

1-30-2018

The Current Volume 28: Issue 18

Nova Southeastern University

Features



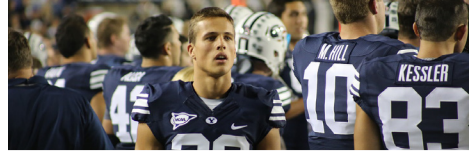
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NSU's 20th annual Celebration of Excellence makes history with donation

By: **Madelyn Rinka**
News Editor

At NSU's 20th annual Celebration of Excellence Event on Jan. 27, President George Hanbury announced that Drs. Kiran and Pallavi Patel Family Foundation, Inc. and chairman NSU's Board of Trustees, Ron Assaf 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 Assaf's will be in support of NSU's College of Nursing, which will become the Ron and Kathy Assaf 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 Patels' newest gift will provide scholarships for medical students in need of financial support.

"When you look at national trends, all the more established universities and medical



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The Celebration of Excellence is an annual event hosted by the university president, George Hanbury, to showcase the university and its accomplishments to the community.

schools are going towards less and less tuition," 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 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 Assaf. "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."

NSU to hold 15th Annual Community Fest

By: **Madelyn Rinka**
News Editor

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."



PRINTED WITH PERMISSION FROM A. GOOD
Many student organizations design booths and games for CommunityFest.

Outside vendors will also be featured at the event. The office of special events and projects will supplement the student-run booths with other activities and forms of entertainment, like music from RadioX and food trucks that will

provide a variety of snacks.

An average of four to five thousand people attend each year, estimates Rajkumar, and that number is expected to increase.

"I really enjoyed how many different

organizations and vendors came from all across this area and getting to see and experience all the different people who came out," said sophomore 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, visitnova.edu/safspezialevents/communityfest/index.html or contact the office of special events and projects at 954-262-7283 or specialprojects@nova.edu.

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News Anchor

Stay up to date with national and international news.

Baltimore police officer charged with tampering with evidence

On Jan. 23, a Baltimore City grand jury indicted a police officer with misconduct and tampering with evidence. According to CNN, body-camera footage which was released by the Baltimore Public Defender's office in July 2017, showed that officer Richard Pinheiro planted evidence to make arrests. If convicted, Pinheiro faces a \$5,000 fine and up to three years in prison. As of Jan. 26, Pinheiro joins the list of eight other Baltimore police officers charged with federal racketeering charges.

China clones world's first monkeys

Chinese researchers announced on Jan. 24 that they had successfully achieved a world-first by cloning two monkeys, according to The New York Times. The scientists stated that they used the same technique as was used to clone "Dolly the sheep" more than 20 years ago. Zhong Zhong and Hua Hua, the cloned long-tailed macaques, are identical and carry the DNA of the original monkey fetus.

Kentucky school shooter kills two, injures 18

On Jan. 23, a 15-year-old student opened fire at Marshall County High School in Kentucky, killing two and injuring 18. According to CNN, the shooter was arrested at the scene and was charged on Jan. 24 with two counts of murder and 12 counts of first-degree assault. As of Jan. 26, authorities had stated that the teenager could be tried as an adult, but have refrained from releasing a name and photograph.

Museum offers Trump used toilet in lieu of Van Gogh painting

According to CBS News, the Trump family requested to borrow a painting created by Vincent van Gogh to display in the White House residence. Museum curator Nancy Spector of the Solomon R. Guggenheim Museum instead offered the family a solid, gold toilet made by Italian artist Maurizio Cattelan titled "America."

For The Current's full report of News Anchor, go to nsucurrent.nova.edu.

News Briefs

Law professor recognized as top educator of 2017

Associate Professor in the Shepard Broad College of Law Jane Cross was recognized on Jan. 27 as one of the top educators of 2017 by Legacy Miami and Legacy South Florida. Legacy Miami is distributed by the Miami Herald and Legacy South Florida is distributed by The Sun-Sentinel. Cross acts as the director of NSU's Caribbean Law program and is also faculty adviser for NSU's Black Law Students' Association, the Caribbean Law Students' Association and the NSU Human Rights Organization. She is an executive board member of the American and Caribbean Law Initiative and the Southeast/Southwest People of Color Legal Scholarship Conference.

Winter volunteer fair offers students multiple opportunities

Students can learn about service opportunities on an individual and organizational level by going to the Office of Student Leadership and Civic Engagement's winter volunteer fair on Feb. 1 from 11 a.m. to 1 p.m. in the Don Taft University Center. Attendees will meet with and speak to community affiliates. For more information, contact Garrett Horejsi at gh591@nova.edu or 954-262-7293.

