In January 2018, NSU will be launching “Write from the Start,” its Quality Enhancement Plan (QEP) that is part of the reaccreditation process for the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). The focus of the QEP is to improve student writing at all levels.

The QEP team hopes to improve writing at NSU by creating the NSU Write from the Start Writing and Communication Center. This center will offer general writing assistance to all students – including online students and students at regional campuses, expand the undergraduate Writing Fellows Program, facilitate graduate student writing workshops and events, support faculty members in teaching discipline-specific writing and develop more online writing resources.

Barbara Packer-Muti, executive director of institutional and community engagement and director of the QEP, said that the QEP team hopes to create a culture of writing at NSU. According to Packer-Muti, surveys with NSU alumni found that writing skills were most useful outside of college, but NSU doesn’t provide adequate resources for students to become better writers.

“Things are changing,” she said. “We have a lot of writing and technology being identified as subjects for the plan, with writing eventually being selected. We’ve learned that there are too many students on this campus who believe that they do not have access to [writing] assistance, especially at the graduate level.”

According to Dvorak, writing is critical to our discipline that we don’t have the time or inclination to teach. She said that if we can provide all of these services and places where people can access help, then soon writing becomes entrenched in everything that we do.”

Kevin Dvorak, professor in the department of writing and communication and writing center and Writing Across the Curriculum coordinator, has advised the QEP committee throughout the planning process. According to Dvorak, through focus groups with both faculty and students, writing and technology were identified as subjects for the plan, with writing eventually being selected.

“We’ve learned that there are too many students on this campus who believe that they do not have access to [writing] assistance, especially at the graduate level,” he said.

According to Dvorak, writing is critical to improve student writing. “We are extraordinarily excited about [the QEP],” she said.

Dvorak said he hopes students will utilize the resources the QEP will provide and understand that going to a writing center doesn’t necessarily mean their writing is bad. “You go to a writing center because you write,” he said. “We all write.”

A student at work at NSU’s current writing center in the Parker building, room 127C.

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Physical Plant tests free feminine product dispensers

Over spring break, Physical Plant installed free feminine product dispensers in six bathrooms on the Fort Lauderdale/Davie campus as a result of legislation from the Undergraduate Student Government Association (SGA).

The new dispensers are located in the women’s bathrooms in Flight Deck, the first floor of the DeSantis building, the first floor of the Alvin Sherman Library, the second floor of the Parker building and in the Health Professions Division.

Yara Khalifa, commuter senator for SGA, was one of the authors of the legislation that led to the installation of the free feminine product machines.

“We have a 70 percent female population here,” she said. “[The machines] are something that will relieve a lot of frustration for 70 percent of the population.”

The dispensers currently installed in most of the NSU bathrooms require 25 cents per product. The free dispensers are in a trial stage, and if the test goes well, Physical Plant may install more units.

Anthony Iovino, assistant director of physical plant, which oversees housekeeping, transportation and waste and recycling, said that the old machines caused problems because people would tamper with them and insert the wrong coins. He also said that the coins turned in never matched the number of products dispensed by the machines.

The new machines are more heavy-duty, according to Iovino. They also use buttons instead of knobs, and a red light indicates when the dispenser is empty.

Iovino is keeping track of how the newly-installed dispensers are being used and whether the dispensers are empty too fast. He said he believes the new machines will work out well.

“I don’t think a lot of people carry a lot of coins on them anymore to use in vending machines,” he said. “We hand out paper towels and toilet paper, so I think [feminine] products should be, especially if there’s an emergency, easy to access.”

Iovino said that feminine products take up an extremely small percentage of NSU’s budget for janitorial products, and that buying more feminine products won’t make a huge impact financially. The campus supplier of housekeeping products, Veritas, has donated the first year’s worth of feminine products to help start the new program.

Khalifa said that she’s gotten positive responses from students about the free feminine product dispensers.

“No one’s angry that we’re using the student service fees to pay for [the machines],” she said.

Iovino said that he’d like to see more machines installed throughout campus.

“I’m on board with it, unless I see something outrageous,” he said.

WANT TO READ MORE? HEAD ON OVER TO THE CURRENT’S WEBSITE FOR WEB-EXCLUSIVE PHOTOS AND ARTICLES!
NSKCURRENT.NOVA.EDU
By: Melissa Boneta

To promote the new Marine Environmental Education Center (MEEC), NSU students hosted a social media takeover on March 15 at the Carpenter House at Hollywood North Beach Park to showcase the center’s exhibits and resident sea turtle, Captain.

The center, which opened on March 3, features interactive displays with spaces on topics ranging from sea turtle conservation to marine debris and offers programs on coastal ecology. Captain lives at the center while also being the subject of sea turtle conservation at the center.

“We want to bring people in from far away but also to focus on the local community so that people can come again and just check on Captain and see how she’s doing. We’re trying to create a coffee shop type thing, where people come back again just because you want to see her and hang out,” said Amy Hupp, a graduate student at NSU.

Captain was initially found stranded after a boating accident six years ago. According to the Education Center, her flippers were found to be paralyzed, her shell was cracked and eventually released back into the wild. She was kept in captivity, rehabilitated and eventually released back into the wild.

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.

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New marine center opens to promote ecosystem education

Captain the sea turtle at her home in the Marine Environmental Education Center.

By: Melissa Boneta

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The Office of Career Development is set to host their first-ever Grad School Planning Week from March 27 to 31. The week will consist of three events aimed at helping prepare students for grad school, and tips and tricks for applying. The first event is “To Be or Not to Be: Graduate School is the Question,” on March 28 from 12-1 p.m. in the Carl DeSantis building, room 1047. This event is an interactive workshop focused on discussing strategies to help students decide if they should go to graduate school or not. Lorenzo, assistant director of Career Advisement, said this event will explore whether graduate school is the right fit for students.

The second event is “Acting the App,” on March 29 from 12-1 p.m. in the Carl DeSantis building, room 1047. This event is focused on applying to graduate school and navigating the application process. Lorenzo said, “This workshop is going to be focusing on how to deal with the application process. Whether you are going to medical school, going through that MCAT process or any professional school, or a master’s program, MBA. We going to go over everything, how to build your resume, your personal statement, letters of recommendation, the actual application portal itself. Basically, anything you would need to keep in mind as you get ready for the graduate school application process.”

