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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 house 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] ... 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 executives 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 quadruples 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 2020 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



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NSU graduate students will not be allowed to live in the Rolling Hills apartments for the 2018-2019 school year.

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 received 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 Deanna Voss, dean of undergraduate admissions, the target size for the incoming freshman class and incoming transfer class are 1150 and 355 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 — 1505 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

GRADUATE HOUSING CONTINUED ON 2

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 protests purpose is to 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.

"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."

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 hits close to 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.

Barbeito reached out to other SGAs on campus to ask them to help spread the word. She's gotten responses from the College of Pharmacy and College of Nursing. The Undergraduate Student Government Association (USGA) is also in support of the walk out.

Alex Lopez, president of USGA, said that the organization would be sharing details about the event through social media and that he planned to send an email to all registered student organizations.

"I think it's important to understand that this isn't really a political issue. You don't have to support one side or the other to know that change needs to happen," said Lopez.

Barbeito also said that students can raise awareness using social media hashtags like #enough #neveragain and #nationalschoolwalkout.

GRADUATE HOUSING CONTINUED FROM 1

are impacted, he believed that NSU has done its best to address some of their concerns by implementing five key points of assistance. According to Williams:

NSU has contracted with local apartment complexes to provide “NSU specials” like waivers for deposits or the first month off rent.

Every graduate student who requested a housing renewal will be assigned a “housing concierge” who is based in Residential Life and Housing who will create individualized off-campus housing options.

NSU has scheduled an off-campus housing fair on March 30 where representatives from the partnering complexes will be available from 5 - 7 p.m. to speak with students about the available housing options.

NSU has contracted a private realtor who specializes in private leaseings such as condominium rentals who will be at the disposal of the displaced graduate students.

NSU will pay for the moving costs for graduate students who are moving to a living space within a 10-mile radius.

However, Mitchell who relocated to Florida to attend NSU stated that these offerings are not enough.

“NSU is saying that they’ll help you find a place but this area is very, very expensive to live [in] and I don’t have a car so that makes it very stressful,” said Mitchell. “I’m limited to where I can move to and that also maximizes how much I’ll end up paying. I’m weighing my options because it’s either I stay down here and find a roommate [and a job] with steady income, or go home.”

Sara Staley, graduate clinical psychology student, started a petition with the aim of reversing the decision to remove housing for NSU’s residential graduate population.

“This hits me pretty hard. I still have three years after this one, followed by a year of internship, so at minimum I had been planning to live on campus another three years,” said Staley. “The fact that Rolling Hills was offered for graduate students as an affordable housing option played a huge role in my decision to attend NSU for grad school.”

Staley said she began the petition with several other students to make sure she properly conveyed the message.

“At this point, given the fact that NSU has already changed their website and appear firm in their decision, I cannot really say whether or not they are going to reverse this choice. So, at this point, myself and the students who helped make this are hoping for concessions,” said Staley.

Among the list of concessions are petitions for waivers provided by NSU for credit checks and application fees, discounted or waived summer housing options as well as an opportunity for graduate students to have a forum to speak with NSU representatives about the decision.

“NSU hasn’t really announced that they were going to do a town hall specifically for this and I wish they would because maybe we could clear the air,” said Mitchell. “The most we got was at the end of March we’re going to have a housing fair — which might be too late for some people who might have already decided to end their program or switch to another school, go home or try to work it out.”

News Anchor

Stay up to date with international and national events.

Doctors in Canada petition to lower their salary

Hundreds of doctors in Quebec have signed a petition saying that they do not want to receive the raises they got after negotiations with the provincial government last month, according to 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 Spain 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: “If we stop, the world stops.” Several government officials including the mayors of Madrid and Barcelona supported the strike.

Two arrested following racist university chants

Two men have been arrested after a video of racist chants were shouted in England’s Nottingham Trent University residence halls, according to BBC. Student Rufaro Chisango tweeted the video which showed the students shouting “we hate the blacks” outside her bedroom door.

France threatens intervention in Syria

France 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 phosphorus 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 last strongholds of the Syrian opposition.

The Current

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3301 College Avenue
Student Affairs Building, Room 310
Fort Lauderdale, FL 33314-7796

