

3-19-2019

The Current Volume 29 : Issue 25

Nova Southeastern University

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NSUWorks Citation

Nova Southeastern University, "The Current Volume 29 : Issue 25" (2019). *The Current*. 685.
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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."

Alie 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 aren't the only ones out 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. Treat and water stops for pets are also located along the route.



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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, #Broward and JDRF One Walk filter on Snapchat.

Rousseau said, "We involve both family teams and corporate teams. The family teams

[generally] have a connection to T1D whether it's a newly diagnosed family [member] or someone they know who has the disease. Corporate teams are corporations and businesses in the community that get involved."

Club teams are also encouraged to register online and raise money. Teams can register online through the JDRF website and raise money by sharing the donation link through email and social media to family and friends.

Rousseau said, "It is 100 dollars for a t-shirt, so if you raise 100 dollars you get a One Walk t-shirt which can be picked up at the event. We also have a special section for V1P's which are our participants who have raised over \$1,000. They get a special hot breakfast for them 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 vanschaick@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/TR?fr_id=7650&pg=entry#event_about.

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@mynsu.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/novasoutheasternuniversity/bounce-for-autism.

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global news, courtesy of
the current

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 unexpected fashion that undercut 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. Efen 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.

TheCurrent
The Student-Run Newspaper of Nova Southeastern University

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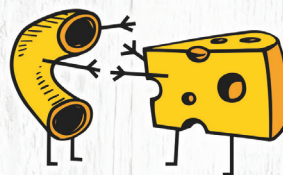
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News Anchor

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Loughlin appears in court

Actress Lori Loughlin was taken into custody last Wednesday after her and her husband, Massimo Giannulli, were charged with bribery in the nation-wide college admissions fraud investigation. According to the New York Times, “Prosecutors have alleged that Ms. Loughlin and Mr. Giannulli, who appeared in court on Tuesday, paid \$500,000 in bribes to get their two daughters accepted as recruits for the rowing team at the University of Southern California, even though neither took part in the sport.” Loughlin posted a \$1 million bond for bail. The trial will start later this month.

Surgeon resigns after Instagram post

Dr. Christopher Salgado, a surgeon at the LGBTQ Center for Wellness, Gender and Sexual Health at the University of Miami Health System, has resigned from his position due to criticism over posting on Instagram pictures. The images “showed

surgical procedures and patients’ genitals alongside captions and hashtags that mocked transgender people and Asians,” according to the New York Times. Salgado told the New York Times, “It was a bad decision to even open an Instagram account, looking at it now. The purpose really was to be educational with it, but it went awry.”

Senate rejects Trump’s emergency declaration

On Thursday, March 14, the Senate voted to reject President Trump’s claim of a national emergency over border security. According to the New York Times, the Senate “easily voted to overturn President Trump’s declaration of a national emergency at the southwestern border, delivering a bipartisan rebuke to what lawmakers in both parties deemed executive overreach by a president determined to build his border wall over Congress’s objections.” The Senate voted 59-41 vetoing the measure. This marks the first congressional veto of Trump’s presidency.

News Briefs

NSU SGA presidential debate

The NSU Student Government Association presidential debate will take place on Monday, March 25 at noon in the Flight Deck. Students are encouraged to attend to learn more about the candidates.

Pre-Health Test Preparation Student Panel

On March 27, NSU will hold the “It’s Not Just Luck” student panel informational on prepping for pre-health tests. The panel will be led by seniors who have successfully completed their exams and are looking to give advice and share their own experience of test preparation. There will be time to interact with the panel to ask questions regarding graduate entrance exams. The event will be held in DeSantis 1053 from 5 to 7 p.m. For more information students should call (954) 262-8350 or visit www.nova.edu/tutoring-testing/.

Fins Festival

On March 30, NSU will host the first Fins Festival. The carnival event is open to all NSU students and will be held from 4 to 11 p.m. in the temporary residential lot. The event is funded in part by PANSGA and USGA, in collaboration with SEA Board and IOC. For more information, students should contact USGA@nova.edu.

