

1-15-2019

## The Current Volume 29 : Issue 17

Nova Southeastern University

Follow this and additional works at: [https://nsuworks.nova.edu/nsudigital\\_newspaper](https://nsuworks.nova.edu/nsudigital_newspaper)

---

### NSUWorks Citation

Nova Southeastern University, "The Current Volume 29 : Issue 17" (2019). *The Current*. 692.  
[https://nsuworks.nova.edu/nsudigital\\_newspaper/692](https://nsuworks.nova.edu/nsudigital_newspaper/692)

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](mailto:nsuworks@nova.edu).

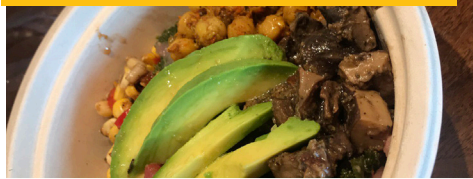
Features



That Time I... Found Myself in the Crowd

P. #

Arts & Entertainment



Recipes for on the go

P. #

Sports



This week in sports history

P. #

Opinions



Tea or coffee? Only one can win.

P. #

## NSU presents first screening of Rubber Jellyfish

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

On Jan. 17 at 7:30 pm, NSU's Oceanographic Campus will host the first screening of the feature-length documentary Rubber Jellyfish in the United States.

The film follows director and mom-to-be Carly Wilson on a personal journey as she meets other notable people involved in the fight to ban balloons and expose the marine danger behind the common party decoration.

Proceeds will benefit Balloons Blow, a non-profit organization, and NSU's Marine Environmental Education Center or MEEC. In partnership with the MEEC, Balloons Blow and Free Our Seas and Beyond, this event plans to bring awareness to balloon pollution and how it affects the environment.

"With students studying at the Ocean Campus and many majors at NSU focused on the ocean and the environment, this film fits right in. It may even highlight a problem that some students aren't aware of," said Amy Hupp, program coordinator and carekeeper at the MEEC.

When a balloon is let go in remembrance of a loved one or escapes a party, it will blow away into sky, only to burst or deflate and return to Earth as a form of pollution.

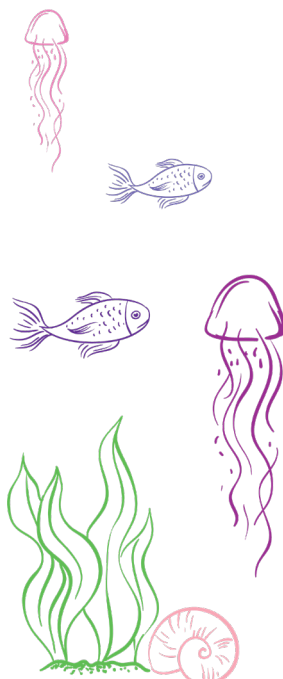
"We find about 1,000 balloons every year. Balloons are a threat to animals on land and sea, wild and domestic. Since we are coastal we are concerned about the sea turtles as they often confuse balloons as jellyfish which is their main

source of food," said Danielle Vosburgh, co-founder of Balloons Below.

There are also cases of misinformation when it comes to selling this product to consumers.

"A lot of these balloon companies [represent their products] as biodegradable when they are actually not. These balloons will pop, float in our waterways and sea turtles think they are jellyfish," said Manon Weise, executive director of Free Our Seas and Beyond.

With a ticket purchase, students will be able to enjoy light refreshments, snacks and catering provided by Bodhi's Brew, a local vegan deli.



Students can come early for tabling ocean conservation groups like Surfrider of Broward County, Saving Ocean Life, Sereia Films, Broward county parks and Sirenian International.

"When we have events, it's important to have other people who share the same mission of saving the earth to be a part of it. That way we can [interact] with more people so more people can learn," said Weise.

"It's a great way to bring awareness to the community. We are all working together to help the environment and this [tabling experience] gives us the opportunity to bring that information to folks who maybe aren't aware of [the issues the environment is facing]," said Hupp.

There will also be a raffle available where students can win gift cards, a reusable bag

painted by Together In Art, a MEEC basket, a Free Our Seas and Beyond Sustainability Basket or a Karen Bees Honey Basket.

Following the screening, the co-founder of Balloons Below, Danielle Vosburgh who is featured in the film, will facilitate a Q&A session for audience members interested in learning more about this issue.

"By starting Balloons Blow, I've found that people don't really make the connection [between balloons and sea turtles]. But once they realize how easy it is to avoid balloon pollution, then they start to think about the other things in their lives they can avoid by choosing reusable alternatives," said Vosburgh.

Organizers of this event encourage students and members of the community from all backgrounds to come participate in this event.

"It's just not scientists and ocean conservationists, everyone should know what impact these balloons have on our planet," said Wiese, "Maybe it will help change the way of how [people] celebrate or release balloons and see what effect it has on our sea life, oceans and beaches".

Students interested in this event can visit [www.eventbrite.com/e/rubber-jelly-fish-movie-tickets-53015587048](http://www.eventbrite.com/e/rubber-jelly-fish-movie-tickets-53015587048) to purchase tickets online or at the door the day of the event for \$10. Those interested in learning more about balloon pollution can visit [balloonsbelow.org](http://balloonsbelow.org) or contact the MEEC for more information.

## NSU to honor Rita and Rick Case at 21st Annual Celebration of Excellence

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

NSU's 21st Annual Celebration of Excellence will be held on Feb. 2, and will bestow the 2019 President's Award for Excellence in Community Service upon Rita and Rick Case. The award is given annually at the celebration, which is meant to invoke the "community" core value of the university.

Previous honorees include The Miniaci Family, David Horvitz & Francie Bishop Good, Guy Harvey, and last year's recipients, Drs. Kiran C. and Pallavi Patel. The Patel's gift renamed the Colleges of Osteopathic and Allopathic Medicine, as well as the College of Healthcare Sciences, which was announced at the 2018 celebration.

Rita and Rick Case, of the Rick Case Arena in the Don Taft University Center, have had a strong relationship with NSU. In Jan. 2017, the university renamed the recreational arena after Mr. Case, who has also served on NSU's Board of Trustees since 2002, and has helped direct funds to develop and improve university grounds. Additionally, Mr. and Mrs. Case created an endowed scholarship under their names, which provides undergraduates and alumni of the Boys & Girls Clubs with the opportunity to attend college. This academic year, three of the

scholarship recipients are attending NSU.

"If you're looking for a great example of what it means to give back to the community, look no further than our backyard. The impact from Rita and Rick Case can be felt here at NSU, the Boys & Girls Clubs of Broward County, American Heart Association, Cleveland Clinic, Joe DiMaggio Children's Hospital, Habitat for Humanity and many other organizations throughout South Florida," said President George Hanbury in an NSU news brief.

Beyond the President's Award for Excellence, the Celebration of Excellence also honors donors whose cumulative donations to NSU reached \$1 million. This year, benefactors Michael Dezer, William J. and Susan M. Gallo, Jerry W. DuBois, Gallo Herbert Architects, The Estate of Conni Gordon, Mary Jane Harlow Charitable Trust/Mary Short, Tropic Star Lodge and Adolfo and Marisela Cotilla will be welcomed into the "Shark Circle."

The black-tie optional event is invite only, and will take place at 6 p.m. on Saturday, Feb. 2, appropriately in the Don Taft University Center's Rick Case Arena.



PRINTED WITH PERMISSION FROM J. SPECHLER

Rita and Rick Case have been announced to be this year's President's Award for Excellence in Community Service recipients.

# News Anchor

Stay up to date with national events.

## Apple will release three new iPhones in 2019

On Jan. 11, The Wall Street Journal reported that Apple has plans to release three new iPhone models this year. The models will include improvements and changes to the camera and display. According to the Journal, higher-end models “will be fitted with a triple rear camera,” and the lower-end models “will have a double rear camera.” One of the models is expected to have the same liquid-crystal display as the iPhone XR, a lower-end model that has “reportedly struggled to win over Chinese consumers,” according to CNBC. Apple is also considering dropping LCD displays completely and replacing them with organic light-emitting diode displays, which “make images appear brighter and sharper than LCD panels,” as reported by CNBC.

## DeSantis suspends Broward County Sheriff Scott Israel

On Jan. 11, Governor DeSantis suspended Broward County Sheriff Scott Israel and replaced him with former Coral Springs Police Sgt. Gregory Tony. The suspension comes almost one year after the massacre at Marjory Stoneman Douglas High School in Parkland, Florida. “He failed to protect Floridians and visitors during the tragic Fort Lauderdale International Airport shooting in 2017. He failed in his duties to keep our families and children safe during the devastating shooting at Marjory Stoneman Douglas High School on Feb. 14, 2018. These incidents demonstrate Sheriff Israel’s repeated incompetence and neglect of duty,” said DeSantis. As for Sheriff Israel’s replacement, Gregory Tony has “an extensive background in active shooter training,” according to NPR. Israel plans to contest the suspension, according to the Associated Press. In a statement given by Israel, he proclaimed “There was no wrongdoing on my part. I served the county honorably.” The Florida Senate would make the final decision.

