

2-19-2019

The Current Volume 29 : Issue 22

Nova Southeastern University

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Nova Southeastern University, "The Current Volume 29 : Issue 22" (2019). *The Current*. 688.
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Features



Take a trip to Magic Cow

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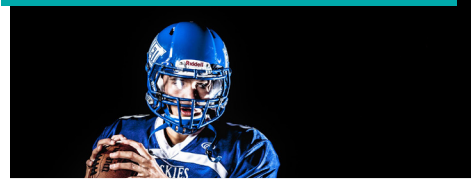
Arts & Entertainment



I drank mud water for a week...
this is what happened

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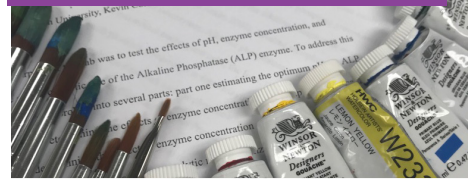
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New Tampa Bay Regional Campus facilities set to open Fall 2019

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.

PRINTED WITH PERMISSION FROM NSU MARKETING

Below is a rendering of the new Tampa Bay Regional Campus, which replaces current facilities.



Alvin Sherman Library to Hold Annual StoryFest Event

By: **Emma Heineman**
Features Editor

On March 10, the Alvin Sherman Library will host the 7th annual StoryFest event at NSU from 11 a.m. to 4 p.m. The event is free to the public and encourages families and children from Broward County to enjoy an educational day of literacy and fun.

This year, the theme of the event is inspired by the vibrant cultures of South Florida. The theme, Island Tales, will promote early childhood literacy through storytelling, crafts and music.

Anne Leon, the executive director for public library services at the Alvin Sherman Library said, "The primary purpose for StoryFest

is to encourage early childhood literacy and family literacy by building opportunities for language enrichment through stories, music, crafts that stimulate growth of vocabulary and opportunities for the children to interact with one another and also with program providers at the event."

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.

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GLOBAL NEWS, COURTESY OF THE CURRENT

El Chapo Found Guilty

Last Tuesday, Joaquín Guzmán Loera, 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. Guzmán.” 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 plan introduced by Prime Minister Pedro Sánchez. After narrowly winning the 2018 election with his Socialist party, Sánchez 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 Catalan 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

Accusations against the U.S. arose last Wednesday after a suicide bomber targeted

a bus in an Iranian province near the Pakistan 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, “Is it 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-semitic acts have increased dramatically. The movement, 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 property with anti-semitic slogans and symbols.

The Current

The Student-Run Newspaper of Nova Southeastern University

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The Current serves Nova Southeastern University from its location in Room 310 of the Student Affairs Building. The Current is NSU’s established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

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Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

News Anchor

Stay up to date with national events.

Amazon cancels plans for New York Headquarters

“After 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 Jodi Seth. 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 city. \$1.525 billion in incentives were spent in the bid to get the company in 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 can-

didates must either raise at least \$65,000 from 200 different donors in 20 states or get one percent in three approved polls. The 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, “senators expressed hope that the installation for a conventional figure like Mr. Barr could return some stability to the Justice Department’s 115,000 employees, after two years of intense battering by President Trump and his allies in Congress.”

News Briefs

The Theory of Creativity

The PVA’s senior art and design majors will present a culmination of their studies and works in Gallery 217, Feb. 20 - March 6. Seven seniors will have studio art and graphic design pieces 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 5K

The Cancer Can’t Stop Me 5K benefiting the Shirley Enrico 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@victorysportsmtg.com.

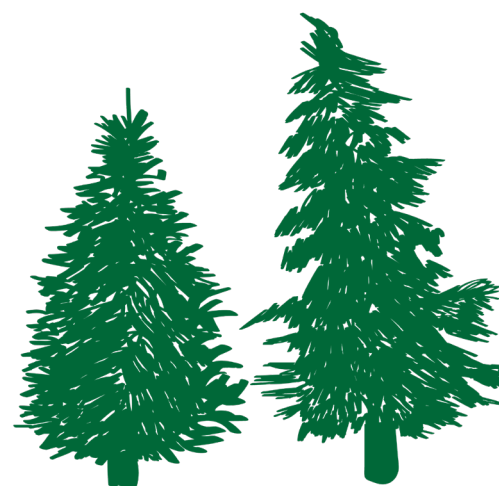
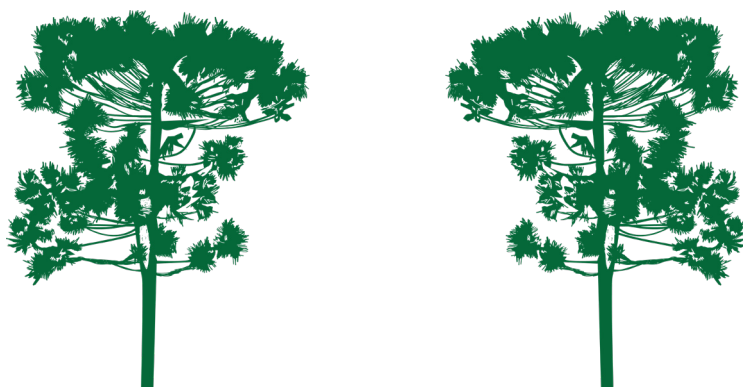
Recruit a Shark 2019

NSU’s Offices of Career Development and

Student Leadership and Civic Engagement are hosting Recruit a Shark on March 14 from 3:30 - 6 p.m. in the Rick Case Arena. Employers from various industries will be present to recruit students for jobs, research positions, volunteer/service and internships. Business professional attire or scrubs are required for the event. Register at nova.joinhandshake.com. For more information, call (954) 262-7201 or email careerfair@nova.edu.

