"A workplace that addresses gender issues or stereotypes will, in turn, have a more inclusive work environment and company culture."
-Gabrielle Thompson

NSU's branch of the American Association of University Women (AAUW) will host an International Women's Day Colloquium on Wednesday, March 20, from 12-1 p.m. in the Carl DeSantis Building Atrium. The theme for this year's event, decided by International Women's Day, is #BalanceforBetter. "The AAUW is about helping women reach their full potential. There is still a lot of biases in the world, and some of them are hidden and you don’t really even know that they’re happening to you. It gives you the strength and the training to know... the power of the movement... for women to do for the colloquium is we have students display their research on the theme, Balance for Better. The theme is set by the International Women's Day committee. They put it on their web page, and then people all over the world have events..." She also added that those who participate will be left with a resume booster by presenting at the colloquium. While the event is in honor of International Women's Day, the event is not restricted to only women. Men are not excluded from participating in International Women's Day activities. However, Sims urges them to recognize that women did not become disenfranchised on their own, and women cannot correct existing gender equity issues on their own. "It’s made hard to put yourself in someone else’s shoes. You don’t have their experiences, you really don’t get it... we’re not attacking [men] when we tell them these are the facts. Many young men feel like we’re blaming them... but we’re not blaming [an individual], even if his great-great-great-grandfather did it, he didn’t know any better," explained Sims. Gabrielle Thompson, senior communication major, said "Gender issues affect every single person. In the workforce, men should feel comfortable and open enough to share their emotions and feelings about a problem, and women should be able to hold a leadership position and conduct meetings without being seen as "bossy" or in a negative light. A workplace that addresses gender issues or stereotypes will, in turn, have a more inclusive work environment and company culture."

The event will also feature inspirational speakers and a lunch. Those interested in presenting at the colloquium must reach out to Sims at sims@nova.edu by March 14. For more information about the NSU branch of the AAUW, visit aauw-fl.aauw.net/branches/nova.

"Wherever you are in your career you always need to gain experience. We wanted to create an event where students can come meet with employers, provide their resumes, learn more about the company and ideally, obtain an opportunity or upon graduation, find a full time job," said Emilio Lorenzo, employer relations coordinator at the Office of Career Development.

On March 14, the Office of Career Development in partnership with the Office of Student Life and Civic Engagement (SLCE) will host the second annual Recruit a Shark Day from 3:30 - 6 p.m in the Rick Case Arena.

This event is focused on providing a way for students to make connections with employers for possible internship, volunteering, research and employment opportunities.

"Wherever you are in your career you always need to gain experience. We wanted to create an event where students can come meet with employers, provide their resumes, learn more about the company and ideally, obtain an opportunity or upon graduation, find a full time job," said Emilio Lorenzo, employer relations coordinator at the Office of Career Development.

"Wherever you are in your career you always need to gain experience. We wanted to create an event where students can come meet with employers, provide their resumes, learn more about the company and ideally, obtain an opportunity or upon graduation, find a full time job," said Emilio Lorenzo, employer relations coordinator at the Office of Career Development.

"Wherever you are in your career you always need to gain experience. We wanted to create an event where students can come meet with employers, provide their resumes, learn more about the company and ideally, obtain an opportunity or upon graduation, find a full time job," said Emilio Lorenzo, employer relations coordinator at the Office of Career Development.
Massive power outage in Venezuela leaves leaders blaming each other

The two competing leaders of Venezuela are blaming each other for a massive blackout. The power outage began March 7 following rush hour traffic, leaving many commuters walk home on foot with little to no light. President Maduro quickly blamed the United States for the loss of power, according to NPR, citing the President’s decision to support Juan Guaido after he elected himself interim president in January. Venezuela’s Minister of Communications and Information Jorge Rodriguez describes the loss of power as a “criminal action” driven by Senator Marco Rubio. Secretary of State Mike Pompeo said in a statement that this power outage was not caused by the U.S. or any other neighboring country, putting full blame on Maduro. Pompeo added, “No food. No medicine. Now, no power.”

Venezuela’s Minister of Communications and Information Jorge Portillo has been working on a plan that would allow for the distribution of food and medicine. The plan includes the use of drones to deliver supplies to rural areas. The plan has yet to be implemented, and it is unclear if it will be effective.

Brexit may not happen if Parliament rejects deal, says May

United Kingdom Prime Minister Theresa May warned that Brexit could possibly be delayed, diluted or even cancelled if Parliament does not pass her deal in an upcoming vote. May has urged those in her Conservative Party to compromise for the sake of delivering the result of the 2016 Brexit referendum, according to Bloomberg London. May said to an audience in northeast England, “We may not leave the EU for many months. We may leave without the protections that deal provides. We may never leave at all.”

Jeopardy! host Alex Trebek diagnosed with pancreatic cancer

Alex Trebek announced on YouTube that he was diagnosed with stage four pancreatic cancer. According to CNN, the game show host is hoping to defeat the odds and survive. In Trebek’s video posted to the Jeopardy YouTube account, he keeps his sense of humor stating that he has to survive to defeat the odds and survive. In Trebek’s video posted to the Jeopardy YouTube account, he keeps his sense of humor stating that he has to survive to defeat the odds and survive. In Trebek’s video posted to the Jeopardy YouTube account, he keeps his sense of humor stating that he has to survive to defeat the odds and survive. In Trebek’s video posted to the Jeopardy YouTube account, he keeps his sense of humor stating that he has to survive to defeat the odds and survive.
Alexander Hamilton: Immigrant, Patriot, Visionary

By: Alexander Martinie
Opinions Editor

Starting Sunday, March 17, Nova Southeastern University Alvin Sherman Library will host the Alexander Hamilton: Immigrant, Patriot, Visionary exhibit in the Adolfo and Mariola Cotilla Gallery on the second floor. This exhibit will remain on campus until Monday, April 15. The exhibit features legal texts written by Hamilton, Acts of Congress and Parliament, continental currency and newspapers from the time period.

Among the artifacts on display will be a legal text owned by Hamilton that he repeatedly cited in this Farmer Refuted essays and also include his notes on the Rutger v. Waddington case that helped to establish judicial review and include his notes on the Rutger v. Waddington case that helped to establish judicial review. The exhibit will also feature a large wooden desk on which Hamilton wrote his own notes, drawing inspiration from the life and work of the man himself.

