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The Current

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NSU swim teams win SSC championship

By: **Grace Ducanis**
@GraceDucanis

Both NSU's men's and women's swim teams took home the conference titles at the 2017 Sunshine State Conference (SSC) Men's and Women's Swim Championships, which took place Feb. 16-19 in Orlando, Florida.

According to NSU's athletics website, this victory makes NSU the only school in the SSC to have won the men's and the women's conference titles twice, once in 2017 and once in 2012. Swimmers Courtney DeVeny and Franco Lupoli were also named SSC Female and Male Swimmer of the Meet, respectively. Both NSU teams have now won three conference titles each.

Courtney DeVeny, junior business major and winner of the 2017 SSC Female Swimmer of the Meet award, competed in the 200-meter individual medley, 400-meter individual medley, 200-meter butterfly and 200-meter backstroke. She placed first in all four events. DeVeny said that the women's team thought they had a really good chance of winning going into the meet.

"Anything can happen, so you have to be prepared for anything," she said. "But, just from what the results showed, we were ready and prepared."

Marco Adalbe, swimmer and senior biology major, said that the men's team did better than he expected.

"I was impressed by everyone's results," he said. "I did better than I thought I was going



NSU's men's and women's swim teams after winning the SSC championship.

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to do, and people were able to step it up and surprise."

At the SSC championships, NSU's women's team competed against teams from Tampa, Florida Southern, Saint Leo, Lynn, Florida Tech and Rollins. The men's team competed against teams from Tampa, Florida Southern, Saint Leo, Florida Tech and Rollins.

Emma Wahlstrom, swimmer and senior business administration major, broke a longstanding SSC record in the 100-meter backstroke.

"I didn't know I [broke the record] until my coach told me after," she said. "It felt really good, and that's not my main event either, so it felt really good."

Wahlstrom said she thought going into the meet that both the men's and women's teams would win.

"We all came in with a very good attitude, and we were all very excited because we knew that both women and men had a good chance to win this year," she said. "We all knew that we could swim really fast."

Franco Lupoli, junior biology major and winner of the 2017 SSC Male Swimmer of the Meet award, competed with NSU at the SSC championships for the first time this year. He said that the most challenging thing about the meet was the fact that team members were swimming three or four individual races, in addition to relays.

Lupoli said the moment that stood out to him most from the competition was when the team won.

"We all jumped together to celebrate...both men and women," he said. "That was the most exciting part of the whole meet, obviously."

DeVeny said that she attributes part of the team's success to the new coaching staff.

"I think that really helped us a lot," she said. "It was much more of a positive atmosphere this year, and I think that the team came together better as a whole than what it has in the past. So I think that made a difference."

See **SWIM TEAM** on 3

UNIV1000 to change in fall semester

By: **Grace Ducanis**
@GraceDucanis

Fall may be the season of decay, but this fall may bring new life to UNIV1000.

Several changes will be made to UNIV1000, an introductory university class all freshman are required to take, before the course is offered again in the fall.

According to Leanne Boucher, associate professor of psychology and coordinator of the faculty team that plans the UNIV class, these changes will include aligning coursework across classes and introducing an overarching theme of identity and specific themes that relate to the professional strengths of the instructors, like wellness, neuroscience, music and marine science.

"I heard a lot of the negative constructive criticism that was leveled and leveled fairly at the course, and that's why we're changing it," Boucher said. "There was a lot of diversity across sections, and diversity not in a good way...so we're looking to rectify that."

On Feb. 8, the Undergraduate Student Government Association (SGA) passed a resolution to "continue to work with all freshman students and staff to get UNIV1000 prepared for next school year."

Freshman Council member and freshman theatre and legal studies major Jarod Harrington, who headed up the SGA legislation, said that the legislation was designed to ask for support from SGA to help faculty make the UNIV class better.

"There was such negative feedback from students and even some faculty who didn't like the class," he said.

Harrington said that he personally liked his UNIV class, but found that a lot of other students didn't. After speaking to students taking the class, he said he discovered that all of the courses were completely different classes. In one class, students were required to keep a Tumblr blog, in another students were writing essays every day, and in other classes students

visited different parts of campus, according to Harrington.

To improve the course, Harrington suggested reducing the class from 16 weeks to eight weeks and reducing the number of credits from three to one or two.

"There's only so much you can learn about how to be a freshman," he said. "A lot of us feel like 16 weeks is just unnecessary, and all the information you need...you can get the full experience in eight weeks."

Nicole Proto, freshman nursing major and freshman senator for SGA, said that many students spoke to her about their frustrations with the inconsistencies in the different classes.

"A lot of people didn't look forward to it. They hated waking up and going to that class. They didn't connect with their teacher," she explained.

Proto said that she recommends keeping the class at 16 weeks and having students learn

by visiting different resources on campus and writing about them, like she did in her UNIV class.

Boucher said, "Since this was the first time this class was taught, there's probably more stuff that needs to be adjusted than usual, but there's really nothing new about this process. It's a new class - we're changing stuff, we're keeping stuff that worked and we're getting rid of stuff that didn't."

According to Boucher, students won't realize how much this course has helped them until later on during their time at NSU.

"A lot of students go through their high school careers with one mindset and they come to college and it's really difficult...socially, academically, emotionally," she said. "So one of the purposes of this course...is to help students transition."

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NEWS ANCHOR

Stay up to date with international events.

81 arrested in overnight Chicago raid

On Feb. 23 and 24 the Chicago Police Department made 81 arrests for gun- and drug-related incidences, according to ABC News. Police Superintendent Eddie Johnson reported that the majority of the arrests were of previously convicted felons, documented gang members or identified as victims or offenders of gun violence. The Chicago police are currently looking for 40 more people.

President Trump won't attend correspondents' dinner

According to BBC, President Trump has declined to attend the Correspondents' Association dinner on April 29. He made the announcement through Twitter after some newspapers and broadcasters were excluded from a press briefing by the White House. This will be the first time in over 90 years the sitting president will not attend the dinner.

CDC finds fatal drug overdoses doubled

According to ABC News, the CDC found that fatal drug overdoses have doubled since 1999. This number has surpassed both the number of car accidents and suicides in 2015. The number of fatal overdoses multiplied from 6.1 deaths per 100,000 to 16.3 deaths per 100,000, which is greater than 13.4 suicides per 100,000 or 11.1 fatal car accidents per 100,000. In 2015, the states affected the most were West Virginia, New Hampshire, Kentucky and Ohio. Middle-aged adults were the main victims, especially people between the ages 45 to 54.

New Orleans parade crowd hit by truck

Twenty-eight people were injured in New Orleans during a Mardi Gras parade on Feb. 25 when a pick-up truck hit the crowd, according to BBC. One of the 28 was a police officer. The police arrested the driver who was suspected to be intoxicated. Terrorism is not currently being considered as a motive for this crime.

NEWS BRIEFS

Sexual assault reported in main campus residential hall

According to a Feb. 23 NSU Alert email, it was reported that an NSU student was sexually assaulted by a known acquaintance in one of the residential halls on the Fort Lauderdale/Davie campus on Feb. 19. In the email, the Public Safety Department asks that anyone who has information regarding a crime to call the Public Safety Department at 954-262-8999 or Davie Police at 954-693-8200. To review NSU's sexual misconduct procedures and policies, go to nova.edu/title-ix.

Athletic Training Program to host course

The Athletic Training Program at NSU will host "Prevention, Recognition, and Treatment of Exertional Rhabdomyolysis" from 6:30-8 p.m. on March 15 in the DeSantis Building, room 1052. This course is meant to inform clinicians about the proper treatment and release of athletes suffering from exertional rhabdomyolysis. For more information or to RSVP, contact Kelley Henderson at khenderson@nova.edu or 954-262-7901. The RSVP deadline is March 1.

Poetry and Spoken Word night sees fourth year

NSU's fourth annual "Let's Speak Truth Poetry & Spoken Word Night" is on March 10 from 6:30-8:30 p.m. in the Adolfo & Marisela Cotilla Gallery in the Alvin Sherman Library. For more information, contact Christie Williams at wchrist@nova.edu.

nova.edu or 954-262-2106, or LeThesha Harris at lethesha@nova.edu or 954-262-5476.

