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New Tampa Bay Regional Campus facilities set to open Fall 2019

By: Christina McLaughlin  Co-Editor-in-Chief

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Construction is under way at the new Tampa Bay Regional Campus. Earlier this month, President Hanbury sent a memorandum informing the NSU community of the progress that Moss Construction & Associates have made on the new facilities of NSU’s Tampa Bay Regional Campus.

With the $150 million dollar real-estate investment granted by the Patel Family Foundation last year, this new 27 acre campus and 325,000 sq. ft. complex in Clearwater, FL will replace the existing Tampa Bay Regional Campus facilities. This new campus will comprise of the Dr. Kiran C. Patel College of Osteopathic Medicine and the Dr. Pallavi Patel College of Health Care Sciences.

The campus will also include a multi-level parking structure on the south side of campus, which will hold about 1,400 spaces. The campus has one main entrance and with the expectation of high traffic once the campus opens, facilities management is in talks with the city of Clearwater to widen the access road.

The site of the campus sits within an area surrounded by wetlands and other environmental attributes. Throughout the project, NSU and Moss Construction have worked closely with environmentalists to ensure all concerns were addressed and the environment was not disturbed.

The facilities will support the 29 bachelor’s, masters and doctoral programs offered at the Tampa Bay Regional Campus currently and the 1,100 students and 90 faculty who reside there. Some of these programs include occupational and physical therapy, cardiovascular sonography, nursing and anesthesiology. This new campus will also support the Kiran C. Patel College of Osteopathic Medicine programs.

It is estimated that the new campus will be ready for a certificate of occupancy in late June and move over equipment from the existing facilities will be moved in July. Current students at the Tampa Bay Regional Campus will not be affected until the Clearwater campus is operational.

“Based on the most recent update from the construction site, the [Clearwater campus] is currently scheduled for a certificate of occupancy by June 21, prior to the start of classes in the Fall of 2019,” said Debbie Hunley, director of design and construction on the project.

Recently, Moss Construction & Associates celebrated the installation of the final piece of roofing on the complex. According to Elaine Rodriguez, program manager on the project, construction has been moving quickly from the first day of breaking ground to ensure a completed project prior to the fall semester deadline.

“The building is completely dried in. Which means that the roof is on and all the windows are installed. The [Kiran C. Patel College of Osteopathic Medicine] space is 90 percent done or so. [Moss Construction & Associates] are working on the building in phases. It is expected that [the Kiran C. Patel College of Osteopathic Medicine] will be finished in the next month and ready for a punch list and the other spaces will follow,”” said Hunley.

The event will feature activities inspired by different cultures including Jamaica, Haiti, Hawaii and Cuba. “We have a lot of cultural experiences going on this year, and we want to always reflect our very diverse south florida community,” said Leon.

Additionally, every child who attends the event will receive a free book that has been hand picked to be age appropriate by a team of professional children’s librarians at the Alvin Sherman Library. The event also encourages anyone who lives, works or goes to school in Broward County to sign up for a public library card. The card grants access all the materials and resources available through the Alvin Sherman Library.

Students are also encouraged to attend the event as volunteers and can earn community service hours that are verified through the Office of Student Leadership and Civic Engagement. Sarah Divine, an adult services librarian at the Alvin Sherman Library and the volunteer coordinator for the event, said, “Volunteers can come for the whole day or volunteer for any section of time. Different positions include helping with welcome and check in, greeting families, giving the free books to kids, being part of an entourage for costume characters, helping families get registered and also managing different event area. We would love to have volunteers from the NSU community.”

Students interested in volunteering can sign up online at http://lib.nova.edu/volunteers or contact Sarah Divine at sf787@nova.edu for more information.

Want to read even more?
Head on over to The Current's website for web-exclusive articles and pictures!
El Chapo Found Guilty

Last Tuesday, Joaquín ‘El Chapo’ Guzmán, better known as El Chapo was found guilty on all 10 counts of his indictment. The three-month drug trial, which took place in New York, revealed the inner workings of decades of violence, prison escapes and his control of an expansive drug cartel responsible for smuggling massive amounts of drugs into the U.S. According to the New York Times, the verdict was decided after a week of deliberation by the jury in the Federal District Court in Brooklyn where, “prosecutors presented a mountain of evidence against the cartel leader, including testimony from 56 witnesses, 14 of whom once worked with Mr. Guzman.” The trial marks the culmination of years of the infamous drug lord evading the Mexican government as well as U.S. officials. Guzmán now faces a lifetime in prison at his sentence hearing which is scheduled for June 25.

Lawmakers Turn Down the Government’s Budget Plan

For the first time since 1995, Spanish lawmakers turned down the budget, introduced by Prime Minister Pedro Sánchez. After narrowly winning the 2018 election with his Socialist party, Sanchez hoped to use his budget to fix the inequalities caused by Spain’s economic recovery, as well as to increase social spending. Instead, the withdraw of Catalan lawmakers support brings the issue of the Catalonia region’s independence to the forefront of Spanish politics. While the next elections are not scheduled to take place until 2020, it is almost certain that voters will return to the polls by the end of the summer, according to the New York Times.

