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Nova Southeastern University

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## NSU building a new research lab

By: **Diego Galvez**  
Sports Editor

NSU's Halmos College of Natural Science and Oceanography is planning on building a new biology research lab in the Parker Building. This new facility would serve as the replacement of the lab that was previously located in the Soken building, commonly known as Parker South Modular. The Soken building was removed to make room for the new NSU bookstore.

"Historically, we've been able to balance and use those teaching labs for occasional student research projects. The problem comes when the program is too big and very successful and those labs get used a lot," said Christopher Blanar, assistant professor in the department of biological science.

According to Alex MacNamara, executive director of facilities management, "[The] Soken building was a building that was outdated. With the lab being moved to the Parker building, it's going to allow for better use of the facilities."

For the time being, the Parker Building has an existing research lab on the third floor, which was at one point being used by seven different faculty members, according to Blanar. The new lab is expected to be used to its maximum potential and equipped with the same features as



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In order to replace the lab that was formerly held in the Soken building, a new lab will be built on the first floor of the Parker building.

other NSU labs so that more faculty members will have access to lab facilities.

"There was a point in which we had 12 students here and there was a lot going on, and as a result, we realized that the biology department needed more space," said Blanar. "The chemistry department has a total of three available spaces (labs) in Parker Building alone, while the biology department had only two (labs), one of which was standing in the new bookstore."

According to Blanar, the modular building

was never intended to be a permanent space for labs.

"It was a weird space as well, doing triple duty as classroom space for both the university and the U school, research lab and teaching lab for us [the biology department] and for the physics department and also the home of the Special Olympics," said Blanar.

The construction of the bookstore created a loss of about 50 percent of available space for the department of biological science, hurting the progress of a lot of faculty members' research projects.

"In terms of dedicating a research program, where you have students work on something that may take months, where they really dig into meaningful questions, you need a space where you can set up gear and not worry about it," Blanar said. "We [professors] all have active research, some of use have active research with undergraduates, a few with undergraduates and graduates students. This research is good; it has increased the amazing opportunities for the students."

Construction on the lab began with the demolition of the adjunct office on the first floor.

MacNamara explained, "We got about 530 square feet, which includes the flooring, air vacuums, gas line, eyewash, shower station, etc. That's what we are currently planning to do with space."

Blanar explained that graduate students will also be able to use this space, and the type of research expected to be conducted will be organismal biology-focused.

"Our team has been working diligently to ensure on fast-tracking the project," MacNamara stated. "We are currently waiting on the town of Davie to issue the permit [to start building the lab]."

Blanar added, "In my perspective it's a great place. It's on the ground floor which means that it will be really simple to wheel the samples that we have collected in the Everglades for example. It's a really good setup."

According to MacNamara, based on their current schedule and assuming that they get their permits as soon as possible, this new lab will be completed in about five to six weeks and will help double the research of professors as well as double the opportunities for undergraduates interested in research.

## Alvin Sherman Library to host annual StoryFest

By: **Diego Galvez**  
Sports Editor

NSU's Alvin Sherman Library will host its sixth annual StoryFest, formerly known as SeussFest, on March 4 from 11 a.m. to 4 p.m.

The event is a celebration of Dr. Seuss' birthday and features activities for the whole family. The event's main focus is to promote early literacy in kids who live in Broward county and beyond.

Sarah Divine, adult services librarian, stated, the goal Storyfest is to "encourage kids and families to read together, to enjoy stories and to make that connection between literacy and family time. It's all about getting kids to read, making reading fun."

According to Divine, the reason they changed the name of the event was because "we felt that we could expand the subjects, the characters and the experience that we could offer to kids. It was time to grow."

However, activities will still center around Dr. Seuss' birthday. Attendees can sing happy birthday and the Cat in the Hat will blow out the candles in honor of Dr. Seuss.

Unlike last year, this year's event will take place not only in the library but in the Rose and Alfred Miniaci Performing Arts Center as well as the Don Taft University Center.

"We'll have shows in the Miniaci theater and a variety of children entertainers, music, storytellers all around, and in the University Center we'll have a guest children's author that will be doing storytelling for children," Leon stated.

The guest author will be local and award-winning author Lucia Gonzalez. She will present two of her books at the event as well as sign copies of her books.

"We are here to promote family literacy through all of those wonderful experiences for children [we'll offer] whether in music or stories. They are having a growing opportunity in building their vocabulary and their hearing. It's a great learning opportunity," Leon added.

Those who wish to attend the event can expect a day full of fun activities such as storytellers, shows, face painting, activities

outdoors, food and more.

The library has multiple sponsors for the event, one of those being the Erwin and Barbara Mautner Charitable Foundation. The foundation will provide books for children to pick up for free, which will be suitable for children of various reading levels.

"When kids arrive to the event, they get what is called the book buck and they go to our book giveaway area where they trade their book buck for any free book they would like," Divine explained.

There will be over 30 books that kids will be able to choose from when trading their book buck.

"Giving a book to a child is a wonderful gift and opens up a lot of learning opportunities for that child and it can be shared in the family," Leon added.

For students who wish to volunteer, the Office of Leadership and Civic Engagement is offering SERV hours.



PRINTED WITH PERMISSION FROM J. KOPEC  
The Alvin Sherman Library will host their sixth annual StoryFest on March 4 with the goal of promoting early literacy.

"We have various areas that students can volunteer in. We need people in the greeting area, registration, people who give out the books to kids and people to volunteer in Character Central," Divine added.

The event is geared mainly toward children ages four to eight. However, anyone interested can attend the free event. For more information or to sign up for volunteer shifts you can contact Sarah Divine at sf787@nova.edu or visit the library's event website at public.library.nova.edu/storyfest/.

# News Anchor

Stay up to date with international and national events.

## US Army honors students killed in Parkland school shooting

The U.S. Army awarded medals of heroism to three students who were killed in the Marjory Stoneman Douglas High School shooting. The three students, Alaina Petty, Peter Wang and Martin Duque, were cadets at Marjory Stoneman Douglas High School's Junior Reserve Officers' Training Corps. According to CNN, Petty and Wang's families were presented with medals at their funeral services and Duque's family will be presented with his medal during a service on Sunday. The United States Military Academy at West Point announced on Tuesday that Peter Wang was admitted to the academy's class of 2025 for his heroism.

## Students hold protests for safer schools

One week after the Parkland shooting, many students across the country held walkout protests for safer schools. Parkland survivors joined students from across the country in these protests. Florence Yard, a survivor of the shooting, said, "No longer can I walk the halls I walked a million times before without fear and sadness." According to USA Today, former President Barack Obama expressed words of

encouragement to those who took part of the events. Obama tweeted, "We've been waiting for you. And we've got your backs."

## More than 400 civilians killed by airstrikes in Eastern Ghouta

According to BBC, the Syrian government carried out an airstrike on rebel-held Eastern Ghouta beginning Sunday which lasted for at least five days. These attacks have killed at least 400 people, including civilians and children. According to the Syrian Observatory for Human Rights, rainclouds kept the aircrafts from being seen by those on the ground. The UN Security Council has yet to reach an agreement regarding a ceasefire.

## Rev. Billy Graham dies at 99

Rev. Billy Graham died in his sleep on Wednesday morning. Graham was a well known and respected Evangelist preacher. He went on many trips across the world spreading the word of God in the name of Christianity. As the preacher for a dozen of America's presidents, USA Today referred to him as America's pastor.

# The Current

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## Women sharing their voices during National Eating Disorders Awareness Week

By: Madelyn Rinka  
News Editor

In support of National Eating Disorders Awareness Week, Feb. 26 - March 4, or NEDAW, the Renfrew Center Foundation in Miami has launched the "This is Me" social media campaign in an effort to show women that everybody and every body is acceptable.

Since 1985, the Renfrew Center Foundation has helped more than 75,000 girls and women move towards recovery from their disorders, according to their website.

"There is so much pressure on women to, really, not be who they are. It's like you're supposed to develop another whole self and another whole body. The 'This is Me' campaign is really designed to say 'this is me, and I am okay.' This is me, and I want to look good, but I don't need to be perfect," said Adrienne Ressler, vice president of professional development at the Renfrew Center Foundation. "It's to normalize [the idea] that being who you are is the most important thing."

The goal of "This is Me" is to help women

**"The 'This is Me' campaign is really designed to say 'this is me, and I am okay.'"**

**Adrienne Ressler, vice president of professional development at the Renfrew Center Foundation**

be their most unapologetic, genuine selves. Throughout NEDAW, Renfrew is encouraging women to post a photo that describes the "true you," and hashtag it with #ThisIsME2018.

Ressler said a large part of the issue around body image stems from how the media portrays women, and how the photoshopping and retouching of females' bodies should really be considered false advertisement as it provides

viewers with an unhealthy image of how they feel they should look.

"Most of the supermodels don't even look how they look after the digital retouching," she explained.

While the goal of the campaign is to empower women, the Renfrew Center Foundation does not seek to erase the male experience of eating disorders. The facility

treats only females for the time being, which has sparked the purpose behind the movement.

"We're seeing younger and younger populations and older and older women at both ends of the continuum develop eating disorders," Ressler explained. "Eating disorders are a risk for males, [but] women develop eating disorders at two and a half times [the rate of] men."

"It rallies people who have the disease and supporters of ... parents or friends of people who have the disease," expressed Ressler. "It's just a heartwarming show of support for how everybody is acceptable, and every body is acceptable. People should feel that way year round."

If you or someone you know is struggling with an eating disorder, would like to speak to a professional or want more information about the "This is Me" campaign, you reach out to the Renfrew Center at 800-736-3739. Students at NSU can also reach out to Henderson Counseling at 954-424-6911.

