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NSU to break ground on $80 million residence hall; parking garage to follow

By: Michaela Greer
Co-Editor-in-Chief

SGA passes legislation and budget to provide rentable swimsuits for students

By: Madelyn Rinka
News Editor

The Undergraduate Student Government Association (USGA) has passed the legislation and budget proposal necessary to create and fund a program that allows students to rent full-body swimsuits from RecWell for use in the leisure pool.

Marlena Kashif, USGA minority senate, said she decided to create this legislation after she and several female Muslim students, wearing exercise clothes in the pool, were asked to exit the pool in December of 2016.

“My friends and I went to the leisure pool...in [polyester] exercise wear, not your traditional bathing suit material, because due to our religion, we can’t wear these types of clothing into the pool,” said Kashif.

Kashif said they were asked to leave the pool by RecWell staff because they weren’t allowed to wear athletic clothes in the pool. After asking to speak to a supervisor, they were told that the fabric of their clothes would damage the pool.

“We were already wet, and we felt kind of uncomfortable in that situation...we asked the person who was telling us this ‘can you tell us why we can’t swim?’” said Kashif. “And they told us it was because the material of our clothing would damage the pool.’”

Kashif, who at the time of the incident was not an SGA senator, wanted to find out more information about the policies related to Muslim students, or students who may just want more coverage with their swimwear, and what they may be able to wear in the pool. She worked with Sanya Rashad, USGA commuter senator, to investigate.

“First we looked into other schools to see what their pool policies are. One of the Florida schools had a similar policy to NSU’s, but all the other schools we spoke to said that they don’t let students wear whatever they want in the pool, like jeans and such, but they do allow athletic wear,” said Rashad.

According to Rashad and Kashif, they brought this information and a student survey that showed support for allowing athletic wear in the pool to Tec Clark, associate director of aquatics and scuba diving. They both were told that there would be no change to the policy that was in place.

“(Tec Clark) said that they do try to limit [other swimwear of undesirable materials] in the pool. Usually bikinis are made out of the correct material, is what he said, and they only allow certain types of shorts in the pool,” said Rashad.

As of March 16, Clark did not provide a comment to The Current. Clark allegedly suggested that the students buy a suit like a “burkini,” which is a style of suit that covers most of the body, and has been popularized more recently in the Muslim community.

Rashad said that these suits can be quite pricey, with prices from $70 to over $100. For students who would like to swim occasionally, in the pool that they pay fees for, Rashad said this is too pricey.

As a compromise, Rashad and Kashif came up with the idea to have full body suit rentals for the leisure pool. They worked with RecWell to ensure that the suits could be regularly cleaned and accessible.

Kashif and Rashad expressed that this would give students who may otherwise have felt “singled out” the opportunity to enjoy the pool and facilities just like any other NSU student.

SGA passed legislation that will fund the purchase of 12 full-body suits, with multiples of several sizes, that students can rent to wear in the pool. The suits are estimated to be accessible at RecWell within the coming month, depending on shipping.
ofi the Office of the Residential Life and Housing will host an off-campus housing fair on March 30. Representatives of rental communities in the Broward County area will be present. The event will take place from 5 p.m. to 7 p.m. at the Shark Sports Bar. For more information, contact housing@nova.edu or call 954-262-7052.

Shark Advantage Networking Event to take place on March 28

The Office of Career Development will host Shark Advantage Networking Event on Thursday, March 28 from 5 to 6:30 p.m. Business executives and notable alumni from several companies will be present. The event will take place in the Carl DeSantis Building. Huisenga Sales Institute and business professional attire is required. Students can register at nova.jojoinnsharklake.com. Event is free. For more information, contact SharkAdvantage@gmail.com or c12205@my.nsu.edu.

PayPal Workshop to take place on March 29

The Office of Career Development and the Center of Opportunities in Research and Technology Emerging Experiences will host a PayPal Workshop on March 29. Business and IT professionals will be providing information on the company’s history and culture. The event will take place from 12 to 1 p.m. in the Mailman-Hollywood Building room 309 CORTEX lab. To register, visit nova.jojoinnsharklake.com or call 954-262-2701.

Alvin Sherman Library used book sale to take place April 13-14

The Alvin Sherman Library will host the 25th Semi-Annual Used Book Sale from April 11-14, used books, CDs, DVDs and video games will be on sale. A presale for NSU faculty, staff and student friends will take place on April 11 from 4 to 6 p.m. Sales on April 12 and 13 will take place from 10 a.m. to 6 p.m. and April 14 from 10 a.m. to 3 p.m.

Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. All community members are invited to contribute.

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NSU's Recyclemania, hosted by Green Sharks, began on Feb. 5 and lasts until March 31. Recyclemania is a competition between colleges and universities in the U.S. and Canada, with the ultimate goal of improving waste management and recycling on campus. With just over a week remaining in the competition, students, staff and faculty can still participate to help NSU's recycling progress as of March 15.

Green Sharks will still hold events for students to get involved if they have not already done so. There will be a plastic bag drive on March 26 where students will be encouraged to bring in plastic bags rather than throwing them out, so that the club can handle them in an eco-friendly manner.

“You can bring in plastic bags from grocery stores, and we will collect them, measure them and then take them to Publix or Walmart to recycle them,” said Good. “Students can also bring clear cereal bags, ziploc bags and produce bags.”