Puzzle Assembly Party

On April 10, a puzzle assembly party will take place in the Don Taft University Center Spine from 5 to 9 p.m. Seniors who took advantage of the free senior photo shoot will be able to assemble the puzzle which is the special legacy project organized by Razor’s Edge. Students can follow [@nsupuzzleproject](https://www.instagram.com/nsupuzzleproject) on Instagram or email razorsedge@nova.edu with any questions.

Students to present their research and films at NSU Undergraduate Student Symposium

By: Madelyn Rinka
Co-Editor-in-Chief

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 film.

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 shape a student’s life.”

By participating in research as an undergraduate, students can gain a deeper understanding about 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

“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”

-Don Rosenblum, dean of the Farquhar Honors College

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 then.”

“[Students should come out] to support their fellow students who have put all of this time and energy and work [into their projects],” added Robin 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>.

Reserving rooms on campus with the NSU Spaces app

By: Kelsey Bruce
Arts & Entertainment Editor

“We are provided these buildings with the capability of administrators of the application who set how much time the student can book and how much time they are allowed to book a day.”

-Angel Nieves, Senior Director of Software Development

Director of Innovation and Information Architecture James Drew and Senior Director of Software Development Angel Nieves along with a team of 10 others have created a new mobile application for iPhone and Android called NSU Spaces. The application is intended to make study spaces accessible to NSU students on all campuses through categorized listings and booking options.

The application’s beta phase began in Oct. 2018 and has recently been improved based on feedback, and by the end of April, the

application should include all possible study spaces on NSU’s various campuses. So far, 420 students have downloaded the application, and as it improves and word spreads, this number can only climb.

Drew and Nieves decided to go forward with the application last year after an NSU town hall meeting revealed that students felt disconnected to study space on campus. The team worked with NSU CIO Tom West and Vice President for Information Services and University Library Jim Hutchens to develop

study space promotion through a mobile format, and they also reached out to regional campuses to address study space challenges there.

Drew said, “Our main effort right now is to work with owners of the campuses, be they here or in Ft. Lauderdale, on the buildings found on those campuses to really identify those rooms.” The application is intended to identify collaborative and creative spaces, not classrooms, to help students better understand and utilize their resources.

The application functions by displaying different campuses which then leads to buildings on that campus with available spaces for walk-in or reservation study. As explained by Drew and Nieves, one of the most popular screens on the application is the favorites feature, which allows students to save their most-liked study spaces to find again later. Drew contributed towards the application’s design and marketing while Nieves put together and developed the designs.

Nieves said, “We are provided these buildings with the capability of administrators

of the application who set how much time the student can book and how much time they are allowed to book a day.” So, time restrictions in different buildings may vary as NSU Spaces is a platform for making already-established information more accessible.

Currently, study space at the Alvin Sherman Library is not available via the application because the booking process is more complex, but Drew and Nieves will continue to work on integrating that along with other features in the application.

Regarding future improvements, Drew said, “We are always looking for feedback to improve these experiences and any other ones that we build. We have within the application itself a help area and place where you can give feedback.”

Download the application at itunes.apple.com/us/app/nsu-spaces/id1439488909?mt=8 for iPhone and play.google.com/store/apps/details?id=edu.nova.NsuSpaces&hl=en for Android.

Undergraduate Nutrition Program Introduced at NSU

By: **Emma Heineman**
Features Editor

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 accentuate 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 Dietetics (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 knew 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 [the] 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."

Additionally, 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 the 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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So Many Intelligences, So Little Time

By: **Janay Joseph**
Contributing Writer

Do you ever wonder why some people thrive in group settings and others don't? Or even why 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 fair 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 Reframed." 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:** Specialize in the language arts; their strengths include reading, writing, speaking and listening
- **Mathematical-Logical Intelligence:** Demonstrate strengths in numbers, reasoning, logic and problem-solving
- **Musical Intelligence:** Songs, patterns, musical instruments and expression
- **Visual-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:** Any hands-on activity that includes 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 philosophy; 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 Trotman, an associate professor at the NSU Fischler College of Education, said, "Knowing how to reach your students is really important."