The third event is “Getting Personal: Crafting a Distinctive Admissions Essay” on March 30 from 12-1 p.m. in the Carl DeSantis Building, room 1047. This workshop focuses on how to write an effective personal statement for graduate school. Lorenzo said, “One of the harder parts of the grad school application is the personal statement. We will be talking about how to brainstorm and develop the personal statement, what you should include in your personal statement, what the admission folks are looking for in these personal statements, [and] how personal you should get in your personal statement.”

Along with this event, the Office of Career Development will also hold personal statement drop-in sessions from 1-5 p.m. in the Carl DeSantis Career Development Office. Nia Bryant, senior nursing major, said she is very excited for this upcoming week of events.

“I want to know, or get an idea of what my next move should be after graduation. If I should go to graduate school right after nursing school, or if I should work first, or do both. I also want to see if they can provide me with tips to get into graduate school.” Bryant said.

Lorenzo said that the need of the students is what drove Career Development to put on these events. “I think applying to graduate school can feel like climbing a mountain. Especially when you are still managing your course load and life in general as a college student, so why not have someone else who can help you out with it?” said Lorenzo. “We have seen it all and have helped students put in their most competitive applications. So, whether you feel you have a good application or you’re wondering if graduate school is for you, why not have someone who is going to ask you the right questions and really cares about you as an individual, help you to make the best decision for yourself?”

The events are open to all NSU students. To attend, RSVP at nova.joinhandshake.com/events.

NSU’s Career Development hosts a Grad School Planning Week

By: Brianna Walker

To celebrate Women’s History Month, the Office of Career Development is hosting a Wonder Women Panel featuring women leaders in different fields on March 21 from 6:30-7:30 p.m. in the Performing Arts Wing of the Don Taft University Center, room 309. The panelists include Shwana Cartwright, group director and head of transformation in information technology at Ryder; Peggy Meyers, senior vice president of World Fuel Services, Allison Rand, an ophthalmologist with the Rand Eye Institute, Tracy Westerholm, vice president of product marketing at Kasaya Software, and Taryn Powell Agais, principal of cyber-risk services at Deloitte. To RSVP for the panel, go to nova.joinhandshake.com. More information on the panelists is available at nova.edu/career/wonderwomen.

Former Israeli ambassador to US to speak on campus

Daniel Ayalon, a former Israeli ambassador to the U.S., will give a talk titled “Challenges and Opportunities for the U.S.-Israel Partnership in a Rapidly Changing Middle East” on March 28 at 7 p.m. in the Rose and Alfred Miniaci Performing Arts Center. Ayalon also serves as the president of a private firm that advises governments and international corporations, the founder of The Truth about Israel, a non-profit organization that educates the public about Israeli affairs, and is a former member of the Israeli Parliament and deputy minister of foreign affairs for the State of Israel. The event is open to the public, and free tickets are available in the Farquhar Honors College dean’s office on the second floor of the Mailman-Hollywood building. There is a limit of two tickets per person. For more information about the event, email dDaniel@nova.edu or call 954-262-4236.

Nominations for President’s 64 close

Nominations for the President’s 64, a group of 64 students that advise the president and act as representatives for NSU, will close on March 25 at 5 p.m. In order to become one of the President’s 64, a student must be in good academic standing with the university and have a GPA of 2.5, be currently enrolled as a professional, graduate or undergraduate student, and be involved in their academic communities. NSU staff and faculty members can nominate students by sending a letter of recommendation to president64@nova.edu or by completing the nomination form available at nova.edu/president64/forms/nomination-form.doc. For more information, email president64@nova.edu or visit nova.edu/president/the64.

“Cult of Personality” art exhibit on display

“Cult of Personality- The Art of Christian Holstd,” will be on display from March 18 to May 28 in the Alvin Sherman Library Cotilla Gallery. This exhibit is the third in a series of exhibitions curated by the de la Cruz Collection. Holstid’s work often features handmade objects, fabrics and crafts and is reminiscent of U.S. history and culture. Admission to the exhibition is free, and the gallery is open to the public. For more information about the exhibit, visit nova.edu/career/wonderwomen.

True Facts about Israel, a non-profit organization that educates the public about Israeli affairs, and is a former member of the Israeli Parliament and deputy minister of foreign affairs for the State of Israel. The event is open to the public, and free tickets are available in the Farquhar Honors College dean’s office on the second floor of the Mailman-Hollywood building. There is a limit of two tickets per person. For more information about the event, email dDaniel@nova.edu or call 954-262-4236.

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That Time I... Went to Washington, D.C.

By: Melanie Chapilliquen

Melanie Chapilliquen is a sophomore communications major with a focus in strategic communication.

Remember when you were little and you finally got to ride the “big” ride at a fair and were smiling from ear to ear? That’s what I felt for two weeks with no end.

Last summer, I was one of 30 students in the nation chosen to go to Washington, D.C. for the Hispanic National Bar Foundation’s internship offered every summer. Everything was paid for, and I had the opportunity to meet with Hispanic attorneys from around the nation who thrilled in their profession and were able to positively impact their communities.

I stayed at American University, where I learned from attorneys’ legal proceedings, spoke with judges and was exposed to individuals with graduate degrees from law schools working unconventional jobs. The internship provided insight into how Hispanics are highly underrepresented in the legal field. We heard testimonies from speakers and our counselors that broke our hearts. I think I learned far more from a personal perspective than what I learned from the legal teachings. Yes, legal teachings are important, but the lessons about humanity, compassion and determination have no comparison.

The people who shared their stories came from all walks of life. They had been in single parent households, worked since they were 12 years old, crossed the border, stopped going to school to help provide for their parents — you name it. They embodied the determination and the heart of what it meant to follow your dream and rise from nothing.

Upon our arrival, the Hispanic National Bar Foundation members decided to give students the grand tour of D.C. They had the law dean, a real-estate law professor from FIU, come in and give us a warm welcome and an itinerary for the next two weeks. This was only the beginning.

The trip was filled with meetings, jobs, field trips and mock trial prep time. Throughout our stay, we had attorneys, judges and speakers from across the nation. This included the FIU law dean, the Cornell law dean, prestigious judges from across the nation and successful attorneys in their prospective areas.

The day before we were to travel home, we presented our assigned case in the Washington, D.C. district court where a judge determined whether we received a verdict of guilty or not guilty on specific charges. We split into two sides — the prosecution and the defense — and we asked to present the case. An actual presiding judge evaluated our skills and abilities and determined the outcome. Talk about completely nerve-wracking. The mock trial was an unforgettable experience.

