By: Jeweliana Register

President Hanbury hosted a student town hall meeting on Feb. 15 in the Club Room on the second floor of the Don Taft University Center. Students and faculty gathered to listen to Hanbury’s announcements regarding changes and accomplishments of NSU in recent months. The floor was then opened to questions for Hanbury.

Questions touched on studying during student employment hours, student involvement and activities, the female-to-male ratio at NSU, the university is doing in regards to Trump’s executive order on immigration.

When asked about the possibility of trying to even out the female-to-male ratio in Razer’s Edge programs, Hanbury responded by saying that he does not have a goal of limiting participation in academics or organizations by gender, but that statistically nationwide, more women are attending college than men. He said he would love to see more male participation and leadership within higher education, but he welcomes all leadership.

During the town hall, Dean Williams addressed a question regarding a Muslim prayer room on campus.

“Pan Student Government and Undergraduate Student Government have raised the concern...and Pan Student Government has indicated that because of geography on campus, we’d need two prayer rooms,” Williams said.

He then said that the staff is working to find space on campus as quickly as possible.

Hanbury was asked about a recent email concerning studying on the job during student employment, and he explained why he thinks students should not be allowed to study while working.

“It’s like being a student athlete,” Hanbury said. “We want our athletes to be great students, but you cannot be studying on the basketball court. You have got to be studying off the basketball court. You are a student first and an employee second. You are working and being paid to do a job.”

When asked about how sustainable our campus is, Hanbury spoke about an order he enacted on the first day of his presidency to make NSU a smoke-free campus. He said he believes this has improved the university’s health by improving our air supply. President Hanbury also spoke about how the buildings being built, as well as buildings constructed within the past ten years, are LEED-certified green buildings.

In response to a question about what the university is doing in regards to Trump’s executive order on immigration, Hanbury said that it is difficult for him to take a stand on something that is creating controversy and is being misinterpreted by so many people.

Hanbury said, “To the best of my knowledge, every student here has a student visa and is legal. We have never been asked by law enforcement if our students are legal, and unless there is a warrant, we are not allowed to provide confidential information. We want all students to feel safe and we always encourage diversity.

During the video shown at the beginning of the event, Hanbury explained the expansion of the health divisions and the need for expansion in upcoming years. Hanbury said he anticipated that the University Park Plaza will be torn down within the next 18 months to accommodate for expansions. The president also announced that NSU was ranked by the U.S. News and World Report as one of the top 200 Best Colleges in National Universities, and shared his hope that the university will be ranked in the top 100 by 2020.

“I appreciate President Hanbury taking the time to hear our issues and questions we have,” Alyssa Bolton, junior psychology major, said. “This is one of the reasons why I love NSU so much because no other schools offer this to the students.”

If you have comments or questions for the president, email askthepresident@nova.edu.

Hanbury answered questions on student employment, NSU’s female-to-male ratio, the progress of the Muslim prayer room, sustainability and Trump’s executive order on immigration.

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NSU hosts fifth annual SeussFest

By: Brianna Walker

NSU’s Alvin Sherman Library will host the fifth annual SeussFest on March 5 from 12-4 p.m. The event will begin on the Alvin Sherman Library quad.

The event consists of storytelling, children’s theater, face painting and free books for the attending children. There will also be food trucks and different sponsors giving away coupons and freebies.

According to Anne Leon, the executive director for public library services at the Alvin Sherman Library, the event has grown considerably over the past couple of years.

“Last year, we had over 4,000 people attending SeussFest,” Leon said. “The event has grown to include not just the library building, but the lawn, the Fellows Way, the Misciari Performing Arts Center and the DeSantis Atrium.”

SeussFest is one of a five-part initiative called “Read for the Fun of It,” which is a push to improve childhood literacy.

“We are out in the community on a regular basis, doing story time and enrichment events that the children might not receive otherwise,” Leon explained. “All of it is aimed at helping younger children become better readers and giving them the skills, enthusiasm and inspiration by creating wonderful programs and story times.”

During the event, there will be a free book shop set up for children with a ‘Seuss-buck’ system in the DeSantis Atrium. One ‘Seuss-buck’ is equivalent to one free book.

“We will have The Cat in the Hat book shop, where children can use their Seussbucks and turn it in for a book of their choice,” Leon said. “All the books are selected by youth services librarians so that we have materials that are on the appropriate developmental reading levels to choose from. We will have librarians present who will be giving advice about what will be the best selection.”

Brithney Lamour, junior biology major, has volunteered at SeussFest in the past and is excited to see what the upcoming event has in store.

“I liked being able to help the kids make different crafts when I volunteered, and I enjoyed making them smile with the little things I did,” Lamour said. “I think the event provides children with tools that will ultimately benefit them in the long run.”

Leon said that the date is not chosen by coincidence; they choose the first week in March to honor Dr. Seuss.

Leon said, “We celebrate SeussFest in March because March 2nd is the birthday of Theodore Geisel, who is Dr. Seuss, so every first Sunday in March since then we have celebrated with SeussFest.”

Leon said that it is through the hard work and dedication of her staff that the event is possible and a great time for all who attend.

“We have wonderful entertainment this year, and our main focus is to keep that love of reading and stories alive, so we have a lot of storytellers, and it will really be a great day for people to hang out with their children,” she said. “There will be something for everyone regardless of age.”

The event is open to the public. For more information, visit sherman.library.nova.edu/sites/spotlight/event/seussfest.
NEWS BRIEFS

NEWS ANCHOR

Stay up to date with world events.

On Feb. 15, the European Commission gave "final warnings" to several European countries for often neglecting to meet nitrogen dioxide air pollution limits set by the EU, according to CNN. The warnings were issued to Britain, Spain, France, Italy and Germany. If these countries do not respond in a way that satisfies the commission within the next two months, the commission could involve the EU’s Court of Justice. Nitrogen dioxide pollution is a serious health risk. The European Commission may also issue final warnings to Austria, Belgium, Denmark, Portugal, Poland, Hungary and the Czech Republic for nitrogen dioxide breaches in the next few months.

