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NSU to host annual JDRF One Walk

By: Emma Heineman
Features Editor

On Saturday April 6, NSU will host the 2019 Juvenile Diabetes Research Foundation (JDRF) Broward One Walk. The walk is one of over 200 walks that take place annually throughout the country and aims to raise money and awareness for type 1 diabetes (T1D).

JDRF, the Juvenile Diabetes Research Foundation, is a fundraising organization for type 1 diabetes. According to the event website, jdrf.org, “Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly. It has nothing to do with diet or lifestyle—and it’s serious and stressful to manage. There is nothing you can do to prevent T1D and there is currently no cure.”

Allie Rousseau, a development manager with the JDRF South Florida Chapter, said, “[The walk] is a big celebration for the community and for the teams that have been fundraising all year long. It brings everybody together and shows people that they’re not the only ones there with T1D.”

Registration for the walk begins at 7 a.m. at the Alvin Sherman Library Quad, and opening ceremonies will commence at 8 a.m. The walk will start at 8:30 a.m. and will consist of a non-competitive 5k (3.1 miles) walk around NSU’s campus with water breaks along the way. The event is pet friendly, so bringing furry friends along is supported. Trust and water stops for pets are also located along the route.

The walk is open to the public. Participants will be able to enjoy complimentary fresh fruit from Freedom Fresh, and Wawa will provide snacks and water. The kids corner of the event will feature bounce houses, arts and crafts, Razor the shark and a petting zoo. There will also be a photo spot, with silly props and the opportunity to take team pictures using the JDRFOneWalk, sticker and JDRF One Walk filter on Snapchat.

Rousseau said, “We involve both family teams and corporate teams. The family teams and three other guests as well as a goody bag.”

Students are encouraged to volunteer at the event and can sign up on the website or by contacting Haley at vanichacle@jdrf.org. Students can receive service hours or their clubs or organizations by helping with set up on Friday, April 5 or on the morning of the walk. Volunteers are needed to help set up, pass out water and cheer runners on along the route.

For more information about the event, students can email rousseau@jdrf.org or check out the walk website at https://www2.jdrf.org/site/TRakte:1,-760656g-entrytheevent.

Sharks to bring awareness for autism

By: Madelyn Rinka
Co-Editor-in-Chief

"It is something that is growing by the year—more and more children are being born with and developing autism. It’s something that’s affecting everyone around us.

-Ashley Dabalsa

The NSU Autism Institute’s Baudhuin preschool, feeding clinic, speech clinic and research clinic will host the Bounce for Autism event on March 30 from 10 a.m. - 4 p.m. at the Miami Dolphins Training Facility Dome.

The event aims to raise money and awareness for the NSU Autism Institute, with 100 percent of the proceeds going to the preschool and feeding, speech and research clinics. At the autism awareness fair, there will be bounce houses, activities, food trucks and an appearance from DJ Zog of Miami’s Power 96, as well as tabling from several student organizations.

“It’s going to be an interprofessional event, so we do have organizations from the health division, from undergraduate colleges, from the psychology college and so forth,” said Ashley Dabalsa, student in the college of pharmacy and founder of the event. “It’s all of NSU coming together for this event. It is community-wide, so we have children with and without autism who will be attending the event.”

Undergraduate student organizations are urged to contact Dabalsa at ad1489@mymunu.nova.edu to table at the event. Additionally, for students, the event is an opportunity to network. “These undergraduate students are going to see students who are in the health professions... they’re seeing themselves in the future. They’re getting to network and build friendships with us in HPD,” added Dabalsa.

Everyone is encouraged to attend the event, as it will have activities for people of all ages. There will be three bounce houses that are for adults, meaning students, parents and other older event-goers can have fun as well. Dabalsa hopes that the event will help bring awareness to people who otherwise wouldn’t have gotten involved with the cause.

“It is something that is growing by the year—more and more children are being born with and developing autism. It’s something that’s affecting everyone around us. Even though the best thing to do is to try to make them feel as comfortable as possible, and as normal as possible, it’s something we need to bring awareness to,” said Dabalsa.

The event is open to the public, with $5 admission. Ride tickets are $1 each. For more information about the event, email bounceforautism@gmail.com. Donations can be made at www.givecampus.com/schools/novaseasternuniversity/bounce-for-autism.
Congolese president pardons 700 political prisoners

Last Wednesday, Felix Tshisekedi, the president of the Democratic Republic of Congo, pardoned 700 political prisoners jailed under the previous political administration. According to the Associated Press, “Mr. Tshisekedi signed the decree Wednesday, fulfilling a promise he made this month to do so during his first 100 days in office… Among those set for release was Firmin Yangambi, who was sentenced in 2009 to 20 years in prison on charges of being a threat to national security. Also being freed is Franck Diongo, an opposition figure who was sentenced to five years imprisonment during the previous administration.” Tshisekedi took office on Dec. 30, marking the first peaceful transfer of power in the Democratic Republic of Congo since becoming independent from Belgium.