In addition, there will be a Sustainability 101 lecture on March 28 in DeSantis 3000. “That’s going to be the [Director of Physical Plant Seth Mangasarian] talking about what kind of sustainable initiatives we have on campus and what they’re doing behind the scenes that we don’t know about as students,” explained Good.

All of those in the NSU community are highly encouraged to participate in Recyclemania activities.

Green Sharks, said, “Recycling in general is really important. It’s one way that you, personally, can make a difference. If you just avoid throwing one straw in the trash instead of putting it in the recycling, that could save a turtle’s life. That’s what I keep reminding myself everytime I recycle, because I want to save animals, and I want to save our planet.”

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

The Office of Student Leadership and Civic Engagement will host ‘Advocacy,’ a women’s leadership event which is part of the Diversity in Action series on March 22 at 5:30 p.m. in the Flight Deck Multipurpose room.

According to Garrett Horejsi, graduate assistant for the Office of Student Leadership and Civic Engagement, the Diversity in Action series events were created to encourage inclusion, learning and awareness within the NSU community. “Advocacy,” the third installment in the series, was developed to celebrate women, especially since March is Women’s History Month.

“The Diversity in Action series was created to shed light on all aspects of diversity,” said Horejsi. “March is Women’s History Month, so we knew this would be a great time to work towards a more equal future for our female leaders. Hopefully, this event will educate and inspire NSU students of all identities.”

Horejsi said that a panel of Broward-based, female community leaders who come from a variety of backgrounds and career paths will share their stories and insights at the event. He went on to say that students will learn how to advocate for their female counterparts, explaining that both women and men need to use their voices to empower women all around the world.

“Students should expect to listen to and have the option to ask questions to a panel of successful and empowered female leaders from the Broward and NSU community,” said Horejsi. “This panel will talk a lot about those decisions and action steps. So, hopefully students can learn a little more about some of the issues women face on a day-to-day basis in a variety of lifestyles.”

According to Horejsi, a facilitator will assist in guiding the discussion, though the floor will remain open for participants to ask questions throughout. Free food will also be available for attendees.
March 20, 2018 | nsucurrent.nova.edu

**Features**

By: Megan Springer
Contribution Writer

Megan Springer is a sophomore legal studies major at Nova Southeastern University from Indiana. She is the president and founder of NSU’s chapter of Turning Point USA (TPUSA), an organization dedicated to educating students on free speech, limited government and fiscal responsibility.

“In February, I was invited by my employer to attend the Conservative Political Action Conference in Washington, D.C. after starting a chapter at NSU for Turning Point, USA. When I found that I was invited, I was overjoyed. I had never been to our nation’s capital — or even close to it — and now I was going to spend four days exploring D.C. and spending time with 100 of my coworkers and friends, some of whom I consider family.

The Conservative Political Action Conference (CPAC) is a four-day long conference with thousands of like-minded individuals. I got to interact, hang out and have full conversations with Tomi Lahren, Ben Shapiro and Dana Loesch. I was only 100 feet away from the governor Mike Pence, and the President of the United States and my past vice president, Mike Pence. Throughout my time at CPAC, I was able to connect with on-campus gun advocate Antonia Olafur.

I was also gifted a five-year NRA membership to help support the Second Amendment. I got to learn more about the Second Amendment from Dick Heller, who fought for gun rights in the famous Heller vs. DC case. I spent an entire night hanging out and speaking with him at the Annual Ronald Reagan Dinner where I was invited to eat, mingle and listen to Jeanine Pirro and Environmental Protection Agency administrator Scott Pruitt speak.

Each day, for an hour I would volunteer at the Turning Point USA booth that we had set up. That was also a really cool experience, because working for TPUSA through the NSU chapter, I travel to college campuses to get students involved and educate them on topics such as free markets, free speech and limited government. But at CPAC, instead of doing the traveling myself, we had hundreds of activists to come to us to learn more about us or to get free merchandise. I actually talked to a 7-year-old girl about what TPUSA does and she told me that when she goes to college that she wants to join TPUSA.

There were people there from all walks of life, all ages and all states. It was an amazing experience to be able to meet people who I probably would have never met without going to CPAC. Because of this conference, I truly do know myself to be a conservative, and it only reaffirmed my values and what I deem to be important.

Even if you don’t consider yourself on the “right,” I would really recommend attending CPAC next year, if only to listen to different viewpoints to further understand both sides. Overall, this was an amazing experience — one which I hope to have again next year.

If you are interested in having similar experiences or want to come to one of our discussions or events, consider joining TPUSA. There is a conference this June in Dallas called the TPUSA Young Women’s Leadership Summit, where young women will be able to meet political commentator Ben Shapiro, Charlie Kirk, Tomi Lahren, Jeanine Pirro and many more — just like I did at CPAC. You can apply at tpusa.com/ysws.

The Conservative Political Action Conference is an annual political convention organized by the conservative political group American Conservative Union. It was first held in 1974 and is considered the premier event of the American conservative movement. The conference typically features prominent conservative figures, including political leaders, activists, and influencers. It provides a platform for attendees to engage with speakers, participate in debates, and network with fellow conservatives. CPAC is a significant event for the conservative movement, attracting attendees from across the political spectrum and serving as a key venue for discussing and shaping conservative policies and strategies.

**The worldwide water crisis: a break down**

By: Madelyn Rinka
News Editor

Water is one of the fundamental building blocks for life on Earth. Today, 844 million people around the globe live without access to safe water, and 2.3 billion are living without access to improved sanitation, according to Water.org. To be informed about World Water Day on March 22, here’s what you need to know about the worldwide water crisis.

