
The Current

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Nova Southeastern University

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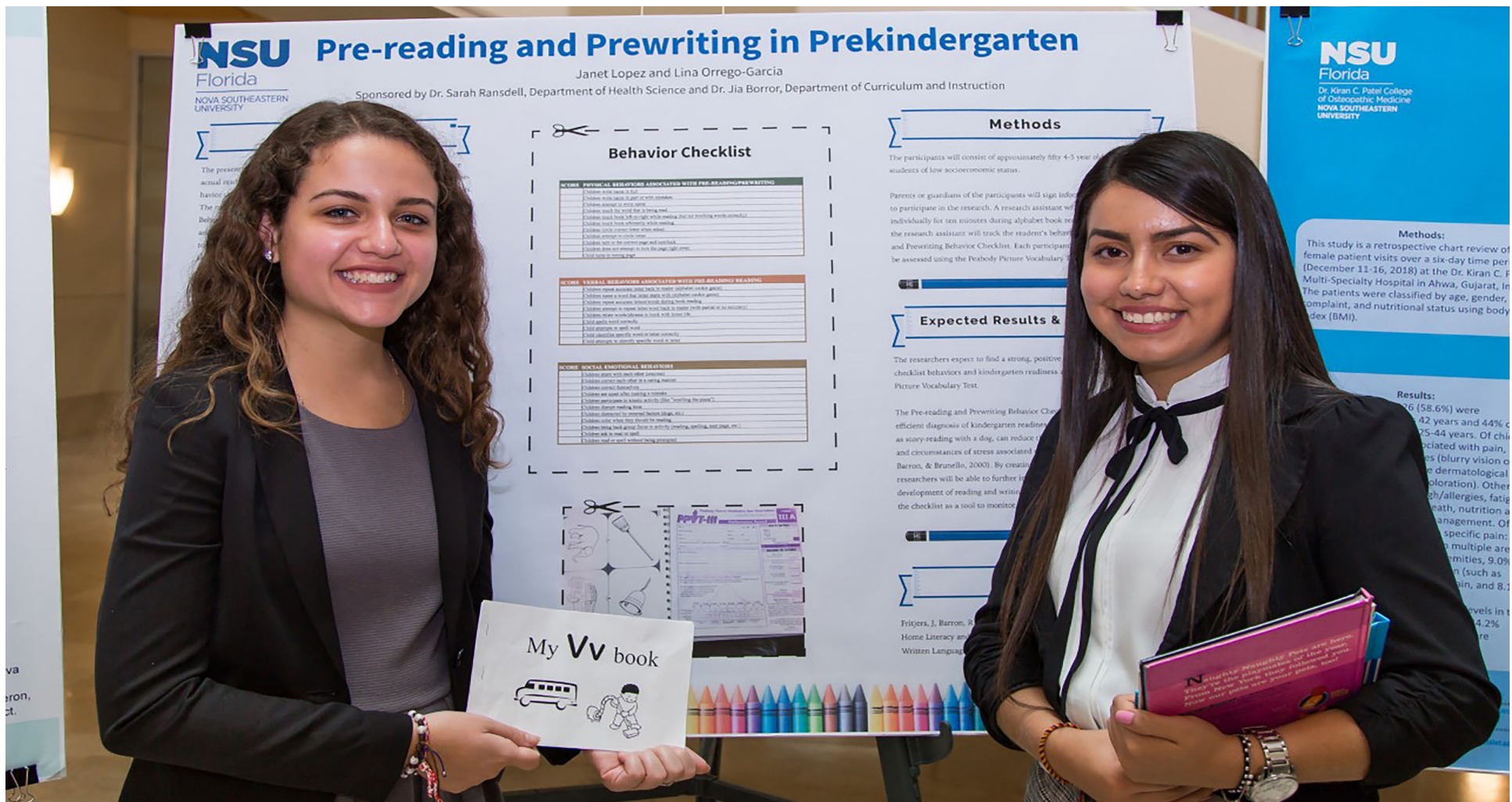
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Undergraduate Student Symposium Application Opening Soon

By: Linh Tran
Contributing Writer



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In January, NSU's Farquhar Honors College will be opening the application for the 19th annual Undergraduate Student Symposium (USS) for all undergraduate students. Through poster displays, oral presentations and film showcases, this event celebrates research and creativity, encouraging students to verify their hypotheses on varying topics through innovative approaches.

