

2-26-2019

The Current Volume 29 : Issue 23

Nova Southeastern University

Follow this and additional works at: https://nsuworks.nova.edu/nsudigital_newspaper

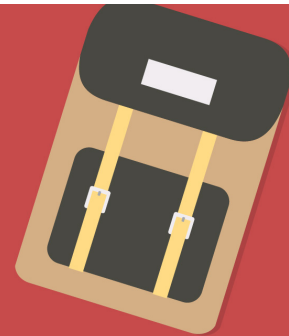
NSUWorks Citation

Nova Southeastern University, "The Current Volume 29 : Issue 23" (2019). *The Current*. 687.
https://nsuworks.nova.edu/nsudigital_newspaper/687

This Newspaper is brought to you for free and open access by the NSU Digital Collections at NSUWorks. It has been accepted for inclusion in The Current by an authorized administrator of NSUWorks. For more information, please contact nsuworks@nova.edu.



Good luck on midterms!



Features



It's almost time for Mardi Gras... but where did the tradition begin?

P. 4

Arts & Entertainment



Spring break packing hacks

P. 6

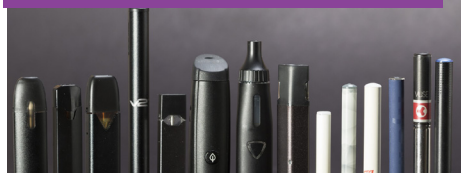
Sports



Get the lowdown on this week in NSU sports

P. 9

Opinions



Should juuls be allowed on campus?

P. 10

NSU researchers decode Great White Shark Genome

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

A team of researchers from NSU's Save Our Seas Foundation Shark Research Center (SOSSRC) and Guy Harvey Research Institute (GHRI), Cornell University College of Veterinary Medicine and Monterey Bay Aquarium, decoded the complete genome of the great white shark and compared it to the genome of other model organisms.

"The idea was to look for things that were unique within the shark genome and things that were shared between the shark and other vertebrates, including a whale shark," said Mahmood Shivji, director of Save Our Seas Shark Research Center and Guy Harvey Research Institute at NSU.

This research project contributed to three major findings: a large genome, LINEs elements or an abundance of jumping genes and positive selection as well as enrichment in wound healing pathways.

"The genome is about one and a half times the size of the human genome. In addition to that, we looked to see what might explain this very large genome, all this additional DNA. We found that a white shark has a lot of repeated DNA sequences. That in itself is not surprising but was surprising is that of all these repeated DNA sequences there were about 30 percent of LINEs elements. These [LINEs elements or jumping genes] have the ability to make copies, move around and insert themselves in different parts of the genome. To do this, they have to break the DNA first or make what is known as double-stranded DNA breaks. They do this by breaking the DNA, inserting themselves within the breaks and then sealing those breaks," said Shivji.

The process of breaking and resealing DNA can generate mistakes in the sequence during the

sealing process. This can cause many problems in the genome such as mutations that can cause genome instability.

"Genome instability is an important biological phenomenon. In humans, an individual's DNA with genome instability has a lot of mutations and breaks which can cause cancers and other age-related diseases. There is a huge interest in the medical research world to try and figure out how to reduce genome instability in human and reduce instances of disease.

We saw that there was a lot of jumping genes in the white shark DNA which would indicate that the genome was unstable. But on the other hand, our second discovery found that a lot of the white shark genes have also undergo positive selection," said Shivji.

Positive selection, in reference to this genome, is changes in the DNA sequence that provide advantages to the organism such as DNA repair, damage response and tolerances. These genes are involved in maintaining genome stability in an organism. This could be considered a counteractive force to having all these jumping genes creating mutations in the genome.

Shivji explained that the research found that other than a link to genome stability, a lot of these positively selected genes were enriched compared to other organisms. These enrichments in the whale shark and white shark were involved in known wound healing pathways similar to the model systems like humans and mice. So it is assumed through these findings, that sharks have advancements in wound healing through the genome.

It is important to point out, however, that although this research may prove that sharks have advancements in their DNA for protective

countermeasures to certain ailments, that does not mean that sharks aren't susceptible to things like cancer.

"Sharks have these amazing adaptations—which is what we found through this study—but that doesn't mean that eating sharks will cure cancer. Thinking that eating sharks will cure cancer or make your wounds heal faster is about as silly as thinking that eating sharks will make you hold your breath better underwater or swim faster," said Shivji.

The next thing that the researchers would like to explore is to see if this genome stability and positive selection genes and wound healing in the genome are just restricted to these larger species like the whale shark or white shark, or if these adaptations are seen in all sharks. Further



PRINTED WITH PERMISSION FROM B. DILKES AND D. DIVERS

down the line, they would like to investigate if they can bring these shark genes into human model cell lines in the lab and see if these genes can prevent or protect from genome instability.

"There is a general suspicion—but no hard-core scientific evidence—that sharks have a higher resistance to cancers. Our data supports that idea, that they have a way to keep their genome stable and have less instances of that happening. It can be seen as a type of protective mechanism to prevent cancers or other diseases," said Shivji.

For more information on this research, the findings are reported in the 'Latest Articles' section of the journal Proceedings of the National Academy of Sciences, USA.



INTO MOVIES?

Catch new releases like these this February and more on SUTV.NOVA.EDU

News Anchor

Stay up to date with national events.

K.K.K. urged to "Ride Again" in Alabama Newspaper

On Feb. 14, an editorial called for the "ride of the K.K.K." According to the New York Times, Democrat Representative Terri A. Sewell, called for the editor and publisher of the paper, Goodloe Sutton, to apologize and step down. Sewell tweeted, "These comments are deeply offensive and inappropriate, especially in 2019." Sutton's position was filled by Elecia Dexter, an African American woman from Chicago who served as the paper's front office clerk.

West Virginia Teachers Stage Walkout

Teachers and union leaders in West Virginia continued to stage walkouts across the state in protest to a bill they claimed was "retaliatory towards educators." The bill, introduced by the State House of Delegates would have allowed tax dollars to pay for private school tuition and would have allowed charter schools to be established in the state for the first time. In response to the widespread walkouts which closed schools in all but one of the state's 55 counties, the House of Delegates tabled the bill indefinitely. According to the New York Times, protest will continue to make sure no measures are taken to reopen the bill.

Trump Rallies Against Press After NY Times Report

Last Wednesday, President Trump released a statement saying that the New York Times had "never been more dishonest," according to Politico. The comments were made after the NY Times published an article last week, which detailed the president's ongoing efforts to influence investigations into his 2016 campaign. While the President did not refute any specific parts of the report,

the statement he made called the newspaper as the enemy of the people.

Teen Sues the Washington Post for \$250 Million

The Kentucky teenager in the video of the confrontation with a Native American man at the Lincoln Memorial filed a lawsuit against the Washington Post, claiming "the newspaper made 'false and defamatory accusations' against him in its coverage of the episode," according to Politico. The sixteen-year-old student at Covington Catholic High School in Park Hills, KY, Nicholas Sandmann, is seeking \$250 million in compensation for the harm the Sandmann family has faced in the midst of the controversy that arose surrounding the video. Sandmann's attorneys, Lin Wood and Todd McMurtry, released a statement that further litigations will be forthcoming.

Bomb Threats Made for Tampa Mayor's Twitter Account

At 4 a.m. last Thursday, a hacker took over the Twitter account of Tampa Mayor Bob Buckhorn, posting racist, sexist and pornographic images and comments. Additionally, the hackers sent a threatening tweet to Tampa International Airport (TIA) detailing how a bomb had been hidden somewhere in the airport. The hackers also sent a fake emergency alert warning people in the Tampa Bay area to seek shelter from an incoming ballistic missile. After investigation, Tampa authorities do not believe that any of the threats are credible or pose danger to the public. Buckhorn told local news channels that he is working to close his Twitter account.

The Current

The Student-Run Newspaper of Nova Southeastern University

3301 College Avenue
Student Affairs Building, Room 310
Fort Lauderdale, FL 33314-7796

nsucurrent.nova.edu

NEWSROOM

Phone: 954-262-8455
Fax: 954-262-8456
nsunews@nova.edu

BUSINESS & ADVERTISING

Phone: 954-262-8461
Fax: 954-262-8456
thecurrentad@nova.edu

Madelyn Rinka	Co-Editor-in-Chief	nsunews@nova.edu
Christina McLaughlin	Co-Editor-in-Chief	nsunews@nova.edu
Open	Copy Editor	thecurrentnews@nova.edu
Open	News Editor	thecurrentnews@nova.edu
Emma Heineman	Features Editor	thecurrentfeatures@nova.edu
Alexandra Herlihy	Sports Editor	sportseditor@nova.edu
Kelsey Bruce	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Alexander Martinie	Opinions Editor	thecurrentfeatures@nova.edu
Skylyr Vanderveer	Multimedia Manager	nsunews@nova.edu
Kathleen Crapson	Chief of Visual Design	thecurrentad@nova.edu
Open	Visual Design Assistant	thecurrentad@nova.edu
Mario Lorrimer	Business Manager	thecurrentad@nova.edu
Doice Carrington	Distribution Manager	thecurrentad@nova.edu
Farhan Shaban	IT and Social Media Manager	thecurrentad@nova.edu
Ethan Lozano	Writer	nsunews@nova.edu
Flor Ana Mireles	Writer	nsunews@nova.edu
Lena "Gaby" Holmes	Writer	nsunews@nova.edu
Laurel Gallaudet	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Megan Fitzgerald-Dunn	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

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

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

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

News Briefs

Adults with Intellectual & Developmental Disabilities (AIDD) Law Clinic Community Roundtable and Conference

According to an NSU press release, "The roundtable brings together stakeholders in the AIDD community to network, learn and plan strategic responses to address the legal needs of AIDD persons. This year the roundtable will include a CLE opportunity with confirmed speakers from the local bench and bar." The roundtable will be held on March 15 from 8 a.m. to 12 p.m. in the Panza Maurer Law Library.

