

11-27-2018

The Current Volume 29 : Issue 15

Nova Southeastern University

Follow this and additional works at: https://nsuworks.nova.edu/nsudigital_newspaper

NSUWorks Citation

Nova Southeastern University, "The Current Volume 29 : Issue 15" (2018). *The Current*. 667.
https://nsuworks.nova.edu/nsudigital_newspaper/667

This Newspaper is brought to you for free and open access by the NSU Digital Collections at NSUWorks. It has been accepted for inclusion in The Current by an authorized administrator of NSUWorks. For more information, please contact nsuworks@nova.edu.



Features



Tips for your resolutions

P. 4

Arts & Entertainment



Jam out to this holiday playlist

P. 6

Sports



What to eat and when whenever you work out

P. 8

Opinions



Gift cards aren't a lazy gift

P. 10

Portraits in music: A night filled with music

By: **Krysyne Edler**
News Editor

On Nov. 30, NSU's Performing and Visual Arts department is hosting their biggest musical event of the year: Portraits in Music, featuring NSU's Mako Band and Pistris Ensemble in a 10 anniversary celebration of the department.

This night of music will begin at 7:30 p.m. in the Don Taft University Center's Performance Theatre. There will be performances by music faculty, students, alumni and a rock ensemble.

"Portraits in Music is the 10 anniversary concert celebrating the music program here at NSU. It is going to incorporate music from Christmas and other holidays, popular music and classical music. It will also incorporate alums that will be coming back and faculty performances as well," said Jessica Collado, director of Mako Band and Pistris Ensemble.

Music from several genres will be performed at the concert. Mario Yi, junior marine biology and music major and Mako Band member, likens the concert to a museum exhibit that opens the eyes of students to new culture.

"This concert basically features all types of different music, so thinking of how portraits are in a museum, all are different, contrasting. This concert is mainly a diversity of all types of music: traditional, pop, classical, rock and Christmas music," said Yi.

"[The goal is] to expose the audience to as many types of music as possible," said Missy



PRINTED WITH PERMISSION FROM J. COLLADO

The Mako Band rehearses for their performances in the Portraits in Music concert and the music program's 10 anniversary.

McClintock, senior biology major and Mako Band member. "There are several different groups who are performing. Each group is doing multiple styles of music in their own style. It's kind of all about a diversity in music."

This will also be a moment to showcase the growth of the department. Through the ten years of the music program, the program has seen the formation of two ensembles. According to Collado, the Mako Band has grown from a small group consisting of about seven people to a group of 27.

"Music is important, but it is also a

celebration of the ten years of the music program here. One of the great things about it [our department] is that it welcomes all students of all majors, minors and backgrounds to come and be apart of our events. Students on campus that are musicians that don't know how to get involved, coming to the Portraits in Music concert may inspire them to want to be involved with the Mako Band or Pistris Ensemble and find a connection there with like-minded individuals," said Collado.

The winter semester will bring changes to expand the music program. Alyiece Moretto-

Watkins, administrative coordinator for the department of performing and visual arts, encourages students to keep an eye out for the news.

"We have some exciting things that will be launched next semester and a lot of it will have to do with bringing more students in from producing and recording aspects. They should be looking out for stuff that we advertise, stuff that we post because its an exciting new element that will soon be offered by the department," said Moretto-Watkins.

The concert will expose students to the opportunities provided by PVA. For students interested in getting involved in the music program, email Jessica Collado at jcollado@nova.edu. More musical events will be occurring on campus in the coming semester. Tickets for Portraits in Music can be purchased for \$7 by students and faculty at the PVA office or online at <https://cahss.nova.edu/departments/pva>.

"We would just like to put on a good show. That is the ultimate goal to put on an enjoyable event, have people come and enjoy good music and maybe bring a new appreciation for music, and definitely an awareness to the music program here in the department of performing and visual arts," said Collado.

Say hello to Julie

By: **Alexandra Herlihy**
Sports Editor

This past week, students who logged into Sharklink noticed a new program had been implemented. It's an A.I. chatbot named Julie, and her job is to help NSU students navigate Sharklink and quickly find answers to their questions.

According to the info page about Julie on Sharklink, "A chatbot is a computer program that enables people to get information from machines in a natural, conversational, way using text and voice."

Julie was created by a team of technicians who are a part of the Office of Innovation and Information Technology (OIIT). One of these technicians is James Drew, the director of innovation and information architecture at NSU.

He and the rest of the OIIT wanted to bring Julie to NSU because of feedback from the support desk.

"We [OIIT] want to provide a higher level of support to students; ultimately faculty, staff, alumni, in the clinics in a variety of different ways," said Drew.

This way, students can access the help they need by just typing a question into this program instead of calling the support line.

"[The current strategy is] creating a small bot family that kind of handles the overall student life cycle, and then also include support for the researchers at the university and then in the clinic," James explained.

Essentially, there will be a separate bot for

prospective students who have applied and been accepted, and a different bot for every different step in a student's life here at NSU. James also states that this team has been working on Julie for the past six months.

"Through a series of iterations and some design sprints..., we probably did around three rounds of iterations with her and ended up with something we felt comfortable with as a basis to kind of move into a production mode."

This program is relatively young, and as most people have found out, not that advanced yet. Julie, like all other AI systems, learns through constant feedback and challenges.

According to Melody Dunbar, data scientist and business analyst, "This is a bot that is for

students, so we want the student's input about the process."

James also is hoping that he can provide internships later in the school year for students who are interested in helping with expanding this program.

To provide feedback and help Julie grow, students can go to their Sharklink and on the front page is a section to learn more about Julie. On that page, is a link to a question input form, where students can type up questions they want to see Julie be able to answer and provide an example of what an appropriate response to their question will be.



PRINTED WITH PERMISSION FROM F. SHABAN

Madelyn Rinka, left, and Christina McLaughlin, right

LETTER FROM THE EDITORS

“I have not failed. I’ve just found 10,000 ways that won’t work.”
— Thomas Edison

Dear Sharks,

As final exams are taken and the South Florida wind gets a bit chillier each day, we see the end of the fall semester draw to a close. For all of us at The Current, it has been an eventful one, to say the least.

Almost all of our staff is new to the journalism grind, while, of those of us returning, some of us have new positions— like us, your Co-Editors-in-Chiefs Madelyn and Christina, former news and opinions editors respectively. It’s been a huge adjustment for all of us to get into the groove of our new staff, positions and what that means for the newspaper.

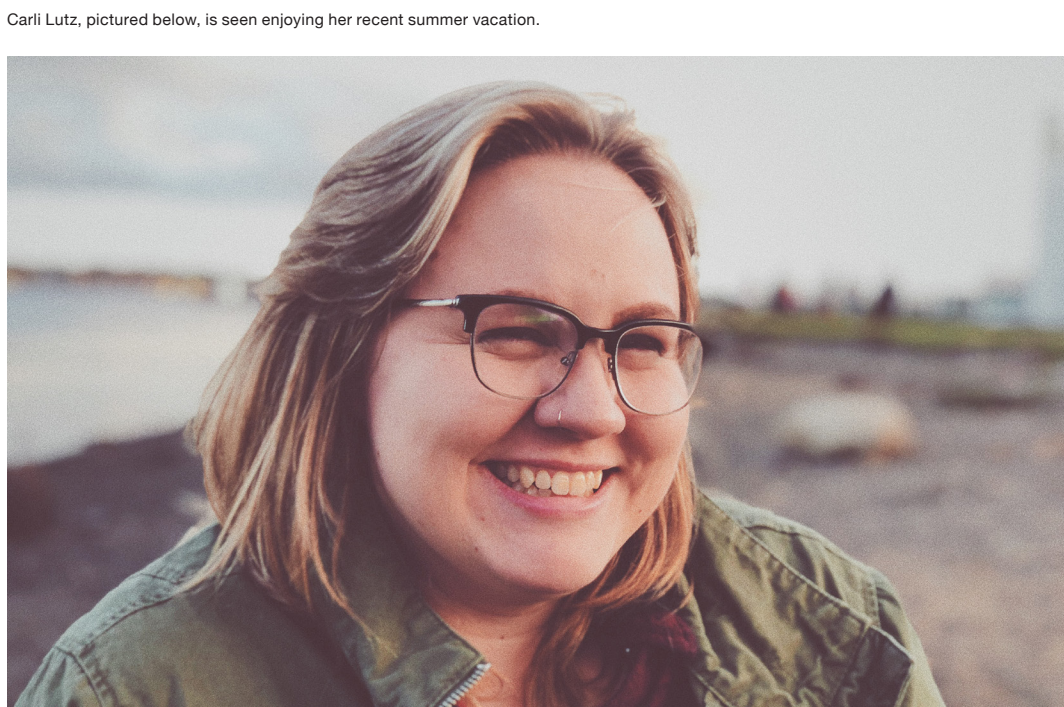
We would like to thank everyone involved with The Current for keeping this semester’s issues successful. We wouldn’t be able to do it without the articles and support from all of our editors, managers, assistants, contributing writers and practicum students. And a special thanks our advisors, Michelle Manley and Megan Fitzgerald-Dunn, who have dealt with our late night text messages, early-morning emails and any other issues we’ve encountered with unwavering support and encouragement.

Additionally, we need to give an enormous shout-out to our Chief of Visual Design, Carli Lutz. Carli will be finishing her degree in graphic design from NSU this December, after spending a large chunk of her undergraduate career here at The Current. She has seen countless issues, designed hundreds of graphics and supported many editors and Co-Editors-in-Chiefs throughout her tenure. The spirit of The Current will be a little bluer without her words of encouragement, love of corgis and clockwork-like proof emails, but she has given us the courage and love we need to carry on. We’ll miss you Carli, and wish you the best in all of your future endeavors!

