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Nova Southeastern University

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On Monday, April 1, the Digressions Literary and Art Journal, sponsored by the department of writing and communication in the college of arts, humanities and social sciences, will publish the sixteenth volume of the journal. Digressions, which according to the Merriam-Webster Dictionary is defined as the act or an instance of leaving the main subject in an extended written or verbal expression of thought. In terms of the journal, Digressions is seen as a way for undergraduate and graduate students to explore their creative writing skills aside from classwork.

“I think it is important that people actively utilized both hemispheres of our brain. I think so many of our students are in the physical and natural sciences, which encourages the left side of our brain. But creativity, social justice and humanities or any thought about the human condition encourage us to use the right side of our brain. I think what is nice about Digressions. It is something that students can contribute to and it doesn’t include a year-long or even semester-long commitment. It’s simply an outlet for their expression and an opportunity to be recognized for their talents,” said Molly Scanlon, co-faculty advisor for Digressions.

The 21st annual NSU Student Life Achievement Awards (STUEYS) will take place Tuesday April 16 at the Alfred & Rose Miniaci Performing Arts Center at 6 p.m. The awards recognize students, faculty, corporate partners and staff’s hard work throughout the year, and anyone of the NSU community can purchase free tickets starting April 1 from Rosenblum 211 or reserve them by emailing specialprojects@nova.edu. There will be a STUEYS pre-reception and post-reception offering free food and entertainment segments during the ceremony.

The STUEYS co-chairs are campus life working really hard on it, and we hope that a lot of so many talented artists and creatives. I want Digressions to continue to be a creative outlet for undergraduate and graduate students to explore their creative writing skills and have their written works published, which may according to Lumsden, last years 20 annual STUEYS “amped up the aesthetics,” and another special videos screened by the hosts. The ceremony will also include opening videos and another special videos screened by the hosts. According to Lumsden, last years 20 annual STUEYS “amped up the aesthetics,” and this year’s will be experimenting with a few new visuals. Since the STUEYS is a formal event, fancy clothes combined with eye-catching really a result of what it means to be a young person in 2019,” said Kopec, senior communication major. Digressions also provides student contributors and reviewers the opportunity to have their written works published, which may according to Scanlon, help students in their future careers and be a supplement to their resumes.

“I hope the magazine continues to grow and garner excitement in our community. I always hear people describe NSU as a “science” school — and that’s great — but we also have so many talented artists and creatives. I want Digressions to continue to be a creative outlet for undergraduate and graduate students to explore their creative writing skills and have their written works published, which may according to Lumsden, last years 20 annual STUEYS “amped up the aesthetics,” and another special videos screened by the hosts. The ceremony will also include opening videos and another special videos screened by the hosts. According to Lumsden, last years 20 annual STUEYS “amped up the aesthetics,” and this year’s will be experimenting with a few new visuals. Since the STUEYS is a formal event, fancy clothes combined with eye-catching really a result of what it means to be a young person in 2019,” said Kopec.

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**Bus driver kidnaps students and sets bus on fire**

Last Wednesday, 53 seventh-graders were kidnapped by a bus driver in Italy. According to the New York Times, “The driver, Ousseynou Sy, an Italian of Senegalese origin, said that he hadn’t received a letter as of May 8.”

The driver was arrested in Milan and is to be charged with arson, kidnapping, resisting arrest and attempted mass murder.

**Safety features considered optional in jets**

Two Boeing jets crashed in Ethiopia and Indonesia after the pilots lost control of the planes due to lack of safety features. Boeing and other manufacturers include safety, navigation and communication systems as optional add-ons that require extra fees. Features like these are being opted out by low-cost airlines, including EasyJet and Ryanair.

**Voting rights advocates are saying that this is just the tip of the iceberg.**

Postpartum depression drug approved by FDA

The first drug for postpartum depression was approved by the FDA last Tuesday. The new treatment is expected to provide immediate relief for postpartum depression. According to The New York Times, “There are limitations to the new drug, brexanolone, which will be marketed as Zulresso. It is delivered by infusion over 60 hours, during which a new mother must remain in a certified medical center, under supervision should she get dizzy or faint, as several patients did in clinical trials.”

**Florida Republicans push fees for ex-felons to vote**

Florida House Republicans approved a bill to require ex-felons to pay all outstanding court fees to be able to vote in elections. Voting rights advocates are saying that this bill is a violation of Florida’s recently passed Amendment Four that gave ex-felons voting rights. According to the New York Times, “Supporters of the bill, approved by the Republican-controlled House Subcommittee on Criminal Justice on Tuesday, contend that it is meant merely to resolve questions over how to put Amendment 4, which voters approved in November, into practice.”