The kickoff for the Alexander Hamilton: Immigrant, Patriot, Visionary exhibit will be on March 17 from 2 p.m. to 4 p.m. in the Cotilla gallery and will be presented by Adam Levinson. Levinson is the founder of statutesandstories.com, a free history blog that is dedicated to “sharing historic statutes, law books and insights” and “raising historically relevant questions for further research,” according to the organization’s mission statement.

“People need to place a historical figure in their time and right now Alexander Hamilton is receiving a lot of attention, mostly because of the musical, and that musical has done an incredible amount to bring attention Hamilton but we want to add some more background or insights” and “raising historically relevant questions for further research,” according to the organization’s mission statement.

According to the Alvin Sherman Library, “The talk will explore Hamilton’s extraordinary legal legacy, including his role as Secretary of Treasury, the Hamilton fans are increasingly familiar with Hamilton’s role as Secretary of Treasury, the Hamilton musical does not fully explore Hamilton’s legal career.”

“Current events are tied to the lives of our historical figures. These aren’t just people in textbooks, they had lives and their lives impact us today. Alexander Hamilton created what is today our financial system here in the United States. Why do we have federal reserve? Why do we have a banking system the way it is set up today? It’s because of Alexander Hamilton,” said Quinlan.

According to Quinlan, the director of reference at the Alvin Sherman Library, “The exhibit is featuring materials from different collectors who have an interest in Hamilton and the materials on display will be books, maps and other documents that either influenced Alexander Hamilton or were works that he through his legal research created. The exhibit is a small travelling exhibit and in addition to that exhibit which tells the life story of Alexander Hamilton, we will have additional materials from collectors relating to Hamilton and his work.”

The kickoff for the Alexander Hamilton: Immigrant, Patriot, Visionary exhibit will be on March 17 from 2 p.m. to 4 p.m. in the Cotilla gallery and will be presented by Adam Levinson. Levinson is the founder of statutesandstories.com, a free history blog that is dedicated to “sharing historic statutes, law books and insights” and “raising historically relevant questions for further research,” according to the organization’s mission statement.

“People need to place a historical figure in their time and right now Alexander Hamilton is receiving a lot of attention, mostly because of the musical, and that musical has done an incredible amount to bring attention Hamilton but we want to add some more background or people who might have enjoyed the musical [or are looking for information on his life],”said Quinlan.

According to the Alvin Sherman Library, “The talk will explore Hamilton’s extraordinary legal legacy, including Hamilton’s reports to Congress as the nation’s first Secretary of Treasury. While many musical fans are increasingly familiar with Hamilton’s role as Secretary of Treasury, the Hamilton musical does not fully explore Hamilton’s legal career.”

“Current events are tied to the lives of our historical figures. These aren’t just people in textbooks, they had lives and their lives impact us today. Alexander Hamilton created what is today our financial system here in the United States. Why do we have federal reserve? Why do we have a banking system the way it is set up today? It’s because of Alexander Hamilton,” said Quinlan.
Time is Running Out on These Tourist Sites

By: Emma Heineman
Features Editor

Each year, millions of people flock to the abundance of natural and man-made wonders accessible to tourists around the world. People travel for different reasons: business, research, leisure and adventure, just to name a few. But one thing is clear — the tourism industry has expanded in recent years and, with it, the impact it has on the frequented sites.

According to the World Tourism Organization (UNWTO), international tourism generated $1.6 trillion in U.S. export earnings in 2017, and Florida tourism alone has a $67 billion dollar impact on the economy. For many reasons, the growth of the travel industry has been positive. Tourism stimulates local economies through increased sales, allows people to experience new cultures and establishes intercultural connections; however, it is impossible to ignore the effect it has had on the environment. In addition to the devastation they suffered after environmental changes and heavy tourism, the Florida Everglades are feeling the impact of water pollution, and heavy foot traffic on historic sites can cause erosion and other damage.

Just a short drive from campus, the Florida Everglades are feeling the impact of environmental changes and heavy tourism. In addition to the devastation they suffered after Hurricane Irma, rising sea levels, coastal erosion and tourism have damaged the ecosystem — making it a top priority on many travelers’ lists of places to see. So, from the local waters of the Florida Everglades to flood waters of Venice, here are some famous sites you should visit before it’s too late.

Cinque Terre, Italy
This quaint string of centuries-old Italian villages is known for its colorful houses, vineyards and spectacular ocean views. In recent years, over crowding and heavy tourism has taken its toll on the fragile city, causing damage to the historic structures and provoking landslides due to the vertical nature of the town’s construction.

According to The Telegraph, authorities aim to cut total visitor numbers from 2.5m to 1.5m per year. Although exact limitations on visiting have not yet been established, moving this picturesque location up on your bucket list may be a good idea.

Machu Picchu
The Incan sense of adventure captured by the steep mountain trails, ancient Incan ruins and striking views of the Andes Mountains has lured tourists to this famous site for more than 100 years, but the pristine nature of Machu Picchu is feeling the impact of booming tourism.

According to the Chicago Tribune, in 2017, over 5,000 tourists walked the paths of Machu Picchu daily during its busiest months. While the Peruvian government has capped daily tourist numbers to 5,040, the number is still over double the number recommended by the United Nations Cultural Organization (UNESCO). So, if you’d like to visit this treasure before more regulations are placed on visitors, you may want to do so soon.

Venice, Italy
Home to winding canals, authentic Italian cuisine and a strong sense of romance, Venice is the perfect getaway for lovers and adventurers. Unfortunately, the clock is ticking for travel enthusiasts who have this charming locale on their bucket list. According to a study conducted from 2000-2010 measuring rising sea levels, researchers found that the city was subsiding on average about 0.04 to 0.08 inches per year. While this may seem like a minimal amount, the sinking combined with rising sea levels is already causing problems for the city’s residents and visitors. Exceptionally high tides cause major flooding an average of four times per year, but minor flooding is becoming increasingly more common. So, unless you plan to swim through the famous plazas, visiting Venice soon is a must.

Great Barrier Reef
Australia is home to the world’s largest coral reef ecosystem, the Great Barrier Reef. With turquoise water and over 1,500 different species of fish and marine life, the massive reef is every scuba diver and snorkeler’s dream. Sadly, over the last 27 years, over 50 percent of the reef has been destroyed by coral bleaching. Unless dramatic efforts are taken to decrease carbon emissions, the reef will be irreversibly damaged by 2030. If you want to experience it, visiting soon may be your best option.

