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Nova Southeastern University

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# The Current

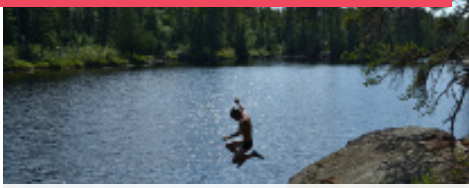
The Student-Run Newspaper of Nova Southeastern University

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## HAPPY. HOLIDAYS

From The Current

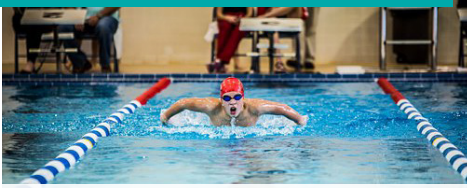
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## Hospital to be built in empty University Park Plaza lot

By: **Gabrielle Thompson**  
Features Editor

Construction is underway at 3528 S. University Drive, the former University Park Plaza. University Park Plaza was sold to Hospital Corporation of America (HCA) and the final approval was submitted in 2016.

According to NSU's Newsroom, the new hospital in the empty University Park Plaza lot is a relocation and replacement of Plantation General Hospital. However, Plantation General Hospital will remain a fully functioning hospital until the construction of the new hospital is complete. Plantation General Hospital will continue to run its emergency services at the current location, even after the new hospital is built.

Jessica Brumley, vice president of facilities management, said that the empty lot is the future home of a hospital, medical office building and parking garage.

"Although the land was sold to Hospital Corporation of America, there are still plans



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A new hospital, which will take 24 months to complete, will be built in the University Park Plaza.

to have close ties with NSU as a teaching and research hospital," said Brumley.

The new building will serve not only as a teaching facility for NSU medical students,

but also as a functioning hospital for the South Florida community.

"The main purpose of the hospital and medical office building is to facilitate teaching and research opportunities for NSU students and faculty," said Brumley.

Paige Foti, a junior psychology major, said, "I think the hospital will give medical students the opportunity to have hands on experience and will help them in their academic and professional careers."

The hospital construction is expected to take 24 months to complete.

For more information about the future hospital, visit [nsunews.nova.edu/hca-east-florida-received-state-approval-for-a-new-hospital-to-be-built-on-the-campus-of-nova-southeastern-university/](http://nsunews.nova.edu/hca-east-florida-received-state-approval-for-a-new-hospital-to-be-built-on-the-campus-of-nova-southeastern-university/).

## NSU continues efforts towards diversity with new ranking

By: **Madelyn Rinka**  
News Editor

NSU has ranked 5th nationally for minorities with graduate degrees, according to "Diverse: Issues in Higher Education," a critical news source that has been reporting on minorities in higher education since 1984. The study revealed that NSU is also 2nd in Hispanic graduates and 9th in African American graduates for all graduate-level degrees.

The data all comes from a federal database called the Integrated Postsecondary Education Data System, or IPEDS.

According to Arie Spigel, Senior Research Associate of Institutional Effectiveness, "Almost every college and university that you've heard of does have to report to IPEDS each year, we have to report the number of graduates."

This is where "Diverse: Issues in Higher Education" gets their information. The data is available to everyone, vetted, and thus of the highest quality. Spigel explained that there

"We're very proud of this ranking, and to be able to demonstrate to the community that we are, indeed, committed to diversity."

- **Donald Rudawski,**  
Vice President of  
**Institutional Effectiveness**

are extreme consequences to any invalid or inaccurate reports.

As diversity is one of NSU's core values, this rating comes as a prideful achievement in the community.

"We're very proud of this ranking, and to be able to demonstrate to the community that we are, indeed, committed to diversity," said Donald Rudawski, Vice President of Institutional Effectiveness, "and to assisting all

of our students, including our minority students in not just enrolling, but also in completing degrees."

Rudawski also points out that "Diverse: Issues in Higher Education's" rating declares the quantity of degrees. While NSU would always like to improve their ranking, he explained that it's better to focus on the quality of our programs rather than seeking to climb up a few more numbers. Regardless, the university is looking

to maintain its status near the top of the list, if not improve it.

It is unlikely that this rating means many alterations are in store for NSU's graduate programs, in terms of class size or content, however.

"I don't anticipate that this means any changes are coming, it's more an indicator of continued commitment to diversity," said Rudawski.

This is not the only stride NSU is taking towards a diversified campus. According to NSU's core values, diversity refers to, but is not limited to, "race, ethnicity, culture, religion, philosophy, gender, physical, socioeconomic status, age and sexual orientation." The university frequently tries to improve its dedication to all of these concepts, according to Rudawski, and the recognition is proof of this effort.

# News Anchor

Stay up to date with international and national events.

## Andrew Kreisberg suspended after sexual harassment allegations

According to CNN, Warner Bros. Television Group has suspended until further notice Andrew Kreisberg, the co-creator of the popular DC comics TV shows “The Flash,” “Supergirl,” “Arrow” and “DC’s Legends of Tomorrow,” after sexual harassment claims were made against him. The television group has started an investigation stating, “We take all allegations of misconduct extremely seriously, and are committed to creating a safe working environment for our employees and everyone involved in our productions.” The entertainment website Variety first reported these claims along with 19 others in which they either witnessed or were subjected to the alleged harassment, and feared retaliation. Kreisberg has denied the allegations, which describe Kreisberg as “frequently touching people without their permission, asking for massages from uncomfortable female staff members and kissing women without asking.” Berlanti Productions, the company Kreisberg was working with, stated that they have been fully cooperative with the situation. Kreisberg is one of several producers and actors who have recently been accused of sexual harassment.

## Deadliest terrorist attack in Egypt kills hundreds

At least 305 people were killed and 128 injured on Friday when Islamist militants bombed and then opened fire in a mosque on the Sinai Peninsula. According to The New York Times, this is the worst terrorist attack to fall on Egypt in modern history. Although violence by the Islamic state has existed in Sinai for years, it’s usually aimed at Christian worshippers. The New York Times said that this attack may be because the mosque was for Sufi muslims, who many in the Islamic state see as heretical.

## Rev. Jesse Jackson diagnosed with Parkinson’s disease

According to USA Today, Rev. Jesse Jackson announced that he has been diagnosed with Parkinson’s disease on Nov. 17. The 76-year-old civil rights leader announced it in a letter to his supporters stating that he had been diagnosed with the neurodegenerative disorder two years ago. “After a battery of tests, my physicians identified the issue as Parkinson’s disease, a disease that bested my father,” Jackson stated in his letter. “Recognition of the effects of this disease on me has been painful, and I have been slow to grasp the gravity of it. For me, a Parkinson’s diagnosis is not a stop sign but rather a signal that I must make lifestyle changes and dedicate myself to physical therapy in hopes of slowing the disease’s progression,” Jackson added. Jackson became an important figure in the civil rights movement in the 1960s. Rev. Martin Luther King Jr. gave him a role in the Southern Christian Leadership Conference and a presence for the organization in Chicago.

## North Korean nuclear tests may have killed school children

Newsweek reported that the September nuclear test conducted by North Korea, which caused subsequent earthquakes, may have also caused the death of more than 100 children in a school building that collapsed in a village neighboring the underground tunnels of the nuclear facilities. Many neighboring villages are still unrepaired after the September test. According to Newsweek, there have also been reports that the collapse of the tunnels killed 200 people in October. North Korean officials have denied these claims.

## Cinnamon may promote weight loss

A study from the University of Michigan found that cinnamon, more specifically cinnamaldehyde, which gives cinnamon its flavor, may promote weight loss. USA Today reported that this study suggests the oil may boost metabolism, although researchers say there isn’t enough information to definitively declare cinnamon a weight loss substance yet.

# The Current

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## Crunch Brunch offers students a break from cramming

By: **Madelyn Rinka**  
News Editor

On Monday, Dec. 4, SEA Board will host Crunch Brunch from 9 p.m. to 12 a.m. in the University Center Pit. Crunch Brunch will serve students free breakfast cuisine like fruit, cereal, pastries, eggs and bacon as a break from studying during finals week.

Kristen Bingham, vice president of traditional events for SEA Board, explained that Crunch Brunch is a way for students to do a little relaxing instead of just studying for hours on end.

“You need that ‘you’ time in order to study effectively,” said Bingham. “It can’t just be all working, you need to take some time out of your work schedule and just relax, focus on you and have fun.”

On top of food for students, SEA Board has been looking into having additional activities that may also help students de-stress from exams. Bingham said she has been working on booking massage therapists and potentially even an oxygen bar as fun and creative ways for

students to relax, but nothing is set in stone yet.

In the past, Crunch Brunch has offered karaoke, but SEA Board is looking to omit that this year. Many students study in the UC during finals week, so SEA Board would like to respect those who need to work and keep the noise down.

Crunch Brunch happens at the end of every semester, right before or during finals week, and has always been an NSU student favorite.

“I really enjoyed the Crunch Brunch last year and it was definitely needed during finals week,” said Carly Dickinson, a sophomore biology major. “It was so nice to just take a break from studying and enjoy some warm, delicious breakfast food. It really freshened me back to life to study and retain that info.”

Crunch Brunch is free to attend for all students with presentation of their NSU I.D. or their N number. Bingham urges all students to come out for the event, even if they feel like they need to keep studying.

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## EDITOR'S NOTE

Dear Readers,

It seems like only yesterday we wrote the introductory letter to you in August. The past few months have been historic for NSU and it has been our privilege and pleasure to report the news to you.

We could not be more honored to help share your ideas, concerns and thoughts through our publication. Though this will be our last issue for the fall semester, we can't wait to return to you on Jan. 9, delivering the news, special features, sports recaps, A&E must-sees and opinions that you've come to expect. We are looking forward to it and hope that you are as well.

Next year, we plan to return with the same unwavering commitment as well as some new strategies so that we can deliver the best stories to you, our readers. As always, we invite you to voice your ideas and invite you to contribute, whether that be through penning a Letter to the Editors or attending our weekly Tuesday meetings to voice your thoughts or sign up to write an article or two. In the meantime, don't hesitate to reach out to us via email or on social media @thecurrentnsu.