## News Briefs

### NSU Institute for Neuro-Immune Medicine to host David Seiden at monthly seminar

David J. Seiden will speak at the Institute for Neuro-Immune Medicine on March 2. Seiden is considered an expert in the field of sleep medicine and is the medical director for the Baptist Health Sleep Centers of South Florida. His lecture, titled "Current Concepts in insomnia," will take place from 12-1:30 p.m. at the Center for Collaborative Research in room 242. To RSVP, email [mf1184@nova.edu](mailto:mf1184@nova.edu).

### Applications for 2018 Summer Housing Assistant are open

Applications to be a summer housing assistant are now open. Applications are available on [nova.edu/housing](http://nova.edu/housing) and close on March 16. For more information, contact Victoria Myer at [vmyer@nova.edu](mailto:vmyer@nova.edu).

### International Women's Day Colloquium to be on March 21.

The NSU Branch of the American Association of University Women will host an International Women's Day Colloquium on March 21. The theme for the event is Press for Progress. The two speakers planned for the event are Dr. Farzana Haffizulla from the Patel College of Osteopathic Medicine and Linda Buccilli from the HCBE Women's Speaker Series. The event will take place at the Carl Desantis Atrium from 12-1 p.m.. For more information, contact Randi Sims at [sims@nova.edu](mailto:sims@nova.edu).

### Office of Career development to host Career and Internship Expo

The Office of Career Development will host the Career and Internship Expo on April 3. The event will take place at the Don Taft University Center from 4-7 p.m. Business professional attire or scrubs are required. For more information, visit [nova.joinhandshake.com](http://nova.joinhandshake.com), call 954-262-7266 or email [careerfair@nova.edu](mailto:careerfair@nova.edu).

## NSU Art Museum Fort Lauderdale to throw a 60th anniversary celebration

By: Madelyn Rinka  
News Editor

On Sunday, March 4, the NSU Art Museum Fort Lauderdale will celebrate its 60th anniversary from 1 to 4 p.m.

Bonnie Clearwater, director and chief curator of the NSU Art Museum Fort Lauderdale, said, "[The event is] to celebrate the founders of the museum, and our history and the success that the museum has today. It's for all ages, and it will be educational. We'll have tours of the museum and its exhibitions. There'll be fun, a giant birthday cake, a timeline showing the museum's history since its founding in 1958."

In addition, the Sharkettes will perform

and NSU's mascot Razor the Shark will be in attendance. There will also be several art workshops, music performances, artists sketching in the cafe and cake.

The goal of the celebration is to commemorate and look back on all that the art museum has achieved in 60 years.

"It has brought world class art to downtown Fort Lauderdale for the entire community to enjoy, and it has educated hundreds of thousands of children, teens and adults over the years," said Clearwater. "It has been a leader in the urban development of the downtown business and arts

and education district."

Not only will this party celebrate the founding of the museum, but also its partnership with NSU that began 10 years ago in 2008. Since then, both the museum and NSU community have benefitted from the relationship.

"It has firmly established the museum as an educational institution. It reaches out to students of all ages," explained Clearwater.

Students, staff and faculty of NSU also automatically become members of the museum upon affiliation with the university, meaning they receive a variety of benefits, among them

free admission.

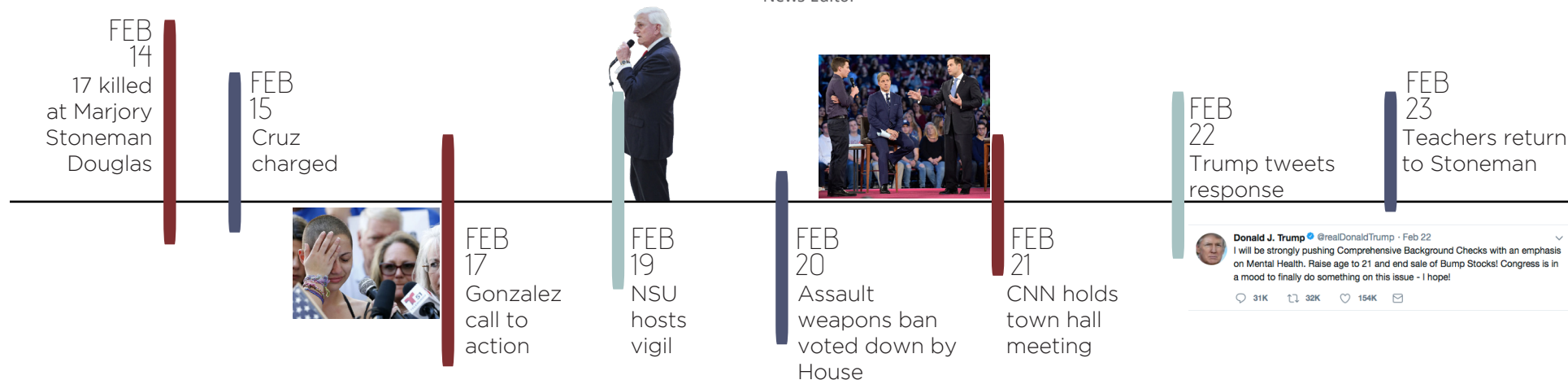
All members of the Fort Lauderdale and NSU community are encouraged to attend the celebration.

"It's an opportunity to see the world through artist's eyes from all parts of the world, from all periods of time. It's an exciting place that builds critical thinking and encourages creativity," said Clearwater.

NSU Art Museum Fort Lauderdale's 60th birthday party is free, including admission and activities. For more information, visit [nsuartmuseum.org/events](http://nsuartmuseum.org/events) or call 954-262-0258.

## Timeline of the Marjory Stoneman Douglas shooting and subsequent events

By: Madelyn Rinka  
News Editor



**Wednesday, Feb. 14** On Feb. 14, Valentine's Day, 17 students and staff were killed in a shooting waged by Nikolas Cruz, a 19-year-old former Marjory Stoneman Douglas student, with an AR-15 rifle. Cruz fled the scene, dropping his rifle to blend in with students. After going to a Walmart and buying a drink at Subway, he was arrested without difficulty at a nearby McDonald's.

**Thursday, Feb. 15** Cruz was charged with 17 counts of premeditated murder. It was revealed that Cruz had been expelled for disciplinary reasons from the high school. He was described as troubled and often expressed violent thoughts. A neighbor said he believed he was diagnosed with autism. Cruz was adopted, and his mother died in November. Those close to Cruz said he took the loss hard.

President Trump addressed the nation in a speech about the shooting. In his speech, Trump expressed, "no child, no teacher, should ever be in danger in an American school. No parent should ever have to fear for their sons and daughters when they kiss them goodbye in the morning," and that "we are committed to working with state and local leaders to help secure our schools, and tackle the difficult issue of mental health."

It was revealed that a YouTube account

by the username of "nikolas cruz" had left a comment saying "I'm going to be a professional school shooter" under a video. The comment was flagged and subsequently taken down. While the FBI was alerted to the comment, many members of the public were disappointed that it appears to have been taken lightly by the bureau. The Miami FBI field office was never told about Cruz's possible threat.

**Saturday, Feb. 17** Emma Gonzalez, a senior at Marjory Stoneman Douglas high school and survivor of the shooting, delivered a powerful speech about her thoughts on the second amendment. She mentioned other countries that have successful gun laws and called attention to lawmakers and politicians receiving money from the NRA — including President Trump's \$30 million.

**Monday, Feb. 19** The NSU community came together and held a vigil in honor of the lives lost and their grieving families. Speeches, poems and prayers were delivered at the vigil, including a message from Eden Hebron, a student at Marjory Stoneman Douglas.

**Tuesday, Feb. 20** Students from Marjory Stoneman Douglas High School were in attendance when the Florida House voted down

a motion to ban assault weapons like the AR-15 by 36-71. The bill will die unless the House votes to remove it from the assigned committees and allow it to be considered by the full House.

**Wednesday, Feb. 21** CNN held a town hall meeting with Senators Marco Rubio and Bill Nelson, Representative Ted Deutch and NRA representative Dana Loesch. Among those who spoke were Emma Gonzalez, Fred Guttenberg, father of Jaime Guttenberg, a student who was killed in the shooting, and Cameron Kasky, another survivor. Some topics addressed were the money politicians received from the NRA, the validity of having rifles like the AR-15's that have been used in two Florida shootings and the safety of children in schools.

**Thursday, Feb. 22** President Trump tweeted "I will be strongly pushing Comprehensive Background Checks with an emphasis on Mental Health. Raise age to 21 and end sale of Bump Stocks! Congress is in a mood to finally do something on this issue — I hope!" Much of the talk about the shooting by politicians has been centered around the idea of mental health.

**Friday, Feb. 23** Teachers at the high school were allowed to return to their campus for the

first time since the shooting. District officials say this optional work day was not for lesson plans, but rather for teachers to receive the support and counseling needed in the wake of the tragedy that occurred at their school, some of which took place in their own classrooms.

**Saturday, Feb. 24** The public learned that an armed Broward County Sheriff's Deputy Scot Peterson, the school resource officer, did not enter the school during the shooting. Three other Broward County officers also arrived at the school but didn't enter until the Coral Springs Police had arrived.

**Sunday, Feb. 25** Broward Sheriff Scott Israel said that he will not resign after facing criticism that Broward County Sheriff officers had not entered Marjory Stoneman Douglas High School. Israel said he was "disgusted" that the school's armed resource officer hadn't entered the school and would investigate the allegations toward other officers.

