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NSU graduate students to relocate to off-campus housing

By: Michaela Greer  Co-Editor-in-Chief

On Feb. 23, students living in the Rolling Hills graduate apartments were notified in an email from Brad Williams, vice president of student affairs and dean of the college of undergraduate studies, that they will not be able to live in the apartments for the 2018-2019 school year.

Williams explained that the Rolling Hills apartments, which were originally designated to be for graduate students, will instead be used to house the growing undergraduate population, particularly juniors and seniors.

“The decision was made probably about a week before the email was sent,” Williams said. “We were monitoring the potential number of incoming undergraduates to see whether or not we would be able to accommodate housing for all undergraduates,” said Williams.

Williams said it became apparent that a choice would have to be made between choosing to have undergraduate juniors and seniors live off-campus or not renew housing contracts for graduate students.

“This year, we had the biggest incoming class in history. We had this big incoming class … so it’s created a housing crunch for us,” said Williams.

Williams said the decision was made in conjunction with President Hanbury and other senior executive to convert the Rolling Hills graduate apartments into housing units for upperclassmen.

According to Aarika Camp, associate dean of student services and director of residential life and housing, the Founders, Farquhar and Vettel (FFV) and Cultural Living Center (CLC) living arrangements will remain the same.

Rolling Hills apartments will still offer options for quadruplets and singles. However, NSU’s Residential Life and Housing is determining how many single studios can be converted into doubles for students that would like another price point.

“The decision was to provide a housing option for upper class undergraduate students which resulted in displacing graduate students,” said Camp. “It may seem as though we are arbitrarily removing graduate students, when in fact, this was a very difficult decision as we care about all students. The decision came down to the developmental needs of undergraduate students that are still navigating adulthood and independence. This was also intended to be a temporary decision for this upcoming academic year.”

Camp said that while the staff of Residential Life and Housing understood that having on-campus housing options was beneficial to graduate students, and graduate housing options will be available for the 2019-2020 school year, this was also a unique opportunity for NSU to grow toward the Vision 2030 goal.

“I so appreciate that our undergraduate students are supporting our graduate students and empathizing with them having to move off [campus],” said Camp. “I think that this does reflect our movement toward being One NSU at the student level.”

Camp said that housing assignments for the Fall 2019 semester will be determined based on factors including whether that particular student will be required to live on campus — as with Razor’s Edge and Presidential Premiere students — how many credit hours they have, as well as the student’s age.

Students who have more than 48 credits but less than 60 credits who are not required to live on campus may be allowed to live in the FFV and CLC provided that there are available units after students who are required to live on campus have been assigned rooms.

“We will maintain a waitlist just as we did this year,” said Camp. “Students will be able to select their own rooms this year. This was feedback that we have receive over last couple of years. We have appreciated the feedback and made the modifications for our system to allow self-selection during designated periods.”

According to Donna Voss, dean of undergraduate admissions, the target size for the incoming freshman class and incoming transfer class are 1350 and 165 students, respectively.

“Undergraduate admissions’ mission is to meet the strategic plan for the university that is laid out in the Vision 2020,” said Voss. “Part of that plan is to enroll 2020 new incoming undergraduate students — 1305 freshmen and 515 transfers — in the year 2020.”

Voss said that each year, NSU’s strategic goal has been to increase enrollment by approximately 15 percent at the undergraduate level to meet the 2020 goal. In the Fall 2017 semester, NSU enrolled 994 freshmen and 265 transfer students.

However, students like Mykella Mitchell, graduate business student, who planned on living in the Rolling Hills apartments until she completed her program next semester in the fall, said that this decision was not made in the interest of NSU’s graduate population.

“The most frustrating part is knowing that they waited so long to tell us because they knew the last incoming class was enormous and it’s only going to continue to grow; that’s how universities work,” said Mitchell. “So, instead of giving us a heads up, then, that they [NSU] might have been taking some corrective action in order to place everybody, they waited until almost the end of February to say anything to anyone and now [NSU is only] giving students four and a half months to get everything done and how do you pay for that? Loans can only go so far.”

Williams said that while he could sympathize with the graduate population who

Students organize walk out in solidarity with Marjory Stoneman Douglas High School

By: Jenna Kopec  Co-Editor-in-Chief

As part of the of the national protest scheduled for March 14, NSU’s College of Psychology Student Government Association (SGA) has organized a walk out at 10 a.m.

The process purpose is in remember the 17 victims of the Marjory Stoneman Douglas shooting and to demand stronger legislation surrounding gun violence. It is scheduled one month after the shooting in Parkland.

The walkout will take place at 10 a.m. where participating students, faculty and administration will walkout of their classrooms to one of two meeting places, Gold Circle Lake or the clock tower outside of the Morris Auditorium and observe a 17-minute period of silence — one for every victim of the shooting. Participants are also asked to wear maroon to represent Marjory Stoneman Douglas’ school colors.

By: Carolina Barbeito, president of the College of Psychology’s SGA

Carolina Barbeito, president of the College of Psychology’s SGA, graduated from Stoneman Douglas in 2006 and said that the tragedy hit home.

“These shootings are always terrible, but this one is different. Because it’s so close to home it really does hurt a little bit differently,” said Barbeito. “We’ve been raising money. Once we heard about the walk out, we thought this would be a great way for everyone to process and come together as a community and grieve.”

Barbeito said the goal is to have all students, faculty and administration to participate in the walkout.

“We’re all kind of in this together,” she said.
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cnn. The petition states that the doctors would rather the funds be redistributed to the nurses and clerks who work in the hospitals, or for the supplies necessary for their patients. This comes after major budget cuts to the healthcare industry in Quebec.

