NSU email suffixes to change in June

By: Brianna Walker

NSU is set to host its 6th annual TEDxNSU event on March 18 at 12 p.m. in the Performance Theatre in the Don Taft University Center. TEDxNSU features an array of 10 minute speeches, or TED talks, from students and faculty.

TED is a non-profit organization whose mission is to spread ideas worth sharing. This is done through TED talks, which are short and impactful talks designed to inspire others. TEDxNSU is an independently organized event, modeled after TED talks. It focuses on the local community and hearing voices from the local community.

Leanne Boucher, associate professor of psychology and one of the co-organizers for TEDxNSU, said that she thinks this type of event is great for NSU. “I really liked the idea that TED is built on, which is that we should give ideas worth spreading a stage and an audience. I really like doing that on a college campus because we all try to be intellectual and think about ideas that are bigger than ourselves, so I thought that it would fit perfectly here at NSU,” Boucher said.

The theme this year is, “Stop, Drop, and Roll.” The topic stems from the simple pieces of advice that we all give as children, and how we stopped, dropped, and rolled through different experiences in our lives. Boucher said, “We were all just chatting in my office one day, and we said it jokingly, but then the more we thought about it, the more we realized that stopping, dropping and rolling is really what the event is about. The event is about stopping and reflecting on what’s going on and then acting on it.”

Alexa Williams, senior dance major, is one of the speakers for the TEDxNSU. He said he is very excited to get his ideas out into the public.

“I am excited to be speaking about something that is bigger than me, especially with it being very relevant in the times we are living in right now,” he said. “It could change someone’s whole perspective and make a difference.”

Williams’ talk is titled “Creative Violence” and is about utilizing creativity as a form of violence to create social reform.

Williams said, “My talk is about utilizing that art or that God-given gift you have been given and using that form of art as a violence to create change instead of using physical violence.”

One of Boucher’s responsibilities is to help the speakers give the best speech possible within their time limit.

“I help to curate our speakers and try to help them give the best 10 minute talk of their lives,” said Boucher. “I start working with them from the very beginning stages all the way to the end. For me, it is amazing to see that transformation, where they have this idea and are struggling to put it into words, and then they work hard to cultivate it, and for me it is exciting to see the fruition of their hard work.”

Boucher said this event brings together the whole community, as well as uniting NSU.

“I think that it is a great day for us all to get together as one NSU and pull together all of our talents and share it with the community to let them know how great NSU is,” said Boucher. “I think we need this event because it is always important to facilitate discussions and talk about topics that people are maybe unaware of, so I think it’s good to put things like this on people’s radar.”

The event is open to anyone who would like to attend. Tickets cost $20 per person and are available at tinyurl.com/TEDxNSU2017Tix. For more information visit nova.edu/tedxnsu.
Trump revises immigration executive order

On March 6, the Trump administration released an updated version of the immigration executive order, according to NBC. The new version bases citizens from Iran, Somalia, Sudan, Yemen, Syria and Libya from traveling to the United States for 90 days. The previous list of countries included Iraq, which has now been removed from the order after communication with the Iraqi government regarding more openness with the U.S., according to the Department of Homeland Security. Additionally, the new order, instead of completely banning Syrian refugees, will suspend the Syrian refugee program for 120 days. The provisions of the order will take effect on March 16, and the new order will not revoke visas approved before March 16 or affect individuals with green cards and lawful permanent residents.

Thirty-six die in Guatemalan fire

On March 8, 36 girls were killed in a fire at a Guatemalan government youth shelter after shelter residents lit mattresses inside the building in protest, according to ABC. Nineteen girls died at the shelter and 17 more died at hospitals after suffering severe injuries. As of March 10, there are still questions over whether one of the girls set the fire and if the doors were left locked while the fire was burning. Survivors were put under guard on March 10 for their own protection as witnesses to the events of the fire.

Pediatrics club hosts run and shave for children’s cancer

Illy: Grace Ducanis @GraceDucanis

To raise money for children’s cancer research, NSU’s College of Osteopathic Medicine Pediatrics Club is partnering with the St. Baldrick’s Foundation to organize a 5k walk/run and a shaving event on March 18 starting at 7:30 a.m. in front of the Alvin Sherman Library. Last year, the club raised $8,000 for St. Baldrick’s Foundation, a non-profit that funds childhood cancer research.

Taylor Bracco, first-year medical student and co-chair of the St. Baldrick’s event for the Pediatrics Club, said that she was the sole editor of the book.

Additionally, Georgakopoulos was incorrectly quoted as saying, “I’ve published three mediation training manuals that...” The correct quote is “I’ve published three mediation training manuals that were approved by the Florida Supreme Court.”

CORRECTION

In the Feb. 21 issue of The Current, the article “Professor publishes handbook on mediation” stated that Alexia Georgakopoulos helped edit and publish “The Handbook ofMediation: Theory, Research and Practice.” Georgakopoulos stated that she was the sole editor of the book.

Additionally, Georgakopoulos was incorrectly quoted as saying, “I’ve published three mediation training manuals that were improved by the Florida Supreme Court.” The correct quote is “I’ve published three mediation training manuals that were approved by the Florida Supreme Court.”

Pffection

The Current serves Nova Southeastern University from its location in Room 310 of the Student Affairs Building. The Current is NSU’s established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials. The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community.

The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

The Current’s annual student fee is $5.00 and is subject to change without notice. The print edition is available at the student center, the current office and at all major NSU’s residence halls.

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For more information, visit stbaldricks.org.

To register for the race, go to goo.gl/VGzYXq. There is a registration fee of $20. To find out more about the St. Baldrick’s Foundation, visit stbaldricks.org.
Students suit up to support children’s hospital

MAKO Week Calendar

Splash Bash Dodgeball Tournament and Pool Party
March 19 | 1-5 p.m. @Leisure Pool

MAKO Cupcake
March 20 | 12-1 p.m. @UC Pit

Morph Yourself Photo Booth
March 21 | 8-11 p.m. @Commons 123

Makyo’self Some Menchie’s Munchies
March 22 | 11 a.m. to 1 p.m. @UC Pit

Chartwell’s Power Ranger Dinner
March 22 | 6-8 p.m. @UC Food Court

Relay for Life Kickoff
March 23 | 6:30-8:30 p.m. @Shark Fountain

Power Rangers Movie Trip
March 24 | 8 p.m.

