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NSU’s 20th annual Celebration of Excellence makes history with donation

By: Madelyn Rinka

NSU’s 20th annual Celebration of Excellence was held on Jan. 27, President George Hanbury announced that Dr. Kiran and Pallavi Patel Family Foundation, Inc. and chairman NSU’s Board of Trustees, Ron Asaf and his wife, Kathy, will both donate to the university and help it achieve its fundraising goal as part of the Realizing Potential Campaign three years early.

The Patel’s gift will go to NSU’s College of Allopathic Medicine, which will be renamed the Dr. Kiran C. Patel College of Allopathic Medicine, and the Asaf’s will be in support of NSU’s College of Nursing, which will become the Ron and Kathy Asaf College of Nursing.

The Patel’s $25 million gift comes after their donation of $200 million in December which renamed NSU’s College of Osteopathic Medicine and the College of Health Care Sciences to the Dr. Kiran C. Patel College of Osteopathic Medicine and the Dr. Pallavi Patel College of Health Care Sciences and invested in the new Tampa Bay regional campus site in Clearwater. The Patel’s newest gift will provide as many opportunities as we can,” said Johannes W. Vieweg, dean of NSU’s College of Allopathic Medicine. “That’s really the trend that we would like to follow, that we provide as many opportunities as we can.”

Their donation to the College of Osteopathic Medicine, which was the largest gift in NSU history, made Kiran C. Patel the only person of Indian heritage to have a medical school named after him in the US. The most recent gift, that renamed the College of Allopathic Medicine, has now made him the first person in the US to have two medical schools under his name.

The Assafs are long-time donors to the schools are going towards less and less tuition,” said Ron Asaf. “I think it’s one of the noblest of professions,” said Johannes W. Vieweg, dean of NSU’s College of Allopathic Medicine. “That’s really the trend that we would like to follow, that we provide as many opportunities as we can.”

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The Assafs are long-time donors to the University and have donated more than $5 million to NSU.

“We are really supporters of nursing, and I think it’s one of the noblest of professions,” said Ron Asaf. “Anyone, man or woman, can get into it. We are very pleased to have the opportunity.”

As for the impact of the donation, Marcella Rutherford, dean of NSU’s College of Nursing, said students will begin to see improvements and changes in the college come the new semester.

“The impact will begin in the fall semester, with abilities to use funding for scholarships, community outreach and different initiatives to enhance student education,” said Rutherford.

She said it is also an amazing opportunity for a college of nursing to be supported and acknowledged by the greater community, and especially the Assafs.

As for NSU’s Realizing Potential Campaign — which contained the first philanthropic campaign in NSU’s 54-year history at $250 million — being reached so early, President Hanbury encouraged all those at the university to honor the tremendous feats that have been achieved.

“First of all, we need to celebrate and take a little breather. But, as in anything that you’ve become successful in, you don’t want to be lulled into complacency. So, after our celebration, which will be brief, we do seek to always look, even though we may be the best, to be better,” said Hanbury, “and as such, I will be working with students, faculty and staff and the board of trustees to go beyond Vision 2020.”

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NSU will hold its 15th annual Community Fest on Saturday, Feb. 10 around Gold Circle Lake. The event will run from 12 to 4 p.m., and all students, staff and their families are encouraged to attend.

Attendees can expect a variety of activities for all ages, including inflatables, a petting zoo, paddle boats and a caricature artist. Over 100 undergraduate and graduate student organizations will participate by hosting booths surrounding the lake, each with a unique activity, said Christina Rajkumar, the assistant director for special events and projects. In addition, around 15 departments will table at the event, while 20-25 departments will support via sponsorship or donation.

“Community Fest is our time and opportunity for us as a university to showcase all the various departments, clubs and organizations and all the great things that we’re doing here at NSU,” explained Rajkumar. “We’re also able to share that with our outside, external community because we invite, or we ask that, the friends and family of our students, faculty and staff come to Community Fest.”

Organizations and vendors came from all across this area and getting to see and experience all the different people who came out,” said phone corresponding elementary education major Katelyn Lanciano. She said Community Fest truly is a celebration of the culture of NSU and the wide variety of organizations and interests within the university.

In addition, the event, including all food and activities, is free for attendees.

“That’s one of the things NSU prides itself on — the entire thing is completely free,” said Rajkumar. “You get entrance for free, everything you get at Community Fest is free.”

Above all, Community Fest aims to be inclusive to all students.

“Students get an opportunity to meet other NSU students, and they also get an opportunity to see all the other organizations that are out there that they may not have been aware of,” said Rajkumar.

For more information, visit Nova.edu/safespecialevents/communityfest/index.html or contact the office of special events and projects at 954-262-7283 or specialprojects@nova.edu.
The Office of International Affairs will host a week-long event featuring informational sessions presented by NSU study abroad partners and NSU representatives from Feb. 5 through Feb. 9. Students interested in studying abroad are invited to attend the sessions to learn more about the programs, location possibilities abroad, as well as and those experiences have made me stronger in every single way,” said Goodroad.

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

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By: Michaela Greer
Co-Editor-in-Chief

Office of International Affairs to host study abroad informational sessions

The Office of International Affairs will host a week-long event featuring informational sessions presented by NSU study abroad partners and NSU representatives from Feb. 5 through Feb. 9. Students interested in studying abroad are invited to attend the sessions to learn more about the programs, location possibilities and financing options. During this week, hour-long sessions will be held every day in room 104 of the Student Affairs Building.

According to Katie Goodroad, graduate assistant for international affairs, this will be the first time that the Office of International Affairs will present an event such as this instead of a traditional fair. Goodroad said that this format will allow students to have more face-to-face interaction with providers to learn more and ask additional questions.

“Normally most colleges do an education abroad fair … and we had one in the fall that went really well but we wanted to switch it up to give students more information,” said Goodroad. “So, we decided that in the winter semester we wanted to have study abroad providers and students have this opportunity to dive into concepts a little more deeply.”