Sports nutritionist seminar

The seminar "Nutrition for Sports, Exercise & Weight Management: What Really Works—and Why" will be hosted by NSU on March 3 and 4 on the fifth floor of the Terry Building in the Chancellor's Dining Room at different times each day. Two speakers will attend: Nancy Clark and John Ivy. For more information, call 512-461-5407 or visit goo.gl/YoqOiv.

MEDLIFE hosts MEDTALES

MEDLIFE is hosting MEDTALES on March 16 from 7-9 p.m. in the Commons pagoda. The event will be about MEDLIFE's recent medical trip to Cusco, Peru. S'mores will be provided and donations will be collected for the MEDLIFE community in Cusco. For more information, visit goo.gl/OemyS0.

SLCE First United Church service trip

The Office of Student Leadership and Civic Engagement (SLCE) will take a weekday service trip to First United Church on March 29 from 9:30 a.m. to 2 p.m. Food bags will be provided for the Broward County community. Lunch and transportation will be provided and a spot must be reserved prior to the trip. To reserve a spot, visit goo.gl/1N5mcS. Attendance is limited.

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NSU, Holocaust museum hosts anti-genocide seminar

By: **Celina Mahabir**

On Feb. 23, NSU's Department of History and Political Science hosted an anti-genocide event in conjunction with the Washington D.C.-based United States Holocaust Memorial Museum (USHMM). Entitled "Fleeing Atrocities: Witnessing Perspectives," the seminar featured Holocaust survivor Alfred Munzer and Syrian immigrant Mouaz Moustafa.

The discussion was conducted by Naomi Kikoler, the director of policy and advocacy with the Global Centre for the Responsibility to Protect at the USHMM.

"We present these stories as a way to humanize these events for the audience," Kikoler said when introducing the two featured speakers.

The floor was then opened to Munzer, who briefly relayed his experiences as a child survivor of the Holocaust who was separated from his family at a young age. With his mother held captive as a worker at a German electronics factory and his father assembling rockets in

Austrian salt mines, his two sisters were sent to the Auschwitz concentration camp and were murdered shortly after.

Munzer was taken in by the Madna family in Indonesia, who agreed to raise him as their own and protect him from Nazi officials. The family grew fond of Munzer as a result, considering him to be one of their own until the Holocaust had passed. Munzer said that living in a post-genocide world became the norm for him, despite the fact that his only immediate family survivor was his mother.

"After the Holocaust, people said, 'Never again,'" Munzer said. "But we have seen one genocide after another. We have to somehow break that cycle by teaching our children not to hate."

Shortly after, Moustafa took over to narrate his experience as a Palestinian refugee turned Executive Director of the Syrian Task Force. With the assistance of a video produced by the USHMM and forensic photos taken following the attacks on major Syrian cities, he detailed his encounters with people who have lost



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Mouaz Moustafa (left), a Syrian immigrant, and Alfred Munzer (center), both spoke at the seminar about their experiences at the center of humanitarian crises.

family members and even escaped torturous imprisonment. Moustafa said that he acts according to the motto of the Syrian Task Force: "To save one life is to save all of mankind."

"They give hope to a very hopeless situation that's unfolding in Syria," he explained, elaborating on the belief of many Syrians that to leave their country is to surrender to the controversial Assad regime. He recounted his conversation with one man in particular, who

claimed they were fighting for their universal rights.

"[This is] something we in the United States take for granted," Moustafa said.

A major focus of Moustafa's is the children that are unable to attend school.

"An entire generation of Syrians is left without a proper education system," he said, ending on the idea that any form of assistance refugees receive can amount to a positive change. The case also cannot be transferred to the deliberation of the International Court of Justice (ICJ), as Russian delegates consistently veto the motion to do so.

Kikoler closed the seminar with questions from the audience, explaining that the Assad regime has violated every humanitarian law set forth by the United Nations (UN) and that the Syrian civil war is considerably the largest humanitarian crisis in history.

Both speakers pled with the audience to raise awareness on anti-genocide movements and to contribute to the changes that can be made in such controversial societies today.

SWIM TEAM from 1

According to Marco Adalbe, senior biology major, the previous head coach had a different mentality and different philosophy regarding swimming, training and competing, than current head coach Ben Hewitt.

“It obviously has worked,” he said. “It’s helped us step it up and win the conference meet.”

Adalbe set meet records in the 400-meter

individual medley, the 200- and 400-meter medley relay and the 800-meter freestyle relay. This is his fourth year competing at the SSC conference. He said for him, this year’s conference was the most exciting one he’s attended and that the swimmers and their families were more involved in the events than in previous years.

“We really supported each other... The

energy in our team was always very high, and we were always smiling,” Adalbe said. “Just that feeling of excitement was there, and you could hear the parents cheering for us. They were the loudest parents, obviously.”

The eight male swimmers and nine female swimmers from NSU who qualified for the NCAA Division II national championship on March 8-11 in Birmingham, Alabama are

currently training.

Wahlstrom, who qualified for the national championship, said she feels good about the upcoming competition.

“I just hope we swim really fast,” she said.

Lupoli is also training for nationals.

“While we’re definitely happy with our performance, we’re not satisfied,” he said. “We’re hungry for more.”



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THAT TIME I... APPLIED TO BIKE AND BUILD

By: **Liz Mazorowicz**

A few summers ago, my friend rode her bike across the country. She had a blog, some awesome Instagram pictures and incredible stories to tell about her summer with an organization called Bike & Build. As I followed her story, I realized that this was something that I wanted to be a part of. Beyond a good story, breathtaking views and an experience that the word 'adventure' seems too weak to describe, something about it really caught my attention. This year, I applied to spend my summer with Bike & Build.

Bike & Build is a nonprofit organization dedicated to cross-country bike rides that advocate and serve for the issue of affordable housing. Bike & Build sends teams of young people to ride a bike from the east to west coast and work with affordable housing organizations to build homes along the way.

Before I applied I had a fair amount of hesitation. To start, I didn't even own a bike. I do know how to ride one, but I imagine it takes more than the ability to balance to be successful on a cross-country bike tour. In May, I graduate with a master's degree in college student affairs. A summer with Bike & Build means a unique job search and not adhering to the traditional goal of finding a job that starts the day after

graduation. With the help of friends, family, coworkers and any stranger who would listen, it became obvious to me that any hesitation I had about Bike & Build would not be worth giving up the opportunity to be a part of a summer that aligned so closely with many values I stand for.

Because of a variety of factors, people nationwide face the issue of limited access to affordable housing. Bike & Build works specifically to create a place where fair and decent housing is available for all individuals.

Service is my go-to avenue to understand communities, social issues and how to create change. This need for understanding is coupled with a fascination for how non-profit organizations work. By nature, non-profit organizations are "gap-fillers." Non-profits see gaps defined by a community and create programs or resources to fill that gap.

I work as the graduate assistant for civic engagement in the Office of Student Leadership and Civic Engagement. In my position, I oversee our Sharks and Service Program and try to align students with an opportunity to explore how service can help people understand, fill or even eliminate a "gap" that they observe in the world. I know that every person has the capacity to create change, and for likeminded groups the odds are even greater. That understanding guides my work every day. This summer will give me



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Mazorowicz will spend her summer biking across the country to help build affordable housing.

a concrete opportunity to put my passion in motion and spend three months dedicated to volunteering and advocating for positive change.

In late December, days before the new year, I got an email welcoming me to the Central United States (CUS) Route for Bike & Build 2017.

My team and I have a lot of work to do before we meet in May. Bike & Build has built a comprehensive program to prepare riders to bike coast-to-coast, become educated on an important issue and get excited for the summer of a lifetime.

There are some non-negotiable pre-trip requirements that all riders must complete before the start of their route. To be eligible to start the CUS route at the end of May, I have to fundraise \$4,800, train 500 miles, complete 10 hours of volunteering with an organization that addresses the issue of affordable housing and participate in pre-trip curriculum surrounding the issue. In short, my preparation for this adventure is the most terrifying to-do list I have ever seen. Even though this list scares me, all the nervous energy I have about this summer is quickly crushed by a wave of pure excitement when I think about three months, 3,875 miles and one summer peddling for affordable housing.

I could not be more thankful to my friend for sharing her story or to the internet for allowing me to creep my way into conversations that led to one accepted application for an incredible summer. What is soon to be the best adventure I have ever had started with a gut feeling while reading a blog.