**Escaped calf found on expressway**

A male calf was found walking north on the Major Deegan Expressway in the Bronx, NY last Tuesday. Rescue workers predicted the calf had wandered as far as Exit 6, about one mile, by the time officers from the New York Police Department arrived. The police said the calf was less than a year old. According to The New York Times, "The Police Department sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived."
Irit Schaffer Book Signing
Irit Schaffer, the daughter of Holocaust survivors and author of the book, “Good Blood, A Journey of Healing” is holding a book sale and signing Tues. April 2 from 5:30 p.m. to 8 p.m. The event is hosted by the NSU’s college of arts, humanities, and social sciences’ department of conflict resolution studies and graduate student government, in conjunction with the NSU Alvin Sherman Library. The event is free and open to the public. To RSVP or for more information, students can visit lib.nova.edu/letgo or call 954-262-4593.

Bounce for Autism
Bounce For Autism, NSU’s Autism Awareness Fair Day will be held March 30 from 10 a.m. to 4 p.m. at the Miami Dolphins Training Facility Dome. Admission tickets are $5 and can be bought online through NSU’s website or upon entrance of the event. There will also be raffle tickets available for purchase for an extra $1. The event is open to the community, and all of the proceeds will be donated to Nova Southeastern University’s Autism Institute; including Baudhuin Preschool, feeding clinic, speech clinic and research clinic. For more information, email BounceForAutism@gmail.com.

NSU’s Got Talent
On Thursday, April 4, S.E.A Board will host NSU’s annual NSU’s Got Talent. The event will take place from 111 p.m. – 10:30 p.m on the NSU Shark Fountain. All NSU students are invited to compete, and no auditions are necessary. Prizes will be awarded to the top three acts, first place receives $500, second place receives $300 and third place receives $100. If students have any questions, they can email the traditions chair, Julissa Gonzalez at jg2837@mynsu.nova.edu for more information.

Sex education through Latex and Lace

On March 28 at 8 p.m., S.E.A. Board is hosting a Latex and Lace fashion show which promotes sex education and HIV awareness. The show will take place in the UC spine and feature differently themed fashion designed with condoms as well interactive games that incorporate facts about STDS.

Planned Parenthood is participating in the event to talk to students about safe sex, which is especially relevant at NSU considering many college students are presumed to be sexually active. Eight NSU organizations plant to participate in the show: The Riff Tides, Open Expressions, Zeta Phi Beta, Sigma Lambda Gamma, Wave, Chemistry Club, Alpha Kappa Alpha and Sigma Delta Tau. Each organization has designed pieces based on their own themes such as peacocks, mermaids or wedding dresses. According to S.E.A. Board Nighttime Programming Chair Marina Youssef, students will “gain [information about safe sex] and an entertaining night. They’ll see people in costumes with condoms on them, so it’s educational and fun.”

About the event’s purpose, Youssef said, “It’s [focusing on] mostly the education part. That’s where I think our problems stem from. For example, I didn’t have that in my school. There was a very broad, quick sex education class, so I would have to look up my questions online. There wasn’t a conversation about consent. A huge part of sex education is understanding you need consent before you engage in any of these sexual practices. You need to say, ‘Hey is this okay? Is what I’m doing okay?’ And the second they are no longer okay with it, then that’s the end.”

Latex and Lace attempts to fill gaps in students’ knowledge who may have had similar experiences to Youseef and to be a learning experience for all. Past Latex and Lace events have involved entertainment such as a guessing game where players had to identify the scent of scented condom, which Youseef said was intended to bring protection to the forefront of student’s minds’ in a lighthearted manner. For those wondering what the event will be like, this game is a good example of what to expect.
features

Cutting Down on Plastic

By: Ethan Lozano
Contributing Writer

Ever since we were little kids, we have heard the phrase “reduce, reuse and recycle.” Plastic use is constantly increasing, but what’s worse is that only a small portion of it is being recycled. The biggest problem is that many of the plastics we use are for single-use only and quickly add to the already large amount of plastic waste that ends up in landfills. This pollutes our environment with plastic, harming human and animal life.

Sea life is largely impacted by plastic pollution because it can become immobilized or choke on the plastic. Additionally, plastics are detrimental to the environment because they give off toxic chemicals. Plastics can also threaten the lives of turtles. So, if you want to save the turtles, keep reading for ways to cut down plastic in your life.

Reusable containers

As a college student, there are numerous ways to reduce the amount of plastic you use in your daily life. Kylee Wilkinson, a member of Nature Club at NSU, said, “Most of the plastic waste is for to-go food containers and cups, so if it’s possible, bring your own to-go containers to restaurants and reusable cups if the place allows it.”