Office of Career Development to hold case competition Information Session

The Office of Career Development will hold an information session for its FIS Global Business Solutions case competition. Case competitions give students the opportunity to apply their knowledge to a real-life business issue. In this case, students will focus on "leveraging FIS's payment products to improve efficiency and increase revenue for the university." The information session will take place from 5-6 p.m. in Mailman Hollywood Building Room 309 and the actual competition will take place in April. Case Competitions can count as an ExEL credit and first and second place winners will earn cash prizes

For The Current's full report of News Briefs, go to nsucurrent.nova.edu.

The Current

The Student-Run Newspaper of Nova Southeastern University

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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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Office of International Affairs to host study abroad informational sessions

By: **Michaela Greer**

Co-Editor-in-Chief

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 facetime 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."

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

"As an educator, it's something that I really appreciate because when I'm recruiting for NSU I'm interested in what's most important for 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 [students] 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 every student, 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 have their classes figured out with the institution, so they're just looking for that extra experience so they might volunteer or intern abroad; this can help with that."

In addition to learning about the specifics of program courses, providers, destinations and financing options, there will also be opportunities for students to win scholarships.

"When students attend these sessions, some of the presentations have scholarship

raffles so [they] will have a chance of winning a \$500 scholarship to be able to go on one of our programs," said Goodroad.

Following the sessions, students who wish to explore study abroad opportunities can schedule meetings at the Office of International Affairs to begin looking for additional scholarships and learning more about the countries NSU has bases in, like Africa, Latin America, Europe and Southeast 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 as well and 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 hustle."

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 intl@nova.edu.

Alvin Sherman dies at 95

By: **Madelyn Rinka**
News Editor

Alvin Sherman, a successful advocate for education and home builder in South Florida, passed away on Friday, Jan. 26. Sherman was a kind donor to NSU and the namesake for the library on the Davie/Fort Lauderdale campus.

Because of his love for the area, Sherman relocated from Brooklyn in the 1950s with his family. Among his many life accomplishments, he grew a company, Development Corporation of America, that was listed on the American Stock Exchange.

Sherman had a great commitment to his community, which can be seen in The Alvin Sherman Library, a unique joint-use facility that serves not only faculty, staff and students of NSU, but also the Broward County public. As a decorated World War II veteran, Sherman's Air Force medals and awards are on display at the library. He is also named under the Sherman Family Stage at the University of Miami's Jerry



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Alvin Sherman, education advocate and philanthropist, has died at the age of 95 after years of serving the community.

Herman Ring Theater.

Sherman is survived by his daughter, Jayne Baron Sherman. His wife of more than 56 years, Gloria, and his son, Kenneth, predeceased him.

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Green Sharks to host Recyclemania

By: **Madelyn Rinka**
News Editor

NSU's Green Sharks will host Recyclemania from Feb. 5 to March 31 campuswide. Recyclemania is a friendly competition between colleges and universities in the US and Canada with the goal of improving recycling and reducing waste on campus. Each college will measure how much they recycle every week, and then compare to the other participants.

Green Sharks will also host a series of events in tandem with Recyclemania. On Monday, Feb. 5, there will be a Sustainability Walk and Ride around Gold Circle lake from 6-8 p.m., in collaboration with Public Safety Department and Longboard Club. In addition, a

DIY dog toy making event will be held on Feb. 17 with the Pre-vet club, a Sustainability 101 presentation will be held on Feb. 19 and a spring cleaning initiative will begin on March 2. Green Sharks will also have a booth at Community Fest on Feb. 10.

"It's really important because we really want to encourage recycling and sustainability on our campus," said Megan Knights, sustainability coordinator for NSU and vice president of Green Sharks. "Right now we're kind of lacking in that. Last year, we recycled about 60 thousand tons, which isn't that much compared to other universities — we ranked almost last."

Green Sharks is hoping that by dedicating

a period of time to promoting sustainable initiatives like this one, the NSU community will be more conscious in their efforts to help the environment.

"This year, we're really trying, first of all, to teach people what you can recycle and encourage them to do so," said Alexis Good, president of Green Sharks. According to Good, NSU only has a 10-12 percent recycling rate, including HPD.

The goal of Recyclemania isn't just to increase recycling on campuses, but to spread awareness.

"We're the generation that's growing up to be the leaders of the country as well as the

world," said Good, "and we need to focus on how we can maintain our world, how we can keep it."