Since 2001, the USS has been a highlight of NSU's increasing engagement in research opportunities. "[This] wasn't the case 20 years ago," said Don Rosenblum, Dean of the Farquhar Honors College. Rosenblum realized NSU's commitment to students' degree completion stating, "I hoped to start [the symposium] so that it could be a beacon [attracting] faculty members who wanted to help students get involved in research and to equally attract students' attention and interest."

Unlike most of honors events which are only open for honors students, the symposium welcomes all undergraduate students from all disciplines. "We care and share deeply about every student. There is no sense of competition from one college over another," explained Rosenblum.

The USS is a multistage event, and preparation for the application may take

longer than students think. The proposed project must be secured by a faculty sponsor, so students may want to have a culminating experience in research alongside a faculty member for substantial time before applying for the symposium. The faculty members are considered the most instrumental factor in assisting students with the application as they have the opportunity to see great works from their students in research papers and advise students to expand and present their accomplishments at the USS. Students can also certainly request faculty for a mentorship.

"There is a mandatory CITI training for projects involving human objects for the protection of identity," said Robin St. George, the Farquhar Honors College's Academic Program manager. The training is offered online on the CITI training website (about.citiprogram.org/en/homepage/) and is part of the application documents including an online application form and an abstract approved by a faculty member. After being selected to be included in the symposium, participants are recommended to join two optional workshops which will provide clarification for any inquiry and guidance regarding presentation skills.

Since there is no limit for subjects that students can do research on, in order to

guarantee the objectivity and accuracy of the judgment, there is a group of 60 to 70 faculty members who will be judging not only the contents of the presentations but also the conveyance of information in which students are able to explain what they have learned and why it is important.

"It is just so intimidating and inspiring to see what those [students] have done and will be able to do in the future. I usually get emails or letters from associates around the country saying that I should be very proud of what my students are doing," stated Rosenblum eagerly sharing his pride.

"Last year we had a student take third place in national conference and another one who won the first place and [surpassed] doctoral and graduate students. They do impressive things for sure," said St. George as she reflected on the achievements of the previous USS participants.

Prospective students are encouraged to attend the symposium in April. To learn more about the USS and when applications are open, you can online at honors.nova.edu/student-symposium/index.html or contact Dean Rosenblum at donr@nova.edu or Robin St. George at atrobidou@nova.edu.



UNDERGRADUATE STUDENT SYMPOSIUM

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Pictured above is the winner of the USS logo competition, in which the winning design is showcased as the year's logo.

Stay tuned for updates!



global news, courtesy of the current

Pope plans to declare nuclear weapons as immoral

Pope Francis has planned to have the Catholic Church's official teaching declare the possession and use of atomic weapons as immoral. According to the Associated Press, "In the ensuing years, the Holy See has watched as arms control treaties collapsed, new nuclear powers emerged and the policy of assured mutual destruction resulted in a permanent stockpiling of bombs." This was following Francis's declaration in Hiroshima with atomic bomb survivors. Francis additionally stated that he is also concerned about the use of nuclear energy when all necessary safety precautions are not in proper use.

UK truck victims repatriated to Vietnam

Sixteen of the 39 victims who died in England as part of a human trafficking ring were repatriated to Hanoi, Vietnam. Hoàng Thi Nhiem, a sister of one of the victims, told the Associated Press, "We are very sad but we are happy now that he has been brought back to the place where he was born to be with his family and surrounded with love from the family. He wouldn't be able to rest in peace if he had still been in England." Thirty-one men and eight women are being investigated for charges of human trafficking, while several of those involved have been arrested in England and Vietnam.