U.K. lawmakers reject Brexit again

Once again, the British Parliament has rejected Prime Minister Theresa May’s plan for Britain to withdraw from the European Union. According to the New York Times, “Parliament voted to oppose the prospect of a disorderly ‘no-deal’ exit from the bloc, doing it in a dramatic and unprecendented fashion that underscores the already-battered Mrs. May’s dwindling authority and negotiating leverage… And the breakdown of discipline in her Conservative Party renewed speculation that her cabinet could try to force her from power.” May’s plan was rejected with a 432-202 vote.

Crocodile that harassed Philippine town caught

In Balabac, a town in the Philippines, a crocodile has been preying on the townspeople since Nov. 2018. The reptile was found with a human arm in its mouth. Efren Portades, who lives in Balabac told the New York Times, “It was like he was showing off.” After weeks of searching for the crocodile, it was caught by a team from the Palawan Wildlife Rescue and Conservation Center.
NSU’s Farquhar Honors College will host the 18th annual undergraduate student symposium on April 5 beginning at 1 p.m. and ending with the closing ceremony at 4:30 p.m. Students from all undergraduate programs will be showing original posters, presentations and films.

The symposium will consist of an opening ceremony, with keynote speaker Dr. Harry Moon, executive vice president and chief operating officer of NSU, followed by poster and oral presentations and the film festival from 1:45-4 p.m. There will also be an awards ceremony at 4:30 p.m.

“It’s a celebration of student research and scholarship experience— it’s one of the traditions that best showcases what’s great about this university,” said Don Rosenblum, dean of the Farquhar Honors College. “It’s one of the true distinctive opportunities at this university that students, even in freshman year, can get deeply involved in meaningful research that might lead to presentations or publications that can really show off a student’s life.”

By participating in research as an undergraduate, students can gain a deeper understanding of their fields and an edge above other applicants who have likely not had the experience.

“I would describe it as the ultimate edge. We see so many students, who when they can talk about their own research experience to a prospective graduate school or professional school, it makes the difference,” said Rosenblum.

While the deadline to participate in the symposium has passed, students and faculty are still encouraged to attend to view the research that is happening at NSU.

“One important part is for first and second year students to see what it is all about, to realize that these faculty members are also shepherding research,” said Rosenblum. “Probably 90 percent of the students who are participants went to the event earlier and got started there.”

“Students should come out to support their fellow students who have put all of this time and energy and work into their projects,” added Robbin St. George, program manager for the Farquhar Honors College. “They’re standing up and presenting in front of these big groups, and it’s nice to see friendly faces out there.”

For more information about the symposium and how to participate in the future, visit https://honors.nova.edu/student-symposium/index.html.
March is National Nutrition Month, making it the perfect time to spotlight a new degree program coming to NSU. Starting in fall 2019, NSU will offer a bachelor of science in human nutrition to undergraduate students.

Additionally, a minor will also be offered for students looking to enhance their resumes and accreditate their other degrees.

The undergraduate major follows after the graduate program which became accredited in Dec. of 2018 under the Accreditation Council for Education in Nutrition and Dietics (ACEND).

Through the program, students will gain a solid foundation in applied nutrition, nutrition education, public policy, advocacy, nutrition therapy, leadership and management and food production.

Stephanie Petrosky, an assistant professor and the nutrition director for the College of Osteopathic Medicine at NSU, said, “We know right away when we started the graduate program that we were missing an opportunity to serve undergraduate students as well. We were seeing a lot of students that kept coming to us unprepared for the graduate program because they were missing some of the basics.”

According to Petrosky, “That program is designed as a small undergraduate version of [our] graduate program. It looks at plant-based nutrition, has a global emphasis and uses research to inform practice. It also has a track for students who want to be a registered technician.”

Currently, the nutrition undergraduate major is an option for the dual admission program under the College of Osteopathic Medicine and provides a unique opportunity for incoming students. Starting in fall, NSU students can also choose nutrition as a minor as a way to supplement their existing studies.

Petrosky explained that this is an advantageous option for students who are too far along to change their major but still have an interest in nutrition.

“The field of nutrition is multifaceted with a wide array of degree outcomes and opportunities for students to customize how they apply their degree to a career,” Petrosky said, “Everybody has food in common. We all have to eat, so [nutritionists] are the professionals in that area. We love to see people with nutrition degrees go on to further their education.”

Students with nutrition degrees have a plethora of options when it comes to choosing a career. At the undergraduate level, students can earn a dietetic technician bachelor’s degree.

The program also appeals to students interested in careers in health education, long term global health, research, restaurant and food marketing and management and even sustainability and agriculture. At the graduate level, the professional outcome is a registered dietitian nutritionist (RDN).