Jeanie Jaworski, director of international affairs, said that the idea for the event stemmed from a similar model where international student recruiters use a chance to promote global education by highlighting their programs.

“As an educator, it’s something that I really appreciate because I feel it’s important to NSU I’m interested in what’s most important to the student,” said Jaworski. “All of our education abroad partners feel the same way, so, it gives them an opportunity to promote global education as a whole and still help students to find the right fit.”

Jaworski believes that this model will turn the traditional study abroad fair on its head because instead of partners tabling and presenting literature to students, which she admits can be repetitive, both parties will be able to come together and ask questions without feeling overwhelmed.

“We thought what might be more helpful was to give [interested] presentations that answer questions we know they have and that they don’t even know that they have yet,” said Jaworski. Goodroad and Jaworski both hope that the new format will be helpful to all students, regardless of which destination, level or program they decide to participate in. They also believe that multiple sessions will allow for more flexibility with student schedules.

“For example, a lot of the programs also offer post-graduation options for internships,” said Jaworski. “We’re seeing that more now where students already clearly have in mind participants who have a special interest in Asia. “We hope that students will be able to see the value in going abroad. I lived two years in France, I taught in Tanzania and South Korea for three years while those experiences have made me stronger in every single way,” said Goodroad. “There are a lot of resources available to students who want to study abroad but you have to plan ahead and be prepared.”

All students are welcome to attend the sessions. Interested students can contact the Office of International Affairs for more information by calling 954-262-7240 or emailing info@nova.edu.
Green Sharks to host Recyclemania

By: Madelyn Rinka
News Editor

On Feb. 3, the NSU College of Dental Medicine will provide pro-bono dental care to children in the community by appointment and walk-in services from 8 a.m. to 1 p.m. in its on-campus dental clinic.

This one-day event was created by the American Dental Association (ADA) Foundation to recognize a nationwide need to help children who don’t have access to dental care. NSU partnered with the ADA to host this unique, Give Kids a Smile (GKAS) event. This is a student-led and organized and part of monthly oral health education visits to local schools by the students. Last year, they provided this pro-bono service to 350 children and hope to do the same this year.

According to Anais Theodoreou, co-director of GKAS, “[GKAS] is an event that started as preventative medicine, since a lot of pediatric dental care is preventative medicine. What’s great about our event is that we can do restorative, operative and some invasive procedures.”

The children who attend this event will receive care including a cleaning, an oral exam, preventative medicine and other necessary procedures like radiographs and other screenings. If a child needs a filling or another dental procedure, this will be done on site during the event. By scheduling appointments, patients and dental practitioners will be able to give the patient sufficient time to fit in his or her individual needs. These dental services are provided by dental students under the supervision of faculty.

Theodoreou said, “Second-year [dental student] volunteers help with cleanings and third or fourth year student volunteers will perform a majority of the procedures. Everyone gets an equal opportunity to volunteer and participate in the event.”

Linda Niessen, dean of NSU College of Dental Medicine, said that the event will be festive with a live DJ from RadioX and a special appearance from Razer and “Timmy the Tooth.”

There will be face-painting, balloon animals and other activities throughout the day for children. A majority of these festivities will take place in front of the building’s atrium but will trickle into the dental clinic as the building will be decorated in a jingle theme.

Children will also have an interdisciplinary opportunity to learn about the various health professions offered at NSU. The College of Pharmacy will teach children about safety with prescription medications, the College of Optometry will give free eye exams and learn the importance of eye health and the representatives from the Dr. Kieran C. Patel College of Osteopathic Medicine will present fun activity on the human anatomy as a teaching tool.

“Dental disease is preventable,” said Niessen. “So if we can have children come when they’re young we may be able to prevent tooth decay and they can have a healthy start throughout their life.”

Green Sharks gives kids a reason to smile

By: Christina McLaughlin
News Editor

In celebration of Children’s Dental Health Awareness Week (CDHAW) every February, the Green Sharks will host its annual Dental Health Awareness Day, expecting to provide thousands of dental screenings to children in the Miami-Dade community.

This year’s event is bigger than ever thanks to the collaboration of various student organizations throughout the university. The Green Sharks, along with students from the College of Osteopathic Medicine, School of Optometry, College of Osteopathic Medicine, College of Pharmacy, College of Nursing, College of Arts and Sciences and more, will all provide dental screenings to children throughout the morning and afternoon.

The event will take place in the library quad on Tuesday, Feb. 7 and Wednesday, Feb. 8, with free dental screenings from 10 a.m. to 2 p.m.

On each day, two SRHD bikes will be available to show children how to floss, while the NSU College of Dental Medicine will provide free toothbrushes. Students from other organizations will also have a booth with information about dental health and hygiene.

By: Michaela Greer
Co-Editor-in-Chief

GREEN SHARKS INVITES STUDENT ORGANIZATIONS TO PAINT SIDEWALK BLOCKS

By: Madelyn Rinka
News Editor

SLCE invites student organizations to paint sidewalk blocks

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Planning Ahead: Am I in the right major?

By: Katy Popplewell
Contributing Writer

Katy Popplewell is pursuing her master’s degree in student affairs. She is from Cincinnati where she earned her Bachelor of Arts in communication and her master’s certificate in marketing from the University of Cincinnati. She works in the Career Development office as a graduate assistant and career adviser.

You might be thinking that you have to go into the field that you majored in after you’ve graduated from your program. However, that isn’t necessarily the case. Career change statistics suggest that the average person will make a career change approximately five to seven times during their lifetime. Most students coming straight out of high school know exactly what they want to do with the rest of their lives, which is why planning ahead and keeping your options open is key.

Research and ask yourself the tough questions

Start exploring careers and research a few that spark your interest. Start by preparing a list of things you enjoy and subjects you are good at so you can align with your interests.