**Areas affected**

It’s no secret that countries with higher rates of poverty tend to have more problems with clean and accessible water, since it’s generally more difficult to outfit homes and villages with utilities like sinks, filters and disposals. According to the UN, places with the highest economic scarcity are Central Africa, Central and South America and South Asia, whereas areas with physical water scarcity include Sub-Saharan North America, the Middle East and Southern Australia. The Mal and Enid Zuckerman College of Public Health states that the five countries with the greatest scarcity issues are Yemen, Libya, Jordan, the Western Sahara and Djibouti, although locations such as South Africa, Michigan, California and Australia have been in the news for water-related problems recently as well. It’s important to realize that no country or region, regardless of economic power, is ever entirely safe from an impending water crisis.

**The man’s problem**

Women are disproportionately affected by the water crisis, as stated by Water.org. This is because in many societies, especially those in underdeveloped countries, women are largely expected to care for their family. It is estimated that some girls and women spend six hours a day gathering water for their relatives, totaling 266 million hours worldwide per day. According to a graphic created by the UN, women above the age of 15, especially in Sub-Saharan Africa and Asia, are shown to be the largely responsible for water collection.

**Health impacts**

Water, at the very base of life, when taken away, leaves many issues. For one, contaminated water can cause a variety of maladies. From diarrhea to giardia to cholera, people without reliable access to potable water are at great risk for disease, especially children, pregnant women and the elderly. Every 90 seconds a child dies from a water-related disease, and 1 million people are killed from a water-related causes each year, according to Water.org. In addition, many suffer from pains related to carrying buckets of water and infections from not being able to bathe. Females are also more susceptible to rape, sexual assault and abduction due to having to travel to remote locations to find water.

**How it affects education**

Since many children in these areas need to take time to gather water or are afflicted by illness, they end up putting less energy into schooling. If children are not able to access education as readily, the cycle of poverty continues. In general, those populations continue to have low rates of education because of the time spent on the fulfillment of their basic needs and survival before they are able to focus on higher purposes. Thus, these societies face lowered levels comprehension regarding water safety, parasites, epidemiology and sanitation processes.

**Flushing out the economy**

Similar to the interaction with education, time spent searching for water is time wasted in improving the economy. Less people are able to work due to the near constant grapple for potable water or being stricken with water-related illness, which may render them disabled or too sick to function at full capacity. In addition, less children who complete a formal education means less adults able to perform highly-skilled jobs that pay a livable salary. It is estimated by Water.org that $206 billion is lost globally every year due to lack of basic water and sanitation. On the flip side, if access to clean water became universal, $32 billion may benefit the economy because of the reduction in healthcare costs.

**The future of water**

According to the World Wildlife Fund, by 2025, two-thirds of the world may be facing water shortages. This would wreak havoc, concentrated in areas of overpopulation, regions with lower access to universal healthcare and, outside of the human experience, ecosystems, especially those located in hotspots for biodiversity like wetlands and rainforests.

The UN is looking at ways to remedy this crisis. They have dubbed March 22, 2018 (World Water Day) to March 22, 2028 as the International Decade for Action. The decade will focus on “accelerating efforts towards meeting water-related challenges, including limited access to safe water and sanitation, increasing pressure on water resources and ecosystems and an exacerbated risk of droughts and floods,” as stated on their website. This is a call to action for nations worldwide, regardless of socioeconomic status and water-related issues to step up to solve this global problem.

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Spencer poses with her colleagues at the 2018 Conservative Political Action Conference.
Ashley Hintermeyer joined the Office of Career Development in July as the Experiential Education Career Coordinator and is pursuing her master’s degree in College Student Affairs. Through her role in Career Development, she hopes to help incoming students find their passion and connect with NSU.

During her freshman year of college, I went to a tiny, private school near enough to my hometown to commute. I was admitted as a nursing student, although I really didn’t think about or know about all of the specific things that went into that profession. I made some friends during my first semester — who are still my friends today — but I also made some mistakes. I received my first “C” in my history class and I was dropped from the nursing program.

It was tough not being a part of campus, and driving home every night to go off-campus job. I was incredibly discouraged after my first semester and began thinking about other career paths. I switched to education, but too late into my second semester to switch my classes. I switched to education, but too late into my second semester to switch my classes. I continued to drive home after class each day to get to my on-campus job. I realized that I wasn’t happy and that there wasn’t anything connecting me to the campus. I decided to transfer to a larger, public institution that was farther from home, forcing me to live on campus. I also decided that I wanted things to be different. I wanted a support system, I wanted to feel connected to my campus and I wanted to have a reason to stay.

I became a Big Sister through Big Brothers, Big Sisters. I joined University Council on Family Relations — an organization related to my new major; family and consumer sciences. I went through sorority recruitment and I found my home in Gamma Phi Delta. I also got an on-campus job in the student activities office. Through Big Brothers, Big Sisters I found that I did not want to go into social work, although Sociology was my minor. I was able to not only work with the organization and my Little Sister, but also to shadow another person who worked in the organization. I saw from the other side the hard work that it takes and how it wasn’t all just about interaction with the participants. I wanted a different setting for myself. I learned so much about my new community and about people who come from different backgrounds than I do.