Women in Spanish form mass protests on international women’s day

On March 8, millions of women joined protests across Spain targeting inequality and sexual discrimination. According to BBC, women participating did not go to work or spend money and protested in the streets chanting “en el trabajo no hay lugar para el sexismo.” Several government officials including the mayors of Madrid and Barcelona supported the strike.

France threatens intervention in Syria

French officials said that they will intervene in Syria if accusations of chemical attacks on Eastern Ghouta prove to be true, according to Aljazeera. A video surfaced on March 7 which appeared to show civilians struggling to breathe among poisonous bombs dropped by the Syrian government. Eastern Ghouta has become the latest center of violent activity in the Syrian civil war which has lasted for more than five years and is one of the longest of the strongholds of the Syrian opposition.

TEDxNSU is an event that features engaging lectures, videos, visual arts and interactive experiences. The goal of this event is to offer a “worth spreading” spread and from members of NSU’s diverse community universe.

“This event is one of my favorite things to do because it gives you the chance to be excited to engage in conversation with other people,” Boucher said.

Although this event carries the famous media psychology organization, TEDxNSU is an independently organized TED-like event.

Collins said, “The way it works is if you are interested in hosting a TEDx event, you have to apply for a license and go through a series of steps with the TED organization where they will give you a license to run a TEDx event.

TEDxNSU is an independently organized event that every single year we [Boucher and I] apply for a license and host.

TEDxNSU’s theme changes annually. Last year’s theme was “Stop, Drop, and Roll,” which centered around simple advice we are all given as school children. This year’s theme will focus on discovering the little things and how seemingly unimportant things can trigger many of life’s big moments.

For Collins, the main inspiration for this year’s theme was Boucher.

“In this case, I was thinking about how important the little things in life are and we really like to come up with sort of broad themes because it really allows people to come and submit to TEDx about that theme and say ‘how can I fit this [idea] into a little thing kind of theme,’” he said.

“Also, all the interesting unique stories and that’s why it’s different every single year. Because it all depends on who the speakers are,“ Collins said.

Katie Goodroad, graduate assistant for Communications, will discuss the little things that led her to applying to become a foster parent and how she got to that place.

Another speaker, Adewun Kajilandjum, senior medical student and world record holder for hand walking, will speak about how he gained that title and how you can turn your dreams into reality.

Domestic Violence Defense Attorney and NSU Alumna Devika Carr, will talk about the different aspects of life and perceptions of the world. She will discuss the way how the secret to life may not be finding happiness but rather finding something that inspires you, and the little things in her life that led to her perception of the world.

There will be people there who are excited to share their story and you tell someone that it’s unique and that you want to share it.”

“About half the audience comes from the community so it’s great to see how NSU can contribute to the larger conversation about a variety of topics,” Boucher said.

Collins said, “It’s really a great event, an entire afternoon of, hopefully, really really stimulating, reflecting kinds of talks.”

The event will be held Saturday, March 17 from noon-5 p.m. in the Performance Theatre in the Don T. Rubin University Center. Tickets are $20 and include lunch, snacks and admission to all the talks.

“The great thing about this. You will find something you can learn, something inspiring, whatever it is that you are looking for,” Collins added.

Tickets are already on sale and, as Boucher said, “About half of the tickets are sold so if you want to go, get your tickets soon.”

For more information, contact Leanne Boucher at lb0709@nova.edu or WA. Matthew Collins at wc2282@nova.edu to visit the official page number newsm.}

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BUSINESS & ADVERTISING

NEWS

By: Diego Galvez
Sports Editor

NSU to host seventh TEDxNSU

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If you've been on campus for awhile you may have noticed that you lose cell service around some areas on campus. Shark Dining is one of the areas that student cell service "dead zones." When you enter these zones you may drop a call, experience poor voice quality, have trouble sending or receiving text messages or face endless loading screens. The main buildings with this issue are the Alvin Sherman Library, the UC Spine, the PVA department, and the Parker Building. This may seem like a minor inconvenience to some, but it may have serious repercussions for educational purposes or even emergency situations.

The buildings at NSU block out cell service technologies due to South Florida Building codes which require these buildings to be reinforced with steel, concrete and other infrastructures to withstand the storms that South Florida faces every year during hurricane season.

According to Daniel Alfonso, vice president of facilities management, the major reason for change has to do with emergency response teams such as the fire and police departments. When responding to calls, they lose communications back to their central bases. These devices are critical to emergency service providers, which boost cell signals, to be placed inside the buildings to help their operations run smoothly.

Linda Indya Williams, a freshman general engineering major, the poor cell service interferes with her studies and contacting her family back home.

"I work in the UC, Parker, HPD or any of the performance theaters including Missaci, I have no cell service. We have cell phones for a reason and we should be able to use them anywhere on campus," said Williams. Alfonso said, "I have noticed we have poor cell reception in these areas. The OIT department has put together a plan to improve our technology with a project known as a DAS, or Distributed Antenna Service. The project that they have put together is estimated to cost the university about $3 million.

A Distributed Antenna Service is a series of antennas that are distributed throughout a building that act as repeaters to boost the strength of the connection to the cell towers in the area. With a $3 million price tag, members of the OIT department and Facilities Management are working together to provide other solutions that might cost the university significantly less money. They've reached out to numerous service providers to see what proposals they can bring to the table.

One company, Mobility, came to campus and conducted a study of our facilities and measured gaps in service to understand which spots have the biggest challenges.

"They are probably coming back to us soon with a proposal for the cell service repeater improvement," said Alfonso.

According to Mobility's website, their system involves the same concept of OIT's, but their equipment is "innovative and supports all major wireless carriers while providing ongoing maintenance and optimization."

"They are probably coming back to us soon with a proposal for the cell service repeater improvement," said Alfonso.