Summer housing assistant applications open

Applications for 2019 summer housing assistants 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.



Bringing Urban Forestry to Florida

By: Madelyn Rinka
Co-Editor-in-Chief

The 2019 Forestry Urban Forestry Institute’s Growing Benefits and Trimming Risks in Our Municipal Forests 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”

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 some of these nationally known experts in urban forestry. Also, the exhibit area has different companies, my company is one of them, that are exhibiting so that they get to 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 benefits are continuously being discovered as further studies are conducted.

“Trees in the urban environment are being

found more and more to be necessary for the health of people who live in urban areas. There is been a lot of research in the last ten years towards 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 so 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 goto fufc.org/ufi_registration.php.

Student Pricing
 Monday-Tuesday full registration for FUFC members = \$135.00
 Monday-Tuesday full registration for non-members = \$153.75 (and includes a professional membership)
 One-day registration -- either Monday or Tuesday -- for FUFC members = \$71.25
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The Magic Cow

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

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.

After a long stressful day or when I have an intense craving for a sweet treat, my go-to spot has become “The Magic Cow” in Davie. Located on South University Drive right across from Walmart, this quaint little ice cream shop is easy to miss, but don't write it off just yet— it is worth a second glance.

For ice cream connoisseurs or even picky treat-lovers, this place has all of the appeal of any other well-known ice cream or dessert shop, rolled into one. This small business is owned by a Scottish couple, who make handmade ice cream and other sweets like made-to-order cakes, with unique flavors and delightful toppings. Each order is mixed with desired toppings on a cold stone and offered with a choice of cup or a variety of cones.

Their flavors are not only unique but also insanely accurate, with fun flavors like buttered popcorn, birthday cake and key lime. A must-try flavor I suggest is Parma Violet. It tastes exactly like you'd imagine the flower to taste, in the best way possible. With so many flavors 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.

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 outreaches 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-cards. 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.

The Magic Cow

4298 S. University Drive

Davie, FL 33328

Price Range: \$3-25

Serves a variety of

smoothies, cakes, ice

cream, shakes, sundaes

and floats

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Head on over to the Magic Cow for your blast-from-the-past ice cream needs.



What you should know about blackface

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

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. In terms of racism, reinforcement of current social norms perpetuates their continued existence. When institutionalized racism is still so prominent in the U.S., considering every issue, in this instance blackface, is crucial.

Why it's offensive

Blackface was born from offensive American minstrelsy performances that began in the 19th century. According to the Smithsonian National Museum of African American History and Culture (NMAAHC), minstrelsy was the practice of using burnt cork and shoe polish to cover the face, and it was popular from the end of the Civil War and the turn-of-the-century. It capitalized on white performers impersonating enslaved Africans based on stereotypical physical features and negative personal traits such as being “lazy, ignorant, superstitious,

hypersexual, and prone to thievery and cowardice.” By nature, this humor was based on dehumanizing an entire group of already oppressed people, and it wasn't limited to one particular area. Indeed, NMAAHC lists relevant American actors Shirley Temple, Judy Garland and Mickey Rooney who wore blackface, further perpetuating stereotypes and racial parody tied to the minstrelsy industry. These stereotypes intersected with and overshadowed the Civil Rights movement, making effecting change even harder for activists. As NSU Public Divisions Director Mara Kiffin, who is also chair of the African Presence Organizing Committee and Chair of the Black History Month Committee, said, “blackface is rooted in racism and everybody who's black knows that, and everybody who's racist knows that.”

With black representation being limited to stereotypes, NMAAHC mentions that genuine African and African-American culture was both lost and ignored. Languages, traditions and value of black Americans were ignored and intentionally painted over, and each black person's right to individuality was largely put on the back burner.

Kiffin explored how this is still pertinent

today. “When something bad happens on TV, I guarantee most black people say, ‘I hope it wasn't a black person’ because immediately, a lot of us feel as if as soon as someone black does something bad, everybody is thrown under the blanket.”

Who's still doing it

In the past few weeks, two politicians in Virginia and two in Florida have admitted or been revealed to have worn black face in their pasts. In Florida, state Rep. Anthony Sabatini wore black face when he and his friend Brandon Evans dressed as each other for homecoming week. Sabatini has defended his actions, saying they were taken out of context and that “it wasn't an issue then, and it wasn't an issue now.” On the other hand, Secretary of State Michael Ertel resigned after less than three weeks when a picture of him in black face as a Hurricane Katrina victim resurfaced.