Lunch & Learn grant workshop

NSU faculty are invited to the 2019 Lunch and Learn Grant Workshop Series. This series will focus on applying for grants and how to manage projects regarding grants.

The first of the upcoming workshops, "Grant Proposal Writing," will be held on Feb. 27 in the HPD Chancellor's Dining Room from 12 to 1 p.m. Registration is required. Faculty can find more information by contacting Dr. Maryellen Maher.

Alexander Hamilton: Immigrant, Patriot, Visionary

Starting March 17, the Alvin Sherman Library will be hosting the Alexander Hamilton: Immigrant, Patriot, Visionary exhibit in the Adolfo & Marisela Cotilla Gallery on the second floor of the library. The exhibit will feature many documents and items about Hamilton's life and time period, including legal documents, three of his Camillus essays, Acts of Parliament and Acts of Congress. This exhibit will be hosted at NSU until April 15.

Is Food Your Drug of Choice?

Milestones Can Help You Break Your Addiction

Some people use food or restrict their food intake as a coping mechanism, just like a drug, and the impact is just as devastating. It can rob you of your joy in life - isolating you from friends and family and impacting your overall health.



For more information on recovery, call us at 877 690-0218 or click on the QR code to get our Free eBook.

milestones

Helping people recover from eating disorders since 1999

2525 Embassy Drive, Suite 10, Cooper City, FL 33026
Milestonesprogram.org



GLOBAL NEWS,
COURTESY OF
THE CURRENT

Rare black panther spotted in Kenya

Panthera pardus, or the black panther, was spotted in Kenya. This was the first verified sighting of the black panther in close to a century. The black panther is commonly found in Southeast Asia, but it is rarely found in Africa. According to the New York Times, “A team from the Institute for Conservation Research of the San Diego Zoo Global and the Loisaba Conservancy in Kenya confirmed the existence of black leopards— as the animals are also known— in Laikipia County, an area north of Nairobi, Kenya’s capital.”

Largest species of bee not extinct

Wallace’s Giant Bee, a rare species of bee only found in the North Moluccas islands in Indonesia, has been found after previously being thought to be extinct. According to the New York Times, “In January, an international team of conservationists found a

Megachile pluto, as the species is called, in the wild. The team captured the first-ever photos and videos of a live specimen, renewing hope for [the] survival of the species, which is threatened by deforestation.”

Putin threatens missile use against the US in state of the nation speech

Recently, the Russian government has begun to use its gold reserves to fund infrastructure projects while simultaneously raising taxes and retirement ages. According to the New York Times, “President Vladimir V. Putin of Russia— facing an economically beleaguered, less-supportive public— used his annual state-of-the-nation speech on Wednesday to promise a raft of social spending, while also doubling down on threats against the United States.” Over the last year, Putin’s approval rating has dropped drastically.

“The Theory of Creativity” Senior Showcase

By: **Kathleen Crapson**
Chief of Visual Design

This year’s Senior Showcase opened on Feb. 20, with one of the largest graduating classes since the inception of the Art + Design program. Also called “The Theory of Creativity,” the opening reception event is part of the exhibition that will be on view until March 6.

In years’ past, there have been anywhere from two graduates to a handful of seniors, so past exhibitions have been on the first floor of the University Center, outside of the Performance Theater. Due to the increase in students, and the quantity of portfolio works, the exhibition was moved upstairs.

There are eight sections that move the visitor through Gallery 217, found within the second floor of the University Center, in the Department of Performing and Visual Arts wing. Works from the seven seniors can be found on the welcome wall, where each senior then has their own niche of the gallery to showcase their work.

As part of the curriculum from the art and design degree, students create and curate a showing of their works. The exhibition consists of various media, such as traditional paints like acrylic, to new media like found objects and earthenware. Artists delved into global topics like climate change, as seen in Shiloe Gardner’s “Ice Cream for Climate Change” social issue poster, as well as self-exploration and interpersonal growth, as seen in Logan Stewart’s “Mood Tracker” acrylic on canvas.

In total, there are 74 works representing a vast array of cultures, identities and media. Prior to entering, visitors are greeted by Kahkashan Ansary’s “Flames of Freedom”, a multi-panel acrylic piece. Ansary also has other acrylic works on display inside the gallery. Shiloe Gardner created editorials and design work that dealt with climate and environmental issues, as aforementioned. Brandyne Tiwari created digital media art that encapsulates the fictional and mythical, like Charlie and the Chocolate Factory to the myth of Hades and Persephone. Andres J. Mora reimagines the masters Francisco Goya and Vincent Van Gogh within Collage on Goya’s “Saturn Devouring his Son,” and Color Study on Van Gogh’s “Skull of Skeleton with Burning Cigarette,” respectively. Logan Stewart studies the feminine identity and how women navigate through political and cultural barriers throughout her numerous works. Stephanie Suarez has one of the greatest ranges of media, from her “The Unknown” study in fabric and fur, to “She,” in paint and ink. Aina Rivas also has a wide range, from “Barely Balanced,” block print on rice paper, to “Boys to the Yard,” wax and clay study.

The exhibition is open to the public, with free admission. To learn more about Gallery 217’s hours of operation, call (954)-262-7620.

NSU Art Museum Creativity Exploration: Positivity and Patterns

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

As part of their Creativity Exploration series, the NSU Art Museum is hosting a Positivity and Patterns session March 9 from 12 - 1:30 p.m. President of the Florida Arts Education Association Lark Keeler will teach participants about Huichol Mexican art while making Ojos de Dios, “God’s Eyes,” a spiritual protective charm woven upon a wooden cross.

Keeler said that the Huichol called these Ojos de Dios “Sikuli” meaning, “The power to see and understand things unknown.”

As part of the process, students will participate in practicing mindfulness to open up to the unknown and then learn different yarn and weaving techniques that will, hopefully, “syncopate with [their] own rhythms that [they] internally house in our body systems.”

According to Keeler, a study by Drexel University revealed that spending only 45 minutes on creativity a day reduces cortisol levels, a hormone related to stress. Additionally, the Creativity Exploration sessions help contribute to an attitude of mindfulness.

As a certified and licensed mindfulness specialist, Keeler said, “Mindfulness is basically bringing your complete attention to the moment. It’s a focused awareness — staying relaxed and alert at the same time, and it partners beautifully with art-making because in every moment making art, you are consciously making a decision and a choice. Being more aware of that is what I try to integrate into those classrooms at the museum.”

With Positivity and Patterns, Keeler hopes

to inspire a growth mindset that reaches beyond the bounds of art and into the daily lives of her students.

Other benefits of participating in the course include being able to partake in self-expression and being able to give some of your time back to yourself and express self-gratitude amidst what Keeler deemed “the busy hubbub of our lives.” Participating in the artistic program will help students to refine their senses, and Keeler expressed hope the classes would both reenergize her students’ spirits and raise their awareness, passion and attitude of gratitude.

Freshman Samantha Langmaack, communication major, said, “I definitely think it’s a good way for students to decrease their stress while engaging in creative situations. I am

interested in it, and I believe that, as someone who does enjoy crocheting, that it could be beneficial to some people who don’t already know that it can help reduce your stress.”

Keeler also expressed her excitement about these sessions, and mentioned that they have been extremely well received with all but one session selling out. The event costs \$10 to attend. For anyone interested in Positivity and Patterns, Keeler said that students should be sure to RSVP as early as possible to secure a spot by calling 954-262-0258 or visiting web.ovationtix.com/trs/pr/1004426.

Lit Live Coffee & Conversation hosted by Alvin Sherman Library

By: **Alexander Martinie**
Opinions Editor

New York Times Bestselling Author Beck Dorey-Stein will partner with Nova Southeastern University Alvin Sherman and the Broward County Library Foundation to present Coffee & Conversation.

Dorey-Stein is the author of New York Times Bestseller “from the corner of the oval,” which highlights the inner workings of American politics through the eyes of a White House stenographer.

According to Gabriela Rodriguez, assistant director for special events and community partnerships at the division of advancement and community relations and NSU’s liaison to the Broward Library Foundation, “With the Broward County Library Foundation, we are

able to sponsor their Lit Live event. Some of the Lit Live authors are able to go to different campuses, [including] Nova Southeastern University, to give students the opportunity to learn from the author.”

According to Marcia Silverstein, the director of marketing and community relations at the NSU Alvin Sherman Library, “The event is part of Lit Live, which is a large literary festival that is sponsored by Nova Southeastern University as well as the Broward Library Foundation. Every year they have this [event] and there are lots of authors that come from around the country to have a literary feast. There is the opportunity to meet the authors. So we are participating with the author [Beck

Dorey-Stein], there’s also another [who will be speaking at the University School]. We were able to select from a pocket of authors and we decided to pick this young woman who wrote a book about her experience as President Obama’s stenographer.”

This is Dorey-Stein’s first novel and was born of her working as a stenographer for President Obama. Silverstein described the novel as the tale of the author learning “to navigate White House protocols and more than once runs afoul of the hierarchy” and highlights when politics becomes entangled with her personal life. “From the corner of the over” is based off of Dorey-Stein’s experiences as a White House stenographer.

Students interested in writing should attend and have a discussion with Dorey-Stein. The Coffee & Conversation event will be held on Friday, March 1, in the Adolfo and Marisela Cotilla Gallery on the second floor of the Alvin Sherman Library, which now houses a Haitian art exhibit, from 10 a.m. to 12 p.m.. Lit Live promotes engaged and interactive discussions.