Make a list of pros and cons of each career option available to you and picture yourself actually doing the job. By writing a list of things you enjoy and find interesting, as well as subjects you excel in, you may find a correlation between the two, which could lead to a potential career.

Contact people in your network

Reach out to people who are currently doing the job you’d like to do in the future. You’ll be able to talk with them about the industry that you’re interested in and maybe even arrange to shadow them to make your final decision. Take advantage of opportunities like this to learn as much as you possibly can.

If you don’t have anyone to contact, work on building your network. One way that you can do this is by creating a LinkedIn profile — if you don’t already have one — and finding connections using that platform. Additionally, you can join organizations or clubs to meet like-minded people. By networking and socializing with others, you may even find out about other careers that you never knew existed. It’s not always about what you know, but about who you know.

Take your Gen Eds first

College is expensive. If you don’t have a clear idea about what you want to do, consider taking your general education courses first. By taking these courses first, you can buy yourself some time before making a decision. Further, by taking a range of courses that expose you to different fields, you will be able to pinpoint what you like and then take more in-depth core courses that you find interesting.

Consult the experts

Visit your academic and career advisors as they will help guide you in the right direction based on your interests and goals. These are the experts in the field who want to see you succeed; they will help by steering you in the right direction. Having a plan in place and sticking to it will undoubtedly drive you to success, regardless of what major you choose on this journey.

It’s okay to diverge from the plan later

It’s not unusual to deviate from your initial path and go into another field. For example, even though you might be majoring in biology, this doesn’t mean that you have to go to medical school following your undergraduate career. There are other options for biology majors, such as teaching, working in a lab or conducting research. The same concept applies to students studying other majors as well; just be sure to keep your advisors up-to-date on your thoughts and desires so that they can ensure that you are on the right path.

Wear red to stand in solidarity with victims of heart disease

By: Christina McLaughlin
Opinions Editor

On Feb. 3, we wear red not to attract the attention of bulls, but to attract the attention of the public to stand in solidarity with victims of heart disease. This year marks the 14th annual National Wear Red Day established by the American Heart Association (AHA) and the National Heart, Lung and Blood Institute. According to the American Heart Association, even though heart disease affects both men and women, it takes the lives of nearly 500,000 American women each year, making it the number one disease-related cause of death for women.

The main problem with cardiovascular disease is that there isn’t a lot of awareness of it. With that in mind, the AHA created the social initiative, “Go Red For Women,” to encourage women of all ages to take control of their heart health. Through videos, testimonials and other platforms, AHA uses this movement to encourage women to come together and fight heart disease by challenging them to be aware of their health and take action to prevent future risks of heart disease.

The best way to prevent heart disease is to have annual visits with your physician; AHA calls these “Women-Visits.” This way, your doctor can check your overall health and address any risk factors that can lead to heart disease. It’s important to remember that heart disease does not discriminate based on age, race, lifestyle choices or genetics. Heart disease can affect anyone at any time in their life, which is why it’s important to check with your doctor annually.

Once you meet with your doctor, it’s important to encourage others to do the same. Being an advocate of heart health can expose and help people who live healthy lives. Don’t just reach out to family and friends; reach out to your local community and legislators.

Not only should all people have the option to stay heart healthy and prevent future risk factors, they should also be able to access affordable health care if an issue arises. By supporting the “Go Red For Women” movement through local groups and organizations by helping to fundraise and collect donations, you can help make sure that those who can’t afford simple health care procedures get the assistance they need.

Wearing Red on Feb. 3 encourages women fighting this disease to stay strong and may help spark conversations which inspire other women to do the same thing. Simply being a champion for heart health and urging the world to stand up for women’s health.

AHAs 7 TIPS TO PREVENT HEARTDISEASE:

1. Stay active

Regular physical activity can enhance your immune system and decrease the risk of developing diseases. It also improves blood circulation, managing weight, stress levels and boosting energy.

2. Control cholesterol

When cholesterol is under control, it keeps your arteries clear of blockage. When you keep your arteries clear it prevents heart disease and stroke.

3. Maintain a healthy diet

Make sure to add veggies, fruit, whole grains and meats into your meals. Try using a food diary to ensure you are adding in all the necessary nutrients.

4. Control blood pressure

High blood pressure is a major risk factor for heart disease and stroke. In healthy ranges, you reduce the strain on your heart, arteries and kidneys.

5. Maintain a healthy weight

People who are overweight have a higher risk of heart problems. Losing a few pounds can reduce those risk factors and help maintain a healthy body.

6. Reduce sugar intake

Your body turns sugar into glucose which carries energy throughout your cells. If it’s too high it can cause diseases like diabetes. Reducing the consumption of simple-sugars like soda, candy and desserts can help.

7. Stop smoking

Smokers have a high risk of cardiovascular disease. Smoking damages your entire circulatory system and increases risks of hardened arteries, aneurysms and blood clots. Quitting is the best thing you can do, but by doing it in small increments to make sure you don’t send your body into shock.

Visit go4women.org to learn more about resources, risk factors and other tips to live a healthy lifestyle. If you want to get involved on campus, participate in the February Saturday of Service with SLICE on Feb. 3 from 7:45 a.m. to 12:30 p.m. Contact Student Leadership and Civic Engagement for additional information.
How should students choose an internship?

"Look at what the job description entails because it’s going to clue you in on the education and years of experience that are necessary to perform within that role."

Near the end of 2017, a video of men appearing to be sold at auction in Libya for $400 surfaced on the internet and shocked the world. Though it was well known that Libya is the main transit point for refugees and migrants trying to reach Europe by sea, no one could have been prepared to learn about the atrocities taking place in the African country.