That night we attended the Hispanic National Bar Foundation’s Gala, which was a great experience. We had the ability to network with attorneys, judges and law school deans.

Many were honored, and as a high school student who really hadn’t traveled outside of Florida much, this was like my version of seeing a concert from the first row.

D.C. wasn’t all work and no play. It was filled with rich culture, and even if you’re not a fan of history lessons, the food was great and so was the scenery. We had a bus that would drive us around all of D.C. to the different museums and significant locations. That day, I felt at home. A bunch of high school graduates given the freedom to roam around the historic national landmarks and places was pretty amazing. This was the first time I allowed myself to realize that we had so much world to explore. Being with friends from sunrise to the late hours of the night cracking jokes, while dancing and singing and learning, was an unforgettable experience.

Life is about getting out of your comfort zone and seeing the world from a different perspective. This was the second time I applied to the internship. I was finally chosen. This was the first time I traveled alone, stayed away from home for such a long time and had the opportunity to meet influential national leaders. Even a profession as serious as law is meant to be enjoyed to the fullest. Play around, meet new people, gain new experiences and don’t limit yourself. We are in our prime years to travel and to learn and to get over our fears. Even speaking in front of federal judges is no big deal.

The press is feeling the pressure

By: Heather Saltz

Free speech, especially pertaining to the press, has been thrust into the spotlight. Recently there have been allegations, including those made by the presidential administration, questioning the media’s reliability and professionalism.

Being able to speak freely is a constitutional right given within the First Amendment, which states, in part: “Congress shall make no law... abridging the freedom of speech, or of the press.”

This right permits the media to disseminate news to inform the public and permits U.S. citizens to share personal opinions and beliefs. What is within the boundaries of the Constitution is constantly litigated and scrutinized, like speech that may be considered fighting words, is constantly litigated and scrutinized, like What is within the boundaries of the Constitution, citizens to share personal opinions and beliefs.

The press is feeling the pressure.

Deborah Lima, a reporter from the South Florida Business Journal, said, “[Among] most reporters I personally know, there’s a heightened sense of responsibility to report objectively. And in that vein, the idea of objectivity and how that applies to journalism has also changed.”

However, according to Lima, fake news has become “a j e r r u l f i t d j u d i c i a l f a i l u r e q u a l i f i c a t e d r u t h f u l j o u r n a l i s m.”

During President Trump’s campaign, he said, “I’m going to open up our legal laws so when they write purposely negative and horrible and false articles, we can sue them and win lots of money,” according to the New York Post.

Lima said she has recognized some of the effects of the sudden skepticism by the public regarding the mistrustworthiness of the media. I

“I hope the White House will recognize the importance of a free, unfettered press,” said Olympia Duhart, NSU constitutional law professor. “A strong media is critical for our democracy.”

“Freedom of the press isn’t as directly under threat so much as the credibility of the press is, in my opinion. Reporters have in recent months been scrutinized and criticized and their integrity entirely questioned, sometimes without bias,” said Lima.

So, can the president follow through with changing libel laws? Technically, yes. According to The New York Times, he can achieve this in one of two ways: through the Supreme Court or the Constitution itself.

“Issues that in the past were, plain and simple, tied just to ideas of equality and humanity have now become ultra-politicized and polarizing, raising questions for journalists as to where the line between morality and partisanship can be drawn, professional and otherwise,” explained Lima.

Although there is broad protection for the press, there are restrictions put on speech, such as making severe statements that constitute a “clear and present danger” to the public’s safety.

In addition, a reporter can’t slander even a public figure with “actual malice.” This means that there was knowledge that the statement was false and that there was a reckless disregard as to whether it was true or false, stated the Supreme Court in Times v. Sullivan.

According to Yale Sanford, NSU law student and UCF graduate with a degree in broadcast journalism, the press serves to keep the government in check.

“The day that we allow the press to be suppressed in any way is the day we lose the transparency into our government,” he said.

“I hope the White House will recognize the importance of a free, unfettered press,” said Olympia Duhart, NSU constitutional law professor. “A strong media is critical for our democracy.”
Image not available

**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.

Palm trees, sand and a brand new tan. We all love the summertime and how relaxing it can be… but what happens when it gets too relaxed? The best way to avoid a slow, unproductive summer is by getting a head start on planning your upcoming activities and experiences. By planning ahead, you may find yourself with a lot more time to do the things you love, see the people you want to see and prepare for the fall semester.

The summer months, it is important to think about ways to reenergize yourself. You have had a busy school year and vacation time is essential. Consider trips you may have the opportunity to go on or events you may be interested in attending. Write these adventures down in your planner or calendar so that they remain organized and you don’t forget about them. Having these dates written down on paper or in your phone will help prevent future plans from conflicting with them.

Have you ever thought about doing a summer internship, study abroad trip or shadowing a professional in your field of interest? The summer is a perfect time to explore new places and connect with new people due to the increased amount of time you have to focus on them all. These types of experiences make a huge difference on your resume when applying to jobs and graduate programs — the skills and stories you can obtain over this summer may be exactly what you need to set yourself apart on a graduate or full-time application. It is worthwhile to reach out to the Career Development Office and International Programs at NSU to learn more about how to get involved with these opportunities before graduation.

Although summer may feel like vacation time for many people, some students may be interested in completing summer courses to further themselves within their academic program. Summer courses are either seven or 12 weeks long and can help speed up the graduation process. They can be online or in-person, depending on your interests and flexibility. Talk with your academic advisor if you are interested in adding these courses to your schedule.

A few weeks before the fall semester begins, start brainstorming about what you foresee these months looking like for you. Tons of projects? Several labs? New organizations? New goals? Feeling prepared for your first week of class is not only motivating, but incredibly stress-relieving. Consider making a schedule with the Office of Undergraduate Student Success that includes your upcoming courses and other weekly activities over the summer, so you know exactly what you need to do throughout fall to move forward, successfully, into winter break. We both know that summer is going to fly by, so start planning what you can do now to maximize your time and start the next school year even stronger than the last.