Cinque Terre, Italy

Venice, Italy

Career Corner

Moving Athletic Skills from the Field to their Field

By: Daniela Karaki-Suarez
Career Development

Danieila joined the Office of Career Development in July 2018 as a Graduate Assistant Career Advisor. She strives to connect students with centered opportunities and is especially excited to support students at NSU to achieve their goals.

With a great deal of time you spend on your sport, being a student-athlete helps you gain invaluable experiences and skills through your rigorous commitments. Many of the traits that you build upon are the same attributes that employers are looking for when hiring for an open position. Here are some tips and tricks to better showcase what you have to offer employers:

**Brainstorm all the positive and transferable qualities you’ve gained**
Think about the transferable skills you carry with you that have made you successful as an athlete, because they can make you as successful at a company! Each of these skills is a crucial strength you’re bringing to a working environment. Through years of training, collaborating and competing, athletes develop many characteristics that can shape them into future successes. These can include:

- Being coachable, willing to learn and accept criticism
- Ability to manage time and balance multiple responsibilities simultaneously
- Strong focus and work ethic when making commitments
- Working under pressure and making quick decisions

Being in a team with other athletes also teaches you how to be a leader and motivate your fellow members when they need support. In many jobs, employers want to see professionals who, like athletes, thrive in individual and team environments.

**Take ownership and use strong action verbs**

The key to this step is to recognize the skills you possess and adapt them to a specific situation you faced. When listing your athletic abilities on your resume, you want to make the situation showcase unique skills and accomplishments you made during your experience. This will be very attractive to an employer if marketed correctly.

Some strong verbs to communicate what you’ve done include words like, “achieved,” “oversaw,” “motivated,” “collaborated” and “committed.” Find ways to connect them with the different results you’ve had.

Examples: “Motivate and collaborate with 15 teammates to compete and place in numerous local and national competitions.”

“Reinforce key time management skills through balancing a schedule of 20 hours per week of practice alongside academia to ensure maximum success.”

**Get comfortable communicating your athletic abilities**

Say you make it to the next interview step, now it’s time to talk up all your relevant skills we’ve discussed! It can help to create a “positive traits tocareer chart.” Ask yourself these questions:

- What personal qualities have helped you become a great athlete?
- What qualities and skills have you learned in your sport that will help in your job search?
- Do you have any examples of you using these skills?

From here, connect the dots to see how a trait like “time management” relates to applying for a pharmacist position. You’ll want to show an example and relate it back to the job.

For example, using competitive spirit as a skill: “As an athlete, I’m someone who thrives in a competitive environment. In fact, I find that I’m most motivated by being challenged and trying to meet a goal. Throughout my time as a baseball player on NSU’s team, I have consistently pushed myself to achieve personal bests. I thrived with my coach’s feedback and sought opportunities to grow and improve.”

While sports may not be traditionally considered a topic managers expect to hear about, there are ways to make them marketable and exciting to listen to. In fact, athletes tend to have characteristics that many, if not all, employers look for in a new hire. Using these steps, you can stand out amongst the crowd and appear more marketable to employers.

**Getting the Most Out of Your Athlete Experience**

By: Daniela Karaki-Suarez

Career Development

Danieila followed the advice of her father, who told her one day: “If you make it to the next interview step, now it’s time to talk up all your relevant skills we’ve discussed! It can help to create a “positive traits to career chart.” Ask yourself these questions:

- What personal qualities have helped you become a great athlete?
- What qualities and skills have you learned in your sport that will help in your job search?
- Do you have any examples of you using these skills?

From here, connect the dots to see how a trait like “time management” relates to applying for a pharmacist position. You’ll want to show an example and relate it back to the job.

For example, using competitive spirit as a skill: “As an athlete, I’m someone who thrives in a competitive environment. In fact, I find that I’m most motivated by being challenged and trying to meet a goal. Throughout my time as a baseball player on NSU’s team, I have consistently pushed myself to achieve personal bests. I thrived with my coach’s feedback and sought opportunities to grow and improve.”

While sports may not be traditionally considered a topic managers expect to hear about, there are ways to make them marketable and exciting to listen to. In fact, athletes tend to have characteristics that many, if not all, employers look for in a new hire. Using these steps, you can stand out amongst the crowd and appear more marketable to employers.
Writer’s block is often an obstacle we have to overcome when writing for school, career, or personal purposes. While we usually focus on ways to better our writing skills, sometimes we lose sense of the fact that we have our own individual writing styles. Arguably, it is not about what you are writing but how you deliver it. Therefore, your writing style is crucial to your message, especially if you have to write often.

According to Open Oregon Educational Resources, there are four main writing styles: expository, descriptive, narrative and persuasive; each of which has its own characteristics that distinguish them from each other: Expository writing is one of the most common types of writing used and is used when the author is trying to explain a concept. Examples of expository writing include textbooks, recipes and how-to articles. Descriptive and narrative writing styles are fairly similar as both consist of descriptive language and relaxed structure. Poetry and novels are two examples. However, the difference is, in narrative writing, the author is not only trying to impart information but also construct and communicate a story.

Improving your writing style may sound a bit difficult, but with the aid of technology and software, it may not be as hard as you think. According to the Oxford Royale Academy and Writer’s Digest, here are some ways to improve your writing style:

**Be consistent**

Consistency is very important in your writing style because you do not want to sound redundant. The example that the Oxford Royale Academy presents is that of someone writing about Microsoft Powerpoint but, throughout the entire paragraph, using many different words to refer to Microsoft PowerPoint such as PPT, PowerPoint and Power Point Presentation. Instead, it’s best to stick to one title.

**Don’t be afraid to shorten**

You do not want one paragraph to go on forever, but you also do not want to have a long series of short paragraphs. According to the Oxford Royale Academy, the purpose of a paragraph is to “group information into organized chunks.” To write a well-written paragraph, your passage needs to contain a point, an example of that point and an explanation of that point. It is also okay to cut your point into two or more paragraphs if it becomes too long to read comfortably. Varying the lengths of your sentences throughout paragraphs also makes your writing easier to read.

**Be specific**

Choosing descriptive and distinct words in your writing can be the major difference between good and mediocre writing. Writer’s Digest writes that using “vague language weakens your writing because it forces the reader to guess at what you mean instead of allowing the reader to concentrate fully on your ideas and style.” Using concrete examples and specific details will help to improve not only your writing style but also how easy it is to understand your reading.

**Favor active voice**

Writing in an active voice allows a reader to better understand what you are writing. Since the active voice is more direct and simple, it gives a stronger input than passive voice. An example provided by Writer’s Digest would be writing “I loved Sally” rather than “Sally was loved by me.”