Iran Suicide Bombings

Accusers Against the US regime last Wednesday after a suicide bomber targeted a bus in an Iranian province near the Pakistani border. According to reports from BBC News, the attack killed at least 27 members of the Islamic Revolutionary Guards Corps and wounded at least 13 others. The Revolutionary Guards, a powerful military, political and economic force in Iran, blamed foreign powers, namely the U.S. for the attack. Iranian leaders including the foreign minister, Mohammad Javad Zarif, were quick to accuse the U.S. of the attack in the midst of the Warsaw Summit arranged by the U.S. which will include discussions about Iran’s activities in the region. A tweet from the foreign minister’s twitter account reads, “It’s no coincidence that Iran is hit by terror on the very day that #WarsawCircus begins?”

Yellow Vest protests

The Yellow Vest Movement, which started in France in Nov. of 2018, continued for the 13th consecutive Saturday in Paris and other major French cities. According to the New York Times, the sizes of the protests have shrunk since November, but anti-semtic acts have undergone dramatically. Several movements which began in protest to high gas prices, in France has evolved into an aggressive and even violent attack against the large Jewish population. According to Time Magazine, Frederic Potier, a French government official in charge of fighting anti-Semitism, racism and anti-gay discrimination, said some far-right groups have managed to infiltrate yellow vest demonstrations. Despite the large majority of the protesters being neither radical nor violent, fringe groups have latched onto the weekly protests. According to the New York Times, these groups have clashed with the police, set cars on fire, smashed store windows and vandalized propriety with anti-Semitic slogans and symbols.

Amazon cancels plans for New York Headquarters

“Afeter much thought and deliberation, we’ve decided not to move forward with our plans to build a headquarters for Amazon in Long Island City, Queens,” said Amazon spokesperson Beth Serb. Several state and local politicians opposed the company’s presence in the area, and residents worry that the company may force them out of the area. $3.9 billion in incentives were spent in the bid to get the company to the area.

DNC announces 2020 presidential debates over two nights

According to the New York Times, “the Democratic National Committee on Thursday unveiled the criteria for participation in the first two presidential primary debates, splitting the debates across two consecutive nights to accommodate an already sprawling field of candidates.” To qualify, the candidates must either raise at least $65,000 from 200 different donors in 20 states or garner 1 percent support in three approved polls. The first two debates will only showcase 20 candidates.

William Barr confirmed as Attorney general

Last Thursday, William Barr was confirmed by the Senate as the new attorney general. As attorney general, Barr oversees all of the U.S. Justice Department, including the ongoing investigation of Russian interference in the 2016 presidential elections. According to the New York Times, “what succeeded Bush was the installation of a conventional figure like Mr. Barr who could return some stability to the Justice Department’s 150,000 employees, all two years of inexperience butting Presid- ent Trump and his allies in Congress.”

The Theory of Creativity

The P&V’s annual art and design majors will present a culmination of their studio work in the show titled “The Theory of Creativity.” The opening reception will be held on Feb. 20, from 5-7 p.m., and is free to the public.

Cancer Can’t Stop Me SK

The Shirley Ericks Cancer Foundation will be held at Vista View Park on Feb. 24. The foundation provides free cancer support and care to those suffering with the illness. Registration is $10 for students and $25 for the general public. For more information contact: Victory Sports Management at (954) 822-2777 or visit info@victorysports.com.

NSU’s Offices of Career Development and Student Leadership and Civic Engagement are hosting Recruit a Shark on March 14 from 10 a.m. to 2 p.m. in the P&V gallery. Employers from various industries will be present to recruit students for jobs, research positions, volunteer/serve and internships. Business professional attire is required for the event. Register at nova.js. For more information, call (954) 262-2768 or email careerfair@nova.edu.

Summer housing assistant applications open

Applications for 2019 summer housing assis- tants will be open through March 8, with interviews March 12-15. Decisions will be sent out March 18. The contract period will be from May 3 through Aug. 16, and includes a free single room for the summer, a $1,500 stipend and a $500 meal plan. Applications and requirements are available online at nova.edu/housing.
The 2019 Forestry Urban Forestry Institute’s Growing Beneﬁts and Trimming Risks in Our Municipal Forest annual event will take place on March 3-5 at NSU.

Speakers from all over the U.S., as well as professionals within Florida, will come together to teach attendees about the beneﬁts of trees in urban settings, tree inventories, improving planting spaces, green infrastructure projects and much more.