Through University Council on Family Relations I was able to attend a conference in Baltimore during my first year. At the conference I learned about different career pathways: I could take and how to network and dress professionally — and to always go early to the breakfasts to get the good food. The next year, I was able to attend the conference, this time in Vancouver, Canada. I was also able to conduct a grant-funded research study with a team of other students which we presented at the conference. I never would have gotten that opportunity if I hadn’t been involved in that organization. Now I can put the experience of having published research on my resume.

My biggest influence throughout my college career was my sorority. Through my experience, I made lifelong friends. But, I also learned how to manage a team, delegate tasks, run large-scale events and work with people that I really didn’t see eye to eye with. I was also connected to two of my on-campus jobs through this organization and then to two more opportunities from there.

By now you can tell I changed my major quite often — six times to be exact — and it took until spring semester of my junior year for me to pick the major I would graduate with. This is where I learned about graduate programs that I could go into to help me reach my goal of one day working on a college campus. I met my mentors — the people who would connect me to my future graduate school — and the people who would help me learn all of the valuable and important skills I would need to succeed in my future career.

My advice to you is to get involved. Discover the friendships and connections that will push you farther in life. Step out of your comfort zone and challenge yourself to learn new things. Find an area of passion that you can turn into your career. If you are doing something that makes you happy, you’ll never work a day in your life.

Staying productive for the second half of the semester

Get a good night’s sleep

Those all-nighters may be doing you more harm than good. According to Fast Company, not getting enough sleep can cause you to feel lethargic during the day, greatly impacting the quality and quantity of the work that you are able to do during the day. The key to being at peak performance is going to bed at a reasonable hour and getting an early start on your day, ensuring that you have a balanced, nutritious breakfast.

Move your body

Even if you did manage to get a good night’s rest, according to Business Collective, studies show that staying in one place for a prolonged period of time can negatively impact energy levels. Instead, consider taking breaks to go on a walk, jog or run. Not only can this help increase energy levels, but it can also brighten your overall disposition.

Tidy your workspace; remove distractions

Morissey also said students should have a clean workspace to study and complete homework as messy areas are less inviting, meaning that you will be less likely to stay put and get work done.

“Have a clean workspace to study and do homework at, create goals, learn how to say ‘no’, and take a break from electronics,” said Morissey.

Watch what you’re eating

According to Forbes, comfort foods and sugar-filled drinks are likely to make you feel bloated and sluggish. So, instead of having a heavy meal for lunch or reaching for a candy bar, watch your sugar and carbohydrate intake. Opt for a weekday diet filled with a variety of fresh fruits, vegetables and refreshing cups of tea or glasses of water.

Ask for help

If you find that you’re struggling to stay productive, remember that there are resources available to you on and off campus.

“Advisors within the Office of Career Development can help create a plan with you to develop more direction and a timeline for applying to internships, jobs or graduate programs,” said Morissey. “We also can assist with goal setting, professional development and help to inspire you to start developing your professional skills early on.”
Psychedelic rock indie outfit MGMT, comprised of Andrew VanWyngarden and Ben Gillies, smother the hearts of indie rock fans everywhere with their debut studio album “Oracular Spectacular” back in 2007. The project was a novel, fresh and groovy collection of cuts, such as the still popular “Time to Pretend” and “Electric Feel,” that defined MGMT as one of the most promising indie projects in recent memory. Since their debut, MGMT continues to push their creative efforts forward with every album sounding familiar and welcoming while keeping their ideas fresh. Their most recent project, “Little Dark Age,” released Feb. 9, does not break this pattern. The record is check full of MGMT’s usual personality and charm while taking sonic inspiration from the grungy, synth heavy sounds of the ‘80s new wave movement. 

“I knew that Jennifer Lawrence was going to bring her A-game in her latest spy-flick “Red Sparrow.” Following the story of Dominika Egorova, who is forced to work for the Russian government as a covert spy known as a sparrow after being tricked by her uncle and witnessing a murder she shouldn’t have, the previews just screamed “this is going to be a good movie.”

What I wasn’t ready for was just how it would be a great movie. “Red Sparrow,” though a worthy watch, certainly had its fair share of surprises.

All the violence — and rape

Don’t get me wrong, I knew people were going to die. It’s a spy movie after all. However, silly old me thought it would be in explosions, gunshot or some spy-like martial arts moves.

The unpredictable nature

It wouldn’t be a spy movie if there weren’t some questions about loyalty, right? What’s impressive about “Red Sparrow” is that it’s not really clear where Dominika’s loyalty lies — or if she has any at all. The writers and Lawrence do a great job of keeping you guessing and many of the reveals in the film aren’t obvious.

Overall, “Red Sparrow” met expectations in a surprising way. If you’re into spy-flicks, this is definitely worth the watch.

The lyrical intro “She Works Out Too Much” is a fitting kickoff to the record that sets the tone exceptionally well. The instrumentation takes equally amusing, detailing the singers distress and frustration in his relationship with a girl who is obsessed with working out and improving her image. The writing is rife with clever puns and metaphors such as the singer’s character relating his routine of keeping up with indulging his girlfriend on social media with the overall theme of a workout routine.

“Me and Michael” is another great cut that sounds like it would be best suited for play at an ‘80s high school dance. The instrumentation is an amalgamation of symphonic and new wave synth chimes with a heavy, chugging bassline and crisp snares. The echoed vocals and consistent thumping melody evoke feelings of longing and a tinge of melancholy which gives the whole track a very dramatic and atmospheric aesthetic. Perfect for a prom slow dance bathed in neon pink and blue lights.