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**Features**

**This summer will be one for the books**

**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.

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**What do you mean I need a credit card?**

**By: Nikki Chasteen**

Whether you’re a freshman, senior, graduate student or doctoral candidate, you’ve probably heard about credit your entire life. Your parents have credit and you may even have credit. But if you don’t, don’t stress. Credit and credit cards are difficult to understand. Unfortunately, it is often up to us to learn the dos and don’ts of credit cards.

Albert Williams, NSU’s subject matter expert in finance, teaches a personal finance course. He has a wealth of knowledge on how to start building credit, maintaining good credit and what not to do with your credit cards.

“I recommend all college students get a credit card and practice how to use it,” said Williams.

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**Build your credit**

To start building credit, you must apply for a credit card. This can be an overwhelming process and very confusing, but there are websites and apps out there to help in your search.

“The most effective way to get a credit card is to go to your bank and give them a couple hundred dollars and ask for a secured credit card,” said Williams.

The difference between unsecured credit cards and secured credit card is essential to understand. Unsecured credit card, according to Huffington Post, does not have any collateral associated with it. This means the bank evaluates your ability to pay based on factors such as income and past loan repayment history. A secured credit card is backed by a deposit that you make to the bank. If you deposit $500, then you will have a $500 limit. If you do not pay your bill, or the entire balance, the bank can rely on your deposit to repay the loan.

It is important to look for a few things before applying for a credit card.

“The first thing college students should look at is the cost of the card,” said Williams. “This includes the annual fee to use the card and interest. Interest is the biggest cost.”

Ideally, you would avoid getting a credit card with an annual fee, and Williams does not recommend college students have more than two credit cards. The more credit you have available to you, the more tempting it is to spend.

According to CreditKarma.com, keeping up with your minimum payments on your first or second card is more important than opening several credit cards to show you have multiple accounts.

“What’s most important isn’t the specific number of credit cards on your credit report, but what you do with them,” said CreditKarma.com.

**Maintain good credit**

It is crucial to maintain a good credit score. What you are trying to buy, whether it be a house, a car or simply want good credit, will depend on what a good score is.

According to Experian’s website, there are two types of credit scores. There is the FICO score and the Vantage score. The credit score scale starts at 300 and a perfect credit score is 850. Experian states that under FICO standards, a score of 670 or above is considered good. However, the Vantage score standards prefer to give a good credit rating to those who have a 700 and above. Your credit score will vary across the three credit bureaus: Experian, TransUnion and Equifax.

**Important tips to remember when using your credit cards**

Once you get your credit card, Williams has a few pointers to give students.

“Don’t pay it off in 30 days – the grace period. Pay it off over three to six months. Pay a little interest,” said Williams. “But show that you can pay off a loan.”

The hardest part about having a credit card might be knowing what to spend it on.

“Don’t go fill up the card with things you don’t need,” said Williams.

A list of cards offers rewards on things like groceries and gas. You can use your newfound spending power on necessities that give you cash back, points towards travel or even a credit on your monthly statement.

Credit is an important part of being an adult. Begin building your credit history early and you will give yourself a jump start when you are ready to buy your first car or your first house.

For more information and resources, visit the Federal Trade Commission’s website at consumer.ftc.gov/topics/money-credit.
CAREERS IN SPORTS
LECTURE SERIES

FEATURING MIAMI DOLPHINS EXPERTS AND EXECUTIVES

Learn from the Pros

Nutrition and Performance
*Wednesday, March 29 | noon–1:30 p.m.*
Discuss how the Dolphins utilize nutrition to improve athletic performance and dominate on the field.

Sports Management
*Tuesday, April 4 | 6:00–7:30 p.m.*
Discover the business behind professional sports, including players career development, guest experiences, and operations.

Entertainment and Branding
*Tuesday, April 11 | noon–1:30 p.m.*
Join NFL executives to learn about sports branding and the sports entertainment industry.

Athletic Training with the Miami Dolphins
*Wednesday, April 19 | 6:00–7:30 p.m.*
Learn how the Dolphins train and prepare their elite football players for endurance, game day, and crises.

The Careers in Sports Lecture Series is free and open exclusively to NSU students. All lectures held on NSU’s Fort Lauderdale/Davie Campus. Seating is limited. RSVP is required using your N#.
Visit [nova.edu/finsfootball/series](http://nova.edu/finsfootball/series) to reserve your seat.
The weight loss industry is a billion dollar business, according to The Wall Street Journal. It makes money in various fitness products, diet supplements, meal plans and anything that can have a weight loss label slapped on it. Sometimes so many options can put an individual at risk by not knowing how to lose weight correctly. Failed exercise fads or radical diets could leave some belly busters feeling disappointed, frustrated or even unhealthy due to injury or malnutrition.

What leads to fad/trends with exercise and diet? Professor Marilyn Gordon, a licensed dietician that teaches classes dealing with nutrition at NSU, said that the internet and social media make dieting look as easy as buying a pair of sunglasses.

“Many fitness and nutrition sites often list grapefruit as being a type of food that can help burn fat fast. According to Gordon, although grapefruit is good for you, it doesn’t burn fat.”

A more dangerous type of diet is the liquid protein diet. According to Gordon, these diets tend to be very “low calorie and high protein.”

“It doesn’t teach the person about healthy eating, how to plan their meals… so it’s kind of a quick fix,” she said. “But could eventually hurt them permanently.”

Gordon suggested that those going on liquid diets “definitely need medical supervision,” since there have been individuals in the past that have died from liquid diets.

In regards to diet supplements and plans, Gordon said, “The public is not well-educated to understand that all these dietary supplements are not regulated by FDA. So the company can just kind of play around with what they make and harm… There is no science behind it. It’s like magic.”

Is it the time of the year? According to Gordon, the high intensity can take a toll for individuals who are inexperienced and uneducated on their strengths and weaknesses.

“Nothing against CrossFit, but I do find that there are a lot of people who are very deconditioned,” Gordon said. “It’s kind of a great way to get into those groups and feel a little bit of intimidation, and so they try to do things they are not ready for and it’s a good recipe for them to get injured.”

Another failed diet
Is butter a carb? According to snigir.org, fat dieters have existed before the 1800s. Some of the diets still exist but have altered names. Just like with exercise, those interested in losing weight should evaluate their own health. According to Gordon, specific diet fads that can be dangerous or ineffective are the grapefruit diet, also known as the Hollywood diet, the liquid protein diet and diet supplements/meal plans.