Finally, we need to thank you— our readers. Without you, all of us at The Current wouldn’t be able to continue the job and passion we all love. We can’t wait to see what the next half of the year has in store for all of us, and we’re eager to keep on reporting on everything NSU. We hope you enjoy your— likely much needed— winter break!

See you soon,
Madelyn & Christina

PRINTED WITH PERMISSION FROM C. LUTZ



Carli Lutz, pictured below, is seen enjoying her recent summer vacation.

The Current

The Student-Run Newspaper of Nova Southeastern University

3301 College Avenue
Student Affairs Building, Room 310
Fort Lauderdale, FL 33314-7796
nsucurrent.nova.edu

NEWSROOM

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

BUSINESS & ADVERTISING

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

Madelyn Rinka	Co-Editor-in-Chief	nsunews@nova.edu
Christina McLaughlin	Co-Editor-in-Chief	nsunews@nova.edu
Aaron Banyard	Copy Editor	thecurrentnews@nova.edu
Krysyann Edler	News Editor	thecurrentnews@nova.edu
Emma Heineman	Features Editor	thecurrentfeatures@nova.edu
Alexandra Herlihy	Sports Editor	sportseditor@nova.edu
Kelsey Bruce	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Alexander Martinie	Opinions Editor	thecurrentfeatures@nova.edu
Skylyr Vanderveer	Multimedia Manager	nsunews@nova.edu
Carli Lutz	Chief of Visual Design	thecurrentad@nova.edu
Kathleen Crapson	Visual Design Assistant	thecurrentad@nova.edu
Mario Lorrimer	Business Manager	thecurrentad@nova.edu
Open	Distribution Manager	thecurrentad@nova.edu
Farhan Shaban	IT and Social Media Manager	thecurrentad@nova.edu
Chandler Donckers	Writer	nsunews@nova.edu
Laurel Gallaudet	Writer	nsunews@nova.edu
Lena Holmes	Writer	nsunews@nova.edu
Ethan Lozano	Writer	nsunews@nova.edu
Katy Popplewell	Writer	nsunews@nova.edu
Samantha November	Writer	nsunews@nova.edu
Lindsey Spina	Writer	nsunews@nova.edu
Danielle White	Writer	nsunews@nova.edu
Megan Fitzgerald-Dunn	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

The Current serves Nova Southeastern University from its location in Room 310 of the Student Affairs Building. The Current is NSU’s established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

Is Food Your Drug of Choice?

Milestones Can Help You Break Your Addiction

Some people use food or restrict their food intake as a coping mechanism, just like a drug, and the impact is just as devastating. It can rob you of your joy in life - isolating you from friends and family and impacting your overall health.



For more information on recovery, call us at **877 690-0218** or click on the QR code to get our Free eBook.



Helping people recover from eating disorders since 1999

2525 Embassy Drive, Suite 10, Cooper City, FL 33026
Milestonesprogram.org

News Anchor

Stay up to date with international and national events.

Federal Judge Rules on Asylum Seekers

Federal Judge Jon Tigar “issued a temporary restraining order that blocks the government from carrying out a new rule that denies protections to people who enter the country illegally. The order, which suspends the rule until the case is decided by the court, applies nationally,” according to the New York Times. Tigar wrote, “whatever the scope of the president’s authority, he may not rewrite the immigration laws to impose a condition that Congress has expressly forbidden”. Trump’s new rule would challenge established asylum laws in the United States.

Broward County Elections Supervisor to Resign

Brenda Snipes, the elections supervisor for Broward County, sent her letter of resignation to the office of Gov. Rick Scott. Snipes told Scott, “It has been my passion and honor to serve as the Supervisor of Elections for Broward County voters. Although I have enjoyed this work tremendously over these many election cycles, both large and small, I am ready to pass the torch.” Snipes’s office did not meet the deadline for submitting the results of the recount to the state government, along with other problems during the midterm election.

Ivanka Trump Found Using Personal email for White House Affairs

After quite some time that President Trump “Accused Hillary Clinton of putting the US ‘in danger’ over her use of a private email while secretary of state,” according to BBC News, his daughter has been acting similarly. Ivanka Trump has been found to be using a personal email to discuss White House business with hundreds of government officials. While the use of a private email for government business is not illegal, it is considered unethical under the Presidential Records and Federal Records Acts.

News Briefs

Leonard Pounds has been named Vice President of Clinical Operations

Leonard Pounds has been named NSU’s vice president of Clinical Operations. In this role, he will oversee all clinic operations, including the revenue cycle and enhancing the experiences of the 220,000 annual patients at NSU’s 39 health centers. Pounds will also work closely with NSU academics, ensuring that academic programs are supported and opportunities are ready for students. Pounds has been with the university since 2007, and has had several roles in the Office of Innovation and Information Technology. Before joining the Sharks, Pounds served in the U.S. Navy as an Information Systems Technician Second-Class Petty Officer.

Inaugural Digital Curriculum & Higher Education Conference

The Office of the Provost invites the NSU community to the inaugural “Going Deeply Digital: Promises and Challenges of the Digital Curriculum in Higher Education” conference. The regional conference will be held Feb. 15-16. Members of the NSU community are invited and encouraged to submit presentation proposals, which are due Dec. 10. For more information about the conference, visit <https://www.nova.edu/digitalconference/> or email nsudigital@nova.edu with inquiries.

Lifelong Learning Institute to Host Former Chief Interpreter

Former Chief Interpreter for Mikhail Gorbachev, Pavel Palazhchenko will speak at the Lifelong Learning Institute’s “Negotiating the End of the Cold War: Lessons for Today.” The seminar will be held on Dec. 7 from 10:30 a.m. to 12 p.m. in the Knight Auditorium in the Carl DeSantis Building. Palazhchenko is known for his legendary role as chief English interpreter for Mikhail Gorbachev and Eduard Shevardnadze.

NSU Professor offers Food Safety Tips for the Holidays

Bindu S. Mayi, professor of microbiology at NSU’s College of Medical Sciences educated the community about safe food practices to stay healthy during the holiday season. Each year, the CDC estimates that 3,000 people could die from eating or drinking contaminated foods or beverages. Even after the initial symptoms are gone, health consequences can ensue in the future. [Foodsafety.gov](http://foodsafety.gov) broke down safety into four easy steps: clean, separate, cook, chill. For more information about food safety check out <https://nsunews.nova.edu/lets-stay-healthy-food-safety-tips-for-the-holidays/>.

Sigma Delta Tau hosts Safe Smart Dating workshop

By: **Christina McLaughlin**
Co-Editor-in-Chief

On Nov. 28, the sisters of Sigma Delta Tau and brothers of Beta Theta Pi will host an interactive workshop on dating and sexual abuse open to the NSU community from 6-9 p.m. in room 1053 of the Carl Desantis Building.

NSU’s Delta Iota chapter of Sigma Delta Tau was asked to host the “Safe Smart Dating” workshop by Sigma Delta Tau National Headquarters and their philanthropic partner, Jewish Women International, JWI. Last year, the Delta Iota chapter won the JWI Award from the national organization which recognized NSU’s chapter for raising the money for the philanthropic group.

“This workshop is held nationally through Sigma Delta Tau chapters and we were lucky enough to be asked to host this year,” said Angela Merlino, philanthropy chair of Sigma Delta Tau. “We are excited to be working with [JWI and Sigma Delta Tau National Headquarters] with this event. We are a smaller chapter compared to other universities so this is a big deal for us to be working with national on this scale. It puts us more in touch with them and give us a closer bond with those members.”

This event will be co-hosted with the Zeta Mu chapter of Beta Theta Pi to break down boundaries between sororities and fraternities and educate the community on this issue from various perspectives.

“The brothers of Beta Theta Pi look forward to working with the sisters of Sigma Delta Tau on this event. We hope to teach the NSU community about safe dating practices. Unfortunately, people often associate Greek fraternities with sexual assault. I hope that we can remind the NSU community that as Men of Principle, Beta Theta Pi is above being the stereotypical fraternity guy,” said Montana Beneduce, outgoing president of Beta Theta Pi.

The workshop will be led by a facilitator from JWI’s national organization and group leaders from both greek organizations who will facilitate various activities during the presentation.

“People who attend will learn about signs that they haven’t thought of or noticed before. It is really going to have an impact on students. It’s not like our other hazing workshops. It’s covered [in the hazing workshops] briefly, but this workshop will really go in depth,” said Merlino.

Merlino explained that even though this event is on NSU’s campus, it is not just aimed at college students. These skills can be used by men and women for the rest of their lives and give them an understanding of healthy relationship interactions.



Want to
write
for us?

COME TO OUR MEETINGS
EVERY TUESDAY FROM
NOON TO 1 P.M. IN
DESANTIS 1054
TO LEARN MORE.
(YES. WE HAVE FREE FOOD.)

 TheCurrent

Skin care routines

By: **Lena Holmes, Ethan Lozano and Samantha November**

Contributing Writers

Everyone's skin has different textures, colors and potential problem areas. Here's a few different skincare routines from writers with different skin types so you can see what works for people with similar skin to yours.



PRINTED WITH PERMISSION FROM L. HOLMES
Sometimes finding your skincare routine takes some trial and error, but don't let one tiny blemish discourage you. Be patient, as some products take a while to work.