On behalf of The Current, we'd like to wish you great success on your final exams. Remember to breathe. You're a Shark, after all, so it's bound to go swimmingly.

We'd also like to wish you a happy holiday season and the very best as we move into the New Year.

See you in 2018,

*Jenna and Michaela*

## Catholic L.I.F.E. to hold baby donation drive

By: **Diego Galvez**  
Sports Editor

The Catholic L.I.F.E. organization, in conjunction with the Respect Life Office in Miami, will hold the Respect Life Donation Drive from Monday Nov. 27 through Friday Dec. 8.

Marta Vargas, director of Catholic L.I.F.E., said that this event "is about [supporting] with each other" adding, "in this particular case, we are walking alongside parents that need a little help as they prepare for their joyful arrival, their baby."

The collection drive will be all around campus collecting baby items that will help these families. The Respect Life Office in Miami helps families in need, not only with material items, but also by offering classes and support to parents.

This event will take place in celebration of the birth of Jesus Christ. Vargas explained that many of the parents have their set of

hardships as Mary and Joseph did when they were expecting Jesus to be born.

Vargas said the purpose of the event is to "celebrate life, new life and what it means because it's an opportunity to gather around, to [stand] with each other and celebrate the gift each person is."

The time of the event is no coincidence.

"It's timed in such a way it falls during the time of advent, which is that preparing, that time of waiting for that beautiful arrival... there's like a parallel there," Vargas said, adding, "We are here to make the joy, the hope, come alive in each other...I think ultimately it's about that, it's making a difference, being the difference in each other."

Claudia Stevens, junior president of Catholic L.I.F.E., said that this event was created to bring awareness of the difficulties many people go through in this time of the year.

"We forget to take a minute and step back and say, 'wow, there's a bigger community out there who really need our help,' and instead of buying a toy, buy something that they actually need like diapers or food," Stevens said.

All students can be involved in this event. Catholic L.I.F.E invites everyone to go to their meetings Mondays from 4:30 - 5:30 p.m. in the Alvin Sherman Library. For those that can't make it to a meeting but would still like to help, they can donate goods.

"We will have donation boxes throughout the university. There will be one in the [Alvin Sherman] library, DeSantis and Parker buildings and the residence halls," Stevens said.

Additionally, if a student would like to volunteer for this cause, Catholic L.I.F.E, along with the Respect Life Office, has multiple volunteer opportunities on and off campus.

### Final installation of National Novel Writing Month Workshops takes place Dec. 2

The three-part series hosted by the Alvin Sherman Library for National Novel Writing Month will end on Dec. 2 when author Diane Stuckart facilitates her workshop on self-editing from 2-3 p.m. To RSVP, students should go to [sherman.library.nova.edu/sites/spotlight/series/writing-workshops/](http://sherman.library.nova.edu/sites/spotlight/series/writing-workshops/).

### Students now have access to Kanopy streaming service

Anyone with a shark card can now have access to over 26,000 independent, international, classic or documentary films through the Library's Kanopy streaming. To access this, students should go to [kanopystreaming.com](http://kanopystreaming.com), click "watch now," type "Nova Southeastern University," click "connect now," and enter their NSU credentials.

### RecWell aims to decrease stress during exams

RecWell will host a Stress Less week which includes a variety of activities to help students stay calm before their exams. The activities will include several yoga sessions throughout the week, a Wellness on Wheels Survival Bag give out and Dog Therapy on Monday, Coffee and Pastries on Tuesday, and Free Tea and Fruit on Wednesday. For more information, go to [sharkfins.nova.edu/stress-less-week/](http://sharkfins.nova.edu/stress-less-week/).

### Applications for Orientation Leaders open Dec. 4

Applications for the student-held Orientation Leader position open on Dec. 4. Orientation Leaders are a summer position and help welcome new Sharks to the university. The first information session will also be held Dec. 4 in the Student Affairs Building room 104. You can access the application at [nova.edu/studentorientation/orientation/orientation-leader.html](http://nova.edu/studentorientation/orientation/orientation-leader.html).

### Outdoor Adventures to hold Spring Break trip to Costa Rica

As part of NSU's Outdoor Adventures program, students will have the opportunity to go to Costa Rica from March 5-9. The trip will include all meals in the country, white water rafting, a jungle hike, housing/camping accommodations and more. Students who are interested will need to pay \$625 plus airfare and register by Jan. 7. Students must have a passport to attend. To register or for more information, visit [rec.nova.edu/outdoor\\_adventures/index.html](http://rec.nova.edu/outdoor_adventures/index.html).

### Admission Ambassador information sessions begin

For students interested in becoming Admissions Ambassadors next year, the first information session, a mandatory part of the application process, will take place on Jan. 11 in Horvitz room 114B. Admission Ambassadors receive partial room/board scholarship and a biweekly stipend. Applications are now open on Orgsync until Feb. 1. For more information, contact [sw1752@mynsu.nova.edu](mailto:sw1752@mynsu.nova.edu).



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## That Time I....

## Jumped off a cliff

By: **Madelyn Rinka**

News Editor

.....  
*Madelyn Rinka is a freshman communication major and news editor at The Current.*

Ever since I was little, I have loved being surrounded by nature. From swimming in lakes up north at our cabin in the summer, to rolling around in the snow in the dead of winter, I felt my best when I was in the great outdoors. I found that throughout my childhood, my favorite memories were created outside, a theme that has carried into my young adult life.

During the summer before my friends and I left for college, we decided to take a trip over a long weekend through the upper peninsula of Michigan. Our itinerary was packed full of bonfires, hiking, swimming in Lake Superior and visiting waterfalls. On our first full day in the UP — also known by Midwesterners as the upper peninsula — a bit of a wrench was thrown into our plans.

On mile 4.2 of our 5-mile hike, one of my



PRINTED WITH PERMISSION FROM M. RINKA  
 Madelyn and her friends look over a lake in upper Michigan.

friends tripped on a hidden, muddy root and cut her knee open. We doused it with water and improvised a bandage — we were foolish enough not to pack any emergency supplies — but the cut proved to be too deep, and we had to scrap the rest of our plans for the day to visit a hospital and get her stitched up.

We were all a little disappointed because so many of our outings relied on walking, hiking and swimming, which we knew would be difficult for her. The three of us decided to take the rest of the day off and resolved to see how everyone was doing in the morning.

The next day, my friend was feeling optimistic so we hopped in the car and set off on the short trek to Superior Falls. I was brimming with excitement, never having seen a waterfall before. Practically bouncing toward the waterfalls, I was met with a sight that both terrified and fascinated me.

Imagine you've never seen a waterfall, unless you count the drainage ditch in your yard. Now imagine that you're suddenly at the crumbling edge of an enormous gorge, and at around 30 or so feet down, there's a seemingly bottomless pit of churning iron-saturated water. We had to yell over the noise of the tumbling water, but I managed to make out the words coming from my friend: "let's jump!"

As someone who doesn't classify herself as a risk taker or a dare devil, this sounded pretty

similar to "let's break our legs!" when it hit my ears. It's also probably important to mention that I am very afraid of falling, and of course drowning.

But, for some reason, I jumped anyway — though only after doing some shallow diving to ensure that the water was deep enough. I can't really explain what it felt like. It's like letting go in a simultaneously voluntary and involuntary way — you jump, but you have no control over how you land. You can't hear anything — your own yelling, your friends screaming, a random stranger we met on the trail whooping. By the time the sun was setting, I had started to love the adrenaline that came when my feet left the rocky edge and hit the cold water. I can't say what made me decide to overcome so many fears all at once, but I'm so thankful I did. It taught me how to be present and live. Sometimes being terrified is what you need to change. So when I end this with "go jump off a cliff," I hope you listen. Though doing so safely, I might add.

## Staying healthy and safe during the holiday season

By: **Monique Cole**

Contributing Writer

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 While the holiday season brings new memories, delicious food and joy, it can also bring stress, unrealistic expectations and even a couple of extra pounds. Here are some tips on how to stay healthy and safe during the holiday season.

### Maintaining emotional wellness

One of the main health concerns that people face during the holidays is trying to maintain a sense of well-being. Kristin Stover, an adjunct professor for NSU's College of Psychology, said that one of the factors that can cause stress is strained relationships.

"Many individuals find the holidays a very particular difficult time because of strained relationships with family, friends and former romantic interests. The holidays seem to bring up lots of emotion attached to relationships. It can bring a considerable amount of discomfort to individuals during the holiday season," said Stover.

One of the tips Stover suggests for students is to look at the holiday season as a time for relaxing.

"The holidays are not supposed to be stressful. It's during those times that we hopefully all have time to take a nap, read a book and catch up on sleep," said Stover.

Lydia Killos, a professor at NSU'S College

of Psychology, said that another factor that can trigger stress is our holiday expectations.

"Even if there's an event that we're really look forward to, there can be a sense of wanting everything to go perfectly or exactly as we have imagined it. Real life just doesn't always live up to our expectations of this perfect event," said Killos.

In times of stress, Killos suggested students pause and take 10 deep breaths to help bring them back to the present.

"It's a nice reminder that we are only really responsible for our own behaviors in the moment," said Killos. "Taking a few deep breaths and calming the central nervous system is a simple and powerful tool."

### Traveling smart and safe

Whether you are driving or flying, any form of travel can prove stressful during the holiday season. Three factors contributing to stress are emotional triggers, time and distribution of routine.

"Understanding your emotional triggers is very important for individuals who experience stress [when] flying or traveling. That sense of anxiety or stress that we feel is often based on us running out of time. If we can build in an additional half an hour to 45 minutes into our normal schedule, we might be able to alleviate a

lot of that stress," said Stover.

Another tip Killos had was bringing something along that gives you comfort and keeps you grounded in your normal routine.