Beach Cleanup Service Day and Cookout
March 25 | 2 p.m. @Fort Lauderdale Beach

Have your advertisement in The Current’s biggest, longest running issue of the year!

Space is open in our Orientation issue!

This issue is out on the stands from May to August and is given to all new and incoming students at NSU.

Contact thecurrentad@nova.edu for more info.

Four-star restaurant owner and chef to speak about quality food and service

On March 15 from 6-8 p.m. in the Carl DeSantis Building, room 3000, the Distinguished Lecture Series will continue with a presentation by Angelo Elia, honored by the H. Wayne Huizenga College of Business and Entrepreneurship. Elia, a four-star restaurant owner and chef, will speak about putting the customer first and delivering top-notch food and service. To RSVP, email lovato1@nova.edu. For more information, go to huizenga.nova.edu/channel or call 954-282-5035.

NSU opens up for Spring Open House

On March 25, NSU will host its Spring Open House in the Don Taft University Center and Rick Case Arena to showcase its different degree programs. At the event, participants will be able to speak with faculty, students, financial aid advisers and admissions counselors, as well as take guided tours of NSU. Volunteers are needed for the event. If you are interested in volunteering, contact Christie Williams at wchlin@nova.edu.

Wellness bash celebrates National Nutrition Month

RetWell, FitWell and SGA have teamed up to host a Wellness Bash for National Nutrition Month on March 15 in the Don Taft University Center. The event is free for students and will feature giveaways, healthy snacks and recipe books. For more information, email wellness@nova.edu or call 954-262-7301.

NSU’s Got Talent applications close March 24

Applications for NSU’s Got Talent, which will take place on April 4 at 8 p.m. at the Shark Fountain, are due by March 24. All NSU students are eligible to enter, although non-NSU students can participate as part of a student’s act. The first-place winner of the competition will be awarded $500, the second-place winner will be awarded $300 and the third-place winner will be awarded $200. To sign up, go to nova.edu/insigntalent. For more information, contact Daesha Roberts at dr1213@nova.edu or 954-262-7288.

Network with business professionals at career development event

The Office of Career Development, along with several other organizations, will host a Shark Advantage Networking Event on March 23 from 5:30-7:30 p.m. in the Huizenga Sales Institute, which is housed inside the Carl DeSantis building. At the event, students will be able to speak with alumni and executives from various companies to build their professional networks. Registration for the event closes on March 15. To RSVP, go to nova.joinhandsake.com/login. For more information, email sharkadvantage@gmail.com or es1202@nova.edu.

Sharks on the court

Sharks on the Scene will be selling tickets for NSU students only to the Knicks vs. Heat game at the American Airlines Arena on March 31. Tickets will go on sale at noon on March 15 for $37. To purchase tickets, students must present their SharkCard at the Office of Campus Life and Student Engagement in the Don Taft University Center. Ticket sales are limited to one per student and tickets will be sold on a first-come, first-serve basis. Transportation to the game will be provided at 6:30 p.m. on March 31. For more information, contact 954-282-7494 or specialprojects@nova.edu.
Aaron Lechner: The man behind those emails

Lechner explains that through his mentor's rising career, as well as her two bouts with cancer, she showed him what it is to have dedication, and have spirit and personality in what you do.

“Those are things that have echoed in me, every day of my life,” he said. “I believe that if you’re not having fun at your job, you need to find a way to have fun or change something up real fast. You need to put a little bit of yourself in everything that you do, because if you don’t, where’s the buy-in going to be?”

Lechner joked that because of his emails, he gets more fans of his in his office quite regularly. After he writes an email, he reads it to his coworkers and says, “They’ll listen to it and just go, ‘Why? Why is that a thing?’ and I’m like, ‘It’s going to be a thing, people are going to like it.’” It goes back to what I said: Put a little of yourself into everything you do.”

Lechner said that his office tries to be as strategic as they can with what they send out, but he said that students are constantly being blasted with emails. At least some students are checking their inboxes regularly because Lechner’s emails don’t go unanswered. He regularly receives replies, both positive and negative, and he’s heard that people have been talking about the emails on Facebook, Snapchat and Instagram. He’s been even been asked to help others create subject lines.

“You’ve got to have personality,” he said. “People aren’t going to be there without that. And the fact that my emails seem to be a thing… I wouldn’t be successful at my job if you didn’t know who I was.”

He said he wants students to know that their ideas and opinions matter.

“We want to make what is enjoyable to you receive real,” he explained. “The emails are a great way to reach you, as opposed to me literally knocking on every single one of your doors, and it gives me the chance to be myself, to show that I’m not afraid to make some jokes so that you guys are comfortable going somewhere.”

Although Lechner said some people might think his entire job is to send obnoxious emails, he is passionate about engaging and encouraging students after he leaves NSU. “I’ll put my passion, my humility, my excitement wherever I go,” he said. “As tired as I get sometimes, I think about the next email I’m going to send out, or how I’m going to do it. People look at it and go, ‘Come on. Where did you get this from?’ And I go, ‘I don’t know, but it was there.’”

By: Grace Ducanis
@GraceDucanis

As an NSU student, you may have received emails with unconventional titles such as “Today’s short story brought to you by Aaron… Don’t stress it’s not that bad.” “BRUNCH FOR DADS!!” and “ARE YOU COMFORTABLE WITH BRUNCH FOR MAMAS?”

“Don’t worry — it’s all strategic.” Aaron Lechner, graduate assistant for sports projects and events, student of college student affair, pun-lover and inventor, has a process for drafting emails about the events his office sponsors. He asks himself, “What can I do that’s going to make people want to be involved in this?”

For Lechner, the answer is to put part of himself into everything he does — a philosophy that has shaped how he lives life.

“There are things that I’m passionate about, things that I love being a part of. But to get that access… I have to find a way to connect,” he said.

