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 all of these repeated DNA sequences there were about 30 percent of LINEs elements. These [LINEs elements or jumping genes] have the ability to move 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 rescaling 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 undergone 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.

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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 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.
On Feb. 14, a hacker took over the Twitter account of Tafta 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 a hurricane. Buckhorn tweeted to Tampa Mayor's Twitter Account:

"The hackers have taken over my Twitter account. All racist, sexist and pornographic images and comments have been deleted. This is a cyber crime. The hackers have also sent a threatening tweet to Tampa International Airport - they claimed it was a bomb hidden somewhere in the airport.

This said, if you see a suspicious package or activity at the airport, please call 911. You can also report a suspicious package on Twitter by adding "#TIA" to your tweet. Please report suspicious activity to the airport.

I am on my way to the airport now to thank everyone for their support and safety of our airport.

#TampaBay
#TIA
#CyberCrime"

On the same day, the FBI and local police set up a tip line for tips about the hackers. The Roundtable brings together stakeholders in law, business, and government to plan strategic responses to address the legal needs of ADA persons. The Roundtable will be held on March 15 from 8 a.m. to 12 p.m. 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.

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

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Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.
Coffee & Conversation event will be held on Friday, March 1, in the Adolph and Mariela 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 exhibit is open to the public, with free admission. To learn more about Gallery 217’s hours of operation, call (954)-262-7260.

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 authors.”

According to Maria 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 rums afoul of the hierarchy” and highlights when politics becomes entangled with her personal life. “From the corner of the oval” is based off of Dorey-Stein’s experiences as a White House stenographer.

In total, there are 74 works representing a vast array of cultures, identities and media. Free to viewing, visitors are greeted by Kahhatan Ansary’s “Flames of Freedom”, a multi-panel acrylic piece. Ansary also has other acrylic works on display inside the gallery. Shiloe Gardner created editorial and design work that dealt with climate and environmental issues, as aforementioned. Brandony Tiewari 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 reminisces the masters Francisco Goya and Vincent Van Gogh within Collage on Goya’s “Saturn Devouring his Son,” and Colke Study on Van Gogh’s “Skull of Skeleton with Burning Cigarettes,” 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” fabric in fabric and fur, to “She,” in print and ink. Aina Rivas also has a wide range, from “Barley 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.
As social media continues to advance, it is slowly becoming the new resume that we can use to network and apply for jobs. As recruiters search through your profile, they are looking for more than just photos. They want to see what you have accomplished and your work ethic. According to LinkedIn, recruiters want to know what you have done, what your skills are, and what your experience is. Therefore, it is important to make sure that your social media is professional and appropriate.

Inappropriate social media posts can hurt your professional image. According to the job search website Indeed, 92% of employers use social media to screen candidates. Therefore, it is important to make sure that your social media is professional and appropriate. For example, posting pictures of your night out can be considered unprofessional. Companies look for candidates who are responsible and can handle social situations. Therefore, it is important to make sure that your social media is professional and appropriate.

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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. It wasn’t as calm as it was for most of the trip, but I was so confident in the pool that I thought I would succeed. During the summer, I would have the time off and the freedom 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 after six weeks, I had finally finished the pool sessions and the time had come for the checkout dive.

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 realize 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.

By: Alexandra Herlihy
Sports Editor
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 listens—and for good reason.

Although relatively new to the scene, Vacation Manor has crafted a vibe that is both 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 jarring. “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-streamed-so 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 Hozier Campos 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 Soothing” and “Light Another sound like a chilled out indie-pop outfit. “Hourglass” starts off almost folky 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, do you bury all the pain?” and “I feel broken 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 cinematic framing 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 in the sun sitting.

As for future projects, Vacation Manor is looking to be more serious in their music and overall production, mentioning that the next album will have a much darker tone.

**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 show it in at the last minute and the inevitable procrastination that accompanies packing all contribute to an often stressful packing experience. If you are flying, most airlines allow each passenger to have a personal item such as a purse, 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, change, 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 bags out. If you’re interesting in watching “TO DUST,” it will be screened at AMC Aventura 24

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February 26, 2019 | nsucurrent.nova.edu
Sustainable Clothing on a Budget

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 in 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 minimalist style, Everlane is the site for you. They also offer payment installment plans, 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.

