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Put your fins up for Fin Fest

By: Jacqueline Lytle

From April 2–8, NSU’s Student Events and Activities (SEA) Board, FitWell, Campus Life and Student Engagement, Commuter Student Organization and Alpha Kappa Psi will host Fin Fest – a weeklong celebration of Shark pride.

Daesha Roberts, senior business administration major and traditions chair of SEA Board, said the week will be filled with different events, free food and fun. Fin Fest events will include a pool party, an open-mic night, a sexual and domestic violence march, a talent show and a foam party.

Roberts said the talent show, NSU’s Got Talent, is “a nice opportunity to allow students to showcase the things that they do outside of class.”

Roberts said she thinks it’s important to allow students to express themselves through events like this, since NSU is an academically-driven university.

Shakeeva Yaa Nti, senior legal studies major and Riff Tides a capella group member, participated in NSU’s Got Talent last year with her fellow Riff Tides member Wドル currca. She performed a mashup of “Let It Go” by James Bae, “Let Her Go” by Passenger and “Can’t Let Go” by Adele. She said that she loved performing and encourages others to participate.

“It’s a fun way to see other people with talents… It’s a good way to network and connect with other Sharks,” Yaa Nti said.

According to Roberts, the show’s first place winner will be awarded $500, second place will receive $300 and third place will receive $200.

And while her favorite Fin Fest event is NSU’s Got Talent, Roberts said she is looking forward to the foam party that will take place on April 6 by the Commons Residence Hall.

There is no cost for any of the events except for the Key West trip, which was $50 but has already sold out.

Roberts said she encourages anyone affiliated with NSU to attend Fin Fest.

“It’s just nice to get out and meet new people. I know it’s the end of the semester, but you never know who you could meet at one of the events or what you might learn or find out,” said Roberts.

For more information regarding Fin Fest, contact Daesha Roberts at dr1215@nova.edu.

Shark Basketball makes a splash with new hire

By: Trent Strafaci

NSU Athletic Director Michael Mominey introduced former West Liberty Men’s Basketball Coach Jim Crutchfield as new head men’s basketball coach for NSU on March 23.

NSU staff, coaches, and students had the opportunity to meet Crutchfield and ask questions at a press conference in the Rick Case Arena.

Jim Crutchfield, according to the NSU athletics website, has the highest career winning percentage in college basketball history among all NCAA coaches that spent at least 10 seasons at one school. At West Liberty he had a 359-61 record, which resulted in a winning percentage of 85.5 percent. This put him in a class of his own, a coach who keeps things simple, has great integrity, displays great focus and has undying passion for basketball.

Crutchfield said he is looking forward to the opportunity to work at a great university with a great reputation.

NSU Athletic Director Michael Mominey said that Crutchfield is a coach who the administration is happy to have on the NSU staff.

Crutchfield says he plans on running an offense that pressures on defense.

“You can look at the banners and see all the great success this school has had,” he said. “I want to change the culture as far is winning goes for the basketball program.”

Although Crutchfield said that leaving West Liberty was one of the hardest things to do, he also said he couldn’t pass up the opportunity for a challenge.

“Following former coach Gary Truel is an honor,” Crutchfield said. “He built a great program here, and was a good coach and really good guy. I look forward to building towards the future.”

Crutchfield says he plans on running an offense that pressures on defense.

“You can win basketball games a number of different ways but you need to try harder than anyone else,” he explained. “We need to play a non-division schedule against only Division II teams to be ready for our conference schedule. The SSC is a really good league. I am not going to promise how many wins or how many championships we [will] have but we will be ready to battle.”

WANT TO READ MORE? HEAD ON OVER TO THE CURRENT’S WEBSITE FOR WEB–EXCLUSIVE PHOTOS AND ARTICLES! NSUCURRENT.NOVASTUDENTS.EDU
Launch party to debut volume 14 of “Digressions”

By: Brianna Walker

The Farquhar College of Arts and Sciences will host a launch party to debut volume 14 of the student-run magazine, “Digressions,” on April 3 in the Performance and Visual Arts wing of the Don Taft University Center at 6 p.m. “Digressions” is NSU’s literary magazine and contains a collection of student works such as poetry, short stories, photography and other art pieces.

Emily Harrington, “Digressions” layout manager, said that this volume of “Digressions” will consist of eight photography pieces, one art piece and four short stories.

Harrington said, “In the past couple of years, we have refined our style and how we want to do things...This year feels like we are meshing our experience together and refining everything, and I’m excited for the overall picture.”

Each year the “Digressions” team picks a theme for the volume. This year’s theme is “The Human Condition.”

Harrington said, “It involves all the joy and pain and struggles of being a person and existing. We felt that the works chosen captured the human condition as it exists in this time and society. We have a variety of pieces, but they all come together with the theme.”

