SHORE CALENDAR

"Titanic: The Musical"

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

"First Thursdays Starry Night"

Feb. 2 | 4 p.m.
@NSU Art Museum

"Hits 97.3 Presents Lukas Graham"

Feb. 2 | 7 p.m.
@Revolution Live

"The Wizard of Oz"

Feb. 3-4 | 7:30 p.m.
@Abdo New River Room, Broward Center for the Performing Arts

"August Burns Red: Messengers 10 Year Anniversary Tour"

Feb. 4 | 6 p.m.
@Revolution Live

"Miami City Ballet – Program Two"

Feb. 4-5
@Au-Rene Theater, Broward Center for the Performing Arts

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Seriously Kidding

a satire column

Students petition against UC temperature

By: Jenna Kopec
@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 Lauren Sampson, sophomore biology major. "It's like walking through the Sahara Desert."

As the UC is a hub for student activity, an average temperature has often been an expectation. Al Benson, who has worked as a history professor at NSU for thirty years, said that the goal of reaching perfect living temperatures has never been met in the UC.

"Whoever controls the AC in that building has always fallen short," said Benson. "I've watched generations of students sweat to death as they try to enjoy some quality time together and study."

The idea of lowering the temperature in the building isn't new, but also isn't often addressed by the administration. In a 2012 memorandum sent via email to the university population, the university stated that the building meets temperature requirements and that the UC is supposed to "mirror Florida's warm climate."

"That's ridiculous," said Kyle Ramirez, senior theater 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

a coat if I even plan on walking though 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 sweatpants, 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.

"Hanbury wasn't there when we went to deliver them, so we left the petition outside his door, but we know that he's received them because the school sent an email," said Mallory Nespa, freshman communication major.

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.

"This is something the student body has been fighting to get for years," she said. "I really think that this is the year the UC becomes colder for you and for me."

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 those depressed students who are forced to live there out of necessity. Formerly an on-campus student, I reneged 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 dorm for my college career, but I obliged after recalling the exciting 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 bingeing on food to deal with my anxiety, then ordering extra portions of food due to the generosity of the meal plan. I tried eating salad at Greens to rectify this, but I still felt hungry and needed substantial portions to function. My weight increased, and my exhaustion, due to my lack of a sleep schedule, made me unmotivated and unable to work it off.

I slept constantly and found myself going straight to class, eating, and then sleeping for an inordinate amount of time in the afternoon and staying up late at night. Sleep schedule completely ruined, I had to sleep more to try balancing it out, leading me to miss class and pay the repercussions in terms of my grades.

I tried recreating the quintessential college experience I saw in the movies, but even though NSU is a relatively small school, I found myself drowning in a sea of students and not knowing

who to talk to. 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, often just a few doors down, but it can be hard for the depressed students to reach out due to their social anxiety and reluctance to confront their problems head on. It is also easy for those depressed students to be irritated with their RA's chipper attitude and try to avoid contact as much as possible, like I did.

Studies show that I was not alone in having a detrimental dorm experience. In 2011, the American College Health Association National Health Assessment found that 30 percent of students enrolled in traditional two-year or four-year institutions reported, "They were so depressed it was difficult to function."

Before moving into the dorms, know yourself and what you can handle. Don't feel like you have to live in the dorms to get the most out of your college experience. Know what resources NSU has. Make sure you're ready to be independent. Personally, I would not recommend the dorm experience.

If you ever feel depressed or need to talk, Nova Southeastern University offers 10 free sessions with a psychologist at Henderson Student Counseling located in the Bookstore plaza. Additionally, the National Suicide Prevention Lifeline is available 24 hours a day at 1-800-273-8255

With laundry, timing is key

By: Rachael Hirstein
@RachaelHirstein

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 get 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 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.



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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 more like "don't judge a person by their letters." Speaking from firsthand experience, Greeks are tired of the negative stereotypes that are always getting thrown at us.

Think about it. How many news stories have you heard about a sorority or fraternity doing something great for their community? Now, how many stories have you 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. The fraternity and sorority life page on the NSU website reports that the average GPA of Greeks is over a 3.0. Millions of dollars have been raised nationwide for various different philanthropies and local communities, and the sorority and fraternities on our campus raise tens of thousands of dollars each year for organizations such as the National Kidney Foundation,

Prevent Child Abuse America, Cystic Fibrosis Foundation and Glenmary Home Missionaries and many more. Volunteer work is also a big part of the Greek community. At NSU alone, Greek life participates in over a thousand hours of community service each semester.

Being a part of a Greek organization isn't just beneficial for the school and community, but also for the individual members. Members learn responsibility, leadership skills, social skills, patience and countless other useful attributes and abilities. Spending countless hours with so many diverse people also teaches you to appreciate and understand different cultures, backgrounds and beliefs, which in turn makes it easier to talk to and befriend anybody. Not 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 sorority or fraternity. 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.

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

exposures 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 improvisation 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, but it seems like you are already in a bubble depending on your interest from day one. To be fair, NSU does provide a handful of social events to increase student involvement, but NSU also puts heavy emphasis on their dual enrollment programs, career building workshops and reminding undergraduates of their graduate schools' competitiveness.

A system is its strongest when it works together. We are all learning constantly and carrying our strengths and weaknesses. It is important to recognize that NSU does have other resource faculties that don't focus on biology

and science.

NSU doesn't just have a medical school or oceanography center. It also has a business school, a law school, a performing and visual arts program, a writing and communication department and so much more. NSU should focus on having students from different departments work together to share what they have learned from their research through workshops and projects. Students should be encouraged to step out of their comfort zone to try something new.

In the "real" world, which is full of competitiveness, students need to have skill sets that set them apart from the rest. Having skills in writing, communication, math, science, ethics, research, humanity, leadership, business and the arts can help students learn how to solve problems at work. It can also help students become more productive members in society. Focusing on one area of study is great but diverse knowledge will build a well-rounded student.

IS HAVING A MINOR BENEFICIAL? WHY OR WHY NOT?

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 do a minor, I would definitely recommend it."

- Ivana Barraza, junior biology major



"I feel like it could definitely be beneficial. Like for instance, if you're going to minor in Spanish, it could help you go into other fields that other people don't have the advantage to."

- Ian Valenzuela, sophomore exercise science major



"I feel like it could narrow down what kind of job you want to go into."

- Andrew Labosky, freshman marine biology major



"It helps separate you from all of the other majors that are like you. For leadership, it helps us have a step up in the employment world."

- Sarah Margolas, freshman exercise science major



"You can get more experience outside of your field... but you see, I also believe you can use your electives for more than just a minor. Take a bunch of courses to get experience in those courses... It's nice having that extra experience under your belt."

- Roma Robinson, junior psychology major



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