“Many years ago, we actually had the literary feast [at NSU], we would literally have every single floor filled with authors and there were book sales. There would be a panel of authors and you would go in and listen to all these author’s speak.

Huddle up for healthy relationships

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

As February draws to an end, it's important to carry over the knowledge Teen Dating Violence Awareness Month has highlighted. That is, college-age students are at risk for experiencing abuse from intimate partners, and even more students may find themselves in generally unhealthy relationships.

According to loveisrespect, a national advocacy organization striving to educate young people about healthy relationships and to prevent abuse, one in three U.S. teens will experience sexual, physical, emotional and verbal, financial or digital abuse before they reach adulthood, and almost half of college women report encountering these behaviors in their relationships. With this epidemic of violence spreading through student communities, understanding how to set boundaries, what respect encompasses and consent are all vital in evaluating both how you are being treated in your relationships as well as what you are bringing to your partners.

One of the most important aspects of a relationship is respecting boundaries, but for whatever reason, we don't always explicitly set these.

Deputy Title IX Coordinator Desmond Daniels said, "I think the part we miss is communication. When we're thinking about boundary-setting, it's probably a good idea to think about how we like to be communicated to."

Essentially, every person is different in what makes them feel supported and what makes them feel disrespected, so having a direct conversation with your partner — the earlier the better — to avoid accidentally crossing boundaries is highly advisable. It may feel awkward, but it's much better to feel awkward and ultimately grow closer than to hurt a person you care about. When considering what areas to place boundaries in, loveisrespect categorizes boundaries in to emotional, physical and digital.

Once you've set boundaries, it's easier to see where your partner might be crossing them and assess whether your relationship is healthy, unhealthy or abusive. It may be news to some that there is a distinction between unhealthy and abusive, and while understanding that difference is important to reacting to and dealing with your circumstances, both are detrimental to your

well-being.

In terms of distinguishing between the two, Daniels said that in an unhealthy relationship, "the individuals involved aren't communicating with one another. They're presuming things, they're taking body language as some greater implication of something else, they're drawing conclusions without actually sitting down an engaging in a dialogue."

Resources from Women in Distress of Broward County (WID) say that partners in an unhealthy relationship, not only don't communicate, but are also disrespectful, lack trust, are dishonest, try to take control of the relationship, may be smothering and express pressure in sexual situations. In an unhealthy relationship, one or both partners may be the problem, but no one is truly benefitting.

Daniels said knowing how to recognize unhealthy aspects of a relationship "gives us an opportunity to learn and grow and hopefully move that relationship to a place where it's healthy or help us get to a position where we just step away from it."

As for abusive relationships, WID

said these involve abusive communication, disregarding feelings, accusations in the realm of trust, not taking responsibility for transgressions, controlling or isolating the other partner and forcing sexual activity.

Remaining in an abusive relationship can be traumatizing and dangerous to your well-being, but it isn't always as simple as leaving. For anyone who is concerned that they are in an abusive or unhealthy relationship, there are resources on the national, local and campus levels. National organizations include the National Coalition Against Domestic Violence, loveisrespect and Stalking Prevention and Resource Center. Local resource are Women in Distress and the Nancy J. Cotterman Center. On campus, students can reach out to Henderson counseling, the psychological services at the Maltz Psychology Building and the Title IX department.

Check on the status of your relationship with handouts at www.loveisrespect.org/resources/download-materials/.

What is Mardi Gras?

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

You may have heard of Mardi Gras as an event at Universal Studios or seen a king cake at Publix, but you probably don't know the ins and outs of Mardi Gras, literally meaning "Fat Tuesday." While areas in Miami host events such as Fort Mardi Gras and a Mardi Gras Bar Crawl, the heart of the holiday lies both in France and New Orleans. Mardi Gras always falls the day before Ash Wednesday and is March 5 this year.

History

According to the travel magazine French Moments, Mardi Gras originated as a Catholic tradition of savory food and high spirits. Mardi Gras day marked the end of a week of indulgence in high-fat, high-flavor foods such as beignets, king cake and meaty meals, a means of celebrating food before the upcoming fasting period of Lent. Mardi Gras spread from France to the U.S. when the French established the port of New Orleans in the early 18th century. There, Mardi Gras New Orleans (MGNO), said Louisiana's governor Marquis de Vaudreuil, coordinated elegant society balls, which eventually developed into a weeks-long celebration of horseback riders, marching bands and fantastical floats carrying krewe members who throw out beads and stuffed animals.

Traditions

A huge part of Mardi Gras is the traditions that come with it. King cakes are one of the most tasty. Every king cake contains a little

plastic baby, again tied to Christian faith as a representation of baby Jesus. Whoever finds the baby in their slice must bring the next king cake for the upcoming parade. Another tradition in Mardi Gras is the crowning ceremony. Each parade is hosted by one or several krewe, organizations that MGNO said each have their own histories and themes. During a parade, the chosen king and queen participate in a toasting ceremony and then ride the rest of the route officially crowned. MGNO lists other krewe members as grand marshals, captain, ball captain, pages, dukes and goddesses, all of which ride on the royal float. Different parades, named after the krewe who host them, are designed around annual themes which range from pop culture to media to sports, and the krewe members decorate floats and craft costumes to align with the year's theme.

While Mardi Gras is all of these things, it is also a time that brings people in an area together. Because parades are organized locally, most attendees will know at least one person riding during the season and get the chance to scream out their name and ask for even more stuff to be thrown at them. While it might seem silly to congregate hoping to catch a ton a beads, this event is a chance for families to reconnect over sweet foods and the common goal of letting go and having fun.



PHOTOS PRINTED WITH PERMISSION FROM J. DUMONT

Mardi Gras in Louisiana is quite the unique experience.



Should I Block My Boss on Instagram?

By: **Ethan Lozano**
Contributing Writer

As social media continues to advance, it is slowly altering our culture by changing the way we communicate and interact with others. It is now possible for everyone to know everyone. You can become friends with total strangers on social media over the simple commonality of liking pineapple on your pizza. You can also find your tinder dates on social media and research if they are truly vegan just like their profile says. On the other hand, your potential boss can also find you on social media. If you don't portray yourself well online, then you may not get that dream job with the good benefits. Or if you already have the job, you may get fired because you decided to post pictures from your night out, right after you just called out sick. So, it is

important to create an image of yourself that will be liked by your peers and your employer.

In the past, recruiters would primarily focus on your resume to evaluate whether you were qualified for the job. Therefore, if you looked good on paper, then you had high chances of getting the job. Times have changed; you can't just look good on paper anymore. Spending hours going through the same 13 pictures, trying to find the perfect one to post on Instagram, may just be worth it. Social media has become another form of a resume. In some fields of work, social media may hold equal or higher value in comparison to a resume. For example, in the beauty and fashion industry, you may have your Instagram dedicated to just your work. In

this instance, they typically use their Instagram accounts like an additional portfolio, so including your social media presence would be very beneficial on your resume. Another popular social media platform dedicated to creating your professional identity is LinkedIn. It also works similarly to a portfolio and resume. It's great at helping you network and applying for jobs. For this reason, you should tailor your social media to fit your profession.

Inappropriate social media posts have ruined the careers of many celebrities and politicians. It can also ruin your career or a potential career. You should be cautious of what you post on social media. If you aren't sure about how appropriate your social media is, then do a

quick review of your posts. If you come across something that may be deemed inappropriate, then remove it. This also goes for captions, not just photos. Also, don't post any negative comments about your job or coworkers because this can result in some negative consequences. Remember, social media has become so vital to the job recruiting process that, according to a poll by statista.com, 92% of companies use social media as a contributing factor in selecting an employee. Lastly, if you want to post pictures from your night out, just make sure to take the selfies before pregame.

That Time I . . . learned how to scuba dive

By: **Alexandra Herlihy**

Sports Editor

In Florida, many people are certified to scuba dive, but back home for me in Connecticut, certified divers are few and far between. Both of my parents have been certified for many years, so when we went on a family vacation to Aruba, I was excited to try.

In 2012, we went on a family trip to the beautiful island off the coast of Venezuela. While planning our trip, my parents signed me up for a Discover Scuba program. The program consisted of an hour-long lecture and twenty minutes of practice in the pool. The workers at the center had to find someone who could speak English since my classmates didn't know any. I was so confident in the pool that I thought I would have no trouble out in the Caribbean.

The day prior had been stormy, so the water wasn't as calm as it was for most of the trip, but I geared up and jumped into the water anyways. I started feeling a little anxious but wrote it off as just normal nervous feelings. Then trouble hit. I couldn't descend into the water. I would get about five feet below the surface before I

popped right back up again. I tried for a solid 10 minutes before giving up and going to sit on the boat. I sat on the boat with my mom and the older Venezuelan woman who got sick while my dad and her husband went diving. I felt so defeated; I disappointed myself, and I felt like I had disappointed my parents as well. They reassured me, but I was determined. I told my dad that night that when we got home, I wanted to register for some actual classes.

Later that year, my dad and I parked in the small parking lot of the Scuba Shack in Rocky Hill, Connecticut. We walked into the back where the classroom was and I soon saw that I was the youngest person there by at least 20 years. This made me even more determined to succeed. During the summer, I would have four-hour pool classes once a week, from 6-10 p.m. This was pretty late for 11-year-old me, but six weeks later, I had finally finished the pool sessions and the time had come for the checkout dives.

The first dive was at Fort Wetherill in

Jamestown, Rhode Island. It was very dark, cold and I couldn't see a lot but I kept my cool and emerged perfectly fine. I was ready for the next day. The second dive was only a few minutes away from my house, in the Brownstone Quarries in Portland, Connecticut. This dive was a little harder because it was fresh water, compared to the previous day's saltwater conditions. By the end of that day, however, I had my picture taken and handed my Junior Open Water Diver's certification card.