The title track “Little Dark Age” is a dark and brooding, bass-heavy ode to ‘80s goth anthems. The serrated and distorted bass synths give some texture to the eerie and wistful modified horror movie strings. The bridges of the song feature some captivating electronic organ melodies that tie everything together with the clean cut chord structures and modulated vocals.

MGMT is a duo that is highly adaptable and aware of what is creatively appealing to them at each stage of their career. “Little Dark Age” is a love letter to the catchy and unmistakable club sound of the 1980s that also incorporates their own unique sense of modern lyricism and song structure. The album is both nostalgic and refreshing, bringing a unique take on thematic indie pop to early 2018. The success of the project is a testament to how much fans of the genre appreciate the callbacks to classics of previous time periods as well as their continued support of experimentation in the genre moving forward. Only time will tell what aesthetic influences MGMT will take their creativity from in the future.

The multiple important female characters

There was certainly potential to make “Red Sparrow” a love story between Dominika and Nate Nash (Joel Edgerton), the American CIA agent in the film, and thus making Lawrence the only notable female character. Thankfully that’s not the case. While Dominika and Nate do develop some level of a relationship, it isn’t at all overwhelming or even close to the central plot of the movie. Moreover, there are several female characters, good and bad, that advance the plot of the film including a chief of staff to a senator, trainer in military school and fellow sparrow.

Apparently, the Russians aren’t about that. The movie has a lot of slaughters, torture and more than one rape scene. Seeing a rated R spy film sort of guarantees you’ll see some violence, but if you’re a super baby like me, this brand of violence might be a little hard to stomach. On the brightside, this is the worst part of the film, so if you can handle that, you’re good to go. JLaw barely kills anyone

That’s right. For all the violence and straight up gore that this movie brings to the table, almost none of it is committed by Dominika herself. She only physically hurts people in a fit of passion at the beginning of the movie or when she has no other choice. Otherwise, Dominika survives through manipulation and intellect alone, which is really impressive.

Music has always been a major part of my life. When thinking about the artist that has had the most impact on me it would be Bon Jovi. My mom has had me listening to that band since I was in diapers. I remember when I was around 10, I finally began to understand “Somebody I’ll Be Saturday Night” and it became my 1-can-do-anything-song. Every now and then, when life kicks me in the ribs, I listen to it.”
Easy and subtle: Cheetah print nail art

By: Siena Berardi
Contributing Writer

Nail art doesn’t have to be difficult or pricey. If you like to have nice nails, but also like to be nice to your wallet, check out this step-by-step guide to a cheetah print design that is quick and easy.

Items needed:
- Toothpick
- Bobby pin
- Base color of your choice
- Two different shades of the same color, one light one dark
- Top coat

Step 1: Paint all of your nails a base color. Let dry.
Step 2: With the darkest of your two colors, place three dots anywhere on your ring finger using the end of the bobby pin.
Step 3: With the lighter color and toothpick, trace a half moon shape around both sides of the dots and place a few small specks in the empty spaces. Let dry for five minutes.
Step 4: Apply top coat.

Feel-good songs to get you through this half of the semester

By: Siena Berardi
Contributing Writer

With the second half of the semester in full swing, everyone could use a playlist that helps them feel calm. As summer approaches, hopefully this collection of feel-good music will brighten your days.

“Good Life” by OneRepublic
OneRepublic has a knack for producing songs that elicit a feeling of being forever young. Sing this song loud into existence.

“Come and Be Alone with Me” by The Jungle Giants
“This is a silly song with no deep meaning where you can close your eyes and let this song’s flow free as if you’re right there on stage with him.”

“Peace Train” by Cat Stevens
Made in the decade of free love, there’s no doubt this soft song will make you feel light and free as if you’re right there on stage with him.

“Pop Thieves (Make It Feel Good) [feat. Jaden Smith]” by Childish Gambino
This tropical track will have you feeling like it’s summer all year long. This is the perfect song for anyone looking for a happy track.

“Could You Be Loved” by Bob Marley & The Wailers
The most recent song on the list. All the features on this track make for a perfect blend of cowbell fix with this classic.

“Waves (Tame Impala Remix)” by Miguel
This inspirational pop classic has the power to uplift any spirit.

“Mine” by Bazzi
It doesn’t matter as long as you know how to dance and have a good time. Get your cowbell fix with this classic.

“Unwritten” by Natasha Bedingfield
This inspirational pop classic has the power to uplift any spirit.

“Mine” by Bazzi
Becoming popular after a commonly used Snapchat lens, this single has the ability to make any listener feel warm and fuzzy inside.

“Waves (Tame Impala Remix)” by Miguel
Close your eyes and let this song’s flow move you to happiness.

Milestones in Recovery, located in Cooper City, has been helping both men and women recover from their issues with food addiction, bulimia, anorexia and binge eating, for over 18 years.

We understand the pressures adults are under with college, new living arrangements and new challenges. These stresses can trigger an eating disorder or revive a dormant one.

In addition to counseling, we teach our clients to shop and prepare meals, so they can navigate recovery in the real world.

You don’t have to navigate recovery alone, our therapists can help, so your eating disorder does not become your life.

We offer a free eBook “A Guide to Eating Disorder Recovery” that was written by Dr. Lerner our CEO. It gives an overview of our treatment philosophy, and practical ideas for support and recovery.
On February 6, 2018, during a soccer match in England, Jamie Carragher, a former Premier League defender, reportedly spit on a 14-year-old girl after her father accused him of inappropriately touching her. The incident was captured on camera and sparked outrage from fans and fellow soccer players alike.