nsucurrent.nova.edu

NEWSROOM

Phone: 954-262-8455
Fax: 954-262-8456
nsunews@nova.edu

BUSINESS & ADVERTISING

Phone: 954-262-8461
Fax: 954-262-8456
thecurrentad@nova.edu

Jenna Kopec	Co-Editor-in-Chief	nsunews@nova.edu
Michaela Greer	Co-Editor-in-Chief	nsunews@nova.edu
Nicole Chavannes	Copy Editor	thecurrentnews@nova.edu
Madelyn Rinka	News Editor	thecurrentnews@nova.edu
Open	Features Editor	thecurrentfeatures@nova.edu
Diego Galvez	Sports Editor	sportseditor@nova.edu
Open	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Christina McLaughlin	Opinions Editor	thecurrentfeatures@nova.edu
Skylyr Vanderveer	Multimedia Manager	nsunews@nova.edu
Carli Lutz	Chief of Visual Design	thecurrentad@nova.edu
Sydney Stoneback	Visual Design Assistant	thecurrentad@nova.edu
Open	Business Manager	thecurrentad@nova.edu
Open	Distribution Manager	thecurrentad@nova.edu
Jessica McDonald	Writer	nsunews@nova.edu
Bianca Galan	Writer	nsunews@nova.edu
Suvina Daryanani	Writer	nsunews@nova.edu
Adam DeRoss	Writer	nsunews@nova.edu
Megan Fitzgerald-Dunn	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

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NSU to host seventh TEDxNSU

By: **Diego Galvez**

Sports Editor

NSU’s Associate Professors Leanne Boucher and W. Matthew Collins will direct the annual TEDxNSU with the theme “The Little Things.”

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

“This event is one of my favorite things to do on campus. People come to learn and are excited to engage in conversation with other people,” Boucher said.

Even though this event carries the famous media organization’s name, TED, TEDx is an independently organized TED-like event.

Collins said, “The way it works is that 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 a completely independent 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 exploring the little things and how little and seemingly unimportant things can trigger many of life’s big moments.

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

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

Collins added, “Whether you are coming from a more academic talk perspective, whether you want to tell a personal story or one of the many different ways that you have seen in different TED talks, there’s something for everybody.”

This year’s speakers will discuss popular topics of interest to the NSU community.

So far, there are nine confirmed speakers that will share their ideas, experiences and tips. One of the speakers, Aline Silva, business

development specialist at NSU, will talk about the little steps that led to her applying to become a foster parent and how she got to that place. Another speaker, Ashwin Kalyandurg, 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 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.

“All are very 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 assistance for the Office of International Affairs, spoke at last year’s TEDxNSU and said, “It was a really good experience. It’s awesome because you don’t just practice public speaking, but you tell your own 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 a really 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 Taft University Center. Tickets are \$20 and include lunch, snacks and admission to all the talks.

“That’s 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 lb1079@nova.edu or W. Matthew Collins at wc292@nova.edu or visit the official page nova.edu/tedxnsu.

How NSU plans to improve cell service

By: **Christina McLaughlin**

Opinions Editor

If you've been on campus for awhile you may have noticed that we have some zones around campus which are 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 storm surges 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 departments are requesting repeater services, which boost cell signals, to be placed inside the buildings to help their operations run smoothly.

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

"Whenever I'm in the UC, Parker, HPD or any of the performance theaters including

Miniaci, 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 OIIT department has [put together a plan] to improve our technology with a project known as 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 OIIT 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, Mobilitie, 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 repeater services," said Alfonso.

According to Mobilitie's website, their system involves the same concept of OIIT's, but their equipment is "non-intrusive and supports all major wireless carriers while providing ongoing maintenance and optimization."

"They put up an antenna that can be used by any service provider. It's easier than asking

these individual carriers to put in their own antennas which could get complicated and be very costly, but they [Mobilitie] do all the work for us," said Alfonso.

The goal, other than providing a service to students and faculty, also involves making it aesthetically pleasing, if possible. Mobilitie proposed something that serves that dual purpose. They are called "mini-cells," which would replace the standard big cell with multiple mini-cells to enhance the strength across campus. Alfonso explained that this system is a working light pole with a mini-cell antenna which is 12 x 12 inch box on top of the pole.

Eventually the departments plan to bring these proposals to President Hanbury, but they want to ensure that these proposals are fully developed and present several options.

The main plan involves two phases. Once NSU finds a company that will comply with requests, the company, possibly Mobilitie, will start with phase one: outdoor receivers. By placing these light poles throughout campus, they can provide better cell reception around campus. However, penetration of these outdoor receivers is limited when entering the indoor environment, which is where phase two comes in. With phase two, receivers, which will connect to the mini-cells, will be put on top of the buildings. Then, repeaters will be placed on each floor at the core of the building.

"If Nova actually [goes forward with this project] so we can get service that would be just peachy," said Williams.

Williams explained that a program like this

would improve not only her academics but help her reach her family. If this program works, she hopes she can contact her family with ease and not search around campus for an ideal spot to make a call.

Alfonso expects that once these plans are proposed and negotiated, they can expect to have a set plan 60 to 90 days from now. They are also planning to put out an invitation to bid once they get back some proposals to see if they can get the same service from other companies for a different price or different version.

TIPS FOR BAD CELL SERVICE:

For those suffering from bad cell service, here are some tips that can help when you hit these dead zones.

