Sharks and Service, SAS, is giving eight NSU students the opportunity to work with youth at a summer camp in Boulder Creek, Calif. in the summer of 2019. This will be a week-long trip from May 3 to May 9. SAS will be working with the YMCA’s Camp Campbell to put on an environmental science camp for California youth. Students will take on the role of camp counselors. The youth camp is located between Santa Cruz, Calif. and San Jose, Calif.

“We are going to be working on youth development, so we are working with the YMCA. It’s called Camp Campbell, and we are going to be working as camp counselors to fifth and sixth graders. It is like an environmental science camp,” said Trisha Kate Cesar, the SAS summer trip student site leader.

Students can now register for one of the eight spots on the trip. The trip will cost $725. There will be fundraiser opportunities offered throughout the semester to help pay for the trip’s expenses like restaurant fundraisers and the annual Super Smash Bros. Tournament. Majaha wants students to realize there will be several fundraisers hosted by the organization to provide students with these opportunities.

“Sharks and Service gave students the opportunity to travel to Puerto Rico in the summer of 2018. SAS is an alternative break community service organization. Students who participate can serve nationally and other countries. For the summer of 2019, students can serve youth in Boulder Creek, Calif.

Having been a site leader for three years, Majaha has seen the growth of students that participate in the Sharks and Service trips. That is what inspired her to become a site leader. She has seen students expand their interests from the opportunities that they have been exposed to on the SAS trips.

"Some people go on a trip, and they are like 'I never thought about doing public health, but this really opened up my eyes to public health.' They are able to find out more about themselves through helping others," said Majaha.

Students interested in the summer trip can register on the SAS OrgSync page at https://orgsync.com/139343/haptr. Updates will be posted on the site as well.
Welcome back! We hope that this winter brought you all the rest and relaxation you need to start the new year on the right foot. Whether your break was spent home on the couch or traveling the world, we hope you are ready for a fresh set of classes and another busy schedule. Yeah, neither are we.

But, look towards the positives. Relaxed and well-rested, we begin the winter semester with a fresh start and a whole world of new possibilities. New classes, new year’s resolutions and a new lease on life after those last finals. We have some fun events at NSU to look forward to, like the winter semester’s Week of Welcome and Community Fest on Feb. 9 for a much needed stress-relief to start off the semester right.

At The Current, we hope you face everything this semester throws at you with the creative and inspiring student body as best as we can, but we need your help.

Best of luck (and hope to see you soon),
Madelyn & Christina

**LETTER FROM THE EDITORS**

“I want every day to be a fresh start on expanding what is possible.”
— Oprah Winfrey

Dear Sharks,

Welcome back! We hope that this winter brought you all the rest and relaxation you need to start the new year on the right foot. Whether your break was spent home on the couch or traveling the world, we hope you are ready for a fresh set of classes and another busy schedule. Yeah, neither are we.

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At The Current, we hope you face everything this semester throws at you with the courage of a Shark and the persistence of Florida’s thunderstorms. Whatever comes your way— we want to hear about it. If you ever have any questions, comments, article ideas or an itch to write for us, stop by our meetings on Tuesdays 12-1 p.m. in Carl DeSantis Building room 1048. After all, we’re your newspaper— we want it to reflect our diverse, creative and inspiring student body as best as we can, but we need your help.

Best of luck (and hope to see you soon),
Madelyn & Christina

**NEWSROOM**

**BUSINESS & ADVERTISING**

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nsunews@nova.edu

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2018 was a great time to be a Shark. Take a look at some of The Currant’s new stories from last year- we can’t wait to see what 2019 has in store for NSU.

NSU works to revamp the residential experience

After welcoming a large incoming class in Aug. 2017, NSU announced that the university will build a new residence hall to house new students. The new facility will hold approximately 500-600 students, and is set to open in Aug. 2019.

The 20th annual Celebration of Excellence made history.

At the 20th annual Celebration of Excellence, NSU made history when the university received substantial gifts from several generous donors, among them, Drs. Patel and Ron and Kathy Assaf. The Patel’s gift went to the university received substantial gifts from several generous donors, among them, Drs. Patel and Ron and Kathy Assaf. The Patel’s gift went to the

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The Abioseh Victor Fischler College of Allied Health Sciences was named for the student’s library. This is their space. We are a service profession, and this is our center of our work.