IS claims responsibility for Pakistani shrine attack

The Islamic State claimed responsibility for the attack on a Pakistani shrine in which a suicide bomber blew himself up, killing at least 70 people and injuring 250 on Feb. 16, according to BBC. The shrine, located in the town of Sehwan, was convened on Thursday, the day of the attack, because Thursday is considered by Muslims to be a sacred day for prayer. Nawaz Sharif, the prime minister of Pakistan, has condemned the bombing.

Rio arenas in bad shape after the Olympics

The arenas and locations of the 2016 Summer Olympics in Rio de Janeiro were left abandoned and worked six months after the closing ceremony, ABC News reported. The country is struggling to pay the $40 million owed to those who helped set up the Olympics in Rio. ABC News quoted a Smith College professor of history who said that Rio put far more into hosting the Olympics than what they would get out. Deconstruction has also been a problem because a stadium and a golf course have been destroyed due to neglect and vandalism.

Spy ship spotted on Virginia coast

Vladik Leonov, a Russian spy ship, has moved from the coast of Connecticut to the coast of Norfolk, Virginia according to ABC News. This is similar to when the ship positioned itself near U.S. Navy bases in 2014 and 2015, and U.S. officials are not too concerned. The ship, though near the East Coast, is still in international waters. However, President Trump has said this ship is "no good." There is no clear answer as to where the ship is headed as of Feb. 17, but it is believed to be moving south along the East Coast.

Four lives saved in eight-person kidney chain

According to ABC News, an eight-person kidney chain helped save the lives of four people, including a Florida police officer. Two of the four transplants were performed in Orlando at the Florida Hospital Transplant Institute. Kidney chains have grown in popularity recently and normally occur when someone wishes to donate for a loved one but isn’t a match. Doctors then attempt to match that person to someone else.

Annual Optical Style Show

The Eye Care Institute will hold an Optical Style Show on April 5 from 11 a.m. to 7 p.m. on the second floor of the Sanford Ziff Healthcare Centre. High-end fashion brands will be there to showcase their wares, and include labels such as Prada and Tory Burch. All frames and lenses will also be 25 percent off. Froggs from 1900’s Elvis Duran and the Morning Show will also be at the event from 5-7 p.m.

NSU Take Over Night at BB&T Center

NSU will host a Take Over Night at the BB&T Center to watch the Florida Panthers vs. Calgary Flames hockey game. NSU students and faculty are eligible for discounted tickets, which can be purchased at out.tickemaster.com/apps/pantserh/fl/en/promotion/home. Use promo code sharks to access the special NSU discount.

NEWSMAKERS

Professor publishes handbook on mediation

Goesel said that the book has a lot of potential to make an impact.

"Mediation brings in aspects of so many different disciplines, like communication, psychology, sociology, social work, international relations, law and biology," he said.

Georgakopoulos also said that the book will help to bring new light to the mediation field.

"I worked there with over 50 professionals in the mediation field on about 42 chapters," Goesel said. “Any type of project of this magnitude takes time because there was a lot of back-and-forth with the authors, asking for clarification and to make changes that had to be checked with them. We can’t just go in and change their work."

"We decided that the book would be a handbook to help people understand mediation," Goesel said.

He described the challenges time brought to the table when it came to publishing this book.

Several European nations violate EU pollution limits

"We published, but she said she has never published this type of book before."

According to Georgakopoulos, mediation has become a very popular method in the court system recently.

"[Mediation] goes back to ancient times and cultures, but our application of mediation and abridgment独一无二ly is relatively new," Georgakopoulos said. "I can say in Florida, in the Supreme Court system, we were one of the pioneers to implement mediation."

She also explained that mediation is becoming popular in certain areas, such as healthcare, politics and environmental issues. Georgakopoulos worked with Charles Goesel, a doctoral student in conflict analysis and resolution at NSU, on the more technical parts of the book.

"I managed the chapter submissions and assured them for accuracy, content, format and language usage," Goesel explained. "[Georgakopoulos] and I went back and forth a lot in the process, and once we had the final chapters reviewed by the publisher to get them back to us, I did one last check, and her and I did edits on our own."
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By: Jeweliana Register

Politics have made their way into almost everything recently, from social media to awards shows to concerts. The idea of a Hollywood figure sharing their political opinions whenever they are given a platform may seem normal, so it’s fitting that politics and fashion have collided as well.

Move over “The Dress” from 2015 because there is a new garment that is breaking the internet, and it’s strutting straight off the red carpet of the 59th Annual Grammy Awards. Singer Joy Villa stepped out on the red carpet in a head-to-toe white coat, which she soon opened to reveal a Pro-Trump gown. Andre Soriano, a Filipino-born immigrant, designed the dress and described it as a symbol of love, according to the Washington Post.

The dress featured a fitted bodice and a flared train with the words “Make America Great Again” splashed down the front and “Trump” on the train. Soriano said in an interview that he used his Trump flag from his home to make the dress for her. Soriano also said unity and support for our new president are important.

Katy Perry made another political fashion statement at the Grammy Awards. Perry stepped out on stage wearing a white pantsuit, which is a symbol of the women’s suffrage movement, according to Time magazine, and may be a nod to her pick for president, Hillary Clinton. Perry also wore a pink armband with the word “patriot” written on it. While Perry’s fashion statements may have been more subtle than Villa’s, Perry still managed to support her cause with her clothing.

Women are not the only ones who took to their outfits to support their political opinions. Men took a cue and followed suit as well. Johnny Stevens, band member of Highly Suspect, emerged on the red carpet in a jacket with a very strong message splattered across the back: impeach. Stevens was turned backwards in most photos from the event so that the words can be seen.

Rapper Schoolboy Q voiced his support for women with his Grammys attire. Schoolboy Q, with his young daughter Joyce in tow, donned a neon-pink hoodie with the phrase “girl power” in black font across the front. It is thought to show his support of women, but The Huffington Post said his songs may not always convey that same message.

Political views and opinions have slowly crept into many aspects of media, including fashion. Fashion has always been a means of self-expression, so why limit self-expression when it comes to spreading political messages? A photograph is worth a thousand words, and the leaves from the 59th Grammy Awards are showing some presidential ideas in the minds of viewers.