- Use Wifi-based phone services and call by connecting to NSU's wifi networks
- Contact your service provider to make sure your phone's connectivity is at its highest capacity.
- Move to a higher level of the building, sometimes this causes a distance gap from the tower.
- Make sure your phone is charged. It takes quite a lot of juice to reach a cell network and it might not search if it's on low-battery
- Step outside the building to make a phone call or at the very least, stand near an exterior stairwell, walls or even windows.

SGA to hold 'Appreciation Day' in response to a lack of response from Chartwells

By: **Madelyn Rinka**

News Editor

NSU's Undergraduate Student Government Association (USGA) is planning an "NSU Appreciation Day" on Tuesday, March 20 to "celebrate" students, staff and faculty by providing with food from local vendors instead of Chartwells, who they say haven't been responsive to student concerns.

According to USGA, the goal of this appreciation day is to show Chartwells the kind of food students want on campus.

Alex Lopez, president of USGA, said that undergraduate students feel as though Shark Dining is not listening to their concerns and requests as efficiently as desired. The event comes after multiple instances where USGA alleges Shark Dining ignored student complaints they were presented with.

Of a Shark Dining meeting on Feb. 16, Lopez said, "The whole demeanor of the meeting was blatantly attacking student government and not answering student questions. To us, it was very frustrating that this is the stance they were taking. I don't eat on campus — I live [in an apartment], I have a stove. I was just expressing how everyone else feels," said Lopez.

The meeting that Lopez mentioned was held to talk about upcoming changes to Shark Dining and also featured a question and answer segment between students and Chartwell's and NSU representatives like Adele Shekar and Stefanie Furniss, director of operations and director of operations for Shark Dining, respectively. The Current covered the meeting in the Feb. 20 issue. In the meeting, Furniss said that the changes made to Shark Dining were based on feedback they got from USGA who worked with them over the summer to redesign dining options on campus.

At the meeting, several concerns were raised, including the service provided by employees, and quality of food, such as flavor and variety. Lopez said that these concerns have been brought up by USGA frequently in the past, but not much has improved.

"The quality and service is the main thing," said Lopez. "Even to date... I went to Greens



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USGA claims that quality standards aren't being met by Shark Dining and provided this photograph they say they found on campus of uncooked chicken.

and no one was there. It took fifteen minutes. I could've just walked away with my salad without paying for it. The same day, someone took a picture of the chicken — completely uncooked."

Furniss said that Shark Dining hadn't been made aware of this event until The Current contacted them. However, she said that Shark Dining is open to hearing student concerns and even has structures in place to do so.

"Last spring, in cooperation with USGA and NSU's Office of Business Services, Shark Dining created the campus advisory board (CAB) that is made up of SGA members and any student who wishes to participate and provide feedback," said Furniss. "Shark Dining views the campus dining program as the students' dining program, thus the creation of the advisory board: for students, by students. Any and all comments, questions and concerns that are discussed at the CAB are evaluated and necessary action is taken as needed."

Lopez is not alone in his concerns about dining.

Karoline Ortiz, freshman biology major, said, "I think that sometimes they have good things, but I'm a picky eater — and I'm sure a lot of people are. There's not a lot of things that I personally like to eat." Ortiz explained that she

rarely finds foods without at least one ingredient she doesn't like.

Alexandria Gartman, freshman behavioral neuroscience major, was also concerned about the variety.

"The quality of the food is alright — not the best, but not completely terrible. I really think they try to get as much variety in the UC as they can, but since they don't have a weekly menu it's hard to appreciate the variety," Gartman said.

Cassandra Bakotic, a residential senator for USGA, said that this is not an attack on Chartwells.

"We're not exactly discouraging people from eating Chartwells food. We're just encouraging them to eat what we provide. In no way are we dissing Chartwells through this event. We'll just be providing another food source for students that's free and on campus," said Bakotic.

USGA will provide food from breakfast to dinner. Kosher, vegan, vegetarian and gluten free options will be provided to support the healthy eating of all students, regardless of their dietary restrictions. Details about the food and location of the event will be finalized after spring break.

"Change can happen. It's our response to their response," said Lopez. "It's our way of telling students we're here and we listen."

Furniss said that she wants students to approach Shark Dining with any concerns they may have.

She said, "Shark Dining would like the students to know that we are here to meet their campus dining needs. We encourage all students to attend the CAB meetings to share constructive feedback on the dining program. Instant feedback can also be shared with Shark Dining management via Text2Solve."

Students can learn contact Shark Dining through Text2Solve by texting 954-398-5398 or by communicating directly with any member of Shark Dining management. Students can learn more about the USGA appreciation day by contacting their representatives in the Office of Campus Life and Student Engagement.

News Briefs

Emergency response practice drill to be held March 14

NSU will conduct a multi-agency emergency response drill on March 14 in the University Park Plaza to test the university's ability to respond to an emergency situation from 4 to 10 p.m. NSU will also practice its emergency alert system at 2 p.m.