“This is our Florida Urban Forestry Council (FUFC) annual conference. We run it as an institute, so we bring in experts and educators from pretty much across the country, sometimes internationally, to present on topics that are current and are issues for people who maintain or manage the urban forests throughout Florida,” explained John Harris, president for the Florida Urban Forestry Council, and owner of Earth Advisors. Students who attend the conference will be able to gain valuable knowledge about the industry, as well as have the opportunity to meet and form connections with professionals in the field. There will also be a “Social with Exhibitors” and a “Social with Students” on Monday, March 4 from 5:15-6:30 p.m., which will serve as an opportunity to network.

“Especially for students, they will get to meet and talk to representatives from different environmental consulting [agencies],” said Harris. Mark Williams, city urban forester for the City of Fort Lauderdale and member of the executive committee for the Florida Urban Forestry Council, explained that students in environmentally-related studies can beneﬁt from this event.

“Any student that happens to have an interest in either environmental science, ecological restoration, forestry, landscaping, or horticulture or growing plants in general [should come to this event].”

The beneﬁts of forestry in urban settings is being explored more and more, and the effects of urban tree canopy, consistency of canopies, the overall urban landscape [in regards to] to reducing stress,” said Harris. Additionally, Williams explained that the field will “most deﬁnitely” be relevant to our futures. “You hear some of the buzzwords like sea level rise and climate change and issues with coastal communities and flooding—urban forestry is very much a part of that discussion.”

“Views out the windows of hospitals of well-landscaped properties or parks can actually reduce ﬁfty percent or more the length of hospital stays for people that are recovering from surgery or sickness,” he added, based off of research studies. Traffic issues and even crime may be related to the urban landscape as well. For more information about the conference or the Florida Urban Forestry Council, visit fufc.org/urban_forestry_institute.php. To register for the conference go to fufc.org/registration.php.

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**News**

**Bringing Urban Forestry to Florida**

By: Madelyn Rinka

Co-Editor-in-Chief
The Magic Cow

By: Christina McLaughlin
Co-Editor-in-Chief

The welcoming and “small-town” atmosphere that this shop offers is also another perk. With a wall full of sticky-note adorations, music played softly through the radio and a small seating area, it is the perfect place to grab a bite and talk with friends or family. There is a table of business cards for local necessities, fundraising and other charitable outreachs in the shop which any customer has the option to donate to or support during their visit. To encourage customers to return, they offer small punch-bucks. After your fifth purchase, you get the sixth item free. These are all examples of how the atmosphere is kept fun and friendly but also charitable and add an extra personal touch to the Davie community.

They also ensure to not turn away customers with dietary restrictions. For those with dairy intolerance or plant-based lifestyle, they offer low fat yogurts, smoothies, italian ices and other dairy-free items for purchase. With Yelp and other review sites proving time and time again that the shop is a customer favorite, there is no reason you shouldn’t stop in and try all the magic that this cow has to offer.

What you should know about blackface

By: Kelsey Bruce
Arts & Entertainment Editor

What to do

Considering what implications blackface has had and still has for black Americans and how our society views race, it is crucial to look at the issue through a critical lens. A huge part of critical thinking is being armed with knowledge, so when these issues occur in politics, educating yourself is necessary. Kiffin said, “They don’t talk about blackface in school anymore. You have to basically do your own research to find out these things.” Therefore, bringing awareness to issues of oppression such as blackface is necessary for progress.

While the general American public might steer away from the more uncomfortable parts of history, it’s impossible not to acknowledge that history is happening all around us. Particularly, in terms of race, pressing issues include police brutality, progressively growing white nationalism, and growing social movements such as Black Lives Matter. With so many changes to try and 50 options or more available daily, it could be hard to make a decision. Luckily, customers are welcome to try as many samples as they need to make a final decision on their tasty treat.

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Building credit
By: Emma Heineman
Feature Editor

We've all heard that college is the time for making mistakes, but when it comes to managing your credit, making mistakes could cost you your post-college self lower interest rates and thousands of dollars. It's easy to ignore the real world as it sneaks up on you, so look at the end of your four years as college students, but in the real world, having good credit is essential. Navigating the enigma of credit can be an arduous task for students who have never learned to manage money, but following these simple do's and don'ts when it comes to credit can save future you from a massive financial headache.

Do Start Small
In its simplest form, building credit is about proving you are responsible with money. Albert Williams, a professor of finance and economics and the chair of the finance and economics department at NSU said, "Borrowing implies discipline with money." Lending money is a risky business, so it's important to start small to prove that you can be trusted to pay the money back. Williams suggests that students get a credit card when coming to college. While credit cards have a notoriously bad reputation, as long as they are used responsibly, they are a great tool for building credit. When looking into which credit card to get, the most important factor to consider is the interest rate. Williams explained that as a first-time credit card user, you most likely won’t have many options, but as your credit grows, so will your options and your credit limits.

Do Add Co-Signers
Applying for a credit card or a loan is often difficult for students who have just started building their credit because companies have no way to know whether or not you can be trusted. One simple way to increase your chances of being approved for credit as a student is to ask your parents to co-sign. By linking your name to someone with good credit, your creditability also increases. When using a credit card with a co-signer, the co-signer has the added benefit of building credit alongside you.