Kiffin touched on these contrasting responses, one admitting responsibility and one denying the issue, when she said, “We have all done things in our youth that we regret. We can claim ignorance or stupidity, and we may be sorry, but sometimes that's not enough. Often

there are severe consequences that we have to face. In the political arena, that may mean stepping down from office because the people's trust is lost. It doesn't matter that you were young and ignorant. You did it, and I can't look at you the same way because maybe that's how you really feel about people of color.”

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.



Tea with the Dames



Halloween



First Man

INTO MOVIES?

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Building credit

By: **Emma Heineman**
Features 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 your post-college self lower interest rates and thousands of dollars. It's easy to ignore the real world as it sneaks up at the end of our 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 credits 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 credibility 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 biggest mistake that college students make

with their credit. Failure to make timely payments shows that you aren't good at managing money. You may not be offered another credit card or a bigger loan. Additionally, If you don't pay back on time, the credit card company will send it to the credit bureau — and it takes seven years for it to get off your record. Building and managing good credit is an easier path than rebuilding bad credit which is possible but difficult.

Don't Go to the Limit of the Card

According to Williams, you should never put more than 30 to 40 percent of the total balance on your card. "Compulsive spending and credit cards do not go well together," he said. This is especially true because of how accessible credit cards make spending. Going overboard with superfluous spending can make credit lenders question your credibility.

Don't Get too Many Credit Cards

As a college student, having a credit card can be a helpful tool. After proving your responsibility, you can apply for more cards with larger limits; however, having more cards is not always better. It is never recommended to have more than three credit cards because they become difficult to manage and may decrease your credit score.

The idea of a credit score also deserves an explanation as it is directly related to your credit behaviors. Everybody has a credit score ranging from bad to excellent on an 850 point scale. Elements of your credit score include your payment history, the amount you owe today the length of the credit history, the new credit and the type of credit used. In general, younger people have lower credit scores and the older they get, the more likely they are to have good credit.

If you are like most college students and still have questions about how credit works and how to manage money, Williams suggests taking his personal finance class (FIN 2000) to learn about becoming a financially responsible adult.

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The Diets Tried Around the World

By: **Lena "Gaby" Holmes**
Contributing Writer

It's 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 metabolic state, which is how the diet got its name. The diet also get its name from the fact that it turns fat into ketones which produces 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.

Whole 30

Whole30 is a thirty day clean-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 and fiber, 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 fats 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 loss 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.

Where to hang your hammock

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

With midterms coming up soon, stress levels are high around campus. It's important to walk away from your work sometimes and let yourself relax. Hammocking is a great way to literally lose sight of everything on the horizon. Plus, you can always bring a friend or significant other to spend time alongside you. If you already have a hammock, here are a few places on and off campus to try out. If you don't, these might just convince you to invest.

On-campus spots

Lakeside

Pick out a couple prime palm trees between the library and Horvitz, and sling your hammock across them. Foot traffic is relatively light even during the day, so you're unlikely to be disturbed. You'll get to see campus ducks waddle by, or if you're lucky, you might even see a fellow sunbathing iguana.

Behind the UC

Quite a few trees line the walking path behind the UC. Not only is it a nice walk but it's not heavily frequented, so you'll get to enjoy peaceful seclusion along the canal. Bring a book — leisure only — or a magazine with you to accompany your newfound silence.

The Commons

If you prefer ambient noise to silence, try hanging from the palm trees in front of Commons. You'll get to enjoy quaint Florida architecture and the pit-patter of occasional footsteps. Remember, if you're going out to soak up some sun, slap on some sunscreen.

Off-campus spots

Colee Hammock Park

Just south of Las Olas Blvd., Colee Hammock Park is a perfect place to lay back and watch boats pass. When the river's clear, you'll get to enjoy the pretty blues flowing by, and if you look up, the mansions surrounding are a sight for sore eyes.

Dania Beach Pier

Hang just above foamy sea water and just under well-loved wooden planks. You'll be shaded from the sun and have plenty of white noise to lull you into a cozy beach nap. Whenever you open up your eyes, you can walk along to shore to really leave your worries behind.

Tree Tops Park

Check out Tree Tops for acres of room for relaxation. In the picnic area, there are trees



surrounding open space, so you can look up at the canopy meeting the sky. While there, you can explore the park's 23 acres for other great places to hang.

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Swing on by the trees next to Gold Circle Lake, for a hammock surprise.

Getting ahead on your midterms

By: **Emma Heineman**
Features Editor

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 acing 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 increase your ability to remember and recall information on exam day. In 2014, the Association of Psychological Science reported that students who handwrite 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 a part of the brain that gives your memory a

boost. Even if you took notes by hand to begin with, rewriting notes can further improve your studying productivity. Use colors and organize your notes into a clear format. Try different fonts and styles to make reviewing your notes more interesting.

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 the United States Army Research Institute revealed that ultradian rhythms have 90-minute cycles. This means that correctly attuned to biological

rhythms, humans should engage in 90 minutes of activity followed by 20 minutes of rest, cycled throughout the day. Following these figures, you should aim to take a 20 minute break for every 90 minutes of studying you complete. Studying for too long or too short can decrease your odds of success.