LENA HOLMES

Vitamin C Serum is good for any skin type as it helps neutralize molecules that hinder skin from repairing itself. It also tames wrinkles, acne spots, scarring and hyperpigmentation. An acne scarring gel like Murad Post Acne Spot Lightening Gel will help with scarring on your face.

Washing your face every day is key to healthy skin. As someone with dry to combination skin, LUSH Coalface or Herbalism face wash were great at cleansing my skin while not drying it out or making it oily. LUSH caters to all skin types, so finding one that fits your skin type is easy.

Moisturizing is an important step in skincare, especially in Florida. Finding one that won't clog your skin is hard, but Kiehl's or First Aid Beauty products are great choices.

Sunscreen is crucial especially if you are using a Vitamin C Serum and are exposed to the sun often. To finish off, doing a face mask once or twice a week and making sure to remove your makeup every day will help keep your face clean and happy.

ETHAN LOZANO

Knowing your skin type is very important when choosing what products are right for you. When I was younger, I would use high-end products with expectations of improved skin, but I was getting products that were made to

help people with dry skin. I have oily skin, so those products only caused more problems. Make sure you are buying products that cater to your skin's needs.

My biggest skincare tip is to see a dermatologist. If you are having skin problems, a dermatologist can prescribe products that help. Freshman year of college, I had really bad acne, and after seeing my dermatologist, my months of cystic acne finally started clear up. Using non-alcoholic witch hazel also helped clear up my acne.

Try your best to always wear sunscreen. If you wear makeup, there are some products that already contain SPF protection. Personally, I am allergic to chemical sunscreen, so I have to use physical sunscreens. Chemical sunscreen's active ingredients are chemicals like oxybenzone, octinoxate and avobenzone, while physical sunscreen's active ingredients are titanium dioxide and zinc oxide. Chemical sunscreens alter UV rays into heat and release that heat from your skin while a physical sunscreen is basically a tiny umbrella, blocking the UV rays.

SAMATHA NOVEMBER

Personally, I have oily skin that does get dry at times. The most important skin care tip to follow is to moisturize your face and body regardless of your skin type. Oftentimes, oily skin, is a sign that your skin is dehydrated and overcompensating for its lack of moisture. I

have found that using a light moisturizer after washing my face can help me combat oiliness.

If you have dry skin, you should use a light, everyday moisturizer in the morning and a heavier one at night before bed. My favorite moisturizer is Pharmacy's Honey Drop Lightweight Moisturizer. At night I use eye cream, Dior's Hydra Life Cooling Hydration Sorbet Eye Gel, and apply lip balm religiously. My favorite lip balm is Glossier's Balm Dotcom in Mint.

Exfoliation is also a crucial step in skincare. I find that using scrubs are too harsh on my skin, so lately I've been using chemical exfoliants, such as Drunk Elephant's C-Firma Day Serum or Framboos Glycolic Night Serum. Make sure to use sunscreen during the day if you decide to use chemical exfoliants as they make your skin more susceptible to sun damage.

As far as face wash goes, I use two types. Normally, I opt for Youth To The People's Superfood Antioxidant Cleanser, but I use Korres' Greek Yoghurt Foaming Cream Cleanser in the shower or whenever my skin needs some extra TLC.

Masking is my favorite part of skincare! For years I have used Boscia's Black Charcoal Peel-Off Mask, but I recently discovered OLEHENRIKSEN's Cold Plunge Pore Mask. I love it because of the cooling feeling it gives. I try to use these two times a week.

How not to break the bank this holiday season

By: **Chandler Donckers**

Contributing Writer

As college students, we are accustomed to the phrase, "balling on a budget." During the holiday season, this phrase tends to be more relevant because, overall, we spend more money on gifts and other items than any other time. Wanting to buy gifts for all the new people you have met, along with your family and old friends, can get pricey, so below are some tips to help maximize how you use your money during this holiday season.

Don't be afraid to get thrifty

Thrift shops hold plenty of hidden treasures. If you can't find one near you, look online. Some thrift shops have online sites where their products are listed with quantities and detailed descriptions. Thrift shopping is a great way to save money because most items are

being sold for at least half their original price. Some stores even have deals during the holiday season, causing prices to drop even further.

Timing is everything

Just the thought of Black Friday and Cyber Monday can evoke stress. However, these two days can produce insanely low prices. Cyber Monday doesn't come with pushing and shoving in your local Walmart, and websites usually implement discounts on their shipping rates as well. However, beware of being put in an online check-out line. If someone ahead of you has the same items in their cart as you, those items could be removed from your basket if stock is low.

Student discounts

Thankfully, many stores offer student

discounts and what better time to use them than the holiday season; just make sure you have your student ID at check-out time. If you're shopping online, you may need a code since you can't exactly send your student ID to the company. A site and app called Unidays, is geared specifically for college students and online shopping. Upon downloading the app, they ask for your university and student ID number to automatically qualify you for student discounts at hundreds of popular stores. But, be careful when trying to combine discounts; sometimes you can only apply one or a limited amount of codes per order.

Barter online prices

Similar to a combination of Plato's Closet and eBay, Poshmark.com is a site where people

can buy and sell their gently used clothes and accessories. The company allows for bargaining between the owner of the item and potential buyer so the potential buyer can bring the price down. Stock is usually limited of the items but you're guaranteed to find vintage name brands and newer brand name items at reasonable prices. Most of the time, the owner of the item is willing to pay for shipping. This may not be true for everyone, just those who really want to get rid of an item.

Spending money as a college student is typically stressful due to the lack of funds coming in to one's bank account. But hopefully after implementing these tips, you can save some money, maximize your dollar, and be a little more stress free this holiday season.

New Year Resolutions

By: **Samantha November**

Contributing Writer

Whether you're planning on going to the gym more often, learning a new language or managing your time more efficiently, staying true to yearly commitments is always easier said than done. But with five helpful tips, you should be ready to go as soon as the ball drops.

Be Realistic

When setting your goals, keep in mind that they need to be something you will actually not only be able to stick to, but actually do. For instance, if you make a resolution to wake up every morning at 7 a.m. to go for a five mile run, but you aren't a morning person and you hate running, this is obviously not going to work out for you. Instead, consider going to the gym after school or possibly attending a workout class at night. If you decide that you would like to learn how to speak Russian or travel more— maybe even both, make sure you have access to the

proper resources you would need to do that.

Write It Out

As you begin thinking of changes you'd like to make in your life, write them down. The National Health Service (NHS) of the UK says, "Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures." Regardless of how simple or complex you make it, having a list or a journal helps you remember your resolutions and could also keep you motivated. When you see the progress you're making, you'll become less likely to give up.

Make It a Lifestyle Change

So many activities we do on a daily basis are like second nature to us— we wake up, get dressed, eat, go to class, work, do assignments, sleep and wake up the next day and do it all

over again. While it's easy to say "I just don't have the time" in order to get out of sticking with your resolutions, there is a simple solution. Rather than thinking of your new goals as an extra activity, make it a lifestyle change. A great example is eating healthy. If you have a resolution to cut down on how much Chick-fil-A you eat every week, look for healthier, less processed foods. In addition, don't think of this as a "diet" or a temporary solution; think of it as a lifestyle change.

Be Unique

Recycling, in general, is a great thing to do. It benefits the environment and makes you feel accomplished, but when it comes to recycling resolutions, that isn't necessarily the best idea. In fact, according to the NHS UK, "Deciding to revisit a past resolution sets you up for frustration and disappointment." Try your best to branch out and think of ideas outside of the box. If you have

a particular resolution that you have tried before, analyze what you enjoyed about it, what you didn't enjoy about it and why it ended up failing. Use these observations to your advantage to edit your new resolution and tailor it to your needs. Not only will this resolution be unique, but you will be more likely to follow through with it.

Don't Take It Too Seriously

While keeping up with your New Year's Resolutions could be an emotional rollercoaster of success and disappointment, don't be too hard on yourself. It's not the end of the world if you wait until the last minute to complete an assignment or miss a workout one day. All in all, New Year resolutions are meant to be fun, and if you end up foregoing your list for 2019, don't forget that there's always 2020.

Going Home for the Holidays

By: **Laurel Gallaudet**
Contributing Writer

Once you've been living away from your parents' watchful eyes for a while or you've gotten used to the layout of a new town, it can be very strange going home and returning to the way things were before you went off to college far away. Even if your "far away" was a grand total of 20 minutes, returning to curfews, phone limits or even a casino where the post office used to be can be shocking.

Restricted Freedom

Going from almost absolute freedom back to adult supervision is certainly something strange, and it can be rough for you and your parents or siblings to get back on the same page. Sometimes it's easier if you're not the first child to go to college, as your parents may be used to the shift, but if you have to return to all those protective rules—no matter how many times you

might remind yourself that it's just because they love you—after having a taste of freedom, it is very hard to give it up. As you head home, keep in mind that if your parents are a bit restrictive, they are only trying to protect you. They raised you since you were born, and you being out of the house for such a long time is a big change for both of you, so try not to get too upset when they say you have to be home by 9 p.m. And don't worry – you'll be back at NSU with all your college freedom all too soon.

Changes in your hometown

Once you've been at college for a while, things back home are certain to have changed. No matter how short it felt like you were gone, there are bound to be changes: a new restaurant was built, a new road was paved or an old gas station was torn down. Getting used to change in

a place that you thought you knew like the back of your hand can be challenging and strange no matter how adaptable you might think you are. Although difficult, keep an open mind when going back home, and recognize that there will most likely be changes – just as you yourself has changed. Everything changes eventually – keeping an open mind can help you accept those changes.