Iranian leader claims protests are U.S. conspiracy

Last Wednesday, Nov. 26, Ayatollah Ali Khamenei, the supreme leader of Iran, claimed that the protests of gas prices were a result of a U.S. conspiracy theory. Khamenei made this accusation when speaking to the Revolutionary Guard's all-volunteer Basij force. According to the Associated Press, "Khamenei, who has final say on all matters of state, described [that] the protests [are] being orchestrated by 'global arrogance,' which he uses to refer to the U.S. He described America as seeing the price hikes as an 'opportunity' to bring their 'troops' to the field but the 'move was destroyed by people.'" Over 7,000 people have been arrested for the protests.

Ebola responders on lockdown due to unrest

Ebola responders in Beni, Congo, were placed on lockdown following an attack on a United Nations base by residents of the area. Four protestors were killed during the attack and workers are still restricted from providing treatment in many areas of the Democratic Republic of Congo. According to the World Health Organization, the attacks on U.N. bases are due to protests toward the deadly actions of rebel groups. These groups have not been stopped by U.N. peacekeepers or the Congolese forces.

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News Briefs

get the scoop on events happening on campus

Razor's Career Closet is now open

Dress to impress; Razor's Career Closet is now open. Students who are in need of professional clothing for interviews, internships or any other necessary professional meetings have the opportunity to visit Razor's Career Closet. The service is open to all NSU students and recent alumni with a valid ID. Students are permitted to keep one full professional outfit and borrow one accessory free of charge. Interested students must make an appointment ahead of time in Handshake under "Razor's Career Closet."

Nova Singers concerts for December

If you are planning on sticking around the local area for winter break, the Nova Singers, NSU's very

own volunteer-based community choir, will be holding concerts throughout December. The choir has approximately 140 members ranging from undergraduate students to senior members of the local community and a repertoire that ranges from classics to modern hits. The shows will be held at varying churches in the area on Dec. 6, 8, 10 and 13. Advanced tickets are \$15 and \$10 at the door. However, for NSU students with ID and children under 12, the show is free. Anyone interested in attending one of the Nova Singers' shows can purchase tickets and see a full schedule online at <https://www.nova.edu/novasingers>.

Movie marathon: Party like it's 1999!

The Alvin Sherman Library will be holding a movie marathon on Dec. 7 from 11 a.m. to 4:30

p.m. on the second floor in the Cotilla Gallery. The movie marathon will feature three teen comedies from 1999. The event will also provide free popcorn and soda to enjoy while watching the movie. Those interested in attending must register online at <https://sherman.library.nova.edu/>. Go party like it's 1999, but be weary because spots are limited!

NSU to host the Harlem Globetrotters

On Dec. 13, NSU is hosting the Harlem Globetrotters, a signature exhibition basketball team, on their Pushing the Limits World Tour. The show will be held in the Rick Case Arena in the Don Taft University Center at 7 p.m. Tickets for NSU students and members start at \$27 and there are plenty of seats left.

News Anchor

Stay up to date with national events.

Brigham-Young University reverses decision to deny Medicaid

Brigham-Young University, a private institution in Rexburg, Idaho, decided that it will once again be accepting Medicaid as a form of valid insurance. The university decided earlier this month that students would be forced to buy private health insurance coverage in order to attend the university entirely. The policy was set to take effect Jan. 1, the same day that an expansion of coverage is set to take place all over Idaho, but after outrage and criticism from students and the local community, the university rescinded the decision last week.

Netflix taking over the big screen

This past August, an iconic cinema and movie theatre in New York City called the Paris Theatre closed down after being the last single-screen theatre in the city operating for over 71 years. However, last Monday, Nov. 25, Netflix

announced it signed a 10-year lease for the theatre. Netflix has rented out various cinemas in the past in order to qualify their original movies for awards, but this is their first time leasing a cinema for a prolonged period of time.

Three men falsely accused of murder set free

Last Wednesday, Nov. 27, three men by the names of Alfred Chestnut, Andrew Stewart and Ransom Watkins, who spent 36 years in prison for the murder of a 14-year-old boy in 1983, were released and acquitted of their crimes. The boy, DeWitt Duckett, was shot in the neck on his way to class in a Baltimore high school over his Georgetown starter jacket. The three men, who were all 16 at the time, were arrested for the murder on Thanksgiving day in 1983 and were charged with life sentences a year later. The case was reopened this year after Chestnut sent a letter to Baltimore's Conviction Integrity Unit and provided new evidence uncovered last year. Currently, the state of Maryland does not

have the legislation to provide compensation to those falsely convicted of a crime, but instead the Board of Public Works has the authority to direct compensation.