From personal experience, Petrosky explained that many people enter the field because of personal interests. “People get involved from a more personal approach and then they start looking into how they can transform that into a better way of living for others,” she said. “It’s a constantly growing and changing field. Anyone who is interested in being on the edge of what is new and available, this is really that kind of field.”

Students interested in nutrition as a major or a minor can find more information at nova.edu or by talking to their academic advisors.

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Undergraduate Nutrition Program Introduced at NSU

By: Emma Heineman
Features Editor

The measurements, so little time

By: Janay Joseph
Contributing Writer

So Many Intelligences, So Little Time

Do you ever wonder why some people thrive in group settings and others don’t? Or why even some people learn the best through working on puzzles and problem solving, while others prefer to read articles or books about their areas of interest? Navigating through college has its share of obstacles, but fully realizing our best learning and study habits often flies under the radar.

Developmental Psychologist and Professor of Harvard University’s Graduate School of Education Howard Gardner identified his theory of multiple intelligences in his books “Frames of Mind” and “Intelligence Reformed.” From his research and observations from hundreds of interviews linking cognitive science to teaching education, Gardner argues that each person has nine intelligences. Each of them is listed below, with learning styles that compliment them.

- Verbal-Linguistic Intelligence: Specialist in the language arts; their strengths include reading, writing, speaking and listening
- Musical Intelligence: Songs, patterns, musical instruments and expression
- Mathematical-Logical Intelligence: Demonstrate strengths in numbers, reasoning, logic and problem-solving
- Spatial Intelligence: Learn the best through any visual method that is engaging, dynamic and relating to the physical space: videos, maps, charts, graphs, etc.
- Bodily-Kinesthetic Intelligence: Hands-on activities that include games, movement, physical tasks and building
- Interpersonal Intelligence: People who are very outgoing and conversation oriented learn through interaction; tend to learn the best with a partner or in study groups
- Intrapersonal Intelligence: People who are connected more with their personal self (thoughts, feelings and emotions) than with others
- Naturalist Intelligence: People who are in touch with nature (camping, exploration and animals)
- Existential Intelligence: Commonly seen in philosophers; individuals question the meaning of life and its purpose

One important aspect of Gardner’s research is that he never pits one intelligence over the other. The main takeaway is that it is not only essential for someone to know the best way for them to learn new information but also that we should think about how we apply traditional methods of teaching.

Educators also play an essential role in applying these methods. Sandra Tromtan, an associate professor at the NSU Fischler College of Education, said, “Knowing how to reach your students is really important.”

By: Janay Joseph
Contributing Writer

The Green New Deal: The Democrats' Response to Climate Change

First-time Representative Alexandria Ocasio-Cortez has been shaking things up in the Democratic Party. Part of a new coalition known as the Justice Democrats, she launched the Green New Deal with Senator Edward J. Markey. For months, the bill has been picking up steam in Congress, with its fair share of obstacles, but fully realizing our best learning and study habits often flies under the radar.

Do you ever wonder why some people thrive in group settings and others don’t? Or why even some people learn the best through working on puzzles and problem solving, while others prefer to read articles or books about their areas of interest? Navigating through college has its share of obstacles, but fully realizing our best learning and study habits often flies under the radar.

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On the surface, the Green New Deal is a set of economic policies targeting climate change and addressing economic inequality. Taking inspiration from President Franklin D. Roosevelt’s historic New Deal, this Green New Deal is aimed at stimulating the economy while curbing the effects of climate change. Many of the plans laid out in this deal have been mentioned in Congress for several years. Recently, when the Sunrise Movement endorsed the House resolution, that the Green New Deal broke into the mainstream conversation.

This push for a Green New Deal also follows the publication of the Intergovernmental Panel on Climate Change’s (IPCC) staggering report released last October about the rising greenhouse gas emissions. The team of scientists concluded that the world was to collectively work towards preventing global temperatures from rising more than 2.7 degrees by 2100, the world would avoid the worst of climate catastrophes. The bill acknowledges that the U.S. has made significant contributions to these rising greenhouse gas emissions, with a 20 percent increase in 2014, leading to deadly flooding, wildfires, hurricanes, declining life expectancy and costing billions of dollars in disaster relief and infrastructure repairs. The bill also points out decades of wealth inequality and how this affects millions of Americans today.

The goals of the New Deal are to create a “path to policy” as the Sunrise Movement notes in a statement. As a non-binding resolution, the bill itself doesn’t have the force of law, even if it is passed. It simply demonstrates that Congress has intentions to initiate change in the near future. This coalition aims to establish the United States as a global leader for fighting against climate change. In addition to the main focus of eliminating fossil fuel emissions, the plans laid out in the bill include creating millions of jobs for Americans, repairing infrastructure and ensuring that every American has access to clean water and healthy foods. It also includes a provision for protecting indigenous peoples, minorities of color, the disabled, immigrants and so on. Annual funding for each of these projects would be from Congressional spending, although the specifics on the costs are not laid out in the resolution.