Plan ahead for study space

Finding a quiet study place during midterms week is notoriously more difficult than usual. Through the Alvin Sherman Library, students can reserve private study rooms up to two weeks in advance. This eliminates any additional pressure students may feel about finding a spot to study and ensures a quiet spot where students can work independently or study in a group.

Sensory triggers

While this approach may seem less conventional, using triggers such as scent and taste can improve humans' abilities to recall information when exposed to the same stimuli. Richard Doty, a professor at the University of Pennsylvania, explains that memory and sensory stimulation are connected. Spraying a specific perfume or cologne while you study and wearing the same scent the day of the exam can increase the probability of remembering information. 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 taste; chewing a particular flavor of gum while studying and while taking an exam can increase your brain's ability to recall facts and concepts.

Ted Talks to get you through the semester

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

It's around that time. The semester feels like it's caving in on you and you're starting to lose sight of the academic goals you set at January's start. That's okay, it happens to all of us. What matters is that you climb your way out of the pitfalls you've come upon and sustain belief in your ability to achieve your potential. Here are a few must-see Ted Talks to help you do just that.

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? by Isaac Lidsky

Isaac Lidsky is many things. A Harvard graduate, CEO, child star — and blind. In his Ted Talk, he 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 communities. 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 imposter 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 fulfills us. Lewis says that near-wins are propelling forces that bring our goals into focus and notes the Dunning-Kruger effect: as you gain knowledge, "you learn how little you know." With this perspective, students can use

their failures as motivation to do better rather than view them as punishment to their GPAs. Lewis emphasizes that there is no endgame to growth; it's all about the journey of continual improvement.

The puzzle of motivation by Dan Pink

Career analyst and freelancer Dan Pink challenges traditional understanding of motivation. Something he voices as a "mismatch between what science knows and what business does." Essentially, he 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 struggling to see a light at the end of their semester, this video might remind you why you are doing what you are. And if it doesn't it might help you discover where your true passion lies.

SOUNDBITE

Dermot Kennedy

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

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, alternative, indie-roots-rock artist, but even with this plethora of genres, I'd still argue he skirts along the edges of any classifications.

I found Kennedy a few months ago when Spotify recommended I add the track "An Evening I Will Not Forget" to one of my

playlists. For context, the set already included "Someone to Stay" by Vancouver Sleep Clinic, "The Night We Met" by Lord Huron, "Soldier On" by The Temper Trap and "Wash." by Bon Iver. "An Evening I Will Not Forget" got me hooked and for good reason. Like most of his other songs, it features heavy visuals and rhetoric like "I kept my hope just like I'd hoped to/Then sang to the sea for feelings deep blue" and "That's no way to be living kid/The angel of death is ruthless." What really drew me in was the peak of the song: "What's important is this evening I will not forget/Purple, blue, orange, red." You almost feel Kennedy keeping it in for the entirety of this song until these lyrics burst outwards, flooding the scene with vibrant passion, anger, sadness and frustration.

His self-titled compilation "album" — featuring twelve tracks but classified as a single by Spotify — is filled with other amazing

songs. "Moments Passed" was stuck in my head for an entire weekend, and I wasn't mad about it at all. The number begins with cutting of indistinguishable low lyrics, juxtaposed immediately before Kennedy's singing. The song departs a bit from the sound of his usual folk-alternative vibe, verging on a mix between soul and somewhat electronic. It's the kind of song you could listen to while walking under street lights or waiting at a bus stop in between towns.

Other fan favorites include "For Island Fires and Family," "A closeness," "After Rain" and "Lost" while I favor "Young & Free," "An Evening I Will Not Forget" and "Moments Passed." All of Kennedy's songs 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.

Switching my cup of joe for a cup of... mud

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

I have a love-hate relationship with coffee. On one hand, it helps me wake up and lessens the blow of my busy schedule; plus, I enjoy the ritual of pouring a cup each morning. On the other hand, it makes me feel anxious and jittery. Not to mention, I don't really like the taste that much. In all honesty, my beverage of choice will always be a cup of black tea or yerba mate, but I find they just don't have the kick of caffeine that coffee does. About two weeks ago, I decided that coffee was doing more harm for me than good, so I quit it.

I wouldn't say I had "withdrawal" of any sort, but I have missed that part of my morning routine. Enter mud water. While perusing on social media, I was continuously bombarded with very aesthetically pleasing ads for MUD\WTR. As a long time herbivore and somewhat of a nature nerd, they piqued my interest.

Upon research, I discovered MUD\WTR did not contain, obviously, any mud. Rather, it was a powdered blend of masala chai, cacao, reishi, chaga, cordyceps, lion's mane, turmeric, sea salt and cinnamon. Their website goes into

detail as to what these ingredients mean, which I appreciated, because otherwise I would've thought it was a magic spell from a witch's book. Essentially, these adaptogens promise light stimulus, energy, immune system response moderation, anti-inflammatory properties, tumor and cancer-fighting polysaccharides and triterpenes and so much more. And, according to reviews, it was a great replacement for a cup of morning coffee.

