2-7-2017

The Current Volume 27 : Issue 19

Nova Southeastern University

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President Donald Trump signed an executive order Jan. 27 banning people’s entry from seven Muslim-majority countries. The title of the order is “Protecting the Nation from Foreign Terrorist Entry into the United States,” and it bans residents of Iran, Iraq, Sudan, Libya, Somalia and Yemen, and permanently bans residents of Syria, including refugees.

With more than 1,000 NSU students, faculty and staff coming from more than 100 countries, including those listed on the order, the university’s administration is working with student associations, such as the National Association of International Students, to further their understanding. As part of this effort, Hanbury signed a document alongside the National Immigration Law Center to support students who are from the listed countries.

DeNapoli said, “NSU will continue to support our students who are here. And we will see what issues we have to deal with on a case-by-case basis.”

In an interview, Hanbury explained that he was surprised by the order because there was no prior communication to the university from state or national legislatures about the policy. He said that his main concern is NSU students, and although he wants to see safe and secure borders, he doesn’t want to see it affect those who do not have bad intentions.

Despite the lack of communication between federal officials and universities, Hanbury said that NSU’s administration is working with legislators in Washington D.C. and university associations, such as the National Association of International Colleges and Universities, to further their understanding. As part of this effort, Hanbury signed a document alongside other Florida colleges on Feb. 2 encouraging safe borders, but saying that universities are a safe harbor for students to gain knowledge and “be the melting pot of cultural and international exchange.”

For those who are affected, Hanbury said they will have legal visas, he said, “You are safe here.”

“Diversity is one of our core values. I firmly believe that diversity gives you strength because it helps all of us understand that to live and learn, we need to respect people,” Hanbury said. “Not because of their race, religion or cultural background. It’s to respect people for the knowledge and the character they have.”

DeNapoli emailed international students last week and plans to post updates regarding the immigration ban on the international affairs website. He said it’s important for students to know they have a home at NSU and that the university will support them in any way.

“We look at students equally. We don’t separate students by religion, sexual orientation or gender,” he said. “We welcome every student here and will continue to do so.”

Applications for student symposium close Feb. 10

By: Grace Ducanis
@GraceDucanis

The deadline for applications to the Undergraduate Student Symposium, a showcase of academic work organized annually by the Farquhar Honors College, closes Feb. 10 at midnight.

To apply, students are required to secure a faculty sponsor and submit an abstract of their presentation. The faculty sponsor must approve the abstract prior to submission. Students will be notified in March regarding their project’s acceptance in the symposium after submissions are reviewed by NSU administration.

The symposium will take place on April 7. The event highlights student scholarship, research and creative works. Students can submit a poster presentation, oral presentation or film. At the symposium, the projects will be judged and awards will be given for first, second and third place projects.

Vanessa Merzquia, manager of academic programs for the Farquhar Honors College, said the symposium is good practice for students who go on to further their research and present at national conferences. Joshua Brauman, junior psychology major, presented along with a research team at the 2016 symposium with a poster on human lie detection ability. He presented the complete findings at a professional conference last month.

Merzquia also said that the symposium helps participants become comfortable with public speaking, answering questions and communicating complicated topics.

“Once you’ve been selected to participate, you’ve already won,” Merzquia said. “You’re getting something out of it.”

Alexis Good, sophomore marine biology major, said that her oral presentation on how society views the differences between environmentalists and environmental scientists was stressful and took a lot more work than she thought it was going to. Her team placed second for oral presentations. While she is not applying for the 2017 symposium, she said she is glad she participated last year.

“I really hate public speaking, so it helped me get over that fear of presenting something that I believe in,” she said. “I think that’s one of the hardest things – to present to a group of people when you don’t know how they’re going to take what you’re saying.”

Quas Shokat, sophomore biology major, read original first person biographical poems of historical figures at the 2016 symposium, placing first for oral presentations. Shokat said he felt like an outsider at the symposium because his project wasn’t as scientifically-based or analytical.

“But when I did [my presentation] and got a good response, I realized that there is a place for this and it is appreciated,” he explained.

Shokat is submitting to the symposium again this year.

“You learn a lot, not just by doing the research, but through the process of finding a mentor... and appreciating other people’s work,” he said.

Anyone who’s done any kind of research as a class assignment or anything like that, just talk to your faculty and say, “is this something that I should submit for the student symposium?” Merzquia said.

For more information or to submit to the 2017 Undergraduate Student Symposium, go to honors.nova.edu/student-symposium/index.html.
**NSU’s Career Development to host Internship 411 event**

*By: Brianna Walker*

The Office of Career Development will host Internship 411 on Feb. 23 at 4:30 p.m. in the Huizenga Sales Institute located on the third floor of the Carl DeSantis building.

The event will feature a panel of representatives from companies like LinkedIn, JM Family Enterprises, Inc., CVS Health and Kaufman Rossin CPA, who will educate attendees on how to get an internship.

NSU’s Career Development director of employer relations and internships for Career Development, said that the event will have opportunities for students interested in multiple fields, such as business, public relations campaigns, marketing, accounting and finance. Career Development handpicked the employers on the panel to demystify career opportunities for NSU students.

The panel of employers will answer questions on how to get an internship and how to succeed in a professional position. The employers will also provide insight on their own roles in their companies and the industry.

“It’s a panel discussion, so we will have representatives from each of the seven organizations listed and Diane Kienle, associate director of Career Development, will be the moderator for the event,” Butler said. “The employers will receive a range of questions, from what kind of skills and experience they look for when hiring an intern to how students can get internships with no experience.”

After they go through all the prepared questions for the event, the floor will open for attendees to ask questions.

Devon Frazier, junior communication major, is attending the event and said he hopes to learn more about the internships and how to better prepare for interviewing.

“I’m looking forward to learning how internships actually work in the real world,” Frazier said. “You see internships in movies or TV shows, but this event will talk about how you get hired and how it is different from being an employee and what is the etiquette for an intern.”

This event leads up to Career Development’s larger event, the Career and Internship Expo, in April. Butler said the Internship 411 event is an opportunity for students to engage with and grab employers’ attention.

“It’s a great way to make a connection with a potential employer,” Butler said.

Butler said it is especially important because at Career Development we take on the mindset of “try it, before you buy it.” Butler said. “If I am a public relations major and I’ve never been on a business, healthfuly, I need to get real-world experience through an internship. And through this internship I would realize that this is what I want to do, or maybe it isn’t what I want to do, which is OK and there is no harm done, because you are learning.”

The event is open to all NSU students. For more information and to register for the event, go to nova.joinhandshake.com.
Black Superwomen

Feb. 9 | 6:30 p.m | UC Pit

The Black Student Union is to host a panel event Feb. 9 at 6:30 p.m. in the UC Pit. This event will focus on discussing and finding a resolution to the stigma in our society known as “Black Superwoman.” Panelists from the local NSU community will share their thoughts and experiences related to the topic.

Black Gaming

Feb. 15 | 6:30 p.m | UC Pit

The Black Student Union and the Society of Anime and Gaming (SAGE), will be teaming up to present a mixture of fun and education. Their event will educate the NSU population about Black History Month with regards to Gerald Lawson, the inventor of the game cartridge.