To learn more about Bike & Build and what my summer will look like or help me reach my fundraising goal, go to bikeandbuild.org and check out the Central United States (CUS) Cross-Country Route. If you have any interest in sharing this journey with me, find my blog at lizmaz.wordpress.com.

Caffeine: Friend or foe?

By: **Kerrigan McVicker**

For many, there is nothing like the smell of freshly-brewed coffee. For real coffee lovers, it is one of the first things they think about when waking up in the morning. Not only are people in love with the taste of coffee, but some are addicted to the caffeine that is in every sip.

According to the FDA, 80 percent of U.S. citizens consume some form of caffeine daily. We rely on it to wake us up, keep us focused during the day and help us finish long nights of homework. Universities understand the need for the drug too, as many coffee drinks, sodas and energy beverages are readily available in coffee shops and small convenient stores throughout college campuses. Because of the many sources of caffeine readily available on a daily basis, it can be difficult to shake the addiction.

How to know if you're hooked

According to everydayhealth.com, if you cannot go through a morning or early



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Many people rely on caffeinated drinks, especially coffee to get through their day.

afternoon without a pick-me-up of some form, you're probably addicted to caffeine. The National Institute of Health (NIH) advises that a few cups of coffee a day is suitable, but frequently overloading your caffeine intake is not highly recommended. Moderation is key for achieving a healthy diet; for that reason, caffeine consumption should be taken into consideration.

The consequences of caffeine

Marilyn Gordon, a registered dietitian nutritionist and a certified specialist in sports dietetics at NSU, said caffeine is a stimulant that tends to increase heart rate, blood pressure and mental alertness, which is why people use caffeine to wake themselves up and intensify their focus. However, consuming too much caffeine can cause one to become jittery, anxious or sweaty. Also, many people's bodies respond differently to caffeine, so those who have heart conditions may experience heart irregularities.

How to kick a caffeine addiction

Because caffeine is a drug, cutting a caffeine addiction is not a pleasant experience. The two most common methods of kicking a caffeine dependence are the cold turkey method, or completely stopping caffeine consumption, and weaning, or reducing consumption.

"If one goes cold turkey, most people

will report that their head feels like it is going to explode off of their shoulders, so it can be painful," Gordon said.

People can also experience grogginess and an inability to focus on what they are doing. Instead of going cold turkey, Gordon suggests to slowly withdraw from the drug by reducing caffeine intake over a period of time. This process, known as weaning, will allow caffeine abusers to have their daily fix, but in increasingly smaller amounts over time. If this is done right, the person will adjust to a new routine and ultimately kill their caffeine addiction.

Do not be alarmed. Your morning cup of coffee will not be a large detriment to your health. However, it is important to recognize how much caffeine you are consuming along with the effects it can have on your health.

By: **Jenna Kopec**
@Jen_Kopec

So, you want a summer internship?

Eva Chen, editor-in-chief of Lucky Magazine, told Huffington Post in 2014 that her advice for young people was to "study what you love and intern in what you love to do." It seems like universities and employers are in agreement with her. You'll be hard-pressed to find a student who hasn't been told how important internships are.

"It adds a lot of hands-on experience. A lot of employers are pushing that experiential learning and the university is pushing that as well. It also helps you to see if that's something you really want to pursue," said Emily Dahlin, coordinator of campus relations and student outreach in the Office of Career Development.

But if you're looking to plunge into the wide world of internships, it can be tricky to figure out where to start. Whether you're looking for an internship for this summer or just want to be prepared for the moment you are, here are some internship basics.

Where should I look for an internship?

Dahlin said Career Development's go-to for finding internships is Handshake. This is the database where they store all internship and jobs that come through their office, and the database open to all NSU students. A major benefit to this system is that the office vets each job and internship, so you'll know it's legit.

Career Development also hosts a Career and Internship Expo each semester. This semester, the expo will be held April 6. But you have more resources than Career Development.

"[Consider] using your professors and the organizations that you're involved with," said Dahlin.

These individuals, especially those who work in the field, may be able to direct you to new openings and positions.

What should I know about the application process?

The application process can seem straightforward, especially if you already have a

resume and cover letter. Dahlin said not to rush on submitting an application, though.

"Don't apply to anything if you haven't had someone look at those documents [your resume and cover letter]. Those documents represent you," said Dahlin.

Students should also be strategic about when they apply to an internship.

"You're on their timeline once you apply," said Dahlin.

For that reason, students should choose to reach out when they know they'll be able to work with and respond to the company promptly and effectively.

Should I aim for paid internships and avoid unpaid ones?

The idea of unpaid labor may sound discouraging and daunting. Some sources, like BusinessInsider, have even said that unpaid internships are a mistake. That isn't always the case. Dahlin said students shouldn't stray from an internship that goes unpaid because they may

get a more valuable experience.

"Open up to both of them. You might get a really great internship experience but you might not get paid for it," said Dahlin. "The amount of experience that you could get out of it would be more than a paid experience."

Internships can be stressful when you're on the hunt, but they can also be a great way to learn about your career field. These tips could make the process of finding an internship a little easier, and once you find one don't be afraid to chase another.

"Try to get as many internship experiences as you can. The more hands-on experience that you have, the more marketable you can make yourself," said Dahlin.

For more information on resumes, cover letters and the internship application process, contact the Office of Career Development at 954-262-7201.

Modern-day women making history

By: **Bianca Galan**

Throughout history, powerful women have helped to make this world the world we know. Women, like Mother Theresa, have made global changes, and there are many world-altering women in the modern era. Individuals like Michelle Obama, Ellen DeGeneres and Malala Yousafzai have the power to make amazing changes in different communities and generations and are inspiring NSU students today.

Michelle Obama

In addition to being an Ivy League graduate, Obama is a lawyer and worked in the private sector. Obama was also our country's first black first lady. She took initiatives on health, education and community while serving as the first lady. According to Forbes, Michelle brought attention to the childhood obesity epidemic, creating "Let's Move!" in 2010.

Claribel Hernandez, sophomore computer science major, said that she admires what Obama has accomplished during her eight years as first lady.

"I can honestly say that I am amazed at

Michelle's success from the beginning of her job as the first lady," she said. "She is a great role model and has [been a] great impact to everyone."

Obama affected many girls' and women's lives. As stated in the Huffington Post, she used her platform as first lady to effect real change for women, including the "Let Girls Learn" initiative. Michelle and Jill Biden together launched Joining Forces, which is an initiative to help provide veterans, active military service members and their families with access to education, employment and wellness programs.

Ellen DeGeneres

DeGeneres is arguably one of the biggest gay/lesbian role models there is. DeGeneres is a talk show host and comedian who started as a stand-up comedian performing at coffee houses and clubs before hosting her sitcom "Ellen."

DeGeneres came out as a gay woman in 1997 on the Oprah Winfrey Show, and shortly afterward so did her sitcom character on "Ellen."

On Nov. 22, former President Obama even gave DeGeneres the Medal of Freedom.

He said, "It's easy to forget now, when we've come so far, where now marriage is equal under the law, just how much courage was required for Ellen to come out on the most public stages almost 20 years ago."

"The Ellen DeGeneres Show" was created soon after in 2003, according to the Famous People, a database of celebrity biographies. Through her talk show, Ellen has helped others achieve their dreams. According to SheKnows, DeGeneres has donated \$500,000 dollars to Spain Elementary School in Detroit to rebuild the school, gave a military family living in poverty \$50,000 and has done many valuable things for others.

"I think Ellen is a wonderful human being, who has a huge heart. I love how she gives amazing opportunities to people from all around the world and gives back to the community in endless ways," said Sneha Chawla, sophomore athletic training major.

Malala Yousafzai

Malala Yousafzai said, "When the whole world is silent, even one voice becomes

powerful."

Yousafzai is a 19-year-old Pakistani activist for female education. After being shot at age 15 on her way to school, Yousafzai survived and wrote a memoir called "I am Malala: The girl who stood up for education and was shot by the Taliban," in which she explains how she fought for girls' education.

Yousafzai has won many awards, including the Nobel Peace Prize, the Goodreads Choice Award for best memoir and autobiography and the United Nations prize for human rights.