Even with all of these benefits, I was skeptical. For starters, it was \$30 for 15 servings. While \$2 for a drink isn't too bad — I've spent almost \$5 at Starbucks — it's a lot to fork out at once, especially if I didn't know if I would like it. The company also offers subscription services that lower the cost a bit. In the end, I ultimately decided to buy a tin, deciding I would pass it off to someone else if I wasn't a fan. With high hopes and a lower bank account, I added an order to my cart.

The MUD\WTR arrived pretty quickly after I ordered it and came with a few stickers, which is always a plus. Upon opening the

container, I was a bit underwhelmed. True to name, it does kind of look like fine, reddish-brown silt. After pouring in boiling water, it still looked like muddy water, not to my surprise. I tried it without anything extra, and it was, in every sense of the word, fine. It tastes like half of a packet of hot chocolate, chai and a gingerbread cookie had a baby. I added some liquid stevia and almond milk and was pleasantly surprised at how much it improved the flavor.

However, I don't really feel like I benefited from any of the extra benefits of MUD\WTR. I didn't particularly feel any more awake in the morning or notice any other differences. After about a week, it still just felt like I was drinking something that tasted okay.

While I probably won't pawn this off to a friend, I'm not sure I'll do a reorder either. The taste is fine — something I'd probably order at a shop if it was available. However, for \$30 at a time when my tea is \$25 for 100 bags, I'm not sure it's worth my money. Am I mad at mud? Not at all, but it's definitely something I might just have to revisit in the future.

OFF SHORE

CALENDAR

Full Moon Beach Meditation
Feb. 19 | 6:30 p.m.
@South Pointe Beach | Miami

Fleetwood Mac
Feb. 20 | 7 p.m.
@BB&T CENTER | Sunrise

Pride Fort Lauderdale
Feb. 20 - Feb. 24 | Various times
@Ft. Lauderdale Beach Park | Ft. Lauderdale

Bad Company
Feb. 22 | 8 p.m.
@Hard Rock Live | Hollywood

Orange Blossom Festival Rodeo
Feb. 23 - Feb. 24 | 9 a.m. - 5 p.m.
@Bergeron Rodeo Grounds and Davie Arena | Davie

Russian National Ballet Theatre: Swan Lake
Feb. 24 | 2 p.m. / 7 p.m.
@Parker Playhouse | Ft. Lauderdale

Open Mic Night
Feb. 25 | 6 p.m.
@Yello! | Ft. Lauderdale



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MUD\WTR is a coffee-alternative that is a unique new offering to the caffeine market.

Notorious RGB: A movie review of "RBG"

By: **Alexander Martinie**
Opinions Editor

"I ask no favor for my sex. All I ask of our brethren is that they take their feet off our necks," said Associate Justice Ruth Bader Ginsburg quoting Sarah Grimke. For years, Justice Ginsburg has been a vocal and integral member of the Supreme Court. Justice Ginsburg has gone beyond the courtroom and become, what some would consider, to be an icon in popular culture. "It's an amazing thing to see somebody in her eighties become such an icon," said Nina Totenberg, a correspondent for NPR.

To start off, if Ruth Bader Ginsburg ever needed anything — ever — I would drop everything and give her my full attention. She needs a kidney? Done; she can have both of mine. She needs a heart? Cut me open and take mine. Anything that keeps her on the Supreme

Court, I would do. With her recent health concerns, the movie "On the Basis of Sex" and the documentary "RBG" depicting her life, Justice Ginsburg has received a lot of attention in the past few months.

Directed by Julie Cohen and Betsy West, "RBG" is an inspiring documentary that follows Justice Ginsburg's rise to the highest court in the U.S. This documentary showcases how Justice Ginsburg has fought for gender equality since she attended law school in the 1950s at both Columbia and Cornell.

Justice Ginsburg is an inspiration, and this documentary shows it. At 85, Justice Ginsburg is still going strong, even with the opposition calling for her retirement. Justice Ginsburg has truly earned her nickname: the Notorious RBG.

She needs a heart? Cut me open and take mine. Anything that keeps her on the Supreme Court, I would do.

"RBG" is an amazing film that has a great balance of seriousness and humor that perfectly captures the Justice Ginsburg's essence and personality. The New York Times called RBG "a jaunty assemblage of interviews, public appearances and archival material, organized to illuminate the temperament of Ruth Bader Ginsburg and her accomplishments so far." I wholeheartedly agree with this review. Justice Ginsburg's personality is highlighted accurately and in a way that shows why she is considered to be an icon.

"RBG" combines a personality profile with a biography for a hilarious yet informative documentary. Earning a 94% on Rotten Tomatoes, "RBG" is a must-see documentary for all those looking for inspiration. For a more in-depth look at the life of Justice Ginsburg, many reviewers have suggested reading "Notorious RBG: The Life and Times of Ruth Bader Ginsburg" by Irin Carmon and Shana Knizhnik. The Coral Gables Art Cinema will be showing "RBG" on Feb. 25 and 26.

ON DECK

WOMEN'S BASKETBALL

@Lynn
Feb. 20 | 5:30 p.m.
Boca Raton, FL

@Tampa
Feb. 23 | 2 p.m.