"Whether you bring your yoga mat with you ... or your running shoes to join your family or friends for a walk or run, aim to maintain some healthy aspect of your routine."

### Eating with purpose

Stress and the celebratory vibe can make a perfect combination for overeating. One of Stover's recommendations for students is to avoid overindulging because it can cause problems after the celebration is over.

Killos also cautioned against overindulging and said, "though it is a celebratory time of year, we can still use mindfulness and thoughtfulness to help ourselves feel our best and our most energized."

### Handling social events and learning how to say no

Social events can also be stressful, especially when people feel bad if they say 'no', go for the wrong reasons or are simply spreading themselves too thin.

"I think it's sometimes difficult for students, particularly students who have gone away for school, to say 'no' to opportunities to meet with people. Unfortunately, it is very

difficult to see everyone who wants to see you during the holidays. It is important to create a list of the activities and individuals that you want to see, visit and spend time with."

Before going to that party, Stover recommended that students ask themselves the following: "Will this situation bring me joy?" If not, Stover suggested students consider whether they would still like to attend the event.

### Lean on your family and friends

Isolation can act as a harmful factor for those with depression and anxiety over the holidays. Spending time with family and friends can help break the isolation.

"For individuals who struggle from psychological conditions such as depression, struggle with an anxiety disorder or even just experience heavy stress burdens, having a loving or caring friend or family member as a sounding board is very significant tool in assisting them in managing their difficulties," said Stover.

### Staying safe during New Year's Eve

While you can have fun, it can prove beneficial to have a plan of action for the night. Ride sharing services and designated drivers can help those who had a little too much fun get home safely. Another helpful tip to stay safe is to be aware of your surroundings.

By: **Gabrielle Thompson**

Features Editor

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 With hard work, dedication and a lot of passion, Locks for Cause was selected as the Registered Student Organization (RSO) of the Month for October. Locks for Cause has been on NSU's campus for six years, but has since grown and adapted.

President of Locks for Cause Simran Agarwal, a junior biology major, explained that the club used to focus on one main event, which involved asking participants to cut and donate their hair to make wigs for children with cancer. Recently, the club's goals have shifted to promoting cancer awareness throughout the year.

"I think Locks for Cause is really unique because it's not like the other pre-health clubs we have on campus. We really focus toward promoting cancer awareness and raising funds for research," said Agarwal. "Each month has a different ribbon, so we try to do events that are tailored to that month to promote cancer awareness on campus."



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 Locks for Cause hosts numerous events throughout the semester to spread cancer awareness.

Agarwal is happy to see all of the club's planning in action.

"I think the best experience [for me] would be planning and executing events. Last year, we were more in the planning stage and this year we're actually doing stuff on campus. It's really great to see our name out there and people actually recognizing us," said Agarwal.

Locks for Cause also volunteers at Joe Dimaggio's Children's Hospital once a month

and are working on a project for the hospital.

"We work a lot with Joe Dimaggio's Children's Hospital, so we're going to be decorating ornaments and having people sign motivational quotes. Those ornaments will go to the Christmas tree at Joe Dimaggio's," said Agarwal.

Agarwal hasn't forgotten about all the effort and hardwork that her e-board has put in, either. She recognizes the passion that her e-board has for the club, and knows that she could never do it all by herself.

"Without their help, we would not be RSO of the month," said Agarwal. "I would also like to thank our adviser Aaren Blair. She's really supportive of our club."

Locks for Cause has taken their passion and made it a driving force for the success of their club. With all their planned events to help spread awareness and education, it is no wonder why they are October's RSO of the month.

Agarwal explained, "The best part [of

Locks for Cause] is being able to share our passion for this club on campus."

This month for "No Shave November," Locks for Cause will be holding a fundraiser the week after Thanksgiving for men's health and prostate cancer. They will be selling hot chocolate and other holiday items.

The club is currently planning events for next semester, including a faculty mixer.

"We're going to have researchers coming in, doctors will be coming in and sharing their experience with cancer and then survivors as well," said Agarwal.

Locks for Cause meetings are open to anyone and everyone who is interested. Meetings usually take place on Tuesdays or Thursdays, depending on the availability of the club's members. The club invites guest speakers, professors and cancer survivors to attend their meetings and share their stories to promote education and awareness.

By: **Aldana Foigel**  
Contributing Writer

## Look forward to your second semester

“I am going home in four weeks!” my roommate said, and I was in shock. Four weeks? How could the semester have gone by so fast? I am only three semesters away from graduating now, but I remember my first semester as if it was yesterday. If you are a freshman looking for some advice on how to make the best out of your second semester, this one is for you.

### Getting laundry done

Have I left my clothes in the washing machine for too long only to find them on the floor when I went to put them in the dryer? Yes, more than once. Setting a timer on your phone should become essential when doing laundry. Keep in mind that there are a lot of people living

in your building, and everyone just wants to get their laundry done as quickly as possible. If you leave your clothes in the washing machine for too long, you might find them wet on the floor, and you are not going to be happy about it. Timing is the key.

### Starbucks obsession

Most of us feel the indescribable excitement of having 24/7 Starbucks on campus. However, you must be careful. It could become an addiction, and you can run out of declining balance quicker than you might think. A good strategy for second semester could be limiting the amount of purchases you make per month. Managing the use of your DB is what will get

you through the semester successfully. It might be about time to embrace the college-budget life.

### Print out your syllabi before classes start

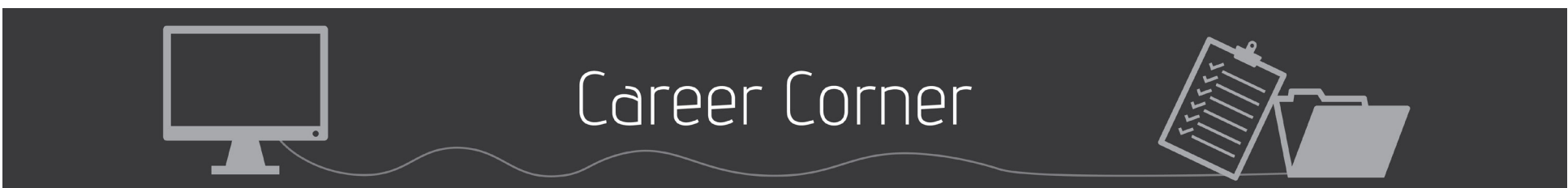
Walking into a new classroom can be nerve wracking, but it gets even worse when the professor starts talking about the syllabus and you feel completely lost. The syllabus not only tells you what you are supposed to do before every class, but it also gives you necessary information such as the professor’s contact information and your classroom’s location.

### For your own sake, do not procrastinate on midterms and finals week

People say college is all about

procrastinating which can become very stressful during midterms and finals weeks. However, these two weeks are only as stressful as you make them. Plan ahead of time, because if you don’t, you’ll cause unnecessary stress in your life.

Making mistakes is normal and it’s the only way to learn what to do and what not to do. However, not repeating the same mistakes over and over is very important. No one really enjoys failing a class or finding their laundry on the floor, so don’t be too upset if any of these things happen with you, because it is okay. Just make sure you learn from these events, and remember, college is meant to be a fun, learning experience.



By: **Gabriela Gross**  
Contributing Writer

## Debunking the myths of Career Development services

Gabriela joined the Office of Career Development in July as a Career Adviser for Experiential Education and Learning. She believes that it is important to be student-centered and is excited to work with first-time college students on this initiative for Nova Southeastern University.

Have you ever heard the saying “Don’t believe everything you hear?” That saying is very true when it comes to Career Development Services. Below I have broken down what I believe to be the top five common myths about choosing a career.

### Myth #1: Your choice of major is your career

Many individuals believe that what you choose as your major is going to transcend directly into a career. That is false. Nowadays you can go into almost any field, as long as you have the experiences to match what they are looking for. Your major is a field of study you are interested in, but just studying something

doesn’t automatically guarantee you a job in that field or prevent you from getting a job in another field. Experience is the key to landing any job, and you should be strategic with the experiences you gain during undergrad to ensure that you are prepared for the job you want when you graduate.

### Myth #2: A Career Advisor can tell you what career to have

As a student, it is best to remember that a Career Advisor’s role is to guide you as a student and as an alumnus. It is unethical to tell you what career you should go into. We are here to have conversations so that you can figure it out for yourself and have that “aha” moment.

### Myth #3: Completing a Career Assessment will tell you exactly what you’re going to do

It is very common for students to ask to take a career assessment. If you believe that this assessment will instruct you on what to do, think again. It will, in fact, give you options based on



PRINTED WITH PERMISSION FROM G. GROSS  
Gabriela Gross is an ExEL career adviser that believes in being student-centered.

your personality, skills and values. Once you have some options, a Career Advisor can help you to narrow them down and figure out what would be a good fit for you.

### Myth #4: Being Undecided is a negative

If you are still deciding on a major or career path, don’t think that this is a bad thing. Actually, it can be a positive. Being undecided is a way for you to explore the things you like and don’t like about certain careers and fields. It is also a way for you to make sure that you are going into a field that you enjoy and see yourself staying in.

### Myth #5: Career Services are only for seniors

Career Development Services start from freshman year all the way until after graduation. In fact, it is better to start early. The earlier you start working with career services the sooner you can begin working on your career goals.

Don’t just absent-mindedly believe everything you hear. It is never too late to visit career services and ask questions. Who knows, maybe the visit will open your eyes to new possibilities you’ve never thought of before.



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## Have yourself an awesome little holiday break

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

As college students, it can be quite hard to resist splaying out on a couch or bed during the holiday break, attempting to make up for all of the sleep lost during the semester. However, while getting some much-needed rest is important, students should also try their best to enjoy the many events that South Florida has to offer during the Christmas season. Here are a few events to check out over the break:

### State of the art

Sometimes going to an art exhibition can be intimidating, especially when security guards scrutinize your every move, or when you don't have context for the artwork that you're viewing. Enter: Art Basel Miami; one of the largest — and greatest — international art fairs that breaks the status quo of stuffy, clinical-like exhibition spaces. Rub elbows with the artists from more than 250 of the world's top gallery spaces or join the crowd of visitors and explore the outdoor landscape near Collins Park and SoundScape Park beginning on Dec. 7. Students can buy

discounted one-day tickets and find additional information about the event [atartbasel.com/miami-beach](http://atartbasel.com/miami-beach).

