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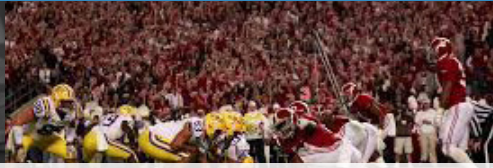
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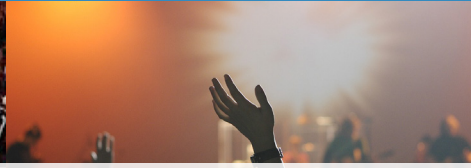
Sleep secrets

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Revel in the rivalry

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The price isn't right

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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 fellow Riff Tides member Widelyne Dorsainval, performing 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.

APRIL 2

Fin Fest Pool Party | 12-4 p.m. @ RecWell Leisure Pool

APRIL 3

Hello Summer | 12-1 p.m. @ Don Taft University Center Spine
Open Mics and Open Minds | 7:30 p.m. @ NSU Flight Deck Pub

APRIL 4

Take Back the Night: Speak Up, Speak Out and March | 7 p.m.
@ NSU Flight Deck Backyard

APRIL 5

Lucky Bamboo | 12 p.m. @ Don Taft University Center Pit
NSU's Got Talent | 8 p.m. @ Shark Fountain

APRIL 6

SEA Thursday | 12-1 p.m. @ Don Taft University Center Spine
Fin Fest Foam Party | 8 p.m. @ Commons Pagoda

APRIL 7

Car Show Fundraiser | 5 p.m. @ Shark Fountain

APRIL 8

Key West Day Trip | Tickets must be purchased in advance

CALENDAR OF EVENTS

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 855 percent. This puts him in a class of coaches like John Wooden of UCLA and Mike Krzyzewski of Duke. Crutchfield was also named coach of the year two times and made it to seven straight Sweet Sixteens from 2010-2016.

Athletic Director Mike Mominey said, "If I had a headline for the story it would be: 'The wizard of West Virginia is going to meet South Florida.'"

Mominey said that Crutchfield is a coach



New basketball coach Jim Crutchfield answers questions at a press conference on March 23. PRINTED WITH PERMISSION FROM D. PUCILLO

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.

"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 as 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 presses 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."

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NSUCURRENT.NOVA.EDU

NEWS ANCHOR

Stay up to date with world events.

Terrorist attack in London

On March 22, Khalid Masood killed four pedestrians and injured about 50 others as he drove into a crowd in London. According to The Telegraph, Masood also stabbed an unarmed police officer while trying to get into the British parliament. Police officers shot and killed the attacker.

Germany OKs bill to erase postwar convictions of gay men

According to NBC News, the German cabinet approved a bill that annuls the convictions of thousands of gay men under a law criminalizing homosexuality, which was enforced heavily during World War II. This decision also allows compensation for those still alive who were convicted under the law.

19-year-old American-Israeli Jewish man arrested as prime suspect in bomb threats against Jewish centers

As of late there have been a string of threats against Jewish centers in the U.S. Earlier this month, 100 Jewish leaders asked President Donald Trump to use swift actions against whoever is behind the bomb threats targeting Jewish centers. After a trans-Atlantic investigation by the FBI and other international agencies, the prime suspect was arrested. As of March 25, his name had not yet been released and the investigation was still underway.

Verizon and AT&T pull some of their ads from Google

Google has been having issues with big-name company ads appearing on web pages containing inappropriate content. According to CNBC, AT&T has removed all non-search ad spending from Google, due to worries that Google may have placed their ads next to terrorism or hate content. Verizon has also pulled ads after learning that their ads were appearing on “non-sanctioned” websites.

NEWS BRIEFS

Cozy Corners’ “Jail N’ Bail” fundraiser

On March 30 in the Don Taft University Center Spine from 11 a.m. to 5 p.m., Cozy Corners is hosting a Jail N’ Bail’ fundraiser where students will volunteer as prisoners and pretend to be in jail and people outside of the jail can donate to bail them out or keep them locked up. All the proceeds will go towards room renovations.