Thousands of African migrants who wanted to move to Europe became stuck in Libyan detention camps and were being abused, physically, emotionally and sexually. There have been reports of murder, according to various news outlets like CNN and Al Jazeera. Stony Brook University, associate professor of law at NSU, to find out about available internships?

"If it's determined by your academic advisor that gaining credit isn't possible until the next year and you want to start gaining internship experience sooner, that's when you would go through our career development office. You'll be able to look into what we called 'a co-curricular internship' which has no bearing on your academic plan. In this case, there's no class that you have to register for; this is just a separate application you will do on your own."

If a student has never had a job or internship, what should they do?

"Come meet one-on-one with a career advisor in the Horvitz Administration building Monday through Friday from 9 a.m. to 5 p.m. or on Mondays, Wednesdays and Fridays from 11 a.m. to 1 p.m. during Career LABS. Bring your laptop and an advisor will help you with your resume, like building your LinkedIn.

"I think one of the misconceptions is that it’s kind of scary. How do I create a resume for the first time? I've never done that before. Let us be your guide; we can help you create it from scratch without a template."

"If you are thinking about the context of Libya, it seems really interesting. Why couldn’t Libya stand up to their government and demand their rights if it was that simple? Well, according to Cross, Libya recently went through a civil war so their political institutions have been significantly weakened. This means that there are very few people who are empowered to try to protect those individuals. So, the reason why the African migrants are being abused and their rights goes back to the fact that their country’s government was not protecting them."

Can people in other countries help to make progress in reducing human rights violations elsewhere?

"The governments and the people of each country can help spark change. Things like human trafficking – which happens in virtually every country – discrimination against gender, race and economic status are all violations of human rights. Therefore, those who wish to enact change can begin by working to ensure that these rights are not infringed upon both in their own countries and in other nations of the world."

Cross suggests that students interested in becoming involved in human rights advocacy consider joining NSU’s Human Rights Organization, where she is the faculty advisor. One focus of the organization here in South Florida has been to work with attorneys to ensure that people who do not have the right to vote are given those freedoms both nationally and internationally. For more information about the organization, students can contact Jane Cross by emailing crossj@nova.edu.
If you’re looking to throw a fun Super Bowl party, one thing comes second only to football: Food! Whether you’re invited to a party or throwing one of your own, it’s a given that there will be snacks on hand for every cheer, booz and sigh of relief. These snacks are conveniently hands-off, easy to make, inexpensive and sure to be a hit wherever you find yourself on Super Bowl Sunday.

Chocolate strawberry

Everyone likes chocolate-covered strawberries, and with football on the mind, it only makes sense to combine the two. These petite treats are incredibly easy to whip up and have minimal ingredients — perfect for a party in the residence halls or if you’re in a rush.

Ingredients:
- Two cups semisweet chocolate chips
- 1/4 cup white chocolate or white icing
- 20 strawberries

Place the chocolate chips in the microwave, stirring every 30 seconds until melted. Dip the strawberries in the chocolate and place on a lined platter, and refrigerate for 30 minutes, or until the chocolate has hardened. You may need to reheat the chocolate after every few minutes of your life that this album takes up. It’s pretty true to the aforementioned statement. "Mania," was released on Jan. 19 and speaks to pop-punk fans as many considered the band many FOB fans as many considered the band heroes have fallen off and I’m hoping for them to bring Fall Out Boy’s name back before the production value is great — but when you used the term, the term is more fun. FOB fans as many considered the band to be a die hard Fall Out Boy fan in the past, nothing will ever match up to "Frisco Under The Cork Tree" or “Infinity On High.” My favorite book is ‘My all-time favorite book is ‘Ready Lightness of Being’ by Milan Kundera. Not to be cliché, but it’s really one of those life-changers that you hear about all the time. There’s such a balance of apathy and understanding in the novel that really makes you think you making the world a better place in my heart, as I can read the series over and over again and consistently find new meaning and insight in it. Recently, however, I read the graphic novel ‘Watchmen’ and fell in love with the philosophical questions woven into the alternative reality storyline."

"What happened to Fall Out Boy?" is a question that comes to mind when thinking of the Chicago-based band as many fans listen to their newer releases hoping for a retron back to their pop-punk roots that were once so familiar. But alas, Fall Out Boy has sold out and gone from a band to a party band to pretty much completely dropping the “punk” from their gene in order to please the millions and fit in among the crowd. Fall Out Boy’s seventh studio album, “Mania,” was released on Jan. 19 and is pretty true to the aforementioned statement. This album is so many things that FOB is not. So many different sounds are mixed into the 35 minutes of your life that this album takes up. It’s completely overwhelming. While it’s fun to hear all the different sounds they’re experimenting with, it’s a bit too much. From EDM to reggae to pop to pop punk, “Mania” takes you on an unfurling journey that’s stressful more than enjoyable.

The first track of the album and the song that was used as a teaser for the album when the single was released in April 2017, “Dookie,” is utterly confusing — especially for those who were loyal fans of FOB in the past. But with that reach that reaches into the arena of EDM songs and fans and all this song...something.

Although the rest of the album doesn’t sound quite like this, it could definitely drive someone away from wanting to listen to the album in the first place. "Champion," the second track, was a radio single that got a lot of traction on the airwaves. The song, co-written by Sia who is known for her song, “Chandelier,” sounds 100 percent written by been on so much reggae, but it makes you think making the world a better place in my heart, as I can read the series over and over again and consistently find new meaning and insight in it. Recently, however, I read the graphic novel ‘Watchmen’ and fell in love with the philosophical questions woven into the alternative reality storyline."
Ricci Oriach is a 27-year-old singer-songwriter born and raised in the Dominican Republic. His love for music started at a very young age by performing in bands with friends that played mostly punk and rock. He performed shows in his house as young as 14 and played in many concerts throughout the country as a teen. These experiences helped him develop a home studio grooming many local artists. In an interview with Remezcla, Oriach said, “Working on other people’s music helped me figure out my own tastes.” The first time Oriach played the song “Prima Tecata” was during a birthday party where he had the opportunity to wing it with a guitar and his lyrics.