### Let it snow

Although our friends up north in areas like Jacksonville receive a few inches of snow each year, according to the National Hurricane Center, it hasn't snowed in South Florida since Jan. 19, 1977. The City of North Miami Beach wants to change that. On Dec. 9, the city is inviting the general public to the Snow Fest & Community Safety Day Parade beginning at 6 p.m. Visitors can enjoy the snow mountain, ice skating rink, rock climbing wall, take pictures with Santa and eat edible artworks. Admission to the event is free. For additional information, call 305-948-2957.

### Light 'em up!

Not planning to put up a tree this year but want to experience an awesome tree lighting? Or, do you just fancy watching the lights go



**PRINTED WITH PERMISSION FROM M. GREER**  
Stroll through the outdoor space to view paintings, sculptures, photographs, films and installations created by top-rated, international artists.

up on an impossibly tall tree? Either way, the organizers over at Gulfstream Park have got you covered. Through Dec. 31, from 6-11 p.m., at the top of each hour, audiences can marvel at the park's light show synchronized to loved holiday music and featuring a 50-foot Christmas

tree. While waiting for rotating light shows, guests can also enjoy juggling acts and stilt walkers, train rides, live DJ entertainment and enter to win Cirque Du Soleil "Volta" tickets. For additional information, visit [gulfstreampark.com/events-and-entertainment](http://gulfstreampark.com/events-and-entertainment).

### Fairly entertaining

Luckily for us, classes won't resume until Jan. 8, which gives college students the perfect opportunity to get some last minute sightseeing in. On Jan. 6 and 7, Las Olas Boulevard will transform into a free art walk for the 30th Annual Las Olas Art Fair where more than 1200 artists will display and sell their works. Take a stroll down the boulevard on either day between 10 a.m. and 5 p.m. to see the artwork, meet the artists, learn about their techniques, chat with the curators or snap up some unique pieces. Visit [artfestival.com/festivals/las-olas-art-fair-part-i](http://artfestival.com/festivals/las-olas-art-fair-part-i) for more information.

Looking for more holiday fun? Check out an extended list on [nsucurrent.nova.edu](http://nsucurrent.nova.edu).

## How to win your ugly Christmas sweater contest

By: **Jeweliana Register**  
Arts & Entertainment Editor

With all of the festive holiday parties coming up — and all of the mandatory ones — you may be looking for a funny outfit to spice up the party. Look no further than the ugly Christmas sweater. Whether you are a professional artist or have no artistic ability whatsoever, DIY ugly sweaters are the perfect holiday craft for you. They are meant to be ugly, after all.

### Professional wrapper

For this DIY, you'll want to grab any sweater of your choice and a few dozen bows. Even though the bows can stick on the sweater when you peel off the film, I would suggest super gluing or hot gluing the bows onto your sweater to ensure that they do not fall off during the party. If you are feeling extra festive, add bows to every inch of the sweater, front and back, including the sleeves. This simple sweater idea is sure to be a hit at your next holiday gathering.

### O Christmas tree

Grab a simple sweater, some fuzzy green fabric and a few strands of silver garland. Sew or hot glue the fuzzy green fabric over the sweater to create the tree texture. Next, glue the garland around the shirt like you would wrap it around a real tree. Hang some plastic ornaments — not glass as they could fall off and break — on the sweater in any shapes and sizes you prefer. You could go for a color scheme here or just choose



**PRINTED WITH PERMISSION FROM J. KOPEC**  
Oh, deer! This sweater turned out a little more cute than ugly.

ornaments that you like. Complete the look by cutting out a felt star and bobby pinning that onto your hair.

### Rudolph the red-nosed reindeer

For this festive look, you'll need a brown sweater, some felt strips in black, white and brown, and a light up red nose. Start by cutting out two eyes — two long, white ovals for around the pupils and smaller black ovals for the pupils. Next, hot glue those together to create two deer eyes. Cut out a black oval nose and a pair of brown antlers. Lay out the anatomy of the deer

on your sweater, then super glue it into place. You can choose to leave the antlers a little floppy and 3D or secure the entire thing down. Either way, your reindeer is ready to wow your fellow party goers when you light up his nose.

### Florida Christmas

Just because it's Christmas doesn't mean you have to give up your sunglasses and flip flops. For this Christmas sweater idea, cut out a palm tree using green and brown felt and piece it together with hot glue. Next, attach a Christmas bulb light strand onto your palm tree. If you want to get really creative, you could also cut out some other tropical icons, like a bright pink flamingo, a fun pineapple or a beach chair. Voila, your Christmas in Florida sweater is complete.

### Spell it out

When all else fails, there's no shame in keeping it simple. If you are running low on time or you are simply feeling lazy when it comes to your ugly sweater creation, just grab a sweater and a fabric marker. Write out "This is my ugly Christmas sweater" with your marker and let it dry. If you want to add a little something more, consider some festive doodles of mistletoe, snowmen and Christmas lights.

## OFF SHORE CALENDAR

**H.E.R**  
Dec. 2 | 7 p.m.  
@The Culture Room

### A Christmas Carol the Musical

Dec. 2 | various times  
@The Broward Center for The Performing Arts

### Lady Gaga

Nov. 30 | 7:30 p.m.  
@American Airlines Arena

### LeAnn Rimes

Dec. 2 | 8 p.m.  
@Parker Playhouse

### The Mavericks

Dec. 1 | 8 p.m.  
@Parker Playhouse

### Festival Marketplace Holiday Car Show

Dec. 3 | 10 a.m. — 4 p.m.  
@Festival Marketplace

### Clutch

Dec. 3 | 8 p.m.  
@Revolution Live

By: **Marti Bennett**  
Contributing Writer

## Not-so-classic Christmas movies to watch this season

Holiday movies range from the classic Christmas tale to the atypical film starring a bad Santa most definitely on the naughty list. Though dissimilar, there is one thing all Christmas movies have in common: the holiday spirit. Check out this list of films, some classic and some not-so-typical, that embody the Christmas spirit.

### "Love Actually" (2003)

This film explores the complications and interrelations between nine different relationships set in London, England. "Love Actually" defines the true meaning of love, and expresses the infinite capacity of one's adoration during the holiday season.

### "The Polar Express" (2004)

Take a train to the North Pole for a magical experience on the Polar Express. This classic will evoke childhood nostalgia as it explores the coming of age process of a young boy in a fantasy world, while provoking the imagination and dreams of children. "The Polar Express" timeless nature makes it a fan favorite for the entire family.

### "A Charlie Brown Christmas" (1965)

One of the most iconic staples of holiday cinema, "A Charlie Brown Christmas" is a must-see this holiday season. This film delves into the root of what Christmas is according to Charlie Brown: a magical moment where family and friends unite around a meager Christmas tree regardless of their material possessions.

### "Elf" (2003)

An elf by the name of Buddy (Will Ferrell) discovers that he is human, and journeys from his home in the North Pole to New York City in search of his biological family. The characterization of Buddy as innocent and childish allows for adults and youths alike to view Christmas in an enthusiastic manner.

### "Bad Santa" (2003)

Watch a grumbling man (Billy Bob Thornton) along with his colleague (Tony Cox) dress up as Santa and one of his elves in order to accomplish some yearly Christmas thievery in a department store. Though this film strays away from the classic holiday movie, its naughty and dark adult humor immerses the audience and elicits non-stop laughter

for the entirety of the film.

### "Home Alone" (1990)

Few children can deny that their parents get on their nerves sometimes. Eight-year-old Kevin McCallister (Macaulay Culkin) does not deviate from this pattern, as his wish of not having a family is fulfilled when his parents accidentally leave him home alone during their family trip to Paris. Though the plot points are far from realistic, the absurdity of the situation further contributes to the charm of this film as a whole. The holiday decorations throughout Kevin's house liven and intensify the film as he must protect his spirited house by himself on Christmas Eve from his local neighborhood robbers (Joe Pesci and Daniel Stern).

## SOUNDBITE

### “Known Unknowns” by Billy Woods

By: **Adam DeRoss**  
Contributing Writer

New York alternative hip-hop artist Billy Woods is a bit of an enigma. While he has been tirelessly active and well received in the world of underground hip-hop, both as a solo artist as well as member of Armand Hammer, he is also very elusive and secretive. This personality trait is well reflected in Woods’ music. Known for putting out dark and moody content, Woods focuses on a variety of deep thought topics in his lyrics such as prejudice and existentialism. With over 13 full albums under his belt, seven of which are under his own name as a solo artist, Woods seems to have found comfort in his style and presentation. His most recent solo album “Known Unknowns,” released June 9, is a solid and satisfying project with a whopping 18 cuts, all of which keep up with Woods’ usual subject matter and are produced by trip-hop producers Blockhead and Aesop Rock. However, while Woods’ music usually sticks to a consistent

mood or tone, there is a lot more variation and innovation on “Known Unknowns.”

#### Best cuts

While high praise can be given to every track on the record, the cuts that see Woods taking a few steps out of his comfort zone rise above the rest. A good example is “Wonderful” featuring vocals from fellow underground rappers Aesop Rock and Homeboy Sandman. The instrumental is rich with diversity and flows a little differently with each of the rappers’ verses. It blends instrumentation from a variety of styles and eras including jazz piano chords, radio broadcast snippets, grungy guitar fills and deep punchy drums to bring it all together. Each rapper takes turns making sarcastic commentary on the passage of time and regrets at the end of a lifespan, making the cut highly introspective and hard to digest with just one listen.