Nomad Tribe's "Denim Bar" collection

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

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ON DECK

WOMEN'S BASKETBALL
V.S. Palm Beach Atlantic
Feb. 27 | 1:30 p.m.
Fl. 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 SWIMMING
Clearwater, FL
Feb. 24 | TBD

WOMEN'S SOFTBALL
MEN'S SWIMMING
The Spring Games, Clermont, FL
Feb. 25 | All Day
Lake Jovita Golf & Country

MEN'S GOLF
Saint Leo Invitational
Feb. 25-26 | All Day
The Spring Games, Clermont, FL

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

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

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

SPORTS
February 26, 2019 | nsucurrent.nova.edu

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 only compete in the male category, are restricted from national competitions and switch the type of distance running or race in events for intersex athletes.

Understanding 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 run 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 sidetracked 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 challenges 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.

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

February 86
Babe Ruth Released From New York Yankees
After playing for 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 Monoma, 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 87
Tiger Woods Becomes Youngest PGA Players
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 88
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 8
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 master’s 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 Seneca 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 walked out to Coach Freelin, and she was super excited to talk.”

What are the pros and cons about being a graduate 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 everything 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 to handle 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 Jamie’s fluent in Spanish. It’s super cool.”

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

“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 Prase, 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?

“Definitely planning and scheduling. I incorporate that into my schedule now. I have actually just got a job on campus, so I have to stay on top of it, or else I’ll just be swamped with everything.”

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 Ernst and senior Current Wolforth went 2-6-4 with a double and an RBI, respectively.

Women’s Tennis

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

Gold-medal-winning vaulted 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 recentlyachieved her 4th world title in Qatar last Nov. “The Biles” is described as “Round off flic-flac with one half turn (180 degrees) or – stretched salsos inward 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.
Mr. NASA, I don't feel so good

By: Kathleen Crapson
Chief of Visual Design

As you read the headline, what mental images came to mind? Did you picture a Pinocchio-worthy scene of rainbow-colored 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 of a taco, instead of starting from the ends? Did your images came to mind? Did you picture a way to avoid learning the truths of history, so

I have OCD, not an aesthetic

By: Kathleen Crapson
Chief of Visual Design

Weber-Webster dictionary defines aesthetic common, chronic and long-lasting disorder 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, recurring 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’ve had OCD, it’s just from washing my hands a lot.” She proceeded to agree about the necessity 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.

“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 where I rigorously washing my eyes out in the shower. That semester, I also started my first major-related classes that required drawing. 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?

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? For the 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’re 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 Joul pod has as much nicotine as 50 packs of 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 chip cookies 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 preferably 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 ultrapure substances that can be inhaled deep into the lungs; favoring such as diacetyl, a chemical used to create buttery flavors; 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 shamers 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 in 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 whuzzy.”

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 addictive 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.

“Mr. NASA, I don’t feel so good.”

I want fresh food and I want the food I want to eat is being restocked or another

frequent task of mine. I’ve had OCD for many years and often during this time I’ve been 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 11:30-2 p.m. and 4-8:30 p.m. That leaves a two-hour gap between each service, which is usually the time I’m heading off to class at the main campus. I’m 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 $12,000 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 walking around food to be prepared for me or constantly making my own food and wanting 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 this. It’s an issue of inconvenience anymore, my health is starting to get affected by it. I 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 stock or if Flight Deck’s wait-times and grease-free options can be improved I would be eternally grateful.
I don’t want to go back…

By: Alexander Martine
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 electronic list, is one of the best ways to keep your productivity up. It is easy to get lost when you have off-campus living, but staying productive over break is quite the challenge. Even after all of this, I don’t even know if I will want to go back…

Nobody got funds for that

By: Skylar Vandermeer
Multimedia Manager

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 knickknacks. 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.

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

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

By: Skyler Vandermeer
Multimedia Manager

“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 mental state,”

-Brittany Dougherty, freshman 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."

-Colin Olenick, junior business administration major

“It’s going to be nice to get a good recharge on the mental batteries before coming back to finish the next half of the semester strong.”

-Silvana Gaona, junior legal studies

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

-Alexandra Feeney, junior exercise science major

“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.”

-Joshua Bazyn, senior biology major
Recruit a Shark Day

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

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

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

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INTERNSHIP OPPORTUNITIES
- National 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

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