Place to ‘gill’ out: Versus Gaming Center

By: Aidan Rivas

NSU is a unique and lively campus, but that doesn’t mean 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.

A place to gill out doesn’t necessarily need to be a place to calmly hang out while eating some obscure food. Sometimes, all you need is to hang around like-minded people. If you happen to be the type of Shark who likes playing video games, but don’t have any way of doing so here on campus, or don’t have people to play with on campus, Versus Gaming Center is there for you. All the way in Pompano, it’s a bit of a journey, but this place has a great sense of community.

Versus offers access to a lounge area that is outfitted with several modern console setups. Feel free to bring a group of friends and play video games for an unlimited amount of hours for $5. PC computer setups are available for $3 per hour. Another option is to access the entire facility with no time limit for $15. If you get hungry, Versus has snacks and beverages available for purchase at their front desk. The place is brimming with excitement, perfect for a night out with the homies.

If you’re more of a competitive gamer or just want to spectate some higher-level video gaming, there are weekly tournaments for various games like Overwatch, League of Legends, Street Fighter V, Super Smash Brothers Melee and Super Smash Brothers for the WiiU. Tournaments begin between 5 p.m. and 8 p.m. and run into the night.

Versus Gaming Center isn’t necessarily the best place to study, but once you’re free of responsibility, it’s a great place to let loose.

What you need to know about pets on campus

By: Gabrielle Thompson

The question of having pets in the residential halls at NSU does not out a “yes” or “no” answer. Daren Capirchio, associate director of Residential Life, and Jennifer Wilson, director of Student Disability Services, were able to give insight behind having animals in residential living.

Residential Life and Student Disability Services work very closely together to ensure the safety and comfort of anybody who could be affected by an animal in the residential halls.

“There are moving parts, and I think that our offices collaborate together as well as we can to be the best interest of the student who is identifying with this need, as well as the safety and concern of others,” said Wilson.

The current pet policy for the halls at NSU prohibits all animals except fish and approved service and emotional support animals. According to the Americans with Disabilities Act (ADA), acceptable service animals are non-breed-specific dogs and miniature ponies between 24-34 inches and 70-100 pounds. Support animals, however, do not have a limitation as to what type of animal they may be. As a handler of the pet, there are specific requirements and regulations that each person with a service animal has to comply by. This includes the proper cleanliness and hygiene of the animal, as well as walking and general care of the animal.

There is so much background work that goes into placing a student and their service/support animal in the halls. Not only does the student who owns the animal have to go through a process of getting approved, but there also has to be care when placing the student and their pet with others. Because most of the housing on campus is communal living, an important factor to be considered is how the nommies are going to feel about living with an animal.

“If you were to move into a suite and you had an animal and there’s four other people living in that suite, the conversation has to happen with everybody because maybe I’m highly allergic or I’m scared to death of dogs,” said Capirchio.

Each individual case is cared for in its own way.

“It really depends on the situation. It’s hard to give you black and white for every case,” said Wilson.

No matter what the case is, having a service/support animal can make a difference in somebody’s life, and Student Disabilities Services and Residential Life work together to make sure everyone is benefitting.

“At the end of the day, if Jen makes a recommendation to us, we’re going to do everything we can to meet that, no matter what the recommendation is,” said Capirchio.

For now, pets are strictly for those who are in need of a little extra help, but that doesn’t mean that we can’t get excited every time we see a dog walking around campus.
Push it to the limit: Balancing being a student athlete and reaching your career goals

By: Emilio Lorenzo and Emily Tasca

Emilio Lorenzo is the assistant director of career advancement in NSU’s Office of Career Development. He understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advancement team in NSU’s Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels.

Being a student athlete can be very time-consuming and stressful because it requires individuals to be independent and effective in balancing their responsibilities. This busy schedule can create challenges for student athletes as they must find avenues to develop the necessary skills needed for their field of study while still living up to the responsibilities associated with athletics. This does not mean that student athletes are at a disadvantage in the job search; in fact, many employers see the value they can bring because of the mindset, transferable skills and overall intangibles that are associated with involvement in athletics.

What do we mean by intangibles?

Intangibles are the characteristics and traits that are not as easy to recognize or quantify as hard skills. For example: work ethic is an intangible because it’s hard to quantify having a strong work ethic, however, being a student athlete helps that employer buy into you having such a skill set. If you wanted to convey to an employer that you are a person that can deal with challenges and has a strong work ethic, then using an example from your athletic background can help you quantify such intangibles. A student can explain how their work ethic reflects in their ability to recover from an injury and come out ready to compete. Alternatively, a student athlete can articulate their perseverance by providing details of a tough loss or a struggle they had of getting bench then responding to those challenges by putting in the hard work to improve, which led to their success. Your athletic experience can also highlight skills needed for most jobs, including time management. If you are a student athlete on the swimming team, explaining to an employer how you organize your day from waking up at 5 a.m. for practice to the daily grind of classes and other responsibilities will establish an ability you can bring to the table within a company.

Now that you understand the value employers place on intangibles, the next step is identifying avenues to leverage these intangibles and ensure they are properly presented to employers. As an athlete, you will also need to be perceptive in terms of identifying opportunities to develop other skills needed within your desired career path. Although time commitments make it difficult to hold a job or an internship every semester, an effective strategy while thinking outside the box for experiences can make the process much easier than it seems. One of the best ways to gain hands-on experiences as a student athlete is to identify the time of your sport will be in its off-season, which will provide a greater opportunity to participate in internships or other involvement. Considering most sports only have one time of year that they are in off-season, it is imperative that students plan strategically with ample time to apply and obtain the opportunity.

In addition to traditional experiences like internships and research, students can develop the skills needed to reach their career goals through their involvement in projects, competitions and organizations on and off campus. Seeking out strategic opportunities to apply skills and knowledge, like participating in a case competition, shows the employer that you as an applicant have a proactive mindset to take on more while bringing to life the hard skill sets you possess, such as developing a plan or pitching a new app. These hard skill sets can also be showcased in traditional manners by including classroom projects in your resume. Although these projects are not paid work, they still show experience that has direct correlation to the industry.