Molly Scanlon, assistant professor of writing and communication in the College of Arts, Humanities and Social Sciences and advisor for “Digressions,” said that the magazine is kept confidential until the launch party, and no one on staff sees the finished product, excluding the layout manager and the editor-in-chief.

“Everyone is encouraged to join the event. We will have light refreshments and the winners of both the staff picks and the faculty awards, which is for the undergraduate student symposium, will be announced at the launch,” said Scanlon. “It is a really cool unveiling of the magazine, but also a nice recognition of the staff and the work that they’ve done, and the really exemplary artists that we have included in the magazine.”

Harrington said that for her, “Digressions” is an outlet that allows her to connect with her artistic side.

Harrington said, “I am an environmental science major and I’ve got a marine biology and leadership minor, so this is really my only outlet for that passion for that at least. My favorite part is getting to interact with all the different art pieces and getting inspired in that realm of my life in a new way. This is also the first year I have worked published in it, too.”

Scanlon said that she is excited to see the students react to their own work.

Scanlon said, “I am excited to see the students react to the launch, to take pride in their work, and to actually be able to hold something in their hands that they can say that they’ve made and contributed to and worked together to make happen.”

For more information about “Digressions” or the launch party, contact Nicole Chavannes at nchavann@nova.edu.
March 28, 2017 | nsucurrent.nova.edu

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Featuring JON STEWART by film director Sara Taksler

THURSDAY, APRIL 20, 2017

Show starts at 6:00 p.m. • Doors open at 5:30 p.m. • Coffee and Dessert at 4:30 p.m.

Followed by Q&A session with Film Director Sara Taksler

NSU students, staff, and faculty can pick up tickets (limit 2 per person) at the Office of Student Media in the Student Affairs Building, third floor or reserve it online at https://opinio.nova.edu:443/opinio/s?s=15665

This program is supported by NSU’s Office of Student Media, the Life Long Learning Institute, and the following departments within NSU’s College of Arts, Humanities, and Social Sciences: History and Political Science, Literature and Modern Languages, and Writing and Communication.

TICKLING GIANTS

TICKET AVAILABLE APRIL 3

See details below
Preparing for graduate school can be like preparing for a major trip. Just like any major trip, you usually start preparing months before you depart. In addition, you probably have a checklist of items that you can’t forget and a to-do list that must be accomplished.

This strategic approach to planning your next vacation can also be an advantageous method for putting in a competitive application for graduate or professional school. Planning ahead will ensure that you have plenty of time to handle the variety of aspects of the application, including gathering deadline dates and requirements, developing and updating your resume or CV, building your personal statement essay and requesting letters of recommendation from faculty and professionals, as well as managing the actual application portal.

Before you get started

The first step in your journey towards applying to graduate or professional school is to evaluate programs of interest and then identify the application deadlines for each program you plan to apply to. You should also set deadline dates for yourself, to ensure that you have all of the required materials completed in a timely manner. A good rule of thumb is to have your applications turned in two weeks to a month prior to the deadline date.

Once you’ve identified deadlines and requirements, you should start a list for yourself of potential stakeholders and resources available to assist you in this process. Whether it’s your career adviser, mentors, faculty, university departments or family, each of these individuals can provide guidance and feedback for the multitude of areas required in the application.

Your application will require letters of recommendation. These letters are meant to provide the admissions committee with additional information about your experiences and academic background, coming from the perspective of a professional who has seen your work firsthand. Before you even get started on the application process, you can identify individuals who would write letters on your behalf that would deliver a strong message. You want to ensure that these individuals know the real you, your motivations and the experiences or skills that would make you an ideal fit for the program.

Once you have identified those individuals and asked them to write a letter on your behalf, you can then focus on completing other areas of the application, including your resume, personal statement and the actual application portal. Remember that when developing your resume, you should highlight experiences that showcase skill sets that are not only needed in the industry you’re pursuing but would add value to a rigorous graduate program. These experiences can range from work experiences, leadership positions, research conducted and community involvement to any other experiences that are related or will be able to provide the admissions committee with a better understanding of your fit for the program.

The resume will be the document that provides the reader with your background as it relates to the opportunity of entering graduate school. However, the resume cannot explain your passions, motivations and does not connect the dots for the reader as to what you hope to accomplish in the industry if given the opportunity.

The personal statement should fill the gaps from the resume in terms of what you gained from the experiences, listed in a manner that gets the reader to buy into you as an individual and the characteristics that not only define you but will be a catalyst for your success. The personal statement is a very important aspect of your application because it is the document written in your own voice that is the best avenue to deliver a message to the professional program as to how your life journey has led you to this point.

Based on the professional program, you may be asked to write the document without a specific question. In this case, you should focus on answering the question, “Why are you applying to this program and this field?” However, at times, the program will ask a very specific question, and you want to ensure you are providing these details to the reader. In either scenario, you want to provide details and connect the dots for the reader through storytelling and examples.