Nature Club is hosting a movie night

On April 10 from 6-8 p.m. in the Carl Desantis building room 1047, the Nature Club will show the film “Happy Feet” for the student population. There will be refreshments at the event.

Relay for Life

Relay for Life, an overnight community event where teams participate to raise funds for cancer services and research, will take place on April 14 from 4 p.m. to 4 a.m. on the Alvin Sherman library quad. There will be several tables set up from the different participants with food and/or activities. Different teams will also play various games throughout the night.

Distinguished lecturer series continues

The H. Wayne Huizenga College of Business and Entrepreneurship will host Steven J. Halmos, the previous Entrepreneur and Business Hall of Fame winner, as part of the Distinguished Lecturer Series. The event will be held on April 4 from 6:30-7:30 p.m. in the Carl DeSantis Building Executive Conference Center, room 3000. There will be a mix and mingle prior to the lecture from 6-6:30 p.m. To RSVP, contact loval02@nova.edu or call Alyssa Lovitt at 954-262-5035.

RecWell says hello to summer

On April 3, Campus Recreation and Fitness is set to host Hello Summer, an event to celebrate the end of the academic year and welcome summer. The event is free for students and will take place in the Don Taft University Center from 12-1 p.m.

The Current

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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 adviser 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 art that I have. 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 work published in it, too.”

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

Scanlon said, “I am excited to see the staff 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 nc805@nova.edu.

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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.

Catching Z's or getting C's?

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 rest?

"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 the population who actually have the short sleeper 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 percentage 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. These 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 bodies' 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 sleep, you are wasting 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 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 overwhelmed 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 to your success.

Fashion Finatics: *Cosplay your day away*

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 at all, then you might consider trying out a little phenomenon known as "cosplay."

Short for "costume play," cosplay is defined as "the art or practice of wearing costumes to portray characters from fiction, especially from manga, animation and science fiction," according to dictionary.com.

Frances Lindo, junior general studies, psychology and education major and four-year avid cosplayer, shared her insight on cosplay and provided helpful tips for any interested, but reluctant, parties.

Cos-what?

According to Lindo, cosplay is more than simply donning a vague costume in October and begging 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 – like 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.

"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, require extensive preparation and portray specific characters – as opposed to all-encompassing titles like a firefighter or a witch



PRINTED WITH PERMISSION FROM F. LINDO
Lindo cosplaying as Buttercup from "The Powerpuff Girls."

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

Beginners welcome

Lindo explained 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 only has like two or three parts. My very first one was Buttercup from the 'Power Puff Girls' because, guess what, it's simple. She really only has three things going for her – her hair, 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 \$30-\$100 on a character, depending on how complex it is. For cosplayers on a budget, Lindo recommends utilizing your nearest thrift, craft

and dollar stores, as well as old clothes you don't plan on wearing or even other people's unwanted clothes.

"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, and others, see the end 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."

Con-goers are more often than not

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

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On the Bench: What's wrong with a little friendly rivalry?

By: **Nikki Chasteen**

If you are like me, an avid sports fan, then you grew up hearing about the great rivalries in sports. For example, for a Florida girl, it was Florida State University and the University of Florida. For those from up north, it was the New York Mets and the New York Yankees. In the NFL, it's the Chicago Bears and the Green Bay Packers. Soccer boasts rivalries between Brazil and Argentina. The list could go on and on, but you get the point.

Anyone who knows someone that has gone to a well-known sports college with a large football program knows about rivalry weekend. The University of Florida and Florida State have one. Ohio State and Michigan also have a long-standing rivalry. Students look forward to this every year during football season. Some schools have even gone as far as to prank their rival schools. In 2013, students from the University of North Carolina went to every chapel around the Duke campus and placed the sheet music to the UNC fight song in all the hymnal books. Each year the schools go back and forth trying to prank each other.

The point is, rivalries don't always turn out bad, and the pranks don't have to be illegal.

Rivalries can be exciting. Rivalries can keep a relationship interesting by having a little



PRINTED WITH PERMISSION FROM N. CHASTEEN
Chasteen and her boyfriend often root for different teams.

competitiveness in the air. As an avid Miami Dolphins fan, I only have one deal breaker – the person I date cannot be a New England Patriots fan. I have plenty of friends who are Patriots fans, but never my significant other. That's just my personal preference. Any other team is fine.