Many fitness and nutrition sites often list grapefruit as being a type of food that can help burn fat fast. According to Gordon, although grapefruit is good for you, it doesn’t burn fat.

“Many fitness and nutrition sites often list grapefruit as being a type of food that can help burn fat fast. According to Gordon, although grapefruit is good for you, it doesn’t burn fat. It’s very dangerous because it heats up their core temperature and can really be life-threatening.”

By: Monique Cole

Avoiding exercise and diet fads

Quick, cheap and easy, but efficient? While the type of exercise is up to the individual, those interested in losing weight should do some research before breaking a sweat. Gordon pointed out sweat suits and diets as two examples of ineffective or dangerous exercise trends. In the case of sweat suits, Gordon said that people incorrectly link sweat and burning calories.

“All sweat does is dehydrate them,” she said. “It’s very dangerous because it heats up their core temperature and can really be life-threatening.”

Dangerous exercise trends/fads

One of the hottest exercise trends at the moment is CrossFit. According to CrossFit.com, CrossFit is a combination of various types of physical moment that are performed at a high intensity.

However, according to Gordon, the high intensity can take a toll for individuals who are inexperienced and uneducated on their strengths and weaknesses.

“Nothing against CrossFit, but I do find that there are a lot of people who are very deconditioned,” Gordon said. “It’s kind of a great way to get into those groups and feel a little bit of

On the Bench: March Madness

By: Trent Strafaci

I’m so happy – the three most exciting weeks of basketball have finally arrived: March Madness. Over this span, 68 teams from Division I basketball are vying for the opportunity to cut down the nets, an honor reserved for the winner.

In fact, it is almost as important as the trophy. I am a sports nut, and I watch almost every game with religious devotion. March Madness is three weeks of pure excitement. Because it is a single elimination tournament, every game is “do or die.” One missed opportunity can send a powerhouse team packing.

I doubt that Kansas, Villanova, North Carolina or Duke will all end up in Final Four, but that is the exciting part. Some good teams will get lucky and knock off one or more of these powerhouse teams. I remember when the 2014 underseeded Connecticut team won the National Championship against a big Kentucky team, 60-54. Two tough teams have to play their best defense, along with taking it to the basket. Winning the championship involves a whole range of strategies, takes and a little luck. March Madness is three weeks of heart break and triumph.

Only one of the 68 original teams invited to the tournament will take home the coveted trophy that proclaims they are the best of the best and that they have secured a place in sports history. Teams and maybe entire schools will live on this glory for years to come. The victors become the stuff of legends. I understand this because I listened to the glowing tales of old college basketball players from days of old.

The NCAA tournament is the most entertaining form of competition. It gives the little guy a chance to play with the big boys. Every year the NCAA tournament has had some historic upsets. I can’t figure out who’s going to be the “dragon slayer” this year. For a while, I thought it might be Florida Gulf Coast, and they did give Florida State a run for their money, falling short 86-80. Upsets are just another reason these three weeks are magical.

I know from past experiences that I will be immediately at signing. Murray, previous on the Oakland Raiders, had the deal is for $15 million over three years, with $3.4 million guaranteed immediately at signing. The deal with Latavius Murray. The deal is for $15 million over three years, with $3.4 million guaranteed immediately at signing. The deal with Latavius Murray. The deal is for $15 million over three years, with $3.4 million guaranteed immediately at signing. The deal with Latavius Murray.
Makingramenright

By: Monique Cole

Ramen noodles are a fan favorite with college students, mostly because they are cheap and easy to make. A package of ramen typically comes with a precooked block of noodles and a packet of seasoning. While ramen is economical and practical, it does have its drawbacks. Ramen is high in sodium and generally bland. Here are a few tips and tricks that can make ramen taste less plain without breaking the bank.

Drop the package and find alternative flavoring

This may be extreme for those who love the flavor packers, but try using only half of the package instead. While the packaging does provide taste, other flavorful and healthy options do exist. Soy sauce, powders, broth and peppers are all good seasoning options. For those who like a little spice, red chili powder, sriracha sauce and kimchi will add that extra kick.

If a stormy, cold day leaves you in the mood for soup, using chicken broth or adding miso paste to the boiling pot of water can add more substance to the dish.

Colorful life equals a healthier life

While fresh produce can get expensive, all types of veggies can be added to the ramen mix. Spinach, green beans, mushrooms, corn, carrots and green onions are just some suggestions. The vegetables result in a more natural and filling meal. Just beware that filling types of vegetables will require different cooking times. While most vegetables are added at the same time as the noodles, some might require a shorter cook time to prevent the vegetable from becoming soggy. Don’t have time to make an entire stir-fry? To save time, you can also freeze fresh vegetables for more soup-base instant ramen meals.

For the meat lovers

Buying meat or college budget can be daunting. One cheat meal that tastes excellent in ramen is spam. Spam is a precooked ham that costs around $3. The meat tastes its best when fried for two minutes on both sides. Spam ranges in a variety of flavors, and even has a light option for those who are more health-conscious. If you’re feeling fancy, some other meat options can include rotisserie chicken, beef or even shrimp.

The egg-cellent choice

Whether boiled or scrambled, eggs require the correct timing when added to the mix. This technique is very common in traditional ramen in Asian food culture. If you prefer a soft boiled egg, add the egg towards the very end of the ramen cooking time. Adding the egg in at the very beginning will result in the egg disintegrating, so hold off until the last few minutes. While soft boiled and scrambled eggs have the same cook time, scrambled eggs will require you to prepare a beaten egg mixture.

Food daredevils, listen up

Those who love to experiment with food mashups can really get creative with ramen. Recipes have been created for college students’ love for macaroni and cheese as well as pizza. According to Spoon University, you can recreate the mac and cheese ramen in a few simple steps. First, add eight ounces of cheddar cheese and three-fourths a cup of milk to a cooking pot. Cook the ramen as normal. Once the ramen is drained, combine the two together. Another unique ramen recipe to pizza ramen, but this recipe requires the use of an oven. According to Food Beasts, the recipe requires dinking a block of ramen into pizza sauce, adding shredded cheese to the top and finishing off the pie with whatever toppings you would like. Keep the ramen in the oven until the cheese is golden brown and enjoy.