BYO Straw

One of the biggest ways to reduce plastic on this campus starts at Starbuck’s. Iced beverages require having a plastic cup, lid and straw. This is an issue that can be replaced by bringing in your own tumbler and reusable straw. Straws are one of the most frequent items people find during a beach cleanup. Buying a multipack of reusable straws on Amazon can be an inexpensive way to make a large impact. Similarly, people also buy a travel size cutlery kit so they don’t use plastic forks and spoons.

Shopping bags

Another simple way to cut down on your plastic use is to bring your own shopping bags when grocery shopping. In California, if you don’t bring in your own shopping bags, then you have to pay for shopping bags. Coral Gables in Miami has a ban on plastic bags in general, and Pincrest has banned the use of plastic straws. If these bans were implemented in the rest of the U.S., then it could lead to major change.

Reusable water bottle

Plastic bottles are another big contributor to plastic waste in landfills. According to Ban the Bottle, in one year, the U.S. produces 50 billion plastic bottles. Wilkinson also said, “By 2020 there will be a ton of plastic for every ton of fish.” By using a reusable water bottle, you can help to decrease this number.

Parent relationships

By: Kelsey Bruce
Arts & Entertainment Editor

We all hear what our peers say about their parents or caregivers all the time. Sometimes, you might want to know whether your relationship with your family is “normal,” but really what’s considered “normal” is relative. Instead, there are a few psychologically-based perspectives which explain general patterns in caregiver-children relationships and what those might mean for your mental health.

NSU student counselor Jeaneavea Pearson explained a bit more about these and left a little advice along with her knowledge.

Parenting styles

Authoritarian

Authoritarian parents or guardians are those who tend to have rigid values and beliefs which, according to Pearson, they may project onto their children. Even with the best of intentions, their narrow worldview can sometimes conflict with beliefs their child may begin to develop as they grow into an adult. If not rectified, these attitudes may leave a developing person feeling unsupported, along with other manifestations Pearson identified such as low self-esteem, low self-efficacy and increased anxiety.

Authoritative

People who raise children with an authoritative style still raise their children based on their own traditions and beliefs, but they do this with an attitude that “however, whenever and whatever turns up in [their children’s lives], they’ll support them even though they may not agree.” Children raised in this manner tend to grow up with a higher sense of autonomy, self-trust and level of differentiation, meaning their mental health is balanced based on a healthy sense of perspective.

Permissive

Thus, there’s the permissive guardian, which Pearson described as “the cool parent [who is] too much of a friend.” These figures don’t so much guide their children as coddle them, leading to “privileged ideals” that “become the basis for those children.” In other words, people raised this way might have a more difficult time managing when they face problems they don’t know how to solve.

Attachment styles

Secure

If a child has a secure attachment to their guardians, he or she feels comfortable relying on them. Pearson said this may relate to the sense of balance achieved by authoritative parenting.

Anxious/Attachment

Children with preoccupied attachment styles have a high sense of anxiety and tend to have low self-esteem, putting a lot of pressure on relationships. This is associated with authoritarian parenting.

Ambivalent

Children with this kind of attachment do not feel secure in their needs being fulfilled even when their guardians are around due to inconsistency. When it comes to this styles, developing adults may feel discomfort at the prospect of intimacy.

Disorganized

If a person has disorganized attachment, they typically have a difficult time trusting in relationships. As children, their needs went unmet, so as adults, they want security but do not know how to approach it.

What now

If you are experiencing conflict related to attachment or family relationships, Pearson advised that your first step should be to see a couples’ counselor.

She said, “[Students] understand that there’s a lack of stigma and stereotypes around mental health, but if your tooth hurts, you go to the dentist. If your back hurts, you go to the chiropractor. If something is happening internally from your emotional perspective, and it’s beyond the normal level, how come we don’t reach out?”

As a second step, Pearson suggested sitting down and listing out what expectations you have regarding your problems. Then, “go through them and explore who, what, when, why.” That is, investigate where your beliefs and values have come from — yourself or your guardians — and what you agree with or want to hold on to.

Pearson closed with, “We look outside of ourselves for so many answers, and the answers truly are within.”

The 2020 presidential election: the candidates so far

By: Janay Joseph
Contributing Writer

The 2020 presidential election is right around the corner. Here is a list of candidates who have announced that they will run. Candidates who have launched exploratory committees are not listed.

Republicans

Donald Trump
President Trump’s campaign officially began back in 2017, and he still plans to run for re-election. Historically, the presidential incumbent usually does not see an opponent from his or her own party run against them during the primaries.