Where Do We Stand

Feb. 16 | 6:00 p.m | Cari DeSantis Building

The Black Law Student Association and the Caribbean Law Student Association are hosting a panel of legal professionals to discuss the current presidential election policies and its effect on minority communities.

Trump’s In, Now What?

Feb. 21 | 6:30 p.m | UC Pit

NSU’s Black Student Union will host a community discussion, panel and forum between political and multicultural organizations on campus to discuss recent changes in the political climate.

Black Lives Matter professionals may also be brought in to enrich conversation and present progressive ideas on the subject matter.

“13” Movie Showing

Feb. 28 | 6 p.m

Shepard Broad College of Law Library

The Black Law Student Association is hosting a screening of the movie “13.” The movie “13” explores the history of racial inequality in the United States. At the end of the movie there will be a student panel discussing the issues raised within the movie.

IMMIGRATION BAN from 1

Idris, a practicing Muslim, said that the changes in the administration are extremely and almost impossible to see and that people have even less a chance of meeting a terrorist.

“Being Muslim is not simply following a religion. For most, it is a guideline of how to live and a path to happiness and self-glorification and love,” he said. “It is a way you formulate decisions and a way you carry yourself.”

According to the FBI, 84 percent of all terrorist attacks in the U.S. from 1980 to 2005 were committed by non-Muslims. NPR reported that there have only been seven foreign-led terrorist attacks since Sept. 11, 2001, none of which included people from the seven banned countries and many of them including people born or naturalized in the U.S.

President Hanbury said there are radical members of every religion, but those radicals don’t define the meaning of the religion. He said it’s a shame that people categorize radical terrorism with all Muslims, as Christians have groups like the KKK and other religions with similar radicals.

“It’s easy to throw a blanket over an entire religion,” he said. “It’s harder to say we are against the particular sect [of a religion].”

Although Hanbury believes immigration policies need to be in place, he said the new policy became more political than logical.

“This country has always had a policy of trying to be a safe harbor for individuals who are being persecuted,” he said. “When logic is avoided, it creates this political deadlock we’ve experienced.”

Idris explained that being part of a diverse university means exchanging cultural ideas, which is part of being able to mature and gain cultural knowledge. He said this helps people to understand cultural differences and makes people understand that one religion isn’t the right religion, and all people have the right to express their theologies.

“When you have knowledge, you hopefully avoid wars and bloodshed. When you have knowledge, you have understanding,” he said. “We should learn from history. In a democratic society, we have a right to worship without imposing our religious beliefs onto others.”

Idris said he hopes that NSU continues supporting all of its students indiscriminately and makes sure that the community doesn’t get attracted to anything like this.

“It is important in times like these to find a common place for love and compassion for each other,” Idriss said. “Having respect for one another is the first step in that direction.”

NSU will provide updates on the immigration policy as administration learns more. For those who may be struggling with the policy, visit Henderson Student Counseling’s website. For more information, contact DeNapoli at 954-262-7240 or visit novaedu/ international affairs.

 Theta Phi Alpha sews for charity

By: Jenna Kopeck
@Jen_Kopeck

On Feb. 13, Theta Phi Alpha will hold their Spread the Love scarf-making event in the UC Pit from 11 a.m. to 1 p.m. This is the sequel to an event held on Dec. 2, where 50 scarves were made for the colony’s national philanthropy, Glenery Home Missionaries.

Kayla-Ann Wilkes, senior biology major and member of Theta Phi Alpha, said that they held the original event because Glenery Home Missionaries serves mainly in the north, where many sisters also have families, and the areas have been suffering a cold winter.

“Theta Phi Alpha, just like any Greek Life, philanthropy is such a big thing. You have values, and everything you do is based on those values,” said Mikayla Switzer, freshman biology major and president of Theta Phi Alpha.

Part of the motivation for holding the subsequent Spread the Love event comes from the handwritten letter the colony received from Glenery Home Missionaries, who received the donation when they went to a degree ceremony.

“It was just rewarding. Something we did actually helped someone,” said Switzer.

Differing from last semester’s event, at Spread the Love, participating students will create a scarf for donation and then get to make one for themselves. Switzer said that she hopes the event will be even more successful this time around.

“We have a lot of material left over,” said Wilkes. “We think this time it was a success and that they could use more. We figure Valentine’s Day is coming up and it’s still winter up north, so it would be a great event.”

Switzer and Wilkes both said that they are excited for Theta Phi Alpha to put on the event and subsequent events in order to interact more with the NSU campus. Switzer said that after some hardships, which were not specified, the colony looks forward to recruiting new members in the future and continuing to make a difference in communities near and far.

“The eight members that we have are super solid,” said Switzer. “It’s a new year, a new semester and we’re starting fresh.”

Wilkes said that the letter they received helped prove that Theta Phi Alpha can make a difference, despite their small size.

“We’re growing and everything is going back on track,” said Wilkes. “Hopefully, we’ll be installing within the next semester or two.”

NSU walks the aisle for domestic violence awareness

By: Jenna Kopeck
@Jen_Kopeck

NSU will be one of several universities representing the American College of Greece Brides Walk held at Barry University in Miami on Feb. 27. The walk is dedicated to raising awareness about domestic and dating violence.

In both the NSU chapters of Delta Kappa Omicron (DKO) and the American Association of University Women (AAUW) will be ambling the walk at Barry. The goal is to be an advocate for women, and domestic violence is an issue that greatly impacts the health [of] and creates negative outcomes for women,” said Kara Ersho, assistant professor in the department of family therapy and board member for the AAUW.

Gladyce Rictor, who was murdered on her wedding day by ex-boyfriend in 1999, inspired the College Brides Walk, according to the walk’s website. Two years later, Josie Ashton walked 1,200 miles in her wedding dress from Rictor’s home to Miami. In 2015, the College Brides Walk, which focuses on dating violence and sexual assault on college campuses, began and has been held at Barry University since.

“The Brides Walk is an annual reminder that there are survivors of sexual abuse and dating violence. It’s also a safe space to talk openly about these issues,” said Molly Scanlon, assistant professor in the Department of Writing and Communication and member of the professional chapter of the AAUW.

Randi Sims, president of the professional chapter of the AAUW, said that the walk “draws attention to some women [who] are still being abused by the men who are supposed to love them.”

Traditionally, participants walk in wedding dresses, although this is not a requirement. The walk also features workshops and discussions on aspects of the event and additional combat and prevent domestic violence and dating Sims that said it is important for college students and women in general to recognize that domestic and dating violence is still an issue.

“Eighty-two to 24-year-olds are the highest at-risk group for sexual assault or dating violence,” said Scanlon.

Randi Sims and Scanlon, students are welcome to join DKO and the AAUW at the walk; however, students will have to provide their own transportation to the walk. The opening ceremony will take place at 10 a.m. in the Broad Auditorium at Barry University.