She gave several examples of how a teacher in early childhood education may plan a lesson for the day incorporating a variety of different learning styles such as using "crossword puzzles for visuals, Simon Says for action."

Additionally, Trotman said, "We might have some students that are more computer literate or savvy use computer resources like [School] Jeopardy and The Price Is Right."

Trotman also mentioned that educators may look into the math and literature connections for students that show strengths in writing and logic. Because there is a variety of learning strengths in one classroom, no two students can learn alike.

Remember that Gardner's theory allows for these traits to overlap, and people can have multiple intelligences. But to find out which study methods are the best for you or to brush up your knowledge on a new topic, Gardner's theory is a good place to start.

The Green New Deal: The Democrats Response to Climate Change

By: **Janay Joseph**
Contributing Writer

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 criticism coming from both Democrats and Republicans.

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, if the world were 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, Corey 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



Career Corner



Top four habits of successful students

By: **Caesar Mendros**
Career Development



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Caesar Mendros joined the Office of Career Development in July 2018 as a Graduate Assistant Career Advisor while he pursues his master's degree in College Student Affairs at Nova Southeastern University. With his new Career Advisor position, Caesar is thrilled to advise students in achieving their dream job.

College students' definition of success can vary depending on their situation and goal. However, it is not a secret that successful students also do well outside of academics. So what effective habits do successful students have that separate them from other students? Inspired by Stephen Covey's book, "The 7 Habits of Effective People", and combined with my own experience and observations, here are the top four habits of successful students.

Proactive Mindset

Being a college student does not only include reading books and taking exams. Most likely you are part of different organizations or clubs, and you act as a significant other, as a child, as a sibling and as a friend. Having a proactive mindset helps you keep up with these responsibilities. If you do not have a forward-thinking mindset yet, here are some tips to keep life from sneaking up on you. First, create a habit of consistency because being successful is not always about getting everything done perfectly. Creating a to-do list for the week helps you visualize all of your responsibilities. Then, putting that into your calendar helps you remember what you need to do. With all your duties and obligations, having a system that reminds you what you need to accomplish is advantageous.

Problem Solving

When I was in undergrad, my professor once told our class about her take-10 policy. Take-10 forces students to spend 10 minutes looking through their resources before reaching out to the professor. These resources could be their syllabi, emails, textbooks, classmates or friends. The rule helps students to become independent and encourages them to ask for help without wasting time. Likewise, successful students also ask for help when needed. When dealing with anxiety, depression or mental burn out, they ask for professional help when they cannot deal with the issues by themselves.

Networking

Successful students develop a healthy relationship with their classmates, professors and other staff at the university. By doing this they build a network of people who potentially can help them find research, internship, volunteer and job opportunities. Recruit a Shark Day is a great opportunity to take advantage of. Research has shown that 85 percent of jobs are found through word of mouth. Having these relationships helps you to have an edge. If people know and trust you already, there is a bigger chance that they are willing to write you letters of recommendation. So how do you do this? When the new semester starts, create a strong first impression by introducing yourself to your

professor and telling them how excited you are to be in their class. Likewise, if you have free time, go read articles that relate and benefit your class and interest your professor. When I was in undergrad I used to send articles to my professor, and he would always incorporate it in our class discussion. Presenting appropriate articles shows you are engaged in class and in the field.

Health Conscious

Another habit that successful students have is to make time to take care of their physical and mental health. Burnt out students cannot function to their maximum potential, which is why being mindful of the food you eat and drinks you consume, physical activities you include in your schedule and the amount of sleep you are getting is crucial to your overall success. Research has shown that maintaining a healthy diet is linked to information processing which leads to better memory, alertness and higher grades.

Whatever your definition of success is, always make sure that you are mindful of your habits because they have long-term benefits as a student and as a professional. These habits are not necessarily in order and cannot be perfected overnight. Always remember that small choices become actions, actions become habits and habits become our way of life.