Democrats

Twist Gabbard
Gabbard has been a representative for Hawaii since 2013. Before her term as a representative, Gabbard also served in Hawaii’s House of Representatives, on the Honolulu City Council and in the armed forces during the War in Iraq.

Julian Castro
Castro has previously served as a member of the El Paso City Council. He is the current senator of Vermont and one of two independents serving in Congress. In addition to being one of the longest-running members in Congress, he served as a representative of Vermont. Before, he was mayor of Burlington.

Wayne Messam
Messam is currently the mayor of the city of Miramar, Florida, serving since 2015. Before, he served as a City Commissioner between 2011 and 2015.

John Hickenlooper
Hickenlooper has served as the Governor of Colorado from 2011 to 2019. Before, he served as the Mayor of Denver between 2003 and 2011.

Jay Inslee
Inslee is currently the governor of Washington state, serving since 2013. Before, he served as one of the nation’s longest-serving members in Congress from 1989 to 2012.

Beto O’Rourke
O’Rourke is the former Representative from Texas who recently gained international momentum for running for Senate against Republican incumbent Ted Cruz. Before, he was a member of the El Paso City Council.

Kirsten Gillibrand
Gillibrand has served as a Senator for New York since 2009. Before, she was a Representative for New York.

Marianne Williamson
Williamson is the founder of Project Angel Food, which supports victims of AIDS, and a New York Times Bestselling Author. Previously, she ran for Representative of California.

Andrew Yang
Yang is an entrepreneur and founder of Venture for America, which trains recent college graduates and other potential employees to work in start-up companies across the country.

Independents

Dario Hunter (Green Party)
Hunter is currently a representative on the Youngstown Board of Education running as a Green Party candidate.

Adam Kokesh (Libertarian Party)
Kokesh is an author and independent journalist running as a Libertarian Party candidate.

Elizabeth Warren
Warren is a current Massachusetts senator who has held the position since 2013. Before her term as senator, she was the Special Advisor for the Consumer Financial Protection Bureau and chair of the Congressional Oversight Panel under President Obama.

Kamala Harris
Harris is a current California senator. She has been the Attorney General of California and served as the 27th District Attorney of San Francisco.

Amy Klobuchar
Klobuchar has served as a Minnesota senator since 2007. Before, she was a county attorney.

Bernie Sanders
This Sanders’ third run for the presidency, coming close during the 2016 primary against Democratic nominee Hillary Clinton. Sanders is the current senator of Vermont and one of two
What interested you in the Shark Cage program and why did you apply?

“I have always been involved in business. My parents own an apple orchard back home, and I have been in farmers markets doing things for them. [I’ve always liked] the business side of things.”

What are some of the advantages of being a Shark Cage student?

“You get to have a lot of networking opportunities. We all go to executives and residents (EAR) sessions where a bunch of entrepreneurs and established [business] people all come in and tell us about their story, what they have done, what they would have done differently and any advice they have for us. We also have a mentoring program where we are all matched with people who have similar interests to us, and then they help us with our business. We have the chance to start our own on-campus businesses, so that’s another great opportunity.”

What are your future aspirations?

“I’m actually a marine biology major, so after graduation, I will probably go to graduate school for marine biology, but I have always wanted to have business in my life too, so I would like to start another business one day. And then [I want to] work in conservation.”

Imagine living in a world where you are the property of your spouse. You could not vote, obtain an education or even work. For a very long time, this was the unfortunate reality for women.

According to the National Women’s History Project, until the early 1900’s women in the U.S. were not allowed to vote or hold office. Married women could not own property, and everything belonged to their husbands. In addition to this, women had little to no access to higher education and received little to no opportunities to enter the workforce, especially in professions like law and medicine.

Unfortunately, women still face many problems in today’s society. Professor of English and gender studies Kathleen Wainess said that women are still being mistreated in the workplace. Wainess explained that women are often ostracized in STEM fields like engineering and computer science.

She said, “Women are more equal than before, but not equal.” This inequality is shown in a variety of ways, especially with pay. Women on average earn less than men, and according to the NY Times, men named John run more big companies than women as a whole.

Furthermore, violence towards women still occurs in the form of emotional, sexual and physical abuse. With all the violence aimed towards women the #MeToo movement was created to help women and girls heal after experiencing sexual violence. Now, the movement has expanded their focus to helping women from all over the country, especially ones from underrepresented groups. Wainess also highlighted that it is important for movements like these to protect women from the lower end of the socio-economic class, because they are very vulnerable to people in positions of power.

With obstacles standing in their way, women’s rights groups have made great strides to improve the quality of life for women around the country. Women have the right to vote, and it is illegal for the workplace to discriminate against anyone based on sex. Due to this, women have flooded the career pool and dominate professions that their ancestors never had the access to.