Trump plans to designate Mexican drug cartels as terrorist groups

Last Tuesday, Nov. 26, on an interview with former Fox News host Bill O'Reilly, President Donald Trump announced that he plans to designate Mexican drug cartels as terrorist organizations. Trump backs this claim by what he said was the high number of Americans killed by drug cartel activities. The violence Trump is referring to gained attention after earlier this month three mothers and six of their children with American citizenship were murdered by a drug cartel in northern Mexico. The designation will take time, however Trump is adamant about following the process through.

Juan Pablo Correa Memorial Scholarship

By: Cameron Pritchett
Sports Editor

Juan Pablo Correa was a former NSU international student who tragically lost his life after being hit by a car. During his time at NSU, he became much more than just your ordinary student; he was truly involved on campus, going so far as to become the President of the International Student Organization. Giancarlo Onorati, graduate assistant in the Office of Campus Life and Student Engagement, spoke of the role that Correa played in his time at NSU: "He was a tremendous leader, and really tried to bring a voice to international students on campus, and just everything he did on campus. Being an international student, he tried

to give back any way he could. He's someone that the school wanted to commemorate."

The application is live for a select group of students. Onorati states, "The Juan Pablo Correa Scholarship is open to any international undergraduate students, so as long as you are a student who is here that does not have a citizenship and are using a visa, and you are an undergraduate student who is returning the following year." The application is based on involvement: applicants want to show their leadership and involvement on campus. "We do ask that you have some leadership experience, that you give back and get involved on campus,"

said Onorati. With no GPA requirement, any interested international undergraduate applicants that meet the criteria are eligible to apply.

Undergraduate international students are encouraged to apply for a number of reasons. The winner will receive a \$1,000 scholarship for the following academic year. In addition to the scholarship, the winner will be recognized at the STUEY's, otherwise known as the Student Lifetime Achievement Awards, on April 14, 2020. The Correa family always attends the ceremony to present the award and to meet the student and their family. In regards to deadlines,

"The application closes Jan. 13, 2020 at 5 p.m. Unfortunately, we cannot accept any late applications, and that's really no questions asked, nothing we can do. If your application comes in at 5:01, it won't be reviewed," said Onorati.

The scholarship can be found on SharkHub and applicants should be prepared to answer a couple of short questions to allow judges to get to know them better — for example, the application asks applicants about their efforts to preserve and foster cultural awareness on campus, as well as listing and describing involvement and leadership activities.

College of Arts, Humanities, and Social Sciences hosts Student Conference

By: Alexander Martinie
Opinions Editor

The College of Arts, Humanities and Social Sciences and the Center for the Humanities are looking for students to submit papers and panel proposals for the upcoming Crossroads Humanities Student Conference being held on March 28, 2020. Students will have the opportunity to share their work with their peers and the faculty.

According to Dr. Andrea Shaw Nevins, the interim chair for the Department of Family Therapy, the assistant dean for Academic Affairs and the director of the Center for the

Humanities, "Humanities are the studies of human artifacts, books, music, art, history, [and] religion, just looking at the things that we as humans create and studying them to make meaning of them."

The Crossroads Humanities Student Conference was created to allow students to present their research in humanities as well as to interact with other students doing similar research. The event will also feature a workshop meant to prepare students for job interviews in the humanities fields.

"If you are participating, you get to share your research and hear from other students. You are able to network and sometimes in humanities because the majors are not nearly as gigantic as some other majors, it may not be clear to students who their community is," said Nevins.

General admission to the Crossroads Humanities Student Conference is \$25, \$10 for high school students and free for NSU students. Registration must be completed by Feb. 21, 2020 through a link available on the College of

Arts, Humanities and Social Sciences website.