This experience changed me for the rest of my life. If I hadn't decided to get certified after failing in Aruba, I would have never realized that I love the ocean. If I hadn't gone out on that limb, I wouldn't have as much confidence as I do now. Because of my decision, I realized that I am at peace when I am under water, and I am forever grateful for the time that I learned how to scuba dive.

PRINTED WITH PERMISSION FROM A. HERLIHY Herlihy, at right, was eager to get her diver's card.



Sexual violence: revictimization

By: **Kelsey Bruce**

Arts & Entertainment Editor

Considering that organizations such as Florida Council Against Sexual Violence and Rape, Abuse and Incest National Network have observed college-aged people are at higher risk for sexual assault than other age groups, understanding the intricacies and risk factors of sexual violence on campus is all too vital. In the context of movements like #MeToo, society is paying more attention to rape culture, and a huge part of that is understanding victims. In particular, many sexual assault survivors are susceptible to revictimization. That is, someone who has already undergone sexual assault once may be more likely to experience further sexual violence. In fact, Human Services Administrator Ana Ferrer at Broward County's Nancy J. Cotterman Center (NJCC) says most research finds that victims who were sexually assaulted before age 18 are twice as likely to be assaulted again in adulthood, with some research listing survivors as 13 times more likely to be further victimized.

According to Ferrer at Broward County's Nancy J. Cotterman Center (NJCC), there are several reasons victims are vulnerable. For one, trauma has a direct effect on the perception of those who have experienced it. Survivors of abuse have a different sense of what a healthy relationship consists of, and behaviors they consider normal could be harmful in actuality.

Further, Ferrer said, "When you're being abused on a regular basis, individuals need to develop survivor skills. They learn to shut down cues to survive their environment, but moving forward into adulthood, those cues are important to keep people safe and to sense danger or assess situations."

So, where people who have not been victimized might be more vigilant, sexual violence survivors may be more susceptible to dangerous situations if they are unable to recognize red flags soon enough to avoid them.

Many of these different perceptions stem from the trauma that ensues after an assault, as it may provoke certain behavioral and psychological manifestations that, according to a 2006 field test by Robert Davis, Pamela Guthrie, Timothy Ross and Chris O'Sullivan, predators may sense and twist to their advantage. Medically, these developed traits are categorized under Rape Trauma Syndrome. Rape Crisis Cape Town Trust details these psychological side effects and said, "rape by its very nature is intentionally designed to produce psychological trauma," and calls it, "a form of organized social violence comparable only to the combat of war."

Rape Crisis organizes symptoms into three categories: physical, behavioral and psychological. Physical symptoms include initial shock, gynecological complications,

nausea, tension headaches, back pain and sleep and eating disturbances. In terms of behavior, victims cry more often, change their social behavior, develop a stammer, become hypervigilant, experience sexual disturbance, begin self-destructive habits including substance abuse and notice relationship problems with family and friends as well as significant others. Moreover, victims also experience psychological symptoms like increased anxiety, self-blame, flashbacks, numbness, humiliation, memory loss, depression and suicidal ideation.

Another component of revictimization lies with perpetrators. Regarding assaulters themselves, Ferrer said, "We need to hold individuals who perpetrate accountable for what they do and stop the victim blaming. More recently, with all the different things that have happened in the media and politics, we can still see how prevalent the victim blaming piece has been and continues to be."

There lies another commonality in these situations: society's attitude towards victims. Ferrer also mentioned that society has a big part in changing the culture surrounding sexual violence. We will all encounter situations in which we are bystanders, and, whether we remain passive or intervene, support a victim or forgive a rapist plays a part in reconstructing rape culture — or perpetuating it.

While society must hold itself responsible for accountability, victims can go through treatment to increase their assertiveness and reduce self-blame, two qualities which Davis mentions put a victim at further risk for future assault. Ferrer noted that part of individual therapy is addressing symptoms so that survivors can change their view of the environment and relationships and begin to trust others. In addition, working on establishing clear boundaries and standing up for themselves when those boundaries are broken may help previous victims to identify manipulative and abusive people sooner rather than later.

Of course, assault is never the victim's fault, and individual therapy is about improving a survivor's life and reducing effects of trauma rather than assigning total responsibility of preventing assault to victims. At NJCC, those who have experienced sexual violence have access to a 24-hour hotline, free counseling and a forensic medical exam without being obligated to a police report. Most importantly, Ferrer wanted survivors to know they are not alone, and there's help.

"There's people you can reach out to who will believe you and who will help you find a voice if you feel you haven't found it," she said.

RADIOX IS NOW STREAMING ONLINE
EVERY NIGHT FROM 6PM TO MIDNIGHT!
TUNE IN AT
nova.edu/radiox/listen.html

TO ROCK OUT WITH US!

Welcome to
TRIPP LAKE CAMP
Teach tennis, swim, canoe, gymnastics,
kayak, water ski, photo and more

Tripp Lake Camp is looking for males and females who like to travel, meet new people, and teach activities to children. If you're interested in spending your summer in MAINE, give us a call or stop by our website for more information.

1-800-997-4347
www.triplakecamp.com
TRIPP LAKE CAMP for Girls

SOUNDBITE

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

Vacation Manor, a self-proclaimed indie rock band from Nashville, TN, had quite the year in 2018. The group released two singles, “Say We’ll Make It” and “Careless (Live from the Living Room),” along with their album “Everything I Can’t Say Out Loud.” Since their first single “A Toast and a Spirit” was released in 2015, the band has amassed over 400,000 monthly listeners on Spotify, with some of their popular songs hitting well over a few million hits — and for good reason.

Although relatively new to the scene, Vacation Manor has crafted a vibe that’s authentic and true to themselves. The album’s opener, “All a Dream,” is dreamy and optimistic, being purely instrumental until around the one-

minute mark. Synths and strings blend in the background to sound like something between ethereal and jamming. “Say We’ll Make It” has a similar groove, but perhaps a little more upbeat. According to Spotify, this track is among the group’s most-listened-to songs, with over 350,000 streams. Overall, the first two songs on the album hit high on the head-bopping scale.

“Move On” opens with heavier guitar, sounding similar to a Hippo Campus or even a 1975 song, and is one of my personal favorites from the album. It’s definitely leaning heavier into the rock aspect of the band’s vibes, comparable to their older songs “A Toast and a Spirit” or “Careless.” Vacation Manor provides listeners with a real opportunity to get down and

jam with this track.

The rest of the album departs a bit from the earlier tracks, somewhat mellowing out. “Somewhere Soon” and “Light Another” sound like a chilled out indie-pop outfit. “Hourglass” starts off almost folksy with light strums and solemn vocals. It’s also one of the album’s more somber songs, with lyrics like “When I look in your eyes it feels the same/So, where do you bury all the pain?” and “I feel cool wind and I can see all the broken glass at your feet/And you’re broken now as you weep.”

The last song, ironically titled “Don’t Say It’s Over,” ties together the entire album. Dancing somewhere along the edge of optimistic and melancholic and between pop and rock,

the track sounds like it’s saying goodbye to something, without really ever saying what. It might be about a lost love or friend, but could just as easily be referring to a period of time in one’s life or their hometown.

The whole album sounds like it could be set behind the cinematography of a coming-of-age movie or an edgy young adult flick, full of late-night car rides, nostalgic flashback scenes or picnics on a playground as the sun is setting. Any one of the tracks would be well-suited to play in a club, at a party, or just to yourself while you’re walking to class. Either way, Vacation Manor managed to hit it out of the ballpark in 2018 — leaving listeners with high hopes for 2019.

Ashes to ashes, bodies “TO DUST”

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



PRINTED WITH
PERMISSION FROM
GOOD DEED
ENTERTAINMENT

Shawn Snyder is a graduate of NSU at University School who received his B.A. in religion from Harvard University. In recent years, he has developed his filmmaking repertoire with short films, like “FESTUS” and “LULU,” and on March 15, his first feature film “TO DUST” will premiere in theaters.

The film takes an eccentric yet genuine approach to grief and its relationship between religious and secular worlds through examining Hasidic cantor Shmuel’s grieving process. Shmuel questions his religion grieving process and seeks out biology professor Albert, and the

duo embark on a series of experiments in attempt to answer Shmuel’s blasphemous questions about the decay of his wife’s body. Even while exploring serious, dark topics, Snyder’s film is a comedy. In an interview with The Current, he mentioned making this choice because “humor helps us shine a light into these darker places but laugh while we’re doing it. The human condition itself absurd: We live knowing we’re going to die, and we love knowing that we’re going to lose.”

As shocking or grotesque as the description may sound, Snyder aims to provoke reflection

in viewers about their conceptions of life and to “come to interesting questions through juxtapositions: the sacred and the profane, the religious and the scientific, the highbrow and the lowbrow, the absurdity and the gravitas, the biologically honest and the poetic.” Because everyone has different thresholds for these concepts, he believes these explorations will provoke a range of reactions in an audience — essentially, “TO DUST” will stimulate questions in almost everyone who watches, even if those questions are different from the person they are sitting next to.

Bringing something as complex as grief into the spotlight, Snyder explores the roles that religion and expectation play in grief and, ultimately, expresses the idea that “grief is intensely idiosyncratic.” Through following Shmuel, the film explores self-ritual both in spite of and paired with religious tradition, ultimately suggesting that grief is its own entity that each person processes in ways that are radically different — at least on the surface.

As Snyder also said, “Grief is a process that demands we keep going without the people we love. At the end of the day, the movie is about permission and healing.” That said, “TO DUST” is about more than just feeling grief; it’s about coming to terms that life must go on beyond

grief, regardless of your spiritual beliefs.