The university revamped its image, promising students the NSU Edge. The new brand phased out the traditional sun logo that the university had been using in favor of a sleeker, shark-themed one. New slogans such as “be a force of nature,” “we put the edge in education” and “the NSU Edge” are being utilized as well.

New Interfaith Room gave students the space they’ve wanted

NSU opened the Interfaith Room on the third floor of the student affairs building. This room gives students the space to celebrate holidays for all religions. Any students of any faith are welcome to use the room to respectfully pray, meditate or practice their beliefs on campus.

2018: NSU in Review

By: Madelyn Rinka
Co-Editor-in-Chief

2018 was a great time to be a Shark. Take a look at some of The Currant’s new stories from last year- we can’t wait to see what 2019 has in store for NSU.

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Living in South Florida, it’s nearly impossible to be a Pittsburgh Steelers’ season ticket holder. As a second-generation Pittsburgher, I can confidently say that Billy’s Tavern is the next best thing.

But you don’t have to be a Steelers fan to enjoy Billy’s Tavern. Football games are a special event at Billy’s Tavern. It’s always a packed house – to the point that tents and TVs are set up in the parking lot. Reservations on game days are needed if you want to reserve a spot in what is like a “standing-room only” section with other die-hard football fans.

A weeknight game from earlier this season between the Panthers and the Steelers brought many fans out to Billy’s Tavern. With the tents and TVs set up, service was extended to the parking lot. Many fans had a rooting interest, but many did not. Good food and a great atmosphere are the winning game plan for any sports fan. It doesn’t have to be a game day for Billy’s Tavern to be the right place to enjoy lunch or dinner with good company. The staff is friendly and sports are always on the TVs. An assortment of wings, burgers and much more are on the menu, but their wings truly stand out. For six years in a row, their wings have been voted the “Best of Davie and Cooper City” by Sun-Sentinel’s readers.

You can get their award-winning wings doused in one of 18 different sauces – ”myong wings,” with loads of garlic, are the fan favorites. Keeping with the Pittsburgh Steelers theme, Billy’s Tavern also has a “Roethlis-burger” which is claimed to be “large enough for Big Ben!” Lastly, if you’re looking for a classic Western Pennsylvania dish, go with the “Steel City Pierogies.” They won’t disappoint.

You’ll find Billy’s Tavern located on State Road 84, just east of Pine Island Road. It’s about a 10 minute drive from NSU.

If you don’t take advantage of NSU’s Fins Football or just want a great environment to watch Monday Night Football games, Billy’s Tavern is the place to be. Heinz Field may be 1,156 miles North, but Billy’s Tavern makes you feel right at home.
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ARTS & ENTERTAINMENT

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Baker's Dozen: LuLu's Bait Shack

Lulu's Bait Shack, pictured above, is just one suggestion for beach eating on a budget.

When in Fort Lauderdale, Florida, and the mood for pizza, two pizza shops at the beach offer great prices and toppings. They're called Beach Pizza and Pizza on the Beach. And don't forget to get the best toppings, pineapple. If you are really trying to "treat yo self," then have some gummy bear. Primanti Brothers and Lulu's Bait Shack have got you covered on your fried crab cravings. For those who want to indulge in the Cuban cuisine of the area, 925 Nuevo's Cuban has you covered.

So, you have a sweet tooth? Well, a hot day at the beach pairs well with some ice cream. Yo Mama's Ice Cream has many offerings that will cool you down on a warm evening, like a milkshake or a create-your-own ice cream sundae. Or, get fancy and get gelato at Gelato-Go. If cold ice cream makes your teeth hurt, don't worry because there are still popular bakeries at the beach. At Nano's French Bakery & Café, you can fill up with a cinnamon roll or an almond croissant.

SOUND BITE

HOAX

By: Madelyn Rinka
Co-Editor-in-Chief

HOAX is an indie band from Long Island, NY. Their vibe is something between groovy pop, "the sound of beautiful sadness" and 70s-esq jams; it’s heavy on head-bopping drum beats and melodic chimes. HOAX is comprised of members Mike Raj (lead vocals and guitar), Franzz Cesar (bass), Paul Brower and Kevin Lopez (guitar) and Jacob Lopez (drums). The band might appeal to fans of Young the Giant, Frank Ocean or The XX.