**Wednesday, Feb. 28** Students are scheduled to return to Marjory Stoneman Douglas High School. Classes have been rearranged so that no students will have to enter building 12, where the shooting took place.



## Career Corner



# Transferable skills: putting things into context

By: **Rei Hernandez**  
ExEL Career Advisor

*Rei Hernandez joined the Office of Career Development in July as a full-time ExEL Career Advisor. Hernandez works with first-time college students to help them understand the Experiential Education and Learning program and find opportunities that will allow them to gain valuable hands-on experience and skills.*

Picture this: You're a few months away from graduation and are finally getting serious about your upcoming career search. You've written a first draft of your all-important resume and have confidently begun searching for positions on Handshake and LinkedIn. You might notice that many of the job postings ask that applicants have some of the same desired skills: teamwork, leadership, written and verbal communication and problem solving. "Great," you think, "I have all of those skills. I'm going to add them to my resume so employers will see how qualified I am." Then, you notice that there's already a built-in "skills" section on your resume template, so you quickly add your newly-realized abilities and save your document. "I'm definitely going to get noticed now, right?" Well, maybe not.

### What are transferable skills?

Skills like communication and leadership are known as transferable skills for their ability to be useful in a variety of positions, and should be positioned within your various experiences as part of your descriptive bullet points. This is because, within a bullet point, you can give an employer context for the skill. Context means explaining the "how" and "why" of your skills.

For example, let's say you were the vice president of NSU's Pre-Dental Society and wanted to write a bullet point demonstrating your ability to communicate. An example of a



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Rei Hernandez enjoys helping new Sharks navigate the waters of NSU as an ExEL Career Advisor.

bullet point which put your skills into context may read something like this:

- communicated with dental faculty and student members of the leadership board through emails, phone calls and in-person meetings to gather and disseminate information on various Pre-Dental Society initiatives and opportunities.

I think you can see how this would be more useful to a potential employer than simply seeing the word "communication" listed on your resume or CV.

In the Office of Career Development, our advisors often ask students to put themselves into the shoes of employers when drafting a resume or CV. We ask students to do this as they review their own documents for two reasons: to make sure it makes sense, and to help them realize what points warrant an explanation. While you

may know that you are a talented leader who has excellent collaboration skills, your prospective employer has likely never met you and will need context to back up those claims.

### So, what should go into the "skills" section?

In general, employers are looking for what are known as "hard skills" or "concrete skills" in a standalone "skills" section on a resume or CV. These types of skills can include specific software or hardware knowledge, a second or third spoken language, or maybe even certain licensures and certifications. Examples can include phrases like: "fully proficient in Microsoft Word, PowerPoint and Excel" or "bilingual in English and Italian."

### What are the best skills to have?

According to the National Association of Colleges and Employers, the skills employers looked for most in their 2017 candidates were the ability to work on a team, problem-solving skills, written communication skills, strong work ethic, spoken communication skills, leadership, initiative, analytical skills, adaptability and detail orientation.

Conversely, only 70 percent of employers heavily weighed a candidate's college GPA. This doesn't mean that you should neglect your studies, but rather supplement your class activities with extracurricular activities to help strengthen your resume, CV and your cover letter or personal statements.

### How do I gain these skills?

You can acquire and hone your transferable skills in a variety of ways:

- Internships are one of the best ways to gain transferable skills as employers understand that the primary goal of an internship is

to gain experience. A good internship supervisor will expose you to as much of the day-to-day experience of working as they are able.

- College clubs are another avenue to explore. However, you should make the effort to gain a leadership position rather than simply being a member to have more opportunities to earn these transferable skills.
- Volunteering experiences are an excellent way to gain skills and often require less of a commitment than an internship or leading an organization.
- Studying abroad can provide you greater cultural awareness and can be an excellent opportunity to practice a second language.
- Group projects allow you to practice many of the transferable skills we've covered including leadership, communication, collaboration skills, analytical skills and problem-solving, so don't underestimate their value. If you are participating in a group project, pay close attention to your role and what you are contributing as that project may become a strong addition to your professional documents.

Remember, your professional documents, resume and CV are your primary marketing materials to prospective employers. Being able to provide context to your transferable skills can be the difference between securing that all-important interview or not. Taking some time to truly describe your skills effectively will save you time — and frustration — during your job search.

## Staying safe during spring break

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

It's probably safe to say that college students nationwide collectively exhale a sigh of relief during the first few weeks of March when the time for spring break arrives. Whether you're taking a vacation or planning to stay in sunny South Florida, it's important to take precautions to get through Spring break without incident. Here are a few things to keep in mind to make sure that your break is as enjoyable as possible.

### Forget the water play

As Sharks, it's a well-known fact that we love to make puns about everything ocean-related, but spring break is not the time to be swept away. Even if you believe yourself to be a strong swimmer, you should not disregard warning signs put in place for your protection. According to VisitFlorida.com, rip currents — a flow of water that moves in the offshore direction — don't tend to pull people underwater, but they can drag you out to sea much faster than you can swim. It was for reasons like this why a flag system has been created:

- Double Red - Danger! Water Closed to

### Public

- Single Red - High Hazard, High Surf and/or Strong Currents
- Yellow - Medium Hazard, Moderate Surf and/or Currents
- Green - Low Hazard, Calm Conditions, Exercise Caution
- Purple - Dangerous Marine Life — Usually Jellyfish

Still, an absence of flags does not guarantee that the waters are absolutely safe to swim in. Beach goers should always swim with caution.

Additionally, though it is quite common to watch movies with people who drink lounging in hot tubs, according to Everyday Health, alcohol can dilate blood vessels and dangerously lower blood pressure. These effects can be felt much stronger when sitting in a hot tub.

### Drink responsibly

According to the CDC, unintentional injuries like car crashes, falls, burns and alcohol poisoning are most commonly associated with binge drinking. Know your limits and avoid

drinking past them. It is always a good idea to have one member of your group be the designated driver to and from your destination. Also, remember to keep an eye on your drink at all times, and don't accept ones offered to you which you have not seen opened or poured by a clerk.

### Plan your trip thoroughly

Yes, spontaneity can be the spice of life, but let's be honest, too much spice can leave you burning without reprieve. If you've decided to take a last minute trip, at least be sure to do a little research on the location, customs, transportation options and emergency numbers. Never feel embarrassed to ask for help, and trust your instincts whenever you feel unsafe.

Further, CBS News suggests that travelers copy important information. Keep these stored in a hotel safe in the event that your necessary documents are lost or stolen.

Another tip that CBS News shared was to avoid staying on the first floor, since it is statistically the bigger targets for thieves.

### Don't share everything

According to the Rape, Abuse & Incest Network, sharing too much information about your location on social media sites can endanger your safety. Sure, it might be nice to let all of your friends back home know that you're having a great time in Cancun, but everyone doesn't have to know what hotel you're staying in, the room's layout, or anything else that might point toward your exact location. Also, avoid name-dropping your room number and hotel information while partying.

### Be good to your body

Dehydration and sunburn can happen quickly, especially if you're out and about at the beach drinking. Be sure to stay hydrated by drinking plenty of water. Apply sunscreen at least 30 minutes before going into direct sunlight, careful not to forget areas like the back of your neck, ears, face and feet. According to the American Academy of Dermatology, people should also reapply sunscreen every two hours and after swimming or sweating.

WANT TO READ MORE? HEAD ON OVER TO THE CURRENT'S WEBSITE FOR WEB-EXCLUSIVE PHOTOS AND ARTICLES!

NSUCURRENT.NOVA.EDU

## Bouncing back from midterms, the healthy way

By: **Madelyn Rinka and Bianca Galan**

News Editor and Contributing Writer

With midterms and spring break fast approaching, it may be difficult to adjust from the stressful, busy time of tests and go straight into a week of relaxation. Make the most of your days off with some selfcare tactics that'll have you refreshed and ready to face the next part of the semester.

### Change the scenery

No matter how cozy your bed is or how fun your room looks, hiding away in your dorm room might make you a bit stir crazy. If you've been studying for hours on end or just woke up in a funk, try changing out of your PJ's and going for a walk. You don't have to go on a 5-mile trek — just go outside, stretch your legs and breathe in some fresh air.

### Grab a bite

If you've been stress-eating potato chips and pizza rolls for more days than you'd like to admit, try cooking something or going out to your favorite restaurant — especially if your main food group has been caffeine for the majority of midterm week. Call up a friend and try to catch up over some meal that

wasn't made in a microwave.

### Take some deep breaths

Some people might consider meditation a joke, but it's not all of the floating and "ohm"-ing that movies have it cracked up to be. Try clearing your mind and visualizing air moving in and out of your body, breathing from your stomach, not your chest. This gives you something to focus on besides whatever is making you panicky. If you feel like you can't do it on your own, try downloading an app like Headspace or Pacifica for a little bit of help.

### Try aromatherapy

It's no secret that candles and a lot of related items aren't allowed in dorm rooms, and for good reason. The last thing you need while you're already down in the dumps is an angry knock from an RA or a wild fire alarm that'll disrupt your whole residence hall. For a safer, effective alternative, dabble around with essential oils. For example, try lavender to help you relax, or mint to aid a headache. Read around online and make informed decisions about what oils might be best for what you need. But before you set off

a diffuser or sprinkle scents around your room, consult your roommates to make sure you're not filling your room with their least favorite smell.

### Get moving

If you're feeling a bit down, try using exercise to lift yourself up. Although the last thing you might want is to head over to the gym and get your workout on, studies have proven that exercise releases hormones into your system that make you happier. While it may be challenging convincing yourself to get there, it might give you the confidence boost you need to tackle any obstacle.