Learning to drive again

Not all of us had the privilege of bringing a car to college, whether we live in Florida or not. A difficult situation to adapt to in any circumstance is remembering how to drive after not driving for a while. Driving is a lot like riding a bike, except your bike weighs around 4,000 pounds and could kill someone. After not driving for a while, your mind still remembers

how to drive, but those first few moments behind the wheel can be nerve-wracking. Before you put yourself back in the driver's seat and head across the highway, try to clear your head and go through a mental checklist of the little things: which pedal is which, which blinker is right and left, keeping an eye on the road.

No matter what difficulties you may face when you arrive home for the holidays, remember that soon enough you'll be back at NSU where all you'll have is UC food and the Shark Shuttle, so appreciate your family and friends and that delicious homemade food while you have it.

Tips for your next road trip

By: **Madelyn Rinka**
Co-Editor-in-Chief

Whether you're planning a one-day adventure or a cross-country expedition, setting out on a road trip without proper planning can be a recipe for disaster. Take some of these tips to make your next ride one to remember.

PLAN YOUR ROUTE

Before departing on your road trip, whether or not you have a final destination in mind, planning your stops and downloading them ahead of time will save your stress in the future. I've found that driving for eight or so hours a day is a comfortable limit, especially if your road trip involves some sight seeing or hotel stays. Map out your trip and download it to some device that doesn't need internet or print it out before you leave— you never know where you'll end up lost and without service.

PACK AHEAD OF TIME

As soon as you've mapped out your road trip, do some research and figure out what to pack. Are you going on a summer waterfall-hopping excursion? Plan for swimsuits,



PRINTED WITH PERMISSION FROM K. EDLER
Road trips aren't only for summer vacation but are a great addition to your holiday break. Enjoy your new adventure.

sunscreen and light outfits. Or, are you and some friends going cross-country skiing far up north? Then, it's smarter to save some extra space for jackets and boots. Look ahead to your itinerary and weather to make sure you only pack what's necessary and don't leave anything out.

SWITCH OFF DRIVERS

If it's possible, switch drivers every once in a while, rather than just once a day. Driving

isn't necessarily the most fun position to be in, so let people have a break. Every four hours or so is a good limit, or rather just change drivers every time you take a gas station stop or grab food. That way, you can reduce the chance of someone getting cranky and let everyone enjoy the ride.

MAKE A PLAYLIST

Depending on where you're heading, sometimes the scenery and natural landscape

can be the best part of the trip. Other times, you might be greeted with cornfields, grass or bland farm lands. If that's the case, having a fueled-up playlist to listen to can liven up the ride. Don't worry about scanning for new stations every few hours, and instead create a shared Spotify playlist, send a link to everyone who's going on the trip and have them add their favorite songs. Or, you can create the playlist and cater it to your companions. 80s to mid 2000s music can be a shoo-in to get everyone hyped up and energized.

DON'T RUSH

Keep your eyes open on the ride— and don't be afraid to pull over, snap some pictures and enjoy the scenery. Let the windows down and enjoy some fresh air. The whole point of a road trip is enjoying the adventure as much as (if not more than) the destination.



Career Corner



Have you declared a major? Still undecided? No problem!

By: **Katy Popplewell**
Career Development

Katy Popplewell is pursuing her master's degree in student affairs. She is from Cincinnati where she earned her Bachelor of Arts in communication and her master's certificate in marketing from the University of Cincinnati. She works in the Career Development office as a graduate assistant and career adviser.

Some of you reading this may have had these thoughts before. "I have no idea what I want to do." "I have some idea of what I'm interested in, but I'm not sure." Or, "I want to do X but everyone expects me to do Y." Does this sound like you? If so, you're not alone. As many students transition from high school to college, some remain indecisive when declaring a major. It's okay to not know what you want to do with the rest of your life, but with a little preparation and soul-searching, this will provide you the necessary building blocks to find your niche.

The first step is to brainstorm and create

a vision board. Start making a list of your strengths, passions and interests. Next, write down a list of majors that spark your interest. Then dive a bit deeper and research careers that tie back to the major. By brainstorming and doing a self-reflection, you'll be able to identify how your strengths, passions and interests align with that major which can lead to a successful career.

Secondly, gather more information in the fields that interest you. Surf the web regarding jobs related to this field of study and what skillset is required.

Lastly, know and utilize your resources: The Career center, your instructors, alumni, online resources, family, and friends. They know you best so take the time to sit down with them and have a conversation about it. Networking is one of the best ways to truly understand a field or an industry. Building relationships and

connecting with those already in the field is truly an invaluable asset that you should not pass up. Understand that you are doing this for yourself, and not for anyone else.

Through this, you can start eliminating majors and focus on the fields of study you are considering. Research the potential careers that are related to this/these major(s). After having completed this activity, you will have a better understanding of yourself and have a clearer idea as to what major you'll pursue. This will ensure you're on the right track to a positive and fulfilling collegiate and professional experience.

If you haven't already, schedule an appointment online or call the front desk with a Career Advisor so we can plan your road to success!



PRINTED WITH PERMISSION FROM K. POPPLEWELL

Cooking made easy

By: **Lena Holmes**
Contributing Writer

The holidays are coming up, which means your kitchen is going to be crowded and busy. So, here's a few kitchen hacks to make cooking for a crowd a bit easier.

ORGANIZATION

When cooking a major meal, you might lack counter space. To reduce the number of bags on the counter, you can put ingredients like flour and sugar into mason jars. This trick limits spillage and makes ingredients easier to pour. If you don't have spare mason jars, try this alternative: when baking or cooking, measure out each ingredient and put them in parchment baking cups. This way, you'll reduce clutter and you won't have to rinse a measuring utensil to measure something else. Pantry space is also limited during the holidays. In a cinch, magazine racks make handy can holders, so you can save

space by having all your canned goods in one place.

PREPARATION

When prepping for a meal, small tasks can be tedious. For example, peeling garlic can be a bit time-consuming, but if you smash the clove with a knife, the skin will come off more easily. When cooking, eggs are another tricky ingredient. You can make this process easier in a couple of different ways. Separating egg yolks from the egg whites can be hard, but wetting your hands, placing the egg in between your fingers and using your hands as a sifter makes separating the whites quicker and easier. After, you can grab the egg yolk with a plastic bottle. Another egg hack is checking if your egg is good or bad by placing it in a cup of water. Good eggs will sink, and the bad eggs will float.

You might also struggle with pitting avocados. However, just sticking a knife in the pit and tugging upwards removes the pit easily. In a similar vein, you can remove the stem of a strawberry by striking a straw through the middle. If you'd like to making homemade fries next holiday but don't have a potato slicer, you can use an apple slicer for the same results.

Of course, preparing a turkey is elemental to any holiday party. If you're running behind schedule, you might not have time to tie it up, but don't panic. All you have to do is slit the excess skin on either side and pull the drumsticks through the slits.

COOKING

Bacon is one of the best things to happen to America, but it can be stressful to cook due to oil splattering. To keep the oil in the pan, just

add a little water. Frying isn't the only messy way to cook: when boiling anything, it can be hard to keep the water from boiling over the pot. Simply place a wooden spoon over the middle of your pot, and the water won't boil over. Another tough kitchen task is removing fat. It can take a lot of time, but some sauces like gravy can be fattening enough to warrant the effort. One way to speedily skim the fat is to drag an ice cube over the surface. This will cool the fats, so they will solidify. The solid fat will rise to the surface and can easily be removed.

All in all, cooking can be stressful and time-consuming. Using these hacks will help ease the process.

Songs to listen to with a cup of tea

By: **Madelyn Rinka**
Co-Editor-in-Chief

Whether you're spending this winter curled up next to a fire while snow falls outside or you're flattening yourself against an air conditioner, it's the perfect time to get into some new jams. Put this playlist on your queue for a chill and cozy winter afternoon.

"White Winter Hymnal" by Fleet Foxes

"Landslide" by Fleetwood Mac

"Seasons of Love" by Kinga Ban

"Winter Winds" by Mumford & Sons

"Snow" by Sleeping At Last

"Make You Feel My Love" by Adele

"People Help The People" by Birdy

"Time After Time" by Iron & Wine

"Sense of Home" by Harrison Storm

"Ultralife - Abbey Road Piano Sessions" by Oh Wonder

"We're Going Home" by Vance Joy

"Shaky Ground" by Freedom Fry

"Bloom" by The Paper Kites

"First Day Of My Life" by Bright Eyes

"How Was Your Day?" by Mellow Fellow and Clairo

RICK CASE



Year-End Clearance Sale

Buy now, pay nothing 'til next year.
Make no payments 'til March.

Available on all new vehicles with approved credit financed through Ally Auto Finance. Payments deferred for 90 days. Rick Case will give customer a check for the first payment, up to \$500 maximum. Interest accrues from date of sale. Finance offers & discounts cannot be combined.

NSU Students, Faculty & Staff
You can save \$1000s
Now thru 9PM Monday

Get our Guaranteed
Lowest Price & Payment,
or Your Money-Back.

If you are not completely satisfied, return the vehicle within 3 days or 300 miles for a complete refund. Excludes Maserati & Alfa Romeo.

Only Rick Case Doubles the
Nationwide Factory Warranty
up to 20 Tears/200,000 Miles

Powertrain Warranty With every new Hyundai, Genesis, KIA, Volkswagen, Acura, Alfa Romeo, FIAT, or Honda Car, SUV, or Truck Sold. Excludes Alfa Romeo Quadrifoglio and Maserati. See dealer for copy of limited warranty.