After applying

After completing your resume, personal statement and plugging your personal and academic information into the application portal, you should start preparing for interviews, even prior to being called to schedule one with the program itself. Many students are nervous about this portion of the application process, but if you take the time to prepare and reflect not only on your fit for the program but on relevant stories to include in your answers, you will put yourself in an advantageous position for success.

The interviews are very important. Your application got their attention but your interview is your chance to bring these experiences to life and explain how this program may align with your values. A good rule of thumb is to practice, practice, practice. Whether with a friend, mentor or adviser, mock interviews can be a very valuable exercise in fully developing your interview approach.

The application process has various layers, but if you prepare with enough time and utilize your resources appropriately, you will not only submit a strong application but one that delivers a strong message as to your overall fit.
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By: Jeweliana Register

Between late night study sessions and Netflix binges, sleep is something that college students often neglect. Sleep is necessary to function, but sleep is sometimes the first thing to go when your schedule gets hectic.

So, what happens when you do not get enough sleep? 

“It depends on the person, and everyone has their own biological rhythm. In general, the majority of people do well with six to seven hours of sleep. Some people may need more; some people may need less,” Cheryl Purvis, professor of anatomy, explained. “There’s a percentage of people who actually have the short sleep gene. They may only need four hours of sleep, and they routinely live like that and are fine. They do well, but it’s their own bodies’ rhythm and clock. That is a relatively small portion of the population, though.”

So, how can we figure out our biological clock?

Purvis suggested taking the time to figure out how your body naturally runs.

“What I think is particularly helpful is taking the time to figure your own clock out. When you have the opportunity to sort of “free run,” for instance during breaks, go to bed when you are sleepy and wake up when you are rested. That way, you can find out when your typical pattern is,” Purvis said. “When you know your own body’s pattern, you are more productive and happier. While we can’t always do that, it does affect your maximum efficiency.”

Sleep is not just about escaping from reality; it is about your mental and physical health. According to Purvis, sleep is multifaceted and can affect a wide array of aspects of our lives. Some of those aspects may include physical health, mental health, our relationships with others, productivity and creativity. Those areas of our lives are affected directly by a lack of sleep, but as college students, oftentimes sleep is not the top priority over writing that term paper due before midnight. Speaking of typing up an assignment, there is also research that correlates sleep and blue lights.

“Bright light decreases melatonin secretion. Even blue light, like light from the television, our cell phones and laptops, can affect the melatonin secretion,” Purvis explained. “Sometimes students are staying up late writing a paper and then they find they can’t go to sleep. That blue light inhibits our melatonin, which is like our body’s own sedative.”

This can make it harder for you to fall asleep once you actually lie down.

So, how can we avoid this?

In order to prevent this, Purvis suggests sleep consolidation.

“One thing that studies say to do in order to maximize your sleep is to do what is called sleep consolidation. What most people try to do is go to bed early when they have to get up early, but then when you lie down and can’t go to sleep, you are wanting time because your body doesn’t really want to sleep,” Purvis said.

For that reason, Purvis said to sleep when you are tired rather than when you think you should sleep. This is more effective.

So, what else is important?

Another important factor to consider is caffeine. Caffeine too late in the day can affect your ability to sleep later on, but sometimes caffeine is necessary to function. When it comes to caffeine, Purvis suggests limiting caffeine a few hours before bedtime.

“Caffeine does two things: it is a stimulant and studies show that it decreases melatonin secretion. The combination of those two can inhibit quality sleep. Of course, there is a ton of literature out there about energy drinks and their effects as well,” Purvis said. “Caffeine is helpful in certain aspects, but as far as sleep goes it is all about timing. I am certainly thankful for caffeine myself, but drinking caffeine too late in the evening is something to be aware of.”

So, does anything else affect our sleep?

In addition to caffeine, there is another aspect, specifically life in the residence halls, that affects college sleep patterns. Sometimes it may be that your neighbor is redecorating and rearranging furniture at 3 a.m., or it could be that your upstairs neighbors are blasting music. These situations make it very hard to get that much-needed rest, but these factors are not always controllable. To avoid confrontation on the issue, Purvis said to attempt to drown out the noise first.

“If it is something more distracting or something that may evoke a memory, like music with lyrics, [which] can engage the brain more, you would want something more soothing, like a noise machine. These machines help train your brain to a certain sound,” Purvis explained.

“You focus on that sound subconsciously, while drowning out the other sounds around you. They also make white noise machines that have different sounds like water sounds, campfire sounds, the everglades. It’s not a distracting sound or something that makes your brain want to wake back up.”

So many people underestimate the effects of sleep. While sleep is a necessity, sometimes it is difficult to work into your hectic schedule. If you feel overworked or unable to get quality rest, consider some of these tips to help get better sleep. School is important, but taking care of yourself is vital in your success.