Movies that should have made the cut: 89th Oscars

By: Bianca Galan

Many of us watched the 89th Academy Awards in February and may have found ourselves disappointed in some ways. Maybe a few of us thought that other movies, actors or soundtracks should have won Best Picture, Best Actor or Best Original Song. Unfortunately, not all movies can be nominated and not all movies can win an Oscar, but there are always a few motion pictures that could have been considered for recognition. Below are some movies, actors and songs that did not quite make the cut but should have.

“Sing Street”

“Sing Street” is a great movie about a group of socially awkward kids who decide to start their own band with the goal of making a girl called Ann, played by Kelly Thornton, fall in love with the lead singer called Conor, played by Ferdia Walsh-Peelo. The actors had great chemistry. This movie was full of original songs that make you move and dance the moment you hear them. “Drive It Like You Stole It” is possibly one of the best songs in the movie. It’s all about the journey of life and how everyone should enjoy it. It also brings back the old-school pop/rock genre that we rarely see in movies, and should have been nominated for Best Original Song. While the movie may not have won the award, it at least deserved a nomination.

“The Accountant”

“The Accountant” is an action/crime/ thriller about a man named Christian Wolff, played by Ben Affleck, who is a math genius and secretly works for criminal organizations. Ben Affleck acts as if he has an arm in a role in which he shows great professionalism and acting skills. Aside from being a great movie with huge plot twists in the end, his acting in this movie is impeccable. Ben Affleck’s portrayal of the character should have gotten him nominated for Best Actor.

“Passengers”

“Passengers” is not the greatest movie ever made, but Jennifer Lawrence will always be a master of emotions. “Passengers” is focused on a young couple who is awakened from a 130-year hibernation after the spaceship they are traveling on has complications. Through her portrayal of Aurora, Jennifer Lawrence demonstrates that she is the queen of accessing different kinds of emotions. She does a great job portraying a cute, flirty gal who is simultaneously disappointed and mad. Lawrence always impacts us with her acting, which should have solidified a nomination for Best Actress.

“Captain Fantastic”

“Captain Fantastic” is an amazing, heartwarming movie. The name alludes to a superhero flick, but the film actually follows the story of a father taking care of six children after a tragedy. This film is incredibly beautiful and funny and unique. The way Viggo Mortensen carries out his part is so unique, and the love he projects for his children is so prominent. Captain Fantastic, aside from its amazing actors, has a perfect plot. This movie should have been nominated for Best Picture. It has everything you need: drama, comedy and romance, along with the most beautiful storyline.

There are many other movies, soundtracks, actors and actresses that should have been recognized at the Academy Awards. In the end, it’s all about opinion. Some people may love the nominations and others may hate them, but 2016 was a year of great movies.

Tours, not bores

By: Jeweliean Registera

Students here are lucky to attend college in a beautiful location, so we might as well fully explore it. For some, that can be an overwhelming feat. Do you travel down to South Beach? Book a cruise? Wander down Las Olas? The options are endless, but the good news is that there are plenty of tours that allow you to explore Fort Lauderdale with the help of a guide. Below is a compilation of some of the tours offered in the area.

Water taxi rides

Water taxi rides are a fun way to experience multiple parts of Fort Lauderdale with the ability to hop on and off of the taxi throughout the day. Sure to check out the routes and attractions at each stop to effectively plan your trip. Routes offer stops near historic sites, popular restaurants, live shows, boutiques, beaches and more. For a full list of the stops and routes to and from the stops, visit watertaxi.com.

Las Olas Food Tour

Las Olas has never tasted so good. If you are overwhelmed by the food options downtown, book a tour and be guided through some of the best eateries on Las Olas. Wander through downtown and experience the unique taste of the boulevard. For information on tour times and prices, visit lasolasfoodtours.com.

Riverwalk Recreation Tours

Riverwalk offers a variety of tours to help you explore your own backyard. Whether you want a guided tour or just a day outside, Riverwalk Recreation has something that will suit your needs. Take a kayak or paddleboard tour of the waterway, ride a Segway across the bridge or bike downtown to explore the city. For more information on dates and prices, visit riverwalkrec.com.

Everglades Airboat Tour

If you are interested in exploring the Everglades’ ecosystem, look no further than an airboat tour. Through the tour, you’ll be able to experience the Everglades up close and personal from the vegetation to the inhabitants. Tour guides will explain the wonders of the ecosystem while steering you through an area famous for its diversity. For more information on dates and pricing, go to riverfrontgondolatours.com.

Jungle Queen Cruises

If you are longing for an adventure, check out Jungle Queen Cruises. The company offers a variety of tours that will help you explore New River and beyond. Cruises can last anywhere from 90 minutes to four hours depending on the type of trip. Jungle Cruise has morning, afternoon and evening sightseeing tours, as well as afternoon tours to a private cove and evening dinner and show cruises. For more information on pricing and booking, visit junglequeen.com.

Gondola Tour

Looking to bring a little bit of Venice to Fort Lauderdale? Try taking a gondola ride through New River. The tours offer complimentary beverages and a provide a list of restaurants that will deliver directly to the boat, but you are also permitted to bring your own refreshments aboard. For more information on the tours and pricing, go to riverfrontgondolatours.com.

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NSU Current News

The CurrentNSU
Staff Picks: Favorite books

By Janna Kopeck, features editor, said, “The Unbearable Lightness of Being” by Milan Kundera.

“Unbearable Lightness of Being” is definitely the first thing that comes to my mind. It’s definitely a book that includes a lot of adult concepts so college is a perfect time to read it for the first time. One of my favorite things about the novel is the way Kundera acknowledges that the characters aren’t real. He uses them as commentary—a way to express concepts that he feels so desperately need to be told.”

Melissa Boneta, news editor, said, “The Lovely Bones” by Alice Sebold.

“I laughed. I cried. My heart melted. I couldn’t put it down. The book is written from the vantage points of her personal heaven. She narrates the story of her death, her killer, how her loved ones moved on, how she let go of her lover, how she has changed, and how she finally accepts the things she once couldn’t. I loved this book because of how the main character enters her afterlife story so gracefully, even in her most trying moments, and how she behooves beyond her years. Sebold creates characters relatable to the human experience and creates experiences that wrench the soul but mend the heart. I remember reading it for the first time and how it shifted something inside of me that made me appreciate life more than what I used to. Sebold’s writing style captured me in the deepest waves with just the flinch of her wrist. No book had done it in such a lovely way before.”

Brianna Walker, news intern, said, the “Percy Jackson and The Olympians” series by Rick Riordan.