Writing styles can vary depending on the voice you would like to give your writing and what the context is. Writing, however, is something that we need not only for academic purposes but also in daily life. It is a form of communicating ideas and stories, and it is in one’s best interest to communicate their ideas and stories in the most effective way.
Most people have heard of budget cars on the arts in education or of parents steering their children away from careers in the arts. Not only is it a common trope in movies and TV shows, but it also happens in everyday life. The thing is, research, including a 2013 study by John Hopkins researchers Joseph LeDoux, Rebecca Ethhardt, Daniella Schiller and Limeara Ostrov has proved having an understanding of different artforms yields advantages in different realms of intelligence such as innovation, attention,motivation and motor control. Given this, making art part of your learning process or even indulging in it as a side hobby may be helpful in increasing your retention rate and making the subject matter you’re focusing on that much more meaningful.

Try to connect art to what you’re learning to solidify this connection. When learning about historical occurrences, look up art that depicts battles, heroes or responses to the events and with a picture in mind that highlights different historical dynamics, you might find it easier to understand. For science classes, understanding real-life applications is crucial. When dealing with a subject like anatomy, you can express yourself artistically through means of building a model that will cement the structure in your memory. Analyzing a play or a song might just help you analyze deep philosophy readings. Using art as a means of study is more than just a quirky study technique, it enriches your ability in multiple areas and deepens your knowledge in general.

Expressing yourself through art will expand your mental ability in more than one way: you’ll feel more capable of expressing yourself in your writing and in professional settings, and since you’ll be thinking a lot about different approaches to your art, you’ll be more open to different perceptions, which leads to critical thinking. Spending even just a few minutes a day sketching, making music, taking photographs, painting or whatever floats your boat will help you in every area and likely be fulfilling. Not to mention, investing time into an artform might help you to make new connections in the art world, expanding your people skills and improving your personal and professional network.

If you’re interested in using art as a means of self-improvement, decide what form of art you’re most interested in and then invest. If you like sketching, buy a decent sketch pad along with some charcoal or graphite pencils. You may be more interested in performance or musical art, and there are definitely options for that, too. Find classes that teach you how to play a particular instrument, download music mixing software or auditions for a play and find yourself learning time management, personal and retention skills.

Really, there’s something for everyone in the art, and there’s every reason to try something new. You might not enjoy it, but if you do, it will translate over to other parts of your life. And when your future child excitedly tells you you want to be an artist, hand them a paintbrush and see what happens.

Eight films that explore Irish culture and history

By: Janay Joseph
Contributing Writer

With St. Patrick’s Day right around the corner, here are eight films that celebrate Irish culture and history.

My Left Foot (1989)
Dir. Jim Sheridan
Often regarded as “the beginning of Modern Irish Cinema,” this film stars Oscar heavyweight Daniel Day Lewis as Christy Brown, a man with cerebral palsy who learned how to paint with only his left foot. Brown’s mother, played by Brenda Fricker, sees the brilliance in her son that everyone else overlooks. Critics hailed the film, of a boy reconnecting with his brother. Dublin’s 80’s culture is ingrained throughout the film, making this critical hit an underheded hit.

Sing Street (2016)
Dir. John Carney
This coming-of-age film follows a boy named Conor who starts a band to impress a girl he likes. Pretty simple right? John Carney’s twist on this cliche becomes a sympathetic tale of trial and error, paired with a toe-tapping soundtrack, dynamic characters and the underlying subplot of a boy reconnecting with his brother. Dublin’s 80’s culture is ingrained throughout the film, making this critical hit an underheded hit.

The Secret of Kells (2009)
Dir. Tomm Moore and Nora Twomey
After receiving a mysterious book full with secrets and powers, this medieval period piece follows a young boy named Brendan and his quest for peace for his war-torn village through a magical forest. Moore and Twomey’s film tells the age-old message of finding courage through darkness while running into fairies and barbarians along the way. The story is told through masterfully hand-drawn animation.

Brooklyn (2015)
Dir. John Crowley
Saoirse Ronan gives a favorable performance of an Irish immigrant’s experience in America and the conflicting emotions that arrive with her. On one hand, she wants to settle down and explore the city of Brooklyn. But on the other hand, she clearly misses her hometown in Ireland, which casts a shadow on her life. Both her story and her identity take shape by the end of the film.

The Departed (2006)
Dir. Martin Scorsese
This film, based on the infamous dealings of the Irish mob in South Boston, follows Leonardo DiCaprio as a cop who is tasked to find a mole in the police department. Matt Damon plays the mole, and the mob boss tasks him to throw off the police. This gripping thriller and critical hit from Goodfellas director Scorsese garnered four Academy Awards, including one for Best Picture.

Bloody Sunday (2008)
Dir. Paul Greengrass
This film is a painfully honest portrayal of the infamous Bloody Sunday Massacre in 1972 in Derry, Ireland, from the point of view of Irish Civil Rights Activist, Ivan Cooper. Greengrass explores the controversial historic event and relays the events as they unfolded in one day.

The Irish Pub (2013)
Dir. Alex Pegan
This documentary interviews Pub owners all over Ireland and explains how the institution of the pub itself is a cornerstone of Irish culture. If you’re in the mood to watch heartwarming interactions between people or even a bit curious about the effort patrons put into Irish hospitality, then this film is for you.

New ways to enjoy your cup of tea

By: Madelyn Rinka
Co-Editor-in-Chief

Tea is the ultimate beverage — with a variety of flavors, blends and temperature options, there’s bound to be a brew for everyone.

As for the foods, you can do quite a bit with that apple. Add it to your pancakes, and garnish with chia seeds. Be sure to let them sit for approximately 30 minutes to an hour for the chia seeds to absorb the liquid. Spread over toast or a scone.

Earl Grey Omelet
Ingredients
1 cup boiling water
2 egg grey tea bags
¼ cup rolled oats
1 tablespoon chia seeds
1 tablespoon hemp seeds
1 chopped fresh apricot or ¼ cup chopped dried apricots
¼ cup pomegranate seeds
1 tablespoon maple syrup
Prepare tea by steeping tea bags in boiling water for the recommended time. In a medium saucer, pour in tea, rolled oats and chia seeds. Cook over medium-high heat until all the water is absorbed. Pour into a separate bowl, and add the remaining ingredients, or tailor the recipe to include toppings to your preferences.