## Missing 13 year old girl found after held captive for 3 months

On the late afternoon of Jan. 10, Jayme Closs, a 13-year-old girl from northwestern Wisconsin was found alive after going missing on Oct. 15. Her parents, James and Denise Closs, were both fatally shot in their home the same day that she disappeared. Jayme was discovered in Gordon, Wisconsin when she asked a woman walking her dog for help. The woman, Jeanne Nutter later revealed that when the missing girl approached her, she said “I’m lost, and I don’t know where I am and I need help.” Jayme’s kidnapper and the suspected murderer of her parents was driving around looking for her when he was apprehended 10 minutes after Jayme was found by authorities. According to CNN, “Patterson, the 21-year-old man accused of kidnapping Jayme Closs, will be charged on Monday with two counts of first-degree intentional homicide and one count of kidnapping.” It is believed that “the suspect had intentions to kidnap Jayme and went to great lengths to prepare to take her,” as stated by Barron County Sheriff Chris Fitzgerald during a press conference on Jan. 11.

## Michael Cohen agrees to testify before Congress

On Jan. 10, Michael Cohen, the president’s former personal lawyer and “fixer,” agreed to testify before the House Oversight and Reform Committee in an open session. The hearing is scheduled to take place on Feb. 7 and will be televised. Cohen has also agreed to give “a full and credible account” of the work he did while working for President Trump, before and after he was elected president. According to the New York Times, Cohen’s decision to go through with the hearing “sets the stage for a blockbuster public hearing that threatens to further damage the president’s image,” as well as shedding a light on his legal issues. Cohen has been sentenced to 3 years for a multitude of crimes, such as breaking campaign finance laws, tax evasion and lying to congress. His sentence will begin this March.

# 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
Krysan 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
Kathleen Crapson	Chief of Visual Design	thecurrentad@nova.edu
Open	Visual Design Assistant	thecurrentad@nova.edu
Mario Lorrimer	Business Manager	thecurrentad@nova.edu
Doice Carrington	Distribution Manager	thecurrentad@nova.edu
Farhan Shaban	IT and Social Media Manager	thecurrentad@nova.edu
Krysan Edler	Writer	nsunews@nova.edu
Sarah Goltsman	Writer	nsunews@nova.edu
Samantha November	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	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.



GLOBAL NEWS,  
COURTESY OF  
THE CURRENT

## Saudi Women flee country with the help of social media

Saudi women are increasingly fleeing from their country with the help of social media, reported The New York Times. Saudi Arabia has some of the strictest legal and social restraints when it comes to gender roles, requiring all women to have a male guardian, who may be their husband, father, son or even brother. Men also use a government website to “manage” the women they are guardians of. Many turn to social media in an attempt to help plan and organize their escapes, or they use it to document their cases. Media attention doesn’t always guarantee a safe escape, but it has proven to aid some in the process.

## Snowstorms in parts of Europe cause chaos

Heavy snowstorms in parts of Germany, Sweden, Norway and other sections of Europe have encountered fallen

trees, chest-deep snow, impassable roads, dangerous winds and several other hazards that have resulted in injuries and fatalities. According to BBC, Austria experienced approximately 10 feet of snow fell in a few days. Sweden recorded winds of 111 mph, with Storm Jan in Stekenjokk near Norway. Many drivers are still stuck on roads and several persons have been reported missing.

## “Miracle” healthy baby survives Ebola Virus

A Congolese woman cured of Ebola has given birth to a healthy baby girl, a feat that is being described as a “medical miracle,” according to The Guardian. The baby, named Sylvana, is the second known case of a baby being born to a mother who previously had Ebola, but this is the first instance in which both survived. Sylvana has tested negative for the disease, but will continue to be monitored closely during the 21-day incubation period for the virus.

## 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 Briefs

### NSU's Marine Environmental Education Center inspires new art exhibit

Nova Southeastern University's Marine Environmental Education Center houses marine animals as a way of educating visitors. These animals include a green sea turtle named Captain. It was this turtle that inspired the gallery "Captain is Hollywood" by Maria Isabel Lazo. The exhibit is featured in ArtsPark at the Young Circle Gallery on 1 N. Young Cir., Hollywood. The exhibit will be open Jan. 23.

### NSU researchers discover genetic marker as a predictor of early relapse in pediatric ALL

A team of researchers at the NSU AutoNation Institute for Breast and Solid Tumor Cancer Research center discovered when researching that the nucleotide excision repair gene can be used to determine the probability of early relapse in pediatric patients with acute lymphoblastic leukemia. Dr. Jean Latimer, associate professor and researcher and the College of Pharmacy, stated in a press release that "Our research found a correlation between high NER expression levels and early relapse of ALL among relapsing patients. Being able to identify patients with the highest risk of early recurrence who are not detectable using present clinical measures and then treating them with a more targeted therapy is crucial to overcoming the cancer."

### The Nights of Our Lives: Why We Sleep & Dream

On Feb. 20 in the Cotilla Gallery on the 2nd floor of the Alvin Sherman Library "The Nights of Our Lives: Why We Sleep & Dream" presentation will be held. Dr. Jamie Tartar from the department of psychology will share her research on sleep theories and dreams. The program will start at 7 pm.

## NSU Mailman Segal Center partners with the Kapila Family Foundation

By: **Alexander Martinie**  
Opinions Editor

Nova Southeastern University will partner with the Kapila Family Foundation to open the feeding disorders clinic services at the Mailman Segal Center through June of this year for free.

A grant of \$669,282 was awarded to the Mailman Segal Center by the Florida Department of Education to fund feeding services. The feeding disorders clinic provides multidisciplinary and comprehensive feeding services and treatments to Florida residents. The department of education's grant was supported by Senator Lauren Book and Representative Jared Moskowitz. The grant will be used to fund

the costs of providing free services to over 100 families in Florida.

In an NSU press release, Dr. Roni Cohen, the dean of the Mailman Segal Center for Human Development, stated, "We are honored and grateful to be the recipient of this funding for the Kapila Family Foundation Feeding Disorders Clinic. By offering these clinical services at no cost to children who reside in the State of Florida, many more children will receive our evidence-based treatment that has a remarkably high success rate."

The mission of the Kapila Family

Foundation feeding disorders clinic is "for children who refuse to eat an adequate volume of food or for those who limit the variety of food they willingly accept, the Feeding Disorders Clinic works with an inter-professional team to support healthy eating habits and transform mealtimes into successful experiences. With the help of behavioral psychology, nutrition, and speech pathology focusing on oral-motor concerns, the clinic provides comprehensive evaluation and intervention services to support the child and the family with feeding difficulties."

"When a child has a problem with feeding, it is something that affects the whole family and often one simple [solution] does not exist. We have a multidisciplinary team that works with not only the child but the whole family which has resulted in a 92 percent success rate for patients treated here at NSU's Mailman Segal Center for Human Development," said Dr. Roseanne Lesack, the director of the feeding disorders clinic, in an NSU news release.

For more information on intensive or outpatient services to fit a child's specific needs or concerns, call 954-262-CARE.

## NSU Art Museum opens pop-up shop

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

The NSU Art Museum in downtown Fort Lauderdale opened a pop-up shop in Oct. 2018 as part of their William J. Glackens and Pierre-Auguste Renoir: Affinities and Distinctions exhibit.

This exhibit continues until May 19, leaving plenty of time for art connoisseurs and explorers alike to check out the lavishly French-themed shop on the exhibit's second floor. Sally Glenn, the Museum Store and Café's Retail Operations Manager, said the pop-up shop adheres to the same idea as an exit shop. That is, the shop is well-stocked with unique souvenirs related to the art in the exhibit, rooted in French design or related to the Picasso works also featured in the exhibit. The products are intended to encourage cultural commerce — something Glenn describes as a way to "[support] the museum but [get] yourself something to remind you of your

visit."

Of course, the idiosyncratic candles, stationary, toys and accessories aren't items you can find anywhere. Glenn attends the New York trade show, New York Now, once a year to choose different children's merchandise, jewelry, decor, cards and other gifts with the museum's upcoming exhibits in mind. She also sometimes works with vendors who have an already-established relationship with the shop, so the products you'll find in the museum store and pop-up shop have been hand-picked with artistic eye to slow with your experience.

For the Pop-up Paris shop, Glenn is using French vendors she may never use again, adding a little excitement and significance to shopping that is sometimes hard to find.