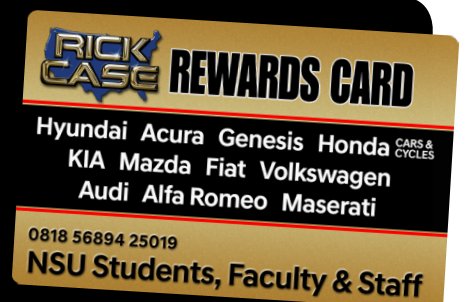
Plus, Rick Case
Rewards Savings, Free
Car Washes Anytime &
Discount Gas

NSU Students, Faculty & Staff

Stop by any Rick Case Showroom, present your NSU ID Card and get your FREE Exclusive Rick Case Rewards Card.

Get free car washes anytime and discount gas.

Earn Rewards Points with every purchase and use your earned points toward future purchases of new and used cars, vans, trucks, SUVs, motorcycles, scooters, ATVs, home generators, service, parts, and accessories.



Save Time, Buy Online.

Complete the entire purchase online, start to finish, from anywhere, even on your phone in just minutes.

rickcase.com



**AUTOMOTIVE
GROUP**
Since 1962

Honda Cars
I-75 at Griffin Road
888-332-2353

Hyundai • Genesis
On 441 at Sunrise Blvd.
866-270-0168

KIA
Sunrise Blvd. at Sawgrass
888-603-0957

Honda Cycles
I-75 at Griffin Road
888-717-5262

Acura
On 441 at Sunrise Blvd.
888-596-9647

Maserati • Alfa Romeo
I-75 Auto Row on Weston Road
855-893-6275

Hyundai • Genesis
I-75 Auto Row on Weston Road
888-618-1568

Volkswagen
I-75 Auto Row on Weston Road
888-603-9672

FIAT
I-75 Auto Row on Weston Road
888-514-0274

Outdoor activities to try

By: **Emma Heineman**
Features Editor

Whether you are an outdoor enthusiast or someone who likes to observe the splendors of nature from a distance, Florida offers an outdoor activity for everyone. While beach days certainly deserve consideration, here are some other outdoor activities to fill your weekend plans.

SNORKELING

This one goes without saying. Florida is home to the Florida Reef System, the largest reef in the continental United States, stretching a massive 358 miles along the Atlantic coast. Tourists and locals alike jump at the opportunity to scour the clear blue waters of these marine ecosystems to find unique coral and spendidly colored fish. If you get lucky, you might even see a ray or a shark, but don't worry, most are harmless. You can join a tour group on a snorkeling adventure or go solo and do it on your own. Either way, the awe of Florida's natural beauty is sure to impress anyone.

HIKING

Hiking is another great way to get out and explore the nature landscapes around us. Although Florida is statistically the flattest state in the US and can't offer the same mountain views as Colorado or Montana, embarking on a journey through the jungle is still worth it. Much of Florida's land is protected by the federal government, meaning that national park trails are open to hikers.

KAYAKING

Florida is a paddler's paradise. With 1,350 miles of pristine coastline and a myriad of canals, intercoastal rivers and channels, the options are endless. Guided trips range from a few hours to a full day and give everyone the opportunity to choose how adventurous they want to be. Whether you want to traverse the open water or maneuver through the tight mangrove channels, Florida's nature.



PRINTED WITH PERMISSION FROM E. HEINEMAN

South Florida offers an array of outdoor activities that you can show in Florida's year-round mostly sunshiney weather.

BIRD WATCHING

Bird watching may seem like something your grandmother likes to do on an idle afternoon, but if done in the right location, bird watching in Florida can be anything but boring. Just an hour outside of Fort Myers, Sanibel Island is a prime spot for observing hundreds of species of birds like moorhens, great blue herons and snowy egrets to name just a few. By grabbing a list of birds and a pair of binoculars, one can easily enjoy a restful, educational day.

WATER BIKING

Water biking is another new, trendy way to exercise and enjoy nature at the same time. A combination of bicycling and paddle boarding, water biking combines the relaxation of a paddleboarding experience with exercise. One can cruise around the various bay areas of Florida's coasts by renting a water bike at a variety of locations.

So, whether you want to dive into the clear blue water or stay dry on the beach, Florida's natural landscape has something to offer.

OFF SHORE CALENDAR

South Florida Symphony:
Masterworks
Nov. 28 | 7:30 p.m.
@Amaturo Theatre | Fort
Lauderdale

Hairspray
Nov. 29 | 7:30 p.m.
@Aventura Arts and Cultural
Center | Aventura

JTF Late Night
Nov. 30 | 11:00 p.m.
@Just The Funny | Miami

Buffalo Bills v. Miami Dolphins
Dec. 1 | 1:00 p.m.
@Hard Rock Stadium | Miami
Gardens

Miami River Art Fair
Dec. 3 | 5:00 p.m.
@James L. Night Center | Miami

Space Miami - Art Basel Pass
2018
Dec. 5 | 11:00 p.m.
@The Ground | Miami

Claptone
Dec. 5 | 11:00 p.m.
@The Ground | Miami

George Balanchine's the
Nutcracker
Dec. 7 | 7:00 p.m.
@Au-Rene theatre at the
Broward Center | Fort
Lauderdale



STAFF PICKS: WHAT QUALITY DO YOU POSSESS THAT YOU ARE THANKFUL FOR?

By: **The Current Staff**

Sometimes in life, being grateful for what is around you is not enough. You have to turn inward and find value in yourself. With Thanksgiving coming up, The Current has taken the time to be thankful for what we will always have — ourselves.

Skylyr VanDerveer,
multimedia manager,

"The quality I'm most thankful for is the ability to stay strong. To say it lightly, life has thrown a lot of negative stuff on my family. Watching my parents try and hold everything together encouraged young Skylyr to do the same. Watching how they and my younger siblings react to the hard times made me eager to do everything I could to help. From knee surgeries to saving what was left of my house during Hurricane Sandy, I grew thick skin and put my family first. I'll always be grateful for them, especially for teaching me how to be strong."

Christina McLaughlin,
co-editor-in-chief,

"I'm grateful for my perseverance in times of struggle in my life. I faced a lot of challenges in my life thus far and I'm grateful that I have

the strength and at times, stubbornness to push myself and reach my goals. I think this quality was really ingrained in me by my parents and my upbringing which I feel is one of the most important things they ever taught me. I don't know where I would be today if I didn't have the strength to work through the obstacles in my life."

Madelyn Rinka,
Co-Editor-in-Chief

"I'm grateful for the passion I have. I tend to get super involved with a lot of things, but I don't feel as overwhelmed or overworked when they're all things I care about. I love learning about the environment, being involved in my sorority, writing for the paper and a lot more. My schedule is always packed and my to do list is normally huge, but it makes it a little more manageable when I'm passionate about what I'm doing."

Kathleen Crapson,
visual design assistant,

"I am resilient. People around me like to tell me that I am brave, courageous and strong. Sometimes I listen to them, and smirk, because those terms are seemingly trite. My mom named

me "Kathleen Nichole," which means "pure victory." I knew that Kathleen meant "pure," and Nichole meant "victory of the people," but for some reason, it hadn't become my personal mantra. I hadn't yet connected to something that sounded so aloof like "victory of the people." It was only after she died that I put two and two together. She wanted me to know that victory wasn't just for other people. I could have my own victory, too."

Alexandra Herlihy,
sports editor,

"The quality that I am thankful that I have is my public speaking ability. I've never really been afraid to talk in front of other people and that has made school so much easier for me. I would always be the only one to look forward to presenting speeches back in grade school. It was just something that always came easy to me."

Aaron Banyard,
copy editor,

"One thing I'm really thankful for is joy. While there are ups and downs in life, getting joy from everyday things like sunshine or smiles from strangers makes it all much better. And sharing joy with loved ones is the greatest

feeling in the world."

Kelsey Bruce,
arts and entertainment editor,

"One quality I am grateful for is my self-reliance. No matter what turns my life has taken, I am always able to take care of myself in the end. My ability to let go of people and activities that are not contributing towards my growth, even ones that have brought me much joy, makes me feel strong. Having that much faith in myself makes me feel like I could make it through anything."

Kryshan Edler,
news editor

"I am grateful for my gift of being a good listener. As a quiet person, I am inclined to listen and to observe what is going on around me. Being a good listener allows people to open up to me and feel comfortable sharing what is weighing them down, or maybe to share their good news with someone. I can listen to what is troubling them and help them work through it. It creates strong relationships. Sometimes all someone needs is for someone to listen. This is why I love my job. It allows me to listen to people's stories and share those stories."

Food to make your workout worth it

By: **Kelsey Bruce**
Arts & Entertainment Editor

Especially after stuffing yourself silly during Thanksgiving, you might become possessed with the need to get fit and refurbish your workout routine. However, exercising requires more mindfulness than one might think: what you eat before and after your workout, as well as how consistent you are with hydration, impacts how effective those workouts are.

Before a workout, you'll need to energize. You're demanding that your body do more work than usual — that exertion is what builds muscle. Still, to accomplish all that extra physical activity, you'll need to make sure your body has the resources to spend. According to Go Red for Women, you should load up on healthy carbohydrates two hours before you plan to work out. If you're unable to do that, a great

snack you can try at least ten minutes before working out is a banana. NSU nutritionist Dr. Marilyn Gordon supports this advice and adds that these snacks will help "you pick up energy that way you can work out hard and get the most out of your time. [They] also keep glucose levels stable." Plus, packed with carbohydrates and potassium, bananas won't feel too heavy in your stomach, but they'll get you through your workout. Foods on a similar level are dates or mango. Of course, workouts will also demand that your body produce sweat to cool you down, so you should also be sure to fill up on fluids before working out. If you make an effort to provide your body with these basic necessities, your body will thank you for it by giving you the tools you need to kill your workout.