News Briefs

NSU’s Undegraduate Student Government Association (USGA) is planning an “NSU Appreciation Day” on Tuesday, March 20 to “celebrate” students. The event involves the same concept of OIT’s, but their equipment is “innovative and supports all major wireless carriers while providing ongoing maintenance and optimization."

NSU club swim team to hold fundraiser

The club swim team will host a swimathon on March 18 from 10 a.m. to 6 p.m. at the NSU Aquatic Center in honor of Nicole devastation, a student and swimmer who was slain during the shooting at Marjory Stoneman Douglas High School. All proceeds will go to the family of Duvet. Participants can pay $10 to enter, or face endless loading screens. For more information, contact uswimmingclub@gmail.com.

Tampa Bay Regional Campus begins construction

NSU and the Patel Family Foundation began construction on the new $225,000-square-foot Tampa Bay Regional Campus in Clearwater, Fla. on March 7. When completed, this location will replace the existing Tampa Bay campus and include the Patel Florida College of Dental Medicine. This comes after the historic donation of $200 million by the Patel family in September.
The Revenant Coffeehouse and Eatery

By: Jenna Kopec
Co-Editor-in-Chief

Jessica is a doctoral student in the Clinical Psychology Program at NSU. She works as an academic success coach at the Tutoring and Testing Center.

Students pursuing higher education straight out of high school tend to face a slew of apprehensions and considerations. However, as an adult learner, or one who has been “out of the loop” academically speaking for a while, there are also unique challenges to consider. If you find yourself to be in the latter category, here are a couple of ideas to help you acclimate to student life.

Don’t isolate yourself

As an adult learner, it is so easy to feel like Billy Madison among a sea of younger learners when you’re sitting in class. According to Elizabeth Ahlon of the American Intercontinental University, isolating yourself from your peers because you feel you have nothing in common is actually linked to academic failure. Your ages might be different, and your life experiences might also differ, but you have at least one common factor — you’re in the same class. Building social support on the basis that you are sitting through the same lectures and doing the same assignments means that, if nothing else, you can turn to those classmates for support in study groups or class projects.

Know yourself

Often, adult learners might think something along the lines of “if I’m going back to school, I’m jumping in head-first,” and they end up biting off more than they can chew. When you find yourself with 36 hours’ worth of work and realize that there are only 24 hours in the day, it is important to prioritize assignments and manage your time effectively.

If that means you have to give your degree a small step back, you might be different, and your life experiences might also differ, but you can find yourself with 36 hours’ worth of work and realize that there are only 24 hours in the day, you might also differ, but you can find yourself with 36 hours’ worth of work and realize that there are only 24 hours in the day, it is important to prioritize assignments and manage your time effectively.

The Revenant Coffeehouse and Eatery

Mon. - Sun., 7 a.m. - 5 p.m.

$5 - $13

Tips for adult learners

By: Jessica McDonald
Contributing Writer

With a great deal of hard work, persistence and commitment to its mission of preparing students to become campus and community leaders through service opportunities, Alpha Phi Omega has been named NSU’s Registered Student Organization (RSO) for the month of January.

Rebecca Quinn, president of NSU’s Alpha Delta Tau chapter of Alpha Phi Omega, said that at the root of this co-educational, intercollegiate, service fraternity is the goal to foster the maturing of individuals beginning with opportunities to give back to the community.

“We strive to be the premier, inclusive, campus-based, leadership development organization through the provision of service to others and the creation of a community,” said Quinn. “Our main focus is community service and as an organization we can often be found volunteering at local community events of all types.”

On March 17 from 11 a.m. to 12 p.m. the fraternity will host a leadership development workshop for NSU students are welcome to attend. Lunch will be provided at this event. The organization is also planning a Spring Youth Service Day carnival-style event, in April for local scouts and their families.

“This semester we are striving toward putting on larger events for the local community … we are also planning to host a Merit Badge University to assist scouts in completing requirements for merit badges,” said Quinn.

A Merit Badge University is a one-day event hosted by Alpha Phi Omega and its chapters which allows scouts to spend the day earning various badges ranging from recreational activities to gaining Eagle Scout prerequisites.

In addition to their work with local area scouts, the fraternity volunteers at community walks and runs, participate in beach clean-ups, and engages in service opportunities which assist the homeless and disabled.

Students who wish to become involved can become a member by participating in any of the recruitment events that are typically held at the beginning of each semester. For more information, students can contact Rebecca Quinn by emailing nj55@nova.edu.
How to ditch fast fashion and become a thrifting pro

By: Madelyn Rinka
News Editor

I eat everything, and by everything, I mean it. I come from a family where you had to eat everything you gave them, even if you didn’t like it. I’m fortunate enough that I don’t have food allergies, which is when it comes to food, as long as it looks, smells or tastes good I’ll eat it. That’s why being vegan has never crossed my mind before. I respect and admire those who choose a vegan lifestyle, but going vegan was something that I thought wouldn’t go well for me. However, since there are many vegan students at NSU and I believe that the best way to have an accurate perception of something is by trying it, I decided to try going vegan for a week.

Day 1: Feb. 19
I woke up late for breakfast because I wasn’t an issue since I didn’t have the time to eat it. I grabbed a water and some almonds, and I started my day. My problems began at lunch. Though, luckily for me, my co-worker has been a vegan for almost three years now, so she knows the Do’s and Don’ts of the vegan lifestyle and decided to help me. We went to the food court to see what I could eat, and I found myself craving meat. I could only think of getting chicken or some type of meat, so I decided to leave and go to Outtakes instead. There’s where I learned how difficult it is to be vegan. You have to look at every single ingredient of everything you may want to eat to make sure you are not eating anything made from animal products. This took a while and all I ended up buying were four packs of Oreos — which apparently are vegan somehow — and vegan sushi. It’s safe to say that I starved that day.