“Any book involving demigods, goddesses and Percy Jackson is likely to be my favorite book. What makes this book so great is that I grew up with the characters in the novel. I was the same age and grade as the characters when I read the books, so each year as a new book came out I read the characters and I aged together, up until I turned 18. It also helped that all my friends at the time loved the series too, and we all still talk about its epic-ness to this day.”

Jewelliana Registe, arts and entertainment editor, said, “Me Before You” by Jojo Moyes.

“It is difficult to come up with just one favorite book, but one that has impacted me within recent years is ‘Me Before You.’ I love romantic books and movies, especially the ones written by Nicholas Sparks, but this book was much different than others that I have read. The conclusion is not the typical ending to a romance story, but it made so much sense. The entire book is very challenging yet realistic, which I like.”

Nicole Chavannes, copy editor, said, “Memories of a Grisha” by Arthur Golden.

“Though it’s difficult to narrow down the books I like most to one favorite, I think it would have to be ‘Memories of a Grisha’ by Arthur Golden. It tells the story, in first-person perspective, of a retired grisha, Sayuri, from her childhood to the present. I love the imagery, the storyline and the way seemingly simple or meaningless anecdotes explain so much about the character. The film adaptation is amazing too, so whenever I want to immerse myself in the story again but I don’t have the time to read the entire book, I watch it. Needless to say, I’ve seen it more times than I can count.”

Jacqueline Lytle, co-editor-in-chief, said, “A Dog’s Purpose” by W. Bruce Cameron.

“I love reading, so I’m not sure I could really choose a favorite. However, I just finished ‘A Dog’s Purpose’ and loved it. Aside from my undying love for dogs, it’s a great book with an original concept. The story is told from the perspective of a dog that goes through various lives, coming back as a new dog with a new life each time all while searching to find its purpose. I laughed. I cried. My heart melted. It couldn’t get enough.”

March is National Reading Month, and while our staff spends most of our time reading textbooks, we also enjoy diving into a good book recreationally. Check out some of our favorite reads down below.

Grace Ducanis, co-editor-in-chief, said, “The Picture of Dorian Gray” by Oscar Wilde.

“Few books achieve the perfect mix of name recognition and depth that I think that Oscar Wilde perfected with ‘The Picture of Dorian Gray.’ Wilde’s only novel chronicles the life of a rich and angelically handsome young man as he is influenced by a witty, morally lacking older lord and a sentimental, fawning man as he is influenced by a witty, morally questionable.”

Danielle Pucillo, multimedia manager, said, “Hamilit” by Thomas Harris.

“Reading and writing are two great passions of mine, and my favorite piece of fiction is Hamilit” by Thomas Harris. I first read it in middle school, and it introduced me to the world of themes and figurative language. It’s a very meaty story, with a lot of important social issues such as police brutality, and gun control laws. He then trivializes the whole situation and makes it lighter saying he just wants to spend some time with a woman before his world inevitably ends. The lyrical content hovers over an appropriately troubling beat. The main sample is a shrewdy, dusty organ synth paired with light chimes and an erratic hip-hop hat pattern. It almost sounds as if the entire track could collapse at any moment. While all of the tracks on the record have an air of sarcasm and satire, it is most apparent in the tracks “Harambe” and “Coichin.” Both have the distinctive grunvly and grumpy beats of trap and dubstep producer Getter and go out of their way to be parodic. It is no secret that the unfortunate events surrounding the death of Harambe the gorilla are widely debated and controversial. Park takes advantage of this on “Harambe” to not only provide his opinion on the shooting, but also to use the situation as a metaphor for the current state of the world. He compares it to a jungle where people are often killed or arrested based on slight suspicion rather than action, mirroring many recent police brutality cases.”

“Coichin” features fellow rapper Too Short and details Park’s cultural experiences in the U.S. Park humorously raps about how he is Korean but is often called “Chains,” meaning “Chinese,” by the Hispanics that are a part of his life and how Hispanic culture has shaped his own personality and style.

While Jonathan Park may not be the first or only Asian rapper to make it big stateside, he is one of the most unique. His energetic tongue-in-cheek rapping mixed with strange beats is always interesting to listen to. Park is a rapper that understands that lyrics should have some form of deeper meaning, but he does not want to sacrifice having fun to do so. The result is a rapper that is extremely self-aware and content, and “We Might Die” is a testament to that.

By: The Current Staff

March 21, 2017 | nsucurrent.nova.edu
**Seriously Kidding**

*a satire column*

**NSU club earns a million dollars for selfless community service**

*By: Grace Ducanis*  
@GraceDucanis

NSU’s Theme Park Club (TPC) has earned over a million dollars in funding through their community service hours. The club plans to use the money to fund upcoming trips to Disney World, Universal Studios, SeaWorld, Legoland and Busch Gardens.

The club, which has 60 members and is growing by the day, earned a million dollars by completing over a thousand hours of community service at different locations throughout South Florida.

Reynal Dreyfus, president of the Theme Park Club, said that the club members were motivated to serve so many hours because of the generous financial incentives.

“It’s so awesome that we can serve the community while getting funding for our trips,” she said. “We worked hard in the community, and making a difference was cool, but the money is what made it all worth it.”

Dreyfus said that before joining the Theme Park Club, she hadn’t done any community service since it was required by her high school for graduation.

“Since I joined the TPC, community service has become a way of life for me,” she said. “It’s my entire entertainment budget. It’s why I’m out there every day, helping people.”

SGA fundraising and community service coordinators Justin Haines and Wesley Westerchester have said, “It’s my entire entertainment budget. It’s so awesome!”

Dreyfus said that using the money earned from completing community service hours to plan fun trips for the club is the ultimate expression of community service.

“The TPC is a community,” she said. “We’re taking the money we’ve earned by investing in others, and using it to invest in ourselves. At the end of the day, the community is what matters. And by community, I mean me and my friends.”

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**Your personality is not a quiz result**

*By: Athena Edwards*

I am an unapologetic INFJ. I am a proud Ravenclaw. I am also fairly certain that you know what I am referring to – the labels that we are given by personality quizzes.