“Strawman” marks the biggest departure from Woods’ usual style, mostly in terms of the instrumentals and tone. It mixes elements of both indie dream pop and soulful R&B, which is a strange mix on its own, but on a Billy Woods track it’s almost unthinkable. It has moody guitar chord progressions and light tinny percussion reminiscent of a DIIV track mixed with soulful, jazzy saxophone samples backed up by smooth vocals from Barrie McLain. The somber mood that these elements provide are backed up by equally somber vocals from Woods. He raps about himself being a straw man, empty and hollow. He argues internally with himself about what is right and wrong and whether or not he’s made the right choices. While Woods is already known for dark and deeply personal lyric writing, this track may just be the most emotional track he’s ever released.

Billy Woods is already well celebrated in

the underground hip-hop scene and it doesn’t seem like he’ll be slowing down anytime soon. Releasing solid projects as consistently as he has since his start in 2002 is extremely impressive and it’s a wonder he doesn’t run out of subject matter to write about. While “Known Unknowns” may not be the pinnacle of Woods’ career, it is still consistent, fresh and interesting, with a solid 55 minutes of content. The instrumentals put forth by Blockhead and Aesop Rock backing up Woods’ skill and experience as a writer and performer put this on the radar as one of the most noteworthy hip-hop projects of 2017.

#### Other great cuts

“Gazpacho”; “Superpredator”;  
“Bush League”



### STAFF PICKS:

### WHAT IS YOUR FAVORITE HOLIDAY TRADITION?

By: **The Current**

With the holidays under way, our staff is excited to spend them with their loved ones. Holiday cheer is in the air, so check out some of our favorite holiday traditions and consider adding them to your holiday bucket list this year.

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

“Every year for Christmas my family and I travel up to Minnesota for a few weeks. My favorite part of the whole trip is that on Christmas Eve my aunt puts together a big breakfast and we all play pond hockey. Since my family and I are the only ones that don’t live in the north, it’s pretty comedic to watch us attempt to skate around without wiping out every minute.”

**Madelyn Rinke, news editor, said:**

“My family and I always bake a ton of Christmas cookies. We usually end up with ten or so dozen from thumbprints, to meltaways, to decorated sugar cookies. It’s a great way to

spend time with family, have some fun in the kitchen and load up on cookie dough!”

**Simone Viera, business manager, said:**

“My favorite holiday tradition is going home to St. Vincent and the Grenadines, and going to the beach on Christmas day.”

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

“My favorite holiday tradition is watching National Lampoon’s Christmas Vacation with my whole family. We gather around the TV the day prior to Christmas and watch it together. My whole family likes that movie and we have done that for as long as I can remember.”

**Gabrielle Thompson, features editor, said:**

“My mom and I always set up the Christmas tree and decorate the house with Christmas decor the day after Thanksgiving. We usually blast Christmas music and dance around the house. I love spending time with my mom

and celebrating the holidays.”

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

“My favorite holiday tradition is to sing the ‘12 Days of Christmas’ before dessert with my family and trade gifts with them. It’s a great way for us all to come together and de-stress while catching up with each other during the holiday season. When we hand out the presents, we open them youngest to oldest and it’s a way to all just spread our love to each other and celebrate our holiday cheer. Before dessert, we all sing a particular verse of this song in our beautifully tone-deaf voices. It’s a truly fun moment in our family and something I look forward to every year.”

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

“Christmas Eve dinner at my grandmother’s house has to be my favorite holiday tradition. My relatives from all across the country travel

to her small house in North Jersey. We eat good food, tell funny stories and somehow always end the night by playing a game of Apples to Apples. It’s always nice to spend quality time with my family during the holidays.”

**Jeweliana Register, arts and entertainment editor, said:**

“There’s a state park about twenty minutes from my town that always goes all out with Christmas lights and holiday décor. My family likes to take my niece and nephew to visit Santa there, where kids can roast marshmallows and drink hot chocolate with him. There’s also lots of little shops that sell fun gifts and tree ornaments, so we usually buy one for each year we go. There’s a ton of great photo opportunities and it’s just always a great time with family.”

Wondering what the rest of the staff had to say? Check out the complete “Staff Picks” at nsucurrent.nova.edu.

## How to decorate your holly jolly residence hall

By: **Christina McLaughlin**  
Opinions Editor

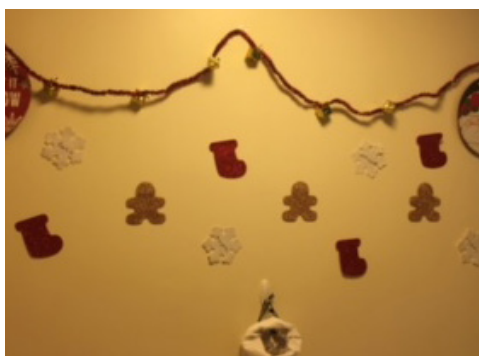
Being at school during the holidays can take the “holiday” out of “holiday cheer”. Sometimes decorations can help get people into the spirit of the season, but not everyone has the funds to buy all those fancy decorations. As college students, we have little options to decorate due to our empty pockets and residential hall restrictions. Do-it-yourself decorations are usually the best option and, sometimes, are even more enjoyable than just buying some holiday decor. Here are some DIY dorm decorations you can make on a budget to spread the joy. So grab some candy canes, tinsel and your creativity, and get crafting.

#### Santa door hanger

Everyone loves ol’ Saint Nick, so why not put him on your door knob? This craft is actually fairly easy. Grab some felt or leftover paper of red, green, yellow and white variety. Cut out a big red Christmas hat and cut out a hole large enough for your door knob. Glue together the shapes of Santa’s beard and face to the main hat piece and done. Add designs and extras like pom poms and borders at your leisure. Maybe even put two pieces of the white felt together filled with stuffing to fatten Santa’s beard.

#### Mini Poinsettia tree

The plant of the season is this beautiful



Its raining snowflakes, gingerbread men and stockings. PHOTOS PRINTED WITH PERMISSION FROM C. MCLAUGHLIN

bright red flower. This plant brightens up your room and makes you feel at home, but it can be a nightmare to the allergy-prone. A fake version of this flower might be the best option. Buy a small branch of the fake poinsettia, a foam cube or pebbles for the base, and some scrap wrapping paper from any craft store. Stick this branch into your base — either the foam cube or pebbles you chose earlier. Wrap your base in some scrap wrapping paper with a twist tie or rubber band to hold it together. This is the perfect addition to any desk or mantle, or it could simply be used as a paperweight.

#### Wall mural

Dorms and apartments tend to be plain and



Santa-fy your door this Holiday season.



Oh tinsel tree. Oh tinsel tree.



Wrap your door in some ribbon and a bow.

boring, but with a few additions you can brighten up the whole room. Gather some sparkly paper, or plain colorful paper if you wish, tinsel or thick ribbon and Command hooks. Start drawing and cutting out a variety of holiday shapes. Gingerbread people, snowflakes, stockings and presents are just a few shapes that you can craft. Tape them to your walls or windows to create a winter wonderland display. Take your tinsel or ribbon and drape them around your walls to add some color.

#### Gift wrap your door

A big part of the holiday season is buying presents for all your friends and family. So, why not make your door a big present to welcome

your guests to your home on campus? Take some ribbon or wrapping paper and get to gifting early this year. Cut two long strips the length and width of your front door. Tape or velcro these strips to the door. Make a bow out of the extra ribbon or paper to finish off the look.

#### Tinsel tree

What is Christmas without a tree or tinsel? In the residence halls, it might be hard to squeeze a large tree into the space. However, this doesn’t mean you can’t make your own tree. Grab some tinsel and fasten it to the wall in the shape of a Christmas tree. You can even add some fancy ornaments or candy canes for more flair.



# ATHLETE OF THE WEEK:

## Jenna Johns

By: **Aldana Foigel**  
Contributing Writer

Originally from Ambler, Pennsylvania freshman Jenna Johns started her first season as a Shark by earning three SSC Swimmer of the Week awards. Driven, passionate and excited about her first year at NSU, Johns is preparing for the big events that the spring season has in store. The Sharks dominated at conference last year, and Johns is hoping to have a good performance and planning to give her best to her team.

### How old were you when you started swimming?

"I started swimming when I was five. I was at our summer pool and one of the meets ran really late, and I was watching them, and I was like 'Hey mom, I wanna try that.' So she signed me up for the swimming team; I have been doing it since then."

### So, you have been swimming for 13 years now. Do you ever feel like you get tired of it?

"I do, but then I think how it has been so rewarding at the end, and how I love all my teammates. So, it is definitely worth it."

### Does anyone in your family swim?

"My mom used to swim. She did lacrosse and field hockey as well. I did all three growing up but I stuck with swimming."

### What are your feelings towards coach Hewitt?

"I absolutely love him. I remember I started talking to the old coaches [before Hewitt came into the program in 2015] who were here, Jack and Holly. Jack went to my high school, so I had good connections and I knew him for

a long time. I remember finding out when they resigned. I was like 'Oh my god what am I going to do?' They ended up hiring Ben, and I came down here on my trip and I loved him. He reminded me a lot of my club coach too, which is really cool."

### You mentioned that your high school coach is one of the most influential people in your life. What can you tell us about him?

"He was just always there. Swimming is a hard sport, it's year-round and mentally you go all over the place. He was kind of a rock, he always made sure that everything was okay. He helped keep us mentally stable while he destroyed us physically. He was just like a second dad [to me]. I saw him more than my dad during season, I was in the pool so much."

### Do you believe that you have to be very mentally persistent in swimming?

"Definitely. Your mindset going into a practice or going into a race could make you or break you. If you are not like 100 percent in, or focused, you are just kind of there; you are not into it mentally. I feel like swimming, along with it being very physical, you have to go in with the right mindset, and make sure you stay relaxed and everything in order to do well. I know that when I am the most stressed out or when is a really close race, I might not swim as well because I am not thinking about the little things I need to do. Mindset is all swimming."