So far, eighty-four representatives have co-sponsored the bill in the House, and eleven senators have co-sponsored the bill including 2020 democratic candidates Bernie Sanders, Kamala Harris, Cory Booker, Elizabeth Warren and Amy Klobuchar. Whether the bill passes or fails, combating climate change is positioned to be one of the leading issues going into the next presidential election.

The full bill is posted online at sunrisemovement.org
Stacey Warm is a junior business administration major and a shark cage student at NSU. Her business, Make Me Fit Protein Shakes, sells healthy protein shakes to NSU students, faculty and staff.

What interested you in the shark cage program and why did you apply?

“I really liked the unique opportunity offered to students. Instead of just going to any ordinary school and getting [an] education within the classroom, I knew that I would be offered a very unique opportunity here to have a lot of hands-on lessons. The one thing that really drew me to the program was that it gave me the opportunity to experiment with the business world before getting into the ‘real world.’ It was something that I hadn’t been offered anywhere else.”

What are some of the advantages of being a shark cage student?

“I am definitely a hands on learner. I can learn anything in the classroom but until I apply it, it doesn’t really stick. Now that I have been running and operating my own business, I oversee finances, keep track of my inventory, work in the stand for my hours and work on my customer service skills. I have learned real life skills I will apply when I am out in the real world.”

What are your future aspirations?

“I’d love to continue to open businesses and be an entrepreneur. Every student in the program [receives a] minor in entrepreneurship. My ultimate goal is to be a hotel owner; it’s been my lifelong dream.”

What is the most important thing you have learned through the program?

“I learned the importance of not being an introvert. I like to think positively, but it has made me realize that I can’t always think that everything is going to work perfectly. Right now I am in the concession stand on the second floor of the UC and it’s not really a place that people know exists, so that definitely worked to my disadvantage. I think my biggest lesson is to be realistic about my goals.”

Has the shark cage program helped you to realize your future goals?

“You do a [business pitch] your freshman and sophomore year, and you meet all these executives in entrepreneurship and high level individuals. I have really developed my skills as a young businesswoman. I’ve gotten opportunities that I am certain I would not have gotten at any other university. I do think it has reassured me that business is the correct field for me because I enjoy being apart of this program so much. The other thing I really enjoy is that I have three mentees; it has made me realize that in the future I absolutely want to serve as a mentor to students when I am a successful businesswoman.”

What advice do you have for students applying or in their first year of the program?

“I would say make sure you are dedicated. It’s great to have this great scholarship attached, but I say all the time that I would pay to be in this program because of everything that it has given me. It is a time commitment, and it’s something you have to have a passion for. Realize how unique of an opportunity this truly is and run with it. Also don’t be nervous. It’s really easy to come in the first day with your pitch and think you are really terrible at it, but the more you do it, the more comfortable you become. I was terrible at public speaking, and I have completely transitioned as a person. So I would say just have faith in yourself.”

What inspired your business plan?

“My idea sparked because I used to have this gym at home, and after every workout I would get a protein shake there. I was working out at the [recplex] gym one day and I was like, “Well, I never find anything that I like to follow up my work out with, why don’t I open a protein shake stand?” From then on I ran with it. It was something I cared about because it bothered me. I wanted to provide a healthy option for students and employees and faculty and everybody else so they could live a healthy lifestyle.”

You can find Stacey Mondays, Thursdays and Fridays in the second floor concession stand in the UC, but make sure to stop by soon because March 22 will be the last day of operation for the Winter 2019 semester. Also, don’t forget to check out her social media pages.
Much like culture itself, culture-specific meals are complex and rich with history. It’s always worth stopping outside of your regular diet to try something new and maybe even learn a little bit in the process. Puerto Rican history includes its indigenous peoples, colonization and slavery, and these different presences are all reflected in Puerto Rican cuisine. Today, different ancestral groups in Puerto Rican history all contributed their respective wisdom and practice to its culture, encompassing elements such as religion, architecture and cooking style. According to National Geographic’s Genographic Project, the average Puerto Rican’s genome breaks down into 12 percent Native American, 65 percent West Eurasian and 20 percent Sub-Saharan African. In terms of history, this dispersal may be attributed to Spanish colonization of the Caribbean, where welcome signs promoted colonization and architecture. Children Spaniards took native women from the Carib and Tainos tribes and raped them to repopulate. Upon arrival of African slaves, further mixing of cultures ensued, both forced and voluntary. As a result of this cultural blending, several new foods arose, one of the most well-known being mofongo. The fried dish comes from a mixture of plantains, meat or vegetable filling and garlic, all processed through particular mashing and pounding technique. According to The Washington Post, mashing root vegetables instead of grinding them to a pulp allows for preservation of nutrients and flavor, and the technique for making mofongo, which requires adding fat to soften the mashed plantains, comes from Angolan tradition. Spanish influences on the dish include garlic and other spices like cloves as well as traditional pork filling.