In 2018, the band released two singles, “Moon Moon Baby” and “Grow,” which are precursors to their next project titled “b?” which will likely come out in the near future. They have previously released one seven-song album titled “Words That End with Wh(y),” an EP “The Truth of Our Minds” in 2017 for those affected by the hurricane in Puerto Rico. If you're looking for a band that you can feel comfortable and confident supporting beyond just their music, HOAX is the up-and-coming group for you. Follow the band on Twitter and Instagram at @hoax_band to see more of their lives and work.
干蒸发、直接涂抹、浴洗，以及许多不同的涂抹方法。有些人直接涂于皮肤。事实上，有些精油不应该被
涂抹于皮肤，比如柠檬，但只要轻轻在你的身体上涂抹任何一种都会很好。

精油可以用于皮肤、头发和头皮治疗。应稀释或直接涂在皮肤上。

如涂抹直接到皮肤上，安息香可用来缓解疼痛。

使用的时候，要记住，每种精油都有其自己的好处，包括皮肤相关的疾病。它有助于干燥皮肤，

安息香是一种常见的浴弹和蜡烛成分。

薰衣草油常用于帮助睡眠、缓解压力和头痛。薰衣草油可改善睡眠。

薰衣草油有助于缓解失眠、焦虑、脱发、经前综合症。

总体而言，精油可以带给人们很多好处，而且它们是安全的。然而，每个人对精油的反应都不同，

因此，在购买前，最好先测试一下自己的反应，或者咨询医生。

 Panasonic gave them the space for free，so you can play with — or adopt.

Good Luck Cat Cafe

Good Luck Cat Cafe is nestled in Boomerangs Thrift Store, located in Wilton Manors.

January 8, 2019 | nsucurrent.nova.edu

Mario Lorrimer
Business Manager

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Uses of essential oils

By: Sofia Celis
Contributing Writer

Diffusers, necklaces and other products were in high-demand this holiday season. So it
is safe to say that essential oils are an up-and-
coming trend in society that you might want
to give a try. Every day we see them used all
around us. Most popularly, essential oil therapy
claims to improve mental health and skin, but
it can help with any issue that springs to mind:
each type has its own benefits, ranging from
curing headaches to relieving anxiety.

All essential oil uses are stress alleviation and mental pain relief.

Frankincense

Frankincense oil is used in aromatherapy.

Its most popular uses are stress alleviation and mental pain relief.

Lavender

Lavender oil is known to help with

massages. Dilution is necessary because oils are
usually too strong alone and may cause allergic
reactions. To dilute an oil, add vegetable oil or
cream. Only use small amounts at a time.

The following are three of my favorite oils:

Frankincense

Frankincense oil can be used to benefit both
mental health and skin care. Its most popular
uses are stress alleviation and mental pain relief.

When applied directly to skin, frankincense
oil helps to treat dry skin, wrinkles, age spots,
scars and stretch marks. Most commonly,
frankincense oil is used in aromatherapy.

Lavender

Lavender oil is known to help with

insomnia, anxiety, hair loss, premenstrual
tension and headache relief. Lavender oil is
common in bath bombs and candles to
encouraging relaxation. This oil is also useful
for anti-inflammatory purposes, especially when
targeting irritation and redness.

Tea Tree

Tea Tree oil is most popular for helping with
skin related issues. It helps with dry skin,
eczema, itchy skin, inflammation, infections,
cuts, acne and psoriasis, and it may be used for
care and scalp treatments. Apply tea tree oil in
small amounts directly to the focus area. Along
with the other essential oils, dilute tea tree oil
using a carrier oil.

Make sure the essential oils you choose are
beneficial and safe for your purposes by carefully
checking labels or aromaweb.com. There is a
difference in quality between edible oils and oils
meant for external use. Cumin and citrus oils
are only beneficial when consumed and can be
harmful if applied to skin, while eucalyptus and
sage oils are beneficial for external use but can
have dangerous side effects when consumed.

When buying an essential oil, make sure to
test the ingredients and production details.
Lean towards purchasing pure oils that don’t
have additives. Everyone has a different reaction
to essential oils, so before purchasing one, patch
your body’s reaction to it or consult a doctor.