For more information on the College Brides Walk, visit CollegeBridesWalk.com. To attend the walk with DKO and the AAUW please RSVP to dko@nova.edu by Feb. 12.
Planned Parenthood is often thought of as an organization that provides women with options for terminating pregnancies. While that is true, Planned Parenthood provides other services related to women's reproductive healthcare. Planned Parenthood clinics, which are located throughout the nation, provide a wide range of reproductive health services, including comprehensive primary care through contraception, reducing the spread of sexually transmitted infections through testing and treatment and screening for cervical and other cancers, according to their website plannedparenthood.org.

President Trump is pro-life, with certain exceptions, and has been vocal in his intent to end the life of the mother at risk, according to Business Insider. Trump, along with the majority of Republicans in the Senate and the House, plans on passing a bill that would stop Planned Parenthood from receiving federal funding. Vice President Mike Pence attended The March for Life, a rally protesting abortions, on Jan.

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There is an abundance of things that any person might consider to be a value. That's the beauty of values: you can value anything as person might consider to be a value. That's the beauty of values: you can value anything as

There are plenty of ways to show affection from afar. Here are a few you might try out if you’re in the same long-distance love boat.

Devote a long-distance date

Classes and work might be keeping you from your significant other this Valentine’s Day, but a movie date is not out of the question. Buy a movie rental, have some yummy take out food and enjoy a night in. Ask your Significant Other what kind of movie they’d enjoy and make sure you’ve got your snack and beverages ready. It’s an easy way to show your love.

Grab some groceries beforehand and set up Netflix. Give your significant other a FaceTime or Skype call and spend the evening making a favorite meal together and watching a sappy movie while scarfing down homemade dinner. Although this evening won’t include any cuddling, you’re sure to feel like your significant other is right there with you.

Send something sweet

If you’re a long distance relationship, you’ll probably want to send a sweet gift. Send your partner flowers and chocolate. If you want to step it up a notch, chocolate-covered strawberries are often a fan-favorite. Odds are, you’re probably going to be gifting something to your significant other if you were together on Valentine’s Day, so take advantage of the many delivery services to send those romantic gifts, like From You Flowers or Sha'ti’s Berries. If you sign up for the company’s emails, you can receive deals like 30 percent off or free shipping that can help combat the cost. Of course, you can send a specific gift, like clothing or perfume, if you know they’d like that better, but chocolate is a bit or hit.

And if dishing out moolah will make your bank account crumble, do not fear. Homemade gifts are just as meaningful, if not more meaningful. Send your babe a handwritten letter that expresses your appreciation and affection. Put together a CD with a bunch of sappy songs that remind you of him or her. If you’re blessed with artistic abilities, create something that represents a memory, like a painting of that time you spent New Year’s with friends in Tennessee.

Love goes the distance: Valentine’s Day for an LDR

By: Jacqueline Lytle

Where does your significant other live? Is he or she face-to-face the norm in your relationship or does FaceTime/ delegations to avoid seeing one another? According to The Center for the Study of Long Distance Relationships, research shows that roughly 4.4 million college students are in long distance relationships.

Whether this person is a significant other you’ve been dating for some time, an old friend or someone you just met, you may have found that they are an obstacle to manage. Spending some holidays together on Valentine’s Day can be difficult, but it also brings out creativity as you figure out ways to enjoy each holiday “together.” There are so many ways to show you care this Valentine’s Day. Whether you talk on the phone for hours or fly 1,556 miles to see the smile that brightens your significant other’s face, you have the opportunity to make Feb. 14 a holiday to remember.
How to survive Single Awareness Day

Fashion Fineties: First Lady fashion

By: Jennifer Register

So it’s officially February, which means love is in the air... And the songs on the radio and the sappy Instagram posts and the heart adorned candle kilns. Here comes the day that we single people often want to avoid like the plague: Valentine’s Day.

While it is not ideal to be single on a day focused on romance and love, there’s no need to retreat into your dorm and cry while watching “The Notebook.” Instead, try one of these ideas, and choose to celebrate love anyway.

Have a ‘Gal’entine’s day

Ladies celebrating ladies. This is named after all of the ladies, but guys can throw a similar party. The idea of ‘Gal’entine’s is to get together with a group of friends and spend time celebrating friendship. This could be simple, like a night spent at home with pizza, face masks and movies, or it could be fancier. Get dressed up and pig out at a nice restaurant with your favorite people. Just because you are single doesn’t mean you can’t celebrate love – like how much you love your friends! In the words of the fictional character Leslie Knope of “Parks and Recreation,” “‘Gal’entine’s Day is only the single best day of the year.”

Throw an Anti-V-Day party

Instead of sitting inside and mooping, host a party for you and the rest of your solo friends. If you’re not wanting to get all dressed in red and eat heart shaped cookies, throw an anti-Valentine’s Day party and do everything opposite of the cupped-focused holiday. Have an attire requirement of all-black, throw up a “love strikes” sign and bake cupcakes with broken hearts on them. You can go all out and make the party as sinister as you want. It’s anti-Valentine’s Day!

Treat yo’self

Instead of sitting around wondering why you are not enough, remind yourself of just how awesome you are. Go ahead and buy that expensive lipstick you’ve been eyeing or those new shoes you’ve been drooling over for months. Take yourself out for a fancy dessert or order your favorite meal in. Send yourself flowers. Just give yourself a break and treat yourself – you deserve it! Valentine’s Day is the perfect time to show yourself just how amazing you are, and you do not need another guy or girl to do that for you; you can do it yourself.

Try something new

The perfect way to avoid being sad on Valentine’s Day is to distract yourself with something fun. Today is the perfect day to try out that new café you read a review about weeks ago, or the ideal time to take a trip to that area you’ve been putting off going to until “the time is right.” There’s no better time than Valentine’s Day to get excited and go on a new adventure.

Fashion Fineties: First Lady fashion

By: Celina Mahabir

Whatever news outlet you rely on for a glimpse into what’s going on in the world, one thing’s for sure – politics, post-election events and our newly-appointed president are prevalent topics in the media. Away from the heated debates on controversial topics, top fashion editors like VOGUE, Harper’s Bazaar and Marie Claire have been on top of assessing the fashion wins and faux pas of First Lady Melania Trump. Their coverage of her ensembles down to the highly-coveted and trendsetting shoes made headlines on numerous topics in the media.

1800s: Mary Todd Lincoln

Coming from an upper-class households, Mary Todd Lincoln was able to keep a near-perfect appearance, while her husband battled civil war, slavery conflicts and national reformation. According to TIME Magazine, despite her five-foot tall stature, she’d splurge on dresses that were roughly $2,000 apiece. Lincoln often mirrored French style with low-cut bodices and floral headaddresses. Her costly wardrobe exceeded the $20,000 attire budget set in place.

1920s: Eleanor Roosevelt

Eleanor Roosevelt assumed the position of First Lady soon after women began to make revolutionary strides in society. As PBS states, the 1920s: Victorian society had strict ideals for how a woman should act and dress herself, and the “Bloomer Girl” style began taking streets by storm. In other words, women began to suppress the belief that they should hypertrophysalize their attire in order to emphasize their hourglass figure. Cheaper, durable fabric was used in exchange for corsets donated to the military for materials, while trousers, loose waistlines and coats became popularized. Despite breaking away from cultural norms, Roosevelt still managed to look elegant.