MEN'S BASKETBALL

@No. 16 Lynn
Feb. 20 | 7:30 p.m.
Boca Raton, FL

@Tampa
Feb. 23 | 4 p.m.
Tampa, FL

MEN'S BASEBALL

@West Florida
Tues. 19 | 2 p.m.
Pensacola, FL

3 Game Series
V.S. Embry-Riddle
Feb. 22 & 23 | 6 p.m.,
1 & 4 p.m.
NSU Baseball Complex

WOMEN'S SOFTBALL

The Spring Games
Feb. 24 | 2 p.m. & 4:15 p.m.
Feb. 25 | 9:45 a.m. & 12 p.m.
Clermont, FL

MEN'S GOLF

Saint Leo Invitational
Feb. 25 | All Day
Lake Jovita Golf & Country

WOMEN'S GOLF

Lady Moc Classic
Feb. 19 | All Day
Grasslands Golf & Country
Club | Lakeland, FL

WOMEN'S TRACK

NSU Invitational
Feb. 23 | 9 a.m.
Ansin Sports Complex |
Miramar, FL

MEN'S TRACK

NSU Invitational
Feb. 23 | 9 a.m.
Ansin Sports Complex |
Miramar, FL

WOMEN'S SWIMMING

SSC Championships
Feb. 22-24
Clearwater, FL

MEN'S SWIMMING

SSC Championships
Feb. 21-24
Clearwater, FL

On The Bench:**Football: We know the dangers but we choose to ignore it**

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

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 longtime 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 preseason, 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 gotten 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.

**This Week in Sports History**

By: **Laurel Gallaudet**
Contributing Writer

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 19**Team USA trashes their rooms at Winter Olympics (1998)**

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 1998 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 (1952)**

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 (1968)**

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 (2018)**

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.

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. get to know our student athletes

ATHLETE OF THE WEEK: Mikkel Kolstad

By: **Alexandra Herlihy**
Sports Editor

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 Crutch[field] 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 teachers work with you. Cons: 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 place 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."



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Mikkel Kolstad, shown above, maps out the shot before taking it.

SPORTS SHORTS

Men's Baseball

On Saturday the Sharks split a doubleheader against North Greenville finishing out with 11-8 win in the second game. The Sharks started out with a three-scoring home run by senior Christian Demby in the first inning and three other runs by senior Garrett Wolforth, junior Brandon China and senior Ian Acevedo in the third. The series ended with both teams walking away 3-3.

Men's Basketball

On Wednesday night, senior David Dennis hit a game-winning shot to move the NSU Sharks to No. 4 in the Sunshine State Conference matchup against Eckerd. Senior Dwayne Gibson earned the sharks 25 points and 13 rebounds in this game with Dennis and Mikkel Kolstad adding 12 points each. The Sharks currently stand 20-2 overall and 14-2 within the SSC.

Softball

In last weekend's series against the Florida Southern Mocs, the Sharks took home a win 5-2. At the top of the fourth the Sharks tied that game with two RBI double by senior Keeley Mayers. Sophomore Miriam Schmoll pitched all 7 innings and allowed two runs on five hits with three strikeouts.

Women's Basketball

The Sharks suffered a loss 68-74 against Eckerd on Wednesday, February 13. Graduate student Christen Prasse earned a team-high six rebounds with nine points and three assists. McMahon earned 13 points, five rebounds, two blocks and a team-high of three steals.

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 does own a small percentage of the Liverpool FC soccer team.

Raceway. He is a serious cyclist, loves fitness and has been running 20 miles every Monday for five weeks. However, he has not attempted a marathon before. He has already started training, running 70 miles a week and plans on running 90 to 100 miles a week by the end of March.

NASCAR driver hopes to complete marathon in less than three hours

On Wednesday, February 13, Jimmie Johnson, NASCAR racer is planning on running in the Boston Marathon in under three hours. The marathon takes place on April 15, just two days after he will be racing a 400-mile NASCAR race at the Richmond

Wales rugby player to have more arm surgery

Wales back-row rugby player Taulupe Faletau is missing all of the Six Nations after he announced that he needs another operation on his arm. Initially, Faletau was planning on playing in the match, but because of this impending surgery, he will not be able to. There is good news though, Leigh Halfpenny, who was out on a concussion and Rhys Patchell, who was out for a hamstring injury, are expected to return when Wales hosts England on the 23.

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

Feb. 20th | 11:30am
Teaching Kitchen | Flight Deck Multipurpose Room
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Feb. 22nd | 11am
FYUL Friday Superfood Recipe | Razor's Reef



Goodbye iPhone

By: **Flor Ana Mireles**
Contributing Writer

Ever since middle school, perhaps the sixth or seventh grade, I have been an iPhone user. I may not have always had the latest model, but I did always find myself loyal to the brand. Years later, I am still a part of this so-called “Team iPhone” but losing more and more interest. Rumors have been around for quite some time now claiming that Apple has been slowly diminishing the lives of older iPhone generations to encourage its users to purchase the newer and more expensive models. For a while, I did not believe this, but, as the owner of an iPhone 7 Plus

in the era of iPhone Xs, I am starting to get the gist. While I am a fan of Apple products and get all my work done daily on my MacBook Air, I have decided to give my iPhone an advanced goodbye.