"I think that Malala really inspires others with her example. Not everybody goes through something so big and takes it the way she did. Winning a Nobel Prize at such a young age is not an easy task," said sophomore biology major Valentina Magdaleno.

Even though only three women are mentioned here, there are many others like them that are making history in their own ways, whether we are aware of it or not. While women may not have had much of a say in the past, their voices today are being heard louder than ever.

Anxiety around exam time

By: **Brittany Eyres**

Study rooms are booked full. Students spend late night hours in the University Center. Every seat in the library is taken. As midterms approach, anxiety may be running high. Merriam-Webster defines anxiety as a feeling of worry, nervousness or unease, typically about an imminent event or something with an uncertain outcome.

According to the American Psychological Association, anxiety and other mental illnesses have increased in college students since 2003 and are continuing to increase every school year.

Defining anxiety

There are two types of anxiety, according to the APA. Everyday anxiety, which everyone experiences at some point in their life, and anxiety

disorders, which can include everything from social anxiety to panic attacks to agoraphobia to separation anxiety to specific phobias.

According to the Anxiety and Depression Association of America, anxiety is very treatable, but only one third of U.S. citizens seek some sort of treatment, and people are likely to be diagnosed with both anxiety and depression, rather than just one or the other.

The stress to get good grades on midterms and finals, along with keeping up a strong GPA and having a social life during college, are a few factors that can contribute to having anxiety.

Anxiety on campus

In spring 2014, a Penn State study found that anxiety had passed depression for the

highest rate of mental illness in college students. The most common factor that causes anxiety in college students is grades.

The study found that students believe future employers will look at their grades when considering them for employment. This can lead students to become sleep deprived, pick up poor eating habits and even take performance-enhancing drugs that aren't prescribed to them to help during exams.

Managing anxiety

"Self-care, exercise and time management are the best ways to cope with anxiety," said Debra Futterman, the director of Henderson Student Counseling.

Futterman said she encourages staying in

the present and thinking, "What can I do now?" rather than worrying about the future.

"Not all anxiety is bad," added Futterman. "Anxiety is bad is when it becomes unmanageable."

According to healthline.com, when anxiety starts to hinder your normal day-to-day activities, this is when things become unmanageable. If you start to avoid things that you are afraid of, this is another sign that your anxiety may be unmanageable.

With the right knowledge, anxiety can be managed. If you're unsure about how to manage anxiety, contact Henderson Counseling services at 954-424-6911.

Success Coach

Midterms are here

By: **Samantha Yorke**

Samantha Yorke is an assistant director and success coach for the Office of Undergraduate Student Success at NSU. She earned her Bachelor of Science degree in psychology from the University of Central Florida and her Master of Science degree in higher education from Florida State University. Samantha is a proud Floridian with a passion for empowering others.

It may feel like the semester has only just begun, but midterm season has officially arrived. Do not fear, though, for there are many strategies that you can use to best prepare for exams.

Check your syllabi to see when your midterm dates are, then write them down in your planner or calendar. Set reminders for midterms on your smartphone.

Make a study schedule. Set aside

hours where you can study the material for each course. Break down the material into smaller, easy-to-digest sections.

Practice old examples and read old notes to refresh your mind on what you learned early on in the semester up until this point. Looking back at various chapters and topics may jog your memory on what you considered more difficult and want to spend more time on for midterm prep.

Create a study group to discuss course topics and test each other on examples. Practice teaching and testing your friends to see how well you know the material, and let them test you as well. Make these study group sessions a part of your schedule so that you and your group stick to the date and time you selected.

Schedule an appointment with the Tutoring and Testing Center at NSU for

tutoring assistance. Attend Tutoring Tuesdays, One-On-One Tutoring or Sharks Helping Sharks for varying supportive environments with trained tutors.

Meet with your professors and see if they have any study tips or advice in preparation for exams. Go to their office hours, which can be found on your syllabi, chat before or after class or simply email them with questions or concerns.

Make sure you are dedicating enough time to sleeping and eating well for a healthy mind. Work-life balance can be difficult, but sleep and proper nutrition will help significantly with your stress.

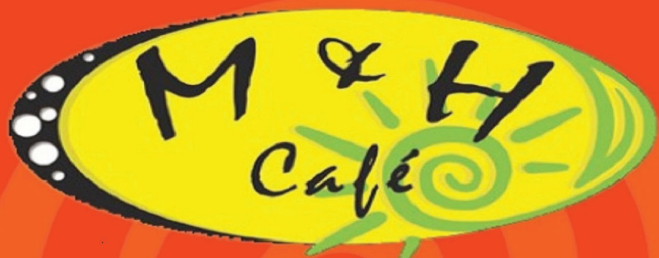
Remember to take deep breaths and relax. If you feel overwhelmed, the Henderson Student Counseling Center is available to speak with you.

Find time for yourself. Go to an event

hosted by Campus Life and Student Engagement or connect with Student Leadership and Civic Engagement at NSU. It is essential to feel balanced with fun and work to promote a healthy lifestyle and mindset.

Consider speaking to an academic success coach with the Office of Undergraduate Student Success, where you can build a study schedule and learn effective study strategies. These coaches can also connect you to additional success support systems and resources at NSU.

At NSU, we want you to accomplish your goals and succeed in your courses. The resources and tips listed above are just some of the many opportunities available to you. It is up to you to take initiative to connect with these resources and collaborate on your goals. So... why are you still reading this article? It's time to start preparing for success. Best of luck, Sharks.



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OUT OF THE SHARKZONE

Trades are a part of the business

Before All-Star weekend ended, DeMarcus Cousins, former Sacramento Kings center, was traded to the New Orleans Pelicans. In an interview with ESPN's "The Undeclared," Cousins said he was blindsided by the trade after speaking with Kings' owner, who assured him three weeks prior that he would not be traded.

Magic Johnson, the new executive in L.A.

Magic Johnson, a former L.A. Laker himself, settled into his new role this week as president of basketball operations. NBA.com reported in an interview on

Spectrum SportsNet, the Lakers' television network, that Jeanie Buss, Lakers' owner, apologized to Lakers fans for waiting too long to make decisions regarding the Lakers' future. Johnson has been a familiar face within the Lakers' organization since retiring as a Laker in 1991.

Braves sign ex-football player to minor league

The Atlanta Braves have announced that they're signing ex-NFL cornerback Sanders Commings, 26, to a minor league, according to Yahoo Sports. Previously, Commings played for the Kansas City Chiefs. He has not played baseball since

his high school years. Yahoo Sports theorizes that this deal will be compared to Tim Tebow's career switch from football to baseball.

Hawks suspend player for missing practice after visa complications

The Atlanta Hawks suspended point guard Dennis Schroeder for one game after he missed practices on Feb. 22 and 23 due to a delay with his visa, according to ESPN. Schroeder had returned to Germany following the All-Star game, but ran into trouble when he had to go to Berlin to obtain a new visa. For missing practice, the Hawks suspended him from the Feb. 24

game against the Miami Heat, replacing Schroeder with Malcolm Delaney in his first career start.

Patriots tight end ready for 2017 season

ESPN reported that Rob Gronkowski, the New England Patriots tight end, is ready for the 2017 NFL season after major back surgery in December, which kept him from playing during the rest of the 2016 season. Gronkowski's injury, eight games into the season, was the result of a hit during a Nov. 13 game against the Seattle Seahawks. The tight end has had eight surgeries during his NFL career.

SPORTSSHORTS

Baseball

No. 1 ranked NSU baseball took home a 19-16 win against Flagler Feb. 21 despite allowing nine runs in the sixth inning. Senior infielder Dylan Woods had a three-run triple in the eighth inning to seal the win for the Sharks.

Men's Basketball

In a heartbreaking 68-72 loss against Lynn University Feb. 22, NSU men's basketball said goodbye to its longtime coach, Gary Tuell. Senior Harrison Goodrick played in his final game, scoring a team high of 18 points. Five players reached double figures in an emotional final game for the men's season.

Women's Basketball

Within the first five minutes, the Sharks had an 11-0 lead against Lynn University. Despite a 14-8 run by Lynn University, the Sharks still came out on top with the 65-58 win. Junior Christen Prasse led the Sharks with a game high of 20 points. Senior Samantha Logan recorded her second double-double, which contributed to the win.