Being a student athlete also puts you in an advantageous position to get an employer to buy into your leadership abilities. Whether you were the team captain or just a member of a sports team on campus, you stand out from the pack because you exemplify the core values that make up a leader in your day-in and day-out grind. For example, as a member of a team you’re always supporting other members of the squad, putting the team’s needs first and ensuring that you live up to your commitments as a player and student.

A leader isn’t just one who motivates others but is one who lives up to his or her name through their actions. Being a student athlete and continuously striving for excellence, showcases the integrity and leadership qualities you possess. Overall, being a student athlete comes with its share of challenges. However, it’s how you respond to these challenges and leverage the intangibles that will show an employer and the outside world the value you can bring to their organization.

Tips to treat yo’self on a college budget

By: Jenna Kopec

Tsugumi Ohba once said, “College is fun like Ohba suggested, but it can wear you down. Coloring pages have made a comeback for free coloring pages whenever you may need. An excellent way to reward yourself. Good news: You don’t have to go to Target or Michael’s and buy perfect way to reward yourself. Good news: You don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to go to Target or Michael’s and buy perfect way to reward yourself. Good news: You don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to go to Target or Michael’s and buy perfect way to reward yourself. Good news: You don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankfully, don’t have to rob an Ulta for a good mask. Facemasks can be a great way to detox from your day and, thankful
Finding Fitness is more than just about scoping out the latest fitness trends; it's about finding exciting new ways to focus on the most important subject of any story: you. From extreme sports to strange and, sometimes, uncomfortable classes, this feature is all about finding the best fitness to maximize your health. Stay tuned to find out what new and exciting fitness endeavors are in the area.

What is POUND?

In POUND, working out meets rocking out. POUND incorporates specially weighted drumsticks, called Ripstix, and workout mats into a musical, rhythmic routine that focuses on conditioning, strength and cardio, according to the official POUND website.

According to Jennifer Rodriguez, a certified POUND instructor who has been teaching since August 2016, typical beginner classes are about 30 minutes long, while more advanced classes can be around 45 minutes.

Rodriguez said that typical 30 minute classes begin with a warm-up to loosen up the muscles; then move on to a routine where students are standing up and moving in a basic side-to-side movement with slow cardio and abominable exercises; then to a position on the mat to work the core, legs and arms from side to side; then to a position where students are lying on their backs to work their core, legs and arms; and a large position to do lunges and squats. The class ends with a cool-down. Rodriguez also said that as students become more familiar with the class, they can do more intense versions of the same movements.

Mars and Ripstix are usually provided for participants. Rodriguez said that POUND gives you a full-body workout to a variety of different kinds of music, from classical and heavy metal to R&B and pop.

“There is cardio involved, but there’s a lot of rhythmic movements. It’s like you’re a drummer in a band, but you’re using the sticks to work your muscles,” she explained.

During a POUND class, instructors will preview the next movements to show participants what’s coming up.

“POUND has very fast, explosive movements that help you improve your anaerobic capacity. So it’s kind of like hitting cardio,” Rodriguez explained. “You don’t realize you’re doing it, but you motivate and move with the music. You just feel like you’re in a band.”

POUND was created in Los Angeles in 2011 by Kirsten Potenza and Cristina Peerbenroth, who were both athletes and drummers, and there are now over 7,000 certified POUND instructors with classes in 35 countries, according to the workout’s website.

What are the health benefits and risks?

According to Rodriguez, POUND works on the legs, arms, glutes, and core, and also helps you increase flexibility.

“If you’re doing movements [in] 360 degrees, you’re constantly moving,” she said. “There’s no part of your body, except for maybe your toe, that you’re not working.”

Rodriguez explained that age or fitness level doesn’t inhibit anyone from taking a POUND class. She said that for every movement, there’s a variation.

“So if you have say somebody who is [older] and they’re not able to do squats or to bend certain ways, there are modifications for everything based on their particular level… There’s very flexible programming. There’s different rhythms,” she said.

As for health risks, although there are gentler variations for each movement, pre-existing injuries can be an issue, and Rodriguez recommended consulting a doctor before participating in POUND. She said that the only injuries she’s seen occur when someone lets go of a stick and it hits someone else.

What’s POUND like?

Rodriguez called POUND “empowering.”

“When you’re in front of the class and you’re banging drumsticks, you get the sense of a power move,” she described. “At that moment, you almost feel invincible and you don’t feel like you’re exercising; you feel like you’re drumming.”

According to Rodriguez, there’s not a lot of talking during class because participants are focused on the beat of the music, and the atmosphere in a class resembles the atmosphere at a really loud rock concert.

“You can feel the energy level immediately increase,” she said. “Everybody’s happy. It’s an amazing form of stress relief… No matter what has gone on in your week or your day or your life, when you’re in that class, anything that maybe bothered you or makes you feel a certain way, when you’re pounding, you’re taking out that aggression on it.”

Places to try POUND

The Art of Dance
153 S.E. 1st Avenue, Boca Raton, FL 33432

Tuesdays and Fridays at 6 p.m.

Thursdays at 7 p.m.

Saturdays at 9 a.m.

Peter Blum Family YMCA of Boca Raton
6631 Palmetto Circle South, Boca Raton, FL 33434

Thursdays at 7 p.m.
Sports

Athlete of the Week: Krystine Sora

By: Melanie Chapilliquen

Like many college students, Krystine Sora has to balance with the rigorous schedule of an athlete. She is a junior, majoring in marine biology and minoring in recreational sports management. An international student from Toronto, Canada, Sora currently holds the school record in the heptathlon, which she set last year.

When did you start track?
“I just started track in high school for club and the high school team in grade nine. I started with hurdles because I was a gymnast and everyone was like, ‘Hey, you’re a gymnast, why not do hurdles?’ And I said, ‘OK.’”

What made you switch from being a gymnast to running track and field?
“The multi-athletes are inspirational because they do a little bit of everything. They don’t just specialize in one, so I appreciate their training and how much hard work they have to put in. She’s overall an awesome person.”

What is your biggest challenge in terms of your sport?
“I think the biggest challenge, besides having practice at 6 a.m., probably for me it’s the fact I do so many different events that it’s hard to get in all the training.”