The clip of Carragher spitting on the girl was broadcasted on March 10, leading to widespread condemnation. Many people, including his employer, felt that he should have been punished more severely for his behavior. Carragher eventually apologized on Twitter, but many felt that his apology was insincere and did not address his actions properly.

The incident raised questions about the behavior of professional athletes and the role of the media in reporting such incidents. Some called for stricter penalties for similar offenses in the future.

Despite this, Carragher has continued to work as a commentator and analyst for Sky Sports, with some fans saying they still support him due to his football achievements. However, others believe that his reputation has been tarnished and that he should face more severe consequences for his actions.

One can only hope that strong action will further condemn this unprofessional behavior. After all, as a representative of Sky Sports and as a former Premier League player, Carragher must understand that with fame comes responsibility, and spitting on fans is not the type of publicity that will endear him to the public.
Finding Fitness: Functional Fitness

By: Christina McLaughlin
Opinions Editor

In the fitness community, a trend that has reached the surface is Functional Fitness. Basically, Functional Fitness is the term used for a type of fitness regime that focuses on making participants’ daily life more productive. Ashley Borden, a celebrity trainer, stated on Rodale Wellness.com that it focuses on exercises that mimic everyday life movement patterns that includes squatting, reaching, rotating and lifting.

Our daily lives involve exerting a lot of energy, and when you don’t have the time or finances to go to the gym or a group exercise, something like functional fitness might be the next best thing. Not only does this style enhance help daily activities, it also encourages those who don’t consider themselves athletic to improve their health and wellness. Most of these exercises have striking similarities to strength and conditioning classes which would be a perfect alternative if working out alone isn’t your thing. Here are some daily activities that can be improved and supported by functional fitness:

Sitting: squats, lunges, core exercises
College students spend countless hours in the day sitting down taking notes and writing essays on computers and notebooks. All of these hours sitting can cause many problems in the lower back and legs. By doing activities that focus on this area a few times a week like dumbbell squats and walking lunges, can vastly improve the strain that is put on student’s back and legs.

Lifting: arms, shoulders
Carrying around textbooks, groceries or other things can cause injury and muscle strains if the body isn’t properly prepared to withstand the weight of these activities. Deadlifts, push-ups, kettlebell swings and similar exercises can improve upper body strength and take the strain off the upper body.

Walking: legs
Walking might seem like a simple activity that all children learn from a young age but if you walk too much or improperly, you can easily sprain an ankle or cause overworked muscles. By walking short distances or lifting you can improve your stamina. Another simple way to move your joints is to add a daily stretch to your morning routine. This can decrease the likelihood of injury and further complications like arthritis and knee or other joint issues.

Neck strain: stretches, posture
Students are guilty of slouching and staring into their phone or computer. This seemingly harmless activity can lead to numerous neck and spine problems for most students. This can be improved by light stretches in the neck and trying to keep your head level when walking or even trying to improve sloouching with the old “hook method” of placing a hook on your head and walking. This, of course, can be an extreme, so even sitting far into a seat and using the chair as a guide for your spine is a simple trick to improve pain and injury in the neck area.

Born in London, junior sports management major Sophie Madden is part of the women’s golf team and was chosen as Honorable Mention All-American by the Women’s Golf Coaches Association for the 2015-2016 season.

How did you start playing golf?
“When I was 8 years old, my granddad played. No one in my family played golf except for him. In my family, they are all soccer players — especially the boys — and my granddad is the captain of one of the golf clubs back home in England. He took me out for group lessons one day and he told me that I had a natural ability for it. Then, I took single lessons and carried on playing till this day.”

How do you find NSU given that you are from England?
“I got recruited by the coach that was here before. She went to England to watch tournaments and I went here to play tournaments and that’s how she found me.”

How is it different being in the golf team here?
“To the golf side, it is very similar. The only difference is the American culture and the weather here in Florida — which is a lot better — at least for my game since it’s better here.”

What’s your relationship like with your teammates?
“We get along super well. We are super close. I mean, it’s only seven of us. We are not all best friends, but we are really close in many aspects and any one of us would definitely help another one.”

What about your relationship with your coaches?
“It’s really good. We have a good ratio of coaches and the men’s coach new was our assistant before, so we get along with him pretty well and Heather [the women’s golf head coach] is great. She’s always helping us.”

How do you manage school while being a student athlete?
“It’s ok. Sometimes it’s super hard. If you have tournament after tournament after tournament, that makes it hard to keep up. For example, if you have an eight-week Monday night class, it’s hard because you miss like four of them. It’s not easy, but you just manage your time and figure things out. The professors here at NSU are really helpful so that makes it better.”

Do you think that golf is going to play a big part of your life later on?
“Yeah, definitely. It is something I love. I love it. It’s something that I enjoy. So, if I’m coaching or anything, as long as I enjoy it, it is going to be fine.”

What are your future plans?
“Right now, my plan is to graduate. After I graduate, I’m going to try and be a graduate assistant here in South Florida for a golf team, get my master’s in business or marketing — which could take me up to 18 months — and then focus on my profession if things are going well in my plan. But you never know, I could go home back to England. But, right now that’s the plan.”

What are your future plans?
“Right now, my plan is to graduate. After I graduate, I’m going to try and be a graduate assistant here in South Florida for a golf team, get my master’s in business or marketing — which could take me up to 18 months — and then focus on my profession if things are going well in my plan. But you never know, I could go home back to England. But, right now that’s the plan.”