Our generation has an unhealthy fixation with personality quizzes. I’m not just talking about the well-known and wide-spread ones, like the Myers-Briggs Personality test and the ink blot tests. There’s also the short, miniscule ones we take on our own when we are supposed to be doing something else. They can be the ones found on social media, such as Meaww, Imponderables and Playbuzz, or the ones backed by our favorite movies, shows, books and musicians. For instance, what is your Hogwarts house? Would you be a brown bandaid over a wound? Do you feel that the result fully represents you as a person?

There are things about your personality that a quiz will never be able to grasp. For instance, what is your favorite thing about a freshly mowed lawn? Do you get excited when you enter a Hobby Lobby? Does your behavior change when you are with your friends versus when you’re with your grandparents? These small, seemingly inconsequential things you do play just as much of a role in your personality as the first thing that comes to your mind. In fact, the first thing that comes to mind when answering quiz questions all depends on your experiences that day.

Your personality is not as one-dimensional as these quizzes make it out to be. These quizzes can be excellent in helping you figure out who you are. They can help you figure out how you learn, how you can improve interactions with others and can be great conversation topics. However, we get so caught up in them that they are no longer just used to find ourselves but to define ourselves.

I know many people who constantly re-take personality quizzes because they do not agree with their result. I also know a few people who will stop doing certain things “because that’s not very Slytherin-like.” This saddens me because there are so many other things that you can do besides stressing about what is normal for your personality or not. We are not a quiz result, academic or otherwise.
in my junior year of high school, I fell in love with the atmosphere and I knew this was where I wanted to be. While I don’t regret becoming an NSU student, I do notice its downsides.

According to US News, the retention rate at NSU is 74 percent from freshman to sophomore year. However, I have met countless people who tell me they plan to transfer after the school year is over — and many of them tell me that after only being at NSU for a couple of months. This alone should be worrying, because although NSU does a great job of getting people here, they don’t do a very good job of keeping them. Instead of putting all this effort into recruiting new students, maybe NSU should focus on keeping the ones they already have.

NSU does a great job at marketing themselves. From the first step I took on campus on the expansion of the student body, they tend to forget about the students they already have. NSU’s vision loses sight of current students

Opinions
By: Gabrielle Thompson

NSU puts quite a lot of emphasis on their 2020 vision and the recruitment of possible new students. The school hosts events such as Shark Preview and constant school tours, as well as many community events. All of these occasions make the school look amazing and persuade prospective students to become a Shark. While the school puts most of their focus on the expansion of the student body, they tend to forget about the students they already have.

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Yes, NSU is making some awesome improvements to the school, including a new hospital on campus. But these improvements only benefit the students coming to NSU in the future. The 2020 vision has nothing to do with the current students. It’s great to have goals for the school, but what about the students already here? There have been requests for better food selections, prayer rooms, awnings and more that seem to get brushed aside constantly. If NSU can spend $80 million on a research facility, you think they’d be able to spend a couple thousand to renovate the food selections.

Enrolling new students is a very serious and important task, of course, and I’m not saying that NSU should push aside all their efforts. However, it would be nice for the school to give some thought on ways to improve the university for the students who are already here, paying their $45,000 tuition. If more effort went towards keeping the current student body content, maybe fewer people would transfer and the school wouldn’t have to try so hard to recruit.

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Organic does not equal healthy
By: Danielle Pucillo

It’s not uncommon to hear people bragging about the fact that they only eat organic food. But what benefits does eating organic really have? This is something I ponder every time I step into a Whole Foods Market and see customers piling their carts high with organic brownies, cheese and frozen burritos. When you peel off the “organic” label and look at the nutritional facts, these foods are not any healthier than their conventional counterparts.

According to Organic.org, organic food in particular is generally considered food that’s not grown or produced with pesticides, synthetic fertilizers or genetic modification. Any meat and poultry considered organic does not contain growth hormones and antibiotics. This is all good and plenty, but there seems to be a common misconception about many of these foods: apparently eating anything labeled organic automatically means it’s healthier than conventional foods.

When people go on a health kick, the first instinct is to look towards any food besides the staple junk foods. But it seems that it’s an increasingly common practice to replace the conventional junk food with “organic” junk food, such as organic Oreos, cookies, Kraft macaroni and cheese and toaster pastries. Doing minimal research and simply throwing food into your cart that has an organic label is not enough to lose weight or be “healthy.” Everyone has individual chemistry that affects how our bodies process the food we eat. Organic food may be free of pesticides and antibiotics, but it doesn’t have any less fat, sugar or carbohydrates than conventional food.

It’s been proven by researchers at Stanford that there is little to no evidence that proves organic food has higher nutritional value or fewer health risks. What determines if produce and livestock are healthy is the quality of farming practices involved with their production. For instance, vegetables grown in nutrient-poor soil or in unfavorable conditions are going to have a higher risk of causing health problems. But conventional foods have been proven to pose no more or fewer health risks than organic food.

There’s a difference between a trending fad started by a celebrity – “cough” Gwyneth Paltrow – and the cold hard facts derived from research done by actual scientists. Processed food can still be classified as organic, as long as there are organic ingredients. So sodas, macaroni and cheese, french fries, ice cream, cookies, chips and anything covered in chocolate can be “organic.” You can shovel as much “organic” macaroni and cheese onto your plate as you like; your arteries will likely hold it against you later in life. So do yourself a favor. Before you spend that $15 on an organic bean burrito, think about your options. You might as well pick up some chicken nuggets and call it a day.

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Yes, NSU is making some awesome improvements to the school, including a new hospital on campus. But these improvements only benefit the students coming to NSU in the future. The 2020 vision has nothing to do with the current students. It’s great to have goals for the school, but what about the students already here? There have been requests for better food selections, prayer rooms, awnings and more that seem to get brushed aside constantly. If NSU can spend $80 million on a research facility, you think they’d be able to spend a couple thousand to renovate the food selections.

Enrolling new students is a very serious and important task, of course, and I’m not saying that NSU should push aside all their efforts. However, it would be nice for the school to give some thought on ways to improve the university for the students who are already here, paying their $45,000 tuition. If more effort went towards keeping the current student body content, maybe fewer people would transfer and the school wouldn’t have to try so hard to recruit.

Opinions
By: Gabrielle Thompson

NSU puts quite a lot of emphasis on their 2020 vision and the recruitment of possible new students. The school hosts events such as Shark Preview and constant school tours, as well as many community events. All of these occasions make the school look amazing and persuade prospective students to become a Shark. While the school puts most of their focus on the expansion of the student body, they tend to forget about the students they already have.

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