By: Nicole Chavannes

For those of us that enjoy the occasional – or daily – escape from reality, sometimes simply watching our favorite fictional show or movie isn’t enough to give us our fix. At times, we want to go further than just watching or reading about our favorite characters; we want to physically become them. If this sounds appealing to you, then you might consider trying out a little phenomenon known as “cosplay.”

“Costumes are often homemade, “You don’t just wake up one day and decide you want to be Raven [from ‘Teen Titans’] for the con, and the con is in a week. This is not something you pull off the rack at Target or Party City,” she said.

Because costumes are often homemade, requires extensive preparation and portrayal specific characters – as opposed to all-encompassing titles like a firefighter or a witch and dollar stores, as well as old clothes you don’t plan on wearing or even other people’s unwanted clothes.

“I just remember that usually ‘close enough’ is good enough,” she said.

Why “play the game”?

You may be asking yourself, “Why should I cosplay? How will it benefit me?” when considering the extensive time and effort it takes. Lindo explained that the work is worth it when you see the final result.

“I think that’s my favorite part; when people tell me they love my costume, because I work hard. When you dress up as something obscure and someone’s like, ‘Hey, I know you,’ it’s like ‘Yes! Someone else [recognizes] me’…”

It makes me feel special.”

Cos-what?

According to Lindo, cosplay is more than simply donning a vampire costume in October and heading for candy. It often takes months of work and preparation beforehand, and not with the intent to scare, as is customary on Halloween. Also, cosplay usually takes place at cons – short for conventions – the Florida SuperCon, or at cosplay contests.

“At cons, you’re there in cosplay because you’re trying to be your character and show people that you’re a part of this fandom,” said Lindo.

Lindo said that cosplay contests often require proof that you made the costume yourself, like pictures of you making it, to ensure that you didn’t buy it online.

“Don’t just wake up one day and decide you want to be Raven [from ‘Teen Titans’] for the con, and the con is in a week. This is not something you pull off the rack at Target or Party City,” she said.

Cosplay – costume is a distinct art and hobby, separate from dressing up for Halloween.

Beginners welcome

Lindo encourages that when new to cosplay, starting simple is best. Start with a character, and break it up into pieces.

“What I tell beginners is pick [a character] that has like two or three parts. My very first costume was Buttercup from the ‘Power Puff Girls’ because, guess what, it’s simple. She really only has one was Buttercup from the ‘Power Puff Girls’ because, guess what, it’s simple. She really only has one body, so I made my own parts. I made her dress and her shoes and socks,” said Lindo.

For those nervous about participating in cosplay, Lindo recommends going in a group or trying it out with friends.

“Find at least one other person to be a [character] with you. Go as a group or as a duo,” she said.

Lindo said she spends anywhere between two to three hours preparing a costume. “No. We never do that. We are completely supportive of one another, according to Lindo. When asked if there has been any costume-shaming at cons she’s frequented, Lindo responded, “No. We never do that. We know better... Why put someone down?”

Locate the costume gameboard

If after reading this article, you’re looking for opportunities to cosplay in the area, here are a few:

Hatsume Fair 2017
Morikami Museum and Japanese Gardens | April 1-2

MegaCon Orlando 2017
Orange County Convention Center | May 25-28

Florida SuperCon
Ft. Lauderdale Convention Center | July 27-30

Cosplay your day away

PRINTED WITH PERMISSION FROM F. LINDO
Lindo cosplaying as Hatsume from ‘The Powerpuff Girls’.

Fashion Finatics: Cosplay your day away

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Open 9:00 am - 5:00 pm

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1111 W. Broward Boulevard
Ft. Lauderdale, FL 33312
Ph: (954) 262-4200
Open 9:00 am - 5:00 pm

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Wilton Manors, FL 33305
Ph: (954) 567-5640
Open 9:00 am - 5:00 pm

Show Location
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3200 S. University Drive • Davie, FL 33328 • (954) 262-4200 • Open 11:00 am - 7:00 pm
www.opticalstyleshow.com
Finding Fitness: Pure Barre

Finding Fitness is more than just about pummeling your body with intense intervals, it’s about finding exciting new ways to focus on the most important subject of any story: you. From extreme sports to strange and, sometimes, uncomfortable classes, this feature is all about finding the best fitness to maximize your health. Stay tuned to find out what new and exciting fitness endeavors are in the area.

Your dreams of becoming a ballet dancer might have died sometime around age 10, but a new workout that fuses ballet technique with a full-body workout might just bring them back to life.

What is Pure Barre?
Pure Barre is a low-impact workout that combines ballet, dance, yoga, and pilates. According to the Pure Barre website, the workout was created in 2001 by dancer and choreographer Carrie Rezabek Dorr.

“Tia Jasniak, a certified Pure Barre instructor and choreographer, said that the aim of each Pure Barre class is to exercise each muscle to fatigue. Routines are set to music, and utilize the ballet bar, weights, resistance bands and hand balls as participants perform small, isometric movements to work out different parts of their bodies. Pure Barre focuses on toning muscles and building fat.”