Even if a student doesn't know much about sustainability or the environment, Green Sharks said there are still ways to make an impact. By going to their events and presentations, anyone can learn how to protect our planet and ensure our future is healthy and safe.

For more information, visit Green Shark on NSU's OrgSync, email them at NSURecyclemania@gmail.com or go to recyclemania.org.

NSU College of Dental Medicine gives kids a reason to smile

By: **Christina McLaughlin**
Opinions 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 event is 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 they hope to do the same this year.

According to Joanna Theodorou, 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 type of 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 substantial time to fit his or her individual needs. These dental services are provided by dental students under the supervision of faculty.

Theodorou 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 Razor 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 jungle 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. Kiran C. Patel College of Osteopathic Medicine will present a 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 can maybe prevent tooth decay and they can have a healthy start throughout their life."

SLCE invites student organizations to paint sidewalk blocks

By: **Michaela Greer**
Co-Editor-in-Chief

NSU's Office of Student Life and Civic Engagement (SLCE) will host the 14th annual block painting event on Feb. 3 from 10 a.m. to 4 p.m. in the quad in front of the Alvin Sherman Library. Representatives of various student organizations will restore previously painted tiles and rebrand new ones.

Sandra Philius, graduate assistant for student organizations, estimated that the turnout this year will be large, especially considering that many blocks were destroyed during the construction of the new bookstore in the fall. However, she stated that the SLCE staff were actively working with those organizations to see what could be done in regards to finding a replacement square.

Philius said that the block painting promotes community building among the organizations as well as within the community.

"It's a tradition," said Philius. "You're leaving your mark there to signify that this is your organization, this is what you're about, and it makes students curious to want to know more about it; it's very strategic."

Philius estimated that the turnout this year will be large, especially considering that many blocks were destroyed during the construction of the new bookstore in the fall. However, she stated that the SLCE staff were actively working with those organizations to see what could be done in regards to finding a replacement square.

"We contacted the organizations whose blocks were impacted and told them that unfortunately their block was removed during construction, but we were going to work with them and provide the materials to do so,"



PRINTED WITH PERMISSION FROM S. PHILIUS
Undergraduate student organizations show off their creativity and artistic skills by painting designated blocks surrounding the library quad.

said Philius. "Funnily enough, a lot of the organizations that were impacted were reaching out to us before we even contacted them, but we assured them that we'd figure it out."

Alejandro Serrano, community outreach chair for NSU's Pre-Optometry Society, said that he was excited to participate in the event for the second time.

"We'll be touching up our design we did last year," said Serrano. "I'm most looking forward to seeing the members of the different clubs come out to enjoy the Saturday; if it doesn't rain."

SLCE will provide food and water during the event and Radio X DJs will play music throughout the day.

"Right now we're just finalizing some details and hoping that it's not too hot," said Philius.

For more information, students can visit the Office of Student Life and Civic Engagement on the second floor of the Rosenthal Student Center, email slce@nova.edu or call 952-262-7195.



Career Corner

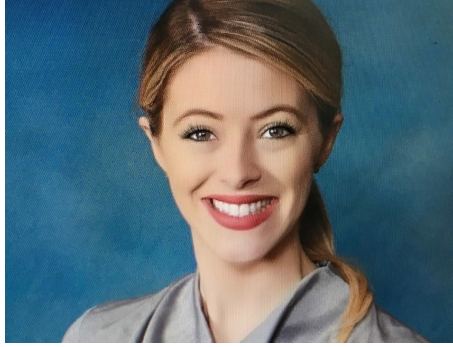


Planning Ahead: Am I in the right major?

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.



PRINTED WITH PERMISSION FROM K. POPPLEWELL
Katy Popplewell is a graduate assistant and career advisor at the Office of Career Development.

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 to see which careers 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 your career you'd like to enter, 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 "Well-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 could save 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 who unaware of their risks to take the next step. On this day, this color is more than just an attractive, bright hue; it makes a statement to be an advocate for heart health and urges the world to stand up for women's health.

AHA'S 7 TIPS TO PREVENT HEART DISEASE:

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 try doing it in small increments to make sure you don't send your body into shock.

Visit goredforwomen.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 SLCE on Feb. 3 from 7:45 a.m. to 12:30 p.m. Contact Student Leadership and Civic Engagement for additional information.