Softball

The softball team continued their winning streak, adding two more wins in a double header Feb. 21 against Kentucky State, winning 8-0 and 9-4. The first game was a shut-out with NSU scoring eight runs. Pitcher Lexie Storrer pitched six innings, improving her record to 3-3. She struck out six batters for Kentucky State and only allowed two runs.

In the second game, Kentucky State gave NSU a run for their money. Sophomore pitcher Erica Winter recorded her second win of the season, allowing four runs on eight hits with six strikeouts in seven innings pitched.

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"WE FOUND THIS GREAT LITTLE PLACE!"

Athlete of the Week:

William Glesge

By: **Trent Strafaci**



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Glesge was named Peach Belt Conference Field Freshman of the Year in 2016.

William Glesge, sophomore exercise science major from North Port, Florida, competes as a thrower on the men's track and field team. Glesge brings a lot of great experience to NSU. He threw the discus and the shot put for four years at North Port High School and was a district and regional champion in 2014 and 2015, respectively. He holds North Port's all-time discus record at 162 feet and 8 inches. As a freshman in 2016, Glesge competed in all four throwing events for NSU and was named Peach Belt Conference Field Freshman of the Year. He finished fourth in the shot put with his best throw at 13.01 meters and third place in the discus at 41.55 meters.

When did you start track and field?

"I was just turning 12 years old when I started. So around 8 years ago when I was just going into seventh grade."

What is your biggest accomplishment in track and field?

"Well it has to be, for me, probably competing for arguably one of the best teams in the state of Florida with some of the best athletes around. The other accomplishment has to be me

coming from nothing growing up and becoming a college athlete because not a lot of people get to experience being an athlete in college. I like to stay humble with the whole thing."

What is the biggest challenge of being a student athlete?

"Time management is the thing that is challenging because we [have] 6 a.m. practices, going to class, schoolwork and preparing for

competitions. These are some of the challenges we sign up for as college athletes and we know it is going to make us better in our future endeavors."

What would you like to tell people who think track and field is only about running?

"In high school a lot of kids who ran track would see a lot of us... throwing and jumping and they would joke around and say it looked easy. Some of my teammates would try it for the first time and say it is a lot harder than it looks. I love throwing and there is much that goes into throwing that people don't understand because you have to be aware of yourself in space, and a lot of hand-eye coordination goes into it."

Is there any athlete you look up to?

"There are a lot great throwers I look up to and base my technique off of, but my favorite has to be the Harding brothers from Germany. [They] are some of the best discus throwers in the world."

What do you plan on doing after your time is up at NSU?

"I plan on enlisting in the Marine Corps because it has always been a goal for me [since] I was younger."

On the Bench:

The Cleveland Indians will win the World Series

By: **Trent Strafaci**

I'm not good with predictions, but I figure I can be just as good as a weatherman, so I've predicted the 2017 World Series. How does a rematch sound? While it is only the start of spring training, the excitement is building, as we wait to see if the Cubs and the Indians end up in a "Series Battle," and I predict that the Cleveland Indians are going to win the World Series in 2017.

Remember last year when the Cubs stormed back from a 3-1 World Series deficit and won Game 7? That was probably one of the greatest baseball games in history. The Cubs in Game 7 were up 5-1 and then the Indians made a serious comeback. It took everything the Cubs had to hold off the pesky Indians. The 10th inning proved to be the magic for the Cubs.

I don't know if the 2017 World Series

will have the same drama and excitement of 2016, but I predict the Cleveland Indians will win it this year. Based on the players returning from injuries, the free agent additions, and the sweet taste of revenge, the Indians are more than a legitimate contender. The key injuries of left fielder Michael Brantley, who chalked up 35 home runs with 38 stolen bases in 40 in 2014-2015, missed all of the 2016 season with a shoulder injury, which affected the Indians' chances. But the biggest injury had to be to their No. 2 pitcher Carlos Carrasco, whose hand injury knocked him out of starting position for the playoffs.

The sour taste of defeat left the Indians scrambling to fill in the holes. The addition of designated hitter Edwin Encarnacion from the Toronto Blue Jays gave almost unlimited power

to an already-scrappy lineup. Encarnacion consistently produces an on-base percentage of .350 or better every year and a career slugging percentage of .498. Encarnacion promises to light up the field with his bat.

I am not dissing the Chicago Cubs, but the hype around the Cubs came from the fact that the Cubs had not even won a pennant since 1945 and had not won a series since 1908. Ninety-nine years has got to be a record drought, so everybody was rooting for the "poor Cubs," and they proved they had the right stuff.

But my prediction remains the same. It will be Cleveland all the way, and what's more I am taking the leap of faith and saying Cleveland will be close to the top for the next three to four seasons. Let's hope a rematch will be as entertaining as the first series.



ON DECK

MEN'S BASEBALL

vs. Lynn University
Boca Raton, Fla.
March 3 | 2:30 p.m.

vs. Lynn University
Boca Raton, Fla.
March 4 | 11 a.m. and 2 p.m.

vs. Notre Dame College
NSU Baseball Complex
March 6 | 4 p.m.

vs. Felician
NSU Baseball Complex
March 7 | 6 p.m.

MEN'S BASKETBALL

SSC Semifinals/
Championship
Daytona Beach, Fla.
March 4

MEN'S GOLF

Armstrong Private Invitational
Savannah, Ga.
Feb. 27-28

Southeastern Collegiate
Valdosta, Ga.
March 12-14

MEN'S SWIMMING

NCAA Division II
Championship
Birmingham, Ala.
March 8-11

WOMEN'S BASKETBALL

SSC Tournament First Round
March 1

SSC Semifinals/
Championship
Daytona Beach, Fla.
March 4

WOMEN'S GOLF

Peggy Kirk Bell Invitational
Winter Springs, Fla.
March 13-14

WOMEN'S SOFTBALL

vs. Saint Leo
AD Griffin
March 3 | 6 p.m.

vs. Saint Leo
AD Griffin
March 4 | 1 p.m. and 3 p.m.

vs. Auburn Montgomery
Montgomery, Ala.
March 7 | 1:30 p.m. and 3:30 p.m.

WOMEN'S SWIMMING

NCAA Division II
Championship
Birmingham, Ala.
March 8-11

Staff Picks: Ultimate spring break plans

By: **The Current Staff**

Spring break is quickly approaching, and while it can be hard to finance the ultimate spring break on a college budget, our staff has some creative ideas for how they would like to spend the break.

Jacqueline Lytle, co-editor-in-chief, said:

"While my bank account may not agree with me, I'd really like to venture out and explore different parts of Florida. Disney World is obviously on the list because, well, Eeyore and Epcot, but I'd also like to find some trails to hike or springs to swim in. Any beach would also suffice. I live in the sunniest state, and I'm white as heck."

Rachael Hirstein, news editor, said:

"This spring break I want to go on an adventure to somewhere I have never been before, but I also want to keep the adventure inexpensive. I want to grow closer to my friends in the process. This is coming true because I am traveling with a few of my friends to New York

for spring break, and it isn't breaking the bank. We will be spending time learning about each other, while exploring the Big Apple and other locations in the state. I am more than excited to fulfill this desire."

Grace Ducanis, co-editor-in-chief, said:

"I love seeing new things, but I also want to set aside time this spring break to relax. A day trip is the perfect solution - it lets me feel like I'm traveling without the hassle of a huge time commitment or depleted funds. I can explore a new place during the day but return home at night to indulge in some mindless television. There are so many cool places in South Florida that I don't usually have time to explore, and spring break is the perfect opportunity to both get out of my comfort zone and stay inside the house."

Nicole Chavannes, copy editor, said:

"Over spring break, I would love to just be a hermit and stay at home for the entire week. I

want to dive into a pile of blankets and watch a marathon of a different movie franchise every day. First Harry Potter, then Lord of the Rings, The Hobbit and Star Wars. I would finish it off with another Harry Potter day because you can never have too much of the Wizarding World. Those are my #goals for spring break."

Danielle Pucillo, multimedia manager, said:

"For spring break, I'd like to take my time to reconnect with nature and indulge in some solitude to do some introspective thinking. While I enjoy going out for a good time with friends, I've never been the type to party heavily over spring break. I consider it a time to rest and recharge."