Jasniak said that the aim of each Pure Barre class is to exercise each muscle to fatigue. “Once your muscles start shaking, that’s when you start to see changes in your body,” she said.

What are the health benefits and risks?
Jasniak said that with Pure Barre, as with any exercise, you should consult your doctor if you have any health issues that could be affected by working out.

“Honestly, there’s not really anything harmful about a Pure Barre class,” Jasniak said. “That’s the beauty of the low-impact [workout] and the small, isolated movements.”

According to the Pure Barre website, the classes are especially good for runners, since the workout focuses on strengthening the core and improving posture. The class’s low-impact emphasis is also easier on the joints. According to Jasniak, within four to six classes you can start to see results. She suggests taking Pure Barre three to four times a week, but said that Pure Barre is safe to do every day.

What should I expect in a Pure Barre class?
Classes are 55 minutes long, and follow the same general structure. Each class begins with a warm-up, then works out the upper body using light weights. Then, participants stretch and move to the ballet bar to work out the top and inner thighs and then stretch again. Then, it’s back to the barre to exercise the butt, thigh and hamstrings from the right side to the left side, stretching in between. The workout then focuses on the core, abs and lower back, and afterwards the class stretches again. The class finishes with a cool-down.

Jasniak said that people who take the class come out amazed by how hard they’ve worked, since Pure Barre doesn’t include cardio.

“You leave these classes feeling so strong,” Jasniak said. “One of the things [women] love about Pure Barre is the strength that they build, the endurance that they build, the posture that they build...It helps you hold yourself in a different way.”

How should I prepare to take Pure Barre?
No dance experience is needed for Pure Barre classes.

According to the Pure Barre website, you should wear pants or leggings that you can move in, a top that covers your midriff and socks with grips on the bottom to prevent slipping. You should bring a water bottle, but all workout equipment will be provided at the studio. You should also arrive at the studio 10-15 minutes early to meet the instructor and fill out any paperwork before class.

“You feel really good after these classes,” Jasnai said. “You don’t feel drained. You walk out feeling really good and really strong.”

Pure Barre Weston
4575 Weston Road, Davie, FL 33331
purebarre.com/w-weston
$20 per class and $18 per class for students and teachers

Pure Barre Pembroke Pines
14822 Pines Boulevard, Pembroke Pines, FL 33027
purebarre.com/b-pembrokepine
$20 per class

Pure Barre Fort Lauderdale
2408 North Federal Highway, Fort Lauderdale, FL 33305
$25 per class

Places to Try Pure Barre

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How should I prepare to take Pure Barre?

No dance experience is needed for Pure Barre classes.
Senior Spotlight: Santiago Camacho

By: Jewellana Register

Santiago Camacho is a senior psychology major with a minor in theatre. Camacho moved to Florida from Colombia to pursue higher education and experience life in a different country. Camacho wants to encourage students to get involved at NSU and take advantage of all of the great opportunities here.

How long have you been involved in the arts exactly?

“I was in ‘Hamlet’ and ‘Every Man.’ I also did the stage managing for ‘Once Upon a Mattress’ recently. I also have done a few one acts and I hosted the PVA awards a few years ago. We also opened for Trevor Noah. That made me a little nervous but it was very exciting.”

What is your favorite part of being involved in the arts?

“The best thing for me is that you can do so many things. It’s so easy for you to just be involved in many different areas and if you have an idea it is very easy to show them. I feel like in other places it is more competitive, (and) at those schools each person may not receive as much attention. Whereas here at NSU, we are doing the one acts, the student works where students do one act plays for the school. I wrote my play that I am directing. It’s hard to have that experience and write your own play and direct it as well in other places. Here it is like, ‘You want to do it? Sure.’ I also stage managed before. I just asked if I could do it and the faculty said to go ahead and they offered to help. It’s really easy to get the experience here. If you ask, it’s very likely that you will be able to do it.”

Is there a particular moment in your life in relation to the arts that has been the most rewarding?

“There have been a few. I would say in general just being able to perform in a different country. It’s really cool to understand how people are in this country and translate the humor to this country and to bring it here. So in general just being able to do it here has been really rewarding. It was hard at first. It’s hard enough to become comfortable with the language, but then also being comfortable on stage.”

What is the most challenging part of being so involved?

“Of course it depends on the person, but for me it comes down to structure. I have to plan out my time. Like, during this time I will do homework and try not to watch YouTube videos, so on. I guess what I’ve learned the most is time management. I’m usually just like all over the place so I had to learn when to study and do some things I don’t really want to do but need to do.”

What advice would you give to someone who wants to be more involved in the arts?