Being inspired by his own grief from his mother’s passing 10 years ago, Snyder mentioned that writing “TO DUST” was a cathartic process for him. The film’s honest quality reflects Snyder own humanity to the point where an audience will see beyond the Jewish Gallows humor to the always potent and sometimes painful mystery found within the “humility at the outer reaches of religion, at the outer reaches of science and at the inner reaches of an individual human heart.” When the movie depicts Shmuel and Albert stealing and burying a dead pig as part of Shmuel’s obsessive coping, a viewer might think of similarly irrational and far-reaching acts they have done in the name of love and of loss. It’s this kind of reflection that makes “TO DUST” so compelling: it does more than tell a story; instead, it also asks you to reconsider your own.

If you’re interesting in watching “TO DUST,” it will be screened at AMC Aventura 24 and AMC Sunset Place in Miami; The Classic Gateway Theatre in Ft. Lauderdale; Movies of Delray and Movies of Lake Worth, Cobb Theatres Downtown 16, Regal Shadowood/Boca in Palm Beach County; and AMC Merchants Cross and Regal Belltower in Ft. Myers.

Hacks for Packing

By: **Emma Heineman**
Features Editor

Packing is a hassle. The endless ways to fold your clothes, the arranging and rearranging of your suitcase to fit everything, the inconvenience of leaving something out and having to shove it in at the last minute and the inevitable procrastination that accompanies packing all contribute to an often stressful situation for students who are traveling over spring break. While packing for a trip may be on the backburner of many students’ minds in the midst of quickly approaching midterm exams, following these few tried and true tricks can take some of the stress out of your vacation travels.

Prioritize need over nice

One of the common roadblocks that arise when planning for a trip, even if it is just going home for the weekend, is what to pack. Take a step back and think. If you are going somewhere tropical with a beach, you probably won’t need any warm clothes or boots, so prioritize “summery” outfits and a swimsuit. If you are traveling home where there is a chance of snow, remember to pack long pants and a jacket. While

there might be a lot of items that would be nice to bring, start by evaluating the items that you need to have first. After you pack everything you need, then you can fill empty space with additional items or outfits.

Roll, don’t fold

Once you have decided what items you are going to bring, it’s time to put them into your suitcase or bag. There are innumerable ways to stack, fold and fit clothes into a given space, but some are more space efficient than others. Instead of folding your clothes or just tossing them into your bag, try rolling them tightly and packing them together. You can even roll a complementary pair of pants and a shirt together, so you don’t have to rummage through your suitcase later to find an outfit. This will save space for any other items you may want to pack later.

Utilize your carry-on

If you are flying, most airlines allow each passenger to have a personal item such as a

laptop case, purse or small bag in addition to any luggage that is carried on or checked. Before you start packing everything you need for your trip, be sure to set aside some essentials to keep on your person. Some items may include your phone, wallet, boarding pass, charger, headphones, laptop, neck pillow and jacket. Keeping these items close will ensure that you have everything you need for the actual plane ride, even after you have checked your larger bags. Even if you plan to carry on your luggage, this eliminates the hassle of having to sort through your suitcase while waiting at the gate to find a charger or other necessary item. Furthermore, if you have a long flight, a flight with a long layover or if your flight lands early in the morning or late at night, it may be a good idea to keep a toothbrush, hairbrush, deodorant and other personal hygiene items near so you can freshen up at the airport between or after flights.



PRINTED WITH PERMISSION FROM E. HEINEMAN
The Current, hacking packing since 2019.

Staying local for spring break

By: **Laurel Gallaudet**
Contributing Writer

Going home or on vacation for spring break is a fun, appealing idea, but if you don't have the means or the money, there are plenty of activities to do in and around Davie and NSU. Check out some of these fun events open to everyone.

Pop-up Cat Café

Mar. 3 | Ft. Lauderdale | free

For any and all animal lovers out there – specifically those of our oddly human-like friends called cats – on the first Sunday of spring break, there will be a pop-up cat café with abandoned and adoptable cats at the Blanco y Blanco Arts Center. Whether you're looking to find your furry forever friend or you just want to pet some cats, all are welcome to this cute cuddle fest.

Yoga on the Beach

Mar. 4-10 | Ft. Lauderdale

Beach | free

Whether you've never done yoga before or you're one of the most experienced yogis you know, this event will relax all thoughts of classwork and deadlines right out of your mind. What could be better than calming yoga right on the beach? With the sounds of the waves in your ears and sand beneath your feet, there's no better way to kick off spring break.

The Magnificent Circus Mystery Magic Show

**Mar. 5 | Lauderhill Performing
Arts Center | \$6**

Come help solve clues and uncover mysteries at a circus-themed interactive show filled with magic, unicycling and even Harry Houdini's own hat! If intrigue is your interest, this show is just for you. The audience will interact with everyone in the actual show by helping to find clues and answer questions.

Frost Museum of Science Open every day, 10 a.m.-6 p.m. Miami | \$30

For an exciting day filled with exploration and discovery, hit up the Frost Museum of Science. With a planetarium, aquarium with a view from underneath and multiple fun interactive exhibits, there is never a dull moment and people of all age can have hours of fun.

Butterfly Pavilion

**Open every day, 8 a.m.-6 p.m.
Flamingo Road Nursery, Davie | free**

Butterflies are some of the most calming creatures to watch, for both bug-lovers and even bug-haters. At this butterfly park, you can walk around many planters filled with beautiful flowers that attract several different types of butterflies. You'll be lost in a magical world this spring break.

Sustainable Clothing on a Budget

By: **Flor Ana Mireles**
Contributing Writer

Sustainable clothing refers to clothing made ethically with eco-friendly resources such as recycled material or organically grown fibers. One thing you might not know about sustainable clothing is that it can sometimes be expensive. If you want to save the world one article of clothing at a time but do not necessarily have the funds to do so, here are a few places to shop both economically and sustainably.

Everlane - Online

Everlane is a clothing company that partners with ethical factories around the world to bring its buyers clothing items of great quality without putting a hole in their wallet. They emphasize what they call "radical transparency," which simply means that they share the truth about how much their items cost to make and where they are made. Their clothing is "designed to last;" therefore, they are not focused on trying to keep up with trends but rather making pieces that last a lifetime. If you have a minimalistic style, Everlane is the site for you. They also offer payment installments, so you can wear what you want and pay for it little by little with

no interest. They also have a "Choose What You Pay" section where you can choose how much you want to spend on particular items. Your first order ships free, and returns are easy to do if you decide you do not like your purchase.

Nomad Tribe Wynwood - Miami, FL

Nomad Tribe's is "conscious clothing brand committed to designing a more sustainable future." They help promote local artists and artisans by giving them a place in their shop and also allow you to receive 20 percent off your purchase on their collections when you donate clothing items. They accept all kinds of clothing items, even those you may think cannot be salvaged. In the store, they make a few pieces using recycled clothing items and present them as inspiration collections. One of these inspiration collections is called "Denim Bar" in which all the pieces are made using some type of recycled denim material. This collection includes items such as jackets, pants, skirts and handbags.

Tentree - Online

The goal at Tentree is "to become the most environmentally progressive brand on the planet." Appropriately, for every clothing item you purchase on their website, they plant ten trees in over ten countries around the world. Not only are they doing something good with each purchase but their actual clothing is also sustainably made. They use ethical manufacturing and value transparency, sustainability and respect for the makers of their clothing. When you sign up to their newsletter, you get 10 percent off your purchase, and they also occasionally offer free shipping in the U.S.

Shopping sustainably not only reduces our carbon footprint but also helps support artists and artisans. None of these brands promote sweatshops, and they believe that, to help save our planet, we need to love and respect each other and the nature around us. They all also have masculine and feminine clothing options, so everyone can get one step closer to a more eco-friendly world.

OFF SHORE CALENDAR

**Film with Live Orchestra
Star Wars: A New Hope**
Mar. 1 | 7:30 p.m.
@Mizner Park Amphitheater
Boca Raton

Broward County Waterway Cleanup

Mar. 2 | 9 a.m. - 1 p.m.
@Various locations around
Broward County

Sup Pup Warrior Paddleboard Yoga

Mar. 2 | 9 a.m. - 10:30 a.m.
@SUP PUP Paddleboard
Ft. Lauderdale

Asian Cultural Festival

Mar. 2-3 | 10 a.m. - 5 p.m.
@Fruit and Spice Park
Homestead

You're a Good Man, Charlie Brown

Mar. 6 | 10:30 a.m.
@Abdo New River Room at The
BCPA | Ft. Lauderdale

Orchid Festival at Fairchild

Mar. 8-10 | 9:30 a.m. - 4:30 p.m.
@Fairchild Tropical Botanic
Coral Gables

Jazz in the Gardens Music Fest

Mar. 9-10 | 4 p.m.
@Hard Rock Stadium | Miami

Carnaval Miami

Mar. 10 | 10 a.m. - 7 p.m.
@Calle Ocho SW 12th to 27th
Avenue | Miami

Love To Dine On Campus?
DOWNLOAD OUR
BRAND NEW APP



Feedback

TEXT US YOUR FEEDBACK



Menus

FIND YOUR FAVORITE FOOD



Nutrition

ADD MEALS TO YOUR
FITNESS TRACKER

Events & Sampling

NEVER MISS ANOTHER
TEACHING KITCHEN,
THEME MEAL OR FREE
SAMPLING AGAIN!