Trent Strafaci, sports intern, said:

"I have to say the one thing I would like to do over spring break is go to Key Largo for a couple days to play golf, then to the beach to hang out and my boat to fish for yellowtail snapper. If the weather is not

windy, I'll go for some Mahi Mahi and tuna."

Jeweliana Register, arts and entertainment editor, said:

"My ideal spring break is spending the week back home. While my hometown is not super exciting, it will be nice to spend time with family and friends for a week. Not to mention the fact that home is where all of the delicious southern food is."

Jenna Kopec, features editor, said:

"This spring break I'd like to fly to Rome, eat authentic pizza next to the Leaning Tower of Pisa and FaceTime with someone in Paris. I'd also like to fall in love "Letters to Juliet" style before winning the lottery and winning a Nobel Art Prize. Unfortunately, I am very bad at preparing for these things. So I'll probably just drink lots of coffee, shop and tell my best friend everything I know about Socrates."

Emo bands to binge on

By: **Rachael Hirstein**
@RachaelHirstein

Music is a go-to source for most people when they are studying, working out or even going through an emotional time, and what's better to listen to than emo, punk-pop music? Here are some great bands to listen to if you're going through a phase.

Never Shout Never

Formed in 2007 in Joplin, Missouri, Never Shout Never is a band with songs that draw the line between acoustic and emo, according to Billboard. The band started with a single artist, Christofer Drew, and has expanded since. Never Shout Never's seventh album, "Black Cat", was released in 2015, and this spring they launch their Throw Back Tour 2017. For tour dates and locations, visit goo.gl/XSHhHH.

We The Kings

According to Billboard, We The Kings is an emo-pop band from Bradenton, Florida, best-known for their hit song "Check Yes Juliet." The band formed in 2005 and consists of four members: Danny Duncan, Travis Clark, Hunter Thomsen, Charles Trippy and Coley O'Toole.

They are touring once again with Cute Is What We Aim For for their 10-year anniversary, according to Alternative Press. The dates and locations can be found at goo.gl/ArXkic.

Green Day

Green Day is a punk-pop band of three members – Billie Joe Armstrong, Tre Cool and Mike Dirnt – formed in Berkley, California in 1988, according to Billboard. In October, Green Day released their twelfth studio album "Revolution Radio", and they will be going on tour in the spring. For more information on tour dates and locations, visit greenday.com/tour.

blink-182

According to Billboard, post-Green Day, blink-182 was the most popular band of the punk-pop era. They formed in 1992 in Poway, California. Known for their humorous songs and music videos, blink-182 has performed hit songs like "All The Small Things," "I Miss You" and "What's My Age Again?" The band originally consisted of the three members Mark Hoppus, Tom DeLonge and Travis Barker, but has since

replaced Tom after he left with former Alkaline Trio singer, Matt Skiba. The band released their album "California" last spring. They are going on tour this spring and the dates and locations can be found at blink182.com/tour.

All Time Low

Formed in 2003 in Baltimore, Maryland, All Time Low was first a high school cover band before transforming into an emo-pop band, according to Billboard. Their greatest hits include songs like "Dear Maria, Count Me In" and "Weightless." Their new album, "Last Young Renegade," is now on presale and they will be selling tickets in the beginning of March. The tour dates, locations and album presale can be found at alltimelow.com.

It's okay to feel a little emotional every once in a while, and listening to these bands is the perfect way to relieve your angst. Break out the black eyeliner and fringe bangs and listen to these fire emo bands during your next jam session.

OFF SHORE CALENDAR

"Disney's The Little Mermaid"
@Au-Rene Theater, Broward Center for the Performing Arts
Feb. 22 to March 5

"The Lion in Winter"
@Township Center for Performing Arts
March 3-4 | 8 p.m.

Scottish Festival and Highland Games
@Plantation Heritage Park
March 4 | 9 a.m. to 6 p.m.

29th Annual Las Olas Art Fair Part II
@Las Olas Boulevard, Fort Lauderdale
March 4-5 | 10 a.m. to 5 p.m.

Scotty McCreery
@Parker Playhouse, Broward Center for the Performing Arts
March 9 | 7:30 p.m.

Bryan Ferry
@Hard Rock Live, Seminole Hard Rock Hotel and Casino
March 9 | 8 p.m.

Story Slam: "Strange Occurrences"
@World and Eye Arts Center
March 11 | 7:30 p.m.

Miami City Ballet: "Program Three"
@Au-Rene Theater, Broward Center for the Performing Arts
March 11-12

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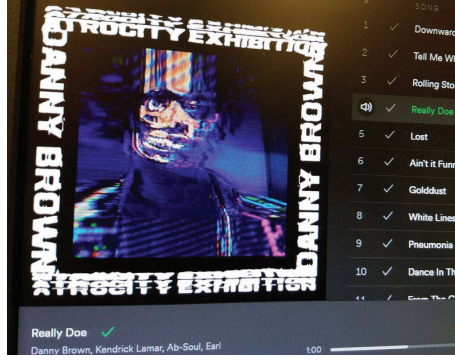
"Atrocity Exhibition" by Danny Brown

By: Adam DeRoss

In today's industry, it's hard to find artists who are still truly original and unique. This is especially true in hip-hop. Regardless of the various styles and sounds that emerging rappers create for themselves, a lot of them take inspiration from the work that came before them.

That being said, there are a few exceptions. One of the biggest examples of originality and experimentation in hip-hop comes from rapper Danny Brown. Many have hailed him as one of the most unique rappers of our time. This is especially prevalent in his fourth studio album "Atrocity Exhibition," released on Sept. 27. In this record, Danny takes a much darker and more introspective angle with his music. The instrumentation provided by producers such as The Alchemist and Petite Noir is highly experimental and fresh, and the vast majority of cuts on the record shine as some of Brown's greatest work to date.

Brown mostly displays his talents through high-energy, party-anthem-style rapping and his escapades on stage. This is why the intro track, "Downward Spiral," is so jarring to long-time listeners. It uses echoed clanging and mellow guitars while Danny raps groggily about his



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Atrocity exhibitions interesting album art sets the tone for its content.

current state of affairs after heavy drug abuse. The dark and off-putting track sets the tone for the cuts yet to come.

While all of the record's cuts have interesting qualities, three in particular stand above the rest.

"Tell Me What I Don't Know" sees a rare break in Danny's character. The squeaky, high-energy and almost cartoonish rapping voice Danny uses in the majority of his music dissolves into a much deeper, serious tone that punctuates everything it needs to say with

confidence. The backing instrumentation is a collection of foreboding synths, police whistles and stuttering percussion, possibly reflecting the vocalist's description of his struggle growing up on the streets in the '80s.

"Really Doe" is a stellar collaboration track featuring other rappers Ab-Soul, Kendrick Lamar and Earl Sweatshirt. In a big shift of tone, each one takes turns rapping about the success they built for themselves before inviting others to try to compete. All of them bring their own unique flair to their verses, which are backed by grungy, lo-fi percussion and grating chimes. Earl Sweatshirt, in particular, delivers on this cut, rapping in an aggressive and energetic manner that is very different from the melancholy and laid-back demeanor he displays on his own albums.

"Ain't It Funny" can best be described as the result of giving Danny Brown the controls to a runaway train. The track is relentless with its frantic pace, wailing train horns and squeaky brass, while Brown raps just as frantically about facing his demons and dealing with his drug abuse.

While the rest of the cuts on the record each bring something new to the table, "Dance in the Water" sounds more akin to the typical club banger type tracks found on Brown's earlier albums. The majority of the lyrics involve him shouting instructions to dancing girls on the club floor backed by funky guitar chords and tribal screams. This cut is extremely out of place compared to the sense of darkness present on the rest of the record. Observant listeners have tried to find some sort of deeper meaning within, but have not come up with anything other than loose theories. Thus, it is safe to say that "Dance in the Water" is not only the weakest cut on the record; it is also the most confusing.

Despite the single blemish that mars the second half of the record, "Atrocity Exhibition" is a shining example of Danny Brown's versatility. While he may be best known for his energy and party anthem tracks, this record shows that his real talents lie in creative lyric writing coupled with unconventional production ideas. Only time will tell if this atrocity is a one-time exhibition, or if Brown will continue to experiment with the hip-hop genre in his future work.