While earning his undergraduate degree at Central Michigan University, Lechner planned to go into sports broadcasting, but his RA job changed the course of his career. He felt more happiness and joy as a RA but didn’t realize that he could make a career out of serving students until a conversation with his hall director. He realized that what he wanted to do — not necessarily just be a hall director, but work at a university to eventually work with at-risk students,” he explained.

Lechner said that everyone deserves a shot at success.

“I’m not saying that life’s always going to be fair for people, but that doesn’t mean I can’t help make life easier for others and give them a chance,” he said. “I want people to be successful and that doesn’t mean that college is necessarily going to be that for everyone, but I truly believe that everyone deserves a shot.”

The desire to mentor student stems from Lechner’s experiences with his own mentors. He spoke about his high school athletic director, who gave him a job film the school’s games after he was cut from the JV basketball team.

“It was the best thing that ever happened to me,” he said.

Lechner explained that through his mentor’s rising career, as well as her two bouts with cancer, she showed him what it is to have dedication, and have spirit and personality in what you do.

“How do we detect fake news and media bias?

Don’t stress it’s not that bad,” said Monique Cole. “BRUNCH FOR DADS!!” and “ARE YOU COMFORTABLE WITH BRUNCH FOR MAMAS?”

In 2016, NPR featured a study from Stanford University that assessed how well students can detect stories with accurate information. Participants ranged from middle school to college level students at different universities, news stories, various advertisements or social media posts. The study found that students of all ages had a hard time identifying “fake” news stories and the way those certain stories are consumed.

High school students also had a difficult time discerning between “fake” news and real news on Facebook. The study found that “more than 30 percent of students thought a fake Fox News account was more trustworthy than the News account was more trustworthy than the Fox News account.”

“This often leads to a hit, like, share or retweet taken down. Trending topics tend to gain more attention,” said Besteni. “So when you do a google search, don’t go unanswered. He regularly receives replies, both positive and negative, and he’s heard that people have been talking about the emails on Facebook, Snapchat and Instagram. He’s been even been asked to help others create subject lines.

“You’ve got to have personality,” he said. “People aren’t going to be there without that. And the fact that my emails seem to be a thing… I wouldn’t be successful at my job if you didn’t know who I was.”

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Being a part of the solution

There are certain things people who consume the news do can to avoid believing fake news. For example, being able to identify signs of fake news or bias.

According to factcheck.org, some tips for identifying fake news include looking at the news source and author, being critical of supporting evidence and recognizing the date of publication. A more reliable news source is likely to come from a media outlet that is considered more reputable, credible or well-known. While these considerations may seem like common sense, more complex and difficult tasks include avoiding bias or going out of your way to hear both sides of the story.

“Before you share something, stop and think. Sometimes your gut will tell you it’s too good to be true it probably isn’t,” said Besteni. She recommended the website snopes.com, which fact-checks various news sources.

Andon said, “We need people to know the facts. For example, being able to identify signs of fake news or bias.

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By: Jewelliana Register

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

If you’re searching for a place to devour some delicious bakery items, look no further than Gran Forno. Gran Forno, located on lively Las Olas Boulevard, is a traditional bakery-style shop. The bakery offers a variety of freshly-baked goods and beverages, as well as a laid-back atmosphere perfect for hitting the books.

Gran Forno has a wide array of treats. The aroma of fresh baked goods fills the air in the quiet bakery when you walk in. According to their website, Gran Forno specializes in freshly-baked goods and treats.

On the menu there is a variety of cakes, tarts, cookies, muffins and croissants. Some fan favorites include the strawberry amaretto cookies, the blueberry muffins and the aquafaba pistachio quiche. Some other delicious items are the Belgian chocolate croissant, the chocolate chip cookies, the fresh fruit tart and the fresh mango cheesecake.

If you are in the mood for a savory snack, the menu also includes a variety of paninis and house specials. The fan favorite panini is the Italian cold cut, but there are many other options as well, like the chicken pesto and the caprese panino. Some of the house specials may include chicken lasagna and Sicilian pizza.

In addition to this, Gran Forno also has coffee options for your daytime fix. Have a cappuccino with friends or fuel your study session with an espresso double.

Browsing Las Olas means traditional family style in this charming bakery. Whether you’re meeting friends or flying solo for a study session, Gran Forno is sure to make you feel right at home. Grab a friend or a textbook and head to Gran Forno, but don’t forget your appetite.

You can find a full menu online at granforno.com.

Gran Forno Bakery
1235 E Las Olas Blvd, Fort Lauderdale, FL
33301
Hours: Sunday through Friday 7 a.m. to 6 p.m., Saturday 7 a.m. to 9 p.m.
Price Range: $5-$15

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By: Blakeley Emilio Lorenzo and Emily Tasca

Emily Tasca is a member of the career advisement team 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.

Growing up, you may have played some kind of sport. Maybe you remember your coach shouting with feedback in terms of your play: “More hustle.” Although this feedback aimed to improve your approach in the given sport, it also required a strategic approach, which can only be achieved through appropriate perspective and guidance.

These challenges can arise in various aspects of your collegiate journey, and they can be academic, professional or social. A mentor can provide helpful feedback when needed and guide you through these rough patches.

At times, you will receive feedback that, although helpful, is not delivered in the most constructive way, which will require you to overcome the shock of the message. This can happen with someone who chooses a major that may have a different path than a more traditional major of biology or business.

For example, Sally is a sophomore in college and is currently an art major. Sally is very passionate about art and her dream is to have her paintings featured in a gallery as well as express herself through her art while making a living. One day Sally is speaking with her friend Bobby who is a business major and advises her that she will have difficulty finding a job with such a major and should do something else, even if it’s not her passion. After this difficult conversation, Sally is at a crossroad in deciding what to do next with her major and career planning.

Although Bobby’s intentions were not to scare off Sally, his delivery of the information created anxiety.

Friends and family don’t always know how to package the feedback or message in a manner that’s easily digestible. However, these messages will help ground us in terms of understanding challenges that we did not once consider. The key is to not get bogged down on these challenges and to find avenues to empower oneself by receiving strategic feedback on next steps to meet these challenges head on.