Do you have any anecdotes from your years spent on the team?
“In my freshman year, it was the National Festival DII, which means that it wasn’t just golf, but it was everybody’s nationals. It was golf, softball and track and field all in the same place in Denver, Co. That was pretty cool because I had activities every day and we ended up coming third. I came ninth by myself, so I did pretty good as a freshman. It was really my favorite [because] I had never been to Denver. We stayed in the downtown which was pretty crazy.”

How do you see yourself differently from your freshman year?
“You can ask literally every one of my teammates because I’m a totally different person. My freshman year I was so homesick — like really, really homesick. Just because everything was different, you know? The culture, the people and I missed my family and friends. My golf game has gotten a lot better. I’ve learned how to score better and now some of my best friends are here. I also got a car which was something that I didn’t have in my freshman year and that is a big factor since I’ve gotten to use it.”

What do you like most about Florida?
“The weather definitely. That was a really easy question for me. But also, America in general is cool, especially South Florida since it’s like a melting pot of everyone. But, the weather is my number one reason.”

What’s the thing that you miss the most about your home?
“As a whole, probably the culture. We have like a big, social culture. Not just with your friends, but with your family. So, I do miss my family, I am really close to my family and my two younger brothers who are twins. And the
Opinions

It’s not a drinking holiday

By: Christina McLaughlin
Opinions Editor

The spring months are fast approaching which means St. Patrick’s Day, Cinco De Mayo, New Year’s Eve and Fourth of July. These holidays serve a significant purpose of celebrating historical triumphs and celebrating in our personal lives. These holidays are all about having fun and drinking alcohol and ignoring the actual significance of these holidays.

According to Encyclopedia Britanica, St. Patrick’s Day is celebrated on March 17 to honor the life of the Patron Saint of Ireland who spread Christianity throughout Ireland and taught Christianity by using the shamrock to explain the Holy Trinity. Major cities in the U.S. with a significant Irish-American population hold large-scale events to celebrate this holiday such as Boston, New York, Chicago and Pittsburgh. Even though this holiday is steeped in the tradition of wearing green and shamrocks in Ireland, it hasn’t spread to America to involve drinking in heavy excess and pub or bar hopping throughout the day trying to find the best pint.

An article in the Chicago Tribune found that on St. Patrick’s Day, “spending in the U.S. has climbed to more than 4 billion dollars annually.” That’s a lot of alcohol and alcohol related drinks. But this hasn’t always been the case. In fact, Time magazine states that until the late 1970s, pubs in Ireland were actually closed on this holiday because it fell within the season of Lent. Strict Catholics felt it was sinful to indulge in drinking during lent. Another unofficial drinking holiday in the U.S. is Cinco De Mayo. According to the History Channel, on May 5 The Mexican people celebrate the unlikely victory against France in the Battle of Puebla during the Franco-Mexican war in the late 1800s. In Mexico, this holiday isn’t heavily celebrated, but in the U.S. it’s considered a huge excuse for people to wear sombreros and down tequila. It’s evolved to the point that the pride of Mexican heritage on this day has led people to confuse this day with Mexican Independence Day, which is actually celebrated on Sept. 16. These holidays represent the histories of both of these countries and hold strong symbolism of national pride for immigrants from both Ireland and Mexico.

Dealing with alcohol, however, is a current challenge. It seems like South Florida just can’t catch a break. After Irma, I remember several fundraisers to help. But, why every company, not only does it seem to miss out to marketing to feminists, or women in general, is that none of their products or campaigns actually help women. They’re just really, really ugly stupid.

Women are fighting a social narrative that works against them, threatens their reproductive rights, encourages discrimination in the workplace, and facilitates unequal pay, bias in education, unpaid work in the home and rape culture — you get the picture. The upside down “M” is nice and all, but that doesn’t matter much in a society where my right to accessible birth control is up for debate and acts of violence against me are framed as being my own fault.

We don’t see advertising campaigns or promotions on these holidays. But, every company has said that they are all controversial issues that aren’t marketable to make a profit, even if it’s disrespectful for those celebrating from a religious aspect. Halloween and Christmas are other examples of how companies have commercialized holidays to make a profit. Trying to take advantage of a holiday, religious or not, is a clever way for companies to make more relevant to those seasons. Almost every single candy company releases an Easter limited edition for their product. Reese’s, for example, releases multiple Easter-themed candies that are widely popular during this season. The Cadbury Creme Eggs are another example of these famous Easter candies that are only released during this season. The options are unlimited but the fact that they go above and beyond to exploit the holiday for their benefit says a lot about their ethics.

Another example of these campaigns would cause some backlash or are a lot of work that companies aren’t willing to put in. But the truth is that’s how you support women. Actions speak louder than logos.

It seems like South Florida just can’t catch a break. From Hurricane Irma last year, the Parkland shooting just a month ago and now the bridge collapsing at Florida International University, there’s a lot of tragedies that we’ve been asked to give our attention to. And even though it may feel exhausting, we need to show support for the families that were impacted by the bridge collapse, the same way we showed up before because that’s what communities do.

After Irma, I remember several fundraisers to support people who lost their house and we all started talking about climate change. After the unspeakable happened in Parkland, the community rallied, raised money and forced a national dialogue to ensure. We all know that it could’ve very well been us or our families in either of those situations. It could’ve very well been any of us driving under that bridge on March 15.