Do you want to be a DJ?
RadioX is looking for volunteers



**If interested visit us at the
Rosenthal Student Center, Room 104**



Internships: A valuable sneak-peek into your industry

By: **Samantha Villarroel**

Contributing Writer

The pressure to receive real-world experience before heading off to a full-time job is more crucial than ever. As NSU students, we all know that we have to do internships, but some of us do not necessarily know how to prepare for them. Jacquelyn Pires, career advisor in the Office of Career Development, offered her expertise on internships and other experiential education opportunities.

Why are internships important?

“Other than gaining real-world experience, the first thing that comes to mind is that it lets you test drive your career. That experience will be eye-opening and transformative because you get that real-world application so you’ll be more knowledgeable, develop skills to be successful and build a network in the field. Experience is incredibly imperative. You also come away with a better understanding of yourself.”

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].”

Who should students talk to on campus for information about internships?

“The Office of Career Development, faculty and academic advising are all great resources. [Speaking with] faculty is huge because we have full-time faculty and adjunct professors who have been professionals in their own right and they have a network that they tap into as well.”

When is the best time to apply for internships?

“Start doing it now. This is primetime for summer internships and it’s not just going to be limited to someone who’s entering their senior year or getting ready to graduate ... Update your documents, LinkedIn, start brainstorming, reconnecting with people and looking online to see what opportunities are available.”

“It also depends on the industries. Smaller companies sometimes have an ongoing [need for interns] throughout the year while others only need interns during the fall, summer or spring. [Students should] come to our Winter Internship Expo on Apr. 3 from 4:30 to 7:00 p.m. to find out about some companies offering internships. However, I think the key to applying

to internships is planning ahead. Do not wait till May [to start looking for summer internships]; the process is going on now.”

What are some other ways that students can find out about available internships?

“I would say Handshake because that is specific to NSU students. If you are a current student, you have access to Handshake and every single position that’s been posted on there has been vetted by our office.

“Handshake is a national platform used by Stanford, University of Michigan and University of Miami so there’s an employer database on there that extends across the U.S. So, as our student population continues to become so diverse, we’ve been able to grow our network just by being on Handshake.”

Can students earn academic credit for internships?

“Yes, but students should work with their academic advisors to see what their options are to earn academic credit. Building an internship into your curriculum is an incredible opportunity that NSU provides that should be a priority.

“If it’s determined by your academic

advisor that gaining credit isn’t possible until your junior year and you want to start gaining experience sooner, that’s when you work with 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’d 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 documents, like building a resume.

“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.”

Human rights and slavery in Libya

By: **Jieun Son**

Contributing Writer

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 also been reports of murder, according to various news outlets like CNN and Al Jazeera.

European and African leaders have taken some steps to stop the abuses, including working with the Libyan coast guard to crack down on boats smuggling migrants to detention centers. Yet, it’s clear, especially after viewing additional footage, that it is too late to repay their human rights which already have been violated.

But how could a slave trade that violated so many human rights violations take place in the 21st century? I was able to sit down with Jane

Cross, director of Caribbean Law Programs and associate professor of law at NSU, to find out more about human rights laws and to talk about how a slave trade could happen in such a modern society.

What are human rights?

Obviously, as an individual within society, you need to have rights to regulate what individuals are allowed to do for purposes of protection. However, Cross said that the meaning of this changes from locale locale. Still, the abilities to express oneself, associate with others as well as the freedom of movement can all be categorized as basic human rights.

How can people protect their rights?

According to Cross, the abilities to defend our rights depend on the political system. In North Korea, for example, certain rights, like voting, that people have in the Western world are infringed upon. Although people in North Korea might believe they have freedoms – because of the things that they were told about what

freedoms are – they actually don’t have them according to Western standards. Thus, it is up to the governments and the people of each country to defend violations of them and to challenge political leaders to recognize simple freedoms as rights.

So, what happened in Libya?

If you are thinking about the context of Libya, it seems really interesting. Why couldn’t Libyans 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 could not defend 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?

Cross believes that this is a complicated answer, but for the most part people in other countries 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 nationwide and internationally. For more information about the organization, students can contact Jane Cross by emailing crossj@nova.edu.

That Time I... played a professional sport

By: **Diavanti Bedford**

Contributing Writer

Diavanti Bedford is a graduate student pursuing his master’s degree in higher education administration. He is a member of the Phi Beta Sigma Fraternity Inc. and serves as the graduate assistant in the office of student media.

On May 26, 2011, I graduated from Liberty High School in Kissimmee, Florida. This was an exciting time because my friends and I were pursuing our dreams of higher education and sports. I knew then that I was going to college to become an athletic trainer. Only a month prior in April, I signed my letter of intent to run for the track and field team at Florida Southern College in Lakeland, Florida.