Many times, students focus on being fit in time for Spring Break, but there's no reason not to take care of your body during the break. Consider going to some Zumba, Kickboxing or Pilates classes which are available on campus at RecWell. This is also a great way to start a healthy lifestyle while getting to meet new people.

### Challenge yourself to read daily

Find good book that you've been wanting to read for the last eight weeks and read it.

Now you'll have enough time to actually pay attention to it and enjoy it without having to think about another paper. According to Health Fitness Revolution, "No matter how much stress you are going through at work, in your personal life or anywhere else, reading a good story can help you take your mind off these difficult situations." In my experience, 15-20 minutes is enough time for you to read a good portion of a book. Curl up in your bed or go to onto your terrace, grab a cup of tea and enjoy this moment.

### Plan the next portion of the semester

With the next eight weeks right around the corner, it might be a good idea to plan them out in advance. Get a journal and write all of your goals for the next half of the semester and note where you are now. Where are your New Year's resolutions now? Use this time to plan your new habits and what you want to accomplish before the semester ends, whether it is to eat healthier, read more books, train, try a new sport or network more. Plan your new or old goals and get ready to start the second part of the semester in the right foot.

## Inside the mind of Brad Meltzer and the launch of 'The Escape Artist'

By: **Christina McLaughlin**

Opinions Editor

Brad Meltzer is an award-winning thriller writer and New York Times bestselling authors of "The Inner Circle," "The Book of Fate," and nine other bestselling thrillers. On March 10, Meltzer will host a book-signing event in the Alvin Sherman Library for his new book "The Escape Artist," which officially launches on March 6. I spoke with Meltzer to learn more about his newest book, "The Escape Artist."

Meltzer, who lives in Florida, considers himself a part of the NSU family. He mentions that this is a library he loves, which is why he hosts many of his book signings there.

"You always want to do something fun in your backyard and this gives us a chance to truly do it at a place we care about and love," said Meltzer.

To Meltzer, there is nothing more powerful than an idea. In his words, "a story is

a bunch of ideas."

Meltzer says that he writes to raise awareness about prominent issues in our society, while entertaining his readers at the same time.

"I love what I'm doing. I still love talking to these imaginary friends, I still love finding these secrets about history and I'm still not bored by it. When I'm bored by it, I'll be done with [writing] or they [the stories] will be done with me."

In high school, Meltzer's teachers helped him find his passions. His 11th grade history teacher opened him up to find his love of history and his ninth-grade English teacher gave him the first critique of his work: "You can write."

Since then, he has been drawn to stories that combine both of his passions. History's secrets and mysteries like the underground tunnels of the White House and George Washington's spy ring — which according to Meltzer, is still

operational today — are examples of what sparks the stories that Meltzer can connect with and relate to his readers.

This new book, "The Escape Artist," is no different. For Meltzer, this story started six years ago during a USO trip where he learned about government operations conducted at Dover Air Force Base.

"Dover is home of some of the most top-secret, high-profile missions in the government. It's a building full of secrets and full of mystery. As a thriller writer, how could I not care about a place like that?" said Meltzer.

This new book follows the story of the main characters: Nola and Jim "Zig" Zigarowski. Zig, who works at the Dover Air Force Base, has been through the worst tragedy of his life when he learns that Nola, a U.S. Army soldier and childhood friend of his daughter, is alive after

being declared dead. However, Nola, who found out information that no one should have known is forced to go on the run. Nola and Zig then work together to reveal the truth or die trying.

Meltzer hopes that readers will enjoy this new storyline as he feels a deep connection with these characters and hope readers can relate to them as well. As for future novels which might feature these characters, Meltzer stated, "I can't shake Zig and Nola. They talk to me every day. So yes, you'll see them again soon."

This event is free and open to the public. From 1:15 to 1:45 p.m., Meltzer will hold a short meet and greet for the Circle of Friends donors of the library. Then, from 2 to 4 p.m. Meltzer will conduct a public book signing where his new book will also be available for purchase.

That Time I....

Gave up social media

By: **Jenna Kopec**

Co-Editor-in-Chief

*Jenna Kopec is a junior communication major with a concentration in journalism and minor in gender studies. She is the co-editor-in-chief at The Current.*

Around the beginning of my sophomore year, I took a big interest in improving my mental health. I learned how endorphins can generally help relieve stress — which is why people like the gym so much — and how eating right and drinking water can level your moods and more. Last summer, I saw a popular trend in the conversation about how social media impacts one's health and popular practice of going on a social media cleanse. Similar in concept to a food cleanse, the practice calls for you to abstain from social media — Facebook, Twitter, Snapchat, Instagram, Tumblr and Pinterest — for 30 days. I gave it a try.

In the beginning, I wasn't sure that the cleanse was really going to impact me that much. I hadn't been allowed to use social media as a child so I had only used social media for a



**PRINTED WITH PERMISSION FROM J. KOPEC**  
Kopec gave up social media for a month over the summer and while she hasn't unplugged permanently she has changed her social media habits since.

couple years. I was incorrect in my assumption. My life was significantly better without social

media. I found myself being more productive and doing things that I enjoy more. We often joke about how we'll just sit around and scroll through social, but it's true. Without an Instagram feed to journey through or a Facebook feed full of political rants to be angry about, I found myself watching more shows and movies, reading more books and going more places.

There were times, particularly in the first 10 days, that I felt really out of the loop. I wouldn't know what jokes broke out over social or what what's-her-name posted. I spoke to a significantly fewer number of people without an array of comment sections and stories for people to reply to. I felt anxious about this at first, probably because of a FOMO, but then I felt free. My friends, who were actually my friends, still talked to me anyway. I cared very little about the happening of what's-her-face and what's-his-face anyway. Ultimately without social media, I felt better able to focus without the barrage of notifications. I felt calmer all the time.

As a communication major, it's not really possible for me to unplug from social media forever. We're taught to use each one as branding for ourselves and tools to listen to and gauge audiences. I've held several positions that focus on social media management for companies, which make the whole bombardment of notifications way worse. So, after my 30 days were up I did go back onto my accounts, but I definitely use each app differently.

Now, I'll scroll through my feeds, but sometimes I don't do this for days at a time and I'm always losing snap streaks with my best friend. I put all of my social media apps into a single folder so that they don't occupy the same amount of visual space on my phone. There are definitely some nights where I scroll instead of do some work and I do enjoy social media, but I treat it more like chocolate now — only a little at a time.

## Where you can get your formal attire

By: **Jenna Kopec**  
Co-Editor-in-Chief

Whether it be for STUEYs or formal for your Greek organization, you may find yourself in need of some fancy clothes. Unfortunately, fancy usually comes at a price tag that — if you're anything like me — you don't want to pay. But it doesn't have to; here are some options where you can get formal attire at a casual price.

### Dress Rehearsal

Dress Rehearsal prides itself on having some of the lowest prices in South Florida. With a wide array of selections in dresses and tuxedos for proms, weddings and other evening events, you'll likely find something that suits your taste.

### Dress Rehearsal

1500 N. University Drive Pembroke Pines FL, 33024

### Dresses Four Me

Dresses Four Me is a local shop in Davie. Although their price tags can journey into the



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From left to right, Anthony Maurizio, Kenzie Forgie, Kayla-Ann Wilkes, and Steven Winalis pose for a photo before going to the Kappa Sigma formal in 2017.

“ouch” range, they do have some options — particularly bridesmaid dresses — that are under the \$100 mark. They're also known to have

promotions during prom season, which you may be able to take advantage of.

### Dresses Four Me

15661 Sheridan St. Davie, FL 33331

### Etsy

There's very little you can't get on Etsy, which includes formal wear for men and women — and you'll definitely be able to find something for under \$100. You'll want to be careful that you don't pick something that will take too long to ship and risk missing the opportunity to show off your deal.

Etsy  
etsy.com

### Goodwill

Macklemore wasn't wrong when he rapped about the finds that you can get at thrift stores all those years ago. Goodwill's a viable option for finding formal attire, sometimes even with designer labels. Plus you have a couple options

on how you want to buy: in store or online.

Goodwill  
shopgoodwill.com

Or

2418 N Dixie Highway Hollywood, FL 33020

9160 West State Road 84 Davie, FL 33324

### Rent The Runway

Think about leasing an expensive car, but for clothes — that's what Rent The Runway does. With different pricing and length of rental, women can rent designer clothes for a relatively low cost. Formal dresses can be rented for four to eight days for under \$100. They also let you rent accessories. The cheapest rental option comes with free returns and a backup size for your order.

Rent The Runway  
renttherunway.com



## STAFF PICKS:

## WHAT'S YOUR FAVORITE MUSIC TO LISTEN TO WHILE STUDYING?

By: **The Current Staff**

**Christina McLaughlin, opinions editor, said:**

“When I study I have a few playlists I use interchangeably depending on my mood and the amount of actual concentration I need. If it's for a class I really struggle in, I have a playlist called ‘Intense Studying,’ which is basically light piano music and gentle love music. When I just need to get into the zone for a while, I have a playlist of my top songs of 2017 on Spotify or a huge A Day to Remember playlist mixed with Papa Roach and Three Days Grace.”

**Skylyr Vanderveer, multimedia manager, said:**

“My go-to playlist for studying is called ‘sad covers of pop songs.’ It's not really a sad playlist — it's more of unplugged versions of popular songs. It's super chill and helps me block out the chaos of the residence halls.”

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

“I don't normally listen to music while I study. When I do I probably go for soft '90s pop just because it's not too distracting and I know most of the songs already.”

**Sydney Stoneback, multimedia and visual design assistant, said:**

“I listen to literally anything and everything when I study, from country music to dubstep to classical piano. It doesn't really matter what music is playing, as long as it's super loud I'll be able to get a lot of studying done.”