@makomefitprotein

Shark Cage Spotlight: Stacey Warm

Mako Me Fit Protein Shake



By: **Emma Heineman**
Features Editor

Stacey Warm is a junior business administration major and a shark cage student at NSU. Her business, Mako 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 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



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the program?

"I learned the importance of not being an idealist. 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."

How has the shark cage program helped you to realize your

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 have 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, "Wait, I never find anything that I like to follow up my workouts 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.

Multicultural dishes: Mofongo

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

Much like culture itself, culture-specific meals are complex and rich with history. It's always worth stepping 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 genographic make up 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.topuertorico.org said 16th century Spaniards took native women from the Carib and Tainos tribes and raped them to repopulate. Upon arrival of African slaves, further mixing of culture 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 was derived from both indigenous people and Africans, 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 out 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, plus 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, sautee 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

OFF SHORE CALENDAR

Friday Night Sound Waves welcomes Sabor Latino

March 22 | 6 p.m. - 9 p.m.
@The Ft. Lauderdale Beach Hub
at Las Olas and A1A
Ft. Lauderdale, FL

Tywon Bailey Live in Concert

March 22 | 7 p.m. - 9 p.m.
@Beyond the Four Walls
International | Miramar, FL

Yoga & Yolks

March 23 | 8:30 a.m. - 9:30 a.m.
@Shooters Waterfront
Ft. Lauderdale, FL

Switchfoot

March 24 | 6:30 p.m.
@Revolution Live
Ft. Lauderdale, FL

Foam WetFete on the Beach Spring break 2019

March 24 | 10 p.m. - 4 a.m.
@Dr. Von D. Mizell-Eula Johnson
State Park | Dania Beach, FL

Concert safety and fun

By: **Flor Ana Mireles**
Contributing Writer

With concert season fast approaching and tons of artists coming to town, it is easy to get carried away with all the fun. Going to concerts can be one of the best experiences of your life and can connect you to music in a completely mind-altering way. While concerts are fun, in the aftermath of events like the bombing at the Manchester Arena in 2017, it is important to mention how crucial concert safety is — especially if it's your first concert, you're attending a big event or you're going alone.

Here are some ways to stay safe:

Let others know where you are

Regardless of whether you are going to a concert alone or with a group of friends, a good tip is to let family members or friends who are not attending know exactly where you are. If you find yourself in some sort of trouble, the people who know your whereabouts could get you help.

Stay hydrated

Concerts are crowded places where a lot of

dancing, singing and sweating takes place. With shows being two to three hours long, drinking plenty of water is a great way to avoid feeling lightheaded or out of breath.

Keep an eye on your surroundings

Many people attend concerts and, depending on the artist, sometimes fill every seat in the house. That said, it is important to note the people around you. Look out for individuals who seem suspicious or dangerous and try to stay clear of them. Additionally, note all exits and have an escape route in mind in case of an emergency.

Protect your money

With all the dancing and fun one has at a concert, it's easy to momentarily throw your cares away and enjoy. This does not mean, however, that one should place our money in a back pocket and go on with the show. Money is something easily lost or stolen. To avoid this,

keep your money in a secure place like your wallet, inside your shoe or a concealed pocket.

Bring a portable charger

Bringing your phone to a concert to try and capture every memory may seem obvious, but sometimes it's easy to forget to consider the phone's battery life. Bringing a portable charger not only ensures that you will have battery to record but also ensures you'll have your phone in an emergency.

With safety covered, here are some ways to ensure the best time at a concert:

Rock a fanny pack

Taking a fanny pack to a concert is a great way to keep your belongings organized and close to you. You can bring your keys, wallet, phone and any other small items you need. You also won't have to worry about carrying weight on your back.

Listen to songs

This may seem like an obvious tip, but sometimes 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 setlists

Taking a photo of the setlists is the perfect way to manage your time and anticipate what is to come at a concert. Knowing the setlists and schedule allows you to 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.

SOUNDBITE

"Loner" and "Eleven Minutes" by Yungblud

By: **Samantha November**
Contributing Writer

"All my friends'll desert again/and I don't 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 undeniably charismatic. Committed to uniting people by writing songs revolving around topics 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'd been searching for his whole life.