Don’t Forget to Pay on Time
Forgetting or failing to pay back on time, is the middle of February, meaning that it may be time to reevaluate your New Year’s resolutions based on what’s working and what’s not. If your dieting resolution hasn't had much progress, here are a few of the latest diet trends to try. Some stick and others don't. So, here’s a few.

Keto Diet
According to healthline.com, the Keto Diet (also known as the Ketogenic Diet) is a low-carb, high-fat diet. This diet reduces all the carbs in your body and replaces the carbs with fat, which sends your body into ketosis, a metabolistic state, which is how the diet get its name. The diet also get its name from the fact that it turns fat into ketones which produce energy for your brain. Thus, the ketosis state helps your body become efficient at burning fat and turning it into energy. There are four different types of keto diets: standard, cyclical, targeted and high-protein. The Cyclical variation includes periods of higher-carb days, such as 5 keto followed by 2 high-carb days. The targeted lets you add carbs, but only while working out and high-protein is like the standard keto diet, but instead it is 60% fat, 35% protein and 5% carbs instead of 75% fat, 20% protein and 5% carbs.

The keto diet causes massive reductions in blood sugar and insulin levels. It also has other health benefits. The diet actually started as a way to treat certain neurological diseases, like epilepsy or Parkinson’s disease. In addition, it has recently been found to help treat other ailments, like heart disease, Alzheimer’s, acne, etc. However, there are a few side effects with this diet. The "keto flu" which can result in less energy, increased hunger, sleep issues, nausea and headache. The diet can also cause a decrease in salt and a change in water balance, so you may have to take supplements.

Whole30
Whole30 is a thirty day cleanse-eating plan that cuts out foods that could have a negative impact on your health. According to whole30.com, this includes foods such as dairy, sugar, grains, legumes and alcohol. For thirty days, people are not allowed to consume sugar, natural or artificial sweeteners, no alcohol or smoking, no grains, no beans or legumes, no soy or dairy and no processed foods or additives, like MSG. However, there are exceptions which are ghee, fruit juice with no additives, green beans, snap and snow peas, vinegar, coconut aminos and salt.

What makes this diet, especially unique is that participants are not allowed to step on the scale or take any body measurements during the diet. The diet has health benefits like weight loss, digestive system improvement, clear skin and improved sleep. Participants are recommended to not count calories and to instead focus on the point of the diet which is to make good food choices.

Paleo
The Paleo diet is designed to resemble what the people of the Paleolithic age used to eat. This a high protein, low carb and high fat diet. The health benefits include a higher potassium, vitamins, minerals, antioxidants intake and weight loss.

The meal plan includes meats, fish and seafood, eggs, vegetables, fruits, potatoes, seeds, health fan and oils. These options should be grass-fed, pasture-raised and organic or wild-caught if seafood. On this diet, the foods to avoid are sugar and high-fructose corn syrup, grains, legumes, dairy, processed oils. The list also includes trans fats, artificial sweeteners and processed foods.

Alternative Milks
Alternative milks have been popping up for the last decade. Almond milk is has taken over the world for the past few years. It is naturally low in calories and full of vitamins and antioxidants. It is good for digestion and other health benefits. Cashew milk is also a good milk alternative which is a good source of fiber, antioxidants and magnesium. However, there is a new milk trend: oat milk. Oat milk is being called the new almond milk. It is high in fiber and helps prevent anemia.

Diet trends are always changing. There is always a new diet trying to help people lose weight, but not every diet works for everyone. So shop around, and find out what sticks and what doesn’t. As with major health decision, it is always best to consult with a health professional before starting a new diet or if you have any questions about what kind of diet will work for you. The healthier you is just around the corner, you just have to make the choice to get there.
Midterms are looming just around the corner, bringing with them increased stress and inevitably long hours of study. Everyone has their own way to prepare for exams, but if you are looking for new, creative ways to get your study on, follow these few simple tips to make your midterms as stress-free as possible.

**Rewrite your notes**

I’m sure you’ve heard this one before, but writing or rewriting your notes can dramatically improve your ability to remember and recall information on exam day. In 2014, the Association of Psychological Science reported that students who handwritten notes do significantly better on tests than students who used other methods of taking notes. Something about taking a pen or pencil to paper triggers significantly better on tests than students who used conventional, using triggers such as scent and taste can improve humans’ abilities to recall information when exposed to the same stimuli. By recreating an element of the environment in which you studied, you create a direct link from the stimuli to the information, making it easier to recall. The same goes for teasers; chewing a particular flavor of gum while studying and while taking an exam can increase your brain’s ability to recall facts and concepts.

**Avoid long study sessions**

Many students assume that studying for long periods of time improves their ability to retain information, but the opposite is actually true. Cramming too much information in one sitting forces the brain into an overstimulated state. A clear consensus of how often you should take breaks while studying has yet to be established, but a recent study by the United States Army Research Institute revealed that ultradian rhythms have 90-minute cycles. For too long or too short can decrease your odds of success.