During a workout, you typically won't need to eat. Exceptions include high intensity workouts like running a marathon or triathlon. However hard your workout is though, you'll be using a lot of fluids and should hydrate accordingly. Investing in a reusable water bottle is one easy way to do this, but if you're lacking, gyms usually provide users access to water fountains.

What you consume after a workout is also pivotal to muscle growth and metabolism efficiency. Eating foods heavy in protein is best because protein is key to repairing the muscles you've exerted to make them stronger for next time around. Beyond that, reload on carbohydrates, too. Go Red for Women says, "in the 20-60 minutes after your workout, your

muscles can store carbohydrates and protein as energy and help in recovery." Again, ensuring you are hydrated is important in every stage of fitness, and that doesn't change after you leave the gym.

Overall, eating healthy forms of specific macromolecules is key to getting the most out of the work you're putting in, and that means there's no need for fancy supplements. According to Dr. Gordon, "It's not really a requirement to buy special pre-workout and special bars... Real food works really well. It also provides energy, multiple vitamins and minerals, and fiber — good things for health and performance."

ON DECK

WOMEN'S BASKETBALL

V.s. Barry
Nov. 28 | 5:30 p.m.
Fort Lauderdale, Fla.

@ Embry-Riddle
Dec. 1 | 4 p.m.
Daytona Beach, Fla.

@ Saint Leo
Dec. 8 | 5:30 p.m.
Saint Leo, Fla.

MEN'S BASKETBALL

V.s. Barry
Nov. 28 | 7:30 p.m.
Rick Case Arena

@ Embry-Riddle
Dec. 1 | 6 p.m.
Daytona Beach, Fla.

@ Saint Leo
Dec. 8 | 7:30 p.m.
Saint Leo, Fla.

On The Bench: Endzone celebrations

By: **Christina McLaughlin**
Co-Editor-in-Chief

It is week 11 of football season and as playoffs are on the horizon, every touchdown is significant. As it is a pivotal part of the game to get touchdowns, it's understandable for the players to be excited but it isn't okay when they take it too far.

Endzone celebrations are a choreographed or "in the moment" display of excitement and sometimes a form of entertainment for the fans. In the past, players have pretended to nap on the ground, jumped into the fan's section and created some dances with teammates.

The NFL has cracked down on end zone celebrations and ran some significant fines to keep the players in-line. But since 2017, most of these bans were lifted, which has created some creative and, at times, distasteful displays.

Tyreek Hill, the Kansas City Chiefs receiver, took over as a camera operator during his celebration in Week 10 and positioned the camera on his teammates and the crowd. Hill seemed to enjoy the display yet, the NFL did not and he was given an unsportsmanlike conduct penalty during the game for this action. Another player Kevin Byard, a safety for the Tennessee Titans, received an \$10,000 fine for unsportsmanlike conduct when he celebrated an

end-zone reception on the opponent's midfield logo.

As these displays are usually encouraged by fans and discouraged by the league, it's hard to decide which side is in the right. These end zone celebrations have become a sort of entertainment value for fans to see how their favorite players celebrate their touchdowns. Some even becoming a signature for the player like Tim Tebow's "Tebowing" where the player took a knee before games and when he scored. So while these players are looking for their signature stunt in the endzone, a majority of the time they care more about the fan interaction than the actual issues that come with it.

When Hill jumped into the stands and flipped the camera around, he could have easily hurt a fan or caused a riot or even gotten himself hurt in the adrenaline rush of it all. The same goes for Byard. Adrenaline and tensions are ever present on the field and a stunt like that could easily anger the opposing team and cause a disturbance on the field. In any case, if there is a safety risk to the players or the fans, these endzones need some sort of limitation.

There are some celebrations like the one of Ben Watson, a New Orleans Saints tight end,

who used the time to announce that him and his wife are expecting a child, which got too harsh of a judgement call. This has been his endzone celebration on two occasions. Once in 2009, when he got fined for using the ball as a prop and last week, when he used the ball the same way, he wasn't fined. Watson credits this to changes in the league standards but there is more to it. As more advanced displays in the endzone have been demonstrated, the league has lessened the strictness of what they deem unsportsmanlike. If you compare it in retrospect, putting the ball under your shirt and rubbing it to indicate a pregnancy or standing on another team's logo have two completely different connotations.

It's human nature to celebrate successes, especially in a competitive atmosphere like football but when the line is crossed and you begin to make a spectacle of yourself or crossing the boundary of being a "good sport" there needs to be a line drawn somewhere in the sand. The fact that there aren't any clear conditions drawn out by the league only makes the issue worse and until they do so, expect some more creative displays of celebrations and the fines that come with them.

OUT OF THE SHARKZONE

Highest scoring Monday Night Football game

The Los Angeles Rams and Kansas City Chiefs made history on Nov. 19 in their Monday Night Football matchup. The Rams won 54-51 in what many have deemed a Super Bowl LIII preview. According to USA Today, the game became the highest scoring Monday Night Football game in its 49 year history and the third-highest scoring game in the NFL. The Rams' 54 points became the third highest total in Monday Night Football history. This game also became the first time in NFL history that both teams scored at least 50 points each. Four lead changes were recorded in the fourth quarter alone. The two teams finished the game with a combined 1,001 offensive yards. Chiefs Quarterback Patrick Mahomes became the third quarterback since 1950 to have multiple games with at least six touchdown passes in a single season. Both teams finished the game at the top of their conference.

Cleveland Indians say goodbye to Chief Wahoo

The iconic Indians' logo, Chief Wahoo, will no longer be on the team's jerseys starting the 2019 season. Chief Wahoo has been a part of the team for over 70 years. The logo has been the source of controversy between the team and Native American communities. While the team uniforms will no longer feature Chief Wahoo, he will still be found on some merchandise that can be purchased through the team. The Indians will also be wearing red jerseys for the first time since 1977. Cleveland will also be wearing patches for the 90 All-Star game that they will be hosting in July.

Joey Logano wins first NASCAR title

On Nov. 18, Joey Logano won his first NASCAR title at the Homestead-Miami Speedway. Logano became the first driver since 1972 to win a title after finishing worse than 13 in the standings the previous season. Failing to qualify for the playoffs, Logano finished 17 in 2017. He started his NASCAR career at the age of 18 in 2008 with only three races in the Monster Energy NASCAR Cup Series.

Alex Smith suffers eerily similar injury to Joe Theismann

Washington Redskins Quarterback, Alex Smith broke his fibula and tibia in his right foot in the third quarter of the Redskins' game against the Houston Texans on Nov. 19. Many have compared the injury to that of another Redskins quarterback: Joe Theismann. According to ESPN, Smith's injury occurred on the same day that Theismann was injured 33 years ago. Theismann, who broke the same bones in the same foot, attended the game and witnessed the injury. This offseason Smith was traded to the Redskins and signed a \$94 million contract with \$71 million guaranteed. The injury ended Theismann's career, and Redskins fans can only hope that history fails to repeat itself.

ATHLETE OF THE WEEK: David Dennis

By: **Emma Heineman**
Features Editor

David Dennis is a junior sports management major from Columbus, Ohio. Last year, he played and started all 32 games and averaged a team-high 32.5 minutes per game.

How and why did you get into basketball?

I started when I was about two or three years old. My dad and my family is all a big basketball family. My dad played overseas and now is a high school basketball coach back home where I played, so it's just a big thing in our family to play basketball.

What is your favorite thing about playing basketball?

Just the competition, going against different people and getting challenged every night. Seeing how I react and how my mind and how my body reacts.

Why did you come to Nova?

[I chose NSU] mainly because of basketball and the coaches, and seeing the school environment and the facilities was a big part of my decision.

What are your goals for basketball in

the future?

I plan to play professionally overseas. I [don't know] where yet.

How would you describe the relationship with your teammates?

This year is a little bit better than last year. I feel like we do a lot more things together off the court, on weekends especially. But it is just a vibe and a bond that you can't really break with us right now. It helps us being [so close] off the court to be even better on the court.

What is difficult about being a student athlete?

Managing your time. With all the homework and the classes and the two to three hour practices and your extra workouts and all the extra time you put into the game makes you really cherish your off time.

What is your favorite thing to do after a big game?

[I like to] hang out with my teammates and my family.

Do you have any pre-game rituals?

Normally, the night before I will go to

waffle house and eat. It's a weird one but I've done it for awhile. Other than that I just hang out with teammates, watch basketball and play video games. Something to keep my body relaxed.

What does your downtime look like?

I do homework if I have any, but mainly just relaxing. I will probably come in to work out more if I can just to stay confident in everything around me. Then I just hang out with teammates and friends or whatever I want to do.

Do you have any hobbies?

I like to golf. I'm not very good, but I like to laugh at myself.

Who do you consider your biggest role model?

Probably my dad because he raised me to be a good person, and he was always there for me making sure that I pushed myself to be the best that I can possibly be.

What is advice you would give to other student athletes?

I would just say stay on top of everything and keep your priorities straight whether it is with school or athletics. Get the things you

need to get done done, and then with your free time you can do whatever you want and enjoy college. Make sure you have your priorities straight and you should be alright.