1960s: Jacqueline Kennedy

Jacqueline Kennedy is considered the “pioneer” of First Lady fashion by numerous fashion editors such as VOGUE and Harper’s Bazaar. Her pillbox hat, color-coordinated skirt suits and white gloves are just a few of the iconic articles of clothing that shaped her into the fashion icon she still is. Kennedy was also recognized for experimenting with different trends: color blocking, patterns, round sunglasses and others. She was sure to make a statement wherever she went.

1970s: Rosalyn Carter

If Jacqueline Kennedy was a fashion risk-taker, Rosalyn Carter was the same – in an entirely different way. While the fashion industry was booming with innovative styles never seen before, The Washington Post said that Carter took it back to basics with high necklines, vintage fabric and embroidery. Her lack of flashy jewelry and skin exposure highlighted a more conservative personality that showed through her clothing.

1990s: Hillary Clinton

During the 1990s, Hillary Clinton’s fashion was similar to her presidential campaign wardrobe. Solid colors, suits and flowing materials have always been a part of her style regime, although she has taken the industry by storm with her appreciation of tailored pieces. CNN identifies this as her way to break gender stereotypes. However, her wardrobe still maintains a feminine, elegant aura.

2010s: Michelle Obama

Michelle Obama is often credited for being one of the most fashionable First Ladies, following Jacqueline Kennedy’s legacy. Her love of jotting down designer dresses, gowns and suits has made headlines on numerous fashion editorials, including the likenes of Jason Wu, Versace and Altuzarra. She experimented with a number of patterns, fabrics and prints, making it nearly impossible to encapsulate her style with a single label.

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

If you’re a Shark looking for a place to relax and take a break from assignments and classes without leaving the school, there is a place located only seven minutes away from our beautiful campus. From delicious smoothies to healthy soups and salads, Delicious Raw Juices Bar has it all.

Located in the Town Stop Shops, Delicious Raw Juice Bar is the perfect place to visit with friends, go study or just grab hunch. There is both indoor and outdoor seating; inside you can sit on the sofas or at the bar, both very comfortable options.

The variety of healthy options on the menu is what makes this place so special. From crafty raw juices to smoothies, from sartines made-to-order on vegan, gluten-free toast to acai and health bowls, Delicious Raw offers all kinds of healthy food and beverages. One of their specialties is homemade almond and coconut milks. You can order a cappuccino or a latte and add homemade almond or coconut milk for $1.50 extra.

If you like fruity and sweet brews more than coffee, go for the juice or smoothie. Be warned, you might be amazed by all the colorful options presented on the menu. Juices are divided into three categories: revitalizers, the room and green goodness. Smoothies are also divided into three different types: activators, fruitious and super food. Breakfast, snacks, brunch or lunch, Delicious Raw Juices Bar covers it all.

Delicious Raw opened its location in Davie around the end of October, other locations have been promoting this healthy eating lifestyle since 2013, according to Naples Daily News. If you are looking for a comfortable and welcoming place to either go and read a book on your own, grab something to eat or drink before class, or just have a good time with friends, Delicious Raw Juice Bar can be the perfect place to gill out.
Finding Fitness: BODYCOMBAT

By: Bianca Galan

When you hear the phrase “body combat,” what’s the first thing you think about? Soldiers? BODYCOMBAT is not what many of us expect. It is one of the most fun HIIT, or high-intensity interval training, cardio exercises you can do. Most days, we feel so stressed that we literally want to punch someone. Unfortunately, you can’t punch anyone in BODYCOMBAT, since it’s a no-contact workout, but the adrenaline rush is still amazing.

The first time I went to this class, I was somewhat intimidated by the energy in the room. But after 10 minutes, I felt like one of them, and their energy rubbed off on me. When the class started, I felt like a professional kickboxer, which made me feel comfortable.

No matter how tired I was, the class, the instructor and the music wouldn’t let me cool down. There was so much adrenaline in the room that it was impossible for me to say, “Okay, I’m done.” I wasn’t going to be able to cool down. The instructor and the music wouldn’t let me cool down. The best part is that in this class, you never see blood, unless you hit someone by accident.

Each BODYCOMBAT session lasts about one hour and has the most updated and upbeat playlist you can think of, depending on the instructor. You might enjoy kicking and punching to some My Chemical Romance or Blink-182 songs. This class starts off with a 20-minute warm up, then proceeds with 40 minutes of extreme blood pumping exercises and finishes with a cooldown at the end.

Taking BODYCOMBAT a few times a week is a great way to maintain fitness. It strengthens your core and tones your muscles. According to a study done by Jinger Gottschall, professor of integrative physiology at Penn State University, “BODYCOMBAT is a supramaximal vehicle for delivering one of the best core workouts around.” BODYCOMBAT is a great and effective core workout because of something called reactive core training. According to Bryce Hastings in “BODYCOMBAT - The kick-ass way to build core strength.” “Reactive core training is what happens when you exploit your body’s muscle wiring and natural reflexes by doing movements that force your core muscles to automatically respond as they’re meant to.”

Even if you don’t go to this class every day, it’s something to look forward to. This is the best way to enjoy HIIT cardio, forget about all of the week’s stress and put your whole heart in it. This may not be the kind of class that you expect. Even if you don’t go to this class every day, it’s something to look forward to.

Tiger Woods misses cut at Torrey Pines

Tiger Woods, in his second start in nearly two years, missed the cut at Torrey Pines in San Diego, according to PGATour.com, meaning that his score did not qualify him to play the remaining rounds. Woods posted rounds of 76-72. This is the first time in his historic career that he missed the cut at Torrey Pines. Woods will be playing in the Omega Dubai Desert Classic next week.
Athlete of the Week:
Nastassia Rubel

Nastassia Rubel, a senior international studies major from Minsk, Belarus, plans to continue her tennis playing career from the sport competitively from that point on.

Rubel started to play tennis at the age of eight and decided to play tennis in the small town that she grew up in. She was motivated to play tennis competitively from the sport. I was eight at the time. I started to become interested in tennis when my parents took me to a tennis club.

Rubel's knee injuries forced her to quit professional tennis, but they didn't keep her off the court. Rubel's knee injuries forced her to quit professional tennis, but they didn't keep her off the court.

What encouraged you to play tennis?
“My friends were the ones that encouraged me to play tennis. They took me to a tennis club in the small town that I grew up in. I decided to give it a try. There was no pressure. The first month of playing I won my first match at the club, and from that point on I fell in love with the sport. I was eight at the time. I started to become motivated to play the sport competitively from that point on.”

Who was the most important person in your tennis career?
“I have to say my parents were the biggest influence in my life. They gave me an opportunity. They always encouraged me to play sports but to play something that makes me happy.”