On “Viaje Al Infinito,” a six-song album released in November, Oriach did an amazing job showing the world true Caribbean music — especially that of the Dominican culture. The album has a mixture of folk, reggae, merengue and even cumbia. A Dominican blog, Discolai, called Oriach the “lost child of Rita Indiana and Luis Díaz,” other influential Dominican singer-songwriters that are very famous in the genre.

The album’s name translates to “Trip to Infinity.” The album includes songs like “El Mosquitero” (The Mosquito net) in which he talks about a family heirloom — a mosquito net which his grandma left behind after leaving the country. He took off the mosquito net, he caught dengue, so in his song he talks about how this mosquito net had protective powers.

One of his most famous songs, “Prima Tecata” (My Cousin the Drug User), is also on this album. It is basically a description of street life in the Dominican Republic. He has other songs more inclined to a romantic side like “Una Flor” “(A Flower)” and “La Dueña” “(The Owner).” Another one of his great songs is called “La Guayaiba” (Giava) in which he talks about an old love impossible to forget.

Each of Oriach songs tells a story; he can be called a folklore storyteller. His songs tend to tell a story that Hispanics, particularly Dominicans, can relate to. In his songs Oriach has the ability to connect with who Dominicans, and Hispanics in general, truly are. Every word used is 100 percent relatable for Dominicans since it’s not only sung in Spanish but it is filled with Dominican slang. He truly is what Dominicans call “un orgullo dominicano” — Dominican pride. The world will be able to see and get to know life in the Dominican Republic by listening to this amazing artist.

Life in Color is a unique experience that takes place annually. For a newcomer, it can be a whirlwind of emotions and sensations. Though the environment was intriguing, the movement, I initially stayed at the back of the viewing area until my friends dragged me to the middle of a “mosh-pit,” and felt the full-extent of the personal space became a concept of the past. This led to an intimate festival community, and endurance. He channeled his inner pop-orch by playing Michael Jackson mixes. Only one stage filled the convention center, as opposed to the three stages utilized in the past. This led to an intimate festival community, and personal space became a concept of the past. I accidentally found myself inserted into the middle of a “mosh-pit,” and felt the full-extent of my claustrophobia for a moment. It was not until the paint started splashing out everything else.

Though the environment was intriguing, the lineup caused mixed responses. While Blackbear brought energy to the stage, his overbearing use of auto-tune blocked out his voice. Lil Pump and Juden Smith failed to create an energetic performance, detracting from the festival’s kinetic environment. To the dismay of many fans, supposed headline 21 Savage did not make an appearance. In that moment, I decided to write a heated email to Life in Color for a much-needed reimbursement. The last performer of the night, Zedd, however, stole the show with his awe-inspiring mixes and endurance. He channeled his inner pop-orch by playing Michael Jackson mixes.

For many couples, Valentine’s Day is a day filled with gifts and cute endeavors, while single people are forced to wallow in self-pity and watch said couples enjoy their romantic day on social media. This year, instead of ugly-crying in front of your television while “The Notebook” plays on loop, try doing something fun like inviting your other single friends over to accompany you. On that note, you’d probably have a more enjoyable day if you planned a single’s party. It’s a celebration of being single and not being wrapped up in the materialistic and commercialized holiday that is Valentine’s Day.

Step one: Food
First thing is first for any party: you need food. More specifically, snacks. If you’re single, you probably aren’t watching your weight for anyone, so go all out. Make it a potluck and have your friends bring their favorite comfort food. Buy boxes of chocolate, because who else is going to get you some?
ON DECK

MEN'S BASEBALL
vs. Catawba
Feb. 1 & 2 p.m.
NSU Baseball Complex

vs. Tusculum
Feb. 2 & 6 p.m.
NSU Baseball Complex

vs. Delta State
Feb. 3 & 6 p.m.
NSU Baseball Complex

vs. Catawba
Feb. 4 & 6 p.m.

MEN'S BASKETBALL
vs. Embry-Riddle
Feb. 3 & 4 p.m.
Rick Case Arena

@ Saint Leo
Feb. 7 & 7:30 p.m.
St. Leo, Fla.

WOMEN'S BASKETBALL
vs. Embry-Riddle
Feb. 3 & 4 p.m.
Rick Case Arena

@ Saint Leo
Feb. 7 & 7:30 p.m.

WOMEN'S GOLF
World Golf Invitational
Feb. 4-5
St. Augustine, Fla.

WOMEN'S SOFTBALL
DI Gulf Shores Invitational
Feb. 2-4
Gulf Shores, Ala.

WOMEN'S TENNIS
vs. Kiser
Feb. 1 & 2 p.m.
NSU Tennis Complex

vs. No. 6 Flagler
Feb. 3 & 11 a.m.
NSU Tennis Complex

America needs to do better by its athletes

On Jan. 24, Larry Nassar, former U.S. Olympic medical coordinator, was sentenced to up to 175 years following an emotional hearing sentencing where dozens of women flooded the Michigan courtroom to testify about incidents of sexual assault. Presiding County Circuit Court judge, Rosemarie Aquilina, famously tossed Nassar’s letter to the court aside as she told him that she was “signing his death warrant.” The world seemed to heave a sigh that these women were finally able to get the justice that they deserved.

Yet, it’s almost impossible to ignore that it took more than 20 years for justice to be served. It’s appalling that it took a band of 156 women to achieve this. It is devastating that, according to NBC News, Nassar could have been stopped on at least eight occasions if information wasn’t covered up and those closest to the victims believed them the first time. It is downright offensive that it took the United States Olympic Committee (USOC) until Jan. 24 to launch a formal investigation.