In the past few months not only has my iPhone been freezing more often and responding slower, but I feel the quality of the phone itself has been lost. With the advances of technology, phones like the Google Pixel and Android have upped their game, but iPhones have fallen behind. I am not planning on tossing my iPhone just yet, but I am looking into and

researching other brands to replace my phone once it finally reaches the end of its life. There are aspects and benefits of the iPhone I will certainly miss: FaceTime, iMessage, and AirDrop. But I am looking forward to starting a new journey with a different company. At the end of the day, it really doesn’t matter what brand your phone is or if you even have a phone with a recognized brand. What matters is being able to communicate with others, get stuff done, listen to music, and capture life’s moments.

Is there a lot of pressure to go to college... um yeah

By: **Rachel Larson**
Contributing Writer

In a country where a high school diploma used to be an acceptable level of education for entering the workforce, America has rapidly catapulted into a norm where now even a bachelor’s degree is scarcely enough to secure a job that will support the cost of living. The idea of not attending a four-year university seems absurd and downright crazy. Entry level positions that once required only a high school education now ask for a bachelor’s at least.

As someone who wanted to forgo the traditional college route and attend makeup school instead, I am unsure what my future would have held had I chosen not to attend a college. When I told my parents I didn’t want to go to a four-year school, my mom immediately rejected

the idea and scheduled an appointment with my high school advisor almost instantaneously. I was then convinced to start applying to colleges and universities, to get a degree first, and to put something that I was genuinely passionate about on the backburner. I feel as though this is the case for a lot of high school seniors when looking to the future. As early as sophomore year, college readiness is thrown at the students and visible from every angle. It’s unavoidable, and college begins to seem as though it is the only option. However, there is no instruction on how to apply for loans, fill out the FAFSA or even the best route to paying off college debt.

Instead of being encouraged to follow their passions, more often than not kids are

told to look at jobs that will provide them with financial stability. I have a number of friends in college that were forced into majors by their parents, not allowed to pick something they might actually want to pursue a career in. Young people are threatened with the thought of a life of “failure” and financial hardship if they do not pursue a college degree. Entering the workforce immediately after high school graduation is still an option, but often looked down upon and promised a life of poor-paying jobs and difficulty of professional advancement. As an 18-year-old, I felt backed into a corner, like there was no other choice but for me to go to college, get a degree, get a job and then work with hopes of eventually retiring. Now, I feel

that pressure reinvigorated with a dilemma in regards to attending graduate school or not, even though the cost of college steadily increases at an almost unmanageable pace.

As the professional world advances, the qualifications required for young people to get even a base-level job increase as well. Where our generations predecessors had a bit more freedom in deciding where their futures lay, the young people of today are sadly not awarded that same affordance. The privilege of greater opportunities, it would seem, come with a price tag that forfeits real choice.

I am a PRO at PROcrastinating

By: **Ethan Lozano**
Contributing Writer

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 small 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 lenient 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 not trying to create 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 wanted 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 Meagle 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 just waste time trying to change your ideas when you only have a few minutes left to submit. Another small advantage is that if you change procrastinating into a positive narrative, then you could say that you are quick on your feet 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 hours before it is due. If it is a very important assignment, then I will give myself 24 - 48 hours to do. It is still procrastinating, because I had over a month to work on the assignment. Lastly, be prepared for judgment from your professors when they see that you have submitted your assignment at 11:58 p.m. I am totally fine living with the judgement because procrastinating lets me go to the gym twice a day, and have more time to play with makeup.

The struggles of getting an excused absence

By: **Skylyr Vanderveer**
Multimedia Manager

Life in college is very hectic. Every semester I get either very sick or have some sort of family emergency. Whether it’s food poisoning or a religious holiday, I can’t always make it to class. I make sure to email my professors as soon as I possibly can when I know I won’t make it, but sometimes, life throws me giant curveball.

I recently had a friend suddenly pass away. I can still remember my mom calling me in between my classes that Thursday and telling me about what happened. After taking a minute to collect myself during lunch, I emailed my professors to let them know of the situation. I was hoping to go home, but I couldn’t afford the

flight. To make myself feel “at home,” I spent time with my brother and a couple of other friends who were feeling the same way I was.

After taking a couple days to take care of myself and mourn, I focused on getting back into my schoolwork. It was easy for me to catch up, since I prefer to stay ahead of my classes. I then started to look into how I get the absences excused. I didn’t think it would be as complicated as it is.

I originally thought I had to let my professors know about the situation to get an excused absence and then send them some sort of proof of evidence. For example, if I was sick and went to the student medical center, I would

hand my professors a copy of the doctor’s note. That seems to make the most sense to me. After looking into NSU’s student handbook, I got quite confused.

In order to get an excused absence, I had to tell Disability Services and provide the proper documentation if necessary. Then, Disability Services would tell my academic advisor who would then tell my professors. The policy does not make sense to me.

I understand that there are some students who would make up something to not go to class, but I don’t understand why the absence has to go through a bunch of different people when I could just tell my professors everything. I can’t even

hand my professors a doctors note. They would have to get the note by going through the giant process.