For example, Jill is a biology major with a long-term goal of entering medical school.

Unfortunately, Jill has struggled with some of her classes and will be entering her senior year with a 2.7 GPA. In speaking with her adviser, Jill mentions her long-term goal and her current academic standing. Jill is concerned that she doesn’t have what it takes to get in to medical school but knows that this is where her true passion lies. Her adviser acknowledges her struggles, but focuses on the avenues available to reach that end goal of medical school.

Together they discuss graduate school options and transitional programs, as well as other ways to strengthen her resume and, in turn, her future application to medical school. Although the road ahead will not look as she first envisioned when entering college, Jill knows that this is what she wants and thus has refined her perspective on how to get to that end goal.

Dealing with challenges, criticisms and receiving overall feedback on past performances is part of everyday life, but it’s how we respond that defines who we will be going forward. Remember to establish a network for yourself that includes mentors and other confidants who will provide you with perspective on challenges while grounding you and empowering you to new heights.

By: Jenna Kopeck

Keeping up to date with the latest trends in fashion can be exhausting. With homework, paid work, internships and all the stress that comes with it, who really has the time to figure out what colors make your inner personality shine and buy outfits from drab to fab. You may be thinking, “Won’t people think it’s weird that I’m wearing one nice accessory with a few others?”

Focus on footwear
Now that we’ve established the importance of solid colors and investing in one nice accessory, we can apply these tips to the area of shoes. Shoes can sometimes make or break an outfit. If you have a solid color pair of boots or dress shoes, you can immediately take your outfit from drab to fab. You may be thinking, “Won’t people think it’s weird that I’m wearing heels or loafers on a Wednesday afternoon for French class?” Maybe. But more than likely you’ll get comments about how adored your shoes are or that you look “nice today.”

If you care about looking fabulous, or at least like you tried, but don’t have the time to watch one of the fashion weeks that seem to pop up every other week, take a deep breath. Use these timeless tips to rock your day-to-day with fashion that won’t fade away.

By: Emilio Lorenzo and Emily Tasca

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Focus on footwear
Now that we’ve established the importance of solid colors and investing in one nice accessory, we can apply these tips to the area of shoes. Shoes can sometimes make or break an outfit. If you have a solid color pair of boots or dress shoes, you can immediately take your outfit from drab to fab. You may be thinking, “Won’t people think it’s weird that I’m wearing heels or loafers on a Wednesday afternoon for French class?” Maybe. But more than likely you’ll get comments about how adored your shoes are or that you look “nice today.”

If you care about looking fabulous, or at least like you tried, but don’t have the time to watch one of the fashion weeks that seem to pop up every other week, take a deep breath. Use these timeless tips to rock your day-to-day with fashion that won’t fade away.
Finding Fitness

GYROKINESIS: THE FORM TO A BETTER LIFE

By: Trent Sraface

Gyrotonics is a combination of pilates and yoga that opens up the entire body, creating flow through rhythm and flowing movement. It was developed by Julia Horvath, a ballet dancer in the late 1970s from Romania, and helped her recover from a ruptured Achilles injury, according to Jenny Everett, author of the article “Gyrotonics: The At-Home Workout You Have Never Tried.”

Gyrotonics is based on the concept of “three-dimensional movements, including spirals and circles,” according to Justine Bernard, a physical therapist in Washington, DC, on the Elements Fitness and Wellness Center website. Most of the exercises in gyrotonics concentrate on linear motions.

The exercises, according to the gyrotonics website, are designed for every age group and every physical condition, and it is ideal for athletes who are coming back from injury and you need to regain flexibility I highly recommend you try these exercises. You will get more energy and gain confidence. To find instructors in the Weston and Ft. Lauderdale area, visit ideafit.com. You can also go to Lifetime Performance in Palm Beach Gardens. For more information, visit lifetimperformancorg.com.

NASCAR drivers brawl during cup race

During the NASCAR Cup race on March 12, Kyle Busch and Joey Logano got into a fight after Logano spun out Busch at the Las Vegas Motor Speedway, according to the New York Post. Afterward, they confronted one another, and crew members had to pull them apart. Busch suffered a slight injury to his head, but was treated at the infield care center.

150,000 sign petition to replay Barcelona vs. PSG

An online petition to replay the Barcelona Champions League’s second leg has been signed by 150,000 as of March 12, according to Yahoo Sports. The match, in which Barcelona beat Paris Saint-Germain (PSG) with three goals during the last five minutes of the game, has been called unfair due to the behavior of referee Derick Aytekin. Despite the volume of signatures, PSG has not appealed the outcome of the game to the Union of European Football Associations, the organization that regulates football in Europe.

OUT OF THE SHARKZONE

Men’s Golf

After a tragic two days and 54 holes of championship-level golf the men’s golf team notched their first win of the season at the Armstrong State Pirate Invitational on Feb. 28. The Sharks destroyed the 12 team field with a 24 shot victory and a 54 hole total of 873. Richard Mansell picked up his first individual win of the season with an under par 54 holes. Miguel Angel Jimenez and Juan Jose Guerra tied for seventh overall at five over par. Finlay Mason had a strong finishing at seven over which was good for 11th place. Khush Patel finished 38th.

Men’s Baseball

A seven run second inning propelled the Sharks to a 13-7 win over Lynn on March 3. Jeremy Vasquez who was 3- for-3 and blasted a two run homer in the second inning. Jancarloz Cintron extended his 14 game hitting streak with a 1 run homer in the sixth inning. Starting pitcher Devin Meyer improved to 3-1 on the year with a 3-1 win.

The Sharks split the double header with a 16-7 in the first game and a 10-6 loss in the second game at Lynn on March 4. Jeremy Vasquez followed his 3-for-3 outing on Friday with four hits, followed by three hits each from Brendan Cutting and Dylan Woods.

The baseball team recorded 18 hits to beat Notre Dame College 19-7 on March 6. The Sharks improved to 14-3 with the win. The Sharks’ hitting was led by Jake Archia who drove in four runs while Kevin Suarez and Dylan Woods each tallied two RBIs. Sebastian Diaz went 4-of-5 at the plate. Relief pitcher Dillon Mayo got on the stat sheet with a single in the eighth inning.