America needs to do better by its athletes across the board. Organizations like the USOC should not be able to simply allow its board to clean house and get a facelift without taking appropriate steps to address the underlying issues; and the public should hold them accountable.

America’s athletes tirelessly work to perfect their crafts for our enjoyment. The least we could do to ensure that the companies and organizations that they labor under aren’t exploiting them. That goes for all sports, from gymnastics to football.

There is no reason why a doctor, who was entrusted with the wellbeing of the nation’s finest athletes, should have been able to abandon his career as a medical professional to become a serial sex offender; and certainly not for 20 years. Yet, we’re adamant that if we were in the same position to have been a whistleblower, we would have sounded the alarm bells with a vengeance. But, majority of the population is comfortable with turning a blind eye to the NFL’s CTE brain damage cover ups because the Super Bowl is coming up, right?

Athletes are being scarred while Americans continue to enjoy their favorite pastimes. If we say that we love our athletes, and if we can’t do without seeing them hop, jump, skip and dance across our television screens on a regular basis, then we should begin by protecting them. It’s high time that we start making some changes and really do better by our athletes.

OUT OF THE SHARKZONE

David Beckham to bring MLS to Miami

According to The Sun-Sentinel, after several false starts, retired British soccer superstar David Beckham will bring Major League Soccer to Miami. He will be joined by members of his ownership group to reveal details of this soccer league. MLS Commissioner Don Garber, Miami-Dade County Mayor Carlos A. Giménez and City of Miami counterpart Francis Suarez will be part of the ceremony that will take place this week. They have announced their plan to begin playing in the 2020 season at a $225 million, 25,000 seat stadium to be built in Overtown.

Lewis Brinson to play for hometown team, the Marlins.

According to The Sun-Sentinel, Coral Springs native and Miami Marlins’ prize from the Christian Yelich trade last Thursday, Lewis Brinson is excited to play for his hometown team, the Miami Marlins.

Pyongyang police and military conduct drills ahead of Olympics

According to Local 10 news, Pyongyang police and military have begun conducting drills to make sure that fans and athletes are safe, especially the North Korean team’s. Protest of North Korea’s participation is expected, and police are being trained to deal with those protests. In addition, police are being trained to manage hostage situations and bomb threats. The Winter Olympics will start Feb. 9 and will go on through Feb. 25.

Roger Federer to play seventh Australian Open final

Last Friday’s game was the match that moved Federer to his seventh final at the Australian Open when he won the game over South Korean tennis player Hyeon Chung, who retired with a lingering blister issue while training 5-2 in the second set. According to Local 10 news, the hugely popular Swiss player now finds himself in a record with seven Australian Open final and 10 grand slam finals overall. He shared his excitement in an interview for this turn of events stating that, “...I’m happy to be in the final but not like this. He’s had such an amazing tournament.”

USA Gymnastics board with deadline to resign

According to Local 10 news, the US Olympic Committee’s CEO has asked all members of the USA Gymnastics board with deadline to resign. The board members have until Wednesday to resign and an interim board will be placed by Feb. 28. So far, 16 USA Gymnastics board members resigned last week, but the governing body has more board positions. This decision was made in the wake of a scandal over sexual assault abuse by former national team doctor Larry Nassar, who was recently sentenced to 40 to 175 years in prison.

SPORT SHORTS

Women’s Swimming

The women’s swimming team lost their match against Florida International University on Jan. 20. Senior Madison Yelle took second in the 1000 freestyle with a time of 10:29.44. Freshman Emma Sundstedt won both of her events, completing the 200 and 500 freestyles with times favorable enough for NCAA B-Cut standards. Seniors Sydney Panzarino and Jordan Shows, junior Caroline Oster and freshman Jenna Johns also won the 200 freestyle relay with a time of 1:35.16.

Men’s Basketball

The Sharks lost their Jan. 20 match against Florida Southern which ended in a final 76-94 score. Sophomore Cherry Saunders earned a team-high of five assists and senior Mary Hirt tied her career-high with 10 points. Juniors Alison Hughes and Mikayla Thompson and senior Christen Prasse scored a combined total of 43 points.

Women’s Basketball

On Jan. 20, the team lost their match to Florida Southern. Freshman Malik Hardy brought the score to a deuce during the first half of the game with a traditional three-point play, following freshman Nick Stampley’s fastbreak lay-in. Junior Dwayne Gibson and freshman Nick Smith added 18 and 17 points, respectively, resulting in the final 77-99 score.

On The Bench:

By: Michaela Greer
Co-Editor-in-Chief

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Findin Fitness: CrossFit

By: Diego Galvez
Sports Editor

Crossfit is probably one of the most debated fitness activities that has divided fitness fanatics all around the world. This high-intensity training fitness regime, created in 2000 by Greg Glassman, incorporates elements from high-intensity interval training, Olympic weightlifting, plyometrics, powerlifting, gymnastics, calisthenics, strength and many more training methods. Glassman, a former gymnast, developed this activity after discovering that he could get stronger by using dumbbells and barbells rather than just bodyweight workouts. He realized that athletes who are good in one training type often lacked in others. He decided to find a “middle ground” in a workout that could challenge the athlete in as many fitness concentrations as possible, with the goal of equal growth in those concentrations. I have practiced CrossFit for almost four years and I’m really glad I found it. Classes are usually an hour long, although those who practice CrossFit for competition can train the whole day. Individuals who visit their respective affiliated gym, or box, complete daily workouts or “WODs,” which are based on functional movements from activities such as Olympic weightlifting, gymnastics and running that can be done in short-duration, high-intensity workouts or long-duration, low or medium-intensity workouts. As the CrossFit website states, “intensity is essential for results and is measurable as work divided by time — or power. The more work you do in less time, or the higher the power output, the more intense the effort.”