How are you able to balance that with being a full-time student?
“It’s hard and a lot of time management skills. It’s pretty hard because I have practice in the morning, weights sometimes in the middle of the day and practice in the afternoon as well. It’s a lot of scheduling, preparing and being organized.”

What is the biggest misconception people have about track and what would you tell them in regards to that?
“I think the biggest misconception is that people just think we run fast. It is so much more than that. People will be like, ‘Just run fast.’ I just want to say that there’s so much more that happens behind the scenes. With every sport, there’s a technique behind it and a lot of hard work — the nutrition, planning, meeting with coaches and setting goals. So we are all like the other sports, not just about running fast.”

On the Bench: Marlins sale would be cause for celebration

By: Treet Strafaci

Miami has a sports community that takes a lot in pride in teams with a long tradition of winning. The Miami Heat brought in three championships in 2006, 2012, and 2013, and the Florida Marlins, now the Miami Marlins, won two World Series in 1997 and 2003, during their first 10 years of existence. However, the Marlins’ success did not last long because Jeffery Loria did not want to pay to keep the team together. The Miami Marlins will be better after Loria sells the Marlins.

Since winning the World Series in 2003, the Miami Marlins have failed to make it to the playoffs. Loria bought the team in 2003 and promised fans he would keep the Marlins winning. The past has been unbearable.

Loria has sold off some young players that could have added experience and wins to a franchise that desperately needed it, and yet he traded anyone who even acted like a real ball player. Loria is an owner who is sometimes suffering a torn patellar in October 2014 that caused the star to miss six weeks, according to SI.com. Anthony averaged 23.2 points, 6.1 rebounds and 2.9 assists per game. Anthony is the only New York Knick to make the All-Star Game.

Tiger Woods announced he won't be playing this week at the Genesis Open in LA of the Honda Classic in Palm Beach Gardens, according to CBS Sports. His next scheduled start is at the first major tournament of the year, the Masters in Augusta, Georgia. Woods is looking to win this tournament for the first time since 2005.

Dolphins cut veteran Brandon Albert: The Miami Dolphins plan to release left tackle Brandon Albert, according to NFL.com. In 2014 Albert signed a five-year contract worth $47 million. At 32 years old, he has two years left on his contract. Cutting him will save him $7.2 million dollars for the Miami Dolphins. In his three years as a Dolphin he never played 16 games. Lamar Taylor, a 2016 first-round pick out of the University of Mississippi, is set to take his place.

New York Giants cut Victor Cruz: The New York Giants parted ways with wide-reciever Victor Cruz after six seasons, according to ESPN.com. Cruz was an undrafted free agent out of the University of Massachusetts. He spent most of his rookie year on injured reserve and then recorded back-to-back 1,000-yard seasons in 2011 and 2012. He recorded a huge touchdown reception in the Giants’ Super Bowl win over the Patriots in Super Bowl XLVI. Since the Super Bowl, he struggled with injuries by suffering a torn patellar in October 2014 that sidelined him the whole 2015 season. This past season he recorded only 39 catches for 586 yards and a touchdown.

Tennessee Titans look to hold out Marcus Mariota until camp: Titans management and coaching staff plan not to rush Mariota from a broken leg he suffered on Christmas Eve when they took 38-17 to the Jacksonville Jaguars, knocking them out of playoff contention, according to NFL.com. The No. 2 overall pick in the 2014 draft will be out until camp starts in July to rest from his injury.

Carmeelo Anthony set to replace Kevin Love in All-Star Game: Knicks forward Carmelo Anthony is set to replace Kevin Love in the NBA All-Star Game in New Orleans after a knee surgery that will cause the star to miss six weeks, according to SI.com. Anthony averaged 32.3 points, 6.1 rebounds and 2.9 assists per game. Anthony is the only New York Knick to make the All-Star Game.

Former Heisman trophy winner aims to return to NFL: Young officially retired from the NFL. Young has a five-year contract worth $47 million. At 32 years old, he has two years left on his contract. Cutting him will save him $7.2 million dollars for the Miami Dolphins. In his three years as a Dolphin he never played 16 games. Lamar Taylor, a 2016 first-round pick out of the University of Mississippi, is set to take his place.

MEN’S BASKETBALL
vs. Lynn
Boca Raton, Fla.
Feb 23 7:30 p.m.

MEN’S GOLF
Feb 22-28
vs. Armstrong State
Savannah, Ga.
Feb. 27-28

WOMEN’S BASKETBALL
vs. Lynn
Boca Raton, Fla.
Feb 22 7:30 p.m.

WOMEN’S SOFTBALL
vs. Barry
Miami Shores, Fla.
Feb. 24-25

MEN’S BASEBALL
vs. Eckerd
St. Petersburg, Fla.
Feb. 24-25

OUT OF THE SHARKZONE

February 21, 2017 | nsucurrent.nova.edu

No. 3 overall pick in the 2014

Do not hallucinate.
Chicago-based rapper Big Sean dropped his sixth studio album, "I Decided," on Feb. 3, selling nearly 150,000 copies during the album’s debut week. This is his fourth album since Kanye West signed him in 2007. Since then, Big Sean has been spawning a litany of mixtapes with the likes of French Montana, Kendrick Lamar, Lil Wayne and Nas — keeping up with the best by spitting rapid-fire lyrics.

In 2011, Big Sean dropped his first album, "Finally Famous," and his second, "Hall of Fame," in 2013. His third, "Dark Sky Paradise," and his second, "Finally Famous," and his second, "Hall of Fame," made the album worthwhile. On his guest appearance on The Tonight Show featuring Jeremih, and his familiar hit songs "Hall of Fame," "I Decided" is a beast in his own right, even up against "Lights Out Fire," with Eminem firing on all cylinders while spitting controversial lyrics to picking beats. This album encompasses a wide variety of sound, ranging from trap to R&B. Since then, Big Sean has been spawning a success story. This variety keeps the tracks from sounding the same, and encompasses Big Sean’s maturity, which is about “having that wisdom of an old man and having that wisdom throughout our path of life.”