While in high school I participated in football as well as track and always saw myself playing football at the collegiate level. When it came down to it, after reviewing my options, Florida Southern College offered the money I needed to pursue higher education.

Once I arrived on campus, I started watching football every Sunday with my floor mates, playing flag football intramurals and was

a coaching intern for the Junior Varsity Lakeland High School football team. My love for the sport was greater than it ever was. I started regretting settling for Florida Southern and felt I should’ve gone somewhere else to play on a football team.

Some time later, I heard that the the city of Lakeland was getting their first professional football team. I went to the first meeting, only to find out that the Lakeland Raiders were being formed and we were set to have a season in the spring of 2012. The Raiders were scheduled to play in the United Indoor Football League (UIFL) which at the time hosted 11 teams. UIFL also had exhibition games versus Arena Football League (AFL) teams.

So, over winter break I took some time off of my track workouts to get myself back into shape for playing football so I could be ready for the tryouts in February. When I arrived at tryouts, I was shocked because I didn’t know I had to pay \$250 just to try out. I also needed to have my own equipment. The coaching staff said this was a requirement so they could see who was serious to begin making cuts immediately.

However, the coaching staff allowed me to participate in non-contact activity that day and at the end of practice, they were so impressed with my athleticism, that they waived my fee and bought equipment for me. Tryouts went on for two weeks. In the end, I was able to make the team and I signed my first — and only — professional football contract. I was the youngest player on the team at 18, while the next youngest person was 24.

After a month of practice, we traveled to Orlando and I played my first professional game. I was number three on the depth chart so I didn’t expect too much playing time. But, I ended up playing a total of six snaps, which was six more than I expected to play so I was happy.

In the third game I’d moved to the second position on the depth chart, so I got a chance to see a lot of playing time. By my final two games, I was playing as the starter; and I played phenomenally — if I do say so myself.

The interesting piece to the story was I had to play in secret because I signed a letter of intent to run track at Florida Southern College and was

in danger in losing my scholarship if someone found out. So, as the season progressed I was wearing myself down from track practice in the morning, clinical hours and class in the day, and football practice in the evening. My body just couldn’t handle all of that at one time.

In my second collegiate track meet I partially tore my hamstring. In our eleven game season I had to miss two games because they conflicted with my track schedule and the final football season game due to injury.

With all that was going on, I realized that I needed to make some changes. I ended up transferring to another university and found myself wanting to become more involved in my community rather than pursuing sports. Eventually, that led me here to NSU, where I work as the graduate assistant for student media. I guess it just goes to show that sometimes in life you have to get to your breaking point to find out what you’re really made of.

Quick and easy Super Bowl snacks to whip up before Sunday

By: **Madelyn Rinka**
News Editor

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, boo and sigh of relief. These snacks are conveniently handheld, easy to make, inexpensive and sure to be a hit wherever you find yourself on Super Bowl Sunday.

Chocolate football strawberries

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 strawberries to ensure they all get a smooth coat. After setting, melt the white chocolate, decorate the strawberries like footballs and serve.

Seven-layer dip cups

Seven-layer dips are a hallmark of informal get togethers, but can be somewhat messy if eaten straight from a dish or spooned onto a plate. By putting the dip and chips in cups, party-goers can manage their snack with ease.

Ingredients:

Guacamole
Refried beans
Sour cream
Shredded lettuce
Diced tomato
Shredded Cheese
Olives
Tortilla chips

Take small, clear plastic cups and arrange over a platter. Fill half of them with all of the ingredients, aside from the tortilla chips, layering them carefully. Fill the other half of the cups with tortilla chips and serve side by side.

Chili potato skins

Potato skins are a cult favorite snack to eat while watching the big game. These are pretty simple — they can be whipped up in a dorm, and don't require a lot of thinking. Bonus points if you arrange the toppings to look like a football before serving.

Ingredients:

4 cups premade chili (canned is fine)
8 medium sized russet potatoes
Scallions
Sour cream
Cheese
Salt
Olive oil

Preheat the oven to 425 degrees. Coat the potatoes in olive oil and salt and bake for 45 minutes, or until soft. Remove from oven and let cool. Slice the potatoes in half and scoop out the insides, leaving some of the inside around the ridge so the skins don't rip. Fill the potato skins with the chili, and garnish with toppings.

Quesadillas

Quesadillas are simple, customizable and all around delicious. Add whatever fillings you

like — make it classic with beans and cheese, or get creative with peanut butter, banana slices and chocolate chips. The sky's the limit with this easy dish, but you'll always get a great, handheld snack that's perfect to eat in between cheers.