Day 2: Feb. 20
My breakfast consisted of tea and some dry Cinnamon Toast Crunch cereal. The day went on pretty unusually, but I realized that I was hungry, much more than I was used to being. Those four packs of Oreos were gone by lunch and I had to buy more vegan snacks to keep myself from being hungry. This time, my friend wasn’t there to help me, so I had to figure out things by myself. It was hard, and sadly I failed. I ordered a tea from Starbucks and the tea had honey in it, but I didn’t realize honey wasn’t allowed since it’s made by bees; something that I learned later. However, I decided to stick to the vegan diet and keep going.

Day 3: Feb. 21
I started to hate this new diet. I was constantly hungry, having to be meticulous about what I ate and having to substitute my regular grande latte for a grande latte with almond milk substitute, which wasn’t good at all. Everywhere I went I found myself in a half way change as well. I felt more irritable and tired and I was upset from having to do this. But I persisted, as by this point I was almost halfway done. So far, my diet consisted of tea, or water, cereal, sushi and Oreos. For dinner, I went to grab a veggie burger from Flight Deck which wasn’t as bad as I thought, but it was obvious that it wasn’t that great. I started to notice how limited the food options were on campus, not just for vegans, but for vegetarians as well.

Day 4: Feb. 22
Thursdays tend to be very busy days for me since I have a lot of back-to-back classes, lab as well as my job responsibilities. I ended up skipping breakfast and just started my day with water and some nuts. My energy was really low, which was my concentration, and I found myself falling asleep in class and in labs. People started asking me if I was okay since I seemed so tired and was hungry all the time. I wasn’t sure if I was going to be able to keep doing this, but I was able to finish Thursday.

Day 5: Feb. 23
This Friday, out of all days, was my busiest one. I had to go to class, then to a hospital I started volunteering at and then laterly back to work at The Current. This was my first day volunteering, so it was pretty nervous. While I managed to get through my classes, I knew I would have to eat or I feared I wouldn’t make a good first impression. So, I broke my diet with a burger from Flight Deck. Being vegan was hard but I thought and is definitely not for me. However, I would encourage everyone that may want to try it to go for it. One thing I noticed is how limited the food options are for vegans and vegetarians. Even though I made some mistakes along the way, I had come so close to finishing a full seven-day week. Though this experience made me more aware of how people who are vegan live day-to-day and my experience highlighted the challenges they face, especially as a student living on campus at NSU. That’s an area that NSU should really step up and try to make life a little bit easier for students who choose this lifestyle.

Another thing that I noticed with this experience was the money I spent on food. Food for vegans is either cheap but unhealthy or expensive and healthy; there was almost nothing in the middle. My declining balance suffered a lot that week and I ended up spending a lot more than I’m used to.

I wish I could say that this experience was life-changing — it wasn’t — but it definitely made me appreciate the hard work vegans have to do to maintain their lifestyle. From the temptations to the price of food, there are challenges all over the place. The fact that people overcome those challenges is admirable, and they should be proud to be vegan. I know I would be. Nevertheless, not all diets fit everyone and that’s fine. Everyone has their own way of eating and that’s acceptable. Trying these new diets could help you find your perfect diet or make changes to your existing diet. Either way, trying something new is always a great way to learn about the world and youself.
College students are experts on caffeine. From late night cramming to waking up for classes before 9 a.m., it’s not rare to see a student with a coffee in hand and bags under their eyes. Unfortunately, caffeine may not be the easiest addiction to cut. In honor of National Caffeine Awareness month, here are some tips on how to get your caffeine fix the healthy way.

### Avoid added calories

Some people don’t like the taste of coffee, but love the kick. To mask the flavor, don’t add in gobs of syrup and tons of cream. For instance, if it gets you through the morning. According to their website, a grande caffe mocha from Starbucks with whipped cream and 2 percent milk will set you back 360 calories — most of which coming from saturated fats, carbs and added sugars. Meanwhile, a grande java chip frappuccino with whole milk and whipped cream has 470 calories, with 60 percent of the recommended daily value of saturated fat and 66 grams of sugar. Rather than opting for sugary dessert-drinks like these, try getting a plain iced coffee with a pump or two of sweetener if necessary.

### Crush those cans

Like sweet coffee drinks, sodas can be an unhealthy source of caffeine. One 12 ounce can of Coca-Cola is 140 calories, with 39 grams of added sugars. With 34 milligrams of caffeine per 12 ounce can, it can be hard to cut out Coke. Rather than throwing back a can whenever you need a pick-me-up, try finding a different source of caffeine besides a load of carbonated sugar. If you’re not ready to kick the cans completely, then at least try to cut back on what you’re drinking. Coca-Cola recently launched a line of smaller soda cans which would allow you to get in a little caffeine without as many unneeded sugars. You could also split your soda with a friend.

### Diet isn’t always better

Since a regular Coca-Cola has a lot of calories and sugar, one could think that maybe a zero calorie, diet version would be a better option. Not necessarily. Although diet sodas might be tempting because of the reduced calories and zero sugar, they might be doing you much harm than good. According to the American Cancer Society, high doses of aspartame, an artificial sweetener used in many diet sodas, may increase the risk of some blood-related cancers. If you want the bubbly mouth-feel of sodas without the added sugar or potentially dangerous sweeteners, consider trying a sparkling water like LaCroix.

### Brew a cup of tea

Even though it may not have the same punch as a venti latte, a cup of tea can wake you up a bit in the mornings as well. According to the Mayo Clinic, an 8 ounce cup of brewed black tea can have 25-48 milligrams of caffeine, whereas an 8 ounce cup of coffee has 55-165. Even though tea has significantly less caffeine than a cup of Joe, tea has some other health benefits that might be worth pursuing. The beverage contains antioxidants, which can help the body protect itself from pollution. In addition, an article by Today explains that tea may even lower your risk for heart attack or stroke. Even though it’s a step down on the caffeine ranking, it’s certainly a step up for your overall health.