Students interested in presenting may submit an abstract for their research paper or a presentation to Nevins (andrshaw@nova.edu) by Dec. 31, 2019. The Conference is looking to feature student research in any fields in the humanities. More information about the Crossroads Humanities Student Conference can be found at <https://cahss.nova.edu/humanities/conference.html>.

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That Time I.... went on Birthright to Israel

By: Valeria Ravachi
Contributing Writer

Birthright was the best experience, hands down, that I have ever had in my life. For those who don't know what Birthright is, you came to the right person and the right article. Birthright is basically a free trip to Israel for Jewish teenagers. Yup. You read that right, FREE trip to Israel. I remember the day my mom asked me if I wanted to go to Israel. She said to me, "If you had the chance to go to Israel, would you go?" You already know my answer. That's when she hit me with the magic words, "Okay, you're going next summer and, by the way, it's free." You can imagine my face when she said that. I wanted to go on the trip, not only because it's free but also to connect with my homeland, to connect with my religion, my beliefs, my people and to create stories to later tell my children. I wanted to feel the experience of being in a magical place, like Israel.

When it was time for the trip, I went with amazing people that I had the pleasure of growing up with. Trips are organized by different organizations and companies that are accredited by the Taglit-Birthright Israel (Taglit being the Hebrew word for discovery). The trip that I went on was with my Hebrew school back home. All groups are led by licensed Israeli tour

guides that accompany you everywhere. Tours may vary according to age group and religious backgrounds of the participants.

My trip consisted of visiting Israel for a period of almost two months. I got to see everything Israel had to offer: Jerusalem, Tel Aviv, Eilat, the Dead Sea, the Western Wall and the Israeli army. One time we had to be part of the army for a full week. Not only did I get a chance to fire a M-19 rifle, but I got to experience the glory and pride of protecting my home, my country. We had the full experience of day-to-day soldier. We had to sleep in tents, girls and boys separated, we had to share bathrooms with other girls that were on Birthright, and we had to help in the kitchen, clean the bathroom and other tasks. We grew closer together as family and friends, and this became a part of our lives that we will forever cherish.

The time I went through Birthright to Israel was the best experience I could ever have. I never thought I would have an opportunity like this one. I will forever carry this in my heart, and I will teach my children about the beauty of our home country, doing everything I can so they get the same experience I did.



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How to be treated like an adult this holiday season

By: Christina McLaughlin
Co-Editor-in-Chief

It's finals week, which means it's time for some of us to head home for the holidays and spend some much needed time decompressing. But what if when you return home you feel you are treated more like the high school student you once were than the mature individual your parents dropped off at NSU four months ago? Going home for the holidays may be a time to relax and hang out with friends, but it also comes with expectations from parents to follow rules, curfews and other responsibilities that were previously instilled in high school. This is typically a point of contention for freshly adapted college students and their respective parents. To try and remedy this issue, it's important to understand all the moving parts.

According to Diana Formoso, an associate professor in the College of Psychology, from the parent's perspective, raising children is the process of slowly letting go and giving children the opportunity to stand on their own two feet into their emerging adulthood. The process is difficult and bittersweet: parents feel they prepared their child for these adult roles, but also feel a sense of loss over the closeness and security they had when the child was younger and living at home.

From the student's perspective, they are experiencing newfound independence and are testing their limits, making decisions completely on their own for quite possibly the first time in their life. When they come home and are critiqued for their decisions or are forced to follow certain regulations, it can affect the parent-student dynamic. Regardless of what perspective is taken, it is overall an incredibly delicate time that requires considerations from both perspectives to reach a feasible compromise.

Formoso explained that it's important for both parents and students to acknowledge each others' standpoints and approach the conversation with clear lines of communication and a level of empathy and respect. Both parents and students must understand each other's



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The dynamic of college freshmen returning to their parents' house for the holidays doesn't have to negatively impact your experience.

perspectives, discuss healthy boundaries and take into consideration moral values and cultural expectations to allow for the most productive conversation that leads the relationship a step forward.