Women’s rights groups also ensured the access to education for all girls across the country. Before, women had no opportunities to enter higher education, but according to the U.S. Department of Education, women comprise of at least 56 percent of students on college campuses across the country.

Clearly, women have made advancements in society and improved the living conditions for generations to come, but the fight for equality is far from over. There are a few ways to get involved and help out the feminist movement. Anyone can get involved with Planned Parenthood, the He for She Movement and many other activist groups.

Most importantly, NSU has an ROO called the American Association of University Women (AAUW). This is a student chapter on campus that allows students to get involved and make a difference.

How has the Shark Cage program helped you to realize your future goals?

“I am starting a farmer’s market right now, and honestly I’d do it again. Business has always been a part of me and [the experience] is helping me grow.”

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

“I never thought I would go into business but even if you think it’s something you are kind of interested in, explore it. It is a great option. Our program gives such real world experience to students. It’s a great program, and not just for business majors.”

What inspired your business plan?

“I have always been involved in farmers markets. I was a vendor for my parents for their orchard. [My parents] were both business majors in college and did corporate job and then decided to move to a farm. I really enjoyed working on the farm when I was younger, and then I came here and didn’t have any of that, so I made it for myself.

Right now I have been getting vendors for the farmers market. I have been going out on the weekends and trying to find people. I have met a lot of people, and it’s been really fun.”

Check out nsucurrent.nova.edu for more articles like this.
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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.

NSU Health Care Center
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North Miami Beach, Florida 33162-3017
(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.

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Madelyn Rinka, co-editor-in-chief, said: “One of my all-time favorite songs is Dancing in the Moonlight by King Harvest. It holds a special place in my heart from my childhood, and it reminds me of summers spent with my family and friends from back home. It’s an older song, and definitely has a unique nostalgic vibe. It’s just about having a good time and being thankful for your company. Every time I hear it I just feel like wherever I’m stressing out about doesn’t matter as much as I think it does.”

Mario Lorrimore, business manager, said: “Throughout the years one song has given me the strength to keep going. It not only renews my passion for life, but it gives me a vivid view into the bright future I could have. It reminds me that tribulation is only temporary and with each problem conquered, I will grow stronger. It is my inspiration and mental clarity. It is many things to me, but, most importantly, it brings me happiness. If something brings you happiness, hold on to it. The song that does this for me is none other than “The Hamster Dance Song” by Hamster Dance Masters.”

Kelsey Bruce, arts and entertainment editor, said: “Out of all the music I love, there’s one song that really makes me believe everything will all turn out in the end, and that’s “I Have Been Listening” by Mal Blum. It’s queer and hopeful and quirky, and the best way I can describe it is as the musical embodiment of the sun on your skin after leaving a chilly building. It’s one of those songs that just makes me feel understood.”

Food for Comfort

By: Flor Ana Mireles
Contributing Writer

As college students, we are constantly in a battle with sleep, homework, studying and making time for self-care and other activities. It is easy to find ourselves turning to fast-food in order to get a warm, pre-made meal cheaply; however, these fast meals are typically not healthy. As much as we would like to eat delicious junk food all day, our bodies need nutrition and protein to function. Below are a couple healthy comfort foods to try out that are both nutritious and delicious.

Honey Mustard Glazed Chicken Tenders

Chicken tenders are a go-to food for most college students. While Grill Nation at NSU’s buffet line offers tasty tenders, you can make them yourself as well.

For Honey Mustard Glaze

1 tablespoon Dijon mustard
1 tablespoon mustard
2 tablespoons honey

For Chicken Tenders

8 boneless, skinless chicken thighs
Kosher salt and black pepper, to taste
2 large eggs
1/2 cup milk
1 1/2 cups breadcrumbs
1 teaspoon smoked paprika
1/4 cup vegetable oil
1 cup all-purpose flour
2 tablespoons chopped fresh parsley leaves

Instructions:

Preheat oven to 375 degrees Fahrenheit. Line a baking sheet with parchment paper; set aside.

To make the honey mustard glaze, whisk together mayonnaise, honey and both mustards aside. Line a baking sheet with parchment paper; set aside.

Preheat oven to 375 degrees Fahrenheit. Wash and dry the chicken thoroughly. Season chicken thighs with salt and pepper, to taste.

In a large bowl, whisk together eggs and milk. In another large bowl, combine breadcrumbs, paprika and vegetable oil; season with salt and pepper, to taste.

Working one at a time, dredge chicken in the flour, dip into the egg mixture, then dredge into the breadcrumb mixture, pressing to coat. Place chicken onto the prepared baking sheet and bake for 35-40 minutes, or until the crust is golden brown and the chicken is completely cooked through.