NSU to hold support and debrief after Parkland Shooting

NSU will provide a safe space for students to process their emotions and debrief after the school shooting on Feb. 14 in Parkland. University psychologists will help facilitate the event from 5 to 7 p.m. in DeSantis 1048. For more information, contact Yanique Levy by emailing counselorinresidence@nova.edu.

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 Nicholas Dworet, a student and swimmer who was slain during the shooting at Marjory Stoneman Douglas High School. All proceeds will go to the family of Dworet. Participants can be sponsored for 5, 10 or 25 cent increments. For more information, contact nsuswimmingclub@gmail.com.

Tampa Bay Regional Campus begins construction

NSU and the Patel Family Foundation began construction on the new 325,000-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 Dr. Kiran C. Patel College of Osteopathic 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

NSU is a unique and lively campus, but that doesn't mean that Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

If there's one thing you can count on Fort Lauderdale for, it's the aesthetic hangout spots. The Revenant Coffeehouse and Eatery, which is attached to a furniture store named Cargo, delivers just that — giving Ikea a run for its money.

Located just on the outskirts of Oakland Park, the coffee shop offers fresh selections to snack on like naan slices and dip, along with coffee and tea. While the shop offers the typical drinks like a cappuccino and double shots of espresso, they also have unique creations like the “Blooming Tea,” which has a flower that blooms while it steeps, and “The Expression,” which is the Revenant's signature roast infused with rosemary and sugar. The space is cozy



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The Revenant Coffeehouse and Eatery offers both indoor and outdoor seating so that guests can look out over the water.

enough for intimate conversations, like on a date, or quiet book sessions, but offers enough seating for a group of friends.

Like to feel at one with nature? Then, you're in luck because The Revenant sits right on the water with plenty of outdoor seating, letting you enjoy the scenery to your heart's content. If you're like me, and more of an indoors-y person,



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Guests can sit at Cargo's unique furniture sets while they enjoy coffee, tea or snacks like the “Blooming Tea,” which is hand wrapped jasmine green tea that blooms while it steeps.

you're still in for a unique experience. The art pieces, table sets and other pieces from Cargo also act as furnishings for the shop. Now, you can sip tea while imagining how amazing your living room would look with the original pieces Cargo has to offer. The pieces are also up for sale should you feel the need to treat yourself.

The Revenant Coffeehouse
2301 NE 26th St.
Fort Lauderdale, FL 33305
Mon. - Sun., 7 a.m. - 5 p.m.
\$5 - \$13



STAYING AFLOAT with Tutoring & Testing

Tips for adult learners

By: **Jessica McDonald**
Contributing Writer

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 Maddison among a sea of younger learners when you're sitting in class. According to Elizabeth Alton 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 get your degree by going to school part-time instead of full-time so you can be there to care for your family or continue to work, that is okay. It will ultimately be way more impactful to successfully take smaller steps in achieving your goals, than to only be able to give 40 percent effort to the 200 responsibilities and tasks you have to complete.

Take stock of your resources

We all run around with the internet in our pockets, so why not take a moment to do a quick Google search of some resources available to you through NSU and the surrounding community? For instance, NSU offers really awesome support for populations such as veterans, older adult learners, continuing education programs and so forth. Coupling these population-specific resources with the general on-campus resources found at places like the Office of Career Development, the Tutoring and Testing Center and the Office of International Affairs will give you a wide breadth of support for your specific needs.

Club Spotlight: Alpha Phi Omega

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

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 for January by.

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.”



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Members of Alpha Delta Tau chapter of Alpha Phi Omega pose for a picture before embarking on service opportunities.

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 rq55@nova.edu.

How to ditch fast fashion and become a thrifting pro

By: **Madelyn Rinka**
News Editor

While NSU's Recyclemania is focusing mainly on recyclables that would otherwise be trashed this month, it's important to know about the recycling potential of many of the clothes we wear on a daily basis as well. From a high fashion brand jean jacket to a vintage T-shirt, thrift stores could be your gateway to a fresh new fashion.

According to NPR, fast-fashion industries frequently use cheap, non-durable fabrics to create clothes that are in season for a few months, to then be replaced by another garment afterwards. These pieces cater to trends, and get put on the market quickly — hence being nicknamed “fast” fashion. Forbes adds that, the articles are often very cheaply made and priced, and although it may be exciting for the consumer to get an article of clothing for a few bucks, it frequently goes out of style within a few weeks and falls apart shortly after. On its even uglier side, fast fashion garments are usually made abroad, using slave labor, sweatshops and dangerous working conditions, all while taking jobs out of the U.S.

Alexis Good, senior marine biology major and President of NSU's Green Sharks sustainability club, said, “Fashion can be reused by bringing [clothing] to places like Goodwill or other thrift stores. [Fast fashion] is very wasteful.