What was the biggest challenge you had playing tennis?
“Well, I have to say the biggest challenge I had was in the South Region of NCAA tournament against No. 10 West Florida with teammate Klaudia Boczova. I actually have two favorite tennis players. The first one is Maria Sharapova and Roger Federer. I was happy that Roger won the Australian Open because it has been so long since he won, and he fought through some adversity like me when he injured his knee last summer.”

What is your biggest accomplishment?
“My biggest accomplishment has to be winning seven singles matches in a row last year. But the most important thing to me is that the team wins and we have a successful season this year.”

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ON DECK

WOMEN’S BASKETBALL
vs. Rollins College
Winter Garden, Fla.
Feb. 8 | 7:30 p.m.

MEN’S BASKETBALL
vs. Eckerd
Rick Case Arena
Feb. 11 | 2 p.m.

MEN’S BASEBALL
vs. St. Thomas
NSU Baseball Complex
Feb. 7 | 6 p.m.

vs. North Georgia
Dahlonega, Ga.
Feb. 10 | 4 p.m.

vs. North Georgia
Dahlonega, Ga.
Feb. 11 | 1 p.m.

MEN’S GOLF
Matlock Invitational
Lakeland, Fla.
Feb. 13-14

WOMEN’S GOLF
World Golf Invitational
St. Augustine, Fla.
Feb. 5-6

On the Bench:
Be loyal to your team

Nikki Chasteen

We all have that friend who was a Miami Heat fan in 2012, a Golden State Warriors fan in 2015, and the Cleveland Cavaliers fan in 2016. You got your point. Who is your team? Who do you root for on any given day? Where does your loyalty lie?

I must admit, it is appealing to start cheering for a team that is winning. However, I feel if you can’t be loyal to one team, you may struggle to be loyal in life. Loyalty goes a long way in any kind of relationship, romantic and business relationships alike. In this case, loyalty to a sports team is important.

Sports teams don’t change locations often. Only last year did NFL teams begin to consider moving to a new location, or market to increase revenue. In fact, the last team to change locations since the most recent LA Rams was the Houston Oilers, who moved to Memphis in 1997 and changed their name to the Tennessee Titans. They then relocated to Nashville in 1998. So why is it that sports fans find it hard to be loyal to their teams?

There are instances where the city you live in may not have a home team. I remember when, as a Miamian, you rooted for the Atlanta Braves. There was no Miami –formerly Florida Marlins, or even Tampa Bay –formerly Devil Rays. –Rays, Floridians rooted for the closest home team they had, the Braves. If your hometown doesn’t have a team and then suddenly they bring a team to your city, this may be the only appropriate team switch a fan can make. It was only natural for sports fans to switch from rooting for the Atlanta Braves, to rooting for the Miami Marlins or the Tampa Bay Rays. I would even give a pass to the die-hard, Floridian, Atlanta Braves fans who stayed true to their team.

It’s OK to root for the winning team, but don’t call them your team. Your team should be the team you were ingrained to root for from your earliest memories. If you want to root for Steph Curry and the Golden State Warriors because, let’s be honest, the Miami Heat are struggling these days, that’s fine. But stay true to the Miami Heat. All teams go through waxes and wanes, periods of great times and not-so-great times.

In this case, loyalty is the nature of the industry. Have a little faith; the Miami Heat will prevail and be great again. That’s what I keep telling myself about the Miami Dolphins.

My entire life, we have been lucky, but I have faith that one day in my lifetime I will see them reach the Big Game. So even through the trials and tribulations of my beloved team, I still buy apparel, I still go to games and I still cheer as if they are the best team in the NFL. Being loyal to my team is important to me, and I pride myself on being a loyal fan.

Keep calm and go Dolphins.
Valentine’s Day is just around the corner, which means candy hearts, chocolates, teddy bears and frilly red and pink cards will abound, and the cheesiest movies and songs will play all day.

**Songs**

Music is a big part of this holiday because it can set the mood. Here is a list of some classic songs to play if you want to cheese it up all day.

- **When You Had the Final Product and Saw How Everything Came Out, How was that experience?**
  - “I was happy. I think it was a good balance of light and dark. I think the movie does a pretty good job of keeping the darkness of the original as well as the visuals. I like to bring the movie to my own world and I like to play with the colors, the textures. I did some tributes to the original colors of ‘The Ring,’ but I wanted to work with new layers, you know?”
- **What is the most difficult to film?**
  - “There are moments of classic suspense and classic horror. That is a bit different from trends in horror where you show specifics like blood and gore—we wanted to do a classic horror movie. We wanted it to be adapted to the current times but not get too violent. We wanted to focus on the psychology of the characters... That was very intense, because you’re put in situations where you have to make decisions and sometimes the wrong decision gives you in trouble.”
- **What is the theater program like at NSU?**
  - “The Ring” movie series returns from a 12-year hiatus with its latest installment, “Rings.” This film explores the origins of the vengeful spirit of Samara Morgan and introduces a new way for her to reign terror: today’s technology. I had the opportunity to interview the director, Javier Gutierrez.
  - “Would say it’s like a sequel. We talk about the original movie, we talk about how they found the body, Rachel’s character, and we acknowledge that those things happen. It’s like an evolution of what happened in the first one.”
  - “We are familiar with the whole story of Aidan and Rachel and the position of the second one, ‘The Ring 2.’ We go back a little bit to the root of the original, the first ‘The Ring.’ And everything started in the college actually. Everything originates there because a young girl dies and it’s like, ‘What happened?’ And then she starts to investigate, right? So we are following the thread of that path and the college 15 years later... So it’s like an evolution, not exactly a sequel. It’s a next step following the original.”

- **Songs**
  - “I’d have to say where I really portray my own fears into this film?” I thought ‘[Expletive], I have to do something different.’ I wanted to play with what a real girl would do in 2017. In this movie, she would be aggressive and she would say ‘...you’re not coming out my computer. You’re not coming out from my TV.’ I like to work with female characters where they are strong.”

**Warning: Extreme Valentine’s cheesiness ensues**

By: Rachael Hirstein  
@RachaelHirstein

Valentine’s Day is just around the corner, which means candy hearts, chocolates, teddy bears and frilly red and pink cards will abound, and the cheesiest movies and songs will play all day.

**Songs**

Music is a big part of this holiday because it can set the mood. Here is a list of some classic songs to play if you want to cheese it up this February.

- **Let’s Get It On** by Marvin Gaye, 1973
  - Most will immediately recognize the guitar intro to this classic steamy song. This song has been used in many movies, TV shows and commercials for romantic scenes of intimacy. Spicy up the night of love with a little bit of Marvin Gaye.
- **My Heart Will Go On** by Céline Dion, 1997
  - The well-known song from the film “Titanic” is perfect for any declaration of love this Feb. 14. Let the flute ring your sprites and make your heart light as you sing along with Céline and imagine being “king of the world.”
- **Sugar, Sugar** by The Archies, 1969
  - This little number is incredibly catchy and your significant other will love listening to it as you spend the day together. There’s nothing like being someone’s candy girl to know they really care about you. The Archies make every Valentine’s Day a special day.