NSU always likes to promote how students and professors have strong relationships with the small class sizes. Why would I need to jump through hoops when I can just drop into my professor’s office hours? In the professional world, I would just hand the proper documentation to my supervisor. Wouldn’t it make more sense to do that at a university who prides themselves on giving students professional experiences?

Who has time to get involved?

By: **Alexander Martinie**
Opinions Editor

In 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 school 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 still haven't 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

not only did you succeed academically, but it also shows that you are a well-rounded student.

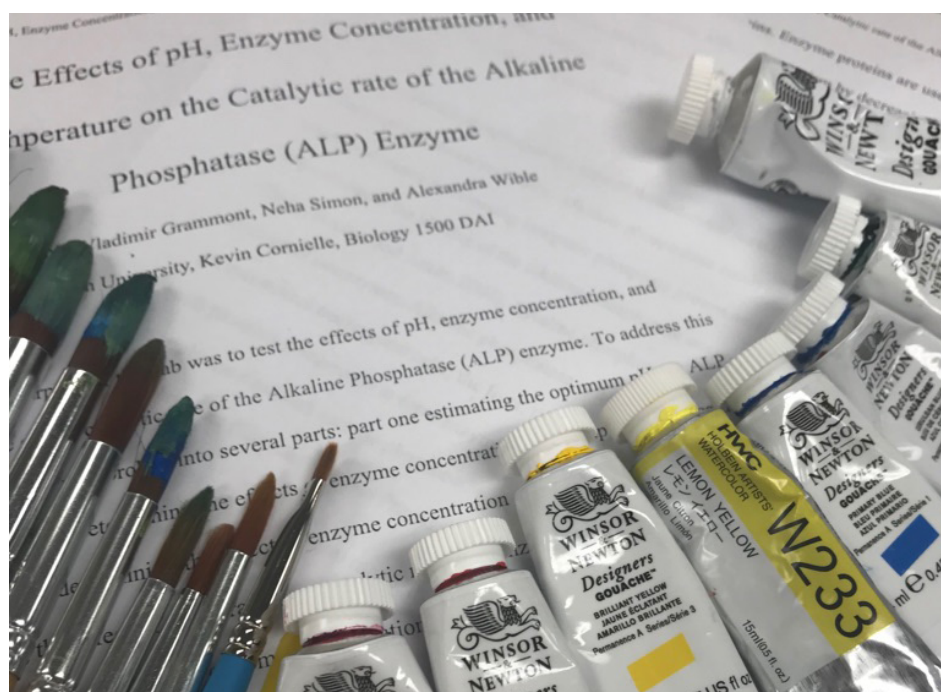
Getting involved in something is a great way to, not only, up the ante on your resume, but being involved is a great networking opportunity. Clubs and organizations on campus are an amazing way to make connections in whatever field you are interested in. Pre-med? There are a lot of clubs for that. Pre-dental? 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.

By: **Rachel Larson**
Contributing Writer

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 essential step that young people take towards their impending adulthood. Choosing a major is as stressful as choosing the college itself. Deciding what to focus all of your time and energy on for the next four years and then your life's work after is a big decision for people that had to ask to go to the bathroom only months prior.

As is with almost everything else, there is an assumed hierarchy of difficulty when it comes to different majors. More often than not, STEM classes are placed above STEAM (inclusive of the arts) because majors having to do with the liberal arts are looked at as nonessential or non-serious, which is not the case. In my experience, I find that people tend to only discuss the difficulty of their own major when trying to discredit someone else's. As a communication major, a lot of the time I am either grouped in with English or told that my major is not a legitimate subject of study. Communication as a whole has a lot of overlap with a multitude of other subjects and at NSU; we are required to take mathematics, science and language courses alongside our core curriculum. The majority of



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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 most 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.

SHARK SPEAK

Do we do enough to celebrate Black History Month on campus and in general?



"People on campus, in general, don't do a lot to celebrate Black History Month. BSU and CSA do, but then again I don't really keep up with things on campus because I'm busy all the time. [NSU] should do more to celebrate the culture."

-Celine Rostant, junior, nursing major



"I'd have to say we do. I feel like it's secluded more towards people who are specifically African American. Maybe we could try including people of other races, too."

-Anjali Patel, freshman, neuroscience major



"No. There should be clearer posters and more awareness about upcoming [cultural] events so people are aware of what's going on."

-Martin Hemminghytt, freshman, psychology major



"I would have to say no. Being an NSU student myself, I do interact a lot with African American students and students that identify as black. I don't see any recognition or any sort of validation from them that they feel [Black History Month] is being widely celebrated. [NSU] could definitely do more-- maybe having tabling events or even informational sessions."

-Miriam Mahmoud, sophomore, legal studies major



"I'm a commuter student, so when I come and visit the campus I don't normally see a lot. I mean, I see the nations' flags and things like that. I'm actually employed by another university and they do a little bit more [than NSU]. Again, that's all from what I'm seeing."

-Jason Pittmon, 2nd year graduate student, MBA



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- **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.

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- **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

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Locations: Horvitz Office (1st Floor of the Horvitz Building, Room 152)

DeSantis Office (Carl DeSantis Building, Room 1042)