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**Heather ways to get caffeine**

By: Madelyn Rinka

News Editor
"Everyone likes a 'go-getter,' that person who is always up for a challenge, positive about opportunities, and eager to please. But everyone respects a 'disc,' somebody who consistently and expertly achieves results on a consistent basis."

The book "The Confidence Effect: Every Woman’s Guide to the Attitude that Attracts Success" focuses on the different ways that women can have the ability to attract success through simple yet important tips. Author Grace Killelea is the founder and CEO of Half the Sky Women’s Leadership Institute, principal of Grace Killelea Consulting and a leadership speaker. Killelea coaches’ women to help them achieve their goals and create their own personal brands.

Killelea’s Women’s Leadership Institute, principal of Grace Killelea Consulting and a leadership speaker. Killelea coaches’ women to help them achieve their goals and create their own personal brands. She is also a certified Birkman Consultant and holds a master’s degree in human resources from American University’s Kogod School of Business and Public Affairs.

The book has 18 chapters divided into four major parts. The four parts are Relationships, Business and Public Affairs, Reputation, Results and Resilience, which are all keys for success not only for women but for men also. This book is great for college students since it helps us develop strategies to work in the business world. This book gives those tricks and tips that we need to thrive in the real world.

Killelea talks about the power of relationships when trying to achieve success. In this first part of the book she talks about things like networking, working and coaching. When you have strong relationships, also called powerful relationships, you grow. You become successful by working with the people around you by teaching and learning.

Killelea kicks off the book talking about what everyone will see or hear about you first: your reputation. Reputation is focused on leadership, reputation management and personal branding. Here she focuses on how your reputation can determine what people think about you even before they have met you. A leader has to be aware of his or her reputation always since it can dictate whether followers love or hate their leader. Killelea talks about how your personal branding is communicating before you truly are. The moment you go to a meeting, people will judge you by what they see and have heard.

In Results, Killelea focuses on different strategies, advantages and the power of accountability. For a person to be successful it is important be or she know how to deliver well done results in a timely manner. She discusses how facts and figures are a huge element; being able to find the right information and also the ability to present them, matters a lot.

According to Killelea “resilience is about overcoming adversity and ‘winning,’ but perhaps – more important – it’s also about adapting to avoid future challenges in the first place.” Finishing off the book, Killelea talks about resilience, about how to take control of your career, learning how to bounce, how important stamina is and also being open to change. Success comes with many moments of failure and understanding that is the key to success. Understanding that there might be moments of struggle and being able to get back up are very important. Killelea discusses all of this, how much it matters and many strategies and ways to work with learning from mistakes and standing up again.

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Located in the heart of Fort Lauderdale on Andrews Avenue, Tap 42 was recently voted best restaurant in South Florida by the South Florida Business Journal. Its brunch has been so successful that Tap 42 was selected as one of the 15 best brunch spots in South Florida by Boca Life Magazine. Whether you go there for a business lunch, Sunday brunch, a night out or a family dinner, Tap 42 has great prices, ambiance, friendly staff. Tap 42 creates a complete foodie experience with an appealing atmosphere to drink, dine and socialize.

An uncompromising quality of food at a great value, Tap 42’s menu features local, organic gourmet options. My favorite dish is the Quinoa Superfood Salad with the Grilled Salmon Zen Bowl. Tap 42’s menu even has a variety of options for vegetarian, vegan and gluten-free diets. They showcase 55 American craft drafts and a rotating cask, along with craft cocktails made from farm-fresh ingredients.

Tap 42 is great location for college students to check out. Its welcoming atmosphere is great, and, most importantly, the food is delightful. For more information about their specials and discounts, visit tap42.com.
Denvyr Tyler-Palmer is a senior exercise and sport science major and an offensive player on the women’s volleyball team. Born and raised in Fort Lauderdale, Tyler-Palmer played for four years in high school and was named the SSC Commissioner’s Honor Roll for fall 2015 and 2016.

What made you pursue volleyball in college? “I played volleyball since I was in middle school and I was pretty good at it. So, I started to talk to different colleges and decided that it’d be a really good option to play in college and then I chose NSU.”

How’s your experience being a student-athlete at NSU? “It’s very challenging. A lot of people say that being a DI athlete is more difficult than being a DI athlete just because academics are generally harder. I had a lot of support like my coaches and academic advising. I just have a lot of support in DI to help me in academics and help me succeed.”

What was your most challenging year? “The most challenging year... I would probably say freshman year. Freshman year was really hard because you are in a new place, you probably say freshman year. Freshman year was really hard because you are in a new place, you have a new group of people you have to adjust to, a new group of coaches, teachers. Everything is different. So, I would say freshman year because it took a long time to adjust.”

How do you find motivation to keep playing volleyball? “People everywhere around me push me. I have an internal drive to finish what I started because I don’t like when I quit so I keep going until I finished what I started.”

How do you balance academics and athletics? “The teachers here are very helpful. Being a small school, it’s nice because you can talk to the professors during their office hours and they are willing to help you. The small class sizes are nice, too, because you get a lot of attention. That is one of the most helpful things that got me through my major.”

What are some of your future goals? "Obviously to graduate, and then I really want to [study in] the nutrition grad program. But yeah, those are my goals right now.”

Can you talk more about you being named the first team All-SSC? “It’s a lot to talk about because we didn’t have a great season, but I got recognized so that was nice — to be recognized even though we didn’t have a great season.”

How’s your relationship with your teammates? “We have a really great connection, actually two of my roommates are my teammates. We get along really well, and we have a lot of fun. We have a lot in common because we do the same activities every day, so we have a really strong connection and we have a really great time together.”