“Just go for it. If you have an idea or you would like to do something, don’t wait. Don’t say, ‘No, next year I’ll have more experience,’ or anything, just start now. The best way to learn is as you do things. Do not wait to do something because you think you would not be good at it. At first, you may suck a little bit but no one is going to judge you here. By the end of the project you will probably surprise yourself with how much you are able to do that you did not think you could. Just go for it.”

Camacho plans to join an improv company after he graduates.

Night

It all boils down to what Miami is famous for: nightlife. Miami definitely has something that suits everyone’s taste. Brickell is one district in Miami with endless clubs and bars if you’re into dancing to amazing music: be it hip-hop, EDM, reggaeton or dancehall, every club features DJs that cater to different audiences.

If you’re not a fan of moving your feet too much, try checking Ticketmaster or StubHub for local concert tickets. International artists such as Kanye West, Teyana Taylor, The Chainsmokers, and Pitbull frequently play at the American Airlines Arena.

Finally, if you’re not the bigger fan of huge crowds or loud music, you can never go wrong with heading back down to Bayside Marketplace one last time. The entire atmosphere changes from day to night, while maintaining its family-friendly environment. There are more restaurants and bars open at night, including Lombardis’, Mojito bar and the Hard Rock Cafe and Casino. Miami continues to shine even when the sun goes down and a stroll along the coastline might be just the thing for you.

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OFF SHORE CALENDAR

Chris Rock
March 29-30 | 8 p.m.
@Hard Rock Live

“Big River”
March 30 to April 2
@Arnoldo Theater, Broward Center for the Performing Arts

Fancy Jeans Party
April 1 | 7 p.m.
@Revolution Live

Jim Jeffries
April 1 | 8 p.m.
@Hard Rock Live

We The Kings
April 2 | 7 p.m.
@Revolution Live

Home Free
April 2 | 7:30 p.m.
@Parker Playhouse

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nova.edu/radiox/listen.html

March 28, 2017 | nsucurrent.nova.edu
Country music is a genre that people love to hate. Some people often categorize it with the stereotype of a guy drinking beer in his pickup truck and relaxing on the beach with a girl in cutoff shorts. Some people may even describe the genre as “hunting, fishing, and loving every day.”

As a country music lover, I have found that people who love the country music often have not experienced all of the different types of melodies the genre offers for a wide range of audiences. As more country artists are discovered and sharing their work, new styles of country music are hitting the charts. Famous country singer/songwriters that have changed the game of country music include Luke Bryan, Carrie Underwood, Kenny Chesney, Miranda Lambert and Keith Urban, in addition to many other trailblazers. However, these artists are categorized into their respective categories that people who do not like country music often consider their genre as “hunting, fishing, and loving every day.” Some people may even describe it as a guy drinking beer in his pickup truck and relaxing on the beach with a girl in cutoff shorts.

In this song, Rhett sings about his love for his wife, Lauren. After one listen to this song, you will fall in love with its beautiful melody and upbeat choruses. Other categories include pop and catchy beats that is far from the others. “When I’m With You” seems to suffer from a similar affliction to “When I’m With You.” While the track does have some interesting jazz organ samples, it is also very repetitive and sounds more like basic disco music. These tracks, while not necessarily bad, are so overwhelming compared to the rest of the tracks from the record that it feels almost unfinished.

STRFKR is widely recognized in the indie rock community for a reason. They have a unique and relaxing psychedelic garage-rock sound that is easily distinguishable from other similar bands. This sound hasn’t been lost with the new record, but it hasn’t been developed any further either. While the record does offer some catchy and interesting tunes, a lot of them pale in comparison to their previous work. Time will tell whether “Being No One, Going Nowhere” marks STRFKR’s place as a band or if it is just a bump in the road to farther and better things.

It’s better to be safe than sorry. Experienced your first music festival is such an exciting and memorable event. There’s no predicting what may happen, and it is truly a learning experience. While I can’t tell you exactly what to expect, hopefully these tips will help you feel a little less anxious and lost as the big festival approaches. Good luck and have fun.

Tortuga Music Festival
Fort Lauderdale, Fla.
April 7-9
SunFest
West Palm Beach, Fla.
May 3-7
Rolling Loud Festival
Miami, Fla.
May 5-7
Vans Warped Tour
West Palm Beach, Fla.
July 2

Country music for the city slickers
Kerrigan McVicker

Country music is a genre that people love to hate. Some people often categorize it with the stereotype of a guy drinking beer in his pickup truck and relaxing on the beach with a girl in cutoff shorts. Some people may even describe the genre as “hunting, fishing, and loving every day.”

As a country music lover, I have found that people who love the country music often have not experienced all of the different types of melodies the genre offers for a wide range of audiences. As more country artists are discovered and sharing their work, new styles of country music are hitting the charts. Famous country singer/songwriters that have changed the game of country music include Luke Bryan, Carrie Underwood, Kenny Chesney, Miranda Lambert and Keith Urban, in addition to many other trailblazers. However, these artists are categorized into their respective categories that people who do not like country music often consider their genre as “hunting, fishing, and loving every day.” Some people may even describe it as a guy drinking beer in his pickup truck and relaxing on the beach with a girl in cutoff shorts.