Marcha Green Pancakes
Ingredients
2 cups Bisquick mix, or another pre-made pancake mix
1 ⅓ cups almond milk
¼ cup packed spinach
2 tablespoons match green tea powder
Begin by pouring the almond milk, spinach and matcha powder into a blender, and blend until smooth. If you don’t have a blender, you can omit the spinach and thoroughly mix the ingredients into the almond milk. Add to a medium bowl and whisk until all the ingredients have dissolved. Pour a scant ½ cup of batter onto a griddle over medium heat. When bubbles form around the edges, flip. Continue cooking until the bottom is browned. Serve with fresh strawberries, blueberries and maple syrup.

Chai Milkshake
Ingredients
1 cup boiling water
3 chai tea bags
2 frozen bananas
3 dates
1 cup almond milk
A dash of cinnamon
Prepare tea by steeping tea bags in boiling water and waiting for the recommended time, adding two minutes. Remove tea bags, and allow for the tea to cool to room temperature. Alternately, place the tea in the freezer for about 15-30 minutes to speed up the process. Add the cooled tea and remaining ingredients into a blender and blend until smooth. It may help to sink the dates in the almond milk while you are waiting for the tea to cool, as it may make it easier to blend.

Raspberry Black Tea Chia Jam
Ingredients
½ cup boiling water
3 black tea bags
2 cups raspberries
3 tablespoons chia seeds
1 teaspoon almond extract
2 tablespoons maple syrup (optional)
Prepare tea by steeping tea bags in boiling water for the recommended time. In a medium saucepan, cook and mash raspberries until somewhat smooth. Add in black tea, stir, then add in the chia seeds, mixing quickly so that they do not clump together. Remove from heat, and stir in almond extract and maple syrup if you prefer your jam to be a bit sweeter. Wait approximately 30 minutes to an hour for the chia seeds to absorb the liquid. Spread over toast or a scone.

Eight films that explore Irish culture and history

By: Kelsey Bruce
Arts & Entertainment Editor

Impact of the arts on education

Arts & Entertainment
March 12, 2019 | nsucurrent.nova.edu

PRINTED WITH PERMISSION FROM K. BRUCE
Art is not only a great form of expression, but it is also therapeutic.
Cage The Elephant is an American rock band that can best be described as a mix of indie and alternative with some rock n’ roll. Lead singer Matt Shultz' voice is known to be of similar style and tone to that of Mick Jagger's, yet there is so much more to it than that. Cage The Elephant’s music surpasses the mainstream of today’s music. All of their albums have a different feel to them, be it era-wise or genre-wise, making the band the musical geniuses that they are. In an interview with Emily Maxwell of American Songwriter, the band said that their songs sprout from spontaneity or emotion, and they all work together to make them what they are — something not all bands do.

Since their start in 2009, Cage The Elephant has released albums every other year, and, at the start of 2019, they released the first song off their new upcoming album titled “Social Cues.” The song “Ready To Let Go” was the first song released and, upon hearing it, I loved its beat. I could distinguish that it was, in fact, Cage The Elephant, and it had a great feel to it. While I am not a fan of the music video, the song itself has a good flow and melody. According to Genius, the song “uses a trip to the ancient city of Pompeii as a way to tell the story of the singer’s realization he needed a divorce.”

Cage The Elephant has been one of my top favorite alternative bands since their self-titled debut album in 2009 with “Ain’t No Rest for the Wicked.” Then, in their second album, “Thank You, Happy Birthday,” I loved the song “Shake Me Down” and, in “Melophobia,” I jammed out hard to the songs “Come A Little Closer” and “Cigarette Daydreams.” In 2015, the songs “Mess Around,” “Cold Cold Cold” and “Trouble” from the album “Tell Me I’m Pretty” also made it onto my Spotify. So, with the release of “Ready To Let Go,” I have high hopes for their upcoming album.

By: Flor Ana Mireles
Contributing Writer
This year, March Madness kicks off on March 17. That means for three weeks, division I college basketball players from the best teams in the NCAA will compete for the title of National Champions. There are many debates about college basketball and its athletes in the media. Mainly if they are taken advantage of or if they should be paid for their time as college athletes. Both of the positions of these debates have merit but at the end of the day, these athletes are still students at their respective universities earning a college degree. The pressure of March Madness on the athletes, coaches and support staff of these teams is too much to handle and too much to ask from a student with high risk for no guarantee of possible rewards.

March Madness is the NCAA’s next cash-cow, second to division I football. According to Nisaac, Time Warner Cable and CBS’s new contracts with the NCAA for broadcasting rights average at $5.1 billion each season and will extend into 2032. In 2017, the NCAA pulled in $1.06 billion which includes ticket sales, marketing rights deals and tournament broadcast fees. This money is said to be used to fund scholarships, medical insurance, travel expenses and other programs.

This isn’t exactly chump change. College athletes are at the center of all of this money and their performance in these tournament games can make a difference in the revenue that the NCAA produce and the future funds that their individual program might earn for the next year. Marketing, branding and even travel and medical expenses for the athletes all hang in the balance of an outcome of a good game versus a bad or even boring game. If a team loses and doesn’t have a strong reputation, they can expect to not see much money and dedication designated to their team or even cost them looks from professional scouts. If they have a good season and decent tournament play, their program can make some more money, get better brand and marketing deals and maybe have their hat in the running for the draft when they graduate. All depending on a few weeks of games that are on a national stage.

Public ridicule is another pressure that these athletes face. The viewers of March Madness are known to bet on games and brackets, all predicting who might win or what team will do well in the tournament. According to an ESPN, 24 million Americans bet on the NCAA tournament in pools and spending an estimated $2.6 billion in entry fees let alone other illegal betting rings and small family or work-related betting pools. Gambling is known to be a game of chance but for the athletes and the supporters of these teams, they might throw hard earned money down to support these athletes. If these athletes mess up, have a bad game, injure themselves or lose against a pivotal team, they won’t only lose money that can lose support of the public.

Personally, putting myself in the shoes of an athlete competing in March Madness, I don’t know how they can manage. Luckily, I don’t have the talent to worry about it but from my experience of knowing athletes in division II athletics, it’s unrealistic to keep up with grades and their games and practice and they don’t even have to worry that one wrong move might ruin their future.

From the original Ancient Greecian 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 stories that have changed the future of sports forever.