**Find a quiet study place during midterms**

A powerful way to unleash your natural creativity by Tim Harford

Author Tim Harford proposes a new approach to managing your efforts: “slow-motion multi-tasking.” He claims the key to accomplishing your goals is moving between multiple projects for three reasons. One, taking an idea from its original form and applying to other concepts can transform your work. Two, understanding how to do one thing well often helps you understand other seemingly unrelated topics. Three, when you’re stuck on one idea, you can take it as an opportunity to move to another idea. Applying this approach to your college responsibilities will help you excel in all of them by making it all less overwhelming.

**What reality are you creating for yourself?**

Isaac Lidsky is many things. A Harvard graduate, CEO star — and blind. In his Ted Talk, he shared how he shifted his perspective on the world based on his blindness. He says, “what we see is a unique, personal, virtual reality that is masterfully constructed by our brain,” and he challenges viewers to examine their underlying biases, rationalizations and assumptions about their own abilities as well as their counterparts. Lidsky’s approach to “living life with eyes wide open” will help you to live your life with an internal locus of control rather than external, meaning you’ll feel more in control of what you can make happen and less constricted by what happens to you.

**How students of color confront impostor syndrome by Dena Simmons**

Fulbright and Soros fellow Dena Simmons is an educator focused on “[centering] instruction on [the] lives, histories and identities” of students. In her Ted Talk, she discusses the often unspoken struggles students of color face in rectifying their holistic life experiences with everyday identity erasure and discrimination in academic settings. She expresses her experience as a black woman with policing herself to be taken seriously by those around her. For students of color undergoing these same issues and professors unsure how to approach them, Simmons’ talk gives important insight to both the importance of multicultural education and how to make it a reality.

**Embrace the near win by Sarah Lewis**

Art historian and critic, Sarah Lewis explores the idea that success is not what we didn’t know we needed. His approach challenges the use of extrinsic motivation when it comes to innovation. Instead, he proposes that intrinsic motivation — “desire to do things because they matter” — is key to solving problems and creating solutions we didn’t know we needed. His approach emphasizes autonomy, mastery and purpose. For those of you struggling to see a light at the end of their semester, this video might remind you why you are doing what you are doing. And if it doesn’t help you discover where your true passion lies.
I have a love-hate relationship with coffee. On one hand, it helps me wake up and lessens the drowsiness that comes from my long sleep. I always enjoy the ritual of pouring a cup each morning. On the other hand, it makes me feel anxious and jittery. On one hand, it helps me wake up and lessens the drowsiness that comes from my long sleep. I always enjoy the ritual of pouring a cup each morning. On the other hand, it makes me feel anxious and jittery.

Dermot Kennedy is somewhat of an anomaly in the music industry. The Irish artist hasn’t even released an album yet but has over five million monthly listeners of Spotify, over 21 million streams of his most popular song “Power Over Me” and is touring in venues across the world. If there’s anyone the media should have their eyes on, it’s Kennedy.

Kennedy’s music is an earthy blend of Bon Iver, Hozier and Vance Joy’s more mellow hits. Piano and string-strum heavy, his songs often feature storylines of bittersweet love, devastating loss and nostalgic reflection at what could have been. He’s been pinned as a folk, soul and somewhat electronic. It’s the kind of sound you could listen to while walking under street lights or waiting at a bus stop in between towns.

On one hand, it helps me wake up and lessens the drowsiness that comes from my long sleep. I always enjoy the ritual of pouring a cup each morning. On the other hand, it makes me feel anxious and jittery.

Some of his most popular songs on Spotify are “Moments Passed,” “That's No Way to Be Living Kid,” and “Lost” while I favor “Young & Free,” “An Evening I Will Not Forget” and “Moments Passed.” Of Kennedy’s song’s are a force to be reckoned with, and if you’re looking for the industry’s next rising star, I’d put my bet on him.

I have a love-hate relationship with coffee. On one hand, it helps me wake up and lessens the drowsiness that comes from my long sleep. I always enjoy the ritual of pouring a cup each morning. On the other hand, it makes me feel anxious and jittery.

Dermot Kennedy is somewhat of an anomaly in the music industry. The Irish artist hasn’t even released an album yet but has over five million monthly listeners of Spotify, over 21 million streams of his most popular song “Power Over Me” and is touring in venues across the world. If there’s anyone the media should have their eyes on, it’s Kennedy.

Kennedy’s music is an earthy blend of Bon Iver, Hozier and Vance Joy’s more mellow hits. Piano and string-strum heavy, his songs often feature storylines of bittersweet love, devastating loss and nostalgic reflection at what could have been. He’s been pinned as a folk, soul and somewhat electronic. It’s the kind of sound you could listen to while walking under street lights or waiting at a bus stop in between towns.