We have all seen the couple at a stadium or arena wearing the home and away teams' jerseys. They are the couple always seen on television. They're the ones who get a lot of attention from fellow attendees at the game. You hear comments like, "Oh, what happens if her team wins?" or "I

bet you fight a lot at home." Actually, I love the competitiveness and the smack-talk that goes on at the games and at home. Plus, you can leverage the competitiveness to get things you want at home.

During March Madness, my boyfriend and I always create a bracket to compete with each other. We enjoy making bets on the games. If I get the most right in the first round, he has to do dishes for a week. If he gets the final game right, I have to cook dinner every night for a week. It's so much fun to make bets and see who wins.

Some people don't like the competitiveness, but I believe that any true sports fan is a sports fan because he or she loves competition. Fans love the rivalries. Rivalries are part of the sports world. Can they be unhealthy? Of course. Rivalries and competition can be excessive, but I am a firm believer in doing whatever it is that makes you happy.

Most of the time rivalries are fun and entertaining. They definitely keep a friendship or romantic relationship on its toes. If you're like me, then you enjoy a little rivalry in your life and there is nothing wrong with that. Here's to the Patriots never winning another Super Bowl.

ON DECK

MEN'S BASEBALL

vs. Barry
Saint Leo, Fla.
March 31 | 6 p.m.

vs. Barry
NSU Baseball Complex
April 1 | 1 p.m. and 4 p.m.

MEN'S GOLF

Battle at the Shores
Normandy Shores Golf Club,
Miami, Fla.
April 3-4

MEN'S TRACK AND FIELD

Florida Relays
Gainesville, Fla.
March 30 to April 1

WOMEN'S GOLF

Women's Buccaneer
Invitational
Don Shula's Resort, Miami
Lakes, Fla.
March 27-28

WOMEN'S ROWING

Fira Championships
Sarasota, Fla.
March 31 to April 1

WOMEN'S SOFTBALL

vs. Florida Tech
Melbourne, Fla.
March 31 | 3 p.m.

vs. Florida Tech
Melbourne, Fla.
April 1 | 1 p.m. and 3 p.m.

WOMEN'S TENNIS

vs. Barry
Miami Shores, Fla.
March 30 | 3 p.m.

vs. Florida Southern
NSU Tennis Complex
April 2 | 10 a.m.

WOMEN'S TRACK AND FIELD

Florida Relays
Gainesville, Fla.
March 30 to April 1

Finding Fitness: Pure Barre

By: **Grace Ducanis**
@GraceDucanis

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

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.

"There's no jumping up and down," said Tia Jasniak, a certified Pure Barre instructor and studio manager. "There are other ways to work out your body without putting too much pressure on your joints."

Routines are set to music, and utilize the ballet barre, weights, resistance bands and balls as participants perform small, isometric movements to work out different parts of their bodies. Pure Barre focuses on toning muscles and burning 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 even safe for pregnant women. Jasniak said that Pure Barre classes are



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Pure Barre is a low-impact workout that combines ballet, dance, yoga and pilates.

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, tailbone 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," Jasniak said. "You don't feel drained. You walk out feeling really good and really strong."

Places to Try Pure Barre

Pure Barre Weston

4575 Weston Road, Davie, FL 33331
purebarre.com/fl-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/fl-pembrokepines
\$20 per class

Pure Barre Fort Lauderdale

purebarre.com/FL-ftlauderdale
2408 North Federal Highway, Fort Lauderdale, FL 33305
\$25 per class



Viva Miami

By: **Celina Mahabir**

Whether you are a native of South Florida or just exploring the waters since you started at NSU, there's one place anyone and everyone will tell you to visit at least once: Miami. As one of the largest urban metropolitan cities in the U.S., there's no doubt that it's a melting pot of cultures, languages and style stemming from people of all backgrounds. You might find a taqueria on the corner of one street and a patisserie on another. Let's not forget, though, that Miami is a relatively large city with lots of things to do, lots of places to visit and lots of people to see. Sit tight folks, because here's a beginner's guide to a day in Miami.