March 12
Andrew Watson Becomes First Black International Football Player

On March 12, 1881, Andrew Watson made history when he accepted a signed contract with the Queen’s Park F.C., Britain’s largest football team, at the time. He led the team to several Scottish Cup victories, becoming the first person of color to win a major football championship. His career as a player included missions to facilitate a fair start. A game in which only one horse has an unfair advantage of an early start. These are all the reasons why the horse race game has been around for millennia.

Another example of this is the invention of the starting gate. England invented the starting gate used in horse racing in 1750. The gate which functions as a separate stall for each racehorse has rear gates that open for the horse to enter and close behind them. When the signal is given, the front gates open at the same time, confirming that no horse has an unfair advantage of an early start. Previous to Johnson’s invention, horse races struggled with methods to facilitate a fair start. The first examples of Johnson’s idea were ropes and wooden boards which would bar horses from beginning the race at different times.

March 15
J. L. Johnstone Invents Horserace Starting Gate

On March 13, 1924, J. L. Johnstone of England invented the starting gate used in horse racing. A contraption intended to ensure a fair start for horse races. The gate which functions as a separate stall for each racehorse has rear gates that open for the horse to enter and close behind them. When the signal is given, the front gates open at the same time, confirming that no horse has an unfair advantage of an early start. Previous to Johnson’s invention, horse races struggled with methods to facilitate a fair start. The first examples of Johnson’s idea were ropes and wooden boards which would bar horses from beginning the race at different times.

March 18
Horseseace Starting Gate

On March 13, 1894, J. L. Johnstone of England invented the starting gate used in horse racing. A contraption intended to ensure a fair start for horse races. The gate which functions as a separate stall for each racehorse has rear gates that open for the horse to enter and close behind them. When the signal is given, the front gates open at the same time, confirming that no horse has an unfair advantage of an early start. Previous to Johnson’s invention, horse races struggled with methods to facilitate a fair start. The first examples of Johnson’s idea were ropes and wooden boards which would bar horses from beginning the race at different times.

March 18
Wilbert Robinson Tries to Catch a Baseball Dropped From an Airplane

In 1915, Wilbert Robinson, the Dodgers manager, attempted to catch a baseball dropped from an airplane. The idea was inspired by a famed aviator, Ruth Law, who had been dropping golf balls out of her plane to advertise for a local golf course. Law realized that she had forgotten the baseball on the ground and decided to substitute the ball with a grapefruit. Robinson caught the ball in his mitt but the impact caused the grapefruit to explode, showering him in juice.
Kareem Abdul-Jabbar auctions NBA memorabilia
Kareem Abdul-Jabbar, former NBA player and Hall of Fame inductee, is putting four of his NBA championship rings along with other memorabilia up for auction. According to the New York Times, “The rings up for bid are the ones he won with the Los Angeles Lakers in 1980, ’85, ’87 and ’88.” Autographed and game-used items will also be auctioned. Part of the money raised will go towards Abdul-Jabbar’s Skyhook Foundation.

Aaron Hicks makes seven-year, $90 million deal with the Yankees
The New York Yankees signed their largest contract extension since the re-signing of Derek Jeter for $189 million 10-year deal in 2001. According to the New York Times, “Hicks was scheduled to make six million in 2019, his final year before free agency. With his new deal, he will make eight million this season and then see a raise to nearly $10 million a year for the next six years.” Aaron Boone, the Yankees manager, called Hicks an underrated and valuable player.

Royce White sets eyes toward UFC belt
Royce White, former NBA player, plans to transition into the mixed martial arts world. White told ESPN, “I’m one of the best athletes in the world. Among the NBA community, part of my appeal as a draft prospect was my unique size, athleticism, vision and that I probably have one of the 10 biggest sets of hands in the NBA. I think all of these things will translate beautifully to the UFC.” White plans to compete for the UFC belt in the future.

Men’s Basketball
Royce White, former NBA player, plans to transition into the mixed martial arts world. White told ESPN, “I’m one of the best athletes in the world. Among the NBA community, part of my appeal as a draft prospect was my unique size, athleticism, vision and that I probably have one of the 10 biggest sets of hands in the NBA. I think all of these things will translate beautifully to the UFC.” White plans to compete for the UFC belt in the future.

Georgia Tech's MacChelle Joseph leaves basketball team
MacChelle Joseph, Georgia Tech’s women’s basketball coach, was placed on leave “for what the school says is a ‘pending personnel matter’,” according to ESPN. Assistant coach Mark Simons is to serve as the acting coach for the Yellow Jackets’ next game in Miami. Joseph has the highest wins to loss ratio in Georgia Tech’s history, with 211-198. This was her 16th season at Georgia Tech.

NSU Students, Faculty & Staff
You can save $1000s
Now thru 9PM Monday

Men’s Golf
As a team, No.16 Sharks wrapped up in second at the St. Leo Invitational winning the individual and team titles. Sophomore Tomas Millet closed out the week with an even-par 72 to secure a career-best and sixth place finish.

Men’s Swimming
NSU’s men’s swimming earned their third-straight title. Sophomores Bernardo Abascal and junior Vincent Lipoi earned the silver and bronze with times of 15:50.23 and 15:42.23 respectively. Sophomore Tamon Miller closed out the week with an even-par 72 to secure a career-best and sixth place finish.

Women’s Basketball
Wednesday’s senior night honored the team’s four seniors— Christian Prasse, Mikayla Thompson, Megan Piggott and Katie Barnard. The Sharks dominated against Palm Beach Atlantic 77-56. Prasse finished her senior season with 13 points, 12 rebounds and 11 assists. Ali son Hughes tallied a game high of 15 points with 3 more 3-pointers earning 81 on the season and 156 for her NSU career.

Here’s Why
Royce White, former NBA player, plans to transition into the mixed martial arts world. White told ESPN, “I’m one of the best athletes in the world. Among the NBA community, part of my appeal as a draft prospect was my unique size, athleticism, vision and that I probably have one of the 10 biggest sets of hands in the NBA. I think all of these things will translate beautifully to the UFC.” White plans to compete for the UFC belt in the future.

ONLINE
You can save $1000s
Now thru 9PM Monday

Get our Guaranteed
Lowest Price & Payment,
or Your Money-Back.
Only Rick Case Doubles the
Nationwide Factory Warranty
up to 20 Years/200,000 Miles
Plus, Rick Case
Rewards Savings, Free
Car Washes Anytime &
Discount Gas

Sports
March 12, 2019 | nsucurrent.nova.edu

NSU Students, Faculty & Staff
You can save $1000s
Now thru 9PM Monday

Get free car washes anytime and discount gas.
Earn Rewards Points with every purchase and use your earned points toward future purchases of new and used cars, vans, trucks, SUVs, motorcycles, scooters, ATVs, home generators, service, parts, and accessories.