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In the aftermath of the Super Bowl, the NFL’s largest event and arguably, the largest event in sports, we are faced with a question. Are the dangers of the sport worth the game? On Feb. 11, the New York Times wrote an article about NBC’s long-term sportscaster Bob Costas accusing NBC of retaliating against him for his comments on concussions affecting players in the league. In November, Costas sat on a panel and spoke about the dangers of the sport and how in his opinion, “this game destroys brains.” He also mentioned these comments in a CNN interview which resulted in Costas later announcing his parting from the commentary coverage of the most recent Super Bowl.

There are still a lot of questions on if this parting was due to the comments that Costas made or just a striking coincidence since he has had a relationship with the NFL for over 40 years. Nevertheless, it seems that this was just a way that the NFL could silence a well-known and respected sportscaster who was trying to shed a light on an incredibly serious issue. According to the most recent release of injury data from the NFL, the 2017 season saw 291 total concussions—in pre-season, games and practices. In 2015, the entertainment industry went as far as making a movie starring Will Smith as Dr. Bennet Omalu, the forensic pathologist who identified chronic traumatic encephalopathy or (CTE) in the former Pittsburgh Steeler Mike Webster. At this point, you would think that there was plenty of light shed on the dangers of football and how it can affect players lives in the present and future, but that’s not exactly true. We still let children play the sport from elementary to college-level, and all we have to show is new designs of pro helmets that claim to be safer. So when someone, namely Bob Costas, points out the flaws that he sees in his beloved sport, the NFL and its partners choose to silence him. What kind of message does that send? I understand that concussions have become the new “dirty word” in the league, but we need to make sure that this serious problem is being dealt with and not pushed over to the sidelines like any other of the serious scandals that the league faces. As fans and spectators of the sport, we should also make it a point that we are aware of this issue and prove it to the league. You can’t watch a sport and truly enjoy it while at the same time accept that these players are suffering from serious brain damage. The NFL has gone away with this issue for way too long, and it’s time that someone finally holds their feet to the fire and ensures that they actually do something to fix the problem rather than bury it.

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**From the original Ancient Greek 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 19**
**Team USA trashes their rooms at Winter Olympics (1988)**
US Olympic hockey team destroyed their rooms at the Winter Games in Nagano, Japan after their upsetting loss to the Czechs in the first round. Since 1989 was the first year for the NHL to allow its players to compete in the Olympics, expectations for gameplay were high. When the US team didn’t deliver, they decided to trash their rooms in the Olympic Village, smashing chairs and activating fire extinguishers.

**February 20**
**Willie Mays signs record 6-figure annual contract with SF Giants (1963)**
Willie Mays signed a record $100,000 annual contract with the San Francisco Giants. With this, he became the first baseball player to earn six figures. His contract paved the way for baseball players to start getting six-figure deals more commonly.

**February 21**
**Dick Button performs first triple jump in a figure skating competition (1938)**
Dick Button’s performance in the 1952 Winter Olympics included the triple loop, the first ever triple jump performed in a figure skating competition. Previously, triple jumps weren’t heard of in competitions, as the effort required to complete three full rotations of the body while in the air is extreme.

**February 22**
**The Miracle on Ice (1980)**
In the Lake Placid Winter Olympics, Team USA’s hockey team made largely of amateurs beat the USSR hockey team of experienced professionals in an upset that no one expected. With the Soviet team as the favorite to take home the gold and the U.S. team not even in the projected top three, this win for the USA came to be known as the “Miracle on Ice.”

**February 23**
**Wilt Chamberlain becomes first NBA player to reach 25,000 overall points (1965)**
Wilt Chamberlain, at the time playing for the Philadelphia 76ers, became the first NBA player to score 25,000 points overall. This can largely be attributed to the fact that he is the only NBA player to average more than 40-50 points each season as well as being the only player to score 100 points in a single NBA game.

**February 24**
**British Olympic swimmer John Jarvis is born (1872)**
On this day in 1872, English swimmer John Jarvis was born. He went on to become Britain’s first Olympic gold medalist, winning the 1000-meter-freestyle, and he continued his career winning 108 titles.

**February 25**
**Norway wins Olympics with record 39 medals (2010)**
The 2018 PyeongChang Winter Olympics came to a close, declaring Norway as the winner with a record of 39 medals. The previous record of 37 was held by the United States and won in 2010, and the country’s own record was 26.
Mikkel Kolstad is a junior on the men’s basketball team. He is originally from Bergen, Norway, and has played many other sports including soccer. He played for a club team as well as quite a few national teams. Kolstad originally went to Augusta University in Augusta, Georgia for two years before transferring to NSU.

Why did you choose to come to NSU?
“I wanted a change, and when I heard about Nova and coach Bruccoli(feld) and everything, it just felt really something I wanted to be a part of. I can see he changed the program the first year he was here, and I wanted to be a part of that and be a part of something on the rise. Also the location, like it’s beautiful down here. Coming from Norway, it’s snow and cold back home right now...palm trees and everything is not that bad either.”