Ingredients:

Flour tortillas (two for each quesadilla)
Fillings such as cheese, beans, or vegetables
Salsa
Guacamole

Lay out one tortilla and spread whatever fillings you choose over it. Be careful not to overfill, or the quesadilla will be sloppy and difficult to eat with your hands. Place another tortilla over the top of the fillings. On a griddle or in a pan, over medium heat, toast the quesadilla until lightly browned, about two minutes on each side. You may want to place something heavy, like another pan or pressure from a spatula, over the quesadilla as it cooks to ensure it sticks together correctly. Serve with salsa and guacamole for dipping. Cut into eighths and enjoy.



STAFF PICKS: WHAT'S YOUR ALL-TIME FAVORITE BOOK?

By: **The Current**

Simone Veira, business manager, said:

"My favorite book is 'Even in Paradise' by Elizabeth Nunez. I admire the way the author relates Shakespeare's play, 'King Lear,' to a modern day Caribbean family as I am also from the Caribbean."

Christina McLaughlin, opinions editor, said:

"For me, it's a toss-up between 'The Call of the Wild' by Jack London or Dan Brown's Robert Langdon series, 'Angel & Demons' and its sequels. 'The Call of the Wild' was my favorite book as a kid and it was the first book I really connected with. It's about a dog with an incredible storyline about suffering and triumph and it gave me a first look into my passion for the natural world. The Robert Langdon storyline will always hold a special place in my heart since it taught me to be curious about the world around me. It also gives me a little bit of a history lesson in every book, which, for a secret history buff like me, is a guilty pleasure. Even though most of the books have turned into movies, nothing beats the original material."

Michaela Greer, co-editor-in-chief, said:

"I don't tend to have favorites of any kind, but I think that in this case, it would have to be the Bible because it's just the one that I turn to most often. It has everything from amazing stories to words of inspiration, encouragement and advice. There's no other book that I can say that about so it has to be that."

Sydney Stoneback, visual design and multimedia assistant, said:

"I don't really have an 'all-time' favorite book that is obvious to me, but a favorite book that I have read recently is 'Beloved' by Toni Morrison. I loved the book because the plot kept me on my toes the entire time, which made me emotionally invested. Basically, everything that happened in the book had me shook."

Diego "Martin" Galvez, sports editor, said:

"My all-time favorite book is 'Ready Player One' by Ernest Cline because it talks about a dystopian future that may be closer than we think. Plus, it's an '80s-packed book with easter eggs everywhere...like in video games."

Madelyn Rinka, news editor, said:

"I have a lot of books I love, but my favorite is probably 'Kale and Coffee' by Kevin Gianni. I usually prefer nonfiction books, and this one was both funny and entertaining."

Jenna Kopec, co-editor-in-chief, said:

"My favorite book is 'The Unbearable 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 about the complexities of life and love and all that jazz."

Nicole Chavannes, copy editor, said:

"I'm a generally indecisive person, so asking my favorite book is almost akin to torture. The Harry Potter series will always hold a special 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."

Fall Out Boy is so ten years ago

By: **Carli Lutz**
Chief of Visual Design

"What happened to Fall Out Boy?" is a question that comes to mind when thinking of the Chicago-born band as many fans listen to their newer releases hoping for a retreat back to their pop-punk roots that were once so familiar. But alas, Fall Out Boy has sold out and gone from a pop-punk band to pretty much completely dropping the "punk" from their genre 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 speaks 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 unfulfilling 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, "Young and Menace," is utterly confusing — especially for those who were loyal fans of FOB in the past. With a beat that reaches into the arena of an EDM song, bass drop and all, this song is... 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 to be played on the radio, as it's pretty much like every other pop song on the market. It feels like something created just to bring Fall Out Boy's name back before the release of the album and to hype "Mania" up, pushing FOB into the pop music market.

"All my childhood heroes have fallen off or died" is a line off of the third track, "Stay Frosty Royal Milk Tea." This line rings true to many FOB fans as many considered the band members to be their childhood heroes, and now they have fallen off and into the mainstream pop crowd, selling out and moving on. Perhaps one of the only songs on "Mania" that sounds like a step back in the right direction for Fall Out Boy, "Stay Frosty Royal Milk Tea," sounds like a mix

of some of their older songs with a more modern flair — mixing their old pop-punk vibe with a newer electronic feel and real instruments with synths. A refreshing mix, but still more pop than pop-punk.