Women’s Basketball

The Lady Sharks fell short in the SSC Quarterfinals against the Tampa Spartans on March 1 at the Rick Case Arena, losing 63-60. The crowd was the biggest they had all year. Down four with just under five minutes left in the game, the Sharks came alive with six big points to grab the lead but came up short. The Sharks were led by Amanda Tienius with 15 points, followed by Maria Bardeeva with 10 points, shooting 71.4 percent. The Sharks dropped to 17-11 with the loss. They will play again on March 10 against West Florida in the first round of the NCAA tournament.

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By: Jeweliana Register

Blake Woodrow, junior psychology major and member of the men’s swim team, has been swimming since the first grade. Woodrow is a distance swimmer and has attended nationals for the past three years. He expressed how happy he is that the team is doing so well this year and how great it is to be a part of the success.

“How did you get started swimming?”

“I got a flyer toward the end of first grade for a swim team. I decided to just try it out for the first week and I liked it, so I stuck with it.”

“How did you end up at NSU?”

“I looked at other places around the nation. I don’t remember how I initially found out about it because I live on the other coast of Florida, and I didn’t know about NSU for the longest time. Someone had mentioned it to me, and I took a recruiting trip here. I really liked the people, the area and the team, so I ended up coming here.”

What is your favorite part of being on the NSU swim team?

“Jeweliana Register: ‘I just like the comradery and how nice everyone is. Once we all know what we’re working towards, like this year our specific goal was to win conference, I mean we work towards it every year but we really had a shot this year, so I guess my favorite part is how close we all are.’

Who has been the most influential person in your swimming career?

“There are different influences for different reasons. I’d say, to motivate me to work harder, it would be a swimmer by the name of Fran Crippen. He was an open water swimmer who swam distance, which is what I swim. I won an open water event, and I got my medal from him, which was really cool. A few months later, he died during an open water event in Dubai because it was too hot outside. He just really inspires me to do better. Someone wrote an article about him and how much he pushed himself in practice, and that really inspired me. But, emotional support wise, it would be my mom. She is a very hardworking person. She kind of passed that on support wise, it would be my mom. She is a very hardworking person.”

What is your favorite part of being on the swim team?

“The first week and I liked it, so I stuck with it.”

What is your practice schedule like?

“We have Monday, Tuesday, Thursday and Saturday morning practices. We also have Monday through Friday afternoon practices. The morning ones are just swim. We only get Wednesday and Friday mornings off, and we get all day Sunday off. During afternoon practice, we either do dry land or weights before we swim. I think the maximum practice hours are 24 hours, and we get in about 23.75 hours.”

What is the hardest part about being a student athlete?

“I feel a bit different than most student athletes because I usually get school pretty quickly. I also do not have to take as many classes since I came in with credits already, so my course load has not necessarily been too difficult. I’ve always kind of been able to balance things pretty well, which I can tell is important. The most difficult part is probably how much you pour your heart into the athletic side of it. Being a student is pretty standard. It’s actually sometimes easier for some athletes to be students because I am already awake when I go to class because I already had morning practice. Time management is usually pretty set out because we have such a regimented schedule, but I would say having to pour my all into something, which is swim, and then having extra left over to do other things is somewhat challenging. It’s hard having to perform at a high level in everything that I do.”

You are headed to nationals soon. Can you tell us more about that?

“This is my third time going. Every year, you have to qualify or have to be invited. It depends on your time, but you have to either make the cut or be invited. I was invited by my freshman and sophomore year, as well as this year. It’s a really fun experience. Nationals is such a different event compared to the rest of the school year, especially different than conference. Conference and nationals are our two big meets. Nationals feels so different because you really get a feel for what you are doing. At conference, you are going up against other people in the state of Florida, which is nice because it is a really competitive meet. Then when you move to nationals, those people you competed against in Florida become your friends because now you guys are the Florida group. Nationals is just super cool because you really understand what it means to be an athlete. It all feels very fulfilling.”

What is your favorite part of your sport?

“The opportunity to push myself as much as I can. With any type of working out, but especially with swim, it’s never easy. If you did the same thing every day, like the same practice every day for the rest of your life, you’d be pretty good at that, but you can still always push yourself to do better. It amazes me how working out is never easy. My favorite thing about swim is how I get to continually push myself and see where I can go.”

What is your biggest accomplishment as a swimmer?

“My mom talked to me a few weeks ago, and she told me how much of an inspiration I am to her. I’ve been swimming for 13 or 14 years now, and she has told me along the way. I had one race in particular when I was 10 where I was behind, and I fought really hard to come back. She woke me up the next morning crying and told me how inspirational it was to her. She told me a few weeks ago after we had just finished conference how inspirational that whole meet was to her. She said she was tired and she was just spectating, so she can only imagine how it is for us to be competing. My biggest accomplishment is having my swimming reach beyond just swimming and having it impact someone else’s life. Being able to have someone tell me that it is very inspirational to them, it’s just very inspirational in itself.”

What are your plans after graduation?

“That’s a good question… Don’t hold me to it because I don’t know for sure. I am a psychology major and I feel really in tune with psychology, but these past few years I’ve been really into stand-up comedy and just comedy in general. I feel I’m pretty funny, well I try, and I did stand-up for a lot this past summer. I don’t have as much time to do it now because of my swim schedule, but I would like to see what I can do with that after college. If I decide to go to grad school, I’ll probably take a year off and then see what I do. While it may not be a great idea to try comedy after getting a college degree, I want to make the decision to try it while I’m still young and still have the energy to fight for that decision.”
Rebel against the mainstream with independent labels

By: Carli Latza  @Caalirose

With over-commercialized music taking over the airwaves, sometimes it’s gien little hard to find music from artists that haven’t bought into the corporate agenda of major record labels. Independent record labels, or indie labels, are labels that operate without funding from a major record label and are usually where newer artists start their careers. With an indie label, artists can have more creative control over the music they put out. Since independent labels feature a lot of newer artists that are still working hard to get noticed and get their name out there, they require a lot of support. If you are looking for some tunes that are not so mainstream, here’s a few indie labels to get you started.