Serve with honey mustard glaze.

Honey Mustard Glazed Chicken Tenders

Macaroni and cheese has been America’s comfort food since as early as the start of the 20th century, and to this day, not much has changed. With health trends rising, a variety of macaroni and cheese recipes have emerged, and below is another delicious one.

For Mac & Cheese

2 cups shredded cheddar cheese divided.
1 cup all-purpose flour
2 tablespoons butter
2 tablespoons all-purpose flour
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 cups whole milk
2 1/2 cups shredded cheddar cheese divided.

For Sauce

2 tablespoons flour
2 tablespoons butter
2 tablespoons all-purpose flour
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 cups whole milk
2 1/2 cups shredded cheddar cheese divided.

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Serve with honey mustard glaze.

For Spaghetti Squash

2 small/medium spaghetti squash
2 tablespoons all-purpose flour
2 tablespoons butter
2 tablespoons olive oil
1 teaspoon garlic salt, to taste
1/2 teaspoon smoked paprika
1 tablespoon chopped fresh parsley leaves

Instructions:

Preheat oven to 400 degrees Fahrenheit. Cut both spaghetti squash in half and remove the seeds, cropping them out with a metal spoon.

Brush the inside with olive oil or spray with an olive oil spray, and sprinkle with sea salt and pepper.

Place cut-side down in a baking dish. Fill baking dish 1/2 inch with water. Cover baking dish with aluminum foil. Bake in the preheated oven for 45-60 minutes or until the squash is soft to the touch. It will compress down when pushed lightly.

Remove from the oven. Turn the cut-side to the top and let cool. Use a fork to shred the spaghetti squash, being careful not to poke holes in the shell. Leave shredded spaghetti squash in the shell while you make the cheese sauce.

For the Cheese Sauce

Preheat oven to 375 degrees Fahrenheit.

In a small bowl, combine flour sea salt and garlic powder. Set aside.

Melt butter in a medium saucepan over medium heat.

Add dry ingredients and whisk to combine. Whisk constantly until ingredients just start to brown (about 1-2 minutes).

Add milk and whisk until mixture is smooth.

Continue cooking over medium-high heat until the mixture comes to a boil and starts to thicken (about 3-5 minutes).

Once mixture is thick, add 2 cups of shredded cheese and whisk until the cheese is completely melted.

Once cheese sauce is smooth, remove the saucepan from the heat.

Distribute cheese sauce evenly among shredded spaghetti squash.

Top with remaining 1/4 cup of cheese and bake in preheated oven for 15 minutes, or until the cheese on the top is melted and lightly browned.

For a few more comforting recipes, visit nsucurrent.nova.edu.
ON DECK

WOMEN’S BASKETBALL
NCAA Div. II National Championship
March 27-29 I TBA
Columbus, Ohio

MEN’S BASKETBALL
Division II Basketball Championship
March 27-30 I TBA
The Ford Center | Evansville, Indiana

MEN’S BASEBALL
@ Barry
March 26 I 6:00 p.m.
Miami Shores, Fla.

@ Rollins
March 29 I 6:00 p.m.
Winter Park, Fla.

@ Rollins
March 30 I 1:00 p.m.
Winter Park, Fla.

@ Rollins
March 31 I 12:00 p.m.
Winter Park, Fla.

MEN’S GOLF
V.S. The Goodwin
March 28-30 I All day
TPC Harding Park Golf Course | San Francisco, Calif.

WOMEN’S GOLF
Barry Invitational
March 26 I All day
Shula’s Golf Club | Miami Lakes, Fla.

WOMEN’S TRACK
Embry-Riddle Spikes Classic
March 29-30 I Daytona Beach, Fla.

MEN’S TRACK
Embry-Riddle Spikes Classic
March 29-30 I Daytona Beach, Fla.

TENNIS
V.S. No. 17 Florida Southern
March 28 | 2:00 p.m.
NSU Tennis Complex
@ Florida Tech
March 30 | 2:00 p.m.
Melbourne, Fla.

WOMEN’S ROWING
@ University of Central Oklahoma
March 29-30 I TBA
Edmond, Okla.

Sports
March 26, 2019 | nsucurrent.nova.edu

Expect the Unexpected with NSU Basketball

By: Christina McLaughlin
Co-Editor-in-Chief

The Sharks may be considered the underdogs but they have the appetite to compete with any of the other teams because they’ve been doing exactly that all season long. In their regular season schedule they faced Union and Florida Southern. Both of these teams made it to the NCAA tournament by taking a win from NSU to get them, but ultimately NSU beat both of those teams to make the Elite Eight. “I set up those games purposefully because I want us to see what the teams at the top look like. We’ve worked hard and we had to experience some tough losses along the way but we firmly believe that you learn from failure. Florida Southern beat us three times but we beat them when it counted,” said Leann Freeland, head coach of the women’s basketball team. In the first round of the Quarterfinals, the women are against No. 1 seed Drury University but because of their intense schedule, they played them before which puts them at an advantage.