I personally haven't bought clothing in two or three years — I'm not into fast fashion. Clothes stay nice if you keep them well. You really don't need new clothes every season.”

Luckily, there's one simple and cost effective way to avoid fast fashions and help the environment: thrift shopping. The Independent, a British online newspaper, states that thrift shopping not only gives consumers the opportunity to find clothes that are affordable, but they save garments that may have otherwise been thrown out into a landfill. In addition, you can find stylish clothes, even those from fast fashion brands — but because you're not giving the money directly to those companies, you're getting the garment without supporting the cruelty behind the industry. Here are a few tips to help you on your first thrifting expedition.

Look at every garment on the racks

Sometimes walking into thrift stores can be overwhelming — with racks on racks of clothing, it can be difficult to decide where to begin. Rather than glossing over an entire section, start at the end of one aisle, and quickly flip through each garment. Sometimes items might not be in a color you'd generally wear, but it could be your newest statement piece. By quickly scanning the section, you can find



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Fast-fashion can be convenient for shoppers but thrift store shopping is much better for the environment.

clothes that you may never have reached for from the outside.

Don't let labels hold you back

If you're looking for t-shirts, jackets or some other specific items, don't be afraid to go to the section of your opposite gender. A lot of clothes don't really cater to just one gender — if you want a simple t-shirt, denim jacket or sweater, chances are you can find one in either section. Occasionally, women's clothes end up in men's and vice versa, anyway. The same goes for sizes — sometimes garments get thrown on

incorrect hangers, or brands have completely missed the sizing scale. Don't let any of the labels in a thrift store hold you back from perusing.

Try new stores

Goodwills aren't the only thrift store you can go to. Sure, chain thrift stores usually have the largest selection, but that doesn't mean you can't get great finds at other stores. A quick search on Google can bring up plenty of local thrift stores that have different styles of clothing — some of which may be cheaper than chain store prices.

Choose wisely

The clothing in used clothing stores is exactly as marketed — used. While most stores, especially chains, have specific rules when it comes to the cleanliness of what is put on their shelves, it doesn't hurt to give everything a once-over. Making sure each garment doesn't have holes or stains is important. There's nothing worse than taking home your thrift store finds, only to realize they have an oil mark on the side or a irreparable rip in the seam. Even when you're sure the item is ready for wear, give it a quick wash before you incorporate it into your next outfit.

My week as a Vegan

By: **Diego Galvez**
Sports Editor

I eat everything, and by everything, I mean it. I come from a family where you had to eat everything they gave you, even if you didn't like it. I'm fortunate enough that I don't have food allergies so 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 class, so breakfast 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 smoothly, 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 craving meat. My mood began to 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 meat. 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, as was my concentration, and I found myself falling asleep in class and in lab. 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 lastly back to work at The Current. This was my first day volunteering, so I 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 harder than 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



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The food court lack so variety when it came to vegan food and it wasn't as good as I hoped. NSU should improve the option available for those in a diet.

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 no middle ground. 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 yourself.

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@Broward Center for the Performing Arts

The Irish Rovers
March 15 | 8 p.m.
@Parker Playhouse

Exit 36 Slam
March 15 | 7:30 p.m.
@Ashanti Cultural Arts

Mike & The Mechanics
March 16 | 8 p.m.
@Parker Playhouse

ArtsPark Movie Night
March 16 | 8 p.m.
@ArtsPark at Young Circle

Florida Renaissance Festival
March 17 | 10 a.m.
@Quiet Waters Park

Healthier ways to get caffeine

By: **Madelyn Rinka**
News Editor

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 syrups and tons of cream, even 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 milligram of caffeine per



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Consider replacing your cup of coffee with a cup of tea that can provide more health benefits.

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 more 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 La Croix.

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 95-165. 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. So even though it's a step down on the caffeine ranking, it's certainly a step up for your overall health.