In fact, choosing what goes into the shop parallels curating an exhibit. NSU Art

Museum staff member Barbara Buhler Lynes, Sunny Kaufman Senior Curator, organized the Glackens and Renoir exhibit in question to highlight the similarities and differences between the two artists. As he studied under and was heavily influenced by Renoir, Glackens is sometimes referred to as the American Renoir. Even a quick glance at two side-by-side paintings would explain why: Glackens experimented with coloring technique reminiscent of Renoir, intensifying shades of coral, emerald green and cornflower blue to draw viewer to appreciate a scene that might otherwise be erroneously considered mundane to those that don't stop to smell the roses. Both Renoir and Glackens excellently portray intense beauty in the ordinary, but Glackens' use of color is a resonating daytime call to appreciate all that is around while Renoir's is a soft bedtime

whisper from a friend-turned-lover.

The exhibit will move to the Hunter Museum in Chattanooga as-is in May. Glenn mentions that the work put into curating an exhibit is so intricate and valuable that museums often pass on their efforts because "it's so much work; it makes sense to share it." Given its May closing, visitors have several months to visit the exhibit and indulge in their fair share of cultural commerce. From delightful French storytelling torches, stuffed animal and dolls; hand-embroidered pins; French honey, cookies and candy; embroidered socks and printed scarves; aprons and tea towels; and surrealist paper products, there's something for everyone in Fort Lauderdale's own Pop-up Paris.

**RADIOX IS NOW STREAMING ONLINE EVERY NIGHT  
FROM 6PM TO MIDNIGHT!  
TUNE IN AT [nova.edu/radiox/listen.html](http://nova.edu/radiox/listen.html) TO  
ROCK OUT WITH US!**

## That Time I.... Found my place in the crowd

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

Identity in college is a tumultuous abstraction for anyone, and I am no exception. But if there are three things I know about myself, they're that I love music, I love dancing and I don't do well in crowds. About one year ago, I found a wonderful exception to that last descriptor. During Nova's spring break, I flew back to my home state of Louisiana and attended BUKU Music & Art Project, an annual New Orleans music festival. I was lucky enough to experience high energy performances, heavy bass, new artists and awesome people.

Before college, parental restriction and lack of an automobile kept me from enjoying the live music scene, but after seeing The Wonder Years live in Fort Lauderdale, I acquired a thirst for more. A friend from back home encouraged me to join her at BUKU, and with the unquestionably rich lineup, I couldn't say no. I rolled up my pennies and splurged on a plane ticket and two day pass.

I've always been into fashion and art, so even before I entered festival grounds, I was already loving the culture. Lots of music festivals, especially ones that heavily feature electronic music, draw in attendees who create stunning costumes, similar to what you might see at a dance performance. Groups of friends might craft costumes around themes like "circus" or "ocean". My friend and I didn't stick to any particular theme, but we "matched" crazy patterns and sparkly tops, slapped on googly eyes and glitter and headed in ready to rage.

Entering the festival grounds was like walking into another world made entirely of art and color. Since we arrived before any act we wanted to watch, we wandered around looking through the art booths, which we were well-stocked with wrapped crystals, pashminas and paintings. Spag Heddy was my first set, and I found myself feeling out of place. Despite my wild outfit and sparkly skin, it seemed like everyone around me was so much more comfortable with themselves than me. I didn't want to dance because I felt like everyone would judge my awkward, rhythmless movements, so

I stayed in my head and just enjoyed the music. After staying near the same stage to catch the beginning of White Night Ganja's set, my friend and I headed over to another stage to see MGMT.

I felt a little better there — the previous stage was indoors, and this one was outside. The sun was setting, and I could sing along to songs I knew seeing a band I've known for years. Still, I couldn't get everyone else out of my head. I tried to have full-out fun, but I kept hearing these guys next to us trash talking MGMT's new music and criticising the show. The next acts, SNAILS and SZA, went by without much incident, and I was elated to find a new artist I liked with SNAILS. I let loose a little more when I saw Alison Wonderland, who is now one of my favorite DJs. Towards the end, I started to forget about the people around me and just feel the music.

The second day, I was determined to make my experience more like the energetic end of the day than the anxious beginning. I heard Hippie Sabotage's music for the first time with my friend, but since I didn't know the music too well, I didn't go all out dancing. Then, exactly what I needed to happen, happened. My friend separated from me to see Lil Uzi Vert with her boyfriend, and I found my way to Emo Nite LA, who described themselves as neither a band nor DJs but party-throwers for those who love angsty music. Hearing remixes and throwback songs like "Mr. Brightside" and "Build God, Then We'll Talk" gave me a sense of belonging I'd yet wholly feel the whole festival. I forgot about everyone around me and jerked my body around without sense of time or humility. I carried that feeling with me through the last two act of the night, another two of my now-favorite artist: Bassnectar and REZZ.

It may have taken me a full day to let go of my self-consciousness, but I certainly left it at the festival. Now, I jump at the chance to attend any concert or festival, and I hardly think of anything but what an amazing time I'm having while there.



At a festival, you'll find the freedom to show your true colors.

PRINTED WITH PERMISSION FROM K. BRUCE

## The pulse on donating blood

By: **Alexandra Herlihy**  
Sports Editor

The big red bus that sits in the traffic circle outside of the Desantis building seems to be always there. When students are trying to get to class or coming from class, there are people asking for donations. Not a lot of students are seen going in for many reasons. Some have Trypanophobia, or the fear of needles, some think that once their blood is taken it's just stored in a facility and might not even get used and some are just afraid of what will happen to them once a pint of blood is taken out of their body. Knowing more about the process and the benefits can alleviate some of the stress and make you more comfortable with donating. According to the American Red Cross website, the blood you donate can help up to three people at one time and there are different types of blood donations, such as just simple red blood, plasma or platelet donation.

### Checking for Eligibility

The first step to donating blood is to see if you're even eligible. There is an extensive medical test that is administered. Some of the types of questions that you could run into are: "are you currently sick?" and "have you been out of the country in the past three months?".

If you've visited certain countries or have had certain illnesses within a certain timespan, then you are automatically not eligible. Then, they do a brief physical exam on you. They take your temperature, pulse, blood pressure and hemoglobin level. The blood drive workers want to be 100% sure that the donations they are getting are the healthiest that they could be.

### Taking the Blood

During the donation process, the phlebotomist taking your blood is constantly asking if you're okay, or if you need anything. The whole donation process takes between eight and ten minutes and for most people doesn't hurt at all. Frequent donors can attest that it's most often just a little sting and mildly uncomfortable towards the end of the donation process. Once the blood has been collected, the worker bandages you up and gives you food and water or juice. You stay for another 10-15 minutes until they know you're not going to have any symptoms after the donation. You shouldn't do any exercise or heavy lifting for the rest of the day, but you can still return to your normal routine.

According to the American Red Cross website, the blood you donate can help up to three people at one time and there are different types of blood donations, such as just simple red blood, plasma or platelet donation.

### What happens to the blood?

The blood that is collected is then shipped off to a nearby processing center and is entered into a computer database. Then, most samples are put in a centrifuge to separate the platelets, red blood cells and plasma. After that, each of the three components is packaged as a unit for doctors to use. While going through that treatment, test tubes of your blood (taken during the normal donation process) are sent to a lab and tested for any reason why your blood can't be used and the results are sent to the processing center within 24 hours. From there,

the components go into storage. Red blood cells can be stored in a refrigerator for up to 42 days, platelets are stored for up to five days in a room temperature agitator and plasma can be stored in a freezer for up to a year. Blood is constantly being shipped to hospitals that need it, 24 hours a day, seven days a week. Donating blood is an easy way to help people. Even if not right away, three people's lives are saved from your small donation.

DO YOU LIKE THE SOUND OF YOUR OWN VOICE?  
HAVE GOOD MUSIC TASTE?



JOIN OUR TEAM! WE'RE ALWAYS LOOKING FOR VOLUNTEER DJ'S. COME TO OUR WEEKLY MEETINGS ON WEDNESDAYS FROM NOON – 1PM IN ROSENTHAL 200 TO HANG WITH US.

## Americans who paved the way

By: **Emma Heinemann**  
Features Editor

Discrimination against marginalized people in the United States has been an unwelcome truth since explorers first set foot in the new world. In a world that constantly tries to bring them down, women, African Americans and a plethora of other groups have continued to fight for an equal place in society by pushing past the confines of societal barriers. Their efforts characterize human persistence and deserve respect as the trailblazers of equality. Here are a few of the many firsts which have shaped the course of history.

### Jeannette Rankin (1916)

Jeannette Rankin was the first American woman to hold federal office in the United States. She was elected to the US Congress in 1916

and remains the only woman from Montana to hold a position in Congress. As a member of the Republican Party and an advocate for women's rights, she became instrumental in the creation and passage of the 19 amendment which granted unrestricted voting rights to women in 1920.

### Jackie Robinson (1947)

Jackie Robinson became the first African American baseball player to play major league baseball on April 15, 1947 when he signed with the Brooklyn Dodgers. In 1945, Jackie had attracted the attention of the president and general manager of the Brooklyn Dodgers, Branch Rickey. Jackie was first signed to play on a Dodger farm team where he lead the team batting average and later was asked to join

the Brooklyn Dodgers. From 1947 until 1956, Jackie was honored with many accolades for his incredible skills, including Rookie of the Year in 1949 as well as Most Valuable Player.

### Thurgood Marshall (1967)

Thurgood Marshall, an American lawyer, became the first black Justice to serve on the Supreme Court when he was nominated for the position under President Lyndon B. Johnson. Through his career, he was an avid supporter of the civil rights movement and even argued the famous Brown v. Board of Education of Topeka Kansa before the Supreme Court in 1961. His victories for civil rights as a lawyer continued on the bench as he became a passionate voice for equality until he retired under the Bush

administration. He was replaced by Clarence Thomas, the second African American to serve in the Supreme Court.

### Kathryn Bigelow (2009)

In 2009, Kathryn Bigelow won the Oscar Award for Best Director for her film The Hurt Locker, making her the first women in 82 years of the Oscars to ever receive the award. The awards began in 1927 and, up until her win, had only ever recognized male directors. Today, the film industry is still heavily dominated by men with only 7% of the top 250 films directed by women according to the New York Times.



## Career Corner



## New career resolutions

By: **Daniela Karaki-Suarez**  
Career Development



PRINTED WITH PERMISSION FROM D. KARAKI-SUAREZ.

*Daniela joined the Office of Career Development in July 2018 as a Graduate Assistant Career Advisor. She strives to connect students with catered opportunities and is especially excited to support students at NSU achieve their goals.*

It's on everyone's mind once December 31 comes around; a brand new set of resolutions to commit to for the next year. If "new year, new career" is on your mind this season, now is a great opportunity to get serious about your career-oriented goals! Get empowered, spruce up your personal brand, and get yourself moving faster to your dream job.

Picture yourself one year from now, and then five years from now. It helps to start building those goals and experiences to get you to those points you want to reach. Consider these five resolutions as an invitation to up your game in your approach.

**1. Gather up your professional social fuel and network:** Consider setting actionable goals to get social in different capacities! This could mean being present in class and meetings, taking on leadership roles, or maybe attending a conference that introduces you to people in your field. The more you network with people in your industry, the stronger your brand becomes when job search season comes knocking. Don't be afraid to slide into some LinkedIn inboxes with your most professional foot forward.

**2. Join a professional organization:** An efficient way to start getting social and build

networking skills is by joining professional organizations. NSU's OrgSync website has a whole database of relevant clubs and associations to join. If you're a biology major looking to become a dentist, for example, consider joining the Pre-Dental Society and surround yourself with knowledge and resources. This can also keep you updated with the trends of your industry, which helps you develop as a professional. It makes your journey more exciting to be around people who do what you do and love what you love.

**3. Learn a new skill:** Employers are looking for candidates with motivation to learn new skills! Whether this be learning a new language, coding skills or getting social media certified, nothing makes you more impressive than having a strong drive to continue growing. NSU's case competitions every semester can help you build your problem solving and public speaking skills, so sign up for those early in the semester to really stand out amongst your peers.

**4. Refresh your brand:** When was the last time you Googled your own name? The results can be a little surprising sometimes. Do a new year sweep through your social media accounts and LinkedIn profile to make sure

you're showing off your best self. You can also make an appointment with your office of career development to update your resume with those great new organizations and skill sets you'll need to add on soon!

**5. Find some valuable mentors:** Behind every successful professional you aspire to be is a mentor who guided their path to where they are now. Find the right mentor(s) who you trust and work well with within the network you created. These could be professors, current or former supervisors, or just people you admire in general. Make it clear to them that you want them to mentor you and set goals together. Don't forget to send a thank-you note or email once in awhile to share your appreciation for their mentorship.

With this new year, reward yourself for the career progress you've made, and build on the goals you've already started. Career growth and advancement is a process for the whole year, but why not give it another jumpstart this time around? Here's to a new year!

## Easy meals for busy students

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



Whether you're trying to eat healthier, expanding your palate or looking for busy-day recipes, you can whip up all of these meals and take them to go in fifteen minutes or less.

### BAKED POTATO BOWL

#### Ingredients

- 1 large or 2 small golden potatoes, cut into inch cubes
- ¼ cup broccoli
- ¼ cup mushrooms
- 1 chopped green onion
- ½ cup protein of your choice, pre-cooked

Put the cut-up potato in a microwave-safe bowl with about ¼ cup of water, and microwave in two minute intervals, stirring each time. Cook until almost soft, and drain the water at approximately 6-8 minutes. Add in broccoli and mushrooms, and microwave for an additional two minutes. Add green onion, protein and any other ingredients you'd like on your baked potatoes, like sour cream or cheese or non-dairy alternatives.

### FRIED RICE

#### Ingredients

- 1 cup cooked rice (try looking for packages of pre-cooked rice in your grocery store, or cook up a few servings on the

weekend and use it throughout the week)

2 tablespoons low-sodium tamari or soy sauce

½ cup frozen mixed vegetables

½ cup protein, such as tofu, tempeh or a pre-cooked meat

Begin by putting the rice in a pan over medium heat, and add in tamari or soy sauce. Stir until rice is fully covered, and toss in mixed vegetables and protein. Continue cooking until the vegetables are thawed and warm, approximately three to five minutes. Garnish with chopped green onions, sesame seeds, or sweet chili sauce.

### LENTIL-QUINOA

### TACO BOWL

#### Ingredients

- ½ cup cooked lentils
- ½ cup cooked quinoa
- 2 tablespoons taco seasoning (or, for an easy substitute, equal parts cumin, chili powder, cayenne and salt)
- 1 teaspoon hot sauce
- ½ teaspoon concentrated vegetable stock (optional)
- 3 tablespoons salsa
- Taco ingredients of your choice, such as diced tomatoes, onion, peppers, etc.
- 1 cup tortilla chips

Add lentils, quinoa, taco seasoning, hot sauce, vegetable stock, salsa and 3 tablespoons water in a pan over high heat. Stir thoroughly. Cook until all the water is evaporated, and the mixture resembles taco meat. Add in other ingredients, and eat with a serving of tortilla chips.

### SIMPLE SMOOTHIE

### BOWL

#### Ingredients

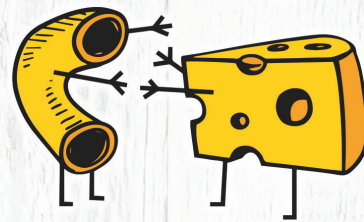
- 1 frozen banana
- 1 cup frozen fruit of your choice, such as strawberries, pineapple or blueberries
- 1 cup spinach or kale
- Enough almond milk to allow for easy blending, between 1-2 cups
- Fresh fruit, hemp seeds, chia seeds, sliced almonds, granola or any other toppings you would like

Blend the banana, frozen fruit, spinach and almond milk so that it has a thick consistency, almost like soft-serve ice cream. Put in a reusable bowl, and keep in the freezer for up to 30 minutes before eating. Pour your toppings into an additional container so that they don't freeze or get soggy. The smoothie will melt quickly, so it's best to eat it within an hour.

PRINTED WITH PERMISSION FROM K. BRUCE  
Food feels better when it looks like art.

# I ♥ mac & cheese

**CUSTOMIZABLE  
COMFORT FOOD.**



**BUILD YOUR OWN:**

**MAC&CHEESE - GRILLED CHEESE - QUINOA - SALADS - TATER TOTS**

**Promenade West Shopping Center - Davie - 2325 S University Drive  
954 - 870 - 6467 | [iheartmacandcheese.com](http://iheartmacandcheese.com)**



# SOUNDBITE

## BALLADS 1 by Joji

By: **Sarah Goltsman**  
Contributing Writer

Formerly known as YouTube character Filthy Frank on the channel TVFilthyFrank, Joji's rise to fame as an alternative lo-fi artist was quite a turn. Formerly, Joji produced comedy hip-hop songs like "Fried Noodles" and "Are you Serious." Straying away from his comedic background, Joji joined the Asian music label 88Rising, which also features artists like Rich Brian and Higher Brothers. His debut on this label was in late 2017 with the six-track EP "In Tongues." He followed with a deluxe edition of "In Tongues," consisting of eight remixes and two new tracks. On Oct. 26, 2018, Joji released his first full studio album titled "BALLADS 1." The album, as the title implies, focuses on ballad production, but still features more upbeat production choices within lo-fi and trip hop genres.

The album opens softly with the piano ballad "ATTENTION." This sets the emotional tone of the album and also opens up themes of love and loss. Through his lyrics, Joji voices his choice to keep real life conversations light and meaningless to avoid revealing too much about his own emotional state. This creates a compelling contrast against the general

emotional vulnerability that Joji reveals through the album's ambient instrumentals and muffled vocals.

The album loses a bit of its muffled quality through the next few tracks, "SLOW DANCING IN THE DARK," "TEST DRIVE" and "WANTED U." While these still hold his vulnerability, they twist prior downbeat spin with more dynamic vocals, especially in "WANTED U." All three of these earlier tracks on feature stronger drum breaks that carry through the album, making it a cohesive body of work despite the change in mood from track to track. While not every word is comprehensible on a first listen, the hazy vocals against the drum beats and unique, almost electronic sounds Joji uses portrays genuine emotion and leaves the exact theme to later listens.

Through the twelve tracks, Joji utilizes features, beginning with the fifth song "CAN'T GET OVER U," featuring Clams Casino as a producer alongside Joji's vocals. The other producers cited in this work are Thundercat and Rogét Chahayed. Immediately upon the start of this song, a far lighter beat pulls more focus to positive vocals. The instrumentation

separates the first half of the album from the second with a new, lighter side of Joji's music. Another production feature appears in "WHY AM I STILL IN LA" with producers Shlomo and D33J. The song takes the opposite approach of "CAN'T GET OVER U" by focusing on the deep bass and reverberated guitars. "WHY AM I STILL IN LA" contains extended periods with no vocals whatsoever. This structure draws the listener away from Joji's ambiance and deeper into the heavy production, then breaks back into soft vocals with a complete shift in tone. The album's only vocal feature is Trippie Redd on "R.I.P.," bringing a taste of modern rap onto the album. Redd's gritty voice juxtaposes Joji's airy vocals on the track.

"BALLADS 1" is a journey of emotional vulnerability, love and loss, and the ballads overlaid with simple drums lead to twelve ethereal sounding, lo-fi tracks. It moves through a variety of tempos and sentiments and makes one cohesive work. If he continues with this style of work, Joji is sure exceed expectations, so here's to hoping for another album or EP sometime soon.

## OFF SHORE CALENDAR

### Hamilton (Touring)

Jan. 15 | 8 p.m.  
@Au-Rene Theatre | Fort Lauderdale

### Drawing Salon

Jan. 16 | 12 p.m.  
@Frost Art Museum | Miami

### Inner Light Meditation Course

Jan. 16 | 7 p.m.  
@Science of Spirituality Center | West Palm Beach

### Prestigious Haitian Music Awards

Jan 19 | 7 p.m.  
@Miramar Cultural Center | Miramar

### Marvel Universe LIVE! Age of Heroes

Jan 20 | 1 p.m.  
@American Airlines Arena | Miami

### Biscuit Jam

Jan. 21 | 8 p.m.  
@The Funky Biscuit | Boca Raton

## Staying organized this year

By: **Emma Heineman**  
Features Editor

Everyone has a little bit of clutter in their lives, whether it's a junk drawer overflowing with odds and ends or a collection of shirts hanging in your closet that you never wear. If prioritizing your belongings and staying organized is on your list of New Year resolutions, follow these simple tips to make your goal a success.

### DECIDE WHAT ORGANIZED MEANS TO YOU

Being organized seems like a pretty self explanatory concept, but organization has lots of different meanings to different people. For some people, an organized chaos that only they can navigate through may suffice, but others prefer a color-coordinated, labelled system. Neither is intrinsically better than the other, so make sure that you define what being organized looks like for you, so you can track your goal and see progress as you declutter your life.

### START WITH SOMETHING THAT MOTIVATES YOU

Starting is almost always the most difficult part of a new goal or habit, so start with something that makes you feel accomplished. For some people, the place to start may be obvious such as an out-of-control hall closet that has been bugging them for months, but in other cases starting small might give you the sense of accomplishment you need about your progress.

### MAKE DECISIONS

When choosing how to organize your belongings, put some thought into what type of organization works best. If you have several similar items such as kitchen utensils, consider categorical organization and group the items together in a convenient location. For clothes, color coding may be a good option. The key is to make sure that everything has a intentional

place. Deciding where to put your toothbrush might be a no-brainer, but some items may not have an obvious place. Consider when, how and how often the items are used to prioritize their location.

### USE LABELS

Labelling is a great way to stay organized, and label makers are a cheap investment that make the process go smoothly. You can find them in many stores and order them off Amazon for as little as 15 dollars.

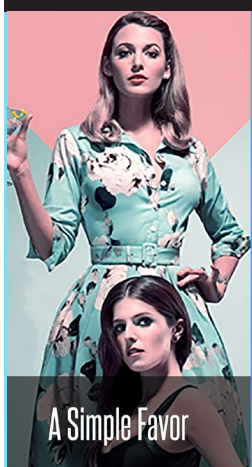
### TAKE BREAKS

Pacing yourself is extremely important to a successful organization spree. It's not logical to organize your entire house in one afternoon, so pick specific tasks to complete everyday. Focusing on a specific drawer or room in your house can make you more motivated to

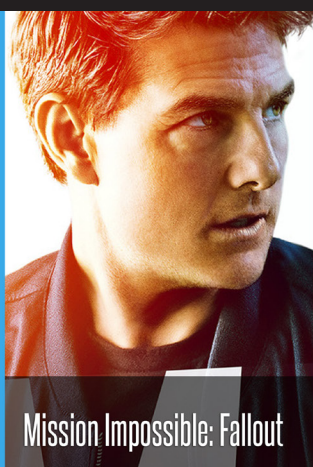
continue and make it easier to see your progress. Also, don't forget to reward yourself along the way with some relaxation time or time doing something you enjoy.

### FORWARD THINKING

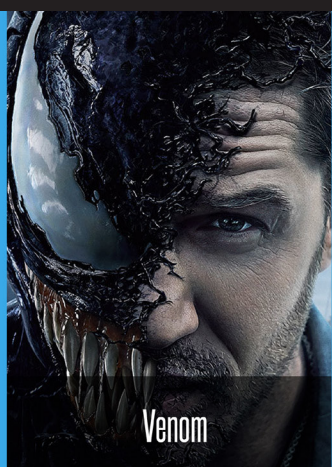
The difference between tidying up and organizing is the amount of thought that is put into organization. Haphazardly putting things away into drawers or pushing clutter under your bed might be a temporary solution, but it will only make the problem worse in the future. When you acquire new belongings make sure to think about what you are buying, why you need it and where it will go before making the purchase. Thinking ahead will help you to avoid accumulating items that you don't need or use and make the feat of staying organized much easier.



A Simple Favor



Mission Impossible: Fallout



Venom

## INTO MOVIES?

CATCH NEW RELEASES LIKE THESE THIS JANUARY AND MORE ON [SUTV.NOVA.EDU](http://SUTV.NOVA.EDU)



## Getting into exercise

By: **Emma Heineman**  
Features Editor

With New Year's Day behind us, the time for creating meaningful habits from resolutions has. According to a recent study by Inc.com, over 65 percent of Americans commit to exercising more as their resolution, making it the second most popular resolution behind eating healthier. If getting into exercise is a habit you want to start, then follow these tips to ensure the new year, new you is a success.

### Start Small

Setting unattainable goals is the downfall of many new year resolutions and aiming too high when it comes to exercise can be damaging to your confidence and your body. Even though everyone wants to start exercising and instantly

morph into a fit, healthy yoga enthusiast who runs and lifts weights, having too high of expectations damages the process. So start small by listening to your body and understanding your limits. Nobody gets on a treadmill for the first time and runs a four minute mile just like no one can speak a new language fluently after taking one class. Learning and bettering yourself is an individual process, so let it be just that: individualized.

### Don't Compare

One of the hardest parts of going to a gym, joining a fitness group or taking a workout class is comparing yourself to others. Everybody starts their fitness journey at different times and

progresses at different rates, making it important to not get down when the people around you seem to have more experience. Everybody has to start somewhere so embrace that now is your time.

### Forget the Fancy

Everything today seems to be about what is the newest and best, including fitness. But regardless of the countless ads trying to convince you that your goals won't go anywhere without the best equipment, shoes, and gym memberships; getting and staying fit doesn't have to drain your bank account. Start with exercises like running, crunches, lunges, and pushups and build upwards. Not only can you

get in shape in the comfort of your our home, but you can also save some money on gym fees and equipment.

### Stick to a Schedule

Scheduling time to exercise and sticking to it is perhaps the most important aspect of developing a fitness habit. Studies show that by laying out a self schedule, the odds of achieving your goal increases dramatically. Whether you want to exercise everyday or only twice a week, set times and days that work for your schedule and then, most importantly, stick to it. It's tempting to skip your gym workout for a quiet night of Netflix, but remember that you will thank yourself in the long run.

## ON DECK

### WOMEN'S BASKETBALL

V.S. Lynn  
Jan. 16 | 5:30 p.m.  
Rick Case Arena

### MEN'S BASKETBALL

V.S. Lynn  
Jan. 16 | 7:30 p.m.  
Rick Case Arena

### WOMEN'S SWIMMING

V.S. Florida Tech  
Jan. 19 | 12:00 p.m.  
NSU Aquatic Center

### MEN'S SWIMMING

V.S. Florida Tech  
Jan. 19 | 12:00 p.m.  
NSU Aquatic Center



### Men's Basketball

On Jan. 5 the Sharks defeated Florida Tech 82-62 for the 12 consecutive win for the season. In the first minutes of the game, the Sharks took the lead 7-0 with a lay-in by sophomore Nick Smith. Junior Mikkel Kolstad earned a season-high of 22 points in 24 minutes of play. In the 12 minute of the game, junior Mark Matthews made a free throw which pushed the lead 21-10. In the last minutes of the half, the Shark's defense limited Florida Tech to only two field goals which left the Sharks with a 34-21 lead at half-time. In the second half, a corner three-pointer by Smith pushed the lead to 16 points. Florida Tech pushed the margin back to eight points but a triple by Smith kept the advantage. A 10 point lead was kept for a majority of the game but NSU earned another 10 unanswered points to secure a win. Matthews earned his third double-double of the season with 13 points and 12 rebounds. This win erased a previous four-game losing streak to Florida Tech.

### Men's Swimming

To start off the 2019 season on the right foot, the Sharks topped Carson Newman on the Jan. 5 dual at the NSU Aquatic Center. The men's 200 medley A-squad of freshman Zachary Milke, senior Cory Klemm, junior Magnus Poulsen, and sophomore Jonathan Yanello took first with a time of 1:33.83. The men's freestyle relay of sophomore Alec Dawson, Yanello, Poulsen and freshman Martin Hemminghyth had a winning time of 1:24.70. Dawson won the 100 freestyle in 46.68. With a time of 23.56 in the men's 50 backstroke, Poulsen took the win. Sophomore Matteo Masiero took the 200 butterfly with a 1:52.67 finish while Yanello took the men's 50 free with a finish of 21.42. Junior Vincent Lijoi won the 500 freestyle with a time of 4:42.58.

### Women's Basketball

On Jan. 5, the women's basketball team suffered a loss to Florida Tech in a close game with a final score of

58-59. In the first quarter, Florida Tech took the lead 11-3 but the Sharks brought the deficit to six points with a layup by freshman Maria Bardeeva. Florida Tech came back with another nine points but a three-pointer by graduate student Christen Prasse brought it again to a six-point deficit with Tech in the lead, 17-11. In the second quarter, a layup by junior Jordan Tully opened up scoring but Florida Tech took the 13-6 run to get the largest lead of the game with 30-19. Sophomore Taylor Smith's layup later sparked a 6-1 NSU run bringing the lead down again to a six-point lead with a score of 31-25. In the third quarter, the Sharks exploded with a 14-0 run with a layup by Tully to finish it up and put NSU on top 39-33. Prasse's three-pointer gave the Sharks the largest lead of the game with 42-35 with three minutes left on the clock. Florida Tech pushed it back by the end of the quarter 44-41. In the fourth, there were six ties in total but the Sharks were able to stay on top. Senior Alison Hughes jumper at the 1:20 mark was the last lead for the Sharks. Later in the game with the Panthers ahead 59-56, the Sharks needed a three-pointer to go into overtime but a layup by Bardeeva was the last effort, leaving the Sharks a point shy for a 59-58 loss.

### Women's Swimming

The Sharks took the Carson Newman matchup with a final score of 186.5-56.5. NSU's A-team of senior Suzanne Afchain, junior Kaylee Gassen, sophomore Jenna Johns and freshman Amilia Nusbaum took the first win of the day in the 200 medley relay with a time of 1:48.06. In the 200 freestyle relay sophomore Laurel Fink, junior Caily Friel, Nusbaum and Johns finished with a time of 1:37.93 taking first. Sophomore Emma Sundstedt took the first individual win for the day in a 200 freestyle in 1:57.31. Sundstedt also took the 500 freestyle with a 5:10.27 finish. Johns took the women's 50 backstroke with 26.67 and the top time in 50 butterfly in 25.97. Senior Caroline Oster took the 200 butterfly in 2:07.90 and picked up the 100 free with a 53.29 finish.

WANT TO READ EVEN MORE?  
HEAD ON OVER TO THE CURRENT'S WEBSITE FOR  
WEB-EXCLUSIVE ARTICLES AND PICTURES!

NSUCURRENT.NOVA.EDU

## ATHLETE OF THE WEEK: Keeley Mayers

By: **Emma Heineman**  
Features Editor



PRINTED WITH PERMISSION FROM K. MAYERS  
Mayers strikes the ball with a strong form and determination.

Keeley Mayers is a junior psychology major from Panama City Beach, FL. After playing at St. Petersburg College for two years, she transferred to Nova Southeastern University where she is one of six Sharks to start in all 50

softball games played. She has been named Conference Player of the Year, Second-Team All-American, First-Team All-Conference and received MVP accolades as well as St. Petersburg College Female Athlete of the Year.

### How and why did you get into softball?

My sister is older than me and she played softball. My dad played baseball too, so it kinda ran in the family.

### Why did you come to NSU?

I played junior college for two years and transferred here last year, and the coach recruited me. It seemed like a good fit.

### How would you describe the relationship with your teammates?

We are all really close and good friends. It was an easy transition [coming to NSU].

Everyone was so nice and welcoming.

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

The pros would be just having a team and friends right away when you get here. The con would be the time management.

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

Just celebrate as a team.

### What does your downtime look like?

Hanging out friends. I like yoga and I used to be a gymnast, so I still do that sometimes.

### Who do you consider your biggest role model?

My sister because I try to be like her. She is really healthy and a good person to talk to.

### What is advice you would give to other

### student-athletes?

Make everyday count. We are lucky to be here.

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

We have just been practicing, but Shark Week was fun. We did conditioning.



PRINTED WITH PERMISSION FROM K. MAYERS  
Mayers slides during a game.



## This Week in Sports History



By: **Aaron Banyard**  
Copy Editor

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.

**JAN. 15, 1892**

### Basketball rules first published in Triangle Magazine, written by James Naismith

Both the rules and the means of playing the game differed greatly than those of today. For example, a player could not run with the ball, they had to throw it from where they

caught it unless they were intending to dunk. The baskets were also literal wooden baskets nailed to the wall of a gymnasium.

**JAN. 16, 1905**

### Ottawa Silver 7 sweep Dawson City in Stanley Cup.

The second game went on record as the most lopsided Stanley Cup final in history with a score of 23-2 in Ottawa's favor. The day after this embarrassing loss, two Dawson City players, D.R. McLennan and Norman Watt, fired the players from the team.

**JAN. 17, 1917**

### Rodman Wanamaker holds a lunch to discuss the formation of a golfers association.

This meeting held at the Taplow Club in New York led to the creation of the PGA. The PGA was officially established in April of the same year, and in that October was the first ever PGA Championship.

**JAN. 18, 1991**

### The longest tennis match at the Australian Open takes place.

This match between Boris Becker and Omar Camporese lasted a total of five hours and eleven minutes. A total of seven games

were played with Becker, the victor, taking five of them while Camporese took two.

**JAN. 19, 1981**

### Muhammad Ali talks 21 year old out of committing suicide.

When a man dubbed "Joe" took to a ledge of a Los Angeles high-rise and threatened to jump, Ali was scaled the building to talk with him through a window. Joe was a Vietnam veteran suffering from PTSD and believing that he was still in Vietnam. Soon after Ali had said "You're my brother, I love you, I couldn't lie to you," Joe went into the building to embrace Ali and the two walked out unharmed.

## On The Bench:

### A woman head coach on the horizon?

By: **Krysyann Edler**  
Contributing Writer

The end of another NFL season means the end for several head coaches. Eight teams, including the Miami Dolphins, started the search for their next head coach. Teams like the Jets and Cardinals are looking for a leader to rebuild the organization, or for a team like the Packers, a leader that can give them one last chance to hoist a Lombardi trophy. During this process, teams look at candidates with established success or this year's trend of the young and offensive. Several candidates will be considered and interviewed each team, but how many of those candidates happened to be a woman? Will the NFL's Rooney Rule, that requires teams to interview ethnic-minority candidates before hiring, be expanded to include women as a minority?

The head coach-needy Cleveland Browns were rumored to be interviewing former secretary of state Condoleezza Rice to be the

first woman NFL head coach. Although proven to be false, the rumor shed a light on the women already making history in the NFL. In 2015, Jennifer Welter became the first woman to coach in the NFL when she was named as the inside linebackers coach for the Arizona Cardinals. Welter's position was only for the duration of training camp, but she left a mark on the league. The following year Kathryn Smith became the first woman full-time coach by joining the Buffalo Bills and was followed by Katie Sowers in 2017 as the 49er's assistant coach. Sowers also became the first openly gay NFL coach and the first woman full-time coach to retain her position for a second season. These are only a few of the pioneers.

These women have played in professional women and men's leagues and have experiences they can use to relate to their players. These women have also slowly been working their

way up the coaching tier after starting as interns and have dedicated their lives to advancing the sport. Women should not be hired out of pity or to jump on a bandwagon movement.

When the day comes for a woman head coach, that woman needs to be ready to hold the door open for more to follow her, so her experience and success is crucial. These women lack NFL playing experience, so they need to prove their NFL capability through successful coaching experiences. I am not saying that these teams should hire Welter or Sowers as their head coach, but women should at least be seriously considered as potential candidates to be added the new head coaching staff, rather than a publicity stunt.

Teams will have to see a long tenure of success to take a chance on these women, unlike these first-year coordinators already getting head coaching interviews. She has to

gain her coaching experience from somewhere. A woman, like a minority candidate, should be hired because she deserves the position. She should be hired when she has years of proven success.

In a few years, these women pioneers may be ready for the job but not right now. We will have to wait for them to continue to climb the ladder and become defensive and offensive coordinators first. Teams will need evidence of these women as powerful leaders of men. According to Pro Football Talk, John Dorsey, the Browns general manager, told the media, "I just want the best possible head coach to move this thing forward, regardless of age. It could be a woman, too." What if the best candidate is a woman with a brilliant football IQ and proven successful, but she is competing against former players? Then she should be hired because she is the best regardless of her gender.

## A note about the current government shutdown

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

As the longest stretch of a government shutdown in United States history, we need to thoroughly examine the reason behind the shutdown: border security and a backwards contingency plan.

Now I'm not arguing that border security isn't a problem, it is for any country. But that doesn't mean that the only way to fix it is to put people out of a job and take away the paychecks of hard-working americans who work for the federal government. During a government shutdown over 80,000 federal employees are working without pay or furlough, including TSA agents, border security agents and national park employees to name a few.

On Friday, CNN reported that Miami International Airport closed security checkpoints early in terminal G for three days— Saturday, Sunday and Monday— because of the shortage of TSA screeners. This is because TSA workers are not reporting to work since they live paycheck to paycheck and found other work to

pay the bills. So flights were relocated to other concourses in the afternoons, which meant congested security lines. If this terminal closing is a sign of what is to come, passengers will begin to miss flights and general security measures will be overlooked due to overcrowding and a lack of screeners to handle the volume of passengers. That in itself is a hitch in border security that has only exacerbated the situation. If screenings are rushed, the chances of missing harmful materials are much greater. And all the chaos of rushing screenings and crowd-control means less staff trained to find threatening individuals that mean to cause harm or have nefarious plans which would be otherwise maintained and controlled with a full staff.

As airports are overcrowded, national parks are wide-open, meaning that because there are no park employees collecting fees at the gate, the public has free-reign on these lands. At first glance, that would mean more people could experience the park and all its natural

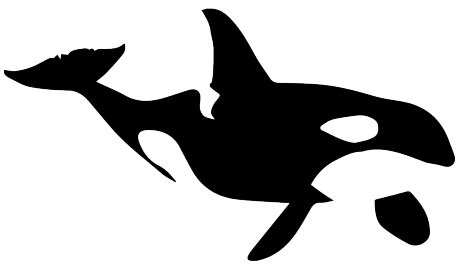
beauty. But it has turned out to be a logistical nightmare. National parks across the nation had unsanitary bathroom conditions, squatters and litter on the property as well as graffiti artists taking advantage of the opportunity to tag within the parks. But on Thursday, a picture posted by the National Park Service online went viral on twitter for the destruction inside California's Joshua Tree National Park. The pictured depicted a Joshua Tree, the parks trademark resource, cut down along with many other similar photos of extensive damage and vandalization within the park. But this park isn't the only one, there are 60 parks just like this that are struggling with the same problems if not, worse. People who work in these parks and dedicate their lives to these valuable resources, are not able to help the very thing that they are sworn to protect from the extensive damage that this government shutdown has caused.

There is a multitude of other trickle down effects from this government shutdown that I

haven't mentioned. In fact, there is an updated list on CNN tracking and investigating the direct effects this shutdown has caused. Now I understand I might be just a college student with my head in the clouds that has no idea how the government works. But I know this, if the plan is to help protect our borders by building a wall, this isn't the way to do it. If anything, more security problems are being created. Let alone the discussion of if a border wall is even a adequate solution to the problem. Nothing good ever comes out of disagreements and government shutdowns are a prime example. But in the end, it hurts the "little guy" or the average hard-working American. So here we sit, weeks into a government shutdown with no end in sight but feeling the weight of the destruction it has caused with nothing left to do but wait for the end and pick up the pieces.

## Whales are friends, not food

By: **Alexandra Herlihy**  
Sports Editor



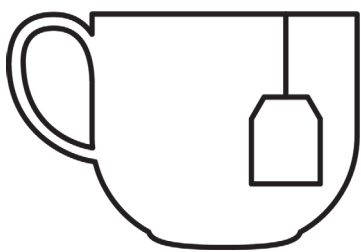
On December 26, Japan announced that they will be withdrawing from the International Whaling Commission (IWC) as of June 2019 and will resume commercial whaling in July. During this announcement, Japan stated that they will hunt in their own territorial waters. This spells disaster for the slow recovering whale population.

After World War II, Japan had to hunt for whales in their local waters because of radiation. After a few decades, the area was once again safe to grow crops again. Japan could stop whaling, but they didn't. They steadily continued whaling to the point where a few whale populations were on the brink of extinction. That's when the IWC stepped up and in 1986 put up an international ban on the hunt. No country was allowed to practice whaling, but Japan still continued, this time leaving their own waters and started to hunt in the Antarctic. When confronted, the Japanese government claimed it was for "scientific research", even though the majority of the meat still ended up on store shelves. Since the ban began, there have been 38,539 whales killed by Japan, Norway, and Iceland and more than 22,000 were killed by Japanese vessels.

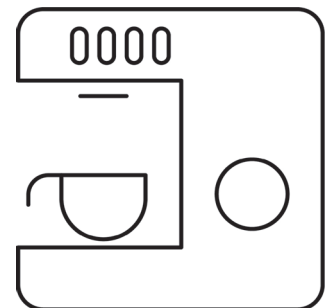
Now that the minke, sei, Bryde's, fin and sperm whales populations have increased slightly, Japan announced that they will be leaving the IWC so that they can hunt whales commercially in their own waters. The truth of the matter is that these populations still need more time to recover. Whales are very large animals, so they take many years to reach sexual maturity, which means that the overall populations take years to recover naturally. Humans aren't the whale's only problem, with rampant pollution in the ocean and the global warming rate, whales are struggling as is.

This practice is truly disgusting, and the fact that Japan has lied for years, saying that the whaling was only for scientific research while they still put most of the meat that was salvageable on store shelves. The most

disgusting part, however, is the fact that their return to commercial whaling is just going to be all for nothing. Whale meat sales have been dropping for years. People just don't like the meat, and now that Japan is going to be doing relatively unrestricted whaling, they're going to have so much meat that is just going to be thrown out. The Japanese government, however, has a plan for that. They're going to try to get the younger generation to enjoy the meat. Whaling is beyond wrong, not only for the fact that there is no reason to hunt and eat these gentle creatures but also for the fact that the populations take so many years to just become sustained again. Japan could bring three or four entire species of whales to extinction.



### Face Off: Tea or coffee?



By: **Madelyn Rinka and Skylyr Vanderveer**  
Editor-in-Chief and Multimedia Manager

Tea or Coffee? It's the question that's plagued humanity for centuries. Our Co-Editor-in-Chief, Madelyn, and Multimedia Manager, Skylyr, face-off to argue for their favorite beverage.

#### TEA MADELYN RINKA

Camellia sinensis, the plant that we all call tea, is rumored to have been drank since 2737 BC, according to the UK Tea & Infusions Association. This beverage has stood the test of time— and for good reason. Tea is loaded with antioxidants, a convenient level of caffeine and, frankly, it tastes good, unlike certain other beverages. For the sake of this article, "infusions," which consist of different herbs steeped in a tea-like way but do not actually

contain the Camellia sinensis plant, will be lumped into the tea category.

With all the different types of tea, like black, green, oolong, white, puer, yellow, herbal, matcha, yerba mate and more, there's a brew for everyone. Tea can have a very mild flavor, like in white or green, or a more robust flavor, like with black or matcha. There's also varying levels of caffeine per cup, so you can adjust how much energy you want. This makes it convenient to consume at any point in the day as well. With all the different varieties, it's easy to find something that you enjoy drinking— rather than feeling the need to add gallons of creamer or syrup just to choke it down.

However, tea pairs incredibly well with many other ingredients: sugar, milk, cinnamon, floral infusions, bits of fruit, nearly anything you could think of, within reason, probably tastes well in tea. While its traditional form is warm, cozy and comforting, it can even be iced

for a refreshing summer drink. You can also dunk biscuits, cookies, biscotti or scones in your tea for a well-paired snack. Whether it's being enjoyed on its own or handcrafted into a signature beverage, there's a reason millions around the world find comfort in putting on the kettle.

#### COFFEE SKYLYR VANDERVEER

The best way to start a morning is by brewing a fresh pot of coffee. Nothing beats the rich taste and warm feeling it gives. The love of coffee can be traced back centuries to the Ethiopian times. According to the National Coffee Association, a farmer discovered the potential of coffee when his goats ate berries from a plant and could not go to sleep. Coffee

houses started popping up around the 15th century. Fast forward to modern times, people rely on Starbucks for their morning "cup of joe."

Coffee itself is super customizable. There's a variety of flavored coffee beans. Some are on the sweet side, like caramel or vanilla. Others can have a hint of spice to them to make you feel all warm and cozy. If you don't like drinking your coffee black have no fear. There's a variety of flavored creamers for those who have a sweet tooth. Don't like hot coffee, try a cold brew! The options are endless once you step into a quality coffee shop.

Coffee is the perfect drink to start your mornings and end to your evening dinners. There are even types of coffee that make for the perfect dessert. Whether you're dunking a donut into your morning cup or relaxing after a nice dinner, coffee is the perfect drink.



## Everything doesn't need to be "shark"

By: **Skylyr Vanderveer**  
Multimedia Manager

As you may know, OrgSync has gotten a new name: SharkHub. The new name started to bug me when I began thinking about how many things NSU has added the word "shark" to. The list is quite long, as I have found over 40 names with the word.

Some of the shark names are associated with things we use every day, such as SharkCards, Shark Shuttle and Sharklink. Others are names for departments on campus like Shark Dining and Shark Athletics. Of course scholarships such as Shark Talent and Shark Teach also have the word. All athletic teams on campus are known as Sharks,

including the Sharkettes. Even popular events on campus are "sharked".

Since I was getting sick of everything shark, I decided to ask my friends at other Florida schools if everything was named after their mascot. My one friend at FSU said that there are things named after their mascot but the list isn't as long as ours. My friends at UCF and FAU said the same thing. It seems like NSU is heavy on the mascot names.

There's nothing wrong with some school pride. However, I don't think everything needs to be named after sharks. Let's be a little more creative with our name choices.

Looking to get behind the camera or on screen?

MAKE AN APPEARANCE AT OUR WEEKLY MEETINGS ON FRIDAYS FROM NOON – 1PM IN ROOM 104 IN THE STUDENT AFFAIRS BUILDING TO GET YOUR PART!



CHANNEL 96 SUTV  
NOVA SOUTHEASTERN UNIVERSITY

## People don't change their stripes

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

Life is a complex, mysterious force, and its intricacies certainly enact change upon all those who experience it. However, the ways in which people change typically qualify more as development rather than transformation. Simply put, people build upon already-set qualities, refine their advantageous traits and redirect any undesirable personal aspects rather than throwing away previous dispositions in favor of new ones. So, people who fundamentally lack certain significant traits like empathy or selflessness are unlikely to want to develop those traits because that desire is by nature an expression of consideration and selflessness.

Of course, this unfortunate truth doesn't mean change is impossible. For those who

acknowledge their flaws and are willing to actively work on them, growth is entirely in reach. Still, change is a process. It's only achievable with clearly defined goals and an everyday attention to whatever qualities are in focus. For example, if a person is working on being more selfless, they should regularly evaluate the choices they are making to discern whether those choices help or hurt others or whether they make choices solely based on what outcome is most advantageous for themselves. In another instance, a person trying to be less passive might try cognitively asserting themselves more and more frequently. Without persistence, a desire to change is simply a pipedream and does nothing to contribute towards personal growth.

Accordingly, people who tend to remain stagnant — selfish, lazy, cruel etc. — might fool themselves or others into believing they are growing without lifting a finger. Often, these people will falsely acknowledge their issues, either to soothe their own egos or to convince others they are worth keeping around, by taking partial responsibility for flaws. After this offhanded admission, they might theatrically perform an act of charity or tackle a mess of tasks to appear productive, but if they revert back to their usual selves very soon, it's clear those actions were only an attempt to pacify criticisms. The truth of the matter is, if a person lives their entire life selfishly, lazily or any other less-than-desirable way and makes it to

adulthood unchecked, they'll continue to take the easy way out. The only hope for some people is a radical confrontation of the problem — something that screams, "You can't live like this anymore!" Thus, as we accept or remain passive to problematic behavior, it is bound to continue.

For most of those people, nothing of consequence will stop them from living in a way that ultimately hurts themselves or other people. People who have continuously chosen to disregard others' lives or their own well-being are unlikely to acknowledge that and never stop. Some people, despite their potential to, will never change. Unless they give us a genuine reason to believe otherwise, we should stop giving them the benefit of the doubt.

## SHARK SPEAK

HOW HAS YOUR EXPERIENCE WITH THE NSU MAILROOM BEEN SO FAR, AND WHY?



"The mailroom's great, They're very organized, they keep everybody's stuff. When I'm getting my packages, they always deliver them on time and they don't lose them."

-Robert Henry, freshman



"So far it's been good. One of the things that I don't like so much is the fact that when I want to return [or send out packages], I can't [do so easily without access to the proper materials] but besides that, it has been good."

-Angelica Lopez, freshman



"For the most part it's okay, but sometimes when I'm waiting to get my package things can be kind of slow. Also it's annoying to me when I go for a slip or a package and when I get there they tell me they can't find it or to come back the next day, but I know it's there because I got an email telling me that it is in my mailbox. I wish that it was better organized."

-Cassidy Eckart, freshman



"I absolutely love the mailroom. I have spent a lot of time in the mailroom. The people there know me, they say, 'Hi Paige, we have a package for you.' So far everything has been great. Sometimes my packages come a bit late towards the beginning of the semester because everyone has so much coming in. I usually get packages in three to five business days, though early in the semester it can take up to 10."

-Paige Lynne Morgans, junior



"When I lived in Goodwin I had packages that were delivered to the wrong box twice, so I assumed they were lost. Near the end of the year I asked about them and they said they had just found these boxes in one that wasn't mine. I was also getting letters that didn't belong to me. It was a mess."

-Antonio Zayas, sophomore

# RICK CASE

Rita & Rick Case



## Vehicle Exchange

# Sale

**Buy now, pay nothing 'til Spring.**  
**Make no payments 'til April.**

Available on all new vehicles with approved credit financed through Ally Auto Finance. Payments deferred for 90 days. 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

# INTERNSHIPS AND RESEARCH CENTER

## Recruit a Shark Day

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

### NSU Recruit a Shark Day

Thursday, 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:

INTERNSHIPS

JOBS

RESEARCH POSITIONS

VOLUNTEER/SERVICE

Register at [nova.joinhandshake.com](http://nova.joinhandshake.com)

• Log in or sign up for an account

• Click on fairs and search Nova Southeastern University

(954) 262-7201 | [careerfair@nova.edu](mailto:careerfair@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...

[Royal Caribbean Cruises Ltd.: Marketing Internship](#)

[Nova Southeastern University: Artificial Intelligence Bot Developer On-Campus Internship](#)

[My Real Estate Broker, Inc.: Finance Internship](#)

[Broward Health: Administrative Internship](#)

[Greening Youth Foundation: Natural Resource Management Assistant](#)

[National Park Service: Mosaics in Science Internship](#)

[Miami Heat: Interactive Marketing Internship](#)

## RESEARCH OPPORTUNITIES

### Dental Medicine Research

- **Student Participation:** College of Engineering and Computing interested in helping create a virtual patient that will be used as a teaching tool for future students.
- **Time Commitment:** 5-10 hours per week; summer hours may be available.
- **Minimum GPA & Major:** 3.0 GPA/ College of Engineering/Computing
- **Skills/Experience:** Candidates for this project are ideally creative, great problem solvers and able to code the program we will be creating.

### Marine Biology Research

- **Student Participation:** We are looking for undergraduate students interested in assisting with the collection of scientific papers and journal articles pertaining to the 30+ non-native species of fish found in Florida marine waters.
- **Time Commitment:** 10 hours per week; summer hours may be available.
- **Minimum GPA & Major:** 3.0 GPA/ Any STEM major
- **Skills/Experience:** Biology and Marine Biology

All events, internships and job opportunities can be found on **ii handshake** at [nova.joinhandshake.com](http://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)



**AMERICAN EXPRESS**

**Cleveland Clinic**  
 Florida