Big Sean is a big talent and becoming a performer, as a singer, as an actor, as a dancer… I’m just going to work. I’m going to keep teaching, but I’m also going to be auditioning for professional companies down here. South Florida has a really awesome theatre scene with a lot of different companies and a lot of different styles of shows, and I want to get some credits on my resume and work with a few different directors and get experience as a professional actor. And then ultimately move to New York City and hopefully succeed there.

Big Sean delivers big on latest album
By: Scott Black

Detroit-native rapper Big Sean dropped his solid and unapologetic album "I Decided," Feb. 3, selling nearly 150,000 copies during the album’s debut week. This is his fourth album since Kanye West signed him in 2007. Since then, Big Sean has been spawning a litany of mixtapes with the likes of French Montana, Kendrick Lamar, Lil Wayne and Nas — keeping up with the best by spitting rapid-fire lyrics. This album encompasses a wide variety of sound, ranging from trap to R&B. Since then, Big Sean has been spawning a success story. This variety keeps the tracks from sounding the same, and encompasses Big Sean’s maturity, which is about “having that wisdom of an old man and having that wisdom throughout our path of life.”

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What's your major in theatre? What are you plans for after graduation? "I'm staying down here for at least a year or two... I'm just going to work. I'm going to keep teaching, but I'm also going to be auditioning for professional companies down here. South Florida has a really awesome theatre scene with a lot of different companies and a lot of different styles of shows, and I want to get some credits on my resume and work with a few different directors and get experience as a professional actor. And then ultimately move to New York City and hopefully succeed there.

What are your aspirations in life? "Well, my ultimate dream is of course to be working in New York. Ideally, on Broadway. Another one of my little childhood fantasies that has lasted for my entire life is to work for Disney as a performer, like on a cruise or with a tour of a Disney show, or even just being at Disney itself. Being at the Nemo musical at Animal Kingdom would be a dream come true."

What's your best memory at NSU? "It's not a specific thing, but just watching myself grow as a performer. For example, we have an annual Broadway Bash, and my first year in Broadway Bash as a freshman, it was really cool and really exciting... but then comparing that to my performance in my senior year Broadway Bash and seeing how I grew as a performer, as a singer, as an actor, as a dancer... it was just really neat to see how much progress I've made... Everyone has their doubts about how they're doing and who they are and if they are doing the right thing. Seeing the progress that I've made thanks to the amazing professors and directors I've worked with and all of the really, really supportive students around me, that is kind of my favorite memory."

Out of all the shows you've been in, what's your favorite? "It's a tie. I really, really enjoyed Broadway Bash this year... because I got the chance to showcase everything that I had worked on with some really awesome people and with some really awesome songs... I think my other favorite would be the one we're working on right now, 'Once Upon a Mattress,' which is going to be the last weekend in February. It's being directed by Margaret Ledford... She is such an amazing director... Every single time, she pulls things out of me that I didn't even knew were there, and I'm having so much fun with the production."

If you could give one piece of advice to the undergraduates in the theatre program, what would it be? "Have the bigger picture in mind. Don't get caught up in the little things. It's really, really easy to analyze every little thing you've done wrong, especially as a performer. We're so over-analytical, and we're so in tune with our emotions that it's too easy to get caught up in everything that goes wrong and to lose sight of the bigger picture and lose sight of who you want to be and who you really are. It's easy to forget that you're talented and that you deserve to be here and that you can do it. My advice would be not to get caught up in those little negatives and to keep the bigger picture in mind."
amazing and simple lyrics that you can dedicate the more romantic piano found in “You’re Gonna he has ever recorded. to start your day: the joy that blues brings is “Continuum” with “Moving on and Getting “Changing.” It focuses on how you never stop changing and when people judge you, just imagine, is all about love. “The Search for Everything: Wave One” was quietly released in January with three new songs. This EP goes back to his old roots, as Mayer gives us the soulful blues from “Continuum” with “Moving on and Getting Over,” which is a perfect song to jam to. This song talks about the difference between moving on and getting over – literally. Mayer brings out the song in the morning might just be the best way to start your day: the joy that blues brings is inevitable. This is ultimately my favorite song he has ever recorded. The style of the blues lyrics balances with the more romantic piano found in “You’re Gonna Live Forever in Me,” a beautiful song with amazing and simple lyrics that you can dedicate to someone special. It perfectly explains how no matter what happens, that special person will live forever in you. This song goes hand in hand with “Love on the Weekend,” as they’re both relevant and romantic songs perfect for a chill day at home, reading or just driving at night. The last song he released in this EP is “Changing.” It focuses on how you never stop changing and when people judge you, just remember you are always changing. It seems Mayer poured his heart out in this EP; as he Tweeted: “My heart’s racing. These songs represent literally hundreds of hours of living inside of these little worlds. And more to come.” His hard work paid off. Unfortunately, not everyone enjoys John Mayer. However, his work does deserve respect, as each of his albums are good. Most artits have their bad moments, but in Mayer’s case, even his worst album is great. I can’t wait to listen to the rest of “The Search for Everything,” because if the rest of his songs are like these first four, then this album will be remembered for years. Bravo, John Mayer.

Documents you don’t want to forget
By: Jenna Kopeck
@Jen_Kopeck

It’s no secret that a documentary can stir up a flurry of conversation. “Blackfish” and “An Inconvenient Truth” are perfect examples. A simple Google search with the title of the documentary is sure to lead you to the top-rated documentaries of 2017, but the best documentaries withstand the test of time. Here are five documentaries that have been covering topics and starting conversations for years.

“Miss Representation” (2011)
If you’re interested in exploring how media representation plays a particular role in our culture, then this documentary is for you. While “Miss Representation” came out in 2011, it still covers potent topics and even has a bit of political foresighting. With interviews with social psychologists, women who work in media, politicians, directors and even high school students, the film is a thorough and holistic glimpse into how the misrepresentation of women has hurt both genders.

“Louder Than a Bomb” (2010)
Love writing? Hate writing? It really doesn’t matter when it comes to “Louder Than a Bomb,” a 2010 production that follows spoken word poets and high school students competing in a Chicago poetry competition. While the film is centered around the contest and writing, it seamlessly tells the story of very different students from very different backgrounds who come and work together in one event. Since then, “Louder Than A Bomb” competitions have spread to other parts of the country, including South Florida. Give this documentary a try to explore the power that lies behind sharing your story.

