11-27-2018

The Current Volume 29 : Issue 15

Nova Southeastern University
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.
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 couldn’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-Chief 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!

Sincerely,

Madelyn & Christina

LETTER FROM THE EDITORS

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

Milestones Can Help You Break Your Addiction

Helping people recover from eating disorders since 1999

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Is Your Drug of Choice?

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.
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 NSU community to host this workshop.

"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 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.

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 clinics. Pounds is expected to 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 “Gaining 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.novasc.edu/digitalconference/ or email nsudigital@nova.edu with inquiries.

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Skin care routines

By: Lena Holmes, Ethan Lozano and Samantha November
Contributing Writers

LENA HOLMES

Vitamin C Serum is good for any skin type as it helps neutralize molecules that hinder skin from repairing itself. It also tame wrinkles, acne scars, and hyperpigmentation. An acne scar-caring girl like Murad Pur Acne Spot Lightening Gel will help with scarring on your face.

Walking your every day face 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 covers 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 the first aid beauty products are great choices. Sunscreen is crucial 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 these 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 had trouble and after seeing my dermatologist, my months of cystic acne finally started clearing 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 SFP protection. Personally, I am allergic to chemical sunscreens, so I have to use physical sunscreens. Chemical sunscreens’ active ingredients are chemicals like oxybenzone, octisulfate and avobenzone, while physical sunscreens’ active ingredients are titanium dioxide and zinc oxide. Chemical sunscreens alter UV rays into heat and release heat from your skin while a physical sunscreen is basically a tiny umbrella, blocking the UV rays.

SAMA THA NOVEM BER

Personally, I have only oily skin that does get dry at times. The most important skincare 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 the Neutrogena Hydro Boost Lightweight Moisturizer. At night I use eye cream, Dior’s Hydra Life Cooling Hydration Sorbet Gel-Cream, and apply lipid salves 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 Frambois 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 CLINEMERSEN’S Cold Plunge Pure Mask I love it because of the cooling feeling it gives. I try to use these two times a week.

As college students, we are accustomed to the phrase, “hailing 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 mho when you use your money during this holiday season.

Don’t be afraid to get thrifty.

Thrift shops hold a ton 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 checkout line. If someone ahead of you has the same item 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.

Sarter 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.

How not to break the bank this holiday season

By: Chandler Donckers

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. As college students, we are accustomed to doing so many activities we do on a daily basis 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 Resolution 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. After 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.
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 restrictive 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 that wasn’t there, a new park, a new building. Some of these changes may be shocking.

Tips for your next road trip

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 downloaded 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-exursion? Plan for swimsuits, sunscreen and light outfits. Or, are you and some friends going cross-country skiing far north up? 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 greased 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 sho-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.

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

By: Katy Popplewell

Katy Popplewell is pursuing her master’s degree in student affairs from the University of 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 current 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 skills are 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 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!
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.

**PREPARATION**

When preparing 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 tapping upwards removes the pit easily. In a similar vein, you can remove the stem of a strawberry by straining a straw through the middle. If you’d like to make 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 fat, 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.

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**Cooking made easy**

By: Lena Holmes
Co-Editor-in-Chief

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**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 mattress next holiday, 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 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 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.

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**RICK CASE**

**Year-End Clearance Sale**

NSU Students, Faculty & Staff

You can save $1000s

Now thru 9PM Monday

NSU Students, Faculty & Staff

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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.
Florida's nature. Whether you want to traverse the open water or choose how adventurous they want to be. To a full day and give everyone the opportunity endless. Guided trips range from a few hours park trails are open to hikers. 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.

Snorkeling
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.

Bird Watching
Bird watching may seem like something your grandmother likes 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 or bicycling and paddle boarding, water biking combines the relaxation of a paddling 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.

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.

Kesley Bruce, arts and entertainment editor,
“One quality I am grateful for is my self-confidence. 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.”

By: Emma Heineman

Features Editor

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

By: The Current Staff
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 eat 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 workout. [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, relish 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 foods work really well. It also provides energy, multiple vitamins and minerals, and other good things for health and performance.”

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 as well, 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 endzone 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 consequences.

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.
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.

BY: EMMA HEINEMAN
FEATURES EDITOR

The National Game

“The National Game” 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 are your goals for basketball in the future?
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By: Lindsey Spina
Contributing Writer

From the original Ancient Greecian olympics to last year’s Super Bowl, sports have been around for millennia. 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.

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 1893: The 200m backstroke world record is broken by Cor Klint.
In 1939 the 200m backstroke world record is broken by Cor Klint. A 20-minute penalty is dropped by the NHL.
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.

December 1st 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.

December 2nd 1907: Auburn beats Alabama 48-0 in the 4th annual Iron Bowl. The English Professional Football Players Association is formed.
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.

Looking For
This Week in Sports History

By: Emma Heineman
Features Editor

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

Printed with Permission from D. Dennis

David Dennis is a junior sports management major and is originally from Columbus, Ohio.
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 make sense to give to a college student. 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 own 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.

Gift cards are college students’ best friend
By: Danielle White
Contributing Writer

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 and 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 lives that are affected by these tragedies and how we can help prevent these issues.

Figure 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 job: it’s always you versus a blank sheet of paper (or a blank screen) and quite often the blank piece of paper worse.” 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.

Why is writing so hard?!
By: Alexander Martinie
Opinions Editor

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 vision 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 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 they received things as well. Kids aren’t dumb – most of them can figure things like that out. 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.

Special thanks to the Union of Concerned Scientists 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. 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 misrepresented 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.
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 memorials 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 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 research opportunities in my field. I feel with some people just appear to have lost their

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

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

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.

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

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)