In this song, Rhett sings about his love for his wife, Lauren. After one listen to this song, you will fall in love with its beautiful melody and upbeat choruses. Other categories include pop, country rock, alternative rock and so on. If you don’t appreciate country music, consider listening to songs from the different genres. Keith Urban’s recent release “The Fighter,” featuring Carrie Underwood, is a song with a lot of pop and catchy beats that is far from the typical country soul song. An artist who has consistent qualities of pop and rap in his songs is singer/songwriter Sam Hunt. His new single, “Body Like a Back Road,” is in which the track sings about his significant other, has moved up the charts rapidly. If you are a fan of rock music, Kip Moore, Eric Church and Brantley Gilbert are great artists that love to throw an awesome guitar solo that gives you more variety than a traditional country soul song would.

Here are five songs non-country music fans can listen to get their feet wet in the genre.

“House Party” by Sam Hunt

“House Party” is a country anthem that usually has everyone in the room singing along. Its upbeat vibes and lyrics can turn any boring party into a house party. Grab your friends and turn up the speakers for this song.

“Different for Girls” by Dierks Bentley, featuring Elle King

Dierks Bentley and Elle King partnered to sing about how a guy and a girl recover from heartbreak in their own ways. The rustic and alternative sounds in this song will captivate all audiences. King’s vocals make this song pop.


If you’re looking for a popback track about your ex, this is the song for you. Luke Bryan and Little Big Town’s Karen Fairchild teamed up to bring fans a song they will not forget. Bryan and Fairchild perform the song that tells the story of them going “home alone” in this song.

“The Happy Man” by Thomas Rhett

Country singer/songwriter Thomas Rhett’s “Die a Happy Man” won the American Country Music (ACM) award for Single of the Year in 2016. In this song, Rhett sings about his love for his wife, Lauren. After one listen to this song, you will fall in love with its beautiful melody and love story, and maybe even Thomas Rhett as well.

“Renegade Runaway” by Carrie Underwood

“Renegade Runaway” is the first track on Underwood’s most recent album, “The Storytellin’.” In this song, Underwood sings about how a man should be looking to stay away from a rebellious woman. This track is filled with Underwood’s amazing vocal raps and features an electrifying rock song melody. This is definitely a fun song to belt out in the car.

Country music does not have limits. New and headlining artists are taking country music to new levels by storming by playing unique varieties of music and instruments. Because country music is so widespread, there are genres and styles that fit many people’s liking, which is why so many people are attracted to the sensation. According to cnnpolitical, 78 percent of high spending music consumers listen to country music daily across multiple platforms. Based on those statistics, you cannot go wrong being a country music fan. You never know - you may fall in love with the genre.
Living at home isn’t lame

By: Grace Ducanis
@GraceDucanis

A 30-year-old man living in his parent’s basement who doesn’t have a job and plays video games all day? Seems like the ultimate example of the word “pathetic,” and perhaps it is. But this stereotype doesn’t apply to every person who lives with their parents. There’s a perception that living on your own is the zenith of adulthood, independence and responsibility. If you’re not out by the time you’ve finished college, you might as well get back in your crib and call it a day.

But judging people for living at home isn’t fair, and doesn’t reflect the fact that living at home is a perfectly adult and independent decision, especially in today’s world. Whether young people choose to live at home for cultural reasons, financial reasons, logistical reasons, or just because they like living with their family, it’s their decision and doesn’t necessarily make them any less mature than those who choose to get their own place.

According to an article published by the Pew Research Center in May 2016, it’s now more common for young people ages 18-36 to live with their parents than to live with a spouse, on their own, or in any other living arrangement. The reason? Pew Research Center attributes the numbers, which haven’t been so high in 130 years, to the drop in young people who choose to get married or settle down with a partner before they turn 35. Other factors the study points out are decreasing wages, increasing college enrollment and economic recession.

The decision to move out is an adult one, but the decision to continue to live at home can also be an adult decision. When figuring out whether to move out and get a job or live at home to afford graduate school tuition, staying at home may be the most mature choice. When choosing between getting an apartment or living at home to take care of a sick parent or sibling, staying home might be the most responsible choice. And even if there are no financial or familial benefits, some young adults may just prefer living with their family, often compensating them financially, to living with strangers. Every family’s arrangement is different.

The increasing number of young people who live with their parents can even be viewed as a positive thing. It could mean that young people are feeling less pressured to get married just to get out of the house, or are focusing on bettering themselves through education, or are thinking through their financial situation instead of jumping into a lease or mortgage.