While the album isn't all bad, it's certainly more "eh" than anything else. Some of the songs are actually enjoyable to listen to and the production value is great — but when you used to be a die hard Fall Out Boy fan in the past, nothing will ever match up to "From Under The Cork Tree" or "Infinity On High." My childhood heroes have fallen off and I'm hoping for them to find their ground.

OFF SHORE CALENDAR

Hamlet
Jan. 31 | 7:30 p.m.
@Bailey Hall

Lana Del Rey
Feb. 1 | 8 p.m.
@BB&T Center

Cirque Zuma Zuma
Feb. 2 | 8 p.m.
@Aventura Arts and Cultural Center

Museum Art Festival
Feb. 3 | 10 a.m.
@Boca Raton Museum of Art

Miami City Ballet: Program Two
Feb. 3 | 2 p.m.
@Kravis Center for the Performing Arts

Midnight in Paris and New York:
Scenes from the 1890s - 1930s
Opening Reception
Feb. 3 | 6 p.m.
@NSU Art Museum

SOUNDBITE

Riccie Oriach: 'Viaje Al Infinito'

By: **Bianca Galan**
Contributing Writer

Riccie 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 Días," 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. The moment 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 Guayaba" (Guava) 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.

Living Life in Color for the first time

By: **Marti Bennett**
Contributing Writer

Life in Color is an electronic music festival that takes place annually in Wynwood. On Jan. 14, Marti Bennett attended the event for the first time.

Splattered with paint in a small vicinity crowded by too many people, Life in Color is an intimate, yet enthusiastic music festival. As the weather cooled to a frigid 50 degrees, South Floridians huddled up in the huge pit of raving dancers for warmth. Despite the chill, Life in Color produced a large community enhanced with rave culture.

Mana Wynwood Convention Center was transformed for the event; food stands and \$8 boxed water lined the vicinity. Young adults, dressed in white clothing with hints of glitter and shine, relinquished their responsibilities for the evening and danced. Hesitant to join the movement, I initially stayed at the back of the viewing area until my friends dragged me towards the front of the stage. During this experience, I felt a sense of freedom that I have never felt before. The cold was replaced by heat



Life in Color is a unique experience that takes place annually. For a newcomer, it can be a whirlwind of emotions and sensations.

from my new neighbors, and I lost myself to the music.

EDM became, in my opinion, a sort of escape mechanism that allowed me to

exclusively connect with the music and block 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 Jaden Smith failed to create an energetic performance, detracting from the festival's kinetic environment. To the dismay of many fans, supposed headliner 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-rock 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 that I fell under the spell of Life in Color. Claustrophobia turned into communion and I felt a part of something bigger than myself.

How to plan your singles party

By: **Siena Berardi**
Contributing Writer

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?

Step two: Decorations

Keep things light and cozy for the party. Place good-smelling candles all around and cover your sofas and chairs with fuzzy blankets and pillows. Cover up all mirrors to avoid the possibility of looking into one and remembering how you ended up at this single's party to begin with. All jokes aside, try to make your space feel as comforting and cozy as possible.

Step three: A good flick

Next, watch a good horror movie to remind yourself the horrors of dating and trusting another person with your soul. Another great movie to watch is the appropriately titled "Valentine's Day." This romantic-comedy will revive your cold soul. It shows the day from various angles leaving you hopeful.

Step four: Comfort

Also, don't forget tissues for when reality sets back in and you remember how single you are.



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ON DECK

MEN'S BASEBALL

vs. Catawba
Feb. 1 | 6 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 | 2 p.m.
Rick Case Arena

@ Saint Leo
Feb. 7 | 5:30 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. Keiser
Feb. 1 | 2 p.m.
NSU Tennis Complex

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



SPORTS 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

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.

Women's Basketball

The Sharks lost their Jan. 20 match against Florida Southern which ended in a final 76-94 score. Sophomore Cheray 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 49 points.

On The Bench:

America needs to do better by its athletes

By: **Michaela Greer**
Co-Editor-in-Chief

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, stating, "I'm really excited to be a part of that in the future, and I think our future is pretty bright." He also addressed the Miami Marlins' fans in a teleconference with local reporters Friday, saying, "I think the fans have a lot to be excited for. Obviously, they're hurt, but I think they're going to be surprised to see what we have to offer." He mentioned the anger that fans have regarding the latest roster blowup and the losing seasons the team has had.