SOUNDBITE

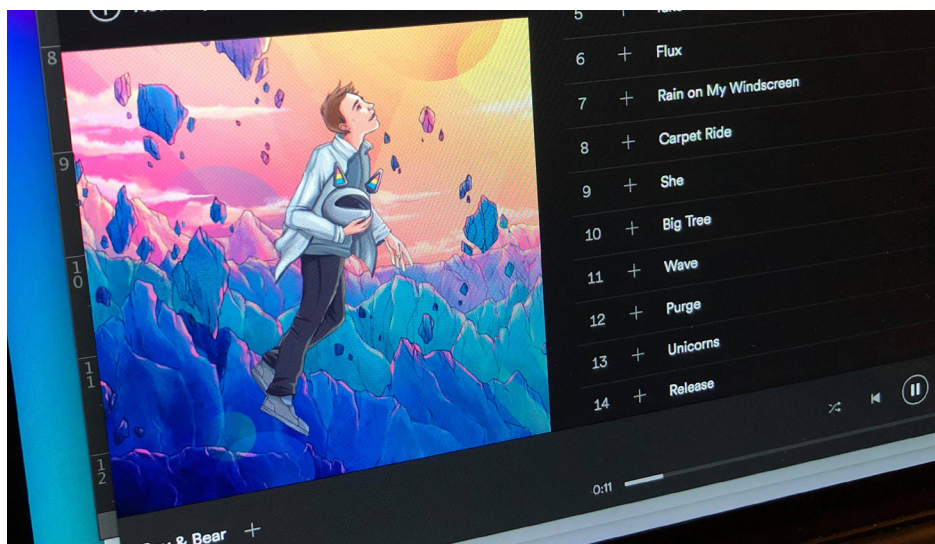
'Ascend' by Pogo

By: **Adam DeRoss**
Contributing Writer

Australian plunderphonics and electronic music producer Nick Bertke, widely known on YouTube and Soundcloud as Pogo, is known for commanding his genre like no other. For years, Bertke has tirelessly worked to upload one quality song after another, each one highly emotional and nostalgic. His most popular tracks are those where he takes Disney films and composes music using nothing but samples taken from them. However, he does produce a balanced amount of original content as well and his records usually include an even mix of his two styles. His seventh studio album, "Ascend," released on Feb. 22, is no exception. The record features the usual emotional appeals and quirky sampling that are present on every other Pogo record. Unfortunately, the album feels half-baked at times thanks to a few poorly placed, repetitive tracks.

The record gets off to a great start with the intro track "Soul Shine." It begins with some warm and billowy piano chords before blossoming into a bouncy, funky groove complete with jazz synths, energetic drumline percussion and the rhythmic slapping of a bass guitar. The bridges of the track are an amusing collection of various sound effects and vocal samples in Pogo's signature style that really help to break the track up and give it more lasting appeal.

The first film-themed track on the album, "Boy and Bear," is a melancholic trip down memory lane utilizing samples from Winnie the Pooh. The deep electronic synths used as the basis for the rest of the instrumentation give the track a distinctly analog feel to it, like something you can just barely still remember from your childhood. The heavy bottom end of the track gives the electronic kick drum a heavy, punchy



While "Ascend" isn't a bad record, there are a few tracks that are sub par.

quality that drives the track forward almost like a heartbeat. Layered on top of this melancholic instrumentation are voice samples from everyone's favorite yellow bear and his human friend Christopher Robin. But whereas the lines used would normally sound happy-go-lucky, the instrumentation gives them an interesting tinge of sadness and longing.

Not every track on the record appeals to some sort of deeper emotional connection, which is generally the case on Pogo projects. On past projects like his album "Weightless" from 2016, the flow of these tracks with the more emotional ones was perfect. Here, however, Bertke seems to make a few questionable choices. A prime example of this is the cut "Take Those Pills," a two-minute long interlude that is loud and bombastic and over the top. While the track itself is humorous and entertaining when listened to on its own, the context of its placement on

the tracklist only serves to absolutely kill the album's momentum. This is because it directly follows "Boy and Bear" and "Grow Fonder," two of the records most emotional and thought provoking tracks. The transition is jarring and confusing and the track doesn't seem like the best choice for changing up the direction of the album's flow.

Bertke will most likely never lose his reputation as one of the most revered plunderphonics artists to surface on the internet, due in large part to his nearly flawless discography. But it's almost impossible for any artist to please every listener every time. "Ascend" is not a bad record by any means. In fact, the majority of the tracks are great in their own rights. But a few repetitive filler tracks and questionable flow choices make the experience a little less enjoyable than it could be.

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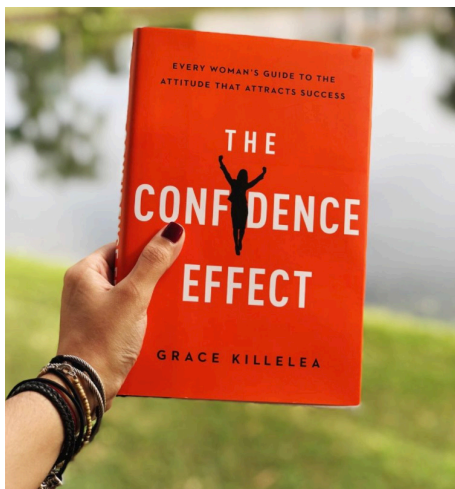
'The Confidence Effect' by Grace Killelea

By: **Bianca Galan**
Contributing Writer

“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 ‘doer,’ 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. 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, Reputation, Results and Resilience, which are



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“The Confidence Effect” is a college must-read for anyone looking for success.

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, coaching and working. When you have strong relationships, also called power 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 he 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.