Morning

Breakfast is the most important meal of the day. If you're not up for rising with the sun, there's always a nice alternative: brunch. NIDO's Mozzarella Bar just off of Biscayne Boulevard in North Miami is one of the cozier, more laid-back eateries the area has to offer. Everything is homemade, whether it's the cheese, pastries or bread – you name it. There are dozens of shops and other small cafés nearby, which is great if you're looking to have a relaxed morning. Luckily, it's conveniently located along US-1 heading south, and not far off from entrances to I-95.

Afternoon

There's so much you can do during the day in any district of Miami. Aside from your conventional mall, movie theater or restaurant, Miami is known for its rich art culture and exposure to a myriad of ethnicities. When art comes to mind, there's no place better than the Wynwood Art District.

One place in Wynwood you can stop by is Plant The Future, a nature-based interior design firm that makes actual artwork out of plants, flowers and vines. With an indoor and outdoor garden, there's plenty to see when you visit. You even have the opportunity to purchase artwork,

plants, seeds and pottery.

Located a short walk away are the Wynwood Walls. Long referred to as "Little San Juan," it boasts a Puerto Rican influence in its shops, murals, art galleries and fashion houses. It's also an amazing place to get some pretty nice pictures.

If this doesn't sound like your type of thing, there's also the Bayside Marketplace near the coastline. With a perfect view of the famous Miami skyline, it welcomes visitors to a little bit of everything: souvenir shops, restaurants, water sports, dancing, clothing stores, and the list goes on and on.



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One of the largest urban metropolitan cities in the U.S., Miami is a melting pot of cultures and style that's worth visiting.

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, Tory Lanez, The Chainsmokers, and Pitbull frequently play at the American Airlines Arena.

Finally, if you're not the biggest 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 Lombardi's, mojito bar and the Hard Rock Café 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.

Senior Spotlight: Santiago Camacho

By: **Jeweliana 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?

"A long time, more formally probably since I was 14 or 15."

How did you end up at NSU?

"Honestly, I played soccer in Colombia growing up and I knew that I wanted to be a professional player but at one point I decided that I no longer wanted to go pro, but I still wanted to play. I came to the states to try and find a school and NSU gave me the best offer. It looked like a nice place so I decided to come here."

What are your involvements 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 at NSU?

"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



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Camacho plans to join an improv company after he graduates.

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."

What are your plans for after graduation?

"My immediate plans are to join Angelica — she graduated last year from NSU — who started an improv company. I am working with her. Improv is supposed to be funny. It's comedy that is not scripted, so you have to just get up there and come up with it. You have to be spontaneous and not allow the nervousness to stop you. So, we are trying to make that a tool for people to be more open in their day-to-

OFF SHORE CALENDAR

Chris Rock

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

"Big River"

March 30 to April 2
@Amaturo Theater, Broward Center for the Performing Arts

Fancy Jeans Party

April 1 | 7 p.m.
@Revolution Live

Jim Jefferies

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

day lives and take opportunities as they come. We really want to relate the improv thing with psychology. I really want to help develop that and maybe eventually I'll go back to school to learn more about psychology and theatre."

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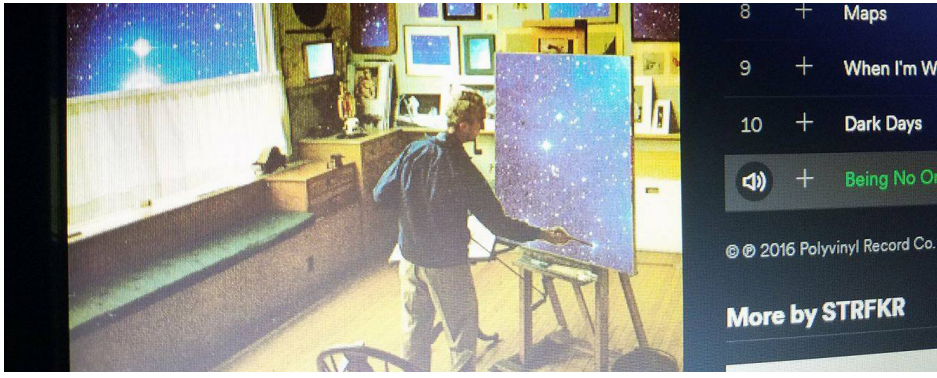
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SOUNDBITE

“Being No One, Going Nowhere” by STRFKR

By: Adam DeRoss



STRFKR hasn't lost their sound with "Being No One, Going Nowhere," but they haven't developed it either.