Overall, essential oils can benefit people
greatly and are fun to use. As long as they are
used properly and with care, essential oils can be
a great addition to your daily care routine.

<|prompt_end|>
 Whether you’re trying to keep that New Year’s resolution or you’ve just started trying to stay in shape in the offseason, finding time to go to the gym is hard. It’s even harder when you don’t know what workouts to do or how to do them. Many people would just quit on their resolution, but you don’t have to. Instead of going to the gym, try these easy workouts that you can do in your dorm room:

### Squats

Squats are probably the easiest exercise to do. You just stand with your feet shoulder-width apart and squat down until your legs form a right angle at your knees, or until your thighs are parallel with the ground. For more of a challenge, you can add weight by holding something heavy in front of you, like a stack of textbooks your professor said you would need and you’ve never opened.

**Mountain Climbers**

This exercise is a little more difficult to perform and you will need more room. Get into a pushup position and move your right leg up to your right hand. Then move your right leg back and do the same with your left leg. Do this as fast as you can for as long as you can.

### Push Ups

This exercise is often overlooked, but it’s great for core and upper arm strength. If you can’t do a regular pushup, doing a modified pushup with your knees on the ground is fine. Try moving your hands closer or farther apart to work different muscles in your shoulders.

### Wall Sit

This is less of an aerobic exercise but can still be beneficial. Just find a wall and place your back against it and pretend you’re sitting in a chair. Make sure that there is a right angle both at your knees and at your hips. It is a great way to strengthen your quads. Tip: engage your core to help you stay up.

### Burpees

This full body exercise is usually used by athletes. You would start by jumping up in the air, then you go down into a plank position and you put your entire body on the ground. Then, you would get into a squat position and from there you would jump back up. To make it more difficult, instead of letting your body fall on the ground, do a pushup.

### Planks

This is mainly to work your core. It’s simple enough, just get into a pushup position and hold it for as long as possible. For more alternates, try putting your forearms on the ground, or doing a side plank by putting one forearm on the ground and the other arm up in the air.

Following these simple workouts, anyone can look and feel healthier and healthier for the new year.

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**Women's Swimming**

Jan. 12 | 1 p.m.

V.S. Eckerd

Fort Lauderdale, FL

The female Olympic swimmer Missy Franklin announced on December 19 that she will be retiring. Her retirement decision was hastened by chronic shoulder pain. She is leaving the sport with five Olympic medals and the world record for the 200-meter backstroke. Franklin said, “I choose to look at this as a new beginning.”

She used her farewell address to talk about all of her positive experiences, from meeting her lifelong friends to the lessons she learned from the sport. Franklin was a legend in the sport of swimming, winning four gold medals at the 2012 Olympics, six gold medals at the 2013 World Championships, the 2015 NCAA team title with University of California at Berkeley. She capped it off when she won gold at the 2016 Olympics in the relay.

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**Men's Basketball**

Jan. 12 | 1 p.m.

V.S. Eckerd

Fort Lauderdale, FL

The University of Connecticut or UConn, women's basketball team is one of the most well-known college basketball teams in the NCAA, lacking up championship titles year after year. This season they had a regular-season winning streak of 126 games in a row. This streak started over four years ago and came to an unfortunate end against the number eight ranked Baylor. This was the first time that Baylor won against a number one ranked team. The UConn Huskies last loss was an 88-86 game against Stanford in 2014. Head Coach Geno Auriemma stated that she is not disappointed in the loss, only disappointed that her offense had so much trouble during the game.
Aldana Foigel is a senior communication major with a journalism track and a business minor. Foigel is an international student from Ptoletar, Argentina, who was once part of the Argentinean Golf Team. Last year, she competed at the NSU GolfRank Invitational and was selected to the Spring SSC Commissioner’s Honor Roll.

What are the pros and cons of being a student athlete?

“[Athletes] have so many things to keep up with and a team that is always there for you, so you always want to try your best. Since we are trying to keep up with [academics, athletics and a social life] we become very responsible and self-reliant. We are very reliable too because we are so disciplined, too. The friends I’ve made here and the environment at NSU is the best. Being an international student, being a student-athlete made the [acclimation] process so much easier.”