Pyeongchang police and military conduct drills ahead of Olympics

According to Local 10 news, Pyeongchang police and military have begun conducting drills to make sure that fans and athletes are safe, especially the North Korean team. 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 30 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 a wonderful 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 of directors to resign in six days or the board will lose its status as a sports governing body. The members of the board have until Wednesday to resign and an interim board will be placed by Feb. 28. So far, 3 top USA Gymnastics board members resigned last week, but the governing body has 18 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.

Finding 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, strongman 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



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CrossFit can be practiced by everyone and the difficulty can vary from person to person.

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 workout 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 movement, 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 Conquest:
2280 SW 70th Ave #6, Davie, FL 33317

CrossFit 1Pulse:
10388 W State Rd 84 #105, Davie, FL 33324

The Playground-Broward CrossFit
10412 W State Rd 84, Davie, FL 33324

ATHLETE OF THE WEEK: Ana Navas

By: **Diego Galvez**
Sports Editor

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 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?

“You have more games with some people



PRINTED WITH PERMISSION FROM D. HENDRICKS
Junior Ana Navas was named Big XII Player of the week following a win in No. 1 singles and No. 2 doubles against Drake.

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 be 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.”

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Seriously Kidding

A satire column.

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.

When most people start to reach celebrity-status, they start to try to keep up an image of who people think they should be now that they have money. Yet, on any given day, however, you can find Almanzar posting a twerk video from her grandma’s living room, and it seems as if she is just a regular woman from the block. In that way, Cardi B’s genuine spirit is an inspiration for women and men all over the world.

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.

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Black history is still American history

By: **Philtrina Farquharson**
Contributing Writer

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 dishonor 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 stereotypes 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 people may hold based on things like religion, race and gender. Fighting cancer stereotypes is only a small part in the never-ending battle to relinquish stereotypes, but it’s just as necessary. Though society tends to classify people under social norms, we must remember that our unique nature prevents us from fitting into these confines. Therefore, we must try our hardest to relinquish these stigmas by foregoing stereotypes that we find ourselves believing in. I know that it can be hard to refrain from labeling every person or thing that comes to mind; it is a process that takes time. However, it’s important to understand that stereotypes, those held about cancer patients or anyone else, for that matter, are not okay.



Water your thoughts: Driving the wrong way

By: **Nicole Chavannes**
Copy Editor

NSU students are opinionated about all kinds of things, from universal social issues to NSU-specific concerns. Sometimes, however, we Sharks just need to rant about the smaller things in life to let off some steam. In this column, The Current asks: water your thoughts?

Don’t you just hate it when you have to circle a parking lot for several minutes looking for a spot, and then eventually become the creepy person stalking pedestrians who seem to be heading to their cars? Then, you were to find a spot just a few short yards in front of you, your heart soaring with relief, only to have that spot taken a moment before you get to it by someone going the wrong way and driving against traffic? Would that not be infuriating? Why do people insist on driving

the wrong way in “one way” lanes? I don’t care how empty you think the parking garage is, you never know when someone – driving in the correct direction – will be turning around the corner. It doesn’t take much longer to make the loop around the parking garage to drive the correct way, so why take the chance? It takes double the time to drive against traffic and then have to back up when you almost run into a car you didn’t think would be there – so why drive the wrong way in the first place? Don’t be the jerk that cuts someone off while driving in the wrong direction; that’s two offenses in one and it’s doubly irritating. Everyone should just follow the rules of the road and we’d all get to our destinations in one piece, and probably in much better moods. But, I guess those are just my thoughts.

SHARK SPEAK

WHAT IS YOUR FAVORITE THING ABOUT THE SUPER BOWL AND WHY?



“I like the commercials and I like how it is the biggest game of the year so you get to see what is really happening.”

- **Kenzi Schreiber**, freshman biology major



“I love the teams. I love the [Los Angeles] Rams the most but I hope the [Philadelphia] Eagles win. It is just fun to get together with friends and watch the game.”

- **Zane Lucero**, junior biology major



“I am not a really big fan of football so I normally just watch it for the commercials because I am more of a baseball person. But, the commercials are probably my favorite part of the Super Bowl.”

- **Julianna Prato**, freshman environmental science



“I never really watch football but my favorite part is probably all of the [touchdowns]. Last year was the first Super Bowl that I ever watched and it was probably the greatest Super Bowl of all time. It was great to see the excitement and all the drama when the [New England Patriots] won at the end with that come back.”

- **Leon Ribotta**, freshman sports management



“The halftime show for sure, because they actually have somebody good this year: Justin Timberlake.”

- **Jacob Silver**, graduate business administration student

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