### How would you describe your transition from high school to college?

"Academically, it was a lot different because in high school we have eight classes a



PRINTED WITH PERMISSION FROM D. HENDRICKS  
Freshman Jenna Johns joins NSU's swimming team after winning the state championship as a member of her high school's 400-metre free relay.

day and your work is always due by the next day, so you don't have to worry about timing things out. While in college, it's like you're on your own. You might only have one class a day but you might have assignments for different classes due the following day that you might forget; staying organized is one of my key things. The transition with swimming is mainly [lifting]. I've never lifted this much, so my body has undergone a lot of changes that I am still trying to get used to, but I know it's going to help me. I just have to accept the fact that my legs are bigger, and my arms are bigger, but I love the training. It is definitely more beneficial [than what I used to do]."

### What do you like the most about being a student-athlete?

"It is really nice because in college you can get lost; there are so many people. You have to

make all new friends, but coming as a student-athlete, you know you already have that instant family. You always know that there are people you can go to, if you need help. I know that bunch of the girls [in the swimming club] help us with homework and staying organized academically and what not. The second part is getting to know all the student-athletes. It's really cool how we are all like a little community. I would mainly say that you have an instant group of friends and family that you can rely on. That was the most beneficial thing."

### What is your favorite thing about NSU?

"That's hard; I like a lot. Obviously, the weather and the campus is beautiful. I feel like it's a good size [college campus] and I really like the class sizes because, at those big [Division 1] schools, you're just another number. Here you get to actually know your professor, who could potentially write you a letter of recommendation for a job or grad school or something. That's definitely the main reason why I love it down here."

### Do you have any hobbies outside of swimming?

"I do graphic design and photography. I may or may not be designing our conference shirt; I am still working on it. I did four years of photography in high school and I did AP photography and graphic design my senior year and I just love it, it's so much fun... I love doing sports and action shots."

## On The Bench:

Too much pressure is placed on the Golden Boys

By: **Miguel Gonzalez**  
Contributing Writer

Everyone gets excited to see new faces in the world of sports. Sadly, however, many end up failing — and the media plays a large role in this. Going into the professional sporting world makes their lives completely different when athletes go from having a normal life to living the high-stakes life of a celebrity.

The most recent example is Kylian Mbappe, an 18-year-old French professional footballer who plays as a forward for Paris Saint-Germain (PSG). He was named the FIFA Golden Boy for his outstanding performance in last season Champions League. Many are talking about the amount of revenue this 18-year-old is producing, especially after agreeing to play for the PSG team for an astonishing bid of 180 million. His contract is expected to run until 2022. This is a ridiculously large sum of money for a player who hasn't won anything in his career, and who is not considered a player who can carry his team on his back.

The main reason why many people argue that it's too much money is because he's young and his future is still unclear. You never know if a Golden Boy will play at his peak throughout his career, especially given all of the pressure he is under to perform. A young player needs the opportunity to grow and mature on the field to gain as much experience as possible.

These young bloods are still boys, no matter how much maturity they show or how skillful they are. This life-changing experience can make athletes feel as though the whole weight of the world is on their shoulders. If Golden Boys are made to feel responsible for the success of their team, the stress of this responsibility could eventually hurt them both professionally and personally. Therefore, society needs to stop pressuring them as much as they do.

## Sports Shorts

### Men's Basketball

The Sharks beat the Lynn University Fighting Knights 87-81 on Nov. 15. It was their first win against Lynn in an away game since January 2014. NSU brought the energy early on in the game, leading 28-9 by minute 7:21. In the rest of the first half Lynn caught up, though the Sharks maintained the lead and ended the first half with a score of 50-44. The second half saw more of the same "cat and mouse chase," though the Fighting Knights never surpassed the Sharks. With a tenuous two-point lead and 1:23 minutes remaining, senior Gerard Tarin came up with a left-handed tip in to keep it a two-possession game.

### Women's Basketball

On Nov. 15, the Sharks of the women's basketball team also saw a win with a 70-66 win in a game against Lynn University. Though Lynn came out with the early lead, the Sharks took a quick time-out and caught up quickly, maintaining their lead into the second half of the game. The second half saw the Fighting Knights temporarily regain the lead until a three-pointer by sophomore Cheray Saunders, put NSU back on top a minute later. The fourth quarter remained close, with NSU's lead 67-66 with less than a minute left. However, Senior Amanda Tivenius and Saunders ensured the win with free throws.

### Women's Swimming

NSU's women's swimming team had its second straight Sunshine State Conference road win against Lynn University on Nov. 17. The Sharks wins in the 400-medley relay with a time of 3:52.10. Freshman Emma Sundstedt and senior Courtney DeVeney had two individual victories each, and senior Sydney Panzarino and freshman Jenna Johns had wins in the 50 and 100-freestyles. The Sharks won the 200-yard freestyle relay with a time of 1:36.70, missing the standard by three seconds.

### Women's Volleyball

The women's volleyball team fell 3-0 to the 22nd ranked Florida Southern College Moccasins on Nov. 17. The Moccasins had momentum on their side in the first set, finishing 25-13. Though the Sharks held their own in the beginning of the second set with an ace by junior Samantha Blasko and a kill by junior Denvyr Tyler-Palmer, the Moccasins closed out the second set with a score of 25-22. The third set began with the two teams being "neck and neck," but again the Moccasins were victorious, ending the set with a 25-18 score.

# Finding Fitness:

## 30- Day Challenge

By: **Christina McLaughlin**  
Opinions Editor

As each New Year arrives, gyms and other fitness institutions are jam-packed with new wellness hopefuls who wish to maintain a healthier weight or other fitness-related goal. After the first few weeks of January go by, the gyms are left bare again as many give up those goals after realizing the time and dedication some of these fitness programs require. According to U.S. News & World Report, nearly 80 percent of New Year’s resolutions, fail. People tend to want fast results with minimal exertion or experience on their part, which is not always possible. As such, a new fitness trend, 30-Day Challenges, have become mainstream.

There are countless apps, magazines and other outlets that are advocating for this new fitness regime. There are many pros and cons to this type of workout regime but when you look at it in a general perspective, 30-Day Challenges are a great stepping stone to achieving a healthier life.

### Pros

30-Day Challenges were created for the workaholic, which fits the category that most college students fall under. It might be hard finding time in our busy schedules to head down to the RecPlex for a group class, or find time to do an extra activity at all. According to Freestyle Fitness, challenges “set a realistic timeframe that doesn’t overwhelm, it motivates.” Challenges push you to try something to benefit your health without the pressure of adding it to your to-do list.

A lot of these challenges are not only “challenging” but are also entertaining. It’s always great to test your abilities and it’s fun to see how much you can accomplish in such

a short amount of time. They can be great motivators for your mental as well as physical strength.

Most of these challenges are built to work on all of the muscular groups at different days of the week with built-in rest days to keep your body in prime working condition. This keeps people from getting bored of their workouts since there are variations in activity every day, and time to recover from the more intense workouts. If someone wants to work on a specific muscle group to “bulk up,” there are also challenges created to meet those individual needs. If you don’t know where to start, the most popular specialized challenges you can find are for abs, glutes and arms.

Gym environments are notorious for making people nervous and shy in front of others. Constantly being in the public eye while you struggle to lift a weight can be intense for some people, but these exercises diminish that fear. You have a preselected work out that often shows you the exact steps you need to take to prevent injury and public embarrassment. Another complaint at the gym is that people feel that they aren’t advanced enough to work out. This is totally inaccurate and the challenges address that fear, too. Most challenges are set for your standards, with most of them offering beginner sections and easier manipulations in the first week and then prepare you for the more difficult activities.

### Cons

The one major con to this trend is you will not always get the results you want. Most of these challenges are built for the general population and not all of us fit those

specifications. The intensity of one work out might be too high for one individual and low for another. That is where personal adjustments must be created to ensure that you are working out and strengthening your body in the safest way possible. Even though it is a challenge, it’s important to do what you are capable of and not force your body to accomplish something it’s not ready to do since it may cause serious injury.

These challenges are often advertised by mass media to be all-encompassing and promise for desired results, but this isn’t always true. It’s important to remember that diet and exercise go hand-in-hand and you must maintain a diet of healthy foods to ensure that the workouts are benefiting your body in the best possible way. These challenges might advertise drastic results, but you can’t expect your body to change overnight. However, that doesn’t mean you can’t get the ball rolling with a challenge to push yourself to reach a goal.

“These challenges should jump start you into making realistic dietary and fitness changes you can stick with long term,” said Erin Palinski Wade, registered dietician, on everup.com.

Overall these challenges may prove to be ideal when tackling New Year resolutions. They can open up the doors to a healthy new year and challenge you to push yourself; both being quintessential tasks for improving your quality of life. But, just like anything else in this day and age, you need to approach it carefully, safely and follow guidelines to sustain the effectiveness of the challenge.

# ON DECK

## MEN’S SWIMMING

vs. Tampa  
Dec. 2 | 7:30 p.m.  
NSU Aquatic Complex

vs. Grand Valley State  
Jan. 2 | 1 p.m.  
NSU Aquatic Complex

vs. William Jewell  
Jan. 2 | 1 p.m.  
NSU Aquatic Complex

## WOMEN’S BASKETBALL

@Florida Southern  
Dec. 2 | 5:30 p.m.  
Lakeland, Fla.

vs. Florida Tech  
Dec. 9 | 2 p.m.  
Rick Case Arena

vs. Benedict  
Dec. 15 | 6 p.m.  
Rick Case Arena

vs. Shaw  
Dec. 19 | 4 p.m.  
Rick Case Arena

## WOMEN’S SWIMMING

vs. Tampa  
Dec. 2 | 10 a.m.  
NSU Aquatic Complex

vs. William Jewell  
Dec. 2 | 1 p.m.  
NSU Aquatic Complex

vs. Grand Valley State  
Dec. 2 | 1 p.m.  
NSU Aquatic Complex

# OUT OF THE SHARKZONE

## UCLA shoplifting case resolved

According to ESPN, UCLA’s men’s basketball freshman players LiAngelo Ball, Cody Riley and Jalen Hill were accused of shoplifting sunglasses from a Louis Vuitton store in Hangzhou, China on Nov. 7. During President Trump’s two-day visit to Beijing, he asked Xi Jinping, president of China, to look into the case. After a week of investigations, the UCLA freshman were released, returned to Los Angeles on Tuesday Nov. 14 and have since gone back to the university campus. However, following the boys’ release, media personality LaVar Ball, a father of one of the athletes, stated that President Trump did not have as much to do with their release as he’d like Americans to think. Later, on Nov. 19, President Trump iterated his disdain for Ball’s comments by tweeting that he “should have left them in jail!” The Hill reported that on Nov. 25, Ball fired back at the leader stating that he would offer President Trump some shoes so that he could “calm down a little bit.” According to the Washington Post, as of Nov. 15, the athletes have been suspended from the team.