Indie rock is one of the most saturated and competitive genres for aspiring musical artists today. Creating a unique sound and standing out from the crowd is becoming harder for emerging bands as the years go on. Most indie bands are not able to break through the sea of competition and gain recognition for their work. STRFKR is not one of these bands. They are well known not only for their humorous name, the enemy of every radio DJ, but also for their unique and playful sound. Tracks like “Rawnauld Gregory Erickson the Second” and “While I’m Alive” have captivated fans of the band with their poppy psychedelic sound. But has the band progressed past their old successes?

Nov. 4 saw the release of the band’s fifth studio album “Being No One, Going Nowhere.” While the band still retains their signature style, most of the tracks on the record sound too similar or stagnant compared to both their older releases, as well as other tracks on the album.

The record does open strongly, however, with the catchy cosmic riffs and melodies of the intro track “Tape Machine.” The instrumental on this cut combines funky bass tabs with poppy synths, space disco phasers and a calming layer of strings. The simple lyrical content complements the dreamy melodies with the signature nasal delivery of lead singer Joshua Hodges. “Something Ain’t Right” is another great track that sounds delightfully 80s-esque with its colorful droning synths and lo-fi electronic drum samples. The relaxing melancholy of the bass-driven title track “Being No One, Going Nowhere” is a fitting and enjoyable close to the record.

While there are a good number of decent

tracks on the record, for every decent song there is a mediocre song to accompany it. In fact, about half of the record is lackluster compared to the others. “When I’m With You” sounds more like a watered-down house track to be played on loop at a club than psychedelic rock. It combines a simple and repetitive melody with the odd chime or piano chord. The vocals in this track are just barely there and sound like an afterthought to the repetitive beat. “Never Ever” is extremely similar to “Tape Machine.” It sounds like they removed the phase noises, turned up the pitch on the synth and slightly changed the chords and melodies. It is easily overshadowed by “Tape Machine” in almost every way. “Dark Days” 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 underwhelming compared to the rest of the cuts 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 plateau as a band or if it is just a bump in the road on the way to bigger and better things.

Maximizing your music festival revels

By: Gabrielle Thompson

It’s almost that time of year again: music festival season. Attending a music festival is sure to result in unforgettable memories, both good and bad. In order to minimize the bad experiences and enhance the good times, you should keep a few things in mind. Here are a few tips to make sure you have the best time possible at your first festival.

Refrain from bringing prohibited items

Music festivals will often have some restrictions on what you can bring into the event. Common items that are prohibited include coolers, outside food and drinks, camcorders or recording devices and weapons of any kind. Bags and backpacks are sometimes prohibited as well, depending on the musical festival. While many of the prohibited items are self-explanatory, each festival location is different. There may be something on the list that you never would have even thought about ditching before the festival, so be sure to check the list online.

Don’t skimp on the sunscreen

You’re going to be outside for at least 10 hours that day, and it will probably be a very open, sunny space. Even if it’s cloudy the day of the music festival, there is still a very good chance you can get a sunburn. Do yourself a favor and apply sunscreen before you go and bring along that bottle to reapply throughout the day.

Bring a reusable water bottle

Many festivals won’t allow you to bring in your own food or water, but most do allow you to bring in an empty reusable water bottle. Again, make sure to check the list of what is allowed to see if there are certain specifications on what type of water bottle is allowed. Some venues only allow plastic water bottles. You’re going to be outside all day, so having a reusable water bottle will help you make sure you are staying hydrated.