Examples of these types of workouts are: Emom, which stands for every minute on the minute. In this type of workout, you have a prescribed amount of reps of a movement, or movements, that you have to complete within the minute. Then you rest the remainder of the time. There are multiple variations of this workout that you can try.
Tabata is a type of workout with a set of eight rounds of 20 actions, in which you try to do as many reps of a single movement and then rest for 10 seconds until the next round.
Amrap, which stands for as many rounds/ reps as possible. In an Amrap, you try to do as many rounds or reps in a given amount of time. This type of workout can be either high-intensity or have a long duration.
For time is one of the most common daily workouts and the most varied one. As the name suggests, you have a set of movements and reps you have to complete without a time limit; you finish when you have completed all the prescribed reps.

Time Cap is another common WOD in which you have a certain amount of time to complete a set of movements and reps.
CrossFit can be done by anyone, since you are the one who establishes the speed in which you want to perform the workout and the weight that you think would be enough of a challenge while maintaining proper form. The better your form is in a workout, especially when handling weights, the better your chances of avoiding injuries that could lead to health complications.
CrossFit can’t be taught by just anyone. Those interested in teaching CrossFit need to take an online exam about proper form, nutrition and health. In addition, participants need to attend a weekend-long session with professionals that will teach them information in more depth. So far, there are four levels a coach can reach that require different trainings and coaching hours.
There are multiple boxes around campus that you can try out. They usually have a one free session or a free week. For more information, you can go to crossfit.com.

CrossFit Locations Near Campus
CrossFit Compar: 2280 SW 70th Ave, Davie, FL 33317
CrossFit Pulse: 10398 W State Rd 84 #105, Davie, FL 33324
The Playground-Broward CrossFit: 10412 W State Rd 84, Davie, FL 33324

What has been your favorite part of being part of the team?
“I haven’t been on the team that long. This is my second semester but I’m loving it. I love the facilities, I love the attention, the coaches. My teammates are really nice, they have supported me a lot since I came here. The weather … I’m pretty happy with everything.”

How do you balance sports, academics and your social life?

How has that been?
“It’s tough to do everything at the same time but if you work hard and you are organized with your studies, your practices and classes, I think you are fine and you will have time for everything.”

Can you tell me about a favorite memory or moment you had playing tennis here at NSU?
“I can’t really think about a specific moment. We have had some many fun moments, for example, before practices we usually sing, dance and hear music, but I can’t think about a specific moment. The season hasn’t started yet but the team chemistry when we are together is amazing, we sing, and we dance.”

Do you consider your team your second home?
“Yes, you have more games with some people than others, but I like everyone. I’m very happy with everyone on my team.”

What’s your favorite thing to do after a match?
“I would eat an avocado toast. Eat, change and support my teammates and then go to the beach.”

How has your experience at NSU been so far?
“It has been really good. Everyone has been supportive, the coaches have been nice, the teammates and the people here in general. The classes, the academics are really good in this university as well as tennis and sports.”

What do you plan to do after college?
“I still have next year before graduating but I don’t know what exactly I would do. I would like to do my master’s, I don’t know if I[’d like to study] in the United States though. I would love to do something related to tennis since I love tennis, like volunteer or [be an] assistant and then get my master’s here. Or maybe go back to Europe and apply to universities where they give you scholarships if you compete, still playing tennis. So those two options since I still want to have something tennis related after I graduate.”

If you had never played tennis, what do you think you would been doing?
“I love sports so if I didn’t played tennis I would have done anything, probably soccer. I really like soccer and my favorite team is Real Madrid.”

What are some hobbies you have other than tennis?
“I like going to the cinema, watching movies and relaxing. We don’t get to relax so much and spend time my family, friends and people I love. Also, I really like playing soccer … I’m a very active person, so I always like to be doing something.”

First place winner in the Regional Valencia U18 Tournament in 2013 and a runner-up in 2014, business administration major with an international business minor Ana Navas is a junior and on the women’s tennis team.

When did you start playing tennis?
“It was kind of random. I’m from Spain and started play in the summer when I was nine years old and it wasn’t until I was 12 years old when I started playing during the week. I was kind of late, but I loved it.”

What made you start playing tennis?
“I think I have a very good coach that made me love tennis and I’m also a very competitive person. So, even though I was really young, I always wanted to compete and do things like that.”

How was your transition from Spain to NSU?
“Yeah, the culture is very different in Spain than here. But, Miami, for example, is very similar to mine in culture. It’s full of people that speak Spanish, which helps me. So, Miami is a really good place to visit and this university [NSU] is really good. I’m feeling good. I’m fine here and comfortable; happy with everyone.”

What do you do on your days off?
“I like going to the cinema, watching movies and relaxing. We don’t get to relax so much and spend time my family, friends and people I love. Also, I really like playing soccer … I’m a very active person, so I always like to be doing something.”

What do you do to keep your body in tip-top shape?
“Weightlifting, gymnastics and running that vary from person to person.”

“I think I have a very good coach that made me love tennis and I’m also a very competitive person. So, even though I was really young, I always wanted to compete and do things like that.”

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Hanbury runs campaign to stop Shark Pod challenge

By: Jenna Kopec
Co-Editor-in-Chief

The forbidden fruit is back at it again—but not in the washing machine. NSU may always be trying to put a saltwater spin on things, but president George Hanbury says that this time Sharks have gone too far.

Beginning with an unregistered organization called Shark Challengers, students have revamped the “Tide Pod Challenge,” where teens eat laundry detergent. In their version, not much has changed. Students are eating Tide pods, but doing it with their “fins up.”

“You know,” said Stuart “Stew” Ped, sophomore biology major and leader of the Shark Challengers. “Fins Up! Like when you put your hand up to show pride.” Ped then demonstrated the university’s beloved sign.

No students have been hurt in the challenge thus far, many of them unable to get the pod in their mouth without the use of their hands. Still, NSU’s faculty, many of which are trained medical professionals and almost all having common sense, are very concerned about the trend. A spokesperson for the president’s office, Gerta B. Keddenme, made a statement to campus press on Jan. 22.