Tap 42 is for you

By: **Suvina Daryanani**
Contributing Writer

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, specials and promotions that drive guests to this eatery. With the variety of fresh, delicious foods that can please the pickiest of eaters, you can go

to this local restaurant for your next meal.

Tap 42’s promotions like \$5 Prohibition Burger Monday nights, \$5 Florida Craft Beers, Ladies’ Night on Wednesdays and weekend bottomless brunch attract a variety of guests. Tap 42 also offers weekday happy hours from 4-7 p.m. with \$2 off all drinks.

On a Saturday afternoon you’ll encounter a great, happening environment with very 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 a 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.

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ATHLETE OF THE WEEK:

Denyvr Tyler-Palmer



By: **Diego Galvez**
Sports Editor

Denyvr 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 she 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 DII 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 DII to help me in academics and



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Senior major Denyvr Tyler-Palmer was named first team All-SSC, All South Region and All-American.

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 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 hard 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."



SPORTS SHORTS



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 notched 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 Tivenius 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 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 5-4 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 8-5. 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.

On The Bench:

Hey NFL, leave room for the ladies

By: **Christina McLaughlin**
Opinions Editor

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 play at 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 Grrridiron 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 many men in the NFL are facing. But if women are being told they should stop playing because of concussions, then men should too. Others believe that these girls can play, but should play for a women’s pro league like the LFL (Legends Football League) — which some girls are wary of. Auburn Roberson, a quarterback and middle linebacker for the Haines Middle School team, said to ESPNW, “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 Roberson 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 late 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’s Johns 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 ‘scared’ and ‘uneducated’

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 marquee 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 feel Kaepernick has 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 | All day
Miramar, Fla.

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

WOMEN’S ROWING

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

MEN’S BASEBALL

vs. No. 8 Southern New Hampshire
March 13 | 6 p.m.
NSU Baseball Complex

@Florida Tech
March 16 | 6 p.m.
Melbourne, Fla.

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

vs. NYIT
March 18 | 2 p.m.
NSU Baseball Complex

WOMEN’S SOFTBALL

vs. Tampa
March 16 | 6 p.m.
Ad Griffin

vs. Tampa (DH)
March 17 | 12 & 2 p.m.
Ad Griffin

@Flagler (DH)
March 20 | 4 & 6 p.m.
St. Augustine, Fla.

WOMEN’S TENNIS

vs. University of Richmond
March 14 | 2 p.m.
NSU Tennis Complex

@No. 17 Florida Southern
March 17 | 10 a.m.
Lakeland, Fla.

@Eckerd
March 18 | 11 a.m.
St. Petersburg, Fla.

WOMEN’S TRACK & FIELD

@Shark Invite
March 14 | All day
Miramar, Fla.

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

MEN’S SWIMMING

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 9-23
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 Cuscowilla,
Eatonton, Ga.

We need to protect the refuge

By: **Christina McLaughlin**
Opinions Editor

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 plot. 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 preserve?

When the Endangered Species Act of 1973 was passed, Congress stated in the preamble that these species of wildlife and plants “are of esthetic, ecological, educational, historical, recreational and scientific value to the Nation and its people.” If that statement is still true, then why would they 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 marmots who hibernate in crevices for nine months out 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 two leases to be sold to the industry and so far, there haven’t been too many bids. The New York Times stated that 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 but 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 profit house? 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 threw 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 to remove campus cats to make room for new ones

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

In an effort to respond to the needs of cats that live on campus, NSU announced that it will be relocating them to local alleyways and street corners to make room for more cats at the university.

“Part of the 2020 Vision is providing a better and more lively life for the cats that live on campus, who we consider part of the NSU community. Because we want more cats to come to the university, we decided to make off-campus housing arrangements for the ones who are already here. They can visit during the day and partake in their normal tomfoolery and then they’ll also have new cat friends that live on campus,” said Kathy Leteer, director of campus cat life.

Leteer explained that the university didn’t feel right attracting new cats to the campus while not giving them a place to stay. Although the cats are unable to speak, students who claim to talk to them have opposed the announcement.

“They [the cats] told me they didn’t really want any cat friends to come to the university,

they just wanted more access to catnip and tater tots,” said Kitty spokesperson and sophomore biology major Cray Zee. “You can’t just kick them out.”

According to Zee, the cats are forming a petition that objects to their removal from campus. It reads “what do you think we are? Normal stray cats? Like at other universities? No” and is followed by a series of paw prints.

Leteer is confused about the apparent distaste for the movement. She said she thought bringing more cats to campus would improve the quality of life for the cats.

“It’d bring more excitement to campus. More cat groups could form and it would improve the university overall,” she said.

Zee said the cats disagree.

“The cats want more cat excitement but they do not believe the answer is more cats. There is no power in numbers,” said Zee. “The cats are putting their paws down. They’re the only cats that belong here.”