Rick Case
for the Record

Sports Shorts
Men’s Basketball
On Wednesday, No.3 NSU took the win against Palm Beach Atlantic 70-52. Graduate student Eddie Puisis earned a 6-for-9 performance and a total of 18 points in 25 minutes of play. This night also honored the teams four seniors— David Dennis, Eddie Puisis, Joe Arocho and Kyle Lampkin.

Men’s Golf
As a team, No.16 Sharks wrapped up in second at the St. Leo Invitational winning the individual and team titles. Sophomore Tomas Millet closed out the week with an even-par 72 to secure a career-best and sixth place finish.

Women’s Basketball
Wednesday’s senior night honored the team’s four seniors— Christian Prasse, Mikayla Thompson, Megan Piggott and Katie Barnard. The Sharks dominated against Palm Beach Atlantic 77-56. Prasse finished her senior season with 13 points, 12 rebounds and 11 assists. Alison Hughes tallied a game high of 15 points with 3 more 3-pointers earning 81 on the season and 156 for her NSU career.

Only Rick Case Doubles the
Nationwide Factory Warranty
up to 20 Years/200,000 Miles

Get free car washes anytime and discount gas.
Earn Rewards Points with every purchase and use your earned points toward future purchases of new and used cars, vans, trucks, SUVs, motorcycles, scooters, ATVs, home generators, service, parts, and accessories.

Rick Case
for the Record

Sports Shorts
Men’s Basketball
On Wednesday, No.3 NSU took the win against Palm Beach Atlantic 70-52. Graduate student Eddie Puisis earned a 6-for-9 performance and a total of 18 points in 25 minutes of play. This night also honored the teams four seniors— David Dennis, Eddie Puisis, Joe Arocho and Kyle Lampkin.

Men’s Golf
As a team, No.16 Sharks wrapped up in second at the St. Leo Invitational winning the individual and team titles. Sophomore Tomas Millet closed out the week with an even-par 72 to secure a career-best and sixth place finish.

Women’s Basketball
Wednesday’s senior night honored the team’s four seniors— Christian Prasse, Mikayla Thompson, Megan Piggott and Katie Barnard. The Sharks dominated against Palm Beach Atlantic 77-56. Prasse finished her senior season with 13 points, 12 rebounds and 11 assists. Alison Hughes tallied a game high of 15 points with 3 more 3-pointers earning 81 on the season and 156 for her NSU career.

Only Rick Case Doubles the
Nationwide Factory Warranty
up to 20 Years/200,000 Miles

Get free car washes anytime and discount gas.
Earn Rewards Points with every purchase and use your earned points toward future purchases of new and used cars, vans, trucks, SUVs, motorcycles, scooters, ATVs, home generators, service, parts, and accessories.

Rick Case
for the Record

Sports Shorts
Men’s Basketball
On Wednesday, No.3 NSU took the win against Palm Beach Atlantic 70-52. Graduate student Eddie Puisis earned a 6-for-9 performance and a total of 18 points in 25 minutes of play. This night also honored the teams four seniors— David Dennis, Eddie Puisis, Joe Arocho and Kyle Lampkin.

Men’s Golf
As a team, No.16 Sharks wrapped up in second at the St. Leo Invitational winning the individual and team titles. Sophomore Tomas Millet closed out the week with an even-par 72 to secure a career-best and sixth place finish.

Women’s Basketball
Wednesday’s senior night honored the team’s four seniors— Christian Prasse, Mikayla Thompson, Megan Piggott and Katie Barnard. The Sharks dominated against Palm Beach Atlantic 77-56. Prasse finished her senior season with 13 points, 12 rebounds and 11 assists. Alison Hughes tallied a game high of 15 points with 3 more 3-pointers earning 81 on the season and 156 for her NSU career.

Only Rick Case Doubles the
Nationwide Factory Warranty
up to 20 Years/200,000 Miles

Get free car washes anytime and discount gas.
Earn Rewards Points with every purchase and use your earned points toward future purchases of new and used cars, vans, trucks, SUVs, motorcycles, scooters, ATVs, home generators, service, parts, and accessories.
Ever since the summer of 2015, I have been obsessed with Mariah Carey. She has a massive discography, so I can listen to her daily. I fell in love with her five-octave voice and her beautiful songwriting. Since the beginning of my idolization of Mariah Carey, I have always heard people hating on her. If you don’t like her music, I understand. Some people don’t like pop, R&B or ballads. But the last association annoys me the most. It’s about the Rockefeller Tree Lighting Performance. So, the first two aren’t necessarily bad, but it is more of the fact that people just disrespect her for no reason. People typically have three different associations to Mariah Carey. The first way, they associate her is to Christmas music. Secondly, her very popular song “We Belong Together.” Lastly, they always associate her to the Rockefeller Tree Lighting Performance. So, the first two aren’t necessarily bad, but it is more of the fact that her music catalog has much better music. But the last association annoys me the most. Anyone I say, “I love Mariah Carey,” I get the instant reaction of “Did you see her Christmas performance?” I am tired of it!

Mariah Carey has been in the music industry for almost 30 years, and she is one of the most successful artists in history. She holds the record for the most Billboard Hot 100 number-one songs as a solo artist. Also, she wrote 17 of those number-one songs, making her one of the most successful female songwriters in history. Her record-breaking song, “One Sweet Day,” spent four consecutive months at the top of the chart. She was the most successful artist in the 90s while competing against legends like Michael Jackson, Whitney Houston and Madonna. I don’t want to just keep spitting out Mariah’s achievements, but these are the reasons why I am annoyed that people minimize her music. Also, I am tired of hearing people say that she can’t sing anymore. She can still sing well, but obviously, a 48-year-old woman isn’t going to sound exactly as she did when she was in her 20s. She sings well live at her Vegas residency, but it isn’t mentioned in media. Her latest album “Caution” was critically acclaimed, so she still makes great music today. Lastly, stop comparing her to Ariana Grande. I love both artists, and our society needs to stop pitting women against each other.