“I think our team is way more prepared in facing Drury this time. They are undefeated but they can be beaten. Their defense is really good but so is our offense. As long as we can handle their pressure and play our game, I really think we can win these next games and become national champions,” said Prasse.

This season was a rebuilding year for the women’s team and through this process, the team has had some unexpected successes. With five seniors graduating, the players stepped up to realize their dreams and came together as a team towards this one ultimate goal.

“It’s so amazing to see how well-balanced the team has become. Everyone found their own niche in the team and are encouraging each other to play better. The postseason really comes down to how bad the seniors want it and how supportive they are of each other. It’s one thing for a coach to encourage the players but when the players are [invited] in the game, that’s [MM2] when coaches and players work as a unit and that’s what’s happening right now,” said Freeland.

According to the team, when the Sharks hit the court in Ohio, they will be cool, calm and collected as they competes against Drury and the other big teams in the league. For the Sharks, it’s all about precision and emotional control.

“In big games and big moments, it’s all about the details and how well you can just zone in and perform and I think we do that very well,” said Freeland.

The women’s basketball team will face Drury University on Tues. March 26 at Alumni Hall in Columbus, Ohio at 6 p.m.
CASTING CALL

Calling all Sharks!

We’re looking for NSU students with big personalities and high energy to star in an NSU brand video.

Thursday, April 4, 2019
11:00 a.m.-2:00 p.m.
and 4:00 p.m.-7:00 p.m.
Don Taft University Center Spine
@ SEA Thursday

This is an exciting opportunity to promote your university!

If you have any questions, please contact Alyssa Rothman at rothmana@nova.edu.
Opinions

March 26, 2019 | nsucurrent.nova.edu

By: Alexander Martinnie
Opinions Editor

Please stop releasing your pets

I love watching The Oscars. Every year I always make awards predictions, tune in on that Sunday to watch the show and complain with my friends online about the winners. Going Sunday to watch the show and complain with my friends online about the winners. Going

By: Janay Joseph
Contributing Writer

So, how about this year’s best picture winner?

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Opinions

We need to actually talk about mental health

By: Christina McLaughlin
Co-Editor-in-Chief

Mental Health is not a new topic among college students or even at NSU. We hear constantly about the resources that are available to us, namely Henderson Student Counseling. We host Suicide Awareness Walks and when exams are around the corner we hold events to “destress” from all of our exams. Yet, we still have students that feel entirely overwhelmed with their school work and personal lives. If I had a penny for every single time I heard a student say “I’m so stressed” or “I’m so done” or something to that effect—myself included—I would be a billionaire by now. So we see these problems and hold all of these events and resources to support students feeling this way but nothing has changed. Why?

Honestly, it can be a number of things but I think a majority of it has to do with not actually fixing the problem. Yes, we can host 1,000 events to support students on the topic but that is not actually going to do anything if students aren’t getting the help they really need from it. If anything, hosting all these events with no real change just makes it seem like it’s a buzzword that can be thrown around just to say you care when in reality, you might not as you are not directly affected by these issues. But I beg to differ. Mental health issues are only something a select amount of students deal with.

According to a survey conducted by the Anxiety and Depression Association of America, 85 percent of college students reported they had felt overwhelmed by everything they had to do at some point within the past year. I think it is safe to say that 85 percent is a majority of students. If that’s the case, then this is a huge problem that needs to be spoken about truthfully and openly and not just giving students a pamphlet at orientation. As I wrote this article you are reading, I’m sitting at home in New York the week after spring break that I requested from professors to take off to take care of my own mental health. Something that was not planned but became necessary after bottling up all my anxiety and stress until it blew up during a lab class where I had a panic attack in front of 30 of my classmates because I couldn’t figure out how to figure out simple math. It was my breaking point.

The only thing that is comforting in this fact is that I know I’m not alone. Through my job and through my college experience I’ve met plenty of students from all backgrounds who have told me of their own personal struggles with mental health and how their college experience has been affected by it. We see it on social media as well. Taking a “mental health day” to recollect our thoughts or doing meditation or going to counseling are some suggestions that are found online but I think that there is still a stigma surrounded by asking for help. Going to a therapist or some other mental health professional makes your situation real and I think as college students I don’t think we like to admit that there is a problem. At least with our generation, we want to do everything ourselves and succeed at it. We want to have an awesome social life, amazing grades, a great job, a good career path and great relationships with people, just to name a few. But we can’t juggle all of that on our sometimes and there is nothing wrong in admitting that.