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

“To be honest, I usually don't listen to music when I study. I tend to have a documentary playing in the background instead. But, if I do listen to music, it's usually jazz or classical though I sometimes still find myself head-

bobbing or pretending to play the piano.”

**Madelyn Rinka, news editor, said:**

“I don't really listen to music when I'm studying. It's not that I find it distracting, I just don't feel like it helps me concentrate that much. I prefer white noise like a fan or just the regular sounds of the residence halls.”

**Carli Lutz, chief of visual design, said:**

“When I'm studying or working on projects I tend to listen to a playlist I made on Spotify of acoustic pop-punk songs. They're not crazy loud and distracting and I already know the lyrics to most of the songs so I'm not focused on deciphering lyrics or anything, which makes it easier to focus while I study.”

**Diego Galvez, sports editor, said:**

“My favorite music to listen to while

studying is chill, relaxing music. There's nothing better than hearing some jazz or some indie music. I personally like the live lofi hip hop radio video on Youtube. I feel that I can concentrate better when the music I listen to is just instrumental or without lyrics. It helps me stay focused yet entertained.”

**Nicole Chavannes, copy editor, said:**

“I alternate between several different instrumental playlists when I'm studying. I can't really listen to songs with lyrics, because I'll either begin trying to learn the lyrics if it's a song I don't know or belt along to the lyrics if I do know it. Instead, I'll listen to an ‘Instrumental Study’ playlist on Spotify, or a John Williams playlist or some classical music. I enjoy a live streaming of lofi hip hop on Youtube, as well. The playlist really just depends on my mood, but it's almost always purely instrumental.”

## OFF SHORE CALENDAR

George Winston

Feb. 27 | 7:30 p.m.

@Broward Center for the Performing Arts

Pantha Du Prince

March 1 | 7 p.m.

@Floyd Miami

South Florida Symphony:  
Musical Expressions of Nature

March 1 | 7:30 p.m.

@Broward Center for the Performing Arts

Sunset Kayak Tour

March 2 | One hour before sunset

@Dr. Von D. Mizell-Eula Johnson State Park

Improv Comedy Show

March 2 | 9 p.m.

@Center Stage Performing Arts

## SOUNDBITE

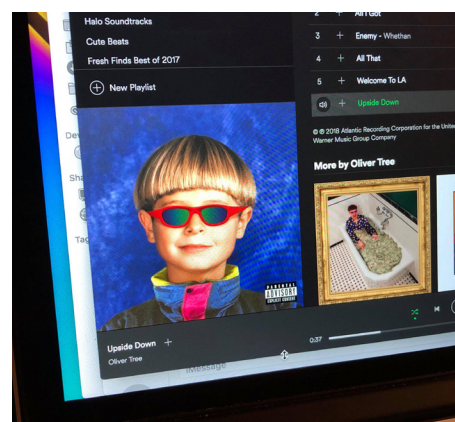
### 'Alien Boy' by Oliver Tree

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

So you might've seen an odd-looking fellow gallivanting about on the internet lately. He's typically seen riding a Razor scooter while sporting a goofy bowl cut and looking like an image ripped directly from an article on BuzzFeed about remembering the '90s. If this description sounds familiar, you've seen Oliver Tree.

Oliver Tree isn't just a living, breathing meme, he's also a talented vocalist with an insanely unique voice. Tree got his start in 2013 when he released music under the name Tree. Years later, he started collaborating with popular electronic producers like Whethan and Getter, but now he's stepping up and making a name for himself by releasing his own solo tunes yet again. Tree's debut EP, “Alien Boy,” was released on Feb. 16, and debuted No. 10 on iTunes charts.

This six track EP is anything but ordinary. From a hip-hop beat in one track to jazzy trumpet



PRINTED WITH PERMISSION FROM C. LUTZ  
Oliver Tree's debut EP, “Alien Boy,” is anything but ordinary in the best way imaginable.

in the next to an indie rock sound shortly after, Tree leaves no ground untouched and shows he isn't afraid to be different. If anything, he embraces the weird and offbeat as part of his persona.

The fourth track, “All That” is one of two singles that Tree released ahead of the EP and it's not really anything you'd expect from an indie vocalist like him, but it fits his persona and shows his versatility. This track has the vibe of a hip-hop song you might've heard at a middle school dance — probably featuring DJ Khaled — but with a new-age twist. Hearing Tree rapping on the song is not something I expected whatsoever, but it was very welcome. Tree's rap flow on this is pretty great. He's pretty fly for a dorky white guy with a bowl cut.

The one song that I think is the biggest standout and the one I cannot stop listening to is “Upside Down.” With its booming bass, it sounds like a song taken from the set list of the indie-rock band, Sex Bob-omb, from the Scott Pilgrim comics mixed with a surf rock vibe.

“Alien Boy” is out of this world and shows you to expect the unexpected, especially if it's from Oliver Tree.

# Easy, safe and fun ways to celebrate St. Patrick's day in a residence hall

By: **Madelyn Rinka**  
News Editor

Many things may come into your head when you think of St. Patrick's day, from huge festivals and swimming in green beer — if you're of legal age — to dining on some traditional Irish food and loading up on sweets. While the traditional celebratory nature of St. Patrick's day may be difficult to achieve in a dorm, here are some quick and easy festivities to plan for your St. Paddy's party.

### Rent some award winning Irish films

The Irish film industry has quite a few flicks to be proud of. To get some authentic entertainment, try inviting a few friends over for a movie viewing. While the possibilities are endless, consider movies like "Brooklyn" for a new take on boy-meets-girl, military thriller

"71" or whimsical fantasy "Ondine." Whatever you choose, be sure to have some popcorn on hand.

### Feed the crowd

If you're having friends over for your party, one thing is definitely necessary: snacks. If corned beef and cabbage is a bit too labor-intensive for you, don't fret — there's plenty of other Irish-themed delicacies you can make on a budget and in a hurry. Consider laying out a fruit tray in the shape of a rainbow. Add a dish of gold-wrapped candies or a yogurt-based fruit dip on the end of your rainbow for some added fun. Or, buy some cauldron-esque plastic bowls, pour in some popcorn and voila, you have super fast pots of gold. Or, when all else fails, just

dye your meal green! Add a few drops of food coloring to alfredo, eggs, cupcakes or soup. For a more natural option, try using pureed greens like spinach or kale to add a nice emerald hue.

### Plan some games and entertainment

"Games" doesn't have to mean shamrock bingo or coloring in the leprechaun like in elementary school. For a fun, updated way to celebrate, consider having a few activities in place for the night. Tell your guests to dress in the most green they possible can. The winner can get any prize of your choosing — whether it be a little treat or a homemade St. Paddy's day crown crafted with markers and printer paper. For other fun games, try cabbage bowling by knocking down soda cans with a cabbage,

rainbow ball toss by arranging cups in a rainbow pattern with different colored sodas inside to see who can get a golden coin in each cup or minute-to-win it coin toss, pot of gold style: try to bounce quarters into a plastic pot and see who gets the most coins in.

### Hit the town

Do a quick search online to see if any local restaurants or counties are holding any festivals that might be fun and free to attend. From Irish dancing to authentic food, going the distance to one of these celebrations might be well worth the drive.



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or Any Large Oven Baked Sub

Carry-Out or Minimum 3 for Delivery. Limited time Offer.

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Additional Toppings Extra

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## On The Bench: So what? She had a wardrobe malfunction

By: **Christina McLaughlin**

Opinions Editor

Gabriella Papadakis and partner Guillaume Cizeron participated in the Olympics Ice Skating Short Program earlier last week. These French representatives scored an incredible 81.93 which placed them second behind Canada's Tessa Virtue and Scott Moir. However, rather than speaking about the incredible lifts and turns this couple executed, newscasters were more focused on the wardrobe malfunction Papadakis experienced.

Papadakis wore a dainty emerald-green halter costume which unclasped around the neck. This caused her left breast to be exposed for some of the performance. Even though this is obviously not a part of the program, this became the focus of their entire program.

No one cared about the technique of the skaters or the storyline they were trying to orchestrate, it was all centered on a 15 second clip of her breast spilling out of her top. Yes, of course, this isn't something that is typically

accepted on family programming like the Olympics, but it wasn't like she went out there trying to show off her bits. It was clipped in the beginning of the program and it just snapped halfway through. It's difficult to prevent these things from happening on live television. That's just a part of live television; anything can happen, especially wardrobe malfunctions.

This isn't the only malfunction that's happened at these Olympic games either. Yura Min, a long program ice dancer, suffered from a major malfunction when the back of her costume ripped. This distracted her from her performance since she had to constantly push it back into place to prevent from exposing her chest. Even though there isn't a major difference between these two malfunctions, Papadakis' malfunction seems to be taking center stage.

For some reason, in the United States and other countries, wardrobe malfunctions of this kind are seen as mortal sins and international

scandals. Why, as a society, are we shy about the female form in person, yet the second something like this happens, there are close-ups on big screens and slow motion replays? As if she wasn't already embarrassed enough about something she couldn't control in the moment, it seems like we want to punish her further. It will forever live on Youtube and other platforms where it can never be deleted. Now this performance will be known as the day her breast was exposed and not the day she had an Olympic debut and executed a near-perfect performance.

Some people are confused about why these skaters didn't try to fix this mistake mid-performance or try to reinforce the clasps on these costumes. But here's the thing people forget: these professionals have dress rehearsals and practice these performances for literally months or even years. They can do these routines in their sleep and they know their bodies in the

costumes. It's not their fault that when the final performance came, the clasp popped or the seam ripped. All fabrics have a limit, they're not indestructible. "The show must go on," and that's their jobs for representing their respective countries. Even Papadakis said to Yahoo Sports, "It happened in the first few seconds. I told myself I didn't have a choice; I have to keep going."