PRINTED WITH PERMISSION FROM D. DENNIS

David Dennis is a junior sports management major and is originally from Columbus, Ohio.



this week in sports history



By: **Lindsey Spina**
Contributing Writer

From the original Ancient Grecian olympics to last year's Super Bowl, sports have been around for millenia. Today's public, however, often don't know the history of some of the nation's favorite sports. Here you can find some relevant, monumental, and inspiring games that have changed the future of sports forever.

NOVEMBER 27TH 1870:

Baseball is labelled "The National Game" by The New York Times.

It is recorded that the first baseball game in the U.S. took place in 1846. It only took a short 24 years for baseball to become so popular that is labelled "The National Game". It's no surprise that America's pastime is known as "The National Game"!

NOVEMBER 28TH 1895:

The first auto race in America took place in Chicago.

Auto racing is a big part of America and is watched by millions. In 1895, the very first auto race took place in Chicago and the six cars raced to Evanston and back to Chicago. Today, auto racing is a big deal and is known as National Association for Stock Car Auto Racing (NASCAR).

NOVEMBER 29TH 1939:

The 200m backstroke world record is broken by Cor Klint.

In 1939 the 200m backstroke world record is broken in 2:38:8. Today, the 200m backstroke world record is 1:51:92. Breaking a world record is a huge accomplishment for an athlete and something that will go down in history and will always be remembered.

NOVEMBER 30TH 1893:

Auburn beats Alabama 40-16 in Montgomery during the 2nd Iron Bowl.

Last week in Sports History, we saw how Auburn beat Alabama 48-0 in Tuscaloosa in the 4th annual Iron Bowl. Auburn and Alabama go way back and the Iron Bowl is something both teams take very seriously. Today, Alabama actually takes the lead over Auburn and is dominating this rivalry.

DECEMBER 1ST 1930:

A 20-minute penalty is dropped by the NHL.

The NHL dropped a 20-minute slashing-about-the-head penalty in 1930. Hockey can be a dangerous sport and can result in many injuries, especially head injuries. A slashing

penalty is when a player swings their stick at another player. When a player slashed their stick at other players head, they were forced to sit through a 20-minute penalty in 1930.

DECEMBER 2ND 1907:

The English Professional Football Players Association is formed.

This association is for football (soccer) players in Europe and was formed to defend and negotiate the conditions of all the professional football players in the league. In 1992, the association was renamed Professional Football Negotiating and Consultative Committee (PFNCC) and is still protecting their players today.

LOOKING FOR



SPORTS SHORTS



CHECK OUT NSUCURRENT.NOVA.EDU!



Why is writing so hard?!

By: **Alexander Martinie**
Opinions Editor

You would think that if it is my actual job to write articles every week for the school paper, that I would probably be good at writing. But, alas— scratch that, who even says alas— that is not quite the case. I didn't start to enjoy writing until a few years ago, when I began to do it on a regular basis. However, the more articles that I write, the more articles that I edit and the more experiences that I have with articles, the more that I feel my writing is improving. Over time, there has been an improvement in my writing style, but it is nowhere near where I would like the quality of my writing to be.

Figuring out what to write can be just as difficult as the writing itself. As author Neil Gaiman wrote, "being a writer is a very peculiar sort of a job: it's always you versus a blank sheet of paper (or a blank screen) and quite often the blank piece of paper wins". Everytime I get an article to write, I have no idea how to start. I tend to get a case of writer's block and wait a few days before I can even start to think of ideas for an article. This week, somehow, I was actually able to start writing this article early, though.

We are approaching the California fires all wrong

By: **Christina McLaughlin**
Co-Editor-in-Chief

As the "Woolsey" and "Camp Fire" wildfires are still burning and firefighters are desperately working to contain the situation, we are focusing on all the wrong points of the story.

According to National Geographic, wildfires are uncontrolled blazes fueled by weather, wind and dry underbrush that can burn consume everything in their paths. They are formed by fuel or flammable material, oxygen and a heat source. With this information, it makes sense that California is a hotbed for wildfires.

But, when we have our president spreading misinformation to the public about these fires, it makes the situation worse. On Nov. 10, Trump took to Twitter to write that, "there is no reason for these massive, deadly and costly forest fires in California except that forest management is so poor," and later threatening to take away

funding if the problem isn't solved.

This statement assumes that these wildfires were caused because of negligence by California forest management, but that's not the case. The current wildfires are actually classified as fires within the wildland-urban interface. This means these communities are near undeveloped wildlands which makes these areas susceptible to fires since they are in the direct path of a fire's fuel. According to a 2015 Department of Agriculture report, 44 million houses are in the wildland-urban interface with high concentrations in Florida, Texas and, you guessed it, California. That is why we are seeing such a major destruction. These urban areas have no separation like development, that would protect them from destructive fires. But when it comes down to it, with fires like Camp Fire and Woolsey, nothing would protect these areas.

The fires are too strong and, frankly, too hot and fast to be slowed down or prevented by the firefighters' efforts. This isn't one federal or state agency's fault. This is a problem that is getting worse every year. The Union of Concerned Science wrote an article in July detailing their understanding that global warming which is intensifying the hot and dry conditions in the western U.S. and increasing the frequency and strength of these fires. But that's a completely different discussion we should be having.

But misunderstandings in this administration aren't the only problem. Some of the media has really spun this story to ridiculous proportions by focusing way too much on celebrities and not civilians. CBS, ABC, The New York Times and CNN are only a few of the credible sources who are guilty of this. Yes, these fires did affect people living in California,

especially in celebrity neighborhoods, but there are thousands of California residents who don't have this public status. These residents are facing true hardship that is heartbreaking and is a story of its own. Celebrities can face this hardship as well but they also have the money and resources to rebuild. These so-called civilians might not have the same luxury and that is a problem we should be talking more about.

These fires are a major problem in the western U.S and these conditions are only getting worse. We need to stop focusing on celebrities and misinterpreted information and focus on the root of the problem. The countless lives that are affected by these tragedies and how we can help prevent these issues.

Gift cards are college students' best friend

By: **Danielle White**
Contributing Writer

The older we get, the more we can agree that for any occasion we'd prefer monetary gifts. We have now reached the age where we no longer put together long lists of presents we would like to have and instead hope to receive money. For all gift givers, instead of going out your way to withdraw cash or write a check, grab a gift card instead. Though the giving of gift cards has been frowned upon, they really don't deserve the bad reputation they get. They're convenient. Would you rather receive a gift you won't use, such as clothes that don't fit or receive a card that allows you to purchase any items you like? Whether it be for Christmas or a birthday, you can be certain that I'll gladly

accept a gift card.

Gift cards give college students their three favorite things: fun, freedom and flexibility. While gift cards are typically seen as impersonal, they make life easier for everyone. Gift cards guarantee gifts that we'll love. Not only is it annoying to have to return a present, but it's also a hassle to explain to your family why you aren't wearing or using the gifts they bought you. With gift cards, we have the freedom to get anything we want, when we want it. As an extremely picky person, gifts cards are very desirable. More importantly, gift cards don't expire. You can wait a year or more and not lose any money on the card.

As a college student, I have more needs than I have money. A simple Visa, American Express or Discover gift card allows you to purchase items you need to stock up on. From dorm essentials, class supplies and even groceries, you have the power to pick and choose things that you actually need. As if that isn't great enough, you can purchase all these items from the luxury of your room.

Thanks to the convenience of the internet, you don't have to even leave your room to shop. For students without vehicles, this is a godsend. Moreover, the internet has birthed a new type of gift card known as e-gift cards. These gift cards are sent via email and can be used on almost any

website. With this type of gift card, you'll never have to worry about losing it, unless you're the type of person who loves to have emails pile up in the inbox.

You could argue that a gift card is a lazy present, but it's one of the most personal presents to gift someone. It's always nice to know that your loved ones think of you and pick out gift cards to places such as your favorite restaurant or the movie theater. Gift cards are the only gift that makes sense to give to a college student. They're just as good as receiving a huge wad of cash... but better.

The nature of Santa Claus

By: **Laurel Gallaudet**
Contributing Writer

With the holiday season right around the corner, if we're already breaking out the hot chocolate and the candy canes we may as well bring up the man of the hour: Santa Claus! The idea of Santa has been around for as long as most of us can remember. That warm smile, that jolly laugh – we all have our own ideas about what the "big red man" looks and acts like. Even though we all have different perspectives, the one thing that continually seems to unite our visions of him is the kindness and willingness to give that embodies the idea of "Santa." This selfless giving nature, that kids are taught from a young age, plants that seed of giving in their minds and influences them to give throughout their lives in the same way that "Santa" did to them. The thought of Santa leaves a warm glow in the minds of children who remember how they felt each year when they received selfless

gifts of love from someone who they'd never met, and positively influences them to be givers as well.

Almost every kid remembers waking up and running as fast as they can down the stairs and to the tree, where there are sure to be magical gifts from the man called "Santa." The feeling of joy that erupts in their hearts when they excitedly burst downstairs to find these loving gifts stays with them forever. Each time children feel this happiness, it plants the idea that the spirit of the holidays are for giving and love and though that idea can still be taught without the help of a magical man from the north, his essence makes the theme a little clearer to children.

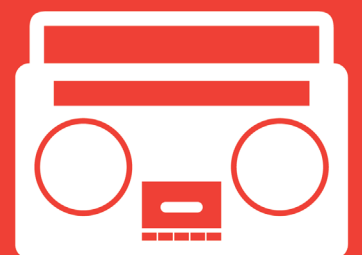
When I asked some of my friends what their thoughts were about Santa, they responded pretty similarly, saying that the idea of him fosters the spirit of giving. One of my friends

made a comment on how when Santa gave her presents, she realized how happy she was when she received those gifts and figured that other people would feel the same happiness if she gave them things as well. Kids aren't dumb – most of them can figure things like that out pretty quickly. If parents are trying to teach their kids to be giving, I think it's working pretty well.