If you’d like to try mofongo on your own here are the basics:

**Ingredients**
- 3 green plantains
- 1 teaspoon salt
- 4 cups water
- 3 garlic cloves (minimum)
- 1 tablespoon olive oil
- Cooking oil
- Salt and pepper (to taste)
- Pork rinds fried in lard, plus lard or fried bacon, fat (optional)
- Fresh cilantro (optional)

**Procedure**
1. Heat oil in deep fryer
2. Peel plantains
3. Cut bacon or pork rinds into small pieces
4. Fry bacon or pork rinds until crispy and put to the side, saving the fat
5. Once cooking oil is heated, add plantain and cook until golden
6. Meanwhile, sauté your garlic in the fat you saved until golden brown
7. Crush garlic in mortar
8. Mash fried plantains and blend with other ingredients to a paste, do not overmix
9. Flip mortar to reveal dome-shaped mofongo
10. Refry if desired

For recipes and more, go to nsucurrent.nova.edu

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**Concert Safety and Fun**

By: Flor Ana Mireles
Contributing Writer

With concert season fast approaching and of artists coming to town, it is easy to feel a bit out of control.with the excitement of a concert, it’s easy to forget to listen to the songs that will be played live. It’s okay not to be a fan of all of them, but at least get familiar with them to later know which songs you liked best live.

Take a photo of the setlist. Taking a photo of the setlist is the perfect way to manage your time and anticipate what is to come at a concert. Knowing the setlist and schedule allows you in plan when you can go to the bathroom and when you can purchase food, drinks or merchandise.

Put your phone down. Although we may be tempted to record the entire concert to relive later, don’t forget to live in the moment. Consistently recording and being on your phone can also bother others who are trying to simply enjoy the concert.

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**Multicultural dishes: Mofongo**

By: Kelsey Bruce
Arts & Entertainment Editor

**SOUNDBITE**

**“Loner” and “Eleven Minutes” by Yungblud**

By: Samantha November
Contributing Writer

“All my friends’ don’t really understand what I want to be a loner” sings 21-year-old England native Yungblud in the opening line of one of his newest singles, “Loner.” Yungblud, born Dominic Harrison, is an up-and-coming alternative/indie/pop/rock artist who comes off as overwhelmingly energetic, all while being indescribably charismatic. Committed to uniting people he meets, he shares that he is passionate about, Yungblud addresses mainly English and also American politics, gender stereotypes and other social issues he has seen as a young adult growing up in the 21st century. Hailing from South Yorkshire, England, Yungblud was raised in a musical family. His grandfather was a musician who played with English rock band T-Rex during the 70s, and his father was a vintage guitar dealer. Naturally, Yungblud developed a passion for his craft early on: he had his first guitar lesson at four years old. At the age of 16, he dropped out of high school and moved to London in pursuit of a music career. It wasn’t until he was able to release music and see others relate to his lyrics that he finally felt understood, a feeling he’s been searching for his whole life.

While it wasn’t until the release of “Loner” from Yungblud’s debut album from 2018, “21st Century Liability,” that I was surprised to stumble on a song called “Polygraph Eyes.” Not only is the instrumentation superb, but this track stands on multiple occasions how important writing this song means to him and how much effort he put into producing it. During an interview with Atwood Magazine, Yungblud explained, “Right now this’s extraordinaire scene of female empowerment, and I don’t want to just stand there. I want to be part of this as well even though I am a man.”

On Jan. 16, Yungblud released a brand new single “Loner.” It is a fast-paced, high intensity track about feeling lonely when you just want to be who you are and set yourself apart from the crowd. The song contains an extremely catchy melody and sounds as if it could be played at the beginning of a 90s teen movie. It features heavy instrumentation and blaring backup vocals. It’s the exact blend of sounds necessary for setting up the story Yungblud is trying to tell: “Bounce if you’ve had enough/ and just let go.”

Released on Feb. 21, “Eleven Minutes” features Halsey and Blink-182’s Travis Barker. The subject matter and instrumentation are pretty dark but fits all three of the artists, with Yungblud and Halsey delivering vocals and Barker on drums. My favorite aspect of the song is the back and forth between the singers, specifically with the line “I’m eleven minutes away and I have missed you all day.” This track is a huge milestone for Yungblud. It exposes him to an audience that was pretty much unaware of his existence, which included myself until a week ago. “Eleven Minutes” is the first of his songs to chart, and I guarantee it will not be the last.