In the face of that adverse situation that is exactly what they tried to do. Why can't they be celebrated for their performances rather than the complications they faced during the performance? These women made it to the Olympics with their partners and rather than speak to their successes we'd rather tear them down because of these mishaps. I guess it's human nature to point out the flaws, but it would be nice if we focused on the positive.



## ATHLETE OF THE WEEK: Daniel Polinski



By: **Diego Galvez**

Sports Editor

Daniel Polinski is a computer engineering graduate from the University of Miami studying the computer science graduate program at NSU. He's also part of the men's track and field team.

### How is NSU's Track team different than UM's track team?

"It's a difference in teams. It's a different atmosphere. Obviously at UM I had different friends, coaches and it's just a slight adjustment. Just 40 minutes away, [which] is not that big of a difference to me."

### What is something that you like about NSU?

"The flexibility here. It's a lot more flexible here which is good."

### What are some of the factors that contributed to the great start the track and field team has had this season?

"For me the opening meet wasn't the greatest meet, but [we] just opened up and [will] just build it from there. For me, the track meets of the beginning of the season are always the weakest, but it continues and gets better throughout the season."



PRINTED WITH PERMISSION FROM D. HENDRICKS  
Graduate student Daniel Polinski has been competing in track and field since he began his undergraduate career at the University of Miami.

### How is being a graduate athlete different than an undergraduate one?

"I think it's the flexibility, too. In undergrad I had a lot more [things to do] and less free time with class and stuff but in grad school you have less class and more work, so the flexibility is a factor. It can be challenging at times, you know, assignments are all due at the same time. But if you spread [them] out you'll be fine."

### Is there something that you miss from your home, Canada?

"Yes, my family, my friends. But wherever I live it doesn't matter as long as I'm in touch with them."

### What do you like the most about South Florida?

"Just the weather. Up in Ontario, Canada you know, it gets cold so it's nice here."

### What got you interested in track and field?

"It was in high school. My high school teacher he's also the coach and he asked me to come out and from there I kept going up."

### What motivated you to continue doing this sport?

"I was pretty good at it from the start and I thought if I excel in it and I kept practicing and continue then I'd get better, which led me here."

### How has NSU supported you as an athlete and as a student?

"They gave me everything I needed. If I need something and I ask it, there's no problem. If I need help I'll ask, but I haven't needed help so far."

### What advice would you give to grad students who want to be an athlete as well?

"I think manage your time properly cause there's flexibility but there's also a lot of time you have to be here [practicing] in the morning and it's time consuming. But you have to plan your schedule perfectly and you'll be fine."

### What do you like the most about track and field?

"I love how it's a single event but at the end is a [team-oriented] sport ... you all want to score as many points at conference, but in a single event, so everyone contributes."

### What are some of your traditions that you do before or after a meet?

"I eat a meal full of carbs three or four hours before the meet. Usually we compete in the middle of the day so that'd be breakfast. Oatmeal and some simple carbs and some fruits. But yeah, big meal three to four hours before."

### What do you usually do after a meet?

"Celebrate with my team. [For example] we are on our bus on our way back so we kind of celebrate talking and discussing the meet."

## ON DECK

### MEN'S BASEBALL

vs. No. 2 Tampa  
March 2 | 6 p.m.  
NSU Baseball Complex

vs. No. 2 Tampa (DH)  
March 3 | 1 & 4 p.m.  
NSU Baseball Complex

vs. Wilmington  
March 6 | 6 p.m.  
NSU Baseball Complex

vs. Lander  
March 8 | 6 p.m.  
NSU Baseball Complex

vs. Lander  
March 10 | 11 a.m.  
NSU Baseball Complex

### MEN'S BASKETBALL

vs. SSC Tournament Quarterfinals  
Feb. 28 | 7 p.m.  
TBA

vs. SSC Tournament Semifinals & Championship  
March 3-4  
Lakeland, Fla.

Women's Basketball  
vs. SSC Tournament Quarterfinals  
Feb. 28 | 7 p.m.  
TBA

vs. SSC Tournament Semifinals & Championship  
March 3-4  
Lakeland, Fla.

vs. 2018 NCAA National Tournament  
March 9-23  
TBA

### MEN'S GOLF

vs. Southeastern Intercollegiate  
March 11-13  
Kinderlou Forest Golf Club, Valdosta, Ga.

### WOMEN'S GOLF

vs. Peggy Kirk Bell Classic  
March 5-6  
Golden Bear Club, Windermere, Fla.

### WOMEN'S ROWING

@Spring Training Trip  
March 3-10  
Orlando, Fla.

### MEN'S TRACK & FIELD

@Tampa (Distance only)  
March 2 | All day  
Tampa, Fla.

### WOMEN'S TRACK & FIELD

@Tampa (Distance only)  
March 2 | All day  
Tampa, Fla.

To see the full lineup of upcoming sporting events for this week and next, go to [nsucurrent.nova.edu](http://nsucurrent.nova.edu)

## SPORTS SHORTS

### Women's Basketball

The women's basketball team suffered a loss against Barry with a score of 69-57 on Feb. 17. Junior Alison Hughes led the Sharks with 16 points and three steals. With this loss, the Sharks dropped to the eighth spot in the SSC standings.

### Women's Golf

The women's golf team brought home the Lady Moc Golf Classic Title that was held Feb. 19 and Feb. 20. The Sharks held off Saint Leo by four shots and earned their fifth championship out of six appearances in 2017-18. Senior Michelle Ruiz had an individual third-place finish while senior Jamie Freedman and junior Sophie Madden finished among the field's Top 10.

### Women's Softball

The women's softball team lost the series against Lynn with two matches lost and one won. The Sharks were held to four hits throughout the game. Sophomore Sydney Lageyre made two hits in her three at-bats.

### Women's Track and Field

The Sharks had an impressive 2018 start. Senior Maddy Kenyon began the day with a third-place finish in the javelin at 33.68. Sophomore Katie Tallman, senior Sydney Molina, graduate student Julia Riedl and freshman Jaylyne Thomas also finished Top-10 in the javelin, placing fifth, sixth, seventh and ninth respectively.

### Women's Tennis

The women's tennis team suffered two losses against Florida Tech and Saint Leo with scores of 4-5 and 3-6, respectively. The match against Florida Tech was held on Feb. 16 in which the Sharks were defeated in two out of three double matches and in three out of five matches. Junior Ana Navas, sophomores Isabella Lowrey and Daniela Obando won their single matches. On Feb. 17 the Sharks went against Saint Leo which upended NSU's tennis team. Navas, Lowrey, Obando and junior Andrea Ivanovic won their doubles matches.

### Men's Baseball

The Sharks fell to Barry with a score of 105-83 on Feb. 17. Freshman Malik Hardy scored a total of 24 points followed by junior David Dennis with a total of 15 points. This was the Sharks' first defeat since Jan. 24.

### Men's Track and Field

The men's track and field team started its season with impressive results from newcomers like freshman Justin Jackson and graduate student Daniel Polinski. Jackson notched the first top finish of his career with a win in the triple jump by leaping 13.60 meters while Polinski broke the school record of the day in the shotput with a first-place toss of 15.02 meters.

## Softball: A team on the rise

By: Christina McLaughlin

Opinions Editor



The players take a knee as they get some guidance from Coach LeMaire.

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Eighteen games into their 50-game season, the women's softball team is off to a bit of a tricky start. With a 6-9 overall record walking into the three-game series against the Embry-Riddle Eagles this past weekend, the team looks forward to the future and hopes to learn from the past.

Head Coach Julie LeMaire said, "This season we are playing against some high-caliber teams from across the nation. Two weeks ago, we played Lynn and we made some mistakes that hurt us but we saw some promise as well. Throughout the week we have been building up our strengths and weaknesses, even in areas we haven't even shown [on the field] yet."

High-profile team or not, this program has a lot to offer. When they started out this season, they really only had a handful of returning players familiar with the NSU program, which meant that these new faces had a lot of catching up to do.

According to senior outfielder Dana Edmundson, one of the biggest contributors to a team's success is the chemistry.

"We have each other's backs and we support each other so we can get better every day. By getting better mentally and physically with Coach LeMaire from fall training until now, we've grasped so many new concepts," said Edmundson. "We've seen glimpses of [harmony] in parts of the games but we are going to try [in the future] to work more consistently and that's when we will blow up."

The team is building up that chemistry in the best way they know how, through team-bonding experiences. Before every game, when they do their signature chant in the huddle, they have their catcher, sophomore Alex Suzuki, wear a swim cap from NSU and pop out the circle at the end, just for some laughs before the game. They also bring a team "paddle" which is decorated with a cutout of a shark with Coach LeMaire's face on it. This paddle is the team's version of a "spirit stick," which brings luck and a bit of fun into the dugout during the game.

Even though the team's dynamic is different than last year, the team hopes that once they get this unity and culture going, then they will be a strong and tough program to compete against. However, the focus right now is to find the strengths and weaknesses of these newcomers and hone those skills.

"We are trying to see what the newcomers can do at

this level," said LeMaire. "Making sure they understand that their past experiences need to be left in the past, since it was at a different level, and prepare them to play against teams of this caliber."

Newcomers are not the only ones to watch out for, as veterans of the program are also stepping up their game. Coach LeMaire said that these girls have been stepping it up in the off-season and have really contributed to the team as much, if not more than, last year.