SHARK DINING EVENTS:

Feb. 20th | 11:30am

Teaching Kitchen | Flight Deck Multipurpose Room
Reserve your spot with by signing up with RecWell

Feb. 22nd | 11am

FYUL Friday Superfood Recipe | Razor's Reef

March 12th | 4:30 pm

Mardi Gras Theme Meal | Razor's Reef

March 20th | 11:30 am

Teaching Kitchen Series | Flight Deck



MAKE THE SWITCH TO THE NEW
DINE ON CAMPUS APP

DineOnCampus.com/Nova

ON DECK

WOMEN'S BASKETBALL

V.S. Palm Beach Atlantic
Feb. 27 | 5:30 p.m.
Ft. Lauderdale, FL

MEN'S BASKETBALL

V.S. Palm Beach Atlantic
Feb. 27 | 7:30 p.m.
Senior Night
Rick Case Arena

MEN'S BASEBALL

V.S. St. Thomas (Fla.)
Feb. 26 | 6:00 p.m.
NSU Baseball Complex

WOMEN'S SOFTBALL

V.S. Davenport
Feb. 24 | 2:00 p.m.
The Spring Games, Clermont,
FL

V.S. Davenport
Feb. 24 | 4:15 p.m.
The Spring Games, Clermont,
FL

V.S. Davenport
Feb. 25 | 9:45 a.m.
The Spring Games, Clermont,
FL

V.S. Kentucky Wesleyan
Feb. 25 | 12:00 p.m.
The Spring Games, Clermont,
FL

MEN'S GOLF

Saint Leo Invitational
Feb. 25-26 | All Day
Lake Jovita Golf & Country

WOMEN'S SWIMMING

SSC Championships
Feb. 24 | TBD
Clearwater, FL

MEN'S SWIMMING

SSC Championships
Feb. 24 | TBD
Clearwater, FL

TENNIS

V.S. No. 20 Rollins
Feb. 24 | 10:00 a.m.
NSU Tennis Complex

On The Bench:

Caster Semenya: It's a tough decision but someone's gotta do it

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

There have been a lot of controversies involving the Olympics in recent years, but South African mid-distance runner Caster Semenya, is one complicated issue that is only worsening. Semenya won Olympic Gold in Rio de Janeiro in 2016, but athletes and the International Association of Athletics Federation (IAAF) believe that Semenya might be at an advantage over other female athletes due to a pre-existing medical condition. Semenya is hyperandrogenous, meaning that she has naturally-occurring high levels of testosterone. While competing in 2009, she was questioned about her biological sex and was asked to take a sex verification test by the IAAF. Semenya passed, but in 2018 the IAAF announced new rules which require hyperandrogenous athletes to take medications that lower their testosterone levels to be able to compete. Female athletes who choose not to lower testosterone levels can compete in the male category, are restricted from national competitions and switch the type of distance running or race in events for intersex athletes.

I understand that the IAAF must set out rules and obligations for athletes to maintain fairness in all sports, but there is a line. Semenya's case is only asking for trouble. Both sides of this issue have valid arguments. Semenya cannot control her medical condition: she is not purposefully adding testosterone to her system, so she isn't cheating. On the other hand, it's not fair to her or other female athletes that her body is naturally producing testosterone which allows her to train and compete differently. This case and all the actions that the IAAF has taken throughout this discussion have been arguably discriminatory. The IAAF wanted to ensure fairness, but by doing so, they completely sidelined athletes like Semenya who don't fall under a designated category, which isn't fair to her either. This is why Semenya is challenging the ruling in the court system. According to CNN, Semenya's challenge of this ruling began last Monday and is taking place at the Court of Arbitration for Sport.

There has also been criticism that these new rules were directly made in response to

Semenya's success in the sport. These rules do specifically single out her event and not many others, which can't be entirely coincidence. Semenya is a very unique case; not every female athlete is dealing with these issues, which is what makes these rules even more complicated. It seems like the IAAF is making these rules to target her, which isn't fair for the other athletes in any event or gender-based category. These rules are supposed to be general guidelines that every single athlete needs to follow, not just special cases. Special cases should be dealt with privately between the athlete and the IAAF, not on public display. Since 2009, Semenya has been ridiculed from all directions because of the public nature of the actions that the IAAF has taken in her specific case. They need to stop making a spectacle of this whole situation and take this matter into the courts to deal with it fairly and honestly. Hopefully, with Semenya's challenge, this will happen and allow her and other athletes with similar conditions to find a way to compete without all this constant back and forth.



This Week in Sports History



By: **Emma Heineman**
Features Editor

From the original Ancient Grecian Olympics to last year's Super Bowl, sports have been around for millennia. Today's public, however, often doesn't know the history of some of the nation's favorite sports. Here you can find some relevant, monumental and inspiring games that have changed the future of sports forever.

February 26

Babe Ruth Released From New York Yankees

After playing for the New York Yankees for 15 seasons, the team released Babe Ruth on Feb. 26, 1935. He proceeded to sign a contract with the Boston Braves as Vice President, assistant manager and active player. His career with the Braves was short and ended after only 28 games with an official resignation as an active player in June of the same year. The following year, Ruth became one of the first five players to be elected into the National Baseball Hall of Fame.

Mario Andretti Wins Daytona 500

In 1967, Mario Andretti became the first and only NASCAR driver born outside of the U.S. to win the Great American race, better known as the Daytona 500. Born in 1940, in Montona, Italy, Andretti moved with his family

to Nazareth, Pennsylvania in the mid-1950s and began racing stock cars in 1964. He would go on to win the Indy 500 and Formula One World Championship as well. In 2005, he was inducted into the Automotive Hall of Fame for his significant achievements.

February 27

Tiger Woods Becomes Youngest PBA Player

On Feb. 27, 1992 Tiger Woods became the youngest PGA (Professional Golfers' Association) golfer in 35 years at age 16. In 1994 at the TCP (Tournament Players Club) in Sawgrass, FL., he also became the youngest winner of the U.S. Amateur Championship. He held the record until 2008 when it was broken by Danny Lee. Over the course of his career, Woods has won 80 official PGA Tour events, second only to Sam Snead.

February 28

US Wins Olympic Gold in Hockey

Lead by head coach Jack Riley, the U.S. hockey team defeated Czechoslovakia on Feb. 28, 1960, earning the first U.S. Olympic gold medal in hockey. The team won silver medals at the winter games in 1952 and 1956 but were not expected to win the gold in 1960. According

to History.com, "After two periods, the U.S. was behind, 4-3; however, they scored six goals in the third period and went on to win the game, 9-4."

March 2

Ballard Bowls Famous Gutterball

On Mar. 2, 1991, Del Ballard Jr. bowled what is widely known as the most famous gutter ball in Professional Bowlers Association (PBA) history. According to the NY Times, he rolled the gutter ball on the last shot of the Fair Lanes Open. He only needed seven points to take the win but instead lost to Peter Weber, who won the match, 213-207. Although Ballard still received \$15,600, Weber took home the \$30,000 prize money.

USFL is Founded

The United States Football League (USFL) began its first season on Mar. 6, 1983. It was founded by David Dixon and announced its debut at the 21 Club in New York on May 11, 1982. It was originally made up of 12 teams from across the country. Part owner of the Detroit team Peter Spivak served as president of the league until the league named a commissioner.

Go to nsucurrent.nova.edu for...

. more about sports history

. the inside scoop on NSU sports

. profiles on our student athletes

ATHLETE OF THE WEEK: Jordan Tully

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

Jordan Tully is a first-year graduate student on the women's basketball team. She is from Canada and has been playing basketball since elementary school. She is attending NSU to get a masters in conflict analysis and resolution.

How and why did you get into basketball?

"Since I was younger, I was a super active kid, and I saw one of my classmates shooting a basketball in fourth grade, and was like, 'I want to do that!' I ended up playing basketball, and I loved it from the minute I picked up the ball. From then on, I decided to play competitively, and in high school, I decided I wanted to play in college. The rest is history."

Why did you choose to come to NSU?

"My situation's kind of special because I'm a graduate student. I just graduated in December from Setsun University, and I was looking to still play basketball. NSU has a great program, a great school and great facilities, so when I was looking around, it seemed like a perfect fit. I reached out to Coach Freelen, and she was super excited to talk."

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

"For sure time management. It's always a challenge because simply put, you don't have a lot of time. You have to definitely manage your time well, and just in general, too, with your life. You don't want to spend too much time on or obsess over anything because you need to have a good balance. That's definitely one of the hardest things. A pro is that being a student athlete is awesome. You get to meet so many different people from so many different backgrounds, and you're overall experience is one of a kind."

How have you managed to balance sports and academics?

"Definitely planning and scheduling. I actually just got a job on campus, so I have to incorporate that into my schedule now. I have a planner, and I write every part of my life in it. I have to stay on top of it, or else I'll just be swamped with everything."

What would you tell a first year graduate student athlete?

"To just be open to the change. Obviously, it's different from [undergraduate studies], but it's a great type of different. Just not to be overwhelmed. There's a lot of expectations, but I just think, enjoy yourself and have fun. For most graduate students, it's the last of their eligibility, so make the most of it."

How has basketball helped you adjust to college life?

"Being an athlete in general, you have to learn a whole bunch of different things. Basketball's taught me a lot, especially how to deal with things in my life because it's not always sunshine and rainbows. It's not always the best of times, so I definitely feel like I've learned from basketball how to manage all different aspects of my life."

What does your downtime look like?

"I love going to the beach, trying new food and learning about different cultures for sure. Especially because our team is pretty diverse; we have someone from Russia, someone from Croatia, and our point-guard Janie's fluent in Spanish. It's super cool."

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



Caption

PRINTED WITH PERMISSION FROM E. HEINEMAN

"Honestly, it was probably in our last game against Lynn. It was hyped up a lot, and we were super excited to play. At the end of the game, we had secured the win with only a couple seconds left. Someone tried to steal the ball from Christen Prasse, but she ended up sinking the three so the win was super cool."

Do you have any pre-game rituals?

"I'm not super superstitious. A couple of my teammates are, but I just have to listen to some loud music."