Side-note: I highly recommend that you watch Yungblud’s rendition of Death Cab for Cutie’s “I Will Follow You into the Dark,” which he performed alongside Halley for Triple J’s Like A Version.
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Optical Style Show

April 3, 2019
11 a.m.—7 p.m.

25% OFF ALL FRAMES AND LENSES*

Prizes and Giveaways
Raffles Every 30 Minutes
Grand Prize Drawing

*Excluding Fendi. Discounts available at all locations on show day.
Prizes and giveaways only at show location. Outside prescriptions accepted.
Discounts not valid with insurance or other discounts.

kate spade
TOM FORD
MCM
GUCCI

Show Location
The Eye Care Institute
Sanford L. Ziff Health Care Center
3200 South University Drive
Davie, Florida 33328-2018

Specialty Care Center
1111 West Broward Boulevard
Fort Lauderdale, Florida 33312-1638
(954) 262-4200
9 a.m.—5 p.m.

KID Campus
819 NE 26th Street, Bldg. C
Wilton Manors, Florida 33305-1239
(954) 262-4200
9 a.m.—5 p.m.

NSU Health Care Center
1750 NE 167th Street
North Miami Beach, Florida 33162-3017
(954) 262-4200
9 a.m.—5 p.m.

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NOVA SOUTHEASTERN UNIVERSITY NSU Florida
I love the Capitals, but so does the entirety of time, yet those tickets were never this cheap. While this is great for me, coming from a state with a team -- that is, around $20 most of the time.

However, that would usually only make them mid-range price. Trust me, I've been through the countless reasons: the numerous beaches, the countless parties, the endless wilderness and the... cheap hockey tickets? As any person who follows hockey team magnets from teams all around the country, but Florida team magnets? I've seen about two in my time here. This factor especially makes the tickets to these games insanely cheap -- that is, around $20 most of the time.

One thing is for sure; even though I feel a little bad for these teams’ lack of support from the people of their state, I am certainly not complaining. Coming from a state with a team whose decent tickets haven’t been under $100 in years and who just won the Stanley Cup (the last game I went to cost upwards $500 a ticket), I love being in a place where I can get game tickets for a mere $20. While this is great for me and other people who actually enjoy the sport, let's remember the work that they and other teams put in to be in where they are today. They earn lots of their money from fans, and just like anyone else, it feels good to be supported. You don’t have to love hockey or sports, but if you ever find yourself bored or needing a date idea, think of your local National Hockey League teams. All it costs to support them is a $20 -- in Florida, that is.

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.

March 19, 1975

Pennsylvania allows girls to play with the boys

Pennsylvania is first state to allow girls to compete with boys in high school sports. This is due to a court’s decision that said the Pennsylvania Interscholastic Athletic Association’s rule that banned girls from playing on boys team was invalid. This case was focused specifically on high school football. Most recently in 2014, the NCAA passed a “mixed-gender” rule that eliminates this mixing of players except for football.

March 80, 1973

Roberto Clemente inducted into Hall of Fame

Roberto Enrique Clemente Walker was a Puerto Rican professional baseball right fielder who played for the Pittsburgh Pirates. When he was inducted in 1973, he became the first Latin American and Caribbean player to be inducted. Clemente played in 15 All-Star games and was voted the National League’s MVP in 1956 and the batting leader in 1961, 1964, 1965 and 1967. His induction into the Hall of Fame came 11 weeks after his death in a plane crash.

March 81, 1960

Ayrton Senna was born

Ayrton Senna da Silva was born on this day in 1960. He was a Brazilian racing driver who won the Formula One World Championship for McLaren in 1988. He raced as a professional driver in Formula One from 1984-1994 and raced for Toleman, Lotus, McLaren and Williams. He won two other championships in 1990 and 1991. He holds a six win record at the Monaco Grand Prix and is the fifth-most successful driver of all time in terms of race wins. On May 1 1994, Senna died at age 34 after fatal injuries during his final race at the San Marino Grand Prix.

March 82, 1978

Kareem Abdul-Jabbar named NBA MVP

Kareem Abdul-Jabbar played 20 seasons in the National Basketball Association (NBA) for the Milwaukee Bucks and the Los Angeles Lakers from 1969-1989. In 1972, Abdul-Jabbar scored a 34.8 ppg and 2,202 total points to earn his that year’s MVP award. He was a center and holds records as a six-time NBA MVP, 19-time NBA All-Star and an 11-time All-Defensive Team member. In 1996 he was honored at one of the 50 greatest players in NBA History by the NBA.

March 84, 1981

Pat Bradley born in Westford, Mass.