What do you think about your coaches? “They provide a lot of support for us and push us to do our best all the time and they really want to see us succeed.”

Men’s Baseball

The Sharks lost the opening game of their series against the Tampa Spartans 3-2 on March 2, despite sophomore Devin Conn’s 15 strikeouts being the most recorded by a Sharks’ pitcher since the program joined the NCAA. Senior Nicholas Gallo hit the first homerun on the first pitch he saw and senior Dylan Harris hit the second, but the Spartans eventually won out. However, the Sharks secured a doubleheader split with Tampa the following day, losing 8-6 in game one of the afternoon but winning 7-5 in game two.

The Sharks were victorious against the Wilmington Wildcats 14-13 on March 6. Freshman Jeffrey Cyr had the biggest moment of his career as he got the game-tying RBI in the bottom of the ninth while redshirt senior Andrew Liberty reached base all six times on the plate, recording three RBIs. Harris finished with three hits and five runs scored. The Sharks won the game after three separate seven-run deficits.

Men’s Basketball

Though the Sharks were defeated in the SSC Quarterfinal against Rollins, freshman Malik Hardy scored a game high of 30 points, 19 of them in the second half. Junior David Dennis had a chance to tie in the last few moments of the game, but his three-point field goal was just off the mark as the buzzer sounded, resulting in Rollins winning 78-75.

Women’s Basketball

The Sharks’ season came to an end in the SSC Quarterfinal against Embry-Riddle despite five players scoring double digits. The first quarter of the game the lead jumped back and forth, while the second quarter was all Sharks, with the team scoring 25 points to Embry-Riddle’s 13. Junior Alison Hughes scored five consecutive points while back-to-back layups from senior Amanda Turelius put NSU on top. In the third quarter the Sharks’ tied the game after Embry-Riddle took the lead again following a foul on freshman Skyla Osceola, as she sank all three free throws. In the fourth quarter, however, Embry-Riddle took the lead again despite layups from both senior Christen Prasse and freshman Taylor Smith, leaving the Sharks 90-84 loss.

Men’s Golf

Junior Juan Jose Guerra collected his first career win at the Saint Leo Invitational Feb. 27 following three consecutive top-five finishes where he narrowly missed winning individual medalist honors. He also helped lift the Sharks No. 3 ranking to the team title by eight strokes over second place. Fellow junior Finlay Mason posted his third round of the week at or below par and has now scored a combined nine-under par throughout his last six rounds.

Junior Martin Larrea finished among the field’s top 10 after collecting a tie for seventh. Guerra won his first career SSC Golfer of the Week Award following the tournament.

Women’s Golf

No. 1 Sharks were neck-and-neck with No. 4 Dallas Baptist through the first 36 holes of the Peggy Kirk Bell Memorial Invitational on March 5. Senior Jamie Freedman led the Sharks with a four-under start as they worked their way up the leaderboard. Junior Sophie Madden’s rounds of 73 and 71 had her in a four-way tie for sixth at even par, while both freshman Sofia Garcia Austt and senior Michelle Ruiz were tied for 23rd at four-over and senior Janelle Johnson was tied for 28th. The Sharks had five players among the top 30 of the 100-player field on Monday. The following day the Sharks had their fifth consecutive tournament victory, beating Dallas Baptist by one stroke. Freedman earned a share of a second overall and Madden tied for fourth. Ruiz tied for eighth, rising from her top 20 spot, while Austt and Johnson tied for 21st and 27th respectively.

Men and Women’s Track & Field

Senior Eric Moate became the first Shark to provisionally qualify for the 2018 NCAA Division II National Championship while competing at the Ryan McCall Invitational. Seniors Krystine Sora and Akeim David started off with first-place finishes in the 400m hurdles. Moate placed first in the 200m dash while sophomore Jared Robinson won third place in the 100m dash. Redshirt junior Erin Blackwell ran a career-best in the 1500m run, senior Jazmine Elleston finished third in the 100m hurdles and graduate student Celeste Romero finished in the top 10 in the 800m run.

Women’s Tennis

After losing against the Tampa Spartans last year, the Sharks got revenge winning 6-2 on March 3. Sophomore Daniela Obando and junior Andrea Ivanovic won their fifth consecutive doubles match while junior Ana Navas and sophomore Isabella Lowrey won an 8-4 victory at No. 2. The Spartans prevented a sweep by winning No. 3 8-6. The following day, the Shark’s weren’t as successful, falling to Division I Georgetown 4-3 despite the fact that Obando and Ivanovic won No. 1 6-2. On March 6, the match against Valdosta State was canceled due to inclement weather and was not rescheduled. The Sharks and Blazers played doubles and were in the midst of singles when the weather brought the match to a close. Navas and Lowrey collected an 8-2 win at No. 2 doubles.
Hey NFL, leave room for the ladies

By: Christina McLaughlin
Opinions Editor

The NFL, now in the crosshairs of protests against racial inequality, has been ostracized from the national anthem. Like LeBron James feel Kaepernick is a collusion grievance against NFL Francisco 49ers in 2016 and filed Kaepernick last played for the San Plummer thinks Kaepernick would be 'scared' and 'uneducated' about his players in the Bleacher Report, "Becca is a football player. That's it. You will treat her like any other teammate and welcome her on to our team." With the women's movement and other feminist ideals that are ingrained in our modern society, it is no surprise that these young women are inspired to be a part of male-dominated sports. The NFL has been pretty open to this by welcoming flag football teams, and The New York Times stated that female participation increased by 47 percent in these programs. However, the NFL still has a long way to go to accept these players not just on the field but on the sidelines as well. With the times changing and the views of gender roles slowly blurring, it wouldn't be wishful thinking to see someone like Longo or Robinson dressing for a professional football team in the next ten years.