What are your goals for basketball in the future?

"I would love for the opportunity to play professionally overseas if I'm afforded it. I want to give back to the community because basketball's given me so much; I can't even explain. I would love to just give a little bit back, as much as I could."

What do you plan to do after graduation?

"I'm getting my masters in conflict analysis and resolution, which is basically peace studies. I'd love to go back to Canada and then go to law school because long term, I'd like to work either for the UN or for a non-profit organization as an international human rights lawyer."

Men's Baseball

On Friday, the Sharks took a series-opening win against Embry-Riddle 5 to 2. Junior right-handed pitcher Williams went 4 innings allowing one hit and six strikeouts. Freshman Nathan Campbell pitched 5 innings with five hits and two runs allowed walking five with two strikeouts. Freshman Daniel Irisarri and senior Garrett Wolforth went 2-for-4 with a double and an RBI, respectively.

Women's Basketball

On Wednesday, the Sharks swept Lynn University 83 to 61. Senior Alison Hughes and junior Jordan Tully each earned 12 points with Hughes contributing a career-high seven assists, while Tully earned four rebounds. NSU is ranked fourth in the SSC with a 34.7 3FG with Hughes leading with shooting 45.2 percent.

Men's Basketball

On Feb. 20, the No. 3 Sharks earned a victory over No. 14 Lynn 89 to 85 in Boca Raton. Senior David Dennis earned 17 points in 40 minutes while senior Dwayne Gibson recorded a team-high of five assists. The Sharks rallied back from 14 points through the second half to secure the SSC regular season win.

Women's Tennis

The No.7 women's tennis team earned a victory 7-0 defeating Palm Beach Atlantic. In the doubles, sophomore Chantal Nosievici and junior Isabella Lowrey took a 6-0 victory. Junior Daniela Obando and senior Ana Navas earned a 6-4 victory for a with a No. 1 doubles victory. In the singles, freshman Natalie Espinal earned 6-1 and 6-3 victory at the No. 2.

SPORTS SHORTS



PHOTOS PRINTED WITH PERMISSION FROM NSU ATHLETICS

OUT OF THE SHARKZONE

USA Gymnastics has named Li Li Leung as its new president and CEO

USA Gymnastics recently announced that Li Li Leung will become the organization's new president and CEO. According to Sporting News, Leung has served as the NBA's vice president for global partnerships in the past. This transition will mark the induction of the fourth CEO of USA Gymnastics in the past two years.

Lindsey Vonn backs Mikaela Shiffrin to break her record

Lindsey Vonn has backed Mikaela Shiffrin to break her Alpine Skiing World Cup record within the next two years. Shiffrin has already amassed 56 victories, 30 short of Ingemar Stenmark's 86 wins and 26 behind Vonn. The 23-year-old skier has excelled in all six disciplines, prompting Vonn to estimate she will eclipse her record in one and a half to two years.

Gold-medal-winning vault named "The Biles"

Simone Biles will have a second gymnastic element named after her, dubbed "The Biles," in honor of her vault at the Artistic World Championships. Biles recently achieved her 14th world title in Qatar last Nov. "The Biles" is described as "Round off flic-flac with one half turn (180 degrees) on – stretched salto forward with two over one turn (720 degrees) off." The move is among five original elements that have been approved to be added to the Federation Internationale de Gymnastique code of points.



Want to write for us?

COME TO OUR MEETINGS EVERY TUESDAY FROM NOON TO 1 P.M. IN DESANTIS 1054 TO LEARN MORE. (YES, WE HAVE FREE FOOD.)





Mr. NASA, I don't feel so good

By: **Alexander Martinic**
Opinions Editor

Whether we realize it or not, people project emotions and human-like traits on machines. This leads to us forming attachments with them. Whether those machines are more commonplace like a Roomba or as far away as a rover on another planet, people love the idea of a machine feeling emotions.

"My battery is low and it's getting dark." The poetic interpretation of the Opportunity rover's- nicknamed Oppy- last transmission spoke volumes as people mourn the ending of Oppy's mission to collect data on Mars. In June of last year, most of Mars was experiencing a dust storm

and because of this, Oppy broke down in a ravine "on the western rim of the Endeavour Crater" where it was not able to recharge its batteries due to her solar panel being blocked.

Oppy's slowly dying battery was a heartbreaking experience that was mourned by people involved with the project and by the general public. But the fact that she "died" isn't even the saddest part of all of this. The saddest part is that the mission control for Oppy played "I'll Be Seeing You" by Billie Holiday. The last transmission that Oppy received was "I'll find you In the morning sun And when the night is new. I'll be looking at the

moon, But I'll be seeing you." If that doesn't make you want to cry, I don't know what will.

Dr. Tanya Harrison, a former Curiosity ops team member, tweeted "Spent the evening at JPL as the last ever commands were sent to the Opportunity rover on #Mars. There was silence. There were tears. There were hugs. There were memories and laughs shared. #ThankYouOppy #GoodnightOppy"

Oppy may not have been alive, but her "death" is definitely being mourned.

I have OCD, not an aesthetic

By: **Kathleen Crapson**
Chief of Visual Design

As you read the headline, what mental images came to mind? Did you picture a Pinterest-worthy scene of rainbow-hued pencils sprawled out on a desk? Did you begin to cringe because someone took a bite out of the center of a taco, instead of starting from the ends? Did you imagine that I keep a jar of Lysol wipes stashed by my desk at work? These are typically scenes that come to mind due to the common misconceptions of obsessive-compulsive disorder (OCD).

The National Institute of Mental Health defines obsessive-compulsive disorder as "a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over." Whereas the Merriam-Webster dictionary defines aesthetic

as "appreciative of, responsive to, or zealous about the beautiful." I hear the phrase "I have OCD" used way too often in the wrong context, especially by people who have had very little experience with OCD.

The most memorable moment of admitting that I have OCD started when someone noticed how red my hands were and said, "Wow, you've gotten a lot of sun!" I looked at her in confusion and stared at my hands with a new perspective. They were exceptionally red, even more so than usual with my pale skin tone. I said, "Oh, yeah, I have OCD, it's just from washing my hands a lot." She proceeded to agree about the necessities of good hygiene and wanting to deep clean more frequently. That assumption is essentially converse to my OCD and has everything to do with the generalization and stereotypes of OCD.

"My OCD" as I not-so-affectionately call

it, started when I was young. As I learned about the tragedies of history, I would lie awake at night, with the scenarios obsessively haunting me. At the time, people just said that I was empathetic and cared too much. There was no way to avoid learning the truths of history, so I pressed on. It wasn't enough to realize that I had OCD, because it was only the obsession part. The compulsions came in later, sometime around January 2016. I got liquid laundry detergent in my eye and rushed to the emergency room after vigorously washing my eyes out in the shower. That semester, I also started my first major-related classes that required drawing and painting. My love affair with hand-washing began, as I went through small bottles of hand-wash in a week. The triggers started expanding to everyday objects, besides just paint and laundry detergent. I stopped wearing makeup, avoided

wooden objects like the plague, and leaned more heavily on my boyfriend to help out with household chores. I couldn't do my own laundry, do the dishes, or use any strong cleaning solution without having an earth-shattering panic attack. I began to "check" my surroundings. My whole world didn't feel safe anymore, and I needed to confirm that I didn't interact with things that were deemed "harmful."

OCD is not just keeping things pristine, orderly or color-coordinated. It's not glamorous in the slightest. So the next time you colloquially say you have OCD because you decided to organize your closet by the ROYGBIV color gradient, remember that you're just trying to achieve an aesthetic.

Puff puff go away

By: **Mario Lorrimer**
Business Manager

I love the smell of cupcakes and other sweets, but I do not like when they are mixed with nicotine. E-cigarettes have sparked controversy since their invention. Many claim that they are not as harmful as regular cigarettes and that what they give off is harmless vapor. If they are harmless or even harmful, should they be allowed on campus? What is the truth behind this cloud of mystery (pun intended)? Well, according to the Center for Disease Control and Prevention (CDC), they are very harmful.

"Wow, hold on Mario, you are telling me that water vapor is bad for you?" No, water vapor is not bad for you, but the nicotine is. The CDC claims that a single Juul pod has as much nicotine as a pack of 20 cigarettes. On top of that,

the e-cigarettes that claim to have no nicotine, still have it, just in a smaller percentage. Nicotine will always be highly addictive. With that said, I am not against people who use them. I get it, we all have our addictions; mine are chocolate and cats. If you know the facts and how it will affect your body, go for it. Just please don't vape or smoke next to me.

Now that we know E-cigarettes are bad for you, should they be allowed on campus? Absolutely not. Some who enjoy smoking and prefer to be in highly populated areas when doing so, say that they only exhale water vapor. I am sorry, but that is not completely accurate. Yes, you do exhale vapor, but it is not just water. The CDC revealed a few of the fun and

overlooked ingredients that are included in the vapor. Some of these ingredients include ultrafine particles that can be inhaled deep into the lungs; flavoring such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds; carcinogens; and heavy metals such as nickel, tin and lead.

I try to avoid areas that have any kind of smoking allowed. I do not want to subject my lungs to that kind of torture. So, if my college, a place that I must go to for a brighter future, allows something that shortens that future, I would be quite upset. Fortunately, NSU does not permit any form of tobacco or smoking. It is ok if you want to shorten your life that way, but I would prefer to avoid it. I already have enough

lung problems with asthma, I do not need any more. Like I always say, "it ain't easy being wheezy."

E-cigarettes do emit less harmful toxins than regular cigarettes, but they are far from harmless. You are still exposing yourself and those around you to an obscene amount of nicotine. As I mentioned before nicotine is highly addicting so your chances of switching to regular cigarettes skyrocket. So, before you "light up" consider those around you, because you are affecting their lives as well. In a day and age where consent is championed, I would like to have a say in whether I inhale those toxins or not.