**Rhymesayers Entertainment** rhymesayers.com

Based in Minneapolis, Rhymesayers Entertainment was co-founded in 1995 by Sean Daley, Anthony Davis, Mesha Saad and Brent Sayer, according to the label’s website. Rhymesayers is an independent hip-hop record label featuring notable acts such as Atmosphere, Prof, Aesop Rock, Brother Ali, P.O.S and MF Doom on their roster. Rhymesayers hosts one of the biggest hip-hop music festivals in the world, The Bomb Squad, which takes place every summer in Minneapolis.

**Hopeless Records** hopelessrecords.com

Hopeless Records is a label known to pop-punk fans as the place many of their favorite bands call home. Hopeless hosts a roster that mostly consists of pop-punk, punk rock and alternative bands including Sum 41, Neck Deep, The Wonder Years, The Used, Taking Back Sunday and New Found Glory, according to their website.

**Fat Possum Records** fatpossum.com

Founded in 1992, Fat Possum is based in Oxford, Mississippi. Fat Possum is Oxford, Mississippi, according to their website. In its early years, Fat Possum mostly focused on blues artists hailing from Mississippi, but now they have branched out to include rock and hip-hop artists as well. Some of the talent signed to Fat Possum includes Seranne, Andrew Bird and The Black Keys.

**Dim Mak** dimmak.com

Los Angeles, California

Based in Los Angeles, Dim Mak is an independent record label and lifestyle brand that features artists associated with many different genres ranging from electronic and hip hop to punk and indie rock, according to the Dim Mak website. Artists currently signed to Dim Mak include Steve Aoki, The Chainsmokers, Ookay and Scanners, alongside many more artists.

**Mom + Pop Music** momandpopmusic.com

New York

Mom + Pop Music is an indie label launched in 2009 that emphasizes the importance of artistic freedom, according to the label’s website. Artists currently signed to Mom + Pop include several big names in indie music and the DIY scene such as Flume, Metric, Tokyo Police Club and Sleigh Bells. These independent record labels are just a small fraction of the number of independent labels that exist at the moment, and new indie labels are constantly being created. Listen to the music from indie labels for a unique, one-of-a-kind feel. Support indie labels and their talent as much as you support bigger labels and artists, because indie labels are just as important.
**Fiasco and Gizzle sharing an absurd tale of delight.**

Suggests that the album will be motivational and expectations for the rest of the album. This Fiasco details the album's contents and sets mix and leads into high speed rapping in which "Dopamine Lit," starts off with a heavier trap you bob your head, but maybe even make you introduce eclectic beats that will not only make and high-energy tracks. Fiasco's new sound "DROGAS Light" is full of high-tempo fit the trap music motif than R&B ballads. 

By: Aidan Rivas

The name Lupe Fiasco isn’t new on the rap scene. Since the mid-2000s, Fiasco has been an active and prominent rapper, as reflected by his Grammy award and several other Grammy nominations. The last album he released was in January 2015, but now Fiasco is back in a sizable way. On Feb, 10, “DROGAS Light” dropped, and Fiasco performed stunningly with mixtapes of hard club-like trap and music reminiscent of mid-2000s R&B. This is not at all unwelcome, and is in a way exactly what we’ve come to expect from Fiasco, considering his past top tracks like “Battle Scars” and “The Show Goes On.”

There are more songs on the album that fit the trap music motif than R&B ballads. “DROGAS Light” is full of high-tempo and high-energy tracks. Fiasco’s new sound introduces eclectic beats that will not only make you bob your head, but maybe even make you get up and dance. The first song on the album, “Dopamine Lit,” starts off with a heavier trap mix and leads into high speed rapping in which Fiasco details the album’s contents and sets expectations for the rest of the album. This suggests that the album will be motivational and delightful. The song “Jump” featuring Gizzle features Fiasco and Gizzle sharing an absurd tale of travel through the cosmos after a life of crime. The story itself is fit to make you laugh while also literally jumping to bars that shake you to the core. The song also samples vocals from the track “Bla Bla Bla” by Gigi D’Agostino for rhythmic support. Although the song is just a hair beyond serious, it highlights Fiasco’s inclination to make music to be enjoyable and not worry about the sensible aspects. The album consists of a lot of extended metaphors, and in some cases, explicit metaphors, as Fiasco will specifically state that what he’d said prior was metaphor, as in the case of “Tranquillo” in which he says “…I ain’t talkin’ bout them drugs, I’m talkin’ bout that love.” Through these metaphors, Fiasco claims that he spreads a message of friendship and happiness alongside the standard rapping about an extravagant lifestyle. It’s an interesting dynamic and theme that persists throughout “DROGAS Light,” notable in songs like “Wild Child” and “Kill.”

The song “Pick Up the Phone” highlights that mid-2000s pop ballad tone that’s reminiscent of Fiasco’s earlier works. The chord progression brings back memories of “Superstar,” and the hook sounds like something out of an Usher song.

Overall, “DROGAS Light” is a great experience. It has memorable songs that can be blasted at parties, especially “It’s Not Design,” one of the most poptastic and fun songs on the album. The album is rumored to be a lighter version of another thematic album to be released later this year, “DROGAS.” With that in mind, the album scores a 7 out of 10. There are no completely enlistable songs on the album, only ones you need to be in the mood for. Lupe Fiasco, you’ve done it again.

**Go Gaga for “Joanne”**

Little monsters have “A Million Reasons” to love Lady Gaga’s latest album “Joanne.” Released in October, this album reveals a softer rock side to the pop sensation that brought us “Bad Romance” and “Born This Way.”

Gaga’s vocal and lyrical ability replaces the myriad of disco pop electronic sounds that have become a token of her sound. So, if you had any doubt that the woman could sing, you won’t after listening to this album. Some of the most notable vocal performances are found in “Dancing in Circles,” “Come to Mama” and “Perfect Illusion.”