Coach LeMaire recently received an accolade with the help of the NSU team by winning her 300th career win as a coach. LeMaire, though humbled by the accolade, feels that there is a lot more involved in this process than just her work as a coach.

"It's more exciting to see how you've modeled them and see them competing for you, with you and through you," LeMaire said. "The softball program has a chance to be very good at a high level and just because it's not being proven on paper doesn't mean that it can't happen. Recognizing that and seeing where we need to improve and working on those strategies is more exciting than the milestones."

For Edmundson, this is her last season with the Sharks as well as her final semester as a college student. Over her two year career here with the Sharks, she's learned a lot from the coaches and from the program. Edmundson hopes she can contribute all the skills she's gained over the past few years and bring that to this season to finish off on a high note and leave a mark for those to come into this program. Her biggest piece of advice? Buy into the program.

"The biggest thing is to buy into the process. We are players, but at the end of the day, the coaches know so much about the game [that you will learn]," Edmundson said. "So if you buy in this season, you will learn so much, you will be more confident in your abilities and you will become a better player."

The team hopes that students can find an opportunity to come out to the games and is thankful for the continued support of their fans.

"We have a lot of extremely talented athletes on our team and have some great competitor's [lined up]," said LeMaire.

The next home game for the Sharks is March 6 against Albany State at the Ad Griffin Complex at 5 p.m.

## OUT OF THE SHARKZONE

### Marjory Stoneman Douglas wrestlers honor fallen coach Chris Hixon

Students of the Stoneman Douglas wrestling team, which was coached by Stoneman Douglas shooting victim Chris Hixon, left his funeral service Wednesday and headed straight to a match at Coral Springs High School. According to ESPN, the 13 wrestlers on the Stoneman Douglas team were greeted by spectators' applause as they entered the gym before the match. One of those 13 students was Sara Ochoa, the only female on the team, who pinned her first-round opponent in 16 seconds and later stated, "That was for Coach Hixon." Ochoa and other members of the team wore white t-shirts honoring Hixon, who was named Broward County's Athletic Director of the Year in 2017.

### Dawn Staley sues Missouri athletic director Jim Sterk for defamation

South Carolina women's basketball Coach Dawn Staley is suing Missouri Athletic Director Jim Sterk for defamation after Sterk made comments to a Missouri radio station alleging Staley encouraged an "unhealthy atmosphere" at South Carolina's Colonial Life Arena during a game against the Missouri women's basketball team. Sterk claimed that South Carolina fans spit on Missouri players and called them the "N-word" and said of Staley, "Unfortunately, I think Coach Staley promoted

that kind of atmosphere, and it's unfortunate that she felt she had to do that." In response to Sterk's refusal to retract his original statements, Staley's attorney said in a statement to USA Today Sports, "Coach Staley was left with no choice but to respond to his attack on her character, reputation and integrity by holding him accountable for his disappointing and false statement."

### Conor McGregor says he will fight again, 'Period.'

In an Instagram post on Feb. 22, UFC lightweight champion Conor McGregor said, "I am fighting again. Period. I am the best at this," according to USA Today Sports. Calling out the UFC, McGregor said he told them he wanted to replace Max Holloway in a fight against former UFC lightweight champion Frankie Edgar after Holloway injured his leg, but McGregor "was told there wasn't enough time to generate the money the UFC would need." McGregor further said in the post, "It is on them to come and get me. Because I am here." McGregor's post came hours after UFC President Dana White announced McGregor would be soon be stripped of his lightweight champion title, as he hasn't fought in the UFC since November of 2016.

### Tiger Woods meets Stoneman Douglas student and survivor

At the Honda Classic on Wednesday, Tiger Woods met Marjory Stoneman Douglas sophomore Kevin Shanahan after Woods' caddie heard Shanahan was volunteering at the event. According to USA Today Sports, Woods said of the meeting, "Meeting him brings you right back to reality, thinking about what he has to deal with and what he's seen and things he has to deal with the rest of his life ... it was nice to help him enjoy being out here." Shanahan later said of the encounter, "It really felt like he talked from the heart. It didn't feel scripted. It felt like it really came from him being sincere ... and it made me feel awesome."

### USA women's ice hockey team takes gold from Canada

The U.S. women's hockey team broke Canada's stranglehold on women's Olympic hockey after a stressful match which went to overtime, according to CNN Sports. This victory was meaningful to the team since the women's hockey team hadn't won gold since the 1998 Winter Olympics in Nagano, Japan. The match ended with a shootout score of 3-2 with forward Jocelyne Lamoureux-Davidson scoring the winning goal who later stated she was "digging the new necklace." The women's team also celebrated a victory off the ice after winning a fight for better pay.

## Wait, you mean this could have been prevented?

By: **Christina McLaughlin**

Opinions Editor

With the recent tragedy at Marjory Stoneman Douglas High School and similar “mass-shootings” that happen time and time again, everyone can agree it is time for this to stop, but it seems like no one knows how to get the ball rolling. Soon after the shooting, students began to speak out in outrage and demanded for the public support and legislative initiatives to prevent this situation from happening again. These students traveled to the state capital to make a stand and were left shocked with the results of a recent bill.

On Feb. 20, the Florida House of Representatives denied a bill which would set limitations and ban the sale, transfers and possession of assault weapons or large capacity ammunition magazines. At this session, students from the Marjory Stoneman Douglas High School shooting were in attendance and participated while the Florida House held a moment of silence at the beginning of their meeting.

So before representatives of the Florida voters voted on this bill, they held a moment of silence and recognized the students attendance, yet still had the audacity to overturn a bill that could prevent something like this from happening again. What’s even more shocking is this bill was filed on Oct. 3 by Rep. Carlos Guillermo Smith. That means over a month before the shooting this could have been brought to the attention the House and even though it might have not prevented this from happening, it certainly was a step in the right direction to prevent future attacks.

This vote was brought down with a 31-71 majority voting against the bill. Many students were shocked by how fast these representatives voted and as Sheryl Acquaroli, a junior from Stoneman Douglas, said to CNN, “It seemed almost heartless how they immediately pushed the button to say no.” Well Acquaroli, it didn’t seem heartless, it was, and you should be upset. We should all be upset by these actions. Our

representatives are supposed to vote for us and represent what we as citizens of this great nation want for our country. According to a recent poll from Business Insider, 70 percent of Americans support stricter laws on assault weapons. If the public wants a bill to ban assault weapons then it should at least be discussed as the nature of our government intended: for public representation in government and instead of vetoing a bill without a clear distinction or reasoning for why it was opposed by our representatives.

Adding to the pain the students and the community are feeling, this bill titled HB 219 clearly outlines that “any selective-fire firearm capable of fully automatic, semi-automatic or burst fire at the option of the user... including the use of AR and AK series weapons” were to be banned and heavily regulated through the process of this bill. This means that not only could this bill have helped with the most recent attacks, it definitely would have prevented it from happening in the future. With so many

innocent lives taken in the United States every year, I don’t think anyone can stomach another shooting, especially if there are bills like this that are actively being presented to legislation.

Where is the humanity in all of this? How after so many shootings and attacks in the U.S. have we held onto the Second Amendment with such a vice-like grip? The Second Amendment which allows us to bear arms needs a desperate update. Let’s not forget that when this right was granted to us, the only available gun of the time was a musket. We have definitely come a long way since then.

Politicians cannot avoid this issue any longer. The time for the voices to be heard is now and with the voices of the survivors of the Stoneman Douglas massacre at the helm, I think some progress might finally be made, but only if the playground politics of it all are put aside.

## Scanners need an upgrade

By: **Christina McLaughlin**

Opinions Editor

Anyone who drives on campus knows the dreaded scanner. This scanner, which is similar to other scanners around campus such as the residence halls, is supposed to be a simple system which grants access to parking lots for students, faculty and staff. However, it’s anything but simple. I’ve recently brought my car to campus and only a few months into driving my car around campus, I understand the frustration that many students and faculty members have experienced.

I’ve seen this issue numerous times and experienced it myself. I pull into the little area and attempt to scan and it doesn’t read the card. This usually means I need to park the car and hop out really quick and place my SharkCard directly on the scanner. Now, it eventually does scan most of the time, which means I need to race back into the car and drive through before the barrier arm times out. It’s come to the point that I need to do this little race every single time

I pull in to the parking lot.

This causes not only a frustration for me but also to the person behind me waiting to get in. It takes time and starts to create some traffic with a little line waiting to get into the parking lots during peak times such as in the morning or on weekends. I don’t commute to campus but I can imagine this eats up a chunk of time if you drive on campus and have to park everywhere you go.

This also brings up another issue: what happens if you aren’t let in? Once or twice the card refused to scan even though the day before it worked fine. You can click a metal button which connects you to Public Safety to help. However, sometimes you do not have time to wait on hold and speak to someone about this issue just to lift this little arm and let you in. It’s extremely aggravating and I’ve seen it happen to not only students, but faculty members as well. Students, staff and faculty members on campus

have busy schedules and we usually are trying to park quickly and easily to make it to a class or to work. When we are stopped at our final destination by a glitch in a system, it can eat up time and put just about anyone in a bad mood.

Speaking of glitches, almost every month the main gate students use in the residence halls breaks or needs repair, so they block it off. This means we need to drive across the parking lot to another gate and loop around campus to get to where we were trying to go. It gets aggravating that this happens so often and it seems that right after it’s fixed, it breaks only a few days after. If it’s broken, just replace it. Don’t just keep putting a Bandaid on this broken system. It obviously needs work and calling for electricians to come in and fix the problem also interferes with the workers’ time.