Avoid your burnout

By: **Diego Galvez**
Sports Editor

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

As college students, we start building our future and gain experiences throughout this period of time. However, sometimes we get carried away by 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 most 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 extracurriculars or similar activities before deciding to admit you.

So, we get carried away and often become nervous that this period of time won’t be enough, and we won’t be as unique or standout 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.

Stop getting your news from unreliable sources

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

Thanks to our sitting president, phrases like “alternative facts” and “fake news” get thrown around daily. Yet, a substantial number of Americans consume news from unsupported sources like social media platforms regularly without batting an eyelash. In fact, according to Pew Research Center, as of August 2017, 67 percent of Americans indicated that they consumed at least some portion of their news on social media.

The problem isn’t necessarily how people are getting their news – as an aspiring journalist I’m just happy that I’d still have a job someday. The real problem is that unlike with print or television, anyone with internet access can suddenly parade as a reputable news source without actually doing any research, having

knowledge of AP Style guidelines or abiding by the Society of Professional Journalists’ Code of Ethics, for instance.

Sure, there are established news outlets and reporters who use social media to highlight key stories, so using these platforms isn’t inherently wrong. However, it should be noted that these outlets and individuals typically reference reliable sources, use quotes and include links to find the full story. Why? Because there’s no way for anyone to have a full grasp about what’s going on in the world in 280 characters or less.

In an age where the access to information has been easier than any other time in history, it’s about time that we become that well-educated and informed society that we profess to be. I mean, wouldn’t it make sense to go to

the polls with a clear understanding about what you’re actually being asked to vote for, outside of picking a candidate? How refreshing would it be to be able to have a friendly debate about real issues by quoting factual data instead of “well-I-think”s and “I-heard-it-somewhere-that”s.

This has to start with us, the consumers. If you come across information, especially on social media, don’t simply accept it as fact; challenge it. Consider whether the story was cast in a biased light, which more than often means that the information was skewed to make one side look better. Was the information vague, indicated through the use of broad phrases like “a study” which was seemingly conducted by no one in particular? Was an ambiguous statement quoted without the source providing

any context? Did your aunt Facebook message you a link to an article written by The Onion, not realizing that it was a self-proclaimed satirical newspaper?

It’s understandable that we might not all have time or opportunity to sit down to watch a whole hour-long news cycle on television. Honestly, with news or anything else in general, it is important to do a little fact-checking and questioning of your own. Otherwise, we’d all probably still be waiting to find out where all of the millions of illegal Hillary Clinton voters came from and why they were allowed to vote in the 2016 presidential election.

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 unplug 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 depends 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.

That's where these websites and apps are helpful and often necessary.

I know that I wouldn't be able to unplug myself from social media because that's my main method of communication to my family. Nevertheless, there are ways I could complete the challenge without sacrificing my family communication. Social media can be a really powerful tool for everyone, but, as most things in life, it can be harmful if you don't have control over it and use it as your as your main reason of communication rather than a connectivity tool.

Snapchat is a good example of this dilemma, the app and its purpose are: send photos to your friends. Due to its simplicity, the app spread like wildfire and everyone started using it. However, people quickly started using the app too much and they began using it as their main source of communication and a way to avoid the famous F.O.M.O. (fear of missing out). This ridiculous fear can be the tipping point that leads to a social media addiction and will make you want to check your phone as much as possible. We as a society should learn that it's okay not to know everything and it's okay to be unaware of every event happening around us. The quicker we accept that we can't have control over everything and that we will inevitably miss out on certain events, the easier it will be for us to unplug from time to time and have time for something much more important — ourselves.

SHARK SPEAK

WHAT HAS YOUR EXPERIENCE BEEN WITH CELL SERVICE ON CAMPUS?



"The cell service is good and bad depending where you are on campus. I have Verizon, but I live in Rolling Hills and the service is bad sometimes. When you are on campus, like in the UC, the service isn't that bad. It's pretty good. It just depends where you are on campus."

- Tamara Lumsden, graduate student CSA program



"There is pretty crappy service in the UC. There is good Wifi but if you try and call someone or text somebody it won't go through unless they have an iPhone. I've had fine service in the dorms but some of the buildings like Desantis and the Parker labs have very poor service as well. Around campus it's mostly okay, its just in specific buildings that the service is not great."

- Emily Mehlhop, junior environmental science major



"My cell-provider is Sprint and I haven't had any problems with cell service on campus. I haven't dropped any calls or anything so I'd say it's pretty good."

- Alan Bernegger, freshman pre-nursing major



"I have Verizon and the library is pretty sucky sometimes especially on the first floor. I can't even make calls and sometimes I can't even send text messages if the Wifi goes out."

- Audra Payne, junior environmental science major



"My cell-provider is Verizon and I've had no issues other than in the library. The cell zones seem to be the worst. I can't make any calls because I have no service. Generally, on campus it's fine."

- Jacob Gray, junior marine biology major

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