When Gaga performed at the Super Bowl in February, there was some surprise on social media that she didn’t take the opportunity to make a political statement. This may seem surprising if you haven’t listened to the album. In her push-the-envelope style, Gaga not only talks about taboo topics in her songs but also has several political statements to make. In her song “Come to Mama,” Gaga sings about how society needs to put aside prejudices and let each other live. Lyrics to the song include “there’s gonna be our leaders?” and “What do we pretend we’re wrong? Has our young courage faded?”

But Gaga doesn’t stick to politics. The title track “Joanne,” is an emotional tribute to her aunt. The lyrics “I promised I wouldn’t say goodbye, so I grin and my voice gets thin” seem specific and yet universal at the same time.

Gaga’s tribute to her aunt will send your feelings spiraling. Whereas in the past Gaga focused on grandiose sounds and more abstract lyrics, this softer side of Gaga seems more straightforward, evidenced by her lyrics. But if no other song is a hit for you, “A Million Reasons” should be. It’s not the title track, but it seems to speak volumes about what it feels like to want to give up. The song is written like a love song, but with lyrics like “head stuck in a cycle, I look off and I stare” and “I just need one good reason to stay,” Gaga gives a raw rendition of what it feels like to push through when you really don’t want to.

Gaga may have changed her sound drastically with this last album, but she hasn’t lost what fans have always loved about her. This softer side of Gaga, stripped of electronic sounds and extravagant costumes, brings forth lyrics that better represent her and better connect to her fans. Gaga’s “Joanne” has songs that will inspire the little monster in all of us.
Student says virtual reality vacation was the “best spring break ever”

By: Jenna Kopec
@Jen_Kopec
Sophia Spudson, junior sports management major, had what some might call a unique spring break experience. Rather than hitting the beach and getting irresponsibly intoxicated in real time with many of her peers, Spudson had a virtual reality check. She spent her week of fun in the sun indoors pretending she was in Puerto Rico, Canun and South Beach.

“I wanted a story to tell, and I’m glad I got to have an experience that no one shares with me,” she said.

Armed with her Samsung Gear VR headset and smartphone, Spudson sat on her couch travelling the world without actually ever moving or interacting with other people.

“There’s just so many people, ya know? And honestly I live like thirty minutes from South Beach. I didn’t think it was really worth moving or interacting with other people.

“Just to get a little bit out of my comfort zone, and to have that experience. It was pretty fun and relaxing,” said Spudson.

She added that the VR experience was so immersive that she felt like she truly travelled to those locations. While her favorite spot was Cancun, Spudson also loved the shimmering blue waters of Puerto Rico, which she imagined would be very refreshing. She also appreciated the amount of money she saved on sunscreen and the fact that she wasn’t physically tired from any travel. She said her only struggle was interpreting so much visual information.

“It’s kind of like watching a really engrossing film, except worse for your eyes,” said Spudson, who had to take a break from some of the imaginary excitement because she felt so dizzy.

Thomas Houston, social psychologist, said that it’s likely more students will begin to follow the trend of virtual staycations. He said that the only real concern is for peky socialites who might want to spend time with other living human beings.

“The fact of the matter is that you don’t have to go out and experience the world anymore,” he said. “As long as you can deal with the social isolation, you can do anything you want at home.”

Spudson said she plans to organize her summer vacation in a similar manner to her spring break, feeling sorry for others who don’t plan to follow suit.

“It was totally the best spring break I’ve ever had. Plus it’s so much cheaper, once you invest in the initial equipment,” she said. “Why drop $500 on memories you can bootleg in front of your face for almost nothing?”

Internships or win-ternships?

I’ve heard claims that internships take advantage of college students, the same students who famously struggle financially and are often attributed as either incredibly hardworking or unfavourably lazy. College students are likely to complete internships, either as a requirement for their majors or as a career supplement. While some internships may not pay much, they are solid opportunities to gain experience in a field of the student’s choosing.

Internships should be seen as what they are: a foot in the door and a chance for a job. When I say chance, that’s exactly what I mean. Jobs are not secured outright with internships, but they do provide a higher chance of employers asking you to return for a full-time position. According to the National Association of Colleges and Employers 2015 Internship and Co-op Survey, nearly 90 percent of eligible returning interns received an offer for full-time employment, and nearly 90 percent of those accepted.

However, these 90 percent all decided to return to the companies they were interning for after their initial internship had run its course. Interns who go back for a second round of interning are the most likely to receive a job offer from a company. For comparison, only 43.5 percent of non-returning interns were offered jobs. So in order to feel like you’re not being taken advantage of, you have to keep up communication with the companies you intern with and even spend extra time at the job to get the full benefits of an internship.

Of course, there are times when students may take a paid internship as a temporary job to help pay bills. If that’s the case and you have no real interest in the company, simply turn down any job offers. While internships are great opportunities, it’s understandable that they may not be exactly what you are looking for, and that’s OK. Whether you want to work there or not, doing a swell job reflects well on you, and you may just gain a positive reference and a few lines of relevant experience for your resume or curriculum vitae.

It’s easy to assume that internships take advantage of people, especially unpaid internships, where you may feel like an indentured servant with no added benefits. However, the work pays off in the end. Every college student should accept an internship, paid or unpaid, with goal-oriented learning in mind. You may be lucky and have an intern where the work pays off in the end. Every college student should accept an internship, paid or unpaid, with goal-oriented learning in mind. You may just gain a positive reference and a few lines of relevant experience for your resume or curriculum vitae.
Legal or illegal, graffiti is art

By: Bianca Galan

Graffiti is everywhere. You can’t walk the streets of New York without finding a few works of graffiti on the buildings or construction walls. You can’t walk through Wynwood without finding graffiti everywhere.

Graffiti is the spray painting of drawings or writing of words in different styles and forms, but we often hear the word graffiti and think negatively. Many of us see graffiti and only think about the fact that it might be illegal instead of thinking about the piece of art. Art isn’t the legality of something, but the creativity and meaning behind it. Who says art has to be legal?

Graffiti can be considered vandalism, but there are those with a creative eye who will always find a message or meaning in it. Graffiti, to me, is art. Art is expressed and shown in many forms like singing, dancing, drawing and writing. We all see art differently. My creativity makes me see a simple line as a work of art, while someone who isn’t creatively inclined might just see the line as property damage. Just because graffiti is often vandalism because the artist didn’t get permission doesn’t mean that it isn’t art.