**Movies**

Songs may be a great addition to the day of romance, but let us not forget the movies that make Valentine’s Day complete. Who doesn’t love watching two people hate each other, then fall in love by some miracle coincidence? Following are some handpicked lovey-dovey movies to watch this hearts day.

- **Dear John**, 2010
  - You cannot have Valentine’s Day without Nicholas Sparks, who is the king of cheesy romance, and “Dear John” is one of his top stories. Like various others, this movie contains of a cliché couple separated by tragedy. Returning home from deployment, a soldier, John, falls in love with a college student, Savannah. The couple faces a long distance relationship when John is deployed once more. This is a “must-watch” for Valentine’s Day.
- **Love Actually**, 2003
  - This classic flick screams love because it references many different love stories throughout the entire movie. It isn’t hard to see why this movie, with its complex relationships, is perfect for Valentine’s Day.
- **Valentine’s Day**, 2010
  - It’s no surprise this movie made the list when it’s called “Valentine’s Day.” Similar to “Love Actually,” this movie has multiple different love stories filled with happiness and sadness. If you want to see more well-known American actors and actresses, watch this updated version of “Love Actually.”
- **Titanic**, 1997
  - This Valentine’s Day will be the cheesiest yet with this selection of entertainment. Sit back with your significant other and embrace the “true” meaning of Valentine’s Day.

**Senior Spotlight: Brianne Bailey**

By: Britany Eyres

Brianne Bailey is a communication major. Originally from Sunrise, Fla., Bailey’s focus is in media studies but she also holds minors in dance and theater. Bailey spent four years at NSU doing things she loved with people she will never forget. She has been involved in the Department of Performing and Visual Arts since she was a freshman, with involvement in the Student One-Acts, “Improv Jam,” “Hamlet,” “Once Upon a Mattress” and more.

At what age did you become interested in theater?

- **My mom put me in every possible after-school activity, but I starred musical theater when I was in kindergarten through eighth grade, then picked it back up again in college.**

Who has had a major impact on your life?

- **My mom put me in every possible after-school activity, but I starred musical theater when I was in kindergarten through eighth grade, then picked it back up again in college.**

What is the theater program like at NSU?

- **I think it has been a group effort to help me achieve all of my goals and push me towards opportunities and experiences I wouldn’t have been too afraid to try myself. My mom, dad, brother and sister have had the greatest impact on me. They always push me to do more and go above and beyond.**

What is the theatre program like at NSU?

- **It’s a great place to do everything together, so we’re rehearsing every single night until late hours. I also think we’re the biggest support group here. We go to all the sporting and dance events together.**

What is the most rewarding experience for you at NSU?

- **Probably working as one of the lead roles in “Dog Sees God,” the show that just happened. Just working so close with everyone, it’s very rewarding. I think I will stick with me for life.**

What are your plans for after graduation?

- **Internship with NBC 6 hopefully, then internship with NBC 6 hopefully, then save enough money to move to Los Angeles and become a sports broadcaster.**

If you could leave one thing to the students at NSU, what would it be?

- **Theatre and auditions are open to everyone. You don’t need to have experience to be in the arts, and I think it’s something everyone should experience at least once during college.**

What has been the best rewarding experience for you at NSU?

- **Probably working as one of the lead roles in “Dog Sees God,” the show that just happened.**

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What has been the best rewarding experience for you at NSU?
February 7, 2017 | nsucurrent.nova.edu

**Arts & Entertainment**

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**SOUNDBITE**

"Chill, dummy" by P.O.S

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**By: Carli Lutz**

The underground hip-hop scene is more prevalent today than ever before, as people are beginning to look for deeper meaning in songs and for music that strikes up conversations about race and politics. This is all thanks to the current political climate surrounding our country, as well as the state of the world overall. With this thought in mind, one rap-visionsary stands out: P.O.S.

Stefan Alexander, better known by his stage name P.O.S, is an indie hip-hop artist hailing from Minneapolis, Minnesota and signed to Rhymesayers Entertainment. P.O.S isn’t just a rapper; he’s pretty much a jack of all trades in terms of music. He’s a producer, punk rock vocalist, guitarist, keyboardist and a man with many projects, ranging from his punk band Building Better Bombs to his involvement as a founding member of Doomtree, a hip-hop group with seven different rappers, producers and DJs.

On Jan. 27, P.O.S released his long-awaited fifth studio album, “Chill, dummy.”

“Chill, dummy” is, honestly, exactly what I hope for it to be. While it is a lot more laid back and chill than his previous 2012 release, “We Don’t Even Live Here,” “Chill, dummy” shows that even after 16 years in the rap game, P.O.S still has it. P.O.S is a rapper that is typically motivated by anger and the passion he has for what he does.

P.O.S doesn’t speak about typical things that mainstream rappers do; instead his words have more meaning. He raps about racism, politics, the state of the world itself and struggles he’s dealt with. One thing that I truly admire about indie hip-hop artists is the fact that their words, more often than not, carry more meaning. They don’t rap about trivial things, but instead try to make a statement with their music and use their words to bring about a change in the world where we often feel as if our voices don’t matter.

A more politically charged track, and my favorite off the album, is “Wearing a Bear.” The lyrics in this track show that P.O.S is ready to fight for what he believes is right and that he’s not going to give up. They show that, even though he’s had some struggles over the past few years with his health, he’s back and ready to speak his mind through song and isn’t going to let anything stop him.

Compared to more mainstream hip-hop, I think the production quality of this album is much higher. Everything is more thought out and isn’t just made to fit the typical structure of a “Top 40” song.

While it isn’t necessarily full of club-bangers, the instruments are definitely catchy with lots of bass-y drums and drum beats that are more reminiscent of rock and punk music. P.O.S is an artist that is known for constantly defying genres, and it truly shows throughout this album.

After listening through all of “Chill, dummy,” it seems as if P.O.S has found the inspiration he needs in order to write an album that sounds like some of his older, higher quality work. Without a doubt, “Chill, dummy” is one of P.O.S’s best works, and I’m looking forward to hearing what he’ll put out next.

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**Young Danish gymnasts’ lives on tour**

**By: Grace Ducanis**

For Jacob Lund, 22, and Cecilie Lindgaard Broe, 25, gymnastics isn’t a competition. It’s a performance.

Lund and Broe are members of the National Danish Performance Team, a group comprised of 14 male and 14 female Danish gymnasts aged 20-26. During the tour’s six month run, these artists and athletes have already visited Germany, Tanzania, Australia, China and Mexico.

This month the team will visit South Florida, holding events on Feb. 7, Feb. 9, Feb. 11 and Feb. 18 in Davie, Coral Springs, Davie and Miami, respectively. In addition to performing, the team continues to train and also teaches workshops on dancing and acrobatics while on tour.

Lund and Broe shared what they love about gymnastics and their favorite memories from the tour.

**How long have you been training in gymnastics?**

**Broe:** “I started when I was maybe three years old. I went with my mom, and then when I wanted to join this team and that I needed to focus on only gymnastics.”

**Lund:** “Same with me. I’ve also played a lot of other sports as well besides gymnastics. It was only a couple years ago that I really started focusing on gymnastics. So I’ve always been doing lots of sports, and I finally decided that I wanted to join this team and that I needed to focus on only gymnastics.”