I’ve driven around several areas with gated communities and many of them have a scanner similar to NSU’s, but instead they run

on a barcode system. That way, you just pull up to the gate and it scans the sticker, which lifts the bar. No hassle and it works almost every time. I don’t know how much a system like this would cost but we already have a barcode on our parking permit stickers. Even simple improvements would make this system better at this point. The scanners on the residence hall doors are incredibly strong, most can scan your card through a backpack or even a few inches away from the scanner. Why not turn up the level of strength these parking lot scanners have so students and staff don’t have to fuss with it so much?

I like to drive around South Florida and explore the area, but every single time I come back on campus I get anxious that this time the scanner won’t work, and sometimes that’s exactly what happens.

## Did you ever hear about it?

By: **Bianca Galan**

Contributing Writer

Have you ever been home at night just going through Snapchat or Instagram stories to notice that many different NSU accounts have posted stories about an event happening in that moment? Have you ever gotten mad knowing it is too late to go? Well, I have been in this position many times. No matter how many social media accounts I follow, there’s always several events I don’t hear about until it’s too late.

I follow many NSU accounts from NSU departments to student-run organizations, so why am I not able to even know about these events before they’re going to happen? Sometimes

visuals are very important when talking about an event – it shouldn’t be only about the name but the creation of the marketing materials also.

Social media isn’t the only way to communicate with other students. I don’t know if it is prohibited in other buildings, but I only see flyers of events in the UC, which I usually don’t visit. Flyers should be shared around campus, or at least mentioned a lot more. Events should be advertised more to students, especially since not everyone follows all social media accounts.

Organizations are a great way to connect with other students and network, so these events

should be more of an opportunity to socialize for many people. Yet, the members themselves often don’t talk about their own events.

Many NSU events are focused not only on food and games, but working with different charities and opportunities for students. But, since many students are not aware, we don’t have the opportunity to assist. In these situations, we tend to just pass by events and ignore them, and we often miss out on fun and helping out with something special.

Organizations and NSU itself should take into consideration the many ways that an event

can be advertised to their students, because it’s not fun for organizers to create an event that students don’t come to. These events cost money, and when students don’t attend them organizations lose their money and the time and effort they put into the event. Sometimes, these events are so great that once they happen and students discover they didn’t get a chance to attend, they get a serious case of F.O.M.O., or “Fear of Missing Out.” Let’s find new ways to communicate these fabulous and fun events that organizations and NSU creates for us.

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**TheCurrent**  
The Student-Run Newspaper of Nova Southeastern University





## Student finds happiness by 'filling the void with memes'

By: **Jenna Kopec**  
Co-Editor-in-Chief

Sahad Mand is 19 years old, wears a knee brace and has a very large bald patch on the top of his head.

In many cases bringing this up might be considered rude, however, it's newsworthy because all of these symptoms, according to Mand's doctor, are results of stress. Mand's hair started falling out six months ago after his fourth consecutive all-nighter and his muscles became so exhausted that his knees hurt every time he walks. Other symptoms Mand's experienced include anxiety, stomach aches and blurry vision.

"This is directly caused by becoming too stressed. Sahad is incapable of caring for himself, and that, coupled with the force put on his body, is making him fall apart," said Dr. Kanya Dusumth, Mand's physician.

Despite this, Mand tells fellow classmates that he's completely fine. Though he admits to an occasional "outburst" of stress, he said he's as happy as can be and attributes this to memes.

"All the stress can really, really get to you, but you know what gets you through? Kermit sipping Lipton," said Mand. "I'm a little stressed, but if you keep filling the void with memes you'll probably be okay."

Dusumth said that this is not true.

"I'm very concerned for Sahad's health and well-being. It's important for individuals to find healthy ways to cope with stress, whether that be exercise, venting to a friend or taking less on," said Dusumth.

To which Mand replied, "I'll do something; keep meme-ing, how bout dah?"



## NSU business students need better access to resources on campus

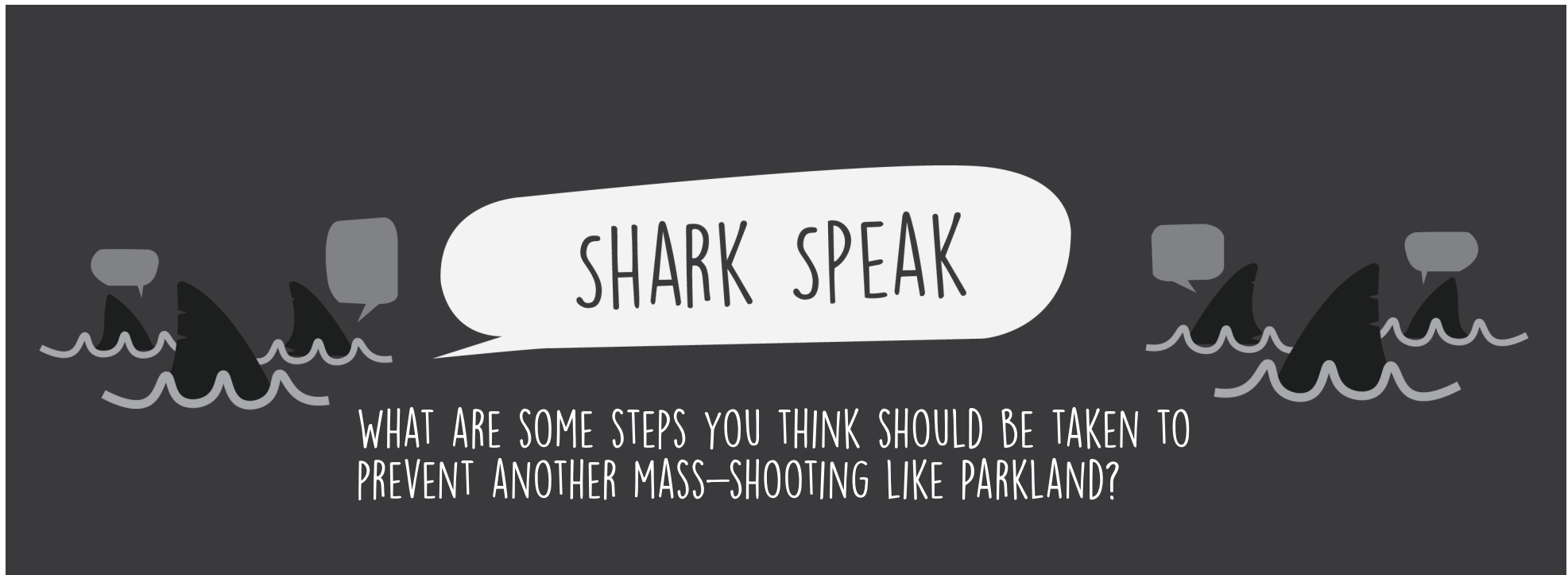
By: **Mugahed Al-Ameri**  
Contributing Writer

*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?*

As an international graduate pursuing my master's degree in business with a concentration in international business, I really enjoy going to the second floor of the Alvin Sherman Library to read the magazines and newspapers that are available. However, I find that there is a need for more resources that are related to economic, trading and international news on campus. It is also quite difficult for me to make it to the library each day to read the daily copy of the newspaper, especially

since there are only a limited amount of these available and we are not able to remove them from the library to read at a later time.

It is simply not feasible for the many students on campus who cannot journey off campus for these resources on a daily basis to have to journey to one location to share these magazines and newspapers. Instead, newspapers like the New York Times, The Wall Street Journal, International Business Times and Finance & Commerce should be accessible in other areas on campus, as well as digitally. As an institution that prides itself on education, NSU should ensure that its students have adequate access to the resources that we need to develop as professionals, starting with providing the products that students like myself need.



"Bullying is the main thing. If [administration] made sure there is no bullying in high school, then these kinds of things wouldn't happen because a friend would have spoken up."

- **Maria Jose Reyes**, sophomore psychology major



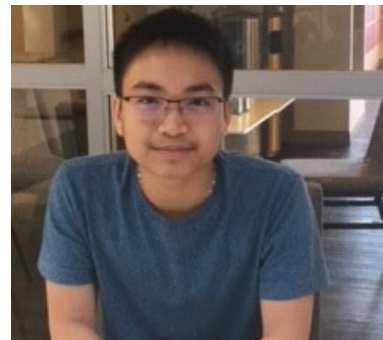
"I think gun control is the main issue. The U.S. is one country that has the lowest level of gun control and other countries around the world have more regulations. It's so much easier to get a gun here, so having health and personality tests would be better and we shouldn't be able to get big guns like the one the Parkland shooter had; that shouldn't be a thing anywhere in the world."

- **Mirary Montero**, freshman environmental science major



"Stricter gun laws and harder screenings, but that's pretty basic. It's hard with these cases because what could you really do? He has constitutional rights and maybe the FBI should have looked into more but how could they have known? He shouldn't have been able to purchase a militarized weapon; that shouldn't have happened."

- **Sulaiman Paika**, freshman biology major



"There are a lot of ways you can approach alleviating this issue, but screening is one factor that will take us in the right direction. If not, then just having this discussion a lot more mainstream definitely can help sort these issues to find other possible steps to [prevent mass-shootings from happening]."

- **Patrick Ong**, freshman biology major



"I think we need stricter gun laws and stricter screening on who gets to have these guns. I don't think all guns should be made illegal ... I think it stems from bullying, too. Everyone has a different way to deal [with bullying] and if they don't know how to deal with that stress in the proper way, then one day they will boil over. If someone is known to have a mental disorder that will inhibit their thought process, they shouldn't be able to own a gun, pistol, handgun or rifle."

- **Jimmy Johnson**, freshman biology major

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