Even if it's not the express goal of our parents to teach us to be giving and they just want to put a little magic into our lives, in most circumstances I believe Santa really does help children to be more giving and kind. The spirit of giving surrounds the holiday season, but for children who can't yet see that, Santa is one of the best ways to show them. Just remember this holiday season; be as giving as your own Santa wants you to be.

FREE CONCERT TICKETS.
OKAY. NOW THAT WE HAVE YOUR
ATTENTION – FOLLOW US ON
SOCIAL MEDIA TO KNOW WHEN
WE'RE ON AIR AND WHEN WE'RE
HAVING TICKET GIVEAWAYS.

@NSURADIOX



Today is too soon to deck the halls

By: **Samantha November**
Contributing Writer

I have lived in South Florida for my entire life and, of all the seasons, winter is my favorite by far. There's a multitude of aspects about winter that I patiently wait all year for: people seem to be in better moods, the weather becomes somewhat pleasant and enjoyable and let's not forget about the holidays. As I've gotten older, I've grown to appreciate the holidays more and more. Aside from spending time with family and getting a break from school, I love seeing all the decorations that people strategically plan out and spend hours putting up. It feels as though there is a "collective cheerfulness" that is brought out by holiday decorating regardless of what holiday you celebrate. Everyone knows that once the lights are up, the season has begun. However, there is a time and a place for everything. Holiday decorating is no exception to the rule.

I don't think anybody should start taking their lights, reindeer and menorahs out of storage until after Thanksgiving. Recently, I've noticed that there is already a heavy focus on Christmas, especially towards the end of October. It feels as though stores such as Walmart and Target

only care about how they can increase their profit margin and resort to using this tactic-- Halloween decorations, candy and costumes were on shelves by August this year, two months before October. What is the rush? It's most likely a result of commercialism since our society is all about consuming. But people could just really love the holidays so much that they're willing to skip Halloween and Thanksgiving. But doesn't that take the sacredness out of decorating?

Holiday decorating is supposed to be a fun and much anticipated annual event that should take place after you've been able to digest your food and finish your leftover turkey and stuffing from Thanksgiving dinner. I understand that some people just don't have the time to wait for when it's appropriate due to busy, demanding schedules and they get a pass. The issue I have is with those who just appear to have lost their sense of enjoyment for decoration—meaning that they're just doing it to get it over with. On the other hand, it could also be that they're so into it that they can't wait for the right time.

Don't get me wrong, I appreciate a good set



PRINTED WITH PERMISSION FROM E. LOZANO
Malls like the one seen here are decked out in plenty of decorations as early as late October.

of string lights just as much as anyone else. All I'm saying is to keep calm, be patient and deck your halls in late November or early December. Ultimately, it's your own and everyone else's personal decision when to decorate, I'm just

simply trying to point out that we shouldn't get ahead of ourselves and enjoy the holidays as they come. Winter will still be my favorite season and I will never lose my adoration for holiday decorations.

Let winter break be a break

By: **Christina McLaughlin**
Co-Editor-in-Chief

After finals, students are graced with a month-long break from December into January. Winter break is supposed to give students a chance to spend time with their families and recuperate after a few months of hard work. But some employers and dedicated students might ask too much of themselves during the break by taking up shifts at their jobs, looking for jobs or internships for the summer or even preparing for the next semester. All of these are great endeavors and an important part of the college experience but that doesn't have to happen during the few breaks you get during the academic year.

It's no secret that college students get stressed out. We have a heavy course load, an active social life, plan our career path and even take up a job or internship. According

to the Anxiety and Depression Association of America in a 2015 College Health Assessment, 85 percent of college students reported they had felt overwhelmed by everything they had to do at some point in the year.

So it only makes sense that when we have the opportunity to relax, we should take it in full stride. But for months, we are in overdrive and then expected to just unwind and sometimes we aren't used to that "stop and go." I know for me the first few days of break I'm basically a zombie watching tv shows, binge-eating home cooked meals and maybe seeing a few friends and family from home. Then, after that first week, I'm tempted to pick up a book or open my laptop. Call it a force of habit or curiosity, I find myself searching for internships and research opportunities in my field. I feel with

our generation we are acutely aware of how competitive jobs are so we sacrifice all the time we can to get ahead. It's not healthy and keeping this mentality up for too long can cause burnouts and, as great as being stuck on the couch mentally might sound, it's not pretty and it's hard to break the cycle once.

We all hear how we need to maintain a healthy self-care but we need to take it more seriously. It's hard to ignore that voice in the back of your head that wants you to do more and stay focused but you need to ignore it sometimes. That's not to say you won't ever get to those items on your to-do list it just means that you are putting them off until after you recharge your batteries. That's why in real-world jobs provide vacation days. They want employees to have a break every once and awhile so when

they come back to work they are re-energized. The same goes for college, just on a larger scale. In a career, your job usually lasts a nine to five time slot and you can go home and unwind. But with college, it is 24/7; early morning classes and night classes, clubs and organizations, pulling all-nighters and the maybe even a 20-hour work schedule on top of the heap. We need to be more kind to ourselves and cut ourselves some slack to have some serious downtime and the best time for that is our scheduled break. So close the books and take some much needed "me-time" this winter break. All those responsibilities for your college career will still be here waiting for you when you return.

SHARK SPEAK

FINALS ARE COMING UP SOON — WOULD YOU PREFER TO TAKE THEM ONLINE OR ON PAPER IN PERSON?



"I definitely prefer to take finals - or any test for that matter - in person. I think, subconsciously, the structure of a classroom setting encourages me to perform better. Also, with an on-paper exam, you never have to worry about technical difficulties like the site freezing or navigating a new web page."

- **Jahleeya Muhammad**,
freshman biology major



"I personally prefer online classes because it would take away some of the nerves I get during exams."

- **Kensey McClendon**, freshman
marine biology and
biology major



"I prefer to take my exams in person because I don't tend to procrastinate as much and it's just easier for me."

- **Samantha McCrea**,
freshman exercise and sports
science major



"On paper in a classroom setting. I prefer to take them in class because I just get it out of the way without respondent or any other unnecessary things."

- **Marielle Cayemitte**,
senior biology major



"I prefer online exams because I'm more calm when I'm in a comfortable setting. Also, It's easier for me to space out what exams I have to take during that week. I wouldn't have to have two within the same day."

- **Samrah Mitha**,
sophomore biology and
neuroscience major

THE ORIGINAL
Del Vecchio's
PIZZALOFT

SAME PIZZA LOFT
 RECIPES AND STAFF
 YOU'VE GROWN
 TO LOVE



2060 S University Dr, Davie, FL 33324
 (954) 476-9336

INTERNSHIPS AND RESEARCH CENTER

Spring Recruit a Shark Day

Are you looking for an internship, job, research or volunteer opportunity?

NSU Recruit a Shark Day

Tuesday, March 14, 2019
 3:30 p.m.–6:00 p.m.

The Rick Case Arena at the Don Taft University Center

Connect with talented NSU students and alumni for:

VOLUNTEER/SERVICE

RESEARCH POSITIONS

JOBS

INTERNSHIPS

For more information, call (954) 262-7195 or email cdalessio@nova.edu

NOVA SOUTHEASTERN UNIVERSITY **NSU** Florida



This event is hosted by Career Development and the Office of Student Leadership and Civic Engagement

INTERNSHIP OPPORTUNITIES

Gain an edge this fall by finding your dream internship! Career Development is here to help. Find a few internships below...

- U.S. Department of Homeland Security: *Student Volunteer Internship*
- Changing The Present: *Human Resources/ Organizational Psychology Internship*
- Jaime Peralta State Farm Insurance: *State Farm Office Associate/Intern*
- USDA-Agricultural Research Service: *Environmental Science Internship*
- Discovery Inc.: *Spring 2019 Internship*
- MOD Pizza Florida: *Local Store Marketer*
- Psychological Assessment and Treatment Services: *Psychology/Mental Health Internship*

RESEARCH OPPORTUNITIES

Dental Medicine

Student Participation: We are looking for undergraduate students interested in examining the possible association of periodontal disease with Alzheimer's disease. The results of the project will be used for poster presentations and for an eventual publication.

Time Commitment: 10 hours per week
 Minimum GPA & Major: 3.0 GPA/ Any STEM major

Skills/Experience: Basic lab experience

Dental Medicine

Student Participation: We are looking for undergraduate students interested in examining the molecular mechanisms underlying ceramide-mediated fusion of senescent osteoclast precursors in vitro through a cathepsin B-induced Myh9 degradation pathway. These results are expected to challenge the long-standing belief that LPS/TLR signaling is the main pathway of oral innate immune responses and will lay the foundation for opening a new paradigm of ceramide-mediated periodontitis pathology. The results of the project will be used for poster presentations and for an eventual publication.

Time Commitment: 10 hours per week
 Minimum GPA & Major: 3.0 GPA/ Any STEM major

Skills/Experience: Basic lab experience

All events, internships and job opportunities can be found on **handshake** at nova.joinhandshake.com

NSU Career Development ☎ (954) 262-7201

Locations: Horvitz Office (1st Floor of the Horvitz Building, Room 152)
 DeSantis Office (Carl DeSantis Building, Room 1042)