**How did you get on the National Danish Performance Team? What was that process like?**

**Broe:** “I was selected. I think there were about 100 girls and 70 boys [that auditioned].”

**Lund:** “I started when I was maybe three years old. I went with my mom, and then when I wanted to join this team and that I needed to focus on only gymnastics.”

**What’s the most challenging thing about being on the team?**

**Lund:** “My biggest motivation is the team. I feel lucky to have made it to this team. I think this may be the peak of my career because it’s really good.”

**Broe:** “One of my favorite moments was the first time in the first country where we had to do the show. It was in Germany. There was so many people, and it was like, now this tour is starting. It was not only the Danish people watching. And the first time in Africa and the first time in Australia, it was very special.”

**What was the most fun challenge in your tour?**

**Lund:** “One of my favorite moments was the first time in the first country where we had to do the show. It was in Germany. There was so many people, and it was like, now this tour is starting. It was not only the Danish people watching. And the first time in Africa and the first time in Australia, it was very special.”

**Do you have any funny stories from being on tour?**

**Lund:** “We were going to take a picture in front of the opera house in Sydney, and we had to wear our white clothes from the show. That’s a long white shirt and long white pants. Then one of the boys forgot all his clothes. So luckily someone had a white towel, and he wrapped it around his waist. One of the other guys bought a new white shirt that same day, so he had that to wear. We put in the background and we actually got a pretty good photo that day.”

**Why did you choose gymnastics instead of doing other things with your life?**

**Broe:** “I started when I was maybe three years old. I went with my mom, and then when I wanted to join this team and that I needed to focus on only gymnastics.”

**Lund:** “Same with me. I’ve also played a lot of other sports as well besides gymnastics. It was only a couple years ago that I really started focusing on gymnastics. So I’ve always been doing lots of sports, and I finally decided that I wanted to join this team and that I needed to focus on only gymnastics.”

**What’s your favorite memory from the tour so far?**

**Lund:** “We were in Indonesia and we had to do a workshop at a school with 3,000 school kids. We came and we put up all the equipment, and suddenly we had to go to a classroom and the classroom was full of chairs. We got to sit down, and they did a performance for us instead with singing and dancing. They invited us up to sing along and dance and it was a lot of fun… That was an amazing day.”

**Broe:** “One of my favorite moments was the first time in the first country where we had to do the show. It was in Germany. There was so many people, and it was like, now this tour is starting. It was not only the Danish people watching. And the first time in Africa and the first time in Australia, it was very special.”

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**SHORE CALENDAR**

**Aventura Foreign Film Series: “In Harmony”**

Feb. 7 | 7 p.m.

@Scandinavian Center

**Wynwood Second Saturdays Art Walk**

Feb. 11 | 6-10 p.m.

@Scandinavian Center, Davie

**National Danish Performance Team**

Feb. 11 | 2-3:30 p.m.

@Scandinavian Center, Davie

**Bon Jovi’s “This House is Not for Sale Tour”**

Feb. 12 | 7:30 p.m.

@BB&T Center

**Twyla Tharp Master Class**

Feb. 12 | 9 a.m.

@JM Family Studio Theater, Broward Center for the Performing Arts

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**CALANDER**

Feb. 7 | 7 p.m.

@Aventura Foreign Film Series: “In Harmony”

Feb. 11 | 6-10 p.m.

“Aventura Second Saturdays Art Walk”

Feb. 11 | 2-3:30 p.m.

@Scandinavian Center, Davie

Feb. 12 | 7:30 p.m.

“Bon Jovi’s This House is Not for Sale Tour”

Feb. 12 | 9 a.m.

“Twyla Tharp Master Class”

Feb. 12 | 10 a.m.

@JM Family Studio Theater, Broward Center for the Performing Arts

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**OFF SHORE CALENDAR**
Drinking alcohol doesn’t get better with age

By: Nicole Chavannes

As a 21-year-old college student who attended a public high school, I’ve seen my fair share of underage drinking. More often than not, that underage drinking was performed by teenagers behind their parents’ backs, because their parents were concerned with the legality — or rather, illegality — of underage drinking.

If Florida were to reduce the legal drinking age to 18 years of age and underage consumption of alcohol was legal with permission from a parent or legal guardian, we would have fewer lawbreakers.

Although the minimum legal drinking age is 21 in the U.S., there are several states that allow exceptions with the underage consumption of alcohol, according to the Federal Trade Commission. In fact, no less than 22 states allow minors to consume alcohol on private property with the consent of a parent or legal guardian, including Colorado, Delaware, Louisiana, Maine, Oregon and Texas. Florida, however, does not allow this exception.

To clarify, this is not an encouragement to drink illegally or provide minors with alcohol. There are definite dangers to consuming alcohol, especially in unsafe conditions or in excess. That’s why it’s important to teach about the dangers.

It makes sense to allow the consumption of alcohol in a safe, controlled environment with an experienced and responsible adult present to monitor alcohol intake. However, the alternative is prohibiting it to such an extent that a teenager feels the need to sneak around and consume alcohol in an unsafe environment.

So, what are often teenagers consuming alcohol regardless of its legality, and because parents cannot even offer it to their maturing children legally, they drink it with their peers who are just as inexperienced and unaware about alcohol and its effects.

When you take into account everything that becomes legal once you turn 18, it seems ridiculous that consuming alcohol isn’t one of those things. An 18-year-old in Florida can vote for the president of the United States, purchase tobacco, marry without parental approval and be tried as a legal adult, according to the Florida Legislation’s website. The latter “privilege” is particularly ironic, considering the fact that an 18-year-old can be charged as an adult for drinking “underage.”

18-year-olds can also join the military, invade another country and subsequently kill someone legally. Men are required to register for the Selective Service System within 30 days of their 18th birthday, according to the Selective Service System’s official website. This means that in the case of a national emergency requiring the rapid expansion of our Armed Forces, those registered would be entered in a draft and could possibly be forced to join the military.

How is it possible to be considered adult enough for these very serious privileges and responsibilities, but not old enough to consume alcohol? For parents not to have a legal say in when their children are introduced to alcohol and for teenagers to be considered adult enough to make surgical decisions but not to consume alcohol seems inequitable. As long as drinking is done responsibly, it should be legal for both parents to decide whether their children drink in their own home and for 18-year-olds to consume alcohol.

Opening Doors: Why Alvin Sherman Library needs another entrance, or two

By: Nikki Chasteen

As an NSU student, I have had several classes in the Alvin Sherman Library. This semester, I have three of my six classes in the library. I enjoy classes in the library. My classes have always been on the first floor to allow me being able to access computers and printing services before class. Unfortunately, I have one major peeve with the library any time I need to use it. There is only one entrance on the west side of the building.

I work in the Horvitz Administration building this semester and tend to park in the Horvitz parking lot, as it is closer than parking in the garage. Any time I am coming from my on-campus job to class in the library, I can only get in by walking all the way around the front of the entrance to the library.