What is your favorite thing to do after a tournament?

“My favorite thing to do is eat. When we play tournaments, we are generally on the golf course for 11 hours straight. So when we finish, I can’t wait for some carbs and protein. So eating and sitting down with my teammates is my favorite thing.”

Who do you consider your biggest role model?

“I’d say my parents. Both of my parents inspire me every single day. When I’m struggling, need something or when I’m happy or sad, they are always there. I’ve learned so much from them. They are very responsible people and very supportive. They don’t care what [sports I focused on], they were just there for me. They were very supportive of me coming to America which was very important to me.”

What do you plan to do after graduation?

“I’d like to try professional golf. There is something called the Qualifying school, or Q School, in August where athletes can compete for a place in the [ Ladies Professional Golf Association]. There are three stages, so if you make a certain cut then you can go through the stages. I’d like to try that either this year or next year. If not this year, then I’m going work on a masters degree. But I would like to stick around in America for a little bit.”

What drove you to play golf during college?

“In Argentina, you devote your life to university and the student-athlete opportunity doesn’t exist. So it’s really hard to keep playing a sport the way I wanted to [in Argentina]. I talked to my parents and we looked into colleges from America. NSU was the one I liked the most and I thought why not try because the worst case scenario is I just go back to Argentina. So I took the risk and I’m so happy I did.”

What has been your favorite moment of the season so far?

“Winning. We won two out of the four tournaments and we placed second overall for the season. My favorite thing was playing again. I was injured the whole season last spring and I had surgery in June back in Argentina. Before I came back, I was doing rehabilitation and when I came back [to NSU], I made the lineup and it was really exciting because I was feeling healthy again and we go to that tournament and we win. It was very exciting.”

What are some of your goals as an athlete?

“My number one goal is to play in the LPGA tour someday. I would like to keep playing the lifestyle when I graduate. I want to keep up with this athletic lifestyle and pass it on to my children. I’d also like to give back to NSU all the great to me. I’m never going to be able to help [the community] in the same way they helped me but I really want to try. Once a shark, always a shark and I know NSU will always be a major part of my life.”

What has golf taught you?

“Golf relates to life so much sometimes. I always say that I give so much [of myself] to golf and it doesn’t give it back to me. It’s hard. It practicing four hours a day and then going to a tournament and maybe not doing too well. Golf taught me patience and discipline. If you work hard for what you want, good things will happen. It has taught me that nothing is impossible so set your goals and work towards those goals, you can achieve them. It taught me to be honest. Sportsmanship is so important to golf that being an honest person is at the core.”

How would you describe your relationship with your teammates?

“We are like a family. We are a team of seven so we spend a lot of time together. For tournaments we ride in a van for five or six hours and we can all rely on each other. They are like my second family. All seven of us are international students and since we feel so far away from home, it’s nice that we can be close and create this group while we are here [at NSU].”

From the original Ancient Greek 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 moments that have changed the future of sports.

**By: Christina McLaughlin**

Editor-in-Chief

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Athlete of the Week: Aldana Foigel

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**By: Christina McLaughlin**

Editor-in-Chief

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Native American historical sites are only gilded attempts at respect

By: Kelsey Bruce
Arts & Entertainment Editor

The Sunshine State is certainly a popular tourist destination amongst U.S. residents. Even Florida natives must admit there is much to see and do within driving distance of their homes. Unfortunately, the bloodier parts of Florida’s history have been sun-blazed away and replaced with airy promises of family fun and simple beauty.

Procrastination is a disease that plagues our society. Even if an individual wants to improve an area of their lives, they will often put it off until a time is more convenient. There will always be a more convenient time to do something, and sure, maybe next week or next month might seem like a better time to commit to a long term goal, but when that day arrives, another future date will still seem like a better option. By setting a specific day and time to begin working towards a resolution, New Year’s allows time for people to prepare in advance to stick with their goals.

Of course, throughout the year, individuals should still make well thought out goals with the intent of bettering themselves, but starting with a New Year’s Resolution certainly isn’t a bad start. Resolutions like this are often the outcome of these goals that matter. The decision to make a resolution in the first place demonstrates the desire of an individual to make a change: the first step in a long process of initiating actual change. Nobody should still make well thought out goals with the intent of bettering themselves, but starting with a New Year’s Resolution certainly isn’t a bad start. Resolutions like this are often the outcome of these goals that matter. The decision to make a resolution in the first place demonstrates the desire of an individual to make a change: the first step in a long process of initiating actual change. Nobody

The statue above is unavoidable in the Carl DeSantis building.