What are the pros and cons of being a student-athlete?
“[The pros are] I like how it’s set up, like how both athletics and academics are set up...easier to balance it out. The instructor work with you. Conn: you don’t get a lot of sleep; it’s a lot of bus rides, staying up late with homework and stuff like that.”

Do you have any pre-game rituals?
“I need to take a nap, for sure. And I might play video games, [like] Fortnite. Get a coffee, and then start focusing. Listen to some music and start thinking about the game.”

Who do you consider your biggest role model?
“I would say, my parents. They went with what they wanted to work with. My mom is an artist, my dad is a musician so they went with not the easiest jobs but they work hard...Hard working parents...”

What advice would you give to an incoming freshman athlete?
“I would say do good research for the school you go to, find the right situation for you and where you want to be and then, just be ready to adapt to change and be ready to get up really early. It’s tough in the beginning but it’s worth it.”

How has basketball helped you adjust to college life?
“It’s like a big family. The athletes that have been here longer than I help me on and off the courts with classes. I’m a junior now, so I’m kind of used to it. But coming in as a freshman, that was really big for all the players to help me like that.”

How did you deal with the adjustment of moving to the U.S.?
“It was difficult just to leave my country, but once I got on the plane, I was just ready for whatever was coming. I just took a chance going somewhere I’ve never been before. I wanted to see where it would take me, and now I’m here. So it worked out pretty well.”

What does your downtime look like?
“Sleep...we might play like video games with the team, we might go to the beach or the pool. Stuff like that...talk to family back home.”

OUT OF THE SHARKZONE

LeBron James to own an NBA team
Following in the footsteps of NBA legend Michael Jordan, LeBron James wants to be a team owner. James has been talking with Fenway Sports president Sam Kennedy and business partner Maverick Carter about owning one, if not multiple, teams in the future. James’ goal for the future is to host his own All-Star Weekend. James technically owns a small percentage of the Liverpool FC soccer team.

NASCAR driver hopes to complete marathon in less than three hours
On Wednesday, February 13, NASCAR driver hopes to complete the Boston Marathon in less than three hours. On Wednesday, February 13, NASCAR driver hopes to complete the Boston Marathon in less than three hours. On Wednesday, February 13, NASCAR driver hopes to complete the Boston Marathon in less than three hours. On Wednesday, February 13, NASCAR driver hopes to complete the Boston Marathon in less than three hours. On Wednesday, February 13, NASCAR driver hopes to complete the Boston Marathon in less than three hours.

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**SHARK DINING EVENTS:**

**FEBRUARY 2019**

Feb. 5th | 4:30pm
Lunar New Year Theme Dinner | Razor’s Reef

Feb. 14th | 4:30pm
D.I.Y. Cupcakes | Razor’s Reef

Feb. 20th | 11:30am
Teaching Kitchen | Flight Deck Multipurpose Room
Reserve your spot by signing up with RecWell

Feb. 22nd | 11am
FYUL Friday Superfood Recipe | Razor’s Reef

DineOnCampus.com/Nova
It is 11 p.m., and I am only two paragraphs into my seven-page paper due by 11:59 p.m. Not 12 a.m., because that is obviously too late. I am regretting my actions and contemplating whether I should ask for an extension or more reasonably, drop out of college. But there is a glimmer of false hope that brings me back to reality and tells me that I can finish this on time. Typically, I do finish it on time, but other times I don’t. Luckily, I have had some ten professors who didn’t mind if I turn it in at 1 a.m., instead of 11:59 p.m., but, during this time of stress, I produce some of my best work. It makes sense though, because the time restriction forces you to stay on task, and not lose focus. Sometimes I have even found that with all the pressure, I produce better work. It makes me wonder: should I procrastinate on all my assignments?

Well, no, I shouldn’t procrastinate on all my assignments. Procrastinating in college is kind of acceptable, but procrastinating in my future job is not acceptable. So I’m trying to develop a pattern that will follow me in my profession. But if procrastination is done properly in college, you can use it to your advantage. One advantage is that you gain more free time from your homework. With this free time you can focus on yourself by going to the gym or catching up on your shows. For example, I had a big assignment due on Sunday, but I procrastinated to go out Friday night. So, I went out Friday night because I still had two full days to complete it. From the wise words of Donna Muehle from “Parks and Recreation”, “treat yo self!” The second advantage is that you can produce strong work from procrastinating. With time pressures from procrastinating, you only have one chance to put out the best work possible. So you can’t afford to have some trying to catch you unawares when you only have a few minutes left to submit. Another small advantage is that if you change procrastinating into a positive, creative, and productive profession, you can do that to your advantage. In stressful situations during a job interview.