By: Diego Galvez
Sports Editor

When you think of Easter, what’s the first thing that comes to your mind? For Christians, the word means the resurrection of Jesus. According to crosswalk.com, this Christian tradition began in 325 A.D. as a way to remember the resurrection of Jesus from the tomb on the third day after his crucifixion. However, for many individuals, the word Easter is often associated with a bunny hopping through the woods and laying colorful eggs all around.

Easter has been considered a predominantly Christian tradition since the inception of the celebration. However, according to History.com, many historians believe that German immigrants spread the use of the rabbit as a symbol for this celebration although those associations come from pagan celebrations or beliefs.

In countries where Christianity is the prominent religion, this celebration is very personal. Yet, in the U.S., this tradition has shifted from religion to a marketing strategy that companies use in order to boost their sales within the season. Such is the case from one of the first companies that commercialize the holiday, David C. Cook Company. This large Protestant publisher from Chicago was one of the first companies that saw the profit in marketing suitable decorations and inexpensive gifts, especially targeted toward religious schools where teachers would give their students small holiday mementos. This approach has made the company a lot of profit since it began to sell more merchandise around the holiday since.

Following the success of companies like the aforementioned, Easter celebrations became what is now a marketing exploitation of a religious event. Many people, especially kids, only associate this celebration with chocolate bunnies, stuffed eggs and egg hunting – which has no religious significance to Easter and was later introduced since the holiday was established in the U.S.

The religious aspect has become a secondary theme when it comes to Easter. This can be a clear example of how companies exploit all kinds of holidays to make it profitable for them, even if it’s disrespectful for those celebrating from a religious aspect. Halloween and Christmas are other examples of how companies have commercialized holidays to make a profit.

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By: Jenna Kopeck
Co-editor-in-chief

Ladies, in case you didn’t think that all of your problems were solved when Doutts announced the release of chips that won’t stain your delicate lady hands or give away the fact that we eat by making a crunch, McDonald’s wants you to know that they have your hack. That’s right, everyone’s favorite gravy dispenser flipped its logo on social media and in some locations on International Women’s Day to show the world that they get it.

If you don’t feel impressed by this grand gesture, you’re not alone. The internet, particularly Twitter, ran just as far with the McDonald’s story as it did with Lady Doutts and Bic for Her pens. And rightfully so. As feminism is becoming what seems like a larger culture — you get the picture. The upside down “M” is nice and all, but that doesn’t matter much in a society where my right to accessible birth control is up for debate and acts of violence against me are framed as being my own fault.

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Kendall needs us, too

By: Jenna Kopeck
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Pamphlet? Instead of wanting your efforts discomforting, among other things, why not raise awareness about or donate to organizations that combat eating disorders, which disproportionately impact women? Instead of turning your logo upside down, why not raise the wages of your employees and advocate for a raise in the national minimum wage which would help the millions of women who Orasm America says make up the majority of lower wage workers? The answer is probably because all of those campaigns would cause some backlash or are a lot of work that companies aren’t willing to put in. But the truth is that’s how you support women. Actions speak louder than logos.

If you don’t feel impressed by this grand gesture, you’re not alone. The internet, particularly Twitter, ran just as far with the McDonald’s story as it did with Lady Doutts and Bic for Her pens. And rightfully so. As feminism is becoming what seems like a larger part of the national conversation, businesses of all kinds are trying to incorporate it. But, every company seems to miss out to marketing to feminists, or women in general, is that none of their products or campaigns actually help women. They’re just really, really ugly stupid.

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After learning that at least six people died as of March 16, including FIIU student Alexa Duran, and with so many still missing at the time of this writing, it shouldn’t be a question that we do support in whatever way we can; whether that be through donating to GoFundMe pages or0, through or an honest dialog about how this could’ve been prevented.

According to Local 10 News, the bridge was supposed to be built with “time saving technology” by a construction company that was being used by Florida International Airport for shoddy work on a bridge there. Don’t let that fact fall through the cracks in the discussions that follow this tragedy, as we make steps to make sure this never happens again. Also, keep FIIU, the victims and their families in your hearts.
In response to what he says was an inflammatory comment made by the university administration, Andy Gree, sophomore biology major, posted a 15-minute Facebook video explaining “his side of the story.”

For 12 minutes, Gree addressed the inflammatory comment which was “I know you are upset, sir.” “Gree said he wasn’t upset and the attribution cast him in a negative light. The remaining three minutes were a plug for Gree’s blog, “Rant About It.”

The video comes two days after what Gree calls a “major incident” with a staff member at the university bookstore, who he insists is a member of the “university administration” despite facts and definition of the word administration proving otherwise.

After requesting a specific sweater from the store, Inno Sents, a freshman who started working at the bookstore at the beginning of the semester, informed Gree that the store was in fact no longer carrying the sweater. What ensued was what witnesses called “a full on rant.”

“He seemed really worked up about it,” said Sents. “So I was just trying to do my job and I said “I know you are upset, sir,” and he went completely ballistic.”

Sents and witnesses say Gree accused her of being purposefully inflammatory.

“I wasn’t upset, I just felt personally attacked. People are always trying to put a negative spin on emotions,” said Gree. “And for the record, I wasn’t yelling; I just felt really passionately about what I had to say.”

Gree has filed a formal complaint with the university, to which Human Resource representatives have replied. The office recommended that Gree consider counseling, which he said was also inflammatory. He said he plans to take further legal action against the university.

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