“After Tiller” (2013)
Dr. George Tiller was assassinated in 2009, leaving only four doctors in the U.S. qualified to perform third-trimester abortions. “After Tiller” follows the lives of four of these physicians, who continue their practice despite the multiple threats they face. Whether pro-choice or pro-life, this film is bound to get you thinking and provoke some intense emotions, as it really doesn’t present a solution or suggestion as to what is right and what is wrong.

“Into the Abyss” (2011)
“Into the Abyss” also covers a controversial topic: the death penalty. While director Werner Herzog doesn’t try to hide the fact that he doesn’t believe in the death penalty, he doesn’t filter out any opposing views when he tells the story of Michael Perry and Jason Burkett. Perry and Burkett, as teenagers, were convicted of the triple murder of a suburban mother, her son and her friend. While the murders were gruesome and, overall, committed for no reason, Perry was sentenced to death, while Burkett was not. Herzog speaks to both inmates, their families, the families of the victims and the police to provide a whole picture.

Sometimes society thinks about isolation as an obscure reality that happens far away from everyday life. “The Wolf Pack” challenges that idea with its portrayal of the Angulo family, telling the story of six brothers and their sister who were locked inside their apartment in the Lower East side for most of their lives. While you may not get the entire story from why these kids were locked away in the first place, a large portion of the blames is assigned to the father and his paranoia surrounding society and the government. The film explores the family’s evolution after one of the brothers chooses to defy his father and leave the apartment. There’s no vocal narration in the film and yet there is still plenty said about human nature, resilience and family.

Most of these documentaries are available to stream on Netflix, except for “Louder Than a Bomb” and “After Tiller.” The former is available to check out from the Alvin Sherman Library and the latter is available on YouTube at youtube.com/watch?v=cMVYq_th724.

Who says fame isn’t genetic?
By: Rachael Hirstein
@RachaelHirstein

There are plenty of celebrities who were nobodies before they were discovered, but what about the stars born into the life of fame? Some just live off their famous parents and others use their status to make a name for themselves. Here are some children of actors that rose to fame of their own accord.

Carrie Fisher
Daughter of “Singin’ in the Rain” star Debbie Reynolds, Carrie Fisher made a name for herself mainly for her role as Princess Leia in the “Star Wars” franchise. She became an inspiration, not only to women, but to those suffering from mental health issues when she discussed her personal life and bipolar disorder.

Scott Eastwood
It’s no secret that Scott Eastwood has one of the toughest dads in the film industry ever, but Scott has taken his own path as his own person and as an actor. Starring in “The Longest Ride” and making a small appearance in “Suicide Squad,” Scott strayed away from the Wild West scene his father once occupied.

Jaden and Willow Smith
With both parents no strangers to the world of fame, Jaden and Willow Smith were introduced to the red carpet very early on and they had no trouble adjusting. Willow made a name for herself in 2010 with her hit song “Whip My Hair” and Jaden starred in the remake of “The Karate Kid” the same year. Jaden has also starred alongside his father in “The Pursuit of Happyness” and was featured in Justin Bieber’s song “Never Say Never.”

Angelina Jolie
Award-winning actress and mother of six, Angelina Jolie has definitely made her claim to fame. As the daughter of actor Jon Voight, Angelina had a head start in Hollywood. She unquestionably made a name for herself when she starred in many blockbuster movies, like “Mr. and Mrs. Smith” and “Maleficent.” She has also been named one of the highest paid actresses in Hollywood in the past.

Miley Cyrus
Daughter of the man with the “Achy Breaky Heart,” Miley Cyrus transformed herself from a Disney Channel sweetheart to an influential icon in the media in a matter of about 10 years. Breaking away from her “Hannah Montana” roots, Miley found herself by starring in “The Last Song” and experimenting with new sounds in music with songs like “We Can’t Stop” and “Wrecking Ball.” There is no doubt that Miley moved far beyond her dad’s country roots and made a name for herself in a much different way.

The children of all these stars have clearly chosen their own fate when it comes to success. They may have had an easier time making it big because of their backgrounds, but there is no denying they can hold their own in the fame industry.
Landscaping is the newest major at NSU

By: Britantasy Eyres

Due to increasing demand from students, NSU now offers courses in landscaping.

Branch Stones, sophomore, was part of the push to add landscaping as a major. A year ago, she decided to ask her academic advisor what she could do to be a part of all the landscaping around campus.

“I really enjoy seeing landscapers blowing leaves out of the pathways every day,” she said. “I want to get rid of the spider webs in the trees. I knew this was a career I could find myself in. So NSU needed to do something.”

Stones created a petition, and only a week later, she had all the signatures she needed to convince the school to start the program.

A survey sent out to high schools throughout the country indicated a large interest in landscaping as a career choice, which helped form NSU’s decision to include landscaping as a major. Many graduating students are now looking at NSU as a potential university to attend, which helps to achieve President Hanbury’s 2020 goal. President Hanbury was excited about the program.

“I really enjoy helping students reach their full potential,” Hanbury said. “The fact that they could do to be a part of all the landscaping with the hundreds of students on campus. NSU plans to buy $15,000 worth of landscaping equipment, including lawn mowers, weed whackers, shovels, gloves and seeds.

There will also be tracks to focus on within the landscaping major. Students who are more interested in the business side of landscaping can take classes to help build their landscaping empire. Students who are interested in the design of landscaping can take courses that look at some of the best landscapers in the world.

Many classes will incorporate field trips to Home Depot and Lowes for students to learn about the different tools needed and the different plants that can grow in the South Florida environment. Each landscaping major will have a required environmental science course.

A local high school senior, as well as a future landscaping major, Rosa Flores said, “I’m so excited a university finally has a major that I am truly interested in. I’ve looked all across the U.S. and couldn’t find one school that offers any sort of landscaping courses.”

Some students are disappointed that the major didn’t come along sooner. Environmental science student, Leif Grassy said, “If I wasn’t already so deep into my environmental major, I would definitely switch to landscaping. I still have electives that might just get filled with landscaping courses. This is exciting.”