Location of graffiti often affects our opinion of it. If you see a wall that says “Art is not a crime” in the middle of nowhere, you might think it’s ridiculous and a sign of disrespect since it may be written illegally. Yet when we see the same graffiti at the Young Circle in Hollywood, the first thing many people think is, “Wow. This is so simple, yet beautiful,” and take pictures of it. The location of the graffiti shouldn’t change your opinion. We judge what we see by what we assume instead of the truth. Just because we might think someone illegally painted on a wall doesn’t mean they didn’t get permission.

In “The Soul of Man under Socialism,” Oscar Wilde said, “Art is the most intense mode of individualism that the world has known.”

Graffiti is beautiful because it is someone’s way of expressing his or her story or dreams. One word or figure can mean the world to someone. People have their own personalities, thoughts and experiences, and sometimes a work of graffiti can be their way to show it to the world. Artists can be vandals, but that doesn’t mean vandals can’t be artists. Art doesn’t have to be legal to be art. I wouldn’t mind waking up one day with graffiti on my wall.

Swiper, start swiping

By: Celina Mahabir

From a young age, we’ve taught about the importance of money. Many of us, at some point, were given a jar cleverly designed in the shape of a pig to deposit the loose change we’d get from our parents. It was crucial to hide away birthday money and Christmas gifts to save it for a rainy day, at least. Of course, none of us expected the rainy day to be a Category 5 hurricane, complete with storms of financial aid and high-force winds of college tuition. And then comes the aftermath: that credit card statement at the end of the month that has you questioning why on earth you thought it was a good idea to buy Chipotle twice a day for three weeks straight. That aside, it’s still important to acknowledge that college students should have a credit card for their own benefit.

Despite parents’ tendencies to throw in an “I told you so!” at the end of our life lessons, college students are fully capable of handling a credit card of their own. We have the ability to juggle so many other responsibilities: classes, driving and part-time jobs. Credit cards are only one aspect of our transition into adulthood. This doesn’t imply that you need a wallet filled with credit cards, but rather just one card that can help us better understand money management and create a sense of caution when it comes to spending.

Credit cards are a huge plus versus relying solely on a debit card and cash. Sometimes you may be out of money – whether it’s an emergency or you just really want a new pair of shoes – and a credit card is the perfect solution. I’ve learned that swiping carelessly comes with a price of its own. Having a credit card handy replaces the anxiety of wondering if there’s enough money left in your bank account at the end of the day.

Furthermore, keeping credit cards builds your credit score. As unimportant as it may seem to us right now, it’ll definitely come in handy when purchasing a car, renting an apartment, getting life insurance and so on. A credit card symbolizes adulthood in a sense, as you come across more mature and prove that you’re capable of financial responsibility.

With that being said, be careful how you spend and swipe wisely. Credit cards come with good and bad, but it’s up to you to determine your own outcome. Think twice on that second bowl of rice, chicken and beans, and look forward to saving for something even better – even if it seems like there’s nothing better at the moment.

Opinions

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SHARK SPEAK

“I’m not really a fan of it. I just feel like it’s a lot for no reason; if it’s not broken, don’t fix it.”

- Dominique Balsamo,
  junior finance major

“I don’t like it… I’ve been here for four years. I like @nova.edu. I don’t like change, and it’s not fair that because they can’t separate students’ emails from professors’ emails, and they can’t monitor or make students who graduate. That’s not my problem. They need to work on that, but they shouldn’t change the email.”

- Curtisha Demarco,
  senior biology major

“[The new email is] too long. I would have to change everything.”

- Janelle Johnson,
  junior business major

“I think that’s a good idea just because it will distinguish between the two… and keep it more organized.”

- Jonathan Frank,
  sophomore biology major

“[The new email is] too long. I would have to change everything.”

- Janelle Johnson,
  junior business major

“[The new email is] too long. I would have to change everything.”

- Janelle Johnson,
  junior business major

“Swiper, start swiping”

- Curtisha Demarco,
  senior biology major

“Swiper, start swiping”

- Curtisha Demarco,
  senior biology major

“How do you feel about the NSU email change?”

“Swiper, start swiping”

- Curtisha Demarco,
  senior biology major

“Swiper, start swiping”

- Curtisha Demarco,
  senior biology major

“It’s just for better user-friendliness and stuff, so I figured it was going to be a good change.”

- Ezana Asseta,
  senior behavioral neuroscience

“Swiper, start swiping”

- Curtisha Demarco,
  senior biology major

“Swiper, start swiping”

- Curtisha Demarco,
  senior biology major

“We’re doing it pretty much adding another part to our existing email in order for it to work a lot better.”

- Ezana Asseta,
  senior behavioral neuroscience
CULT OF PERSONALITY

Christian Holstad

Saturday, March 18 - Sunday, May 28, 2017

Nova Southeastern University
Alvin Sherman Library
Second Floor, Cotilla Gallery
3100 Ray Ferrero Jr., Boulevard
Fort Lauderdale, Florida 33314

NOVA SOUTHEASTERN UNIVERSITY
ALVIN SHERMAN LIBRARY

The title of the exhibition, Cult of Personality, arises from the term, which describes individuals' use of mass media, propaganda, or other methods to create an idealized, heroic, and at times worshipful image, often occurring through unquestioning flattery and praise. In the beginning, it was described as having no political connotations, but closely related to the Romantic Cult of the Genius. In his writings, Sociologist Max Webber developed a classification where the "Cult of Personality" holds similarity with charismatic authority. Christian Holstad

(born 1972, California) is an American artist based in Brooklyn, New York. He received his BFA at the Kansas City Art Institute in 1994. Holstad’s art practice reflects his interest in crafts, handmade objects, textiles, and his appreciation for American culture and history. His work shares a “Camp” aesthetic sensibility. With references to Kitsch, “Camp” was very much part of the 1960’s – 1970’s culture and is often associated with filmmakers, artists and performers like John Waters (his films Pink Flamingos, Hairspray, and Polyester), Andy Warhol, Divine, Liberace, and Marilyn Monroe.

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