If you are able to handle all of these things with ease then I’m proud of you and good luck in your future endeavors. But if it comes to a point that you know you can’t handle all this on your own on top of any personal struggles you may be facing then don’t be ashamed to ask for help or guidance. The more open and honest we are about this issue then the more help we will receive in the long run. So let’s talk.

Get your life in alphabetical order

By: Kelsey Bruce
Arts & Entertainment Editor

We’ve all heard of the over-procrastinating student, the last-minute mover. Their tales of submitted a term paper at 11:59:59 ring through our ears as we put off our reading for just one more day. Then, low and behold, it’s a Sunday night and a week’s worth of work falls into our laps, begging like a hungry dog for scraps of attention.

Well, it doesn’t have to be this way. In fact, this weekly cataclysm is something most people opt into by default. Sure, you can complain all day about your classes overloading you — sometimes they do — but more often than not, you’re failing to acknowledge you have opted into a lifestyle which requires organization and planning for success.

If that sounds harsh, then you probably need to deepen your critical thinking about success: it requires hard work. It doesn’t matter if you were labeled gifted or talented in high school, took tons of Advanced Placement courses or were always the teacher’s favorite, and it doesn’t matter if you got a 4.0 years after dropping out, failed high school algebra or could never quite master the SATs either. By identifying goals and laying out the steps to those goals, you’re being proactive and that’s honestly half the battle. Your professors give you syllabi for a reason, so use them. That huge test won’t sneak up on you after a night out if it’s been written on your calendar for two months and if you study a little every day, taking it won’t feel so daunting.

Planning for success.

Organization isn’t just for academics either, it’s for making sure you don’t forget about that date with that one really cute girl you asked out or miss the interview for a potential job at Whole Foods. Your checking account would probably be grateful if it wasn’t always emptied in five days or less and your future won’t seem so scary if you have a Plan A and Plan B scrawled out on paper. Neglecting to think about your future, short-term or long-term, might feel nice now, but it will come back to bite you when you need to apply for graduate school or plan your retirement.

You can shout to the ends of the earth that you prefer to remember the 15 assignments you have due over the course of the next three days or about how going with the flow is the answer to life’s problems, but at the end of the day, you’re at a transition point in your life which demands you put energy into maintaining family relationships, forging new friendships, working, studying, discovering your identity and much more. Without a little bit of planning here and there, you’re bound to spread yourself too thin, and it might be too late to bumble back.

As a college student, how do you feel about privileged parents buying their child’s way into school?

“It’s a little disappointing honestly, to see how celebrities and people with the money and the influence can still do it—it’s kind of sad.”

–Nathan Lapaix, freshman neuroscience Major

“I think that it’s unfair. For us normal people, we actually work hard to get into school and there’s not a way for us to pay our way into college. We’re working hard to get into school so why should they be able to pay their way into it?”

–Anisa Scott, junior human services administration major

“It’s unacceptable. Standardized tests are made for everyone to have a common ground to study and be treated as equals. Just because you’re privileged doesn’t mean that you have the right to go to a prestigious college.”

–Joseph Pulhtenthaler, sophomore biology major

“It takes away the spot from students who deserve it, people who’ve worked really hard to get into college. If people are just buying their way in, it kind of just ruins the whole [college acceptance] system.”

–Anum Saeed, sophomore biology major

“I don’t come from a wealthy family and I had to work hard to receive scholarships—I’m glad I was rewarded. At NSU I don’t really see people buying their way in because I feel it’s competitive and students are here because they earned their way in.”

–Gerald Thompson, senior marine biology major, senior
Are you interested in a healthcare profession?

Come to NSU’s 5th Annual Pre-Health Day

Saturday, April 13, 2019 • 8:00 a.m.–12:30 p.m.
Huizenga Sales Institute
Carl DeSantis Building, Third Floor, Room 300

- Hear from current healthcare and research professionals about their career journey.
- Interview spots are offered on a first-come first-served basis.
- Explore a variety of healthcare careers by hearing from professionals themselves.
- Attend a resource fair to learn about Graduate Healthcare Programs, Research, and Involvement Opportunities.
- Registration requires 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 Halmos College of Natural Sciences and Oceanography.

For more information:
- nova.edu/career
- career@nova.edu
- (954) 262-7201

Gain knowledge and insight directly from healthcare professionals themselves including doctors, dentists, pharmacists, podiatrists, physical therapists, physician assistants, optometrists, speech-language pathologists, and many more!