Pat Bradley was an American golfer who joined the Ladies Professional Golf Association (LPGA) in 1974 and won her first professional win in 1976 at the Girl Talk Classic with a 217 finish. In her professional career which spanned 21 years, she won 31 tour events and six major championships including the 1981 U.S. Women’s Open and the 1986 LPGA Championship. In 1991, she was inducted into the World Golf Hall of Fame. She was the first women golfer to earn $2, $3 and $4 million dollar marks in career earnings and the first to win all four modern major golf championships.

March 85, 1668

First horse race in America takes place

On this day in 1665, the Newmarket race course in Salisbury, New York—present day Hempstead Plains of Long Island, New York—held the first recorded horse race in America. This race was supervised by New York’s governor Richard Nicolls and the winner received a silver porting or a small, shallow bowl. This two-mile course race was created to encourage better breeding practices of horses. By 1890, 314 tracks were operating in the United States and in 1894, the American Jockey Club was formed.

March 19, 2019

NASA to host 2020 World Cup

NASA will host 2020 World Cup. Qatar would not be forced to share games with Bahrain, Saudi Arabia or the United Arab Emirates unless those countries restore diplomatic and travel ties with Doha. Because of their neutrality in the situation, Kuwait and Oman are the most viable options identified by FIFA to host games in ‘22. In venues at least one more country would be required to cope with the additional 16 teams and 16 games under the expansion proposal. Currently, FIFA is considering Kuwait and Oman to co-host the 2022 games.

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OUT OF THE SHARKZONE

Doping case begins for Chinese Olympic swimmer

The doping case for Chinese Olympic swimmer Sun Yang is headed to the Court of Arbitration for Sport. The decision in this case could lead to him being banned from competing in the 2020 Tokyo Games. According to the Associated Press, “The World Anti-Doping Agency has appealed against a decision by swimming’s governing body to only give the three-time Olympic champion a warning in a case involving the destruction of a doping control sample.” In 2014, Sun served a three-month suspension ban for stimulant use.

Cleveland Browns to sign Beckham from New York Giants

The Cleveland Browns hope to strike a wide receiver deal Beckham Jr. According to the Associated Press, “The Browns are sending first- and third-round picks this year along with safety Ahrill Peppers to the Giants for Beckham, one of the NFL’s top players… It’s the second trade completed in the past week by the Giants and Browns. Cleveland sent guard Kevin Zeitler to New York last week as part of an eight-player trade.”

Petra Kvitova wins 13th major title

Roberto Clemente inducted into Hall of Fame

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WOMEN’S TENNIS
V.S. Sonoma State
March 21 12 p.m.
NSU Tennis Complex
Pt. Lauderdale, FL

MEN’S GOLF
Bobcat Invitational
March 18-19 All Day
Golf Club of Cucowillia/Easton, GA.
V.S. Bobcat Invitational

WOMEN’S ROWING
V.S. Trinity College
(Scrirmmage)
March 22 1 TBA
Orlando, FL
Club, Saint Leo, FL

MEN’S BASEBALL
@Palm Beach Atlantic
March 22 16 p.m.
West Palm Beach, FL

MEN’S TRACK
@Palm Beach Atlantic
March 23 1 p.m.
West Palm Beach, FL

WOMEN’S TRACK
Bulls Invitational
March 22-23 ITBA
Tampa, FL

ATHLETE OF THE WEEK:
Marnie McLean

By: Kelsey Bruce
Arts & Entertainment Editor

“Rowing is definitely the reason I have the time management skills that I do like I said before getting up early and getting things done throughout the day. Also, it’s taught me to be incredibly efficient. I used to be a perfectionist, and now that I know that, if something’s good and I can get it done quickly, I’ll do it right away because I think that efficiency allows for me to be a part of all the things I’m a part of and have my life flow smoothly throughout the day.”

What does your downtime look like?
“A lot of naps. I’m also the Vice President of Sigma Gamma Rho, which is something that I never thought I would be part of. It’s nice to have something that’s stimulating mentally rather than physically outside of training.”

What has been your favorite rowing moment?
“My favorite moment of my rowing career thus far has been rowing the head of the Charles Regatta in Boston my freshman year. None of us had rowed together before, and we trained super hard for the biggest race in the world. We were able to get second by only .28. It was great to row with those girls. They’ve all graduated and moved on from here, but that experience was definitely the highlight of my rowing career.”

Do you have any pre-regatta rituals?
“I have to listen to Africa by Toto on full-blast, and I have to have a very specific amount of coffee, a very specific amount of time before racing.”

What is your favorite thing to do after a regatta?
“I like to eat ice cream after I race.”

What do you plan to do after graduation?
“I will be doing my Master’s in exercise physiology.”
So far, 2019 has been a great year for comebacks. First, the Jonas Brothers are making a comeback and now the measles virus is back. Measles, a virus that was actually eradicated in the U.S. in 2000 has resurfaced. This year, the Center for Disease Control and Prevention has documented six outbreaks of the virus all due to the8ineffective anti-vaccine movement.