Goodbye Cheetos, hello healthy snacking

By: Jacqueline Lytle

When I think of snacks, Flamin' Hot Cheetos, Kit Kats and Vanilla Wafers come to mind. Yum, right? Only 250 milligrams of sodium are clogging our arteries from one serving size of those delicious, spicy cheese crunchies, only 210 calories are being digested when we break apart that Kit Kat bar, and only 6 grams of fat are fueling our obsession with those vanilla-flavored cookies. Even after I looked up those nutrition facts, I shamelessly stuck my hand in the oversized bag of Cheetos that reside in my desk drawer.

While we all deserve a cheat day, with spring break around the corner, more likely than not, your brain is telling you 'no.' So, throw out those cheesy bites, smash the vanilla cookies over the trash so you can't grab them back out later and hide the Kit Kats in your cupboard until spring break is over. Head to the grocery store and aimlessly search up and down the aisles for anything that qualifies as 'healthy.' Your face might resemble that of Dwight from The Office – bored and frustrated – because to you, chocolate sounds much better than granola, and salt sounds more appetizing than celery.

So, here are some easy, scrumptious, wholesome snacks you can put together and munch on throughout the school day, because healthy doesn't have to mean horrible.

Veggies

Celery seems to be the go-to veggie snack. Celery is yummy, especially when it's smothered in bleu cheese or peanut butter, but there are so many vegetables to choose from.

Carrots, broccoli, cauliflower or bell peppers can bring a lot of flavor and color to snack time. If you like raw veggies, try cutting some up and pairing them with your favorite dressing or dip. Hummus, made from chickpeas, is a great, healthy choice and comes in a variety of flavors, like roasted garlic, spinach and artichoke or jalapeno.

Avocados, which are technically a fruit but filled with good fats, are delicious alone or mixed with a variety of raw vegetables. Homemade guacamole is one of the easiest and yummiest snacks to make. Smash some avocados and incorporate chopped red onion, tomatoes, jalapenos, cilantro, a little salt and lime juice and voilà: you've just made a delicious, healthy snack that you can pair with some multigrain tortilla chips.

Fresh, frozen or dried fruit

Fruit is a simple snack packed with flavor and antioxidants. Fruits are naturally delicious snacks whether they are fresh, frozen or dried.

Apples, bananas and oranges make great transportable snacks because they're yummy

cold or at room temperature. If the thought of plain fruit doesn't interest you, try mixing some together. My absolute favorite mix, which also serves as a light breakfast or dessert, is a combination of grapefruits, oranges, apples and bananas. You can also pair fruit with a yummy dip. Sliced strawberries, bananas and apples go hand-in-hand with peanut butter, hazelnut spread or a cream cheese fruit dip.

Grapes and blueberries are a fun snack that can be jazzed up by throwing them in the freezer.

Almost every fruit can be bought dried. Bananas, apricots, pineapples, cranberries, apples, strawberries, grapes and mangos are all scrumptious choices.

Yogurt

Go for any flavor. Companies, like Yoplait and Chobani, have developed almost 50 iterations of this creamy snack. If you haven't already noticed, Greek yogurt is rapidly taking over the yogurt market.

Comparing Yoplait original strawberry yogurt with Yoplait Greek strawberry yogurt, the Greek option has more than double the protein.

If the smooth consistency doesn't work well with your gag reflex, try adding mix-ins. These can be as simple as fresh or dried fruit and granola. Dark chocolate pieces help make this snack a light dessert as well. While many brands

offer packaging that includes mix-ins, which are my favorite, fat content and calories will be higher in these than if you were to add your own.

Nuts or trail mix

If you like nuts, this may be the snack for you. Nuts are packed with protein and are a source of good fat. However, to remain healthy, you'll have to refuse the salted option and opt for lightly salted or no salt when buying.

Pecans, pistachios, almonds, cashews, macadamias and walnuts are some of the healthiest nuts out there, but you can never go wrong with peanuts, unless you're allergic.

For trail mix, buy a pre-mixed can, like Planters, at the grocery store or make your own mix from the large selection of nuts offered at specific stores, like Whole Foods. If you want to jazz it up, add some dried fruits and yogurt or dark chocolate chips to make a yummy trail mix.

Classes, on-campus jobs and club events can make our days at school long and dreary. Consider carrying a snack full of healthy ingredients that will help combat the midday crash you may be experiencing. Sprucing each day up with a healthy snack will not only be delicious, but it will make your body feel good.

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The homework ban needs reworking

By: Brianna Walker

There's been a lot of buzz on campus surrounding the newly enforced rule of no homework and studying while on the job. While this has been a long-standing rule within the university, it has not been explicitly enforced until now.

Since the enforcement of the rule, NSU students have been very opinionated. Many agree with enforcing the long-standing rule, while others feel that the rule should not be in the first place. While both sides are valid, the rule itself is very vague and may need to be tweaked if it is to be enforced.

The rule is found under the student responsibilities section in the student employment handbook. It states, "Students who accept a student employee position accept the responsibility of maintaining professional standards, and agree to... not study or do homework assignments during working hours."

Some NSU employed students argue that they got certain on-campus jobs because of the incentive to do homework and/or study after required job work was finished. If they can no longer do their homework at their jobs, then what is stopping them from getting a job off campus where they can make more money, while adhering to the no-homework rule? Additionally, every job is different, and the rule doesn't consider jobs on campus where the students have no set task. Some jobs require students to sit behind a desk for hours on end with a lot of downtime between assigned tasks. What are students supposed to do instead?

On the other hand, there are student

employees patting the university on the back for enforcing the rule. These student employees feel that if they can't do homework at their job due to their workplace's fast-paced environment, then neither should other students. Some believe the school is doing the students an injustice if they allow student employees to do homework at the desk, because students should be taught early on not to do personal tasks while at work. Others felt that homework was a hindrance to the student employees' performances and was preventing them from doing their jobs. While some may argue that this isn't true, multiple people have witnessed student employees doing their homework when they should have been doing their jobs.

While both sides of the argument have valid points, it has yet to be clearly stated what students should do now during their downtime, since homework is ruled out.

Some students were taking advantage of the leniency of their employers and doing homework when they shouldn't, but there are jobs on campus where doing homework just isn't feasible. It is also true that in the real world we often cannot do our personal tasks at work. However, this rule fails to take into account the different types of jobs on campus, specifically those with a lot of downtime, where student employees often wait for hours before they have an assigned task. If the rule is to be enforced, then it needs to consider all the different kinds of jobs on campus, which the current rule does not.

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How you should take on Tomi

By: Jenna Kopec

@Jen_Kopec

If you don't like Tomi Lahren, join the club. The conservative commentator, who's become famous from her "Final Thoughts" segment that usually covers controversial and sensitive topics such as the Black Lives Matter movement, has faced harsh criticism from liberals. I can understand why. Her segments are rampant with yelling, name-calling and skewed perceptions. She should be criticized for these opinions, but that's not what's happening. More often than not, I see images of Lahren that have been edited to make her mouth look larger, that call her a Barbie and that suggest she stick to focusing on her looks rather than speaking her mind.

This has to stop.

Attacking Lahren with these arguments is not only pointless, it's wrong. Lahren didn't become successful based off her appearance. She studied journalism at the University of Nevada, applied for internships and worked her way up to having her own program at the age of 24. Although she does yell in her "Final Thoughts" segment, she isn't alone — yelling is a popular antic among TV personalities,

especially political commentators. Ed Schultz and Glenn Beck can both be caught yelling in their commentaries. It all comes down to ratings.

Rachel Maddow explained in the documentary "Miss Representation" that she could present the exact same information, with the exact same phrasing, but if she chose to use her hands and animation, she'd get double the ratings she would otherwise. Another popular delivery style involves comedy, something we see used by Steven Colbert, John Oliver and Samantha Bee. You may not like the fact that Lahren yells — I don't — but that's an issue to take up with the industry, not her. Finally, the way Lahren dresses or does her makeup has nothing to do with the messages she gives to her audience.

Instead of attacking Lahren on these points, which are not only baseless but also arguments women have been trying to end for years, criticize her for the messages she chooses to deliver. Talk about how she's repeatedly condemned celebrities for sharing their liberal political views, such as Meryl Streep, but

applauds celebrities who do the same thing with conservative views, like Joy Villa. Talk about how in an interview with Trevor Noah on "The Daily Show," she was able to recognize that not all or even most Trump supporters are alt-right racists but unable to acknowledge that all or even most of the Black Lives Matter don't want to kill the police. Talk about how she uses dangerous fear-mongering language such as "yesterday's moderate is today's terrorist," a phrase she used while tweeting about the Paris attack.