Check the lineup frequently

Sometimes the lineup changes due to unforeseen circumstances. If you’re excited to see a certain person or band, it is important to check the lineup frequently so you don’t accidentally miss a performance. Check the festival website for more information on modifications to the set list.



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Murs performing at the Soundset music festival in May.

Carry cash

You may not think you’re going to buy anything while you’re at the music festival, but there is always the possibility that you will see an awesome t-shirt you just have to have, or you might get really hungry all of a sudden. A lot of places do take credit cards, but there is always the chance that a certain booth only takes cash. It’s better to be safe than sorry.

Experiencing 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

By: 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 do not like 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 include Luke Bryan, Carrie Underwood, Kenny Chesney, Miranda Lambert and Keith Urban, in addition to many other trailblazers. However, these artists are categorized into different genres of country music. For example, according to onecountry.com, Luke Bryan is described as “Bro-Country,” which describes that his music often has electric beats and back-up singers. Carrie Underwood, Miranda Lambert, and Keith Urban are considered mainstream country artists who produce country

anthems that hook fans with rhyming verses and upbeat choruses. Other categories include pop country, rock country, alternative rock country 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 tangy country song. An artist who has consistent qualities of pop and rap in his songs is singer/songwriter Sam Hunt. His new song, “Body Like a Back Road,” in which he raps and 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 in an awesome guitar solo that gives you more variety than a traditional country 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.

“Home Alone Tonight” by Luke Bryan, featuring Karen Fairchild

If you’re looking for a payback song 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 a duet claiming that neither of them are going “home alone” in this song.

“Die a 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 Storyteller.” 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 runs 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 radio by storm by playing unique varieties of music and melodies. Because country music is so widespread, there are genres and styles that fit many people’s likings, which is why so many people are attracted to the sensation. According to cmaworld.com, 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.

Seriously Kidding

a satire column

New Zelda title inadvertently brings world peace

By: **Aidan Rivas**

Nintendo's newest title in the famed Legend of Zelda franchise, "The Legend of Zelda: Breath of the Wild," met unparalleled renown when it hit the shelves on March 3. The response to the game has been overwhelmingly positive, with the title selling millions of copies on its opening day. Sources say it is "the greatest video game they've ever had the pleasure of laying eyes upon." According to public opinion, the game has already gone down in history as the pinnacle of human innovation, topping fire and sliced bread.

The video game has grown to such heights of popularity that witnesses have reported religious groups forming based around the title, with scheduled meetings taking place worldwide to discuss the practice. Our field agent reporter Scatt Japlin attended one of these meetings. He reported ritualistic proceedings, ranging from prostration in front of the game's box art to habitual game cartridge licking. Japlin took part in these ceremonies and reported an abhorrent bitter taste associated with the cartridge. Upon asking about the reasoning for the religious group's actions, he was told that "we aim to suffer as the Hero of Courage suffers in his own heroic journey." Japlin assumes this to be a metaphor, as do several

of the congregation members.

The religious group, dubbed "Wildism," has attracted hundreds of thousands of individuals, gamers and non-gamers alike.

"I just feel like I can get behind what these people stand for," said one enthusiastic participant.

The "Wildlings" have raised over \$1.7 million for various charities worldwide and are currently petitioning for the advent of their own nation located on an undisclosed island. The island is to be used as a food distribution center to assist all struggling nations, so as to remain faithful to the game's key religious figure, the Goddess Hylia, through unending altruism.

People worldwide have expressed acceptance of Wildism's doctrines, as evidenced by the global UN meeting last Saturday where Wildism was made the new worldwide religion on unanimous decision. The Legend of Zelda series producer Eiji Aonuma, as well as game director Hidemaro Fujibayashi, have been slated to receive the Nobel Peace Prize in the winter for their efforts aiding humanity. Nintendo has chosen to remain silent in regards to the religion's activities.

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Living at home isn't lame

By: **Grace Ducanis**
@GraceDucanis

A 30-year-old man living in his parents' 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 lots of good reasons to live at home past what society may consider to be an acceptable age.