Anti-vaccine movements pose a grave risk to society by putting people at risk to diseases that are entirely preventable if people would just stop believing the pseudoscientific rams of some anti-vax mom blog that claims that vaccines gave her child the plague or some other ridiculous idea. And measles isn’t the only disease showing up. Just this month it has brought to national attention that a six-year-old spent 57 days in a hospital and almost died because of tetanus, another completely preventable disease. People need to stop believing in pseudoscientific beliefs about vaccine when there is evidence to support the effectiveness of vaccines.

Vaccines are not just thrown together in a van on the side of a road. They are carefully researched and FDA approved compounds that are proven to be safe and effective. So in the future, think that maybe a qualified scientist knows more about human health than some conspiracy theorist on the internet does.

Part of growing up is about figuring out your values and sticking to them as well as balancing all aspects of your health. Sure, that might sound like an overwhelming task, but it’s as simple as doing what you believe in while taking care of the machinery you need to do it — your mind and body. That said, being healthy and happy looks different for different people. So, when it comes to veganism in college, it’s worth it — as long as you believe it is. With that mindset, think that maybe a qualified scientist knows more about human health than some conspiracy theorist on the internet does.

About label-checking, and when attending public events, sometimes there won’t be a safe option. Sometimes, cooking more complex recipes for texture or flavor might take a little more time than grilling up some meat. These stipulations make veganism time-consuming and inconvenient, but vegans want to make an impact, be it because they are animal lovers or environmentalists. That impact should not be minimized.

"Veganism is only for really privileged people" Stop assuming anything about anyone life based on one choice. You have no idea what they sacrifice to make that choice, and it isn’t fair to them to discredit other struggles just because they eat rice and beans instead of chicken. The truth is, eating a certain way, be it the Keto diet or a protein plan, will always be more financially demanding than buying dollar menu items on a whim or eating a couple of cheap pizzas over the course of two days. If people plan out your meals ahead of time, buy produce on sale and invest in a few staples, there’s no reason plant-based eating is a luxury life. Again, this dilemma is worth the trouble for those willing to make time to fulfill personal beliefs, which are just as important as everyone else’s.

"Non-vegans are amoral and apathetic" If vegans don’t fall under someone’s values, or if they simply don’t have the time to sacrifice, they are not a morally bankrupt human being. They are a person with different priorities who is hopefully making a difference in other issues that better fit their own values. Taking the extra time it takes to be vegan and applying it to interests such as political activism, feminism, scientific research or whatever cause a person is passionate about is absolutely valid, just as much as veganism is.

If people can manage to do more than just one thing and still function well, that’s awesome, too. And hey, if a person tries it and decides it isn’t for them, that isn’t a moral backstep. It’s just a part of discovering personal identity. Or, it may be a part of maintaining physical or mental health, too.

So when it comes to veganism, there shouldn’t be a big fuss either way. I’m all for reducing meat intake or participating in other ego-friendly activity for those who don’t want to be vegan or vegetarian, but vegans should recognize that, too. And if vegans talk about being vegan a lot, let them. They’re doing something important to them and making a difference while they’re at it.
Are you interested in a healthcare profession?

Attend NSU’s 5th annual Pre-Health Day on Saturday, April 13th.

Pre-Health Day

Are you interested in a health care profession?

Gain an edge this fall by finding your dream internship! Career Development is here to help. Find a few internships below…

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

Royal Caribbean Cruises Ltd.: Marketing Internship

Nova Southeastern University: Artificial Intelligence Bot Developer On-Campus Internship

My Real Estate Broker, Inc.: Finance Internship

Broward Health: Administrative Internship

Greening Youth Foundation: Natural Resource Management Assistant

National Park Service: Mosaics in Science Internship

Miami Heat: Interactive Marketing Internship

internship opportunities

Are you interested in a healthcare profession?

Come to NSU’s 5th Annual Pre-Health Day Saturday, April 13, 2019 • 6:00 a.m.–12:30 p.m.
Hazzenberg Sales Institute
Cari DeSantis Building, Third Floor, Room 300

- Hear from current healthcare and research professionals about their career journeys.
- Interview spots are offered on a first come first served basis.
- Explore a variety of healthcare careers by talking from professionals themselves.
- Attend a resource fair to learn about Graduate Healthcare Programs, Research and Internship Opportunities.
- Registration required; participation in all events and includes breakfast and snacks.

Space is limited, sign up today.
RSVP on Handshake at https://nova.joinhandshake.com/events/242988

This event is hosted by Career Development and Haroon College of Natural Sciences and Oceanography.

For more information:
U NSU CAREER DEVELOPMENT 754-398-8270
U DCP@nova.edu
U (954) 398-7017

All events, internships and job opportunities can be found on Handshake.

www.nova.edu/cd

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