“Although the President Hanbury literally cannot believe that students are actually doing this, he and the university want to make clear that this ‘challenge’ is not sponsored or supported by NSU,” she said.

Later that day, Hanbury sent a memorandum to the student body urging students to “use their heads” and “find some other way to promote the exponential potential of this fine educational establishment.”

“Not likely,” Ped responded when asked for a comment on the memorandum.

Not all students are behind the Shark Pod Challenge, however. Hava Brane, a senior psychology major, said that the challenge may be her least favorite thing about the university citing that students are risking their lives for a meme.

“It wasn’t, like, funny the first time and people keep doing it,” she said. “Like go read a book or walk around campus without shoes or something — something productive!”

Cardi B is still a regular woman from the block

By: Philtrina Farquharson
Contributing Writer

Belcalis Almanzar, better known as Cardi B, is not the one-hit wonder most anticipated her to be. Gaining exposure as a popular cast member of VH1’s “Love & Hip Hop,” everyone loved her because she was so authentic. 2017 was Cardi’s year, as she released “Bodak Yellow” after signing with Atlantic Records last February; and the radio could not stop playing it. Cardi B became the first female rapper to top the Billboard Hot 100 in 19 years. If that is not an accomplishment, then I am not sure what is.

In the song “Bodak Yellow,” the rapper opened up about her past as an exotic dancer which she believes is what saved her life. She was able to make a name for herself in the music industry, even though people still had their doubts. As she began to claim fame and secure deals with companies like Fashion Nova, she never changed. Cardi B was consistent before the fame and is still herself now and I think that is what most people love about her. On any given day you can see her posting videos on social media with no makeup with her hair wrapped; discussing something of concern to her. Her carefree lifestyle has turned her into a cultural icon. Almanzar has everything she had dreamed of when she first started to get recognition via social media. At the age of 25, she is doing what she never could imagine would be happening at this very moment. Whether you like her or not, one thing everyone can say about Cardi B is that she hasn’t let the fame change who she is.
Black History Month, which began as “Negro History Week,” was created in 1926 by Carter G. Woodson, an African-American historian, scholar, educator and publisher, according to Time.com. February is dedicated to celebrating achievements by African-Americans and the role they had in United States history. Although this is the shortest month of the year, this does not discredit the work of all of the people that made this month’s celebration possible.

With everything that is going on in the world today, we need to embrace the history that benefited America as a whole. Black history is history because it continues to transform our lives whether we notice it or not. It is 2018 and we are still acknowledging African-Americans who have been the first to gain positions or to complete tasks that other races have done for many years.

Black history is history because there are so many perceptions of a race that people have a preconceived notion on how they should be. This history inspires people to overcome adversity, to give a chance to those who figure that they may not have many options because of their surroundings. I say this because racial profiling was acceptable in the past when segregation was around and to this day there is an issue with people who target or suspect a person of a certain race based on a stereotype.

Black History Month is not only celebrated in the United States but in other countries as well. For example, Canada, United Kingdom, Germany and the Netherlands devote a month to celebrate this significant time. Yet, it’s rare to find information in school textbooks on how much of an influence African-Americans have had in transforming and creating the United States to what it is today.

A heightened awareness of Black History Month makes can help eliminate the ignorance of racism. There is no reason that racism should still be an issue because of how much we have progressed as a country. It seems as though history is repeating itself, but it does not have to if we are educated on our past and what our future should be.

Black history does not diminish other races’ hardships. In fact, it allows for others to observe what was done in the past and even today, to help us move forward as a country. The main thing about history is to inspire and allow for us to come together as a community and work together. If that is the case, American history is knowing African-American history.

Cancer Stereotypes are not okay

**By:** Marti Bennett
**Contributing Writer**

Imagine two scenarios involving a cancer patient; the patient is either labeled a “survivor” despite his or her constant fatigue and discrimination in the workplace or called “weak” and “fragile” despite their desire to be stronger and treated akin to everyone else. Either way, cancer stereotyping is a serious issue that requires attention.

On Jan. 4, World Cancer Day provoked a conversation on whether or not cancer stereotypes exist. Consider the first word that comes to mind when thinking about cancer patients. It most likely includes something along the lines of their strength or sorrow. As cancer patients undergo extreme emotional and physical stress, it is understandable that their struggles influence their identity, but hardship should not be the defining factor in describing the individual. Cancer patients are more than their disease.

TV shows such as “The Red Band Society” explore and defy the stereotype that kids with cancer face a completely miserable life. Although fighting cancer is never an easy process, this show stresses the idea that those battling the disease can still experience the fundamentals of life like relationships and laughter.

Additionally, cancer stereotypes do not only pertain to kids; they are relevant to adults as well. Despite efforts by the Equal Employment Opportunity Commission to fight cancer discrimination in the workplace, affected adults still face stereotypical daily. According to BBC News, “One-fifth of cancer patients face work discrimination,” a worrying statistic.

Furthermore, many employers may have reservations about allowing their employees to return to work after cancer treatment. This is due to stereotypes that cancer patients are fragile and cannot handle stressful environments. Though these actions infringe on The Equalities Act, many are not aware of the rights they obtain.

We all find ourselves being placed into boxes based on the various stereotypes that many are not aware of the rights they obtain. We are still acknowledging African-Americans lives whether we notice it or not. It is 2018 and we are still acknowledging African-Americans who have been the first to gain positions or to complete tasks that other races have done for many years.

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RAZOR'S RESEARCH BYTES

A series of “bite-size” online modules that introduce general research concepts and illustrate how to efficiently use library resources.

NSU Libraries’ Blackboard Course
For more information, ASK A LIBRARIAN.
954-262-4613 or refdesk@nova.edu