## Carlos Beltran announces retirement after 20-year career

On Nov. 13, Carlos Beltran, outfielder for the Houston Astros, announced his retirement in a blogpost on The Players’ Tribune. Throughout his career, Beltran was a nine-time All-Star and hit 435 career home runs. He played for seven professional teams including the Astros, Kansas City Royals and New York Mets. Beltran wrote, “... I am blessed to be a champion. But, now my time as a player has come to an end.”

## Timberwolves’ Karl-Anthony Towns advocates for medical marijuana usage

In a Q&A with ESPN, Minnesota Timberwolves power forward, Karl-Anthony Towns, stated the NBA should allow players to use marijuana for medicinal purposes. He brought up this topic when asked what the NBA commissioner should improve upon. “That’s something that Adam Silver has to do ... not fully legal, where people are chimneys, but using [marijuana] as a beneficial factor as an athlete, as a person living daily,” Towns said. He mentioned that he hopes to see the legalization of medicinal marijuana usage within the league and in the daily lives of NBA athletes who need it.

## Red Sox hall-of-famer Bobby Doerr dies at 99

On Nov. 13, the Red Sox announced that Bobby Doerr, Hall of Fame member, passed away at the age of 99. Doerr was a member of the Pacific Coast League and had his MLB debut in 1937 playing for the Boston Red Sox. After a 14-season career, Doerr retired from the league in 1951. This legendary second baseman was named an All-Star on nine separate occasions including his penultimate season in 1950. Doerr was elected into the Hall of Fame in 1986 and received a World Series ring from the Red Sox in 2004.

## Danica Patrick announces her retirement from NASCAR

NASCAR’s best female driver Danica Patrick announced in a conference she is quitting after five full season in the racing circuits. According to The Washington Post, the 35-year-old driver said in between tears that there were some “nudges” that led her to this decision. One of them being some sponsorship issues she faced earlier this year. “I definitely faced situations at the beginning of the year that I’ve never faced before,” Patrick said in her conference. “It made me think about things,” However, she also announced she won’t be fully retired until next year since she is set to participate in the Daytona 500 and Indianapolis 500.

## Papa John’s apologizes for recent NFL anthem criticism

On Nov. 13, a representative for Papa John’s pizza responded to the recent interpretations of the company’s opinion regarding the NFL’s management over the “anthem” debate. The company released an informative apology on Twitter stating that, “[they] believe in the right to protest inequality and support the players’ movement to create a new platform for change.” They also iterated their hopes to work with players and the league to find a positive way to move forward. This was all in response to their recent statements where the company’s CEO, John Schnatter, stated that the protests have negatively affected their recent profit margins.

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## Retail employees should enjoy the holidays too

By: **Miguel Gonzalez**  
Contributing Writer

We enjoy holiday shopping to such an extent that it has become more important than the holidays themselves. No matter how crowded the malls get or how much time we sacrifice with our loved ones, we still love shopping, even if it's during uncommon times like 11 p.m. or 6 a.m.. But the problem is, there is a group of people who are affected by the popularity of holiday shopping: the retail employees.

Retail employees are the ones forced to sacrifice time with family during the holidays to work with many grumpy customers who literally fight between one another to "cop" the last pair of shoes or the last jacket on clearance. Employees are also forced to stay at work into the wee hours

of the morning to close the stores and help clean up. Personally, as a retail employee that worked during the holidays before, I was finally able to go on my phone and see all I've missed, as well as messages saying, "Wish you could've made it to dinner." Here is when the emotions get involved for a retail employee, and this is one of those personal aspects that not everyone thinks about. Yes, retail employees do have feelings when they know they missed seeing their loved ones on such an important date.

Although, the holidays are a great opportunity for workers to make more money since some companies offer them "time and a half" or higher commission, there are memories

that are made on holidays that sadly, many of these employees miss and are irreplaceable and hard to recreate. I think that a great solution for everybody to be happy is to reopen stores a day or two after the holidays, and offer sales then. That way, the employee can both earn money and spend time with their loved ones.

Hopefully, this changes some perspectives about shopping during the holidays. Please be respectful to any associate that is helping you, because they might be losing more than what they are earning.

By: **Clarisse Khouri**  
Contributing Writer

## Graffiti: Love or Hate?

I'm hiking up the steps that separate the dichotomy of Montmartre and the Basilica of Sacre Coeur in Paris. Sure, the latter is breathtaking. But, looking closely, you may notice the reality of the place: it is centuries old. I look around the old buildings and residential apartments where, interestingly, many prominent 20th century artists lived. Then, something catches my eye and my attention is directed toward a run-down building with an odd-looking figure that does not blend with its environment. It's a spray-painted image of a little girl running across the building's roof, and I realize it's graffiti. This graffiti then becomes a topic of discussion for my family and the tourists around us who disapprove. My heart lightens at the power graffiti possesses in creating an atmosphere that publicly admires the anonymous artist's work.

If you've ever stepped foot into the outside world, you've probably noticed various spray paint forms that are on concrete walls in bustling

cities or even in the playgrounds of your local community that are, at times, indecipherable. Graffiti is prevalent, and sometimes, inevitable.

There have been numerous graffiti crackdowns over the years and police in big cities have issued fines of more than \$250 for such "crimes." Some say that this type of vandalism destroys the urban landscape and others believe it deteriorates public property. But, could graffiti be used for the public good?

Graffiti, for the most part, allows those with artistic motivation to create unimaginable possibilities that inform the public through timeless works of art. Instead of creating art for galleries, they showcase their work to any person that walks through a street. Also, graffiti grants these artists the ability to alter the grim setting cities or suburbs may have. Banksy certainly proves to be the epitome of this aspect. As an anonymous figure, he travels around the world to create intricate displays of art in murals and walls that always provide social messages

through simple tools: stencils and spray paint. Whether it is on the technological revolution/doom or "Black Lives Matter" movement, his graffiti vividly illustrates these issues in satirical, and often times poignant, ways. Recently, he went all the way to the West Bank to contribute to the graffiti on the wall that separates Israel and Palestine, painting a dove wearing a military jacket with a target, and a rat holding a slingshot. Although controversial, these pieces of art speak on issues that, for many, can be too taboo to mention openly. He has revolutionized the true meaning and purpose of graffiti.

It is true that graffiti can be used as a mode to deface architecture or buildings in cities. However, there are numerous instances where graffiti artists have gone to the streets to beautify slums in urban communities and areas that seemed inconceivable for the public eye. These artists have inspired run-down areas in parts of major cities to be dedicated to graffiti artists. Wynwood Walls in Miami, for example,

has created a venue for these artists to express themselves and hone their graffiti skills.

To onlookers or tourists, graffiti can have the ability to lighten the mood of those who had a bad day at work or just can't see the glass half full. To teenagers, it has given them the possibility to actively engage in social issues and promote social change. They have also been given a platform to be recognized, heard or understood.

As graffiti art grows over the years, so will people's acceptance for it as a true art form. All around the world, people are constantly expressing themselves through various mediums that serve as a voice. Whether through social media posts, face-to-face interaction, or simply in art, there's always room for a diversity of opinions to be heard. Why should graffiti be any different from these mediums?

## Your generosity shouldn't be tied to the holiday season

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

As we near the holiday season, it will become more commonplace to see familiar red kettles and to hear the tinkling of Christmas bells in the hands of Salvation Army workers at the supermarket. Toy drives will be in full effect and announcements will begin to flood mailboxes and inboxes asking recipients to give back. Sure enough, with hearts full of gratitude, especially during a season filled with family meals and gift exchanges, donations will begin to pour into the hands of those in need. This is absolutely a great thing, however, it doesn't make up for the other 11 months that a family or individual goes unclothed, hungry and unsheltered. Our generosity should not be limited to the holiday season.

I can say from my own volunteer experiences that Thanksgiving meal initiatives and Christmas drives go a long way toward brightening someone's day and making their life a little bit easier. But, while individuals are generally appreciative of a warm meal, the reality is that a one-time gift can only go so far. By the end of that day, they might have only had that one warm meal, a donated blanket may have been lost or stolen and the brand-new pair of socks might be ripped in areas and soiled.

Please don't misunderstand what I'm saying. The gestures are important and very much needed. Yet, this doesn't change the fact that a large issue cannot be given a temporary fix. For example, after being given a care package

on Thanksgiving day, there will still be hunger to be faced the next day. This means that the 35,900 homeless which the Florida Homeless Coalition has reported live on our streets, will need to continue their daily search for food, warmth, shelter, clothing and safety.

We should also keep in mind that persons who are in need are not limited to the homeless, shut-ins or elderly. According to a report created by the United States Census Bureau, last year 40.6 million people were living below the poverty line. Therefore, while the homeless need help, there remain persons who are employed — and likely sheltered — who still struggle to make ends meet. As such, when giving to causes, we should keep these people, who may be your classmates, neighbors or even your co-workers, in mind. Their needs may not be immediately evident, but they are still valid and very much real.

So, over this holiday season, when you're donating to causes and volunteering your time, ask about what you can do throughout the year to be of help. If you find that there's nothing in place, consider starting an initiative that can fill that void. Reaching out to those in need should not be an action determined by feeling that comes over you during the holiday season. Their struggles are real year-round; our help should be evident then, too.