No - Alexander Martine

Emma brought up a good point: only 10 percent of those who make New Year’s Resolutions actually succeed in them. So why make them in the first place? The short answer you shouldn’t. You will eventually give up on your resolution, so why even bother? People’s expectations for New Year’s Resolutions are unrealistic and improperly defined, among several other problems. When people make a New Year’s Resolution, most of the time they choose things that they can’t possibly stick with. Like quitting bad habits cold turkey. Resolutions like this are likely to fail since they take large amounts of time and willpower to fulfill.

New Year’s Resolutions are unlikely to succeed, you might as well not try, but waiting until the last possible minute to decide to change may make you feel better about your past year. Procrastination may be a disease, but there is no way that I am not going to wait till the last minute to do something. That includes a feeble attempt at bettering myself. There is no better way to motivate yourself to be better than by having the societal pressure of having and keeping a New Year’s Resolution.

Yes - Emma Heineman

Although studies show that only 10 percent of Americans succeed with their New Year’s Resolutions, it isn’t the outcome of these goals that matter. The decision to make a resolution in the first place demonstrates the desire of an individual to make a change: the first step in a long process of initiating actual change. Nobody is perfect, and the chances of messing up a few times along the way are high, but that doesn’t defeat the purpose of making a resolution.

Procrastination is a disease that plagues our society. Even if an individual wants to improve an area of their lives, they will often do things, and sure, maybe next week or next month might seem like a better time to commit to a long term goal, but when that day arrives, another future date will still seem like a better option. By setting a specific day and time to begin working towards a resolution, New Year’s allows time for people to prepare in advance to stick with their goals.

Of course, throughout the year, individuals should still make well thought out goals with the intent of bettering themselves, but starting with a New Year’s Resolution certainly isn’t a bad start.
Every morning to start my day I unlock my phone and read my horoscope for the day so I know what I should expect to happen.

Being a Pisces, I already know what good and bad qualities I possess. Some positive qualities include imaginative, intuitive and sensitive. Some negative traits include weak-willed, over-sensitive, idealistic and pessimistic. Part of life is trying to figure out how to not let our bad qualities get in the way while trying to project how capable we are because of our good qualities.

We’re definitely complicated. Even the most stable, well-rounded and kind people have their downs or personal challenges. We all have flaws. Some of these flaws are things that we can work on, but some of them are just pieces of who we are and sometimes it’s better to simply accept these things about ourselves rather than fighting against our personality type.

We all have stories of feeling deceived, confused to the point of questioning our own sanity, the disappointment and disillusionment we may feel when we discover that which we were certain was there, disappears. Pisces tend to be the last ones to notice, things go wrong, they will blame it on their bad luck or something else and avoid dealing with it fair and square. Hence, maybe why I am writing this and blaming certain events on my horoscope.

Many people think that astrology is just something someone who was bored just came up with. However, some scientists think that the way the Earth is aligned in space can cause humans to act in a particular way, whether we notice it or not. This would prove that our behaviors and moods are revolved around the stars.

As you can see, I am a huge believer in horoscopes. I believe that stars control our destiny...or not. Anyways, they are always a good enough reason for explaining our most embarrassing and odd moments.

Forming connections in a world filled with people with ulterior and selfish motivations can be difficult. What better way to combat than by parceling our emotional vulnerabilities over the semi-scripted reality TV shows designed to stimulate as much drama — translation, heartache — as possible? Sure, letting someone else deliver romance to your lap sounds tempting, until you realize love is much more than the pursuit of romance to different love interests, many shows are not yet emotionally developed enough to be a relationship for various reasons. Some of these people are simply emotionally unstable and desperate for any form of affection without thought to how the normalization of malice contributes towards persistent social trends of emotional toxicity.

Most people who choose to be part of these shows are there to manipulate and lie without thought to how the human condition. They encourage viewers to shut off their sense of empathy and mindlessly digest other’s hardship. Not to mention, these shows display their participant’s tendencies to manipulate and lie without thought to how the normalization of malice contributes towards persistent social trends of emotional toxicity.