Football has always been regarded as a "man's game" but it seems like young women across the country are trying to make their way into the NFL, not only as coaches and referees but as players. There have been two recent college football scholarships given to female players. One went to kicker Becca Longo out of Adams State on a Division II scholarship and the other went to safety Antoinette Harris who received a scholarship to Bethany College, a NAIA college football program.

These young women may be the first of their kind but they are certainly not the last. According to a 2016 study by Business Insider and the National Federation of State High School Associations, there are 2,000 girls playing football, the second-highest mark ever recorded and it is only on the rise. Jennifer Welter, a former assistant coaching intern for the Arizona Cardinals, started a program called Gridiron Girls, a flag-football program for young girls to experience and participate in all levels of the sport.

Critics of these young women believe that they are in danger of concussions and other damage, similar to the issues male men in the NFL are facing. But if women are being told they should stop playing because of concussions, then men should too. Other believe that these girls can play, but should play for a pro league like the LFL (Legends Football League) — which some girls are wary of. Aubrey Robertson, a quarterback and middle linebacker for the Haines Middle School team, said to ESPNFW, "It’s alright, the uniforms kind of throw me off [though]. If it was more like the NFL, I’d probably like to play.”

Of course a young girl doesn’t want to prance around in this bikini-style league. There is barely any official play of this team other than the televised championship every year and why would she play in this league if she is more than qualified and prepared to play in a league with male teammates? These women are college football players on NCAA and NAIA teams, why would they want to change to a new league with all new rules?

There are still those who believe that these girls won’t be accepted and will be ostracized by their male teammates, but as Longo’s coach said to his players in the Bleacher Report, “Becca is a football player. That’s it. You will treat her like any other teammate and welcome her on to our team.”

With the women’s movement and other feminist ideals that are ingrained in our modern society, it is no surprise that these young women are inspired to be a part of male-dominated sports. The NFL has been pretty open to this by welcoming flag football teams, and The New York Times stated that female participation increased by 47 percent in these programs. However, the NFL still has a long way to go to accept these players not just on the field but on the sidelines as well. With the times changing and the views of gender roles slowly blurring, it wouldn't be wishful thinking to see someone like Longo or Robinson dressing for a professional football team in the next ten years.

OUT OF THE SHARKZONE

Men’s college basketball coach resigns following arrest

According to USA Today Sports, University of San Diego basketball coach Lamont Smith resigned Wednesday following his arrest on Feb. 25 on suspicion of domestic violence. The arrest came after police responded to a hotel where a woman who had to be treated for non-life-threatening injuries told officers that Smith had assaulted her. The San Francisco District Attorney’s Office stated Smith would not be prosecuted “as a result of the evidence obtained from the investigation.” Smith was placed on administrative leave by the university one day after his arrest. In the statement announcing his resignation, the school thanked him for his contributions to the team.

Kevin Harvick receives penalties after winning NASCAR race in Las Vegas

Following his win on March 4 in the Monster Energy NASCAR Cup Series race at Las Vegas Motor Speedway, Kevin Harvick received two penalties for violations in the winning car. According to USA Today Sports, the penalties resulted in the loss of seven playoff points Harvick scored for winning the race as well as 20 regular-season points. Harvick’s Ford was determined to have violations in the rear window area, as the rear window, which is required to stay rigid throughout an event, was bowed for at least part of the race and the car’s right-side rocker panel extension was not aluminum, which is also required.

Peyton Manning sells his stake in Papa John’s franchises

According to USA Today Sports, Papa John’s spokesperson Peter Collins confirmed that Manning sold his stake in 31 Papa John’s franchises last month just days before the chain relinquished its role as the official pizza of the NFL. Collins confirmed that Manning is still a “spokesperson and brand ambassador” for Papa John’s. This follows the ending of Papa John’s and the NFL’s league sponsorship deal, which was a “mutual decision.” Tensions rose between the two businesses after Papa John’s CEO John Schnatter blamed declining pizza sales on national anthem protests in the NFL. Pizza Hut is now the official pizza chain of the NFL.

Former NFL quarterback believes Colin Kaepernick remains free agent because NFL owners are “uneducated on him as a person and what he wants to do.”

According to USA Today Sports, former Denver quarterback Jake Plummer told The Denver Post that he thinks Colin Kaepernick remains a free agent because NFL owners are “uneducated” on him as a person and what he wants to do. The conversation came up during his discussion with The Denver Post about his experience as a marquees free agent over a decade ago. Plummer thinks Kaepernick would be a great fit for Denver, though he’s unsure of how realistic that is. Kaepernick last played for the San Francisco 49ers in 2016 and filed a collusion grievance against NFL owners in the fall. Prominent figures like LeBron James and Joel Osteen have been ostracized from the league following his kneeling protests against racial inequality and police brutality during the national anthem.

ON DECK

MEN’S TRACK & FIELD

vs. Shark Invite
March 14 | 1 All day
Mirmar, Fla.

@Miami Hurricane Invitational
March 16-17
Coral Gables, Fla.

MEN’S BASEBALL

vs. No. 8 Southern New Hampshire
March 13 | 1 p.m.
NSU Baseball Complex

@Florida Tech
March 16 | 1 p.m.
Melbourne, Fla.

@Florida Tech (DH)
March 17 | 12 & 3 p.m.
Melbourne, Fla.

vs. NYIT
March 18 | 12 p.m.
NSU Baseball Complex

WOMEN’S ROWING

@UCF, UConn, Jacksonville
March 16 | TBA
Orlando, Fla.

WOMEN’S BASKETBALL

vs. 2018 NCAA National Tournament
March 14-15
Coral Gables, Fla.

MEN’S TRACK & FIELD

vs. Shark Invite
March 14 | 1 All day
Mirmar, Fla.