It may seem like I'm harping on a small issue. After all, my peers, individuals who aren't figures in the media, posted most of the examples I mentioned. But the problem is that they contribute to the political divide that seems to only be growing wider in this country. Lahren has used her determination and the social media platform to go viral and build her success. She's self-proclaimed to give a voice to conservative America.

And they deserve a voice. So does liberal America. So does moderate America. Every one deserves a voice. But by posting something

that calls Lahren an idiot, tells her to shut up or degrades her on your Facebook timeline, you're adding to the idea that you're unwilling to hear what she and people who agree with her have to say. You're closing yourself off from someone you may know who shares those views and could have had a conversation about it.

Charlamagne Tha God, the co-host of radio show "The Breakfast Club," agrees with Tomi Lahren on almost nothing. Yet he has a friendship with her and has even appeared on her show. Why? In an interview with The Daily Beast, he says it's important for conversation. He said it was important to get her point of view, as well as provide her with his. He also said it was important to poke holes in the narrative that she knows and tells, because otherwise it might go untouched.

You don't have to like Tomi Lahren or the messages that she spreads. But if you're going to do something about it, it needs to be constructive and not hateful

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FCC regulations are well-founded

By: **Heather Saltz**

In today's world, almost every U.S. citizen owns a cell phone, television, laptop, iPad or smartwatch. All of these devices provide access to virtually anything and everything imaginable. With all of the ways in which individuals can obtain information, it is surprising that the government is continuing to regulate these communications, specifically television and radio. However, there are valid reasons as to why these restrictions have not been abandoned.

The Federal Communications Commission is an independent U.S. government agency, overseen by Congress, which regulates interstate and international communications. According to the FCC, their main objective is to "revise media regulations so that new technologies flourish alongside diversity and localism." The FCC does not regulate cable and satellite television services, but it does monitor other programming during the hours of 6 a.m. and 10 p.m. that might contain material considered to be obscene, indecent and/or profane. Anything outside of that time range is thought to be a

safe harbor period, where Congress instructs the Commission to hold back on enforcing restrictions, since most young children are not watching during these hours.

No one wants children watching and listening to material that is considered to be obscene or profane, but in a time where almost every child has access to a cellphone and the internet, it is easy to see where the regulations enforced by the FCC seem to be futile. According to CNBC, children receive their own cellphone between the ages of 10 and 12 years old. Even though children are given smart phones at a young age, it is essential that the parent take certain precautions as they see fit. Parents cannot completely protect their child from hearing and seeing questionable material, but the government provides boundaries when it comes to broadcasts on television and radio. The government has a compelling interest in protecting children, although it is becoming more difficult to do as our technology advances.

In a landmark Supreme Court case,

Jacobellis v. Ohio, concerning whether material was considered to be obscene, Justice Potter Stewart famously said, "I know it when I see it." This remark is quite candid for a Supreme Court justice because it is difficult to decide exactly when material is considered unfit for children, but sometimes you just know. According to Michael Richmond, a professor at the NSU College of Law, "There is certain speech that is not protected at all by the First Amendment, and it was never designed to protect certain speech."

Many individuals believe that this standard provides the Commission with a broad range of discretion to regulate how they see fit. However, the FCC takes this under consideration and goes to great lengths to ensure that viewers have the opportunity to contact and notify them when a broadcast contains something objectionable.

When individuals hear that there is a government regulation, it is oftentimes not welcomed with open arms. However, in this particular situation, the reasoning for the government's involvement comes down to one

single purpose: to protect children. Yes, there are countless ways children can hear bad words and see material that may be inappropriate, but consider the parents who want to protect their young children from these broadcasts. Richmond stated, "The courts tend to say that it is ultimately up to the parents. The government cannot step in to supplant the parent unless there are instances of parental child abuse."

There are families who do not allow television or radios in their homes for this very reason. These parents want to be assured that the government is doing something to protect their children from questionable material while their children are outside of the home, as well. Whether FCC regulations between 6 a.m. and 10 p.m. really protect children from obscenity, indecency and profanity is up for debate, but this barrier does provide parents with some peace of mind. If you happen to hear a young child utter a bad word, you will know he or she didn't learn it from a broadcast between 6 a.m. and 10 p.m.

Are you watching without me?

By: **Gabrielle Thompson**

Most people can agree that Netflix was a great invention — but with all great inventions there is a downfall. Sometimes a show just sticks out to you and really blows your mind, so you absolutely need to share it with your friend. You start watching the show together, and it becomes a daily activity; something you can bond over. Then, one day, your friend does the unthinkable; they watch it without you.

"It's not a big deal," they say. Wrong. It is a big deal.

After carefully planning out when and where you and your friend could get together to

watch this beloved show, they threw it all away with one click. They betrayed your trust, and it took them less than a second to do it. Did they not think about the consequences or the effect it would have on you? The entire balance has been thrown off. Now you're an episode, or eight, behind. It isn't as simple as just catching up, and it's definitely not the same to finish the show and talk about it later. Who knows, you might forget that certain scene that made you laugh or cry. Maybe you try to quote a funny phrase and it doesn't have the same effect as it would have if it was in the moment. Recapping the

episodes are just not enough.

If this seriously heartbreaking situation has ever happened to you, then I feel your pain. I know what it's like to have your feelings and opinions tossed to the side like an empty water bottle. I understand that you will never be able to get back that same initial feeling of joy and excitement when you click the "next episode" button without your friend by your side.

If you are, in fact, the person who does the unthinkable act of watching an episode, or episodes, of a show without your friend — first of all, how dare you? You will never understand

how you just affected your friend until you, too, are betrayed in the same way. I hope you never have to experience it.

The time you spent watching this show was a sort of tradition made between two friends who had a similar, deep appreciation of good television. While your heart was crushed when your friend moved on without you, this is an important lesson to be learned. That friend is obviously not to be trusted now, or anytime soon. Keep your remote close, but keep your so-called "friends" closer.

DO YOU THINK TESTS ARE AN EFFECTIVE WAY TO ASSESS WHAT YOU'VE LEARNED?



SHARK SPEAK



"Tests are ineffective. I just don't feel like...it's the proper way to assess someone or someone's knowledge or what they know of the information. I feel like discussions would be more, or like something hands-on, something more...verbal-related would be more effective. A lot of tests are biased because...it's what the teacher wants to put on the test. So...let's say you know something, but the teacher puts something else and basically other people look at that test and say, 'You don't know the material at all.' But it could mean that you don't know that specific material, so I feel like it's very biased."

- **Rahul Sinha**, sophomore psychology major



"I think it depends on the test. I don't think standardized tests are [effective], but for our labs, where you do the hands-on type stuff, I think those are effective."

- **Amanda Lenard**, junior biology major



"Sometimes, yeah, because if you actually study the material and you really want to learn, a test can be a good way to measure if, you know, it's worth it or not. But I feel like...a test just became a barrier for the student rather than something for the student to actually study."

- **Isaac Azulay**, graduate international business student



"I don't think it's an effective way because there're a lot of people that have nerves when they get into tests, so even if they do know it, they're going to forget it because it's get to a point where you study... in a certain atmosphere, a certain environment, and then you get into the test environment. It's way different. Your brain's not used to it. Your body's not used to it, so you just freeze up. So, no, I don't think it is. I just feel like school is now based on 'you have to take a test to pass a class,' and you could know everything in that class, but you could be a horrible test taker, a horrible quiz taker, and then you fail."

- **Kamaria Johnson**, sophomore athletic training major



"Yes. In grad school, you don't have to recall anymore. It's all applied, so you have to take the information that you've learned and you don't just spit it back out. They give you cases and scenarios, and you have to apply what you've learn to figure out treatment plans."

- **Hannah Sweitzer**, graduate physical therapy student



"It really depends on the class and the type of test that they give... Like if it's a science class and they give you a multiple choice test, it's all memorization. You don't really learn it. But if it's like an essay, then you actually have to learn it."

- **Madison Necevski**, freshman marine biology major

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