People who choose to be part of these shows are not yet emotionally developed enough to be in a relationship for various reasons. Some of these people are simply emotionally unstable and desperate for any form of affection without regard to whom it comes from and while there’s nothing wrong with still needing time to grow, rushing into a relationship is unfruitful for both parties. People in relationships like this are in danger of being placed on a pedestal where there’s nowhere to go but down, being valued only for their superficial aspects or ability to give attention rather than their unique qualities or becoming dependent on their partner for validation they should work on building in themselves. Worse, some of the people on these shows are there to take advantage of the insecure personalities they are sure to encounter. Especially on shows that offer chances at shifting romantic focus to different love interests, many players there are there to manipulate their way into emotional and sexual gratification from already-vulnerable people.

Not to mention, this disregard for an individual’s humanity does not end when the season does. Many media outlets continue to pursue reality stars, dishing out any “juicy” detail of their lives and ignoring what emotionally impact any breaches of privacy or boundaries may have on these very real people. This gross disregard of other people’s lives should stop, or at least be reformed. It’s heartless — the exact opposite of how shows like this purport to be.

Technological advances have helped us to explore space further than we ever had in human history, but is there too much funding space exploration? According to BBC Future, the farthest mission we have been able to observe of the universe is 435 sextillion km away from the edge of our solar system. While this may not cover the entire universe, it still covers a fairly massive chunk of it. Since the Soviets launched the first artificial satellite, Sputnik 1, into space 57 years ago, we have made revolutionary discoveries about space and what it holds. We have been able to uncover planets similar to ours and galaxies light-years away. While more funding for space exploration brings hope for new discoveries, the amount of funding currently allotted for space exploration should be enough until new technological advances breakthrough.

According to Euroconsult, in 2017, the global government investment for space exploration was a total of $14.6 billion. This was six percent over the amount of 2016, and it is expected to surpass $20 billion by 2027. With this money, we have been able to launch 19 planetary exploration missions. NASA is budgeting $19.5 million for 2019, with an additional $400 million from supplemental funds for space station operations, deep-space explorations and small satellite groups. The Trump administration is also planning to continue increasing funds by encouraging public-private partnerships. The administration’s goal is to “return humans to the moon” and according to Kimberly Amado— in her article NASA Budget, Current Funding, History, and Economic Impact— this acts as the “base for human missions to Mars and deep space.”

While these small steps for man may be giant leaps for mankind, we do not yet have the technological advances to get there. The current annual budget NASA has for 2018 is $20.736 million. This is a good amount of funding for what we can achieve with space exploration for now. While the funding should not be decreased, it should not necessarily be increased either. Unless a new scientific breakthrough presents us with something that can further our space expeditions.

Right now, we can only explore as much as the technology we have allows us to. Therefore, before we entertain the idea of adding more funding, we should think about what this money would be going to and how it can provide us with new findings about the universe. Perhaps one day we will have all the technology and knowledge to uncover everything the universe has to offer.

Stop snacking on hearts
By: Kelsey Bruce
Arts & Entertainment Editor

"Dieting based because it gives you an opportunity to understand the material and then discuss it with your professor versus in a lecture setting, your lecturer could be talking to you and you wouldn’t understand anything and then you’ll just go home.”

- Alina Hussain, junior public health major

"Discussion based because you get to interact with more one on one with the professor and you get to really get to know your subject more than sitting in a lecture and just taking down notes.

-Seyal Phanord, freshman engineering major

"Discussion based because I like hearing other people’s ideas and opinions on topics.”

- Hale Heveren, sophomore marine biology major

Lecture learning because sometimes with discussions, the other students might repeat the same topic over and over again. Sometimes the material is just really complicated and it’s best for the professor to explain that topic.

- Ken Bai, freshman biology major

A mixture of both. I like the lecture (with professors) but the discussion helps me understand the information better.

- Stephen Nielking, junior biology major
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

**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

**INTERNSHIP OPPORTUNITIES**

**RESEARCH OPPORTUNITIES**

**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 pathogenesis. The results of the project will be used for poster presentations and for an eventual publication.

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All events, internships and job opportunities can be found on 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)