I have been a professional procrastinator ever since I was in elementary school, so I speak from experience. I know that procrastination is not a lifestyle for everyone, but luckily it works for me. What always works for me is that I plan ahead for my future procrastination. So instead of doing my paper, I will make a tiny outline for the paper so I am at least somewhat prepared for when I actually write my paper last second. Depending on the assignment, I will decide how much I will procrastinate. If it is a small assignment, I might begin it two before I’m due. If it is a very important assignment, then I will give myself 24 - 48 hours to do it. It is still procrastinating, because I had over a month to work on the assignment. Lastly, he prevents procrastinating from the professors when they see that you have submitted your assignment at 11:30 p.m. I am totally fine living with the judgment because procrastinating leni me go to the gym twice a day, and have more time to play with makeup.
Keep up with things on campus because I'm a lot to celebrate Black History Month. BSU-Celine Rostant, junior, nursing major

during high school, I was very involved in clubs. And I mean very involved. President of the chess club, co-president of the science honor society, vice president of the chemistry club, math honor society statistics competitor, editor-in-chief of the yearbook and more. But now that I am in college, my involvement has dropped. Other than writing for The Current and going to class, I really do not have time to get involved in anything else.

Grades and extracurriculars are highly valued in college, but finding a good balance between the two can be very difficult. If you spend too much time on your academics, your resume may be lacking. But if you get too involved, your grades may suffer. So how do you find that perfect balance between academics and extracurriculars? I do not know! If I knew, I would have already joined a few clubs instead of just going to class and then work. However, it is important to get involved on campus for a variety of reasons.

While I have still found the perfect balance between my academics and involvement in clubs and organizations, being involved in them is still very important. There are several benefits of getting involved. Including building up your resume and networking. As Maya Angelou once said, “when you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.”

Getting involved on campus is a great way to build your resume. Whether you are moving on to grad school or going out into the workforce, you will need a resume. Being involved with a club or organization will show potential employers or potential graduate programs that you are an amazing way to make connections in whatever field you are interested in. Pre-med? There are a lot of clubs for that. Pre-dental? There is a frat for that. Cannot find a club that fits with what you want to do for your career? Start one yourself.

Some majors are harder than others... maybe... not sure.

At its earliest stages, college was an opportunity for academics to educate themselves further and to challenge and better their minds. Today, college is a rite of passage, an almost required way to build your resume. Whether you are moving on to grad school or going out into the workforce, you will need a resume. Being involved with a club or organization will show potential employers or potential graduate programs that you are an amazing way to make connections in whatever field you are interested in. Pre-med? There are a lot of clubs for that. Pre-dental? There is a frat for that. Cannot find a club that fits with what you want to do for your career? Start one yourself.

The majors typically labeled as “creative” or “artistic” can sometimes be viewed as non-essential by the public.

STEM majors are restricted to classes within their field of study. An argument could certainly be made that they are taking what is pertinent to their major, who’s to say that the inclusion of outside-subject courses would not be beneficial, as is assumed to be the case with STEAM majors?

The truth is, all majors are difficult in their own way. There is really no way to definitively chart difficulty because it is relative to each individual. Biology and engineering majors must definitely have the reputation of being some of the most difficult courses of study, but what about art majors? Where biology students spend their time memorizing key terms and maps of the anatomy of various organisms, art majors must complete any multitude of projects of varying degree and difficulty at any given time for different courses. It is possible for a student to excel at his or her major and say it is difficult, but if he or she moved to a field they weren’t comfortable with, there’s a chance that would be even more difficult for them. If a math major was forced to transition into English when writing papers and essays was not their strong suit, they would find the major overwhelming. The same could be said vice versa.

Every major has its own difficulties and obstacles that a student must overcome. The entire purpose of obtaining a college degree is to become an expert in your chosen field of study; difficulty should be expected. I don’t think it can soundly be determined that one major is more difficult since it varies depending on the student. Bottom line, graduating from college is hard regardless of your area of study. If it was easy, everyone would do it.
Recruit a Shark Day

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

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

Evolve Learning Community: Marketing Intern
American Red Cross - South Florida Region: Communications, Government & Public Affairs Intern
AutoNation: Client Architecture Intern
Nova Southeastern University: Facilities Management
Janet Fernandez Insurance Agency: Business Risk Management Intern
Audrey Morris Cosmetics International/AMMD: Hygiene Lady / Alumni Intern
BMI: Level 1 Tech Support

INTERNSHIPS AND RESEARCH CENTER

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

Thursday, March 14, 2019
3:30 p.m. - 5:00 p.m.
The Ritz-Carlton Resort at the Doral Golf Resort & Spa

Connect with talented NSU students and alumni for:

INTERNSHIP OPPORTUNITIES
- Dental Medicine Research
  - Gain an edge this fall by finding your dream internship! Career Development is here to help. Find a few internships below...
  - 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.
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All events, internships and job opportunities can be found on
at nova.joinhandshake.com

NSU Career Development (954) 262-7201
Locations: Horvitz Office (1st Floor of the Horvitz Building, Room 152)
DeSantis Office (Carl DeSantis Building, Room 1042)