While I was listening to Yungblud's debut album from 2018, "21st Century Liability," I was surprised to stumble upon a song called "Polygraph Eyes." Not only is the instrumentation superb, but this track highlights the issue of sexual assault and how it is overlooked by society, a topic rarely spoken about through a male artist's lyrics. Yungblud has stated on multiple occasions how much writing and releasing this song means to him and how much effort he put into producing it. During

an interview with Atwood Magazine, Yungblud explained, "Right now there's this extraordinary 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 Halsey for Triple J's Like A Version.

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On The Bench:

What did hockey do to Florida?

By: **Laurel Gallaudet**
Contributing Writer

Oh, Florida. I love you for a number of reasons: the numerous beaches, the countless parties, the endless wilderness and the...cheap hockey tickets? As any person who follows hockey would know, Florida's teams aren't exactly the best (although the Tampa Bay Lightning is first in the league right now, not sure how). This translates to low demand from fans for tickets, making them pretty cheap. However, that would usually only make them mid-range price. Trust me, I've been through some droughts where the Washington Capitals were doing quite terribly for long amounts of time, yet those tickets were never this cheap. I love the Capitals, but so does the entirety of

Washington, D.C., and so do many people across Maryland, so those ticket prices are no joke.

This leads me to the other factor that I've found seems most greatly contributes to the low price of these seats. Floridians in general just doesn't love hockey. This isn't just a baseless assumption. When I watch Panthers games, the stadium is rarely even half filled; on game days, whether walking around or driving around, I've never seen any Florida team jerseys; and when I walk around the NSU parking lot, the only hockey magnets I've seen on cars have been Blackhawks, Blues and Capitals. Even when driving around Davie, I've seen numerous 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 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.

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 . more about sports history
 . the inside scoop on NSU sports
 . profiles on our student athletes



THIS WEEK IN SPORTS HISTORY



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

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

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 PIAA passed a "mixed-gender" rule that eliminates this mixing of players except for football.

March 20, 1973

Roberto Clemente inducted into Hall of Fame

Roberto Enrique Clemente Walker was a Puerto Rican professional baseball right fielder who player 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 1966 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 21, 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 22, 1972

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 2,822 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 24, 1951

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 25, 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 Nicolis and the winner received a silver porringer 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.

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 Olympics. 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 competition ban for stimulant use.

Cleveland Browns to sign Beckham from New York Giants

The Cleveland Browns plan to sign wide receiver Odell Beckham Jr. According to the Associated Press, "The Browns are sending first- and third-round picks this year along with safety Jabrill 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 for edge rusher Oliver Vernon, who will now play on the opposite side of Pro Bowler Myles Garrett."

Pete Kaiser wins Iditarod Sled Dog Race

Alaskan native Pete Kaiser won the 2019 Iditarod Trail Sled Dog Race. Kaiser finished the race in 9 days, 12 hours, 39 minutes, and six seconds, beating Joar Ulsom by 12 minutes. According to the Associated Press, "Kaiser will receive \$50,000 and a new pickup truck for the victory. Four other Alaskan native mushers have won the race, including John Baker, an Inupiaq from Kotzebue, in 2011. This year's race was marked by the stunning collapse of Frenchman Nicolas Petit, who was seemingly headed for victory as late as Monday." Kaiser in a televised interview said, "Just years of knowledge gained and trying to put it all together to have a better race, better dog team this year, every little detail coming into play."

Nations required to stop boycotts of Qatar to host World Cup

For countries in the Persian Gulf region to be eligible to host the FIFA World Cup, FIFA is requiring them to lift boycotts on Qatar. According to the Associated Press, "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. Venues in 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.

ATHLETE OF THE WEEK: Marnie McLean

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

Marnie McLean is a senior exercise and sports science major at NSU. She is from Niagara Falls, Ontario, Canada and has been on NSU's rowing team since her freshman year.

How and why did you get into rowing?