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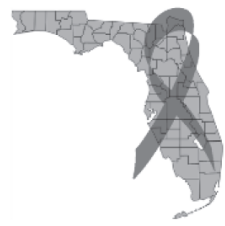
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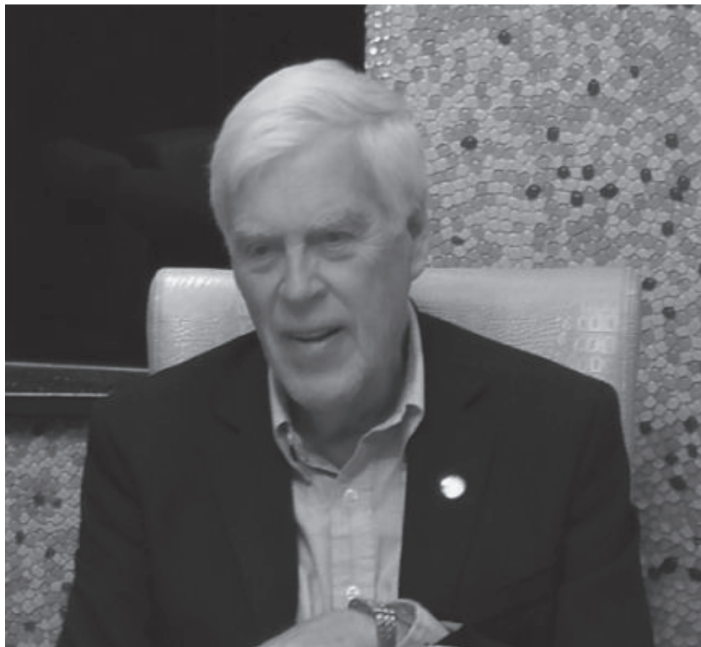
# World AIDS Day Seminar

12/1/2017 – Jonas Auditorium

3:30pm – 5:00pm

Dr. Bindu Mayi and the College of Medical Sciences are pleased and honored to present two prominent HIV researchers in a talk about AIDS/HIV. RSVP by November 30 (ahathaway@nova.edu) so we can be sure to have enough refreshments.

This activity has been awarded 1 hour of AOA Category 2-A Credit.



**Dr. Stephen O'Brien** is a Professor in the Halmos College of Natural Sciences and Oceanography at Nova Southeastern University. Dr. O'Brien's scientific career has been a model for integrative collaborative cross-disciplinary translational research. His decision in the early 1980s to enter long-term collaborations with AIDS epidemiologists to search for AIDS Restriction Genes, human gene variants that influence the outcome of HIV exposure and infection, culminated in the discovery of *CCR5-Δ32*, which protected homozygous carriers from HIV infection. That discovery led to novel FDA-approved entry inhibitors for HIV therapy, to the "Berlin Patient" stem cell transplant, the first ever cure for AIDS using a homozygous *CCR5-Δ32/ Δ32* marrow donor, and to the use of *CCR5*

entry inhibitors to ablate GVH rejection of bone marrow transplants to lymphoma patients.

**Dr. Shannon Murray** is an Assistant Professor in the College of Allopathic Medicine and the Cell Therapy Institute at Nova Southeastern University. Dr. Murray's research transverses the areas of viral and cancer pathogenesis, genomics, and immunology. Dr. Murray's laboratory studies what components of the immune system control the size of latent viral reservoir during HIV infections; and why many chronic viral infections increase cancer risk, including why HIV-infected individuals have higher rates of certain cancers than the population at large. Dr. Murray's lab is a recipient of a State of Florida Institute of AIDS and Emerging Infectious Diseases Pilot Award. Dr. Murray has authored research publications in the field of HIV pathogenesis and a chapter in the *Encyclopedia of AIDS*.



## Sorry, but the Victoria's Secret Fashion Show gets it all wrong

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

There's nothing wrong with lingerie, but there are so many things wrong with the way the Victoria's Secret Fashion Show presents objectification as sexual freedom in order to make a profit.

Victoria's Secret is a business and a business' purpose is to make money. Victoria's Secret, like many companies in the beauty industry, has found a new way to make money in which they pretend to care about women. I sometimes hear the argument that the fashion show celebrates women's sexuality, something that hasn't happened often in the past. The latter part is true.

Throughout history, women have often been shamed for being sexual beings, but there's been much progress made on that front since second-wave feminism happened in the 60s and 70s. On a more important note, there's a difference between sexuality and sexual objectification. Nothing about the Victoria's Secret Fashion show, at its core, shares a message that women hold any agency. Instead, these women dress up in beautiful million dollar bras, train for months to be as thin as possible and strut on stage for everyone to look at them. That's right. Victoria's Secret's secret is that women are still objects to be looked at rather than people who do things.

Even the concept of the angels reverts back to the antiquated desire for women to be pure rather than autonomous, as Jill Filipovic, lawyer and political and gender writer for *Cosmopolitan* and *The Guardian*, said. As these incredibly beautiful women strut for show, the label of angel gently reminds the audience that these women are still "good girls." Filipovic argues that this does the exact opposite of embracing female sexuality.

But the worst part of the show? The females that model are one body type. There's nothing wrong with being thin, but Victoria's Secret, like the majority of the modeling industry, ignores

the existence of other body types which can be so damaging to the self-esteem of young girls. What's worse is that now the models are sharing their workout routines — which by the way, are equal to that of an athlete — and somehow that means that it's okay to only represent one body type as long as they work really hard at it. But if you can't afford the Velashape III treatments that *People* magazine reported the models receive, or if your body just isn't set up to look that way, it still sucks that your body type isn't considered desirable.



## Seriously Kidding

A satire column.

## NSU to cancel final exams because of effects caused by Hurricane Irma

By: **Diego Galvez**  
Sports Editor

In an email sent to faculty and students on Nov. 17, NSU informed the community that they were cancelling each final exam for every course this fall semester on all campuses. The decision was made after a meeting with President Hanbury which occurred on Nov. 15.

"These types of storms are very unusual in Florida," Hanbury stated. "We weren't able to predict that this hurricane was going to hit us this way."

Administration has determined that Hurricane Irma set every class behind, and that catching up before the finals week would be incomprehensible, according to

Vice President Jordon Hamencon.

"The faculty members are feeling as much stress as students do on a daily basis," said Hamencon. "We can't let them go through that."

The meeting started with Hanbury who began describing all of the damages Hurricane Irma caused to its campuses. With the aid of a Powerpoint presentation, he showed graphs which measured the high stress levels of students and faculty members. It was then decided that final exams would be canceled. Additionally, faculty members will be offered personalized yoga classes through the end of the semester to deal with the overwhelming stress.

Many faculty and staff members have already shown their support regarding this decision.

Loretta Donalds, professor in the School of Chemistry said, "Christmas came early for us. I won't have to worry about finals and I can just leave and enjoy my well-deserved vacation."

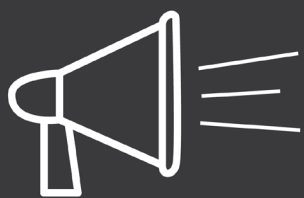
"This decision took us by surprise, but a nice surprise," said Alberto May, professor of psychology. "Many of my students were very happy to hear this news. Some of them starting crying," he added.

However, students like Brian DeMarco, sophomore communication major, voiced his

discontentment with the decision.

"It's so unfair for many of us, I was supposed to do well on the final in order to pass biology and now that I won't have a chance to bring my term grade up, I guess I'll have to take biology next semester as well ... Thanks Irma!" said DeMarco.

Finals week will be early vacation for all. Hamencon suggested that students and faculty enjoy their vacations a week early to make the best of the situation.



WHAT OBSTACLES HAVE YOU EXPERIENCED OVER THIS PAST SEMESTER? HOW DO YOU PLAN TO OVERCOME THEM NEXT SEMESTER?

## SHARK SPEAK



"For me it was mostly time management because I'm a student athlete — I run track — so trying to find a balance was hard. I'm taking 18 credits this semester so balancing that and the sports has been difficult. Next semester, I'll make more schedules to get my work done on time so I can go to sleep at a certain time so I'd have enough rest for practice so that's what I've been working on."  
- **Antwonisha Bryant, freshman political science major**



"Well, I've been working a lot — I'd say that's an obstacle. I guess to combat that you have to really organize and manage your time well because you don't have as much free time to study and stuff."  
- **David Wilson, junior biology major**



"The biggest obstacle was getting used to the area, getting used to being in grad school, and transitioning from a large institution like Mississippi State and coming to NSU which is a small, private institution. I just had to really get used to it and think about all the positives of being here, like being at a smaller institution I'm closer to my professors. I'm able to build that connection and get that extra help outside the classroom. I tend to know more people as I'm walking across campus and that created a sense of belonging... I just see the beauty now of being at a smaller institution and that's how I overcame it."  
- **Adonis McCullum, first-year college student affairs student**



"Sleep. Sleep is something that I need to improve on for sure. It's my first semester here so I'm trying to figure out where I should put my naptime at, and when I should stay up and where I shouldn't stay up until one or two in the morning staying up and doing assignments. So I'll need to work on time management."  
- **Maria Pusateri, freshman behavioral neuroscience major**



"This semester, the problem I had was waiting until the last minute to do assignments. So, next semester, I'll check the syllabus every day, I'll write down the assignments and make a schedule instead of waiting until the last minute."  
- **Rohan Lalwani, freshman psychology major**



"I'm in the medical school here and I was [stationed] in surgery last month and I had a preceptor who has a completely opposite personality than I do and the personality differences were causing communication and performance conflicts in the rotation. I guess I was struggling with the decision of changing the way that [I] act to be more like him or just stay how I am and try to reason with myself that it's okay to be different. So, I think that next semester, or if I ever encounter this type of situation again I will know how I am, and that other people are different and not to be brought down by it but to embrace the differences."  
- **Nicole Olson, third-year osteopathic medicine student**