Leaving Mariah Carey alone

By: Ethan Lozano
Contributing Writer

---

In South Florida, red tide blooms have been a problem since 1844, and over the years these harmful algae blooms have only gotten worse. With both rising temperatures and an increase in the concentration of carbon dioxide in the atmosphere, red tide has been able to grow at an exceedingly high rate. While the unusually long season for red tide that Florida has been experiencing since Oct. 2017 has ended, it still begs the question, is there enough being done to stop the massive blooms of Karenia brevis—the species of red algae that causes red tide in Florida—along the coasts of Southwest Florida?

The short answer is no. There is not enough being done to combat these algal blooms. Climate change is causing the harmful algal blooms that are responsible for red tides to grow at higher rates. Karenia brevis thrives in carbon dioxide-rich environments with warm water. Both conditions are made possible due to climate change. Many people go about their lives without thinking that climate change will affect them in their lifetime. Assimile ideas like that are exactly why nothing is majorly being done to address something directly affected by climate change that has had a major impact on the coastline of southwest Florida. The idiocy and arrogance of some people as to not caring about the environment around where they live, if not just the environment as a whole.

According to the National Oceanic and Atmospheric Administration, “The Florida red tide organism, Karenia brevis, produces potent neurotoxins, called brevetoxins, that can affect the central nervous systems of many animals, causing them to die... Wave action near beaches can break open K. brevis cells and release the toxins into the air, leading to respiratory irritation.”

The threat that the combination of red tide blooms and climate change pose to the Florida ecosystem cannot be ignored. Harmful algal blooms have been killing dolphins, sea turtles and many species of fish while also posing a threat to people. Between July and August of 2018, the NOAA reported that 48 bottlenose dolphins died on the coast of southwest Florida. But the Florida legislators would care about the effects of red tide on the ecosystems, they would only care if these harmful algal blooms on the tourism industry, or you would think. According to the New York Times, “Business owners in the tourism sector here, however, say they have seen a hit worse than they’ve had in years—and that’s coming from folks who routinely suffer through hurricane seasons;” and while red tide is not as destructive to inland Florida, red tide poses just as much of a threat to the Florida coastline as hurricanes do.

Even though the season for red tides in Florida has passed, it will eventually come back. If the steps to prevent massive algal blooms of Karenia brevis are not taken, then there will be disastrous effects on the local ecosystem.
Stop pleasuring the people and start helping them

By: Kelsey Bruce
Arts & Entertainment Editor

As we advance further into a rapidly advancing technological age, corporations are putting more and more effort into mental improvements on entertainment and communication products to justify upping their prices and to keep consumers in a buying mind. This is no different in terms of artificially intelligent devices such as Alexa or Google Home. For a majority of people, these are clever additions that you can joke around with. But there is a more crucial application in the artificial intelligence market, and that is augmented and alternative communication (AAC). In essence, AAC provides temporary or permanent communication alternatives or supplements for people with complex communication needs.

According to the United Nations International Children’s Emergency Fund (UNICEF), the market for AAC is largely untapped, even with recent advancements. UNICEF mentions that widespread artificial intelligence just doesn’t meet the need of many people with disabilities, and there is a pressing need for more predictive technology, personalized synthetic speech applications and more comfortable language translation and social media applications. Advancements in these areas could greatly enhance the lives of many people such as those with ALS or muscular dystrophy.

However, major corporations have progressed artificial technology into Alexa-operated microphones or Alexa Ibot Roombas. Sure, this technology might help some people with disabilities, but it’s not intended for them and, certainly, doesn’t help a significant portion of them. While big companies continue to make new generations of iPhones or the second generation of Alexa capable of neat features like a noise cancellation speaker or the ability to control door locks, these “upgrades” are not enough for the people who truly need artificial intelligence. They mostly achieve entertaining children or amusing users by snarkily answering questions. Where is the mainstream artificial intelligence for those that have a hard time with articulation or the hard-of-hearing?

More than that, artificial intelligence may help in the actual healthcare process. A 2017 article published in the British Medical Journal asserts that artificial intelligence may help in detection, treatment and prognosis of cancer, neurology, cardiology and, more specifically, strokes. However, the study mentions two hurdles in their deployment: regulations and data-exchange. While these obstacles are more in terms of the medical industry, the development of this approach won’t happen without a push for the FDA to determine regulations and the healthcare system to determine a data-sharing system. Arguably, advancement in artificial intelligence in general for people with medical disabilities will bring forth the issue rather than placing it on a back burner as it is now.

Spice up your food, not your love life

By: Mario Lorrimer
Business Manager

Why waste time spicing up your love life, when you could be spicing up some delicious meals. Living on campus or simply going to college in general, you will be told two things; love and delicious food are both hard to find. This is mostly true. However, you can manipulate one for a more desired outcome. You guessed it, it’s food. Spice is your friend, learn to use it. If you have never spent time in the kitchen or don’t even remotely know what tomato concassé is (it’s a method for deskinning tomatoes), that’s ok. The reason recipes were invented were to incorporate spices? Some might be afraid because they misunderstand the word and others might be afraid of adding too much and spoiling the meal. Spices are from parts of plants that include their stem, roots, bulbs, bark or seeds. One important fact about spices that you need to know is that not all spices are hot. Many people confuse the word spicy with hot. There are many different varieties that offer different tastes. I suggest that you buy the smallest packet of spices that you can find and try them all. It’s all about trial and error. If you are not sure, consult a recipe or even check YouTube.

Another important fact that I think everyone should know is that spices can be added even after a meal is cooked. What, that’s very scandalous Mario. It may seem so, but restaurants don’t put salt and pepper packets on the table only for show. They make it available so that you can customize your meal to however salty or peppery you want it to be. It is possible to make your meal taste better, then go for it. We are college students, that means we are always trying to find things that are affordable. If you can only afford ramen noodles that’s fine, experiment with some spices and make them taste like they’re gourmet.

Along with single spice packets, there are the premixed containers that you could buy. Once you can differentiate what each spice tastes like, why not combine a few of them? Do whatever you think tastes the best. Lastly, don’t be afraid to get things wrong. Like with anything else, we are bound to mess up at some point. A helpful tip in dealing with over seasoned food is to add more food to it. You would then be able to put some leftovers away for the next day or even invite some friends over and have a food party (or whatever you kids are up to these days). So, go out to one of the local supermarkets or farmers market and start your journey today, your tummy will thank you. Adios bland food. Spicy town, here we come.
Recruit A Shark Day 2019
March 14th, 2019 — 3:30pm - 6:00pm

Looking for a Job, Internship, Volunteer or Research position?
NSU is hosting the largest Career Fair in History

Over 100+ Employers in Attendance