"I started rowing when I was 13 years old. The part of Canada I'm from is a super big rowing community. We host what I believe is the oldest race in Canada every year, the Royal Canadian Henley Regatta. Growing up, I was actually named after a very famous rower named Marnie McBean. My mother found out she was pregnant right around the time she was winning all her Olympic gold medals. I think that my parents naming me Marnie was a bit of a premonition because once I turned thirteen and got to high school, I got super involved with rowing. I played basketball, volleyball and soccer growing up, but I never found much success. Once I tried rowing, I found that I was able to work towards something that had attainable markers rather than playing games."

Why did you choose to come to NSU?

"I chose to come to NSU because I hate snow, and I wanted the opportunity to be able to row year round. Additionally, I knew that NSU would provide me academic opportunities and

chances outside of the classroom to succeed through my involvement in various student organizations."

What are the pros and cons of being a student-athlete?

"The pros of being a student-athlete are definitely being able to participate in what I love at a high level obviously, [and] being able to register for classes early is nice, too. The cons [are] that we may not have the typical student experience of college, but I think that student-athletes here at Nova are aware of that and are dedicated to both our sports and our academics. I don't think that anything has been lost by being a student-athlete; I don't think there are any cons."

How have you managed to balance sports and academics?

"I've been able to balance my sports and academics by being super proactive. I'm not a big procrastinator. My sport practices super early in the morning, so I have all day to focus on my academics. Also, I am very attached to my calendar. I have an online one and a paper one, so I write everything down, plan out my semester and know when everything's due beforehand. Nothing comes up and surprises me."

What would you tell an incoming freshman athlete?

"I would definitely tell them to plan out your semester. Know when your assignments are due. Work hard in the classroom and in whatever sport you choose to participate in because you will find that it's very rewarding and satisfying when you achieve something that you didn't think you were capable of, whether it's on the court or on a test."

How has rowing helped you adjust to college life?

"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 SGA, 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."

ON DECK

WOMEN'S TENNIS
V.S. Sonoma State
March 21 | 12 p.m.
NSU Tennis Complex
Ft. Lauderdale, FL

MEN'S GOLF
Bobcat Invitational
March 18-19 | All Day
Golf Club of
Cuscowilla/Eaton, GA.
V.S. Bobcat Invitational

WOMEN'S ROWING
V.S. Trinity College
(Scrimmage)
March 22 | TBA
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@Palm Beach Atlantic
March 22 | 6 p.m.
West Palm Beach, FL

@Palm Beach Atlantic
March 23 | 3 p.m.
West Palm Beach, FL

MEN'S TRACK
Bulls Invitational
March 22-23 | TBA
Tampa, FL

WOMEN'S TRACK
Bulls Invitational
March 22-23 | TBA
Tampa, FL

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SPORTS SHORTS

Sharks Beat American International
NSU Sharks Baseball continued their winning streak with a 9-0 shutout against American International on March 12. All five of the Sharks' first batters reached base. After two walks and a hit batter left the bases loaded, senior Ian Acevedo's bat gave NSU a fast 2-0 edge against American International. Sophomore Nathan Chevalier helped the lead grow to 3-0 just a few batters later. Seven different players tallied minimum one hit, with freshman Daniel Irisarri and senior Samuel Duran walking away with two each.

Women's Track and Field Team wins Shark Invite
Rounding out their home season at the Ansin Sports Complex, NSU track and field secured the women's team victory on senior day. The men's team placed second. The Sharks won six events and placed in the top three finishes in an additional 20. Among

the nine teams present, NSU's women's team scored 156 points, beating second-place St. Thomas Aquinas College's score by 24. Eight seniors were recognized at the event, including Lisa Blackwood, Kyle Forsythe, Christopher Horn, Kamaria Johnson, Maddy Kenyon, Brianna Law, Eric Moate and Costa Stathis, with ninth senior Kenzie Forge unable to attend the meet.

Guerra Secures Southeastern Collegiate Title
Senior Juan Jose Guerra recorded a second round of 67, bogeying only one of his final 53 holes in the tournament. His victory marks the fifth of his career, placing him within just one victory from the Sharks golf program's all-time record. The team is currently ranked ninth overall, and secured a second-place finish at the tournament. Up next, the team will move on to Georgia swing next where it tees off the opening round of the Bobcat Invitational.