It’s hard to look at someone over 30 who lives with their parents and call them truly mature and independent. Doubtless, there are plenty of lazy people who take advantage of their parents’ generosity and space, but there are also lots of good reasons to live at home past what society may consider to be an acceptable age.
Have you ever used the word “retard” to insult someone? To call someone stupid or weird? I’m sure most people have, but haven’t thought about the actual meaning of the word. Using the word “retard” is not OK.

After investigating this word, I was surprised that “retard” could become an insult. “Retard” describes cognitively-impaired people. According to the Merriam-Webster Dictionary, “Retardation is the action of delaying or slowing the progress or development of something.”

In other words, the technical definition of “retard” refers to those with problems learning, remembering or concentrating – people with cognitive disabilities. A user on Teentalk, which is an online magazine where teenagers post their opinions, reviews, poetry and articles – posted an article called “‘That’s Retarded’; A Short Phrase with Big Consequences” in which she said, “The fact is that the word “retarded” does describe people with developmental disabilities and special needs; the word is what medically defines their chromosomes, genes, brains and behavior. That being said, when you, a friend or a piece of technology does not perform at a preferred level and is declared “a retard” or “retarded,” you are also calling it a mistake, dumb, stupid, clumsy, inept, brainless, dim and incompetent.”

People use this word as an insult without understanding the meaning behind it, so why use a word you don’t truly understand?

We should be aware that words do hurt, and the “R” word shouldn’t be used as an insult. Most of us know the quote “Sticks and stones may break my bones, but words will never hurt me.” We all want to believe it, but even the strongest person can be broken down by a word.

People hate cognitive impairment on a daily basis. By using the “R” word we are making people with cognitive disabilities feel ashamed of who they are instead of proud of being themselves. We build bridges and we limit these individuals’ abilities to feel welcome in their community. We should be helping them achieve their goals, not ostracizing them because of their disabilities.

You never know when someone dealing with cognitive disabilities is around. We should be very conscious of what words we use and in what context. Start by refraining from insulting anyone with the word “retard.” Try looking into the words you use. You might be surprised by what you find.

I feel like I am, but at the same time, I’m not. As a commuter student, I feel like I do get the emails but it’s very hard to keep up with everything unless I have time in my schedule. So it does make it challenging to know what’s going on.

- Michael Mckenzie, aspomnology major

“Yeah, but as an organization leader since I’m treasurer of the Student Government Association, I guess the lines of communication between NSU and some of the other organizations, aren’t really clearly defined. But so far [as] general information, the university as a whole, pretty much, yeah [NSU] makes it their job to make sure there’s information all over Instagram, newspapers…”

- Christopher Dalegrand, aspomnology major

“Definitely depends on the thing that’s happening because sometimes I’ll see people going to events, and I’ll be like, ‘What was that?’ or ‘I didn’t know about that.’ So it depends on what it is. Things at the RecPlex, definitely if you’re looking at other academic things, not so much, like speech and debate and other seminars. Or at least the bigger ones. I think there was a Holocaust person who came to talk like a month ago and I had no idea that they were here. It definitely depends what area it’s for.”

- Ashlie Green, junior marketing and biology major

“Yeah, I’d say so. I mean for the most part. There’s all those fliers. I guess there’s a lot of students, I feel like we just delete the emails. And there’s fliers everywhere, and I’ll look at them but I won’t attend a lot of things.”

- Marisol Mosquera, junior biology major

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“No, because I’m not involved on campus whatsoever. The social media for NSU is horrible. There’s either not enough knowledge or amazingly too much knowledge. There’s no happy medium.”

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“Yeah, it’s really hard to say. I mean for the most part. There’s all those fliers. I guess there’s a lot of students, I feel like we just delete the emails. And there’s fliers everywhere, and I’ll look at them but I won’t attend a lot of things.”

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“We’re like college students, and more often than not, every dollar counts. Being conscious about what we’re buying and how much we’re spending is important. I have terrible spending habits, so I may be part of a small percentage, but I occasionally – i.e. 80 percent of the time – have a certain amount left on my card or am only carrying a small amount of cash with me. Without displaying prices, I have no idea whether or not I will go over that amount when I go to purchase items. That’s never happened, but I just knocked on my wood desk as a precautionary measure. I can’t imagine having to deny myself Ritz Bites.

The convenience stores around campus need to display prices so students are aware of what they are purchasing and don’t exceed their budget. No one should have to decline an invite to sushi or tacos just because they didn’t know dried fruit and a bag of Chex Mix would cost them $10.

I used to think it was just Parker that didn’t have prices, but as I stopped by the law building, they offered the opportunity for spontaneous purchasing, but if I stepped by the law building, I was surprised to see it was a trend. Except for the cold merchandise, nothing bad happens. How frustrating. Of course we can take the product to the cashier and ask them to reveal the cost, but who has time for that? I just want to stop by the store five minutes before class, grab some peanuts, a candy bar and coffee without having to eyeball what’s within my snack budget.

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CAREERS IN SPORTS
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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.

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