@Miami Hurricane Invitational
March 16 | 1 All day
Coral Gables, Fla.

WOMEN’S TRACK & FIELD

vs. NCAA Division II Championships
March 14-17
Greensboro, N.C.

WOMEN’S SWIMMING

vs. NCAA Division II Championships
March 14-17
Greensboro, N.C.

WOMEN’S BASKETBALL

vs. 2018 NCAA National Tournament
March 14-17
TBA

MEN’S GOLF

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

vs. Bobcat Invitational
March 19-20
The Gold Club of Cuscovilla, Eatonton, Ga.
In late December, Congress signed a new tax bill to allow drilling in the Arctic National Wildlife Refuge (ANWR) after a 40-year ban on oil and gas drilling of this area. This land in the ANWR, called the “1002 area,” is a 1.5 million acre stretch along the coastal plain. According to NPR, somewhere between 4.3 and 11.8 billion barrels of oil is encased in this frozen plain. As great as this would be for economic benefit and for the oil industry within the United States, there is one big point people forget about.

The “1002 area” is on a National Wildlife Refuge, which is part of a system that provides habitat and protection for more than 380 threatened or endangered plants and animals across the nation. The U.S. Fish and Wildlife Service states that 47 species of mammals, marine and terrestrial species use ANWR, not including the 42 fish species and over 200 migratory birds. So if it is such an important ecosystem to protect endangered and threatened species like caribou, wolves and polar bears, then why are we going to allow drilling to disrupt this natural process?

When the Endangered Species Act of 1973 was passed, Congress stated in the preamble that these species of wildlife and plants “are of aesthetic, ecological, educational, historical, recreational and scientific value to the Nation and its people.” If that statement is still true, then why would we prevent these species from thriving and staying truly protected from harm as this act intended? Congress also stated that the intent of the act should also conserve the ecosystems which these species depend on. Well here’s a newsflash: these species do depend on ANWR to survive. The ANWR mammals webpage clearly states that because of the geographic diversity of this land, many species are able to rely on this land like a winter home, including polar bears, whales during their summer migration and mammals who hibernate in caves for times of the year.

The over-exploitation of wildlife for commercial purposes, the introduction of harmful exotic organisms, environmental pollution and the spread of diseases also pose serious threats to species, and now the threat of oil drilling will be added to the list. This new plan will only work if oil companies will buy the lease. Congress has only allowed a few leases to be sold to the industry and so far, there haven’t been too many bids. The New York Times stated that the new legislation requires the U.S. Department of the Interior to conduct one lease in four years and a second lease in the next seven years. Kara Moriarty, president of the Alaska Oil and Gas Association, stated in the New York Times that there is an interest in drilling the refuge but the threat of lawsuits by environmental groups is creating a little bit of a delay. Spokesman for the industry stated that this isn’t something that is happening overnight they are planning to happen in the next 10 or 20 years from now. But, what does that mean for other preserves if the oil from the ANWR is a new-found profitability? Should we expect other refuges to close down or be destroyed by industries and exploitation like oil and gas? President Theodore Roosevelt selected Florida’s Pelican Island to be the first wildlife refuge in 1903 and now there is at least one national wildlife refuge in every state and territory. These refuges are under a serious threat and it would be an incredible disappointment if we throw away 115 years of environmental protection down the drain just to support the oil and gas industry. If you want to drill that’s fine, but leave the National Wildlife Refuge’s goal to protect biological diversity and ecosystems alone.

NSU students are opposed 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: what are your thoughts?

As college students, we start building our future and gain experiences throughout this period of time. However, sometimes we get carried away with all the opportunities we can take, and we don’t stop and ask ourselves: Can I add this to my schedule and still have time for everything else? The times when I don’t stop to think about this, those extra activities take a toll. I start having so much on my plate that I forget about something else just as important: having time for myself. Schools and employers want you to have experience in the field you want to work in, have a good academic standing overall, do community service, be involved in your college, etc. Yet, you have less than four years to make all of that happen. If you want to go to a good graduate school, have a good job or go to medical or law school, they all look for these extracurricular or similar activities before deciding to admit you. Are you carrying too much and often become nervous that this period of time won’t be enough, and we won’t be as unique or stand out from the rest of applicants. We start accepting or creating things such as clubs or jobs just to have them on our resume and we start getting busier and busier until we reach the point that we don’t have enough time to study or take care of ourselves.

Taking time for yourself is necessary. Take a nap, read a book, play video games or eat. Having this time for yourself will help you both physically and mentally and will help you avoid something that can affect you for the long run: a burnout. If you have a busy schedule or are about to get involved in multiple things, be sure to make space for you and use that time to do something that will distract you and give you a break from your busy day-to-day activities.
Is unplugging from social media worth it?

By: Diego Galvez  
Sports Editor

Most people have some type of access to the internet. Therefore, they have access to social media. We all use social media according to our needs. However, we often get carried away by the importance we give those sites in our lives and we forget the best way to socialize, talking to people IRL (in real life).

That’s where unplugging comes into play. People who unplugged from most, if not all social media sites do it for different reasons; some do it to stop something that looks like an addiction.

A study by Susan Moeller at the University of Maryland asked 200 college students to abstain from all media for 24 hours. After those 24 hours, students experienced symptoms that are often associated with the withdrawal symptoms of addiction.

Another valid reason to unplug yourself from social media is to see how much it impacts your life or just to see what it feels like to be “off the grid” for a week. After that week, many people who took the challenge believed that it helped them have a better social interaction with people on a day-to-day basis. I believe that everybody should try this challenge at least once to realize how much does your life depend on these websites and apps. However, I believe there should be some exceptions. As the world becomes more globalized and diverse, many people like me have made the decision to pursue their career or goals in other parts of the world.

By: Diego Galvez  
Sports Editor

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