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water YOUR thoughts

2019 is the year for comebacks

By: **Alexander Martinie**
Opinions Editor

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 the asinine 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 rants 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.

Just fix it.

By: **Samantha November**
Contributing Writer

Picture it, you're on your way to class after just finishing a tutoring session on the second floor of the Student Affairs Building. You have ten minutes to spare—just enough time to get downstairs and walk to your next destination. You press the “down” button for the elevator. Nothing happens, so you absentmindedly press it again. Now with only seven minutes left until your class starts, you press the button again, but more forcefully this time. Finally, you hear the elevator ding and you watch as the door slides open.

Instinctively, you get in as if nothing happened and press the button that is supposed to take you to the first floor. You stand there and wait for the elevator to start moving, which it doesn't. After pressing the button a couple more times, nothing happens. At this point, you're stuck in the elevator and the only thing you can do is press the “call” button and wait for help.

This is a real issue that everyone in the Student Affairs Building has been dealing with lately, but for some reason, nothing seems to be done to solve it, aside from an “Out of Order” sign taped to the door. The other day, I got stuck in the elevator with two of my co-workers and I had to call for help. When the woman on the

other side of the phone answered, she seemed to be very surprised and confused when I told her we were stuck, even going as far as to ask “What do you mean you're stuck in the elevator?” I mean, was there really any ambiguity in the issue I was describing to her?

We ended up getting out when our supervisor pressed the down button from the outside. I understand that it's not always easy to manage the upkeep of campus, especially when some of the buildings aren't exactly the most modern. But, I do have an issue when it takes over a week to fix the problem. While there are stairs available to use, not everyone can take them. In addition, getting stuck in an elevator can become a dangerous situation very quickly and the safety of students and faculty should be a major priority. If people don't feel safe in an elevator—in any of the buildings on campus, such as Mailman Hollywood—and they make it known, there should be steps taken to remedy the problem before an accident happens.

Since this piece was written, the elevator in the Student Affairs building has been fixed. However, it was still out of order for a week. Student concerns over the safety and efficiency of the elevators on campus still stand.

Morality isn't a monopoly

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

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 in mind, vegans and non-vegans alike need to calm down with any judgement and criticism and realize that life is about personal beliefs that are just as valid as the next person's. Here's why you should calm down about your judgements and be open to beliefs that aren't your own.

“Vegans are so unrealistic”

Like any strict diet, veganism is a tough lifestyle choice. Vegans have to be meticulous

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's 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 veganism doesn'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.

SHARK SPEAK

Is it too difficult to reserve space on campus?



“If you reserve the space a few weeks in advance, it's not that hard to get. But, if you try reserving the week of or the week before, then you may run into some issues.”

-Gerard St. Laurent, sophomore English major



“It's not difficult at all. I've always been able to get a room when I wanted one.”

-Sami Ansari, senior biology major



“It's not that difficult to reserve space on campus, as far as my experience with the library goes. It's the only place where I've needed to reserve space and it's usually been pretty easy.”

-Nithya Devanathan, sophomore biology major



“The process is so complicated. They respond well, but they keep switching rooms, and they seem to not have an organized system. If we ever forget which rooms are for which date because they don't update automatically online.”

-Geormani Brown, junior business major



“Depending on what it is it can be very easy or really difficult. For the study rooms, it's fairly easy when there's room, but it can be kind of inconvenient.”

-Christyn Vail, freshman marine biology major

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- **Minimum GPA & Major:** 3.0 GPA/ College of Engineering/Computing
- **Skills/Experience:** Candidates for this project are ideally creative, great problem solvers and able to code the program we will be creating.

Marine Biology Research

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

All events, internships and job opportunities can be found on **handshake** at nova.joinhandshake.com

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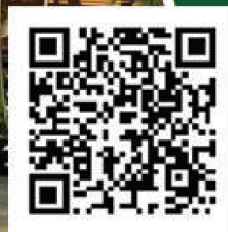
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