Crazy roads on campus are driving me crazy

By: **Brittany Eyres**

If you are a commuter student, or even a residential student with a car, then you've definitely driven on the temporary road across from the Farquhar, Founders and Vettle apartments on campus. Now, it has been torn up and remade into a roundabout. I don't know what's worse: the roundabout or the twisty, temporary road before it.

NSU needs to speed up construction because these roads are kooky and cause major headaches.

If you were on campus last year, you know that where the new roundabout is, there used to be a three-way stop. It was easy and headache-free. You would stop at the sign, then continue on your way. Now, you approach the small roundabout and struggle. People do not seem to understand the concept of a roundabout. In



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Roads near the dorms are currently under construction.

most states, there are two types of roundabouts: oncoming traffic either yield to cars in the circle

or the cars in the circle yield to oncoming traffic. The one on campus is where oncoming traffic yield to the cars in the circle. To clarify, if there is a car in the circle, they have the right-of-way. Therefore, do not make me slam on my brakes so you can enter the circle. That's not how it works.

There are positives that come from the development of a roundabout. According to a study done by Autoblog.com, roundabouts cause fewer accidents and fatalities. They also reduce emissions from vehicles. What the blog fails to mention, though, is how nonsensical people become when they approach such an invention. We already have a major roundabout on campus, in front of Horvitz. I constantly have to slam on my brakes in that circle when people decide the yield sign does not apply to them.

With the construction also comes that beautiful, brand new, wavy circus of a road along the back of where the new dorms will be. Who designs something like that? If you want to get annoyed really easily, just take a drive on that road. Between the idiotic curves and the pothole covers that could take out your tire, you are sure to be annoyed. And if you don't take that road at the posted 25 mph, you have a great chance of flipping your car or sliding into the other lane. This road is sure to cause accidents. It's just a matter of time.

So, NSU, speed up the construction because it truly is a headache for students and faculty. At least the landscaping looks good; I'll give you that.

Aware of the R-word

By: Bianca Galan

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 TeenInk, 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 bodies. 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 battle 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 walls instead of 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.

You said that was how much?

By: Jacqueline Lytle

When Outtakes in the University Center runs out of Flamin’ Hot Cheetos, I often venture around campus in search of the spicy snack. Parker, for one, never has them, which in itself is disappointing, but what’s worse is not knowing how much I’ll have to pay for the snack that suffices. The majority of the satellite Outtakes on main campus – like those in Parker and the law building – don’t display the prices of all merchandise. For a college student hoping to spend under \$5 on a snack and drink, that bag of trail mix would not have been my final selection if I’d known it cost \$5.59 before I got to the register. Not cool.

I practically live in the Parker building 50 percent of the week, so the ladies – and sometimes gentlemen – who work in the lobby’s café see me more than they’d probably like. While I appreciate the partially visible sign above the mini fridge that indicates the prices for beverages, bagels and hot sandwiches, I’d be happier if I knew the price of those Reese’s Sticks and Pringles before I approached check out.

I used to think it was just Parker that offered the opportunity for spontaneous purchasing, but as I stopped by the law building, I was surprised to see it was a trend. Except for

the cold merchandise, nothing had prices. 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.

We’re college students, and more often than not, every dollar counts. Being conscientious 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 clue 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 Bits.

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.

DO YOU FEEL LIKE YOU'RE WELL-INFORMED ABOUT WHAT'S GOING ON AT THE UNIVERSITY?



SHARK SPEAK



“Yeah, but as an organization leader since I’m treasurer of [the Caribbean Student Organization], I guess the lines of communication between SGA and some of the minority organizations, or some of the other organizations, aren’t really clearly defined. But as 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 Dallegrand, sophomore legal studies major



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

- Michael Mckenzie, sophomore global marketing major



“It 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 [informed]; academic things, not so much, like speeches and visitors. 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.”

- Jillian Harb, freshman biology major



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

- Ashlie Green, junior marketing and biology major



“Yeah, I’d say so. I mean for the most part. There’s all those fliers. I don’t really attend a lot, but I know what’s going on.”

- Olivia Beyel, junior business administration major



“Yeah, we’re really informed, but 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 Mosqueira, junior biology major

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