To approach parents, students must understand that, if this is the first time or longest time away from home — especially if they are an

only child — their parents probably miss them and are looking forward to having them back home and involved in the festivities. However, parents must also understand that their students also haven't seen their friends or experienced what makes home "home" in a while, meaning the student might prefer to spend some time catching up with friends, visiting their favorite

local hangouts, just catching up on some sleep or having a day to just veg out and be lazy on the couch.

"If [students] can approach this conversation with empathy and acknowledge [the parent's perspective] and make time for their parents, as well as their friends and other expectations of their break, it might help the parents relax. It helps the parents understand that their student is trying to balance all these familial and peer [roles] as well as personal roles and responsibilities. Explaining that [to parents] would be very helpful," said Formoso.

Formoso also explained that parents should recognize they have raised capable, competent young people who can make their own decisions. The only way for students to get better at stepping into these adult roles is to make choices without someone holding their hand.

This is a time in a student's life where they have to be honest with themselves and with their parents about their intentions for the future relationship they want to have with their parents as they become adults and potentially start their own families and live their own lives as individuals.

This is a time for parents and students to discuss the hopes they have for what they would like family life to look like in the future, and for parents to understand that their child now has a say in that conversation. Despite cultural or personal expectations from parents or the students, this is a time to start making decisions as a family and taking everyone's opinions into account, even if this includes something that might disappoint your parents in the short term. It's part of the process of growing up.

"This is a really hard balancing act that parents and kids [have gone] through a few times already. Through the terrible twos, high school, college and now into adulthood, it's normal and positive and beneficial in a lot of ways. If you keep love and respect at the center of [the conversation,] everything should work out just fine," said Formoso.

The incorrect statistics of holiday suicides

By: Alexander Martinie
Opinions Editor

Since 2009, articles online have been talking about how during the holiday season, there is a major increase in the rate of suicides. But this is, in fact, completely wrong. If anything, the holiday season is the time of the year where suicide rates are at their lowest.

According to Elizabeth Hilsman, the post-doctoral resident for the Office of Suicide and Violence Prevention, “rates [of suicide] tend to be lower around the holidays, the peak of the spring months and over the summer. Suicide risk is complex, and there are a number of reasons that have been hypothesized. There is not one single reason. Some of the seasonal cycles contribute to biological, clinical or mental health reasons, social reasons, economic reasons and even demographics are somewhat different.”

A study conducted in 2019 found that, during the summer months, suicide rates for

ages 10-17 decreased. However, the same study found that all other age groups had higher rates of suicide during the summer months. Even if there are times of the year that have statistically high suicide rates, people should be aware of the pressures and stressors that those around them face throughout the year.

Older studies have indicated a slight increase in international suicide rates during the holidays, but these increased rates were most likely due to margins of errors rather than statistically significant increases in the international suicide rates. A study conducted by the Annenberg Public Policy Center at the University of Pennsylvania found that during the 2009 holiday season, nearly 50% of the articles published about mental health perpetuated the myth that suicide rates had increased during that time of the year.

“Statistics from a population don’t necessarily predict the risk for any individual. At any time of the year, we want to be aware of the risk factors and warning signs for suicide in the people that we come into contact with,” said Hilsman. “Some of the red flags and warning signs include talking about death, making [suicidal] threats, increased substance use, untreated depression, mood changes changes in behaviors or routines, withdrawal from friends or activities or changes in eating or sleeping [patterns].”

If you or a loved one are experiencing any of the red flags or warning signs mentioned above, the 24-hour National Crisis Helpline can be reached at 1-800-273-TALK or 1-800-Suicide. The National Crisis Text Line can be reached by texting HOME to 741741. All NSU students are also offered counseling sessions with Henderson

Student Counseling Services, including individual, group and couples counseling, as well as psychiatric evaluations.

To make an appointment, call 954-424-6911; they also take walk-in appointments. Their office is located at the University Park Plaza 33440 S. University Drive, Davie, FL 33328. The NSU Psychological Services Center Clinic also offers counseling services to students who are experiencing mental or emotional health problems and can be found in the Maltz Psychology building. The Current has published several articles on mental health and suicide; to read more about the college mental health crisis check out The Current’s website: <https://nsucurrent.nova.edu/>.

How to make, and keep, New Year’s resolutