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COMMUNITYFEST is FEBRUARY 9

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NSU's Town Hall meeting revealed University news

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

President Hanbury hosted the fourth Town Hall meeting of 2019 on Wednesday, Jan. 30 in the Flight Deck in the Don Taft University Center.

Topics discussed included the new residence hall, plans for the University Park Plaza and study spaces on campus.

"They're going to be beautiful apartments. They're even going to have washers and dryers in every room, if you can imagine that. Now your mother will have no excuse for you to bring dirty laundry home to her to wash," joked President Hanbury.

Each apartment will have dishwashers as well. "Now there's definitely no excuse for dirty dishes in the sink and laundry hanging all over the room." He said.

The new apartments and parking structure will be open by August, as confirmed by Vice President of Facilities, Daniel Alfonso.

Additionally, Dr. Hanbury shared plans for the University Park Plaza. Within the next few years, the university plans to tear down the existing buildings and construct a hotel on campus.

"I want to build a hotel conference center right there where the nursing simulation lab is and the lake. There will be waterfront property there for the hotel," said Dr. Hanbury.

There will also be about 1,200 apartments that will be market rent for anyone, such as faculty or physicians in the future hospital. He added that the hotel and first phase of the



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Students are able to address their concerns and suggestions about the university at President Hanbury's town hall meetings.

apartments will likely be constructed when the hospital opens by 2024.

One student also brought up concerns about the lack of study spaces on campus, to which Jim Hutchins, vice president for information services and university librarian, replied "right now we are conducting a renovation project on the second floor of the library. We're going to add 250 wired seats and eight new study rooms."

Marc Croquet, vice president of business services, added that the university will look into other places to add study spaces and more convenient seating beyond benches in more buildings.

The student government presented a potential project for the university could be to move the Hall of Fame and sports memorabilia to a place that would better fit the content, and to add a study space for students.

"Moving the Hall of Fame is actually something that we have looked at. The biggest challenge that we had was finding an acceptable location for the memorabilia, but it is something that we have looked at. If you tell me that you want to turn that into a study space, we'll figure it out," said Alfonso.

"I think that would be good, and I think that would be better for the Hall of Fame," added President Hanbury.

For more information about Town Hall meetings, visit www.nova.edu/townhall/index.html.

NSU to host ASPA South Florida 13th Annual Best Practices Conference

By: **Emma Heineman**
Features Editor

On Feb. 8, Nova Southeastern University will host the American Society for Public Administration (ASPA) South Florida 13th Annual Best Practices Conference in the Carl DeSantis building from 8 a.m. to 5 p.m. The event is open to the public and encourages NSU students to learn from and network with professionals in the fields of public affairs and administration.

According to Agatha Caraballo, the co-director of the conference and past president of the South Florida ASPA chapter, "The ASPA is the oldest and most recognized professional association for public affairs and administration.

The South Florida Chapter, with over 300 members, is one of the largest chapters in the nation and is comprised of public administrators, university educators and aspiring students."

It is also among the most active chapters in the nation with a mission to promote the arts and sciences of public administration.

The theme of this year's conference is advocating for renewed passion and commitment to public service. Various sessions will encompass a wide range of topics, to best suit attendees interests. Some of the panels include a session on strategic procurement, the benefits of public employment, social media,

managing your brand, public relations, work and life balance and climate change resilience. There will also be a student panel, a non profit panel and a law enforcement panel.

"There aren't too many opportunities where you get this many high level department directors, city managers, etc. together. It creates an intimate environment where we encourage the professionals to network with the students and share advice with them. We [also] have a student panel that focuses specifically on making the transition from being a student to a public servant. So with the learning and networking opportunities, it is really a unique opportunity

where students can interact with professionals," said Caraballo.

Students interested in attending the conference can register online at <http://aspasouthfl.org> or on the event's Eventbrite page. Registration costs \$30 for students, \$50 for ASPA members and \$60 for Non-APSA members.

"On-site registration will also be provided, but we do encourage people to register ahead of time so we can plan ahead of time for catering," said Caraballo.

For additional information, students can visit the website listed above to find out more.



global news, courtesy of the current

Schools close in Thailand because of excessive pollution

Thailand Ministry on Education officials announced closure of hundreds of schools in Bangkok due to harmful chemical pollution at air quality index between 160-175. These levels of pollution may impact respiratory health and cognitive ability. In an attempt to reduce these levels, driving restrictions have been placed across the city and water canons are being sprayed to reduce smog. Additionally, schools have been closing to reduce traffic. Citizens are questioning whether or not this is a good plan for their children's education.

At least 65 dead in southeast Brazil dam collapse

At least 65 people lost their lives and hundreds are still missing after a dam owned by Vale mining company collapsed Jan. 25. The collapse was deemed avoidable, and five people — three Vale employees and two contractors — were arrested. The dam break has had an environmental impact, polluting the Paraopeba River and covering the surrounding area in grime. This is the second dam collapse associated with the Vale company.

Tensions in Venezuela rising further

Venezuela stands divided as self-proclaimed, U.S.-backed interim president Juan Guaidó challenges the power of official president Nicolás Maduro. On Jan. 30, Venezuelan protesters took to the streets to back the rightful-

ly-elected Guaidó. Their signs pointed out the poor healthcare standards, economic state and living conditions Maduro has maintained in his time leading the country. Maduro has not given in to local protests or international opposition to his power, and in effort to restrict his power, the U.S. has imposed sanctions on Venezuelan oil. Regional countries that have recognized Guaidó's legitimacy are Brazil, Argentina, Chile, Canada, Peru, Columbia, Paraguay, Ecuador, Guatemala, Costa Rica, Honduras and Panama.

Pakistan upholds blasphemy acquittal

On Jan. 29, Pakistan upheld its decision to acquit Christian woman, Asia Bibi, of blasphemy charges of 2010. She was originally charged when she and her coworkers had an argument over drinking from a bucket of water, and they accused her of insulting the Prophet Mohammed. She was sentenced to death but acquitted because the witnesses' testimonies were contradictory and since her acquittal, she will leave the country. Her clearance has sparked outrage in radical Islamists who have called for her death over the years, and a Punjab governor and Christian minister who publicly supported Bibi were killed. This case has also provoked national attention: Amnesty International has called for reexamination of Pakistani blasphemy laws.

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News Briefs

NSU's Sharks Abroad Week

NSU's 2019 Sharks Abroad week will be held Feb. 4-8. NSU students have a variety of opportunities to study or travel abroad. The Sharks Abroad Week will provide many chances for students to come and learn more about going abroad, all in DeSantis 1052. Among the presentations will be studying abroad in stem fields, studying on a budget, international internships and much more. For more information about Study Abroad week, visit sharkfins.nova.edu/sharks-abroad-week-2019/.

Accent Modification Group open to NSU Students

The Accent Modification Group is hosting free meetings to help improve pronunciation and communication due to foreign or regional accents for students. The meetings take place at NSU's Speech-Language Pathology Clinic on 6100 Griffin Road, Davie, FL, Thursdays from

4-5 p.m.. If students are interested, they can call (954) 262-7726 or visit sharkfins.nova.edu/accent-modification-group/.

Recruit a Shark Day Winter 2019

NSU will host the Winter 2019 Recruit a Shark Day on Thursday, March 14, 3:30 - 6 p.m. in the Rick Case Arena in the Don Taft University Center. Employers from several fields will be tabling with opportunities for jobs, internships, research positions and volunteering and service opportunities. Business professional dress or scrubs are required for the event. Students can register at nova.joinhandshake.com. For more information, call (954) 262-7201 or email careerfair@nova.edu.

Take a Trip to Hogwarts at the Alvin Sherman Library

On Thursday, Feb. 7, members of the NSU community and public are invited to visit the

Alvin Sherman Library for a Harry Potter book night. Attendees can attend a fun family event that includes games, activities, storytelling and crafting of their own light-up wand. Costumes are encouraged. The event will be held on the first floor of the library from 6:30-8 p.m. To register, visit <http://sherman.library.nova.edu/sites/spotlight/event/harry-potter-book-night-3/>. Supplies are limited.

Build your own business brand

On Thursday, Feb. 7, the office of Career Development will be hosting a build your own business brand. Students who need help building their own personal brand can get help from Career Development advisors in the Carl DeSantis building room 2081 from 5-6 p.m. Students who are interested in this event should register on Handshake.

News Anchor

Stay up to date with national events.

Polar Vortex claims lives in the Midwest

At least eight people have died in the Midwest as the deadly Polar Vortex continues, according to BBC News. Among the victims was a University of Iowa student, Gerla Belz, found dead outside of a college building. Others have succumbed to outside exposure or weather-related car accidents. Hospitals are also treating the influx of patients with frostbite. The Midwest and Great Lakes have experienced wind-chill temperatures as low as -63F, which can cause frostbite in under five minutes.

U.S. to move ahead with oil leases

Despite criticism from the Democratic con-

gress members, tribal leaders and environmentalists, the Federal Bureau of Land Management will continue ahead with oil leases near the Chaco Culture National Historical Park in New Mexico, according to NBC News. More than 50 parcels of land will be available for bidding in New Mexico and Oklahoma, near several sites that locals are claiming are sacred sites.

Almost half of U.S. adults have cardiovascular disease

According to The American Heart Association, nearly half of all adults in the U.S. have a condition such as coronary heart disease, heart failure, stroke or high blood pressure, as re-

ported by CNN. Approximately 121.5 million adults, or 48 percent, have cardiovascular disease, but if high blood pressure were excluded, the prevalence of disease is 9 percent, which is actually a decline from 11.5 percent in 2015.

Participating AMC theatres screening "Black Panther" for free

The Walt Disney Company announced that select AMCs will screen the award-winning "Black Panther" free of charge in honor of Black History Month. Local participating theaters include AMC Coral Ridge 10 in Ft. Lauderdale and AMC Tamiami 18 in Miami.

Explore the African diaspora at the NSU Art Museum

By: Kelsey Bruce

Arts & Entertainment Editor



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Glenn Ligon's *Untitled (I live on my shadow)* is an installation piece that is on display as part of the "Remember to React" exhibit.

The NSU Art Museum will celebrate Black History Month on Feb. 7 with free admission from 4 - 8 p.m. and drop-in art workshops based on art of the African Diaspora in its "Remember to React" exhibit. The free admission is a monthly occurrence under the art museum's Starry Night program, which works to open the community to art culture. Children ages 3 - 5 are invited to make mixed media masks while teen and adults can make a word art piece inspired by that of African-American conceptual artist Glenn Ligon.

According to education curator Sebastian Perez, the traditional African art collection was one of the museum's first collections after it was fully accredited by the American Accreditation of Museums in 1974. Pieces in the collection go back as far as 1860 and continue in to the mid 20th century. Around this time, western artists such as Picasso and Matisse began to appropriate African art: Perez said these artists saw the abstractness of the art as forward-thinking and in tune with changes going on in Western society. They saw the industrial revolution as "a perfect

opportunity to reflect on humans."

Within the museum's manifold mixed-media African art collection, Perez pointed out an underlying theme of re-appropriation and identity. That is, many of the pieces featured in "Remember to React" are a response to the obstruction and convolution of black bodies in art history. As an example, Perez discussed Mickalene Thomas's "Portrait of Mama Bush I, 2010" as a reaction to Edouard Manet's "Olympia" which depicts a white woman reclining nude with her maid who is a black woman in the background. Perez said Manet depicted her so dark that she blends in with the background. Thomas's piece captures her mother reclining on a sofa with exposed breasts, but it's more than a portrait: "it brings up the white male gaze and the appropriation of identity," said Perez. In a similar vein, Zanela Muholi, a south African photographer who identifies as intersex, uses their photography to challenge the white-washed magazine covers they became accustomed to in post-apartheid south Africa. Perez said Muholi's portraiture aims to both "connect the art history of portraiture but also [to incorporate] a new wave of history [where black artists] incorporate identity in their work." Additionally, Perez's work brings exposure to LGBTQ topics that warrant discussion in South Africa.

The collection also features Purvis Young, an African-American artist who grew up in Overtown in Miami when I-95 construction displaced residents to make room for the road.

With no formal art education, Young was self-taught after being imprisoned for a misdemeanor. During this time, he began making art, and he read multiple art history books which influenced his methods. Young spent a good portion of his life homeless, and he crafted much of his art through found and recycled materials, even using the head of a baby crib to paint on. Perez called his expressionist and said "his simple dots and lines are electric."

More than that, the museum has a spite-specific piece designed by south African artist Serge Nitegeka, fitting a curved wall and made of paint and wood. It also features a video work of Onajide de Shabaka's called "Total Disappearance, 1905," which speak to south Florida by narrating a story over moving waters.

As for the workshop inspired by Glenn Ligon, the museum displays a neon, glass and paint piece of his work that spells out "I live on my shadow," which Perez said refers to "the shadow that has been cast over the African-American community and the shadow that has been cast over his life."

Attending Starry Nights offers opportunity to further explore these artists and see the art for yourself. For those who want to know more details about African-American and African artists featured in "Remember to React," the museum offers tour scheduling at nsuartmuseum.org/educationresources/#schedulingtour, and offers short gallery tours Fridays and Saturdays from 2-3 p.m.

RecycleMania returns to NSU

By: Alexander Martinie

Opinions Editor

RecycleMania is returning to NSU for its fifth year. This event promotes environmentally conscious behavior on campus. RecycleMania is a nationwide competition that promotes sustainability and environmentally conscious behavior. RecycleMania lasts for eight weeks, starting on Feb. 4, as colleges and universities compete to collect as much recyclable waste as possible.

"Using fair and friendly competition, RecycleMania provides tools and opportunities that inspire, empower and mobilize colleges and universities to benchmark and improve efforts to reduce or eliminate waste" is the purpose of RecycleMania, according to the organization's mission statement.

"We collect as much recycling as possible

while also reducing our waste and we want to be the top recyclers in the nation," said Megan Knights, the president of Green Sharks and the student sustainability coordinator. "Last year, we came in around 70th [in the competition] but that was a major improvement from the year before that. So we've been increasing our recycling rates by about 10% consistently and we want to continue that trend. To raise awareness for recycling on campus along with reducing our trash amounts throughout the NSU community."

Throughout the eight weeks, Green Sharks will host events once a week, more information about this will be included with their revised calendar on SharkFins. The held events, such as a Sustainability 101 lecture, will fit with the message of encouraging recycling on

campus. The speaker for the Sustainability 101 lecture will be from facilities management on campus. The recycling processes at NSU will be discussed. This will take place in the Alvin Sherman Library, with more information on this to come.

"NSU struggles with recycling, there is a lot of room for improvement. I heard there was a rumor going around that people don't believe that the janitorial staff is recycling. That's incorrect, we do as much as we can to promote [recycling] with our janitorial staff and our students, we just need to make sure that we are recycling accurately, meaning [that we correctly dispose of products like] plastics, paper, cardboard and metals," according to Knights.

NSU practices single-stream recycling,

meaning that all recyclable materials are processed together. "We really want to raise awareness of recycling overall and make sure that people understand that just one little thing makes a big difference. Like recycling your plastic bottles, recycling even just your paper when you're done with it after the semester is over. Just anything makes a big difference on marine pollution and the environment and reducing our carbon footprint overall."

Green Sharks are looking for volunteers for this event. Anyone interested in volunteering should contact Megan Knight at mk1255@mynsu.nova.edu for more information. The calendar for the second month of RecycleMania events will be released in the coming weeks.

The Year of the Periodic Table

By: **Alexandra Herlihy**
Sports Editor

Unofficial national holidays seem to happen every day. For example, did you know that February 24 is National Tortilla Chip day? One of the newer unofficial national holidays is Periodic Table Day on February 7.

Periodic Table day was founded on February 7, 2016 to promote the challenges that scientists had to overcome to develop the periodic table that we all know and love today. It was founded by author, inventor and chemistry teacher from the Jefferson County Public School District in Kentucky, David T. Steineker. He chose February 7 because it is the anniversary of when John Newlands published the very first periodic table of the elements back in 1863.

According to Dimitrios Giarikos, a

chemistry professor and assistant director of lab operations for Halmos College of Natural Sciences and Oceanography said, "...the first time the periodic table was put together was by a Russian called Mendeleev, Dmitry Mendeleev, and at the time they didn't know every single element so they start organizing some of the elements depending on atomic weight..."

Giarikos also said that over time that system didn't really work, so they organized the table in the number of protons. As science got more advanced and more discoveries were made, the periodic table kept expanding. New elements were discovered and made, making more and more tables published. Now, the periodic table has 118 elements, split into

different categories like metals, non-metals and metalloids. Some elements are naturally found in nature, like carbon and oxygen, while others are all man made.

If you forget to celebrate Periodic Table Day, don't worry. According to an article on chemistryworld.com, the United Nations designated 2019 to be the international year of the periodic table of elements. 2019 is the 150 year anniversary of the table's conception by Dmitry Mendeleev, along with the 350 year anniversary of the discovery of phosphorus and the 190 year anniversary of the law of triads by Johann Wolfgang Döbereiner. The decision was announced by the International Union of Pure and Applied Chemistry to raise awareness of

chemistry and how the periodic table is "central to linking cultural, economic and political aspects of the global society through a common language."

Why should we care about the periodic table or about elements in general? According to professor Giarikos, the elements on the table make up everything in nature. From the smallest grain of sand to the tallest building on earth, everything is made up of these elements. Understanding the periodic table, even at a basic level, helps mankind understand more about the world he lives in.

Tipping 101

By: **Ethan Lozano**
Contributing Writer

Do you ever get stuck in a situation where you don't know how much you should tip? If you do, then don't worry because we got some tips on how to tip.

Underpaid Workers

Before we jump into the logistics, first we need to understand the reason for tipping. Tipping etiquette is very situational to location and type of service. In America, tipping is almost seen as a mandatory act. While in some European countries, tipping is optional and is not automatically expected. This is simply because service workers in America are paid very little for their work, and many rely on the tips to make a reasonable income. European countries typically pay their service workers higher salaries that don't require reliance on tips for a fair wage. But, obviously, with hundreds of thousands of restaurants across America, there are a few exceptions. In some restaurants, there

are little memos on tables and menus stating that their workers are paid above minimum wage and tips are not accepted or necessary. Another exception is when the gratuity is already included in the bill, which is sometimes done internationally too.

Reflection of Service

The mental conversation of "how much should I tip?" happens almost every time you go out to eat. Usually, your friends start whispering "how much are you tipping?" and "does anyone have change for a \$20?" The amount you tip is important to your waiter for numerous reasons. Management looks at tips and uses them to evaluate how well the staff is doing. If you tip poorly for no reason, it may put your waiter's job at risk. Choosing the amount to tip allows you to rate your experience. If you believe the waiter did a good job, then it is quite simple. You should tip around 20%. But, if you believe

the service the was bad, then you should tip around 10%. Again, you should only tip low if the quality of service was truly poor. Lastly, if you tip with cash, don't write out the tip amount on the receipt. If you do, the amount will come off your card.

Fast Food and Delivery

Another situation that does come up often is the option to tip for pizza or ice cream. This situation can be tricky, and everyone handles it differently. The reason why it can be complex is because these are foods that are picked up. For example, you don't tip when you go through the drive-through at Chick-Fil-A or Taco Bell or tend to just tip \$1 or \$2. But, if food is delivered to your door, you should tip higher. Usually, on your order, it will say the delivery charge does not count as the tip.

Places You May Not Expect

Also, don't forget tipping is not only customary in restaurants. When you get a haircut, a tip is usually expected. Additionally, tips are usually requested if you get your vehicle cleaned or detailed and when you get your nails done and even when you valet your car.

Being a college student can be difficult financially. So, giving a good tip can be difficult to do, but you should always leave a decent tip. If you can't leave at least a 15% tip, then maybe opt out for a restaurant where a tip is not expected. Maybe go get some fast food, because that will be easier on your wallet. Ultimately, the biggest tip of all is to always treat your waiter or service workers with respect.



MARLINS PARK

February 16 - 17

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MonsterJam.com

What you should know about personality disorders

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

Everyone has their own quirky traits, unhealthy coping mechanisms and meddlesome thought processes. However, some people's regular behavior varies greatly from social norms, and, at that point, their personality may cause them difficulty when establishing and maintaining healthy relationships or even jobs. This is further supported by NSU postdoctoral resident Morgan Levy, Ph.D., who said, "[personality issue] becomes a disorder when it's really impacting lives and becomes a pattern." According to the American Psychiatric Association (APA), personality disorders affect a minimum of two of four areas including how one thinks about oneself and other people, how one emotionally responds to stimuli, how one relates to other people and how one monitors and controls one's own behavior. There are ten particular types of personality disorders, and a few are described below based on APA resources.

Borderline personality disorder (BPD)

Borderline personality disorder is marked by unstable personal relationships, impulsive tendencies, heated emotional reactions and tumultuous sense of self. Those affected by this disorder are more prone to suicidal ideation and self-abuse. Improving upon these tendencies

involves impulse-control and sensitivity-reduction. According to Dr. Levy, BPD is one of the most stigmatized personality orders but is certainly treatable with different individual and group therapies.

Narcissistic personality disorder

Narcissistic personality disorders is characterized by a deficit in empathy, an extraneous sense of self-importance and a need for supple admiration and attention from others. Typically, people with this disorder are particularly sensitive to criticism and exploitative of others. They are focused on gaining power, idealistic love, beauty and more, to a point where their desire impedes upon regular life.

Obsessive-compulsive personality disorder (OCPD)

People with obsessive-compulsive personality disorder are preoccupied with organization and perfectionism to the point where other aspects of their lives are negatively affected. This unhealthy focus can be on schedules or details and may impair time leftover for friendship or new hobbies.

Antisocial personality disorder

To be diagnosed with antisocial personality

Levy says the first step of improving is becoming aware of disruptive behavioral patterns and then practicing better approaches to situations that spark those patterns.

disorder, one must be 18 years old. These people display an explicit pattern of disregarding others' rights, repetitively lie and partake in impulsive action. These people may be described as apathetic, irresponsible, manipulative and remorseless. Often, they recurrently encounter trouble with the law, so they may have colorful criminal records.

Before you jump to any conclusions about yourself or someone close to you based on these descriptors, know that Levy said, "we tend to overpathologize, and if we really look at ourselves, we all have different traits of the different personality disorders — Nobody is perfect."

For those that are affected by these disorders, Levy encourages them and those around them to recognize "a personality

disorder just means that you learned this way of interacting and this way of being when you were a child, and it was reinforced throughout your entire life," so assuming that a personality disorder means you or someone else is only seeking attention or is damaged, lesser or beyond help is inaccurate. Moreover, treatment is entirely possible although long-term. Levy said the first step of improving is becoming aware of disruptive behavioral patterns and then practicing better approaches to situations that spark those patterns.

But even when the road to betterment is long, a diagnosis does not determine one's fate. Levy said there may be a stigma that personality disorders determine how one acts forever, but it's more effective to think of them as an indicator of the problems a person can begin to work with.



La Mexicana Tapas & Taqueria

By: **Emma Heineman**
Features Editor

NSU is a unique and lively campus, but that doesn't mean that Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Tucked away from the usual hustle and bustle of Fort Lauderdale, La Mexicana Tapas & Taqueria is the perfect spot to relax and enjoy some delicious Mexican cuisine. The quaint restaurant is located in an area complete with local art vendors, vibrant flowers, lots of outdoor seating and plenty of Instagram-worthy photo spots. Exploring the area near the restaurant, patrons can find a vintage van and some wooden chairs that provide the perfect backdrop for an artsy photo opt. Also, make sure to save some time to walk around and explore the various stands across from the restaurant which sell local arts and jewelry.

The restaurant takes advantage of the beautiful Florida climate by providing plenty of comfortable outdoor seating ranging from couches and lounge seating to intimate tables and benches for large groups. For days when sitting outside is less ideal or for those who prefer the comforts of the indoors, seating is also available inside the air conditioned interior of the tastefully and colorfully decorated building.

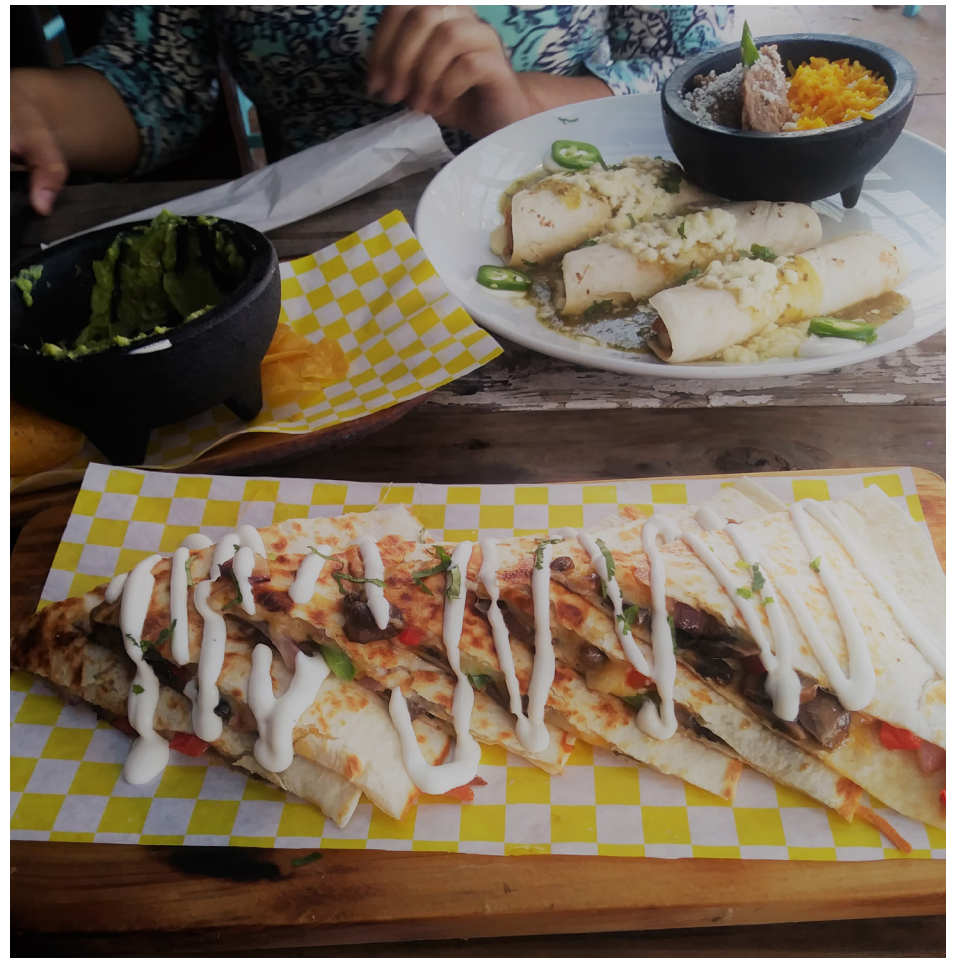
I decided to try out this cute little spot a few weeks ago with a friend and will definitely make some follow up visits. When we went, the midday heat of the afternoon had already passed leaving the temperature outside perfect

for sipping a cool lemonade and chatting. We enjoyed the patio, complete with a babbling fountain, hanging light fixtures and plenty of plants and flowers. Possibly even better than the atmosphere, was the food.

The tapas style of the restaurant is ideal for large and small groups and allows the small plates to be shared over a drink and a good conversation. The Mexican inspired menu was comprehensive and offered options for all types of eaters. I ordered veggie quesadillas and was thoroughly impressed. Both the taste and presentation of the food implied the staff's dedication to a pleasant culinary experience. I also ordered a strawberry lemonade which came in a mason jar, topped with fresh strawberries and lemons. It was the perfect combination of sweet and sour and left me wanting more.

Whether you want a quick bite or a relaxing meal, La Mexicana Tapas & Taqueria is just the spot you are looking for. Allow the music, great atmosphere, and delicious food distract you from the daily stress of classes and life.

La Mexicana Tapas & Taqueria
2430 NE 13th Ave,
Fort Lauderdale, FL 33305
Hours:
-Tuesday: 11:30 a.m.-11p.m.
-Monday, Wednesday, Thursday,
Friday: 11:30 a.m.-8 p.m.
-Saturday/Sunday:
11:30 a.m.-5 p.m.
Price Range: \$10-20



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Tapas or tacos? How about both! La Mexicana offers a variety of traditional (and new) dishes.

OFF SHORE CALENDAR

Farmers' Market

Jan. 16 - May 7
10:30 a.m. - 7 p.m.

@Fountain Plaza at Pembroke
Gardens | Pembroke Pines

Mamma Mia!

Jan. 17 - Feb. 10 | Various times
@Maltz Jupiter Theatre | Jupiter

The Producers

Jan. 18 - Feb. 10 | 2 p.m./8 p.m.
@Lauderhill Performing Arts
Center | Lauderhill

Art on Fire: Just Add Water

Feb. 5 - 20 | 8:30 a.m. - 5 p.m.
weekdays/10 a.m. - 2 p.m.
weekends
@Studio 18 in the Pines |
Pembroke Pines

Fort Lauderdale Beach

Volleyball Major

Feb. 5 - 10 | 10 a.m. - 9 p.m.
@Fort Lauderdale Beach Park |
Fort Lauderdale

Romeo and Juliet

Feb. 8 - 10 | Various times
@Page Family Center for
Performing Arts
West Palm Beach

GroundUP Music Festival

Feb. 8-10

@North Beach Bandshell
Miami Beach

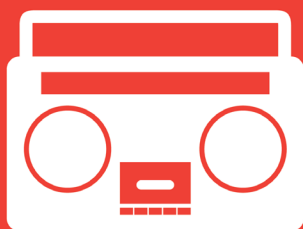
The Florida Renaissance

Festival

Feb. 9 - Mar. 10 | 10 a.m.- 6 p.m.
@Deerfield Beach
Deerfield Beach

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Cinematic Tropes That Need to Stay in 2018

By: Elizabeth Rai
Contributing Writer

With the abundance of new movies released every week, there's bound to be moments where you find yourself groaning at the same plot devices being used over and over again. These movie cliches, otherwise known as cinematic tropes, have become tiresome. It's almost as if filmmakers have started picking out of a hat to decide what plot devices to recycle. Here are some especially annoying cinematic tropes that don't need to see the light of day in 2019.

The Retro Revival

When the retro aesthetic became popular again, I was here for it. However, it's gone on for far too long, and too many movies are trying to skim off the success of others that reintroduced it. Eighties style is no longer cool or unique when every movie is trying to convey it, especially when the eighties aesthetic has nothing to do with the movie's actual content. It's time we move on from the eighties because at this point it's been exhausted, don't you think?

The Time Twist

For some reason, it has become a popular

trend for movies to manipulate time in some way, be it through time travel or alternate realities. At first, this plot device was intriguing and an interesting concept to wrap your mind around, but as it has tirelessly been reused, it's become contrived. Manipulating time in a movie doesn't automatically make it deep or complex. So many movies incorporate plot twists that rely on distortions of time that it shouldn't even be called a plot twist anymore.

Being "Fake Woke"

In this day and age, it's important to be inclusive and progressive, and movies are a great means to achieve this. However, so many movies incorporate just one or two such elements by including a political jab or vaguely mentioning some social issue to seem "woke" and please the masses, but this comes off as a gimmick rather than a genuine effort.

What's With All the Grief?

So many movies these days are filled to the brim with grief, and a lot of the time it's unnecessary. It's like some movies are made for

the sole purpose of making you cry or feel bad for the characters. Don't get me wrong, most love a good movie that can evoke emotions and provokes tears, but too many movies aim to do that nowadays. We could all use a happy movies from time to time, too. It doesn't all have to be sad.

The Fake High Stakes

In almost every single superhero movie, the protagonist is put in danger's way, which is supposed to make us fearful for their fates, and there's nothing wrong with that. The problem arises when it becomes hard to believe that our beloved superheroes are in actual danger instead of seeing through the pretense of facing high stakes. Not every superhero has to die, but movies should make the stakes they face more believable. It becomes repetitive and boring when a hero's mortality is in danger, and you know they'll win in the end or find some way to reverse their fate — I'm looking at you Marvel — because they're the hero. It'd be great to have heroes face actual repercussions from time to time.

Unique gifts for your valentine

By: Alexandra Herlihy
Sports Editor

When you think of Valentine's Day gifts, what are the first two things that come to mind? Probably chocolates, jewelry, flowers and giant teddy bears. These gifts are so played out that they've become cliché. If you want to set yourself apart from the rest of the crowd, consider these gifts instead.

Coupon Book

Chances are when you were a little kid, you made "coupons" for your parents. They were things like "doing the dishes" or "mowing the lawn." Use that same principle to surprise your loved one. Get colorful decorative paper and write things like "one free kiss" and other cute "items" for your loved one to cash in at any time.

Mason Jar Herb Garden

Who doesn't love using mason jars as decoration? They add a rustic vibe to any decor. Make a mason jar with herbs such as basil, rosemary or parsley growing in them. Like flowers, herbs are plants that smell nice, but unlike flowers, they have some applicable value to them. Also, they won't die on you after two weeks.

Mini Polaroid Camera

Vintage is the new modern, and what is more vintage than Polaroids? Small polaroid cameras are relatively inexpensive and can give a new look to your cute couples pictures. They come in a variety of colors and styles, but your significant other will love any one you choose. Not only will they want to take artsy pictures with you, but they can also snap shots with their friends and family.

Skincare

Self-care is a major theme of 2019. Selecting skin-care products will show your significant other that you care enough to give them a personal spa day. Skin-care products include lotions, face masks, skin peels, makeup and artisan soaps. They all smell nice and your S.O. will be very thankful.

Personalized Items

Steering away from the typical jewelry, almost anything nowadays can be personalized. Put your names and some things you both love on a large blanket or embroider important dates



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Skincare can be a personal and luxurious gift to help the receiver gain more confidence in their natural self.

on a pillow. Some couples record their voice into a little voice box and place it in a stuffed animal, so anytime that you're apart, their voice will assure you that they've never left.

Long Distance Touch Lamp

In recent months, long distance touch lamps have become pretty popular. Each person of the couple has a lamp that they can keep at their house or apartment. Whenever someone touches the top of the lamp, the other will glow. This shows you your loved one is thinking about

you. Not only does this work for couples, but it's also a great gift for best friends who are separated by a large distance.

Valentine's Day is a special day where people celebrate their love with each other, whether it be long-lasting couples or best friends. These gifts provide a refreshing take on the holiday, so instead of getting your significant other chocolates for the fifth year in a row, be adventurous and try something new.

The pretty way to plan your life

By: **Lena “Gaby” Holmes**
Contributing Writer

If you’ve never heard of a bullet journal, it’s basically an all-in-one calendar, planner, diary and doodle notebook. The journal has become increasingly popular over the years. People have made many videos on how to bullet journal, and some YouTubers even make “plan with me” videos that lay out that month’s bullet journal design. Not to mention, the original bullet journal video has amassed over ten million views. Not only are there YouTube videos about bullet journaling, but Ryder Carroll, the bullet journal’s creator, has published a book entitled “The Bullet Journal Method,” which was voted #1 in the New York Time bestseller on the Graphic Design Pen & Ink category. Carroll’s personal bullet journal design sells for \$24.99.

Ryder Carroll, a product designer and author from Brooklyn, New York, created bullet journaling to help him stay focused and organized while combating his ADD, which often made him unfocused. On the bullet journaling official website, Carroll states that the bullet journal is really all about learning and focusing on the “art of intentional living.” Part of bullet journaling’s purpose is to make sure that journalists’ intentional lives are “productive and meaningful.”

Bullet journaling officially launched in 2013 and has since gained thousands and thousands of followers. With the success of the journal, its design and aesthetic have become prettier and funner. However, Carroll’s original methods and system are still used.

One simple reason explains why this type of journal is such a hit: it is completely customizable. It’s entirely up to the creator how the journal looks and what its layout is. The journal typically includes an index or a table of contents, a log for upcoming events or tasks and daily and monthly calendars for a more broken down layout. However, these features don’t absolutely have to be included in the journal. Carroll created the journal to be useful for every part of project management: brainstorming, how it gets done and what you want the outcome to be. Writing a mission statement or an objective at the top of your collection page is a great reminder of your main goal. The journal ensures an organized and helpful way to stay on track and maintain and achieve.

Overall, the bullet journal is a great way to stay organized if you find that traditional ways don’t help you or if you just want something pretty to be part of planning out your month.



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Bullet journaling is an easy way to get your creative juices flowing and organize your life in a variety of ways.

Culture Shock Miami

By: **Alexander Martinie**
Opinions Editor

Culture Shock Miami was started by the Miami Dade Department of Cultural Affairs. It’s a program intended to encourage interests in culture, the arts and museums in teens and young adults of the Miami Dade County area. This program offers teens and young adults ages 13 to 22 tickets to events for only \$5. Culture Shock Miami offers tickets to concerts, museums, plays and much more. According to the Miami Dade County Department of Cultural Affairs, “there are all kinds of amazing shows, museums and attractions to check out in Miami-Dade County! From dance, music and theatre to modern art and history museums and everything in between.”

Gerry Landreth, the project administrator at the Miami Dade County department of Cultural Affairs who helped to develop the Culture Shock Miami, told the Miami Herald, “Arts organizations have been feeling the ill effects of aging audiences for some time. With shrinking budgets, their primary focus has become maintaining an audience as opposed to cultivating new ones. Culture Shock Miami helps reach a younger market in ways that a typical organization cannot.”

According to Mary-Margaret Dale, a program director at Culture Shock Miami, Culture Shock Miami “was formed of the the need to provide affordable access to the arts for

teen and young adults. For families, especially, it’s very hard for the entire family to experience the arts together in an affordable way.” The Miami-Dade Department of Cultural Affairs founded this program based on research that suggests that individuals start to form their appreciation for culture and the arts at a young age.

Some featured events include “The Little Mermaid Jr.” presented by the Area Stage Company and #CelloLove presented by Thomas Mesa and Frost Music Live. “The Little Mermaid Jr.” is the Area Stage Company’s retelling of the Broadway musical “The Little Mermaid.” Frost Music Live present #CelloLove with Thomas

Mea and the Frost Cello Ensemble. This event takes place at the Gusman Concert Hall on Feb. 10. Thomas Mesa is an award-winning concert cellist, who performs compositions by Beethoven, Schumann, Rachmaninoff and Debussy.

You can find a list of the events on the Culture Shock Miami website, www.cultureshockmiami.com. Tickets are also included on the website and can be purchased two at a time. After purchasing tickets, print out your email confirmation and grab your SharkCard before going to the venue to immerse yourself in the arts.



Varsity

By: **Jenny Nguyen**
Contributing Writer

Varsity is an American indie rock band from Chicago, IL that formed in 2013. The band is comprised of five members: Stephanie Smith, lead vocals and synth; Dyland Weschler, guitar and backing vocals; Patrick Stanton, guitar; and Stolz brothers Jake and Paul who play the drums and bass guitar. Their music style is very upbeat with exciting rhythm and guitar melodies. The lead singer’s melancholic voice complements the lively sounds, adding in a mixture of the sadness. This type of music might appeal to an audience who also enjoys similar artists such as Rex Orange County, Vampire Weekend or The XX.

Their recent album “Parallel Person” came out in 2018 and included 10 songs. With this new album, they hoped to bring their music to

new depths that express themes of the uphill battle of artistic frustration, isolation and popularity that they often experience. In the previous years, they released a 9-song album called “Varsity,” just like the band’s name, and other singles. Their singles are often released with two complimentary songs, like “Cult of Personality/So Sad, So Sad” (2015). Compared to the 2018 album, “Varsity” was more relaxed as they did not incorporate as much of their upbeat style as they did in “Parallel Person.” The new release reflects on how the band felt at the time they were creating it. We can hear the stress and overwhelmed quality that has not been present before.

Mainstream music isn’t something I enjoy listening to because it feels too generic,

and it isn’t something I can connect to easily. Exploring indie rock, I was able to find music with a sense of originality — something I’m not able to find on most radio stations these days. My first impression while listening this genre was that it felt authentic: the music style and lyrics sounded genuine and unique. Unlike the popular mainstream songs, this type of music does not sound like it was copied from another artist. That’s why Varsity, one of the indie bands I discovered, best represents indie music. Their use of creativity and authenticity helps create great music to connect to their audience, even if it’s a small one.

In an interview with Teal Magazine, the band mentioned that there were ups and downs that they experienced as a group. When they

were just starting up as a new indie rock band, they felt lost and clueless when things didn’t go their way. However, they were able to overcome this struggle when they realized that every band must go through a similar process to become who they are in today’s music industry. Now, they are more conscious regarding their working process, knowing it’s not always easy but still hoping to bring the best to their fans.

Varsity is still a growing band with millions of plays on Youtube and Spotify. Follow and support the band on Instagram at @varsitytunes, or check out their website www.varsitytunes.com to see more of their released works and live shows.

ON DECK

WOMEN'S BASKETBALL

V.S. Rollins
Feb 6 | 5:30 p.m.
Fort Lauderdale, FL

V.S. Saint Leo
Feb 9 | 5:30 p.m.
Fort Lauderdale, FL

MEN'S BASKETBALL

V.S. Rollins
Feb 6 | 7:30 p.m.
Rick Case Arena

V.S. Saint Leo
Feb 9 | 4 p.m.
Rick Case Arena

MEN'S BASEBALL

V.S. Barry
Feb 7 | 6 p.m.
NSU Baseball Complex

V.S. Barry
Feb 8 | 6 p.m.
NSU Baseball Complex

V.S. Barry
Feb 8 | 6 p.m.
NSU Baseball Complex

WOMEN'S TENNIS

@Valdosta State
Feb 9 | 10 a.m.
Valdosta, GA

@Georgia College
Feb 10 | 1 p.m.
Valdosta, GA

WOMEN'S SOFTBALL

V.S. Emporia State (DH)
Feb 8 | 5 and 7 p.m.
Ad Griffin Sports Complex

MEN'S GOLF

@Matlock Collegiate Classic
Feb 11-12 | All Day
Lone Palm Golf Club,
Lakeland FL



ATHLETE OF THE WEEK:

Christen Prasse



By: **Samantha November**
Contributing Writer

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Prasse, at left, is focused as she works through a play.

Christen Prasse is a senior business administration and management major from Naperville, Illinois. After transferring to Nova Southeastern University as a freshman, she joined the Women's Basketball Team midway through the season and went on to start in 25 games during her first full season, averaging a team-high of 32.5 minutes. Prasse set career-highs in points and free throws made against Valdosta State with 29 and 10.

How and why did you get into basketball?

"Honestly, it was because my older sister started playing. My dad kind of just grouped us together and said 'You guys are going to play together and be on the same team.' So we've played together our entire childhood and until her senior year of high school."

What is your favorite thing about playing basketball?

"The competitiveness-- I'm a very competitive person. In practices we're constantly doing drills and if you'd ask any girl on my team [they would tell you] that I hate losing drills and I will do anything to win."

Why did you come to NSU?

"I wanted to be in warmer weather. My grandparents have a condo in Sunny Isles, FL,

so they attended events at NSU and they told me 'This school is beautiful, we've never heard of it.'" And I was looking to transfer from my original school, Saint Louis University, because basketball didn't work out there. I was like 'Yeah, why not? I'll go to Florida and just start over.' Then I came and didn't play basketball—I was a normal student for a year and a half. In my junior year, I reached out to the coaches and said 'I think I want to play again.'"

How is playing basketball here different than in Naperville, Illinois?

"Literally every team we play in our conference seems like our biggest rival. That's kind of the nature of [the conference]. I feel like this conference is just crazy talented across all of the sports. At home, we had one main rival and the rest [of the teams], we didn't really care about—there wasn't any history. I think here, the rivalries within the Sunshine State Conference are definitely more intense, which makes [playing] more fun."

What are your goals for basketball in the future?

"I have two and a half months left. After that, I'll be done with basketball forever. I just want to win conference. I want to go far in the NCAA tournament and I think we're peaking at the right time and everything is falling into place

at the right time. I want to end my basketball career on a high note and do everything that I'm capable of doing."

Do you have any pre-game rituals?

"A lot of people are superstitious on my team, but I'm pretty relaxed. This year, I started drinking coffee before I play, and I never used to do that aside from studying or focusing. If I don't have my coffee, I kind of make a big deal out of it. So I guess getting a coffee, getting energized, and feeding off the energy from the team."

Do you have any hobbies?

"I really like working out on my own or doing a class, like spin class or yoga class. In season, I don't have time [to do work out or take classes]. I also like traveling. Nothing crazy hobby-wise."

Who do you consider your biggest role model?

"Definitely my mom. She bends over backward to make sure her family is in order. She works a full-time job, helps her kids, helps my dad, helps her parents. She shows us what love and unselfishness are every day, so she's definitely my number."

What advice would you give to other student-athletes?

"Put in all the extra work in that you can because, over time, that's just going to make you that much better. Remember you're a student first and then an athlete. Make sure you handle what's on your plant. Enjoy it, have fun and don't take any moment for granted because it goes by really fast."

What do you plan to do after graduation?

"I'm currently interviewing for other job opportunities. I might go to D.C., back home to Chicago, the Tampa area or here. I'm looking to get into consulting, so management consulting is my dream job. That's the route I'm working towards."

OUT OF THE SHARKZONE

NFL focusing on minority coaching opportunities

NFL Commissioner Roger Goodell told the Associated Press that "the league will keep focusing on opportunities to create a deeper pool of minority coaching candidates." The Associated Press found that of the 2018 season staff for coaching, there were only four minority stepping-stone positions for offensive coordinator and quarterback coaches. According to the Associated Press, the "lack of minority coaches in the pipeline helped contribute to the NFL's sharpest-ever one-year drop in minority head coaches."

Wife of detained refugee soccer player pleads to Thai Prime Minister

Hakeem al-Araibi, former professional soccer player from Bahrain, was detained in Thailand after being convicted in absentia for arson towards a police station. According to the Associated Press, "A campaign by Australia, human rights groups and international sports organizations to stop Thailand from extraditing to Bahrain a detained soccer player who has refugee status in Australia has gotten a personal touch, with an open letter from the jailed man's wife delivered to the Thai prime minister." Al-Arabibi was detained in Bangkok and was blindfolded and beaten while imprisoned in Bahrain.

Utah Olympic officials seeking \$15 million for events

The United State Olympic Committee has approved Salt Lake city to bid to be the host of the 2030 Winter Olympic Games. According to the Salt Lake Tribune, "six weeks after Salt Lake City became the United States Olympic Committee's choice for a future Olympic Games bid, local Olympic committees gather for the first time in 2019 to be briefed on where the process for the city's Olympic hopes goes from here."

Twins finalize \$4 million, 1-year contract

Martin Perez, a former Texas left-hander, finalized a \$4 million one-year contract with the Minneapolis Twins. This is the Twins' first acquisition in the offseason. According to the Associated Press, "Perez gets a \$43.5 million salary this year, and the Twins have a \$7.5 million option for 2020 with a \$500,000 buyout. The option price could escalate to \$8.5 million based on innings this year. He also could earn \$500,000 in performance bonuses this season."

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On The Bench:

The NFL needs to send a clear message to the media

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

On Super Bowl LIII's Opening Night on Monday, Rob Gronkowski, tight-end of the New England Patriots, was up to his usual antics, dancing and joking around with reporters. But one of his responses during this press conference stirred quite a bit of controversy. When reporters asked Gronkowski what the chances are of him retiring from the league, he responded, "You guys know my favorite number. You know what I'm talking about. She knows what number I'm talking about. Ask her [pointing to a female reporter who was amused by his response]. That's the answer."

He went on to explain his favorite number he was referring to with a math problem of "6 times 9 plus 6 plus 9". The number in question "69", is as a number usually referenced in a sexual context. A live broadcasted family-centered event was not exactly the time or

place to reference this as many children were in attendance and ask questions to these players. This isn't the first time that Gronk stepped over this line. At the event on Monday alone, he told an Emory student who invited him to a fraternity party that he might attend, wore a sombrero while answering questions and, while pulled into an embrace on stage, said he was sorry he was "motorboating" the announcer.

According to the NFL's Media Access policy, each team's public relations staff must hold annual media training for all players and coaches, with a special session for rookies. If that's the case, then why are players like Gronk constantly acting inappropriately at these business events and conferences? The media generally enjoys this slightly controversial side of Gronk since it's fun and ensures readership, but it needs to be clear when this side of him

is allowed and in what context. I think it comes down to what the NFL wants to portray. This Super Bowl Opening Night event used to be a Media Day for all media outlets, local and national, to attend and ask players, coaches and support staff about the big game ahead. But now, it's a media circus that fans can attend and ask questions as well. All of the footage from this event features heavy sponsorships, special stations for the players to take questions from and music blaring throughout. It's a spectacle in itself and a major part of the NFL's entertainment-first vision of the sport.

Now, there is nothing wrong with having a fun event that fans can participate in and get a glimpse of their favorite stars on the field. But there needs to be some separation between a serious media conference for the press and an all-fun spectacle of ridiculous questions that

fans can ask to their heart's content. It was made even more painfully obvious that the players are as confused as most of us on how they are supposed to act during this event. Some players and most coaches were completely professional, answering questions with poise and focusing on the game. Others, namely Gronk, Tom Brady and more were goofing off, signing memorabilia and answering questions they probably wouldn't normally answer, in plain language and in good spirits. I understand that the NFL has built itself and its players to celebrity status but there needs to be a bottom-line. Either train your players to act professional consistently, or make it clear which events serve what purpose and how players should act accordingly.



This Week in Sports History



By: **Emma Heineman**
Features Editor

From the original Ancient Grecian Olympics to last year's Super Bowl, sports have been around for millennia. Today's public, however, often doesn'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.

February 6

NFL rule requires completing a college degree (1926)

The NCAA altered an NFL rule, allowing students to be drafted only after they had finished undergraduate education at a college or university. According to Raymond Schmidt, the author of *Shaping College Football*, the NCAA Resolution of 1925 explained that the growing popularity of football was negatively affecting the chief education purposes of universities for

students pursuing an education while playing sports. The rule still stands today as a way of bolstering the importance of obtaining a college degree, even if being drafted to the NFL is on the horizon.

First person to hit a golf ball on the moon (1971)

February 6, 1971 marks the momentous day in history when Alan Shepard became the first and only person to hit a golf ball on the moon. According to an article from PGA, Shepard had planned his actions month in advance of the lunar trip aboard Apollo 14. He contacted a local club pro in Houston and had the head of a six-iron attached to the shaft of a piece of rock collecting equipment, which he covered with a sock to avoid being discovered. When Apollo 14 landed on the surface of the moon, he unveiled

his makeshift club along with two golf balls and proceeded to shoot the ball over 200 ft. The original club is kept in the USGA Museum, and a replica is in the Smithsonian in Washington, D.C.

February 7

First MLB player to make \$100,000 (1949)

Joe DiMaggio became the first Major League baseball player to make an annual salary of \$100,000. Today the MLB has grown extensively and is made up of 30 teams and 750 total players. While \$100,000 may have been a large amount in 1949, according to the *Houston Chronicle*, the average salary of an MLB player today is 4.65 Million dollars per year, with some players earning up to 20 million for a single season.

February 8

Invention of volleyball (1891)

Following the invention of basketball in 1891, William G. Morgan, a graduate of the Springfield College of the YMCA, designed a game in Massachusetts that we now know as volleyball. It was originally called "mintonette" and was made to be a combination of basketball, baseball, tennis and handball. The original net, borrowed from the concept of tennis, was six and a half ft. tall. The offensive movements setting and spiking were created in the Philippines in 1916, leading to a clear establishment of rules and gameplay by the USVBA (United States Volleyball Association), formed in 1928.

Go to nsucurrent.nova.edu to learn more about sports history!

SPORTS SHORTS

Men's Basketball

On Jan 30, the Sharks beat Barry 90-85 in Miami Shores, Fl. Junior Mark Matthews finished with a game-high of 26 points and junior Mikkol Kolstad scored 21 points to their first sweep of Barry since 2010.



PRINTED WITH PERMISSION FROM M. MATTHEWS
Matthews, above, is caught in the middle of a fast break.



PRINTED WITH PERMISSION FROM M. STAMBAUGH
Senior Brock Minch pitches for this past Saturday's game.

Men's Baseball

The season opener of the men's baseball team started off strong with a 17-5 win against Tusculum. Senior right-handed pitcher Gil Torres stepped in for starter Matt Ornelas to keep the Tusculum Pioneers down to setup the Sharks for the win.

Women's Basketball

On Wednesday night the Sharks marked their fifth straight win with a 67-49 win over Barry University. Christen Prasse led the Sharks scoring a season high 21 points. Jordan Tully scored NSU's final score of the night to place the Sharks on top.

Women's Softball

The Sharks suffered losses to the Montevallo Falcons and the Shorter Hawks 0-9 and 2-0 respectively, on Friday of the DII Gulf Shores Invitational. The Sharks have six new players in the starting lineup for this season. Starting pitcher Lexie Storrer took the loss after a 3.1 inning and junior Erica Winter finished the last 1.2 innings while striking out two of the five batters.



You don't have all the time in the world

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

NSU students are opinionated about all kinds of things, from universal social issues to NSU-specific concerns. Sometimes, however, we Sharks just need to rant about the smaller things in life to let off some steam. In this column, The Current asks: water your thoughts?

Billy Joel and I have a bone to pick: in his 1997 hit “Vienna”, he croons on “slow down, you crazy child, you’re so ambitious for a juvenile,” and through the years, I’ve held onto that phrase for comfort in stressful times. After all, I have a tendency to feel like I’m not doing enough even when I take on a lot, and I’m sure many others can relate. But some people hold onto the mindset that they have all the time in the world to make a difference for themselves or for other people. Those people are wasting their time.

This mindset is a chronic form of

procrastination. Whether you’re putting off your passion — writing, helping others, conducting research — or deciding you’ll work on your weaknesses — selfishness, laziness, integral deficient — you’re cheating yourself out of experiences by assigning the problem to “next-year-you”. Sure, it’s easy to think “I’m only 20. I’ve got time to fix [insert detrimental trait or habit here] before I’m 25,” but with that attitude, not only are you likely to put it off even longer, you’re losing precious time that could mean the difference between being good and being excellent or absolutely great in the long-run.

Don’t let anyone, especially yourself, tell you you’re too young to make a difference in the world or to work on being better. It’s never too soon to work on things of that nature. But put it off long enough and, it might be too late.

Gerrymandering: “We the People” NOT “We the Politicians”

By: **Emma Heineman**
Features Editor

On Nov. 8, 2016, the world watched in anticipation as votes were counted for the 2016 presidential election. The winner is revealed, and it’s not who you may expect. It’s not the winner of the most votes, as many people would believe, but the winner of the most electoral votes. On Nov. 9, 2016, Donald Trump emerged victorious from the culmination of a bitter presidential rivalry with Democratic candidate Hillary Clinton, despite having 2.87 million less popular votes than his opponent. This isn’t the first time such a seemingly twisted outcome has arisen from the convoluted electoral system of voting, and unless voters are willing to speak out against it, it certainly won’t be the last.

Behind the enigma of the electoral college lays the root of the problem — gerrymandering. The term gerrymandering was coined in response to Governor Elbridge Gerry’s redrawing of the electoral districts in 1812 and describes what today is known as the manipulation of a district’s border in favor of a certain political party. According to federal regulations, each district must include an equal number of people as other districts in the state, allowing for an equal distribution of voting power among the people, but because

of gerrymandering manipulating districts has the opposite effect.

The political party in control is tasked with redrawing districts, allowing them to employ devious tactics to maximize their number of votes in the electoral college and minimize the impact of the minority party. Especially in today’s political culture of hyper-partisanship, this amount of power in the hands of self-interested political parties is a danger to the very fabrics of democracy. The tactics of racial and partisan gerrymandering endanger the will of the people and take the power of the vote from a state’s constituents.

Many efforts have been made to remedy this grievance, including some states voting for independent redistricting commissions to take control of the process, but we still have a long way to go. Voting power should lie with the people and be protected against the power grabs, which are all too common in modern politics. By establishing independent, nonpartisan commissions and demographers to redraw district lines, the unfairness of the voting system could be alleviated. The Constitution says “We, the People” not “We, the Politicians,” so it’s time we speak out against this overstep of political power.

Professors should know what not to say

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

Last week, an assistant professor at Duke University sent an email to international students explaining that they should be encouraged to speak English “100% of the time” in open spaces around campus, instead of their native language. According to the Washington Post, the professor has since stepped down as the head of the Master of Biostatistics program and apologized for her message, saying it was inappropriate.

But this brings up a serious problem in the college atmosphere. What is appropriate for a professor to say to their students and what isn’t?

We tend to only hear about major issues, like this story, that get a lot of traction in the public eye such as sexual advances, racial slurs or discrimination in general. But what about professors who say things off the cuff like, “you should understand this” to an Asian student or criticizing a student’s personal lifestyle.

It seems like professors are always trying to find new ways to joke around with students or make the classroom environment more inviting, but crossing these inappropriate lines is not the way to do it. As students, when we walk into a classroom we want an engaging experience where we feel comfortable to express ourselves, ask questions and learn from our professors. But if a professor says something inappropriate, even to another student, it makes everyone uncomfortable and we feel less motivated to engage in that class. To an extent, it’s bullying and discrimination in a professional atmosphere that we are forced to ignore to safeguard a networking opportunity or our grades. But that shouldn’t be the case.

Professors shouldn’t make their students sacrifice these things in the classroom. For me, it becomes a question of respect. I expect

that when I walk into a classroom, I’m going to be respected no matter how I dress, what religion I practice or views I uphold. When a professor makes a dig at me being female or at another student’s culture, I don’t feel we are being respected. The pendulum also swings the other way, professors should be respected as well. A student shouldn’t call a professor “old” or talk over them during class. The classroom environment, especially in college, is meant to be a two-way street with both sides agreeing to mutual respect. But when there isn’t respect for the students, or the students don’t respect the professor, that is when these seemingly harmless jokes get worse. It eventually evolves to the point that it distracts from classwork or students don’t want to go to class out of fear of these critiques. This isn’t to say all professors do this. Not all professors are guilty of this but we

are human and we make mistakes. Sometimes a professor just makes a joke in poor taste but it should be addressed before we brush it off.

However, there are those professors who are known to make these blanket statements or awkward jokes and, as students, we just suck it up. We make excuses for it and just brush it off as them not being “politically correct” or from a different generation but I don’t think professors should get that pass just to say anything they feel like saying. Yes, most professors are from a time before “political correctness” and were raised understanding that some things used to be okay to say. But times change, progress is made and with that, so has our understanding other cultures and a more inclusive version of mutual respect.

Textbook and homework costs

By: **Laurel Gallaudet**
Contributing Writer

Here at NSU, we’re relatively lucky when it comes to textbooks. Ask anyone who’s been here longer than a semester, and they’ll be able to tell you that, when taking a class here, it’s always best to wait until after the first class to buy or rent the textbook. The reason? Many professors end up not using the textbook, and they’ll tell you whether or not you really need to buy it, potentially saving you hundreds of dollars. However, even though we’ve got a fairly good draw and often don’t even have to buy textbooks, many of us still inevitably have to buy a few for classes that really require them, and when I say these costs can break the bank, it’s more like they can take a sledgehammer right at our bank accounts. For reasons I don’t completely understand, these textbooks can be so expensive I expect them to come with a Gucci bookmark. Do I really need to be spending this much?

According to The Atlantic, there’s been an almost 812 percent rise in textbook costs since 1978. Outrageous! I looked up some textbooks on Amazon to see the prices. Looking at biology textbooks, there was not a single option under \$150, mathematics \$130, business law \$200. Now imagine having to take all of these classes in one semester. That is at least \$480 and that is truly a large number. Put that on top of the money we’re already paying to attend this private university — with or without a scholarship — and that is no small amount in any case. And, to top it all off, you’ll probably only need that book for a few months of your life before never needing it again. How much did you spend on that again? It feels like the cherry on top of a milkshake made of shredded money.

All in all, whether or not these textbook’s appalling prices are necessary, they are certainly ridiculous in the eyes of my bank account, and

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Textbooks vary in cost, but needless to say, the total can sometimes be outlandish.



many other college students’ as well. Here at NSU, I am thankful for our considerate professors who do not always require us to spend as much as we would have to usually on stacks and stacks of paper, and what sure seems

like shouldn’t cost hundreds of dollars. Maybe I don’t truly understand all the production behind these entire forests bound up in a book, but even if I did, the cost wouldn’t be any less maddening.

Face Off: Family Obligations

By: **Samantha November and Rachel Larson**
Contributing Writers

People often depend on their family for support, but our relationships with them may become strained. What should we do if these relationships take a toll on our mental health or our lives in general?

Cut ties - Samantha November



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Throughout various stages of our lives, we gain new people and unfortunately, we lose some as well. How often does someone have the same friends in their twenties that they did when they were in preschool? Sometimes people change or grow, and the connection dissolves. Sometimes a relationship with a certain person is unhealthy for us: those who we let get the closest to us turn out to be our vices. I believe that if any type of relationship with someone is unhealthy for me, it is perfectly acceptable to cut ties with them— family members included. While I do agree with the saying “blood is thicker than water,” it must go both ways.

Nobody should be allowed to take advantage of you and your vulnerabilities, make you feel less than or attack you as a person. If a family member treats you like water, you aren’t obligated to treat them like blood. A rule of thumb that I use to decide whether or not someone should be in my life is whether they lift me up or put me down. At the same time, cutting off family isn’t always permanent because people can make amends if they really want to, but it is a big decision that shouldn’t be taken lightly. Getting in a fight over something petty or even something important at the time isn’t a valid reason for cutting ties. People disagree and everyone has their own ways of handling conflict, whether it’s right or wrong. Usually, family resolves these issues with a simple “I’m sorry” or even just move on as if they never happened. As someone who has decided to cut ties with a part of my family, I am much happier and liberated because of it.

Distance yourself - Rachel Larson



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From the immediate start of our lives, our family is by our side literally and figuratively. They are the only group of people that have seen us at our absolute best — and worst. For that reason, it would be potentially detrimental to completely excommunicate family. It’s true that some families are dysfunctional and not a

support system for its members. But despite all of this, they’re still flesh and blood relatives, and blood is thicker than water. Cutting ties and refusing to communicate does not eviscerate the familial relations, it does not destroy the shared DNA: they will always be your relatives no matter what. I think it is better to keep contact with family members, even if the relationship itself doesn’t add value to your life. Separating yourself from your family may place a lot of weight on your shoulders in the long-term because it may make you feel alone. I do think that there are extreme cases with very toxic people that make it difficult to keep them in your life without causing harm to yourself, and in that case, you may not have a choice but to cut ties. But you don’t have to ignore them completely. By loving these family members from a distance, it might allow you closure without complete eviction. It is okay to step back from destructive family, but to cut them off completely and attempt to live a life separate is unrealistic. Ignoring the past doesn’t destroy its existence, and keeping a distant relationship is more beneficial than expelling family completely. Maintaining some form of relationship with your family is much better than nothing at all.

Do you ever feel like you take one side of a story? Or you just want to be part of a face off? Come join the Current in DeSantis 1048 on Tuesdays from 12 - 1 p.m. and learn how to write for opinions!

SHARK SPEAK

How do you celebrate your culture while at NSU?



“My roommates are similar to my race, so we all celebrate it together. I’m Hispanic, and we cook certain foods in our dorm. We live in Goodwin, so we go downstairs and make tacos.”

-Daniel Meza, freshman, exercise and sports science major



“There’s an organization here for Muslims, so they have events and everyone meets up [to] meet people of your [religion] which makes me feel at home.”

-Mehek Mahenti, freshman, pre-nursing major



“So, when I started I decided to sign for the [Latin American Student Association], and they do a lot to make me feel like I’m at home, which is Cuba because they throw a lot [of] events, like dance lessons [and] music, so I like to participate in those.”

-Jalissa Rivera, freshman, criminal justice major



“I try to be myself. I’m pretty mixed; I’m Honduran, Trinidadian, some Spanish and Caribbean. There’s a lot of Spanish people here and if I mix with them, I try to stick with them, and the same goes for the Caribbean. My grandparents cook a lot of food, so I bring a lot of food from Trinidad here, and the necklaces I wear represent my culture pretty well. ”

-Nadiv Galindo, sophomore, business management major



“My friends and I have created our own culture. We get together and cook our foods and just chill and enjoy each other’s presence. Rather, than having specific, different kinds of culture, we created our own and it’s kind of like a family unit, now.”

-Anthony Laboriel, senior, communication major

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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 intemship!
 Career Development is here to help. Find a few internships below...

- Evolve Learning Community:** *Marketing Intern*
- American Red Cross – South Florida Region:** *Communications/Public Affairs Intern*
- AutoNation:** *Client Architecture Intern*
- Nova Southeastern University:** *Facilities Management Finance Internship*
- Janet Fernandez Insurance Agency:** *Business Risk Management Promoter*
- Audrey Morris Cosmetics International/AMMD Hygenic Labs:** *A counting Intern*
- BBI:** *Level 1 Tech Support*

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 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)