Prashasi Kacham, a computer science master’s student, said, “Allowing students to use the doors near the classrooms on the first floor would enable students to make it class more quickly when they are running late.”

One day I decided to count the number of doors I pass while making my way to the front. To get to the classroom in the back of the library, on the west side of campus, there are three doors. The west end door has two doors that lead to the back of the library. However, they seem to only be emergency exits.

Claudia Stevens, sophomore biology and sociology double major suggested having usable doors where the West End Deli is located, and I completely agree. There are countless times I want to grab a coffee or yogurt before class in the library, but I must walk all the way around to the front, just to walk all the way to the dell despite passing eight doors closer to the dell. While I may not sound like a lot of time, but sometimes you only have 15 minutes in between classes.

While it is necessary to have multiple exits available in emergency situations, it seems that at least a few of these exits could be opened for students to use when walking from the east side of campus to the library.

“Having a separate door by the kid’s section would be nice so it is easier for families to get in and out without disturbing students who are trying to study,” Chasteen said.

While we love that NSU opens itself up to the community and our library is open to the public, sometimes there are class trips, or parents bringing their children to the library at various times during the day. It would streamline entering the library for those trying to go to class versus those headed to an exhibit or the garage. I have my suspicions about the library several times, the library has not reached out to clarify the reason they have only one entrance.

Many students believe that NSU needs a second entrance so it is easier for families to get in and out without disturbing students who are trying to study.”

“Having a separate door by the kid’s section would be nice so it is easier for families to get in and out without disturbing students who are trying to study,” Chasteen said.
Opinions

By: Gabrielle Thompson

No matter who you are or where you’re from, there will always be somebody who does not agree with your personal choices. Pleasing every person you meet on a given day is an impossible task, and the attempt would only cause immense exhaustion and frustration. This leads to the big questions: Why do we care what people think?

According to Psychology Today, the need to be included in a group was prominent for our ancestors in order to survive against predators such as saber-toothed tigers and wooly mammoths. However, the need for acceptance by others is still something that influences our daily actions and thoughts. We dress and act like everyone else around us so we can have a closer relationship with them.

Sure, it feels good to be liked by other people. It feels comfortable to blend in with the crowd. But people who don’t blend in aren’t trying to spite people. No, they’re just doing what they want, what makes them happy. They will get weird looks and people will talk about them behind their back, but, in reality, the people who try to blend in will get the same treatment. Social media is an easy way to examine this paradox. People who are considered overweight often receive rude comments from strangers, but the same can be said for people who are naturally very thin.

People will always find a reason to think negatively of you. Even if, the person who is writing an article about being whoever you want to be, have judged people for their choices. Everybody does it and everybody gets judged. It doesn’t matter what you wear, what your opinions are, how you talk, who you are friends with or what city you are from. Somebody, somewhere is looking at your life and deciding a certain aspect of it is wrong.

It’s time to stop being afraid about what people might think of you and time to start living how you want. Dye your hair bright pink. State your opinions proudly. Wear your fancy dress with Converse. Do this frequently. Eat that second bowl of ice cream. Shout the words to your favorite song so everybody can hear. What’s the worst that could happen? You might get an odd look from a stranger, but you’re having fun. Life isn’t worth living if you are not doing what you love. As Bobby McFerrin said, “Don’t worry, be happy.”

By: Monique Cole

Sometimes students need to push themselves out of their comfort zones to try something new. While it might be difficult to do this, sometimes it’s necessary to advance skill sets and change our perspectives. Because of this, every college student should take a theater class before graduation. Through theater classes, students can gain a sense of creativity, self-respect and become more career-savvy. These additional skills can develop a well-rounded student.

Theater for some students can also be their escape from daily stresses and a place for self-expression. In other words, theater classes offer more than just improving one’s acting skills.

Some students’ blood pressure might skyrocket at the thought of taking a theater class. Fear of humiliation, rejection, failure, interaction and public speaking can cause a student’s palms to sweat in regards to performing in front of others.

To kill off a common misconception, theater is not all about acting. Theater is a very diverse field of study, just like any other major. While part of theater involves acting, it also involves the history of theater, technical theater and analyzing different aspects of theater and production. Technical theater involves all the people behind the stage making sure the production goes on. This can include:

- set designers, sound and lighting operators, costume designers, makeup artists and everyone else that isn’t in the play. There is something for everyone. In the words of Constantine Stanislavski, “There are no small parts, only small actors.” A student’s role in theater is what they make of the experience.

Theater can be a place to learn how to become a better student and human being. Theater is always live. Each performance is different in some aspect as a result. Every performance requires a team of people who are willing to work hard to achieve success. Theater classes are scholarly, utilizing constant creative and critical thinking. Icebreaker and warm up activities alone can improve a student’s patience, attentiveness and memory. Theater classes help develop a strong student mindset.

Taking a theater class also demands students to sustain a level of respect, dedication, teamwork and might even be terrifying to attend on some days. But by the end of the semester, students who choose theater will gain a new perspective.

Setting up for a theater class can be intimidating, and might even be terrifying to attend on some days, but by the end of the semester, students who choose theater will gain a new perspective.

By: Jenelyn Hunter, freshman biology major

“I think he’s putting people in places that they don’t really know much about Betsy DeVos, as the head as education. I don’t think she’s fit to be head of education, and I think he should just do better.”

“I obviously don’t really approve of him. I’m kind of a liberal person and don’t approve of his racism and sexism, and don’t think his policies are very effective and are just going to hurt America. I think the best thing we can do right now is work against him, hope for the best and make his policies are not hurting us.”

- Shona Joseph, senior biology major

“I am an environmental science major, and I’m headed toward the naturalist field so I kind of feel obligated to not be a Trump supporter, because he doesn’t believe in climate change and the steps he’s taking currently are extremely extreme, I guess, and kind of terrifying. The protests are hard to get behind because it is hard to think that they will change anything.”

- Emily Harrington, senior environmental science major

“Don’t worry, be happy.”

Theater classes often test students through application, instead of sitting in a workshop just listening. Students can realize the importance of their work ethic through application, instead of sitting in a workshop just listening.

Taking a theater class can ease stress, boost confidence and even make students more involved in the arts. When students take a very heavy course load, it’s complicated trying to find time to squeeze in a bit of fun or some form of entertainment. If you are still afraid of theater, understand that one of the best things about theater is that it is a place for self-expression and support. Everyone in the class is in the same boat.

We have humanities to learn about human experience. Theater can be a place to discover one’s voice and identity. Being able to endure public speaking and feel comfortable in front of others increases a student’s self-esteem. By feeling more confident and at ease, students tend to stand up a bit straighter, speak a little more and feel like they can accomplish anything. If for some reason you can’t sign up for a theater class, NSU does put on performances throughout the year. You don’t have to be a theater major or minor to audition.

Every college student should take a theater class before graduation. Taking a theater class can be a fun and interesting way to learn about yourself outside other scholarly endeavors. Signing up for a theater class can be intimidating, and might even be terrifying to attend on some days, but by the end of the semester, students who choose theater will gain a new perspective.
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