I'm either late for a meal or late for class

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

Chartwells worked hard over the summer to provide NSU students with an improved dining service to go along with their meal plans. As much as I appreciate the varied options and the new dining set up and all the work that went into it, I rarely have the time to enjoy it or actually enjoy my meal.

I'm working 20 hours a week on campus and taking five classes this semester; three classes at the Oceanographic Center and the other two at the main campus. This generally is not a problem until I'm hungry. Almost every day I find myself missing either lunch or dinner service at the UC and breakfast regularly. So I'm forced to either grab something fast from Outtakes to bring with me to class or eating

something from Flight Deck late at night.

The hours of operation for the lunch and dinner service are 11-2:30 p.m. and 4:30- 9 p.m. That leaves a two-hour gap between each service, which is usually the time I'm heading off to a class at the main campus or just getting back from the Oceanographic Campus. Forcing me to either pick up a small sandwich or snack from Outtakes to take with me on-the-go or eat a greasy meal from Flight Deck that always takes me a good 30-40 minutes to receive after purchase.

This is a daily occurrence of almost always being hungry or just snacking on empty calories all day. Yes, I can bring a bagged lunch and pre-pack all of my meals and most of the time I have

to resort to that. But I live on the main campus, which means I have a \$1,500 declining meal plan that I have to spend, which at this point, is looking more like a savings account. I have priorities and responsibilities at work and in my classes. I don't have the luxury to be waiting on food to be prepared for me or constantly making my own food and wasting my declining balance.

When I do find an hour or so of time that coincides with the hours of operation there always seems to be a long line of people or the food I want to eat is being restocked or another batch is being prepared which I have to wait for. At this point, I'm sick of eating a pre-packaged sandwich at Outtakes. I want fresh food and I paid plenty of money on my declining balance

to get it. This isn't an issue of inconvenience anymore, my health is starting to get affected by it. I'm constantly getting stomach pains from hunger and headaches which make it hard to concentrate in class which is the only reason I'm even at NSU, to begin with.

I understand there isn't much that can be done with the hours of operation, there is a method to the madness that I'm not aware of. But I just want something to eat that's healthy and will sustain my body with nutrients for a few hours. If Outtakes can have more meal-like options that are constantly stocked or if Flight Deck's wait-times and grease-free options can be improved I would be eternally grateful.

CITY OF MIAMI GARDENS PRESENTS
JITG JAZZ IN THE GARDENS
 Music Fest



LIONEL RICHIE :: TEDDY RILEY & FRIENDS FEATURING BLACKSTREET WITH TEDDY RILEY & DAVE HOLLISTER + BOBBY BROWN • DOUG E. FRESH • EN VOGUE & JAGGED EDGE : BRANDY :: STEPHANIE MILLS :: THE O'JAYS
JITG ALL-STARS FEATURING NELSON RANGELL CHIEMI MINUCCI • GERALD VEASLEY & MAYSA TYE TRIBBETT :: BLACK VIOLIN
 HOSTED BY **RICKEY SMILEY**

SATURDAY SUNDAY
MARCH 09 10 • 2019

HARD ROCK STADIUM 347 DON SHULA DR. • MIAMI GARDENS, FL 33056
 JITG HOTLINE (561) 681-5645

TICKETS ON SALE VIA **ticketmaster**® AND
www.JAZZintheGARDENS.com

Be Social...
 @JAZZINTHEGARDENS @JAZZGARDENS




I don't want to go back...

By: **Alexander Martinie**
 Opinions Editor

While I love having a break for the drudgery of classes, I always plan to be productive over break. Am I productive over break? I wish. If I was productive I would not be pushing off all my work and redoing my notes until break starts, instead of pushing off lab reports and papers until I am out of school.

Spring break is a much-needed hiatus from the routine of classes, but staying productive over break and then getting back into the routine after the break ends can be a challenge. While staying productive during spring break is difficult, it is important to stay productive. Whether productivity for you is finishing that lab report, revising that paper or even getting out of bed that day, doing something is what is important.

So over break, stay on track and make a plan. Having a to-do list, be that a physical list or one that you just remember, is a great way to keep on top of yourself and be productive. If you create a schedule or a to-do list, it is a lot easier to stay on your routine and eventually get back into your school routine without missing a beat. While you might think of these lists and schedules as habits, they will make the transition for school to spring break and vice-versa much easier.

Management and productivity consultant, David Allen once wrote, "Sometimes the

biggest gain in productive energy will come from cleaning the cobwebs, dealing with old business, and clearing the desks— cutting loose debris that impeding forward motion." Allen is most likely not literally talking about cleaning, but cleaning is a great way to stay productive.

Also, remember to have fun. Read that book that has been sitting on your shelf for the past month collecting dust. Watch that show on Netflix, if you wanted to do some cleaning, I would suggest "Tidying Up with Marie Kondo". It is your break, make the most of it and remember to be productive.

Spring break is a great time to catch up on sleep. As students, our sleep schedules can be hectic, or altogether nonexistent. According to Frances Bridges, a contributing writer for Forbes, "At school or work, between social schedules and projects, sleep is not always a priority. Use your break to get back on track with your rest, and get healthy." It seems hypocritical for me to bolster getting the right amount of sleep, but getting the proper amount of sleep should take priority.

Spring break is a great time to relax and get out of your normal school routine, but staying productive over break is quite the challenge. Even after all of this, I don't even know if I will stay productive over break.

Nobody got funds for that

By: **Skylyr Vanderveer**
 Multimedia Manager

Now that I live in my own apartment on campus, I have started to realize how expensive everything actually is. A lot of basic everyday items are quite expensive. The simple stuff like dish soap and laundry detergent can be pretty pricey. Since I was tired of going broke every time I went to Walmart or Target, I decided to try shopping at a dollar store. My first time shopping at Dollar Tree was quite stressful in all honesty. I didn't know what I was looking for, since I didn't know what I would find. After a couple rather large hauls, I have found myself relying on Dollar Tree for certain basic items.

When it comes to household cleaning

supplies, the dollar store is the perfect place to go. You can get cleaning products for any situation you can think of. Floor cleaners, surface disinfectants and bathroom bleach fill the back shelves. Most of these products come in several different scents that I haven't seen anywhere else. I rely on the dollar store for my laundry products. Fabric softeners, detergents and dryer sheets are such bargains. I even get some of my food products there. There's a lot of frozen food options that are quite delicious. You can get a giant bag of rice and pasta for only a dollar!


When I first started to share my new

discovery to my friends, I got weird looks. They seemed to think that the dollar store only sells cheap knock-off toys and other random knick-knacks. I couldn't say enough to open their minds so I decided to start bringing my friends with me. Watching my friends, it's safe to say I have helped a few people save a few bucks here and there.


I don't understand why everyone thinks its weird to shop at a dollar store. To me, it's just like shopping at any other place except this one only stocks items that cost a dollar. I have found so many ways to save money just by shopping here. I get everything from snacks for a movie

night to dish soap and dishes all for the same price. Sometimes you have to cut corners while shopping at an average supermarket or retail store. I don't have to do that when I'm shopping at a dollar store.

You sometimes have to get creative to afford certain things while living at college. There's nothing wrong with shopping at the dollar store so you can get a nice dinner with your friends.



SHARK SPEAK



Other than the break from classes, what are some things you are looking forward to this spring break?



"I'm excited to see my family and then I'm going to travel to Europe, more specifically, Paris and Amsterdam. It's going to be a nice time to relax and then get myself back into a nice mental state,"

-Joshua Bozym, senior biology major



" This is my first spring break in college so I'm excited to travel and be off-campus. I'm going to stay with one of my roommates in Las Vegas and explore the city,"

-Brittney Dougherty, freshman biology major



"It's going to be nice to get a quick recharge on the mental batteries before coming back to finish the next half of the semester strong."

-Colin Olenick, junior business administration major



"I'm going to be spending some time with my friends who are graduating seniors for the last spring break. Just making sure to have a great time with all of us together,"

-Silvana Gaona, junior legal studies



"I'm looking forward to spending some quality time with my friends. We are going on a cruise in the Bahamas for four days. I'm especially excited for the excursion to the Pig Beach,"

-Alexandra Feeney, junior exercise science major



M.S. in National Security Affairs and International Relations

Develop an understanding of the critical issues in national security and the international context in which U.S. national security issues are shaped.

Find Out More!

Department of History and Political Science
dhps@nova.edu



College of Arts, Humanities,
and Social Sciences
NOVA SOUTHEASTERN UNIVERSITY



INTERNSHIPS AND RESEARCH CENTER

Recruit a Shark Day

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

NSU Recruit a Shark Day

Wednesday, September 12, 2018

3:30 p.m. – 6:00 p.m.

The Rick Case Arena at the Don Taft University Center

Connect with employers recruiting for:

VOLUNTEER/SERVICE RESEARCH POSITIONS

JOBS

INTERNSHIPS

Business professional attire or scrubs required



For more information, visit nova.joinhandshake.com
(954) 262-7201 careerfair@nova.edu

This event is hosted by Career Development and the Office of Student Leadership and Civic Engagement



INTERNSHIP OPPORTUNITIES

Gain an edge this fall by finding your dream internship!

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

BBI: Level 1 Tech Support

Culture Owl: Marketing Intern

Lead for America: Communications Intern

AutoNation: Client Architecture Intern

Walgreens: Community Management Internship

Royal Caribbean Cruises Ltd.: Finance Internship

SEDA Dental: Dental Marketing Intern

RESEARCH OPPORTUNITIES

Dental Medicine Research

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

Marine Biology Research

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

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