NSU’s labs are lacking

By: Rachael Hirstein

NSU is a predominately science-centered university, and yet, the labs here are not up to par.

As a biology major, I spend about six hours a week in the lab for chemistry and biology, so I expected to have top notch labs, only to be disappointed. The rooms and materials were not the quality I had hoped for and I am not live up to my expectations.

The rooms, specifically in the Parker Annex, are insufficient when it comes to performing any sort of lab. The space is tight and cramped with 15 students and large stools in the way, and this makes handling chemicals and beakers extremely difficult and dangerous.

Students are in danger of bumping into each other, shattering glass and spilling acids on themselves or each other.

In my biology lab, the materials needed for the labs were almost always low in quantity, so the labs could not be completed efficiently and they had to be modified. The machines and materials used for the labs, like the crucibles and scales, were also old and not in proper shape to be used proficiently.

NSU’s labs are lacking in their full potential,“ Hanbury said. “The fact to attend, which helps to achieve President Hanbury’s 2020 goal, President Hanbury was excited about the program.

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For decades, the Ninth Circuit Court of Appeals has been and still is one of the most liberal courts in the nation and has continually put their political ideologies before the Constitution and federal law.

On Feb. 8, the court ruled the “Executive Order: Protecting the Nation from Foreign Terrorist Entry Into The United States in the Unconstitutional and is in accordance with federal law.

The Ninth Circuit Court’s decisions defy federal law

By: Steven J. Mandel

In this case, the plaintiffs sought to carry a concealed firearm for self-defense, but the City of San Diego denied their applications for a permit, claiming they did not show “good cause” to carry. In response, the plaintiffs claimed the city’s definition of “good cause” violates their Second Amendment right.

The Ninth Circuit ruled in favor of the city and stated “We hold that the Second Amendment does not preserve or protect a right of the general public to carry concealed firearms in public.”

The decision made in the two aforementioned cases are in line with liberal views on immigration, border security and gun rights. Coupled with the imbalance on bench and high overturn rate by the Supreme Court, the Ninth Circuit could be considered the most liberal court in the nation.

The Ninth Circuit’s consistent refusal to hear cases, Republican Sens. Jeff Flake and John McCain of Arizona introduced a bill in January to carve out six states from the Ninth Circuit in order to create a new 12th Circuit. The bill is titled “Judicial Administration and Improvement Act of 2017” and can be read at congress.gov/bill/115th-congress/ senate/bill/276/text.
Opinions

You live here, so walk

By: Celina Mahabir

Picture this: you live off-campus. You’re already having a rough morning. Your alarm refused to go off on time, but the hot water in your shower ran out the moment you turned it on and your car is low on gas. Even worse, there’s bumper-to-bumper traffic on the highway and it just so happens your first class is with your least favorite professor. At least it might be easy to find a parking space, right?

Wrong.

It doesn’t matter if you’re going to the parking garage in front of the Parker building, the UC parking lot, the Mainman parking lot or the DeSantis parking lot. You’ll spend a good half-hour circulating like a vulture for an empty space because the parking lots are stuffed with the cars of residential students. And the minute you think you’ve found one? Think again, because there’s a cute little red motorcycle in that spot you’re tempted to run right over. So you just keep driving until you end up in a parking space on the fourth floor of the garage or good mile’s walk away from where you need to be.

There are 1,287 parking spaces on campus. Well, maybe not that many, but there are definitely a lot. I’m sure commuter students agree that it’s frustrating when you have the longest morning only to be greeted by a parking lot filled with cars from students who refuse to walk across the street to campus. Nonetheless, some readers may be thinking, “Why are you complaining when it was your decision to commute from home in the first place?”

As commuter students, we should have access to readily-available parking spaces when we get to campus. We don’t have the luxury of calling campus our home or being able to cross the street in order to get from our bedroom to class. It is our decision to commute, but the time it takes for us to look for a parking space is unnecessary. Save the environment and ride a bike, walk, ride a skateboard or piggyback on your friend. The amount of time it’d take you or the gas you’d waste to get in your car and find a space of your own is not worth the thirty-second drive.

Overall, do commuter students a favor and try not to force us to park in the middle of Namibia by packing the lots like a game of Parking Mania.

By: Shennel Warner

With this season of “The Bachelor” coming to an end, the producers of the franchise wasted no time in letting the world know that Rachel Lindsay, a constant on this season of “The Bachelor,” is going to be the next Bachelorette. Although the early announcement came as a shock to everyone, the biggest shock has to be that after 12 seasons of “The Bachelorette,” the show is going to have its first African-American lead. This will definitely set the tone for many seasons to come and bring up the possibility of an African-American male leading a future season of “The Bachelor.”

For those who don’t know Lindsay, she is the woman who got the first impression rose from Bachelor Nick Viall this season. Since then, viewers watched her relationship with Nick develop as the weeks passed. Although it is now clear that she did not make it to the end, her down-to-earth personality made her memorable.

Even though the franchise has recently shown no hesitation when casting African-American contestants, having an African-American lead as the next Bachelorette will shed light on the perspective of African-American women trying to find love.

It’s no secret that black woman are deemed to be loud and aggressive. Lindsay will get the opportunity to break down those stereotypes and show that African-American women can be educated, soft-tempered and successful. Lindsay’s personality made her likeable on “The Bachelor,” and it isn’t a surprise that she made it as far as she did in the season. The beautiful lawyer can bring a lot to the table, and the guys competing for her heart are going to see why Nick was so smitten with her. She is a reflection of successful African-American women in the U.S.

This change will also add more diversity to the show. It’s good to see many colors represented on a show that the U.S. is so in love with. Watching someone’s love story unfold is a beautiful thing, and watching it from an African-American’s perspective is going to show that Lindsay is no different when it comes to finding love. We all want to find someone to settle down with.

Watching her find love is going to be a journey that no one will want to miss. As indicated so far on “The Bachelor,” Lindsay is a class act and will be a good representation of the first African-American lead on “The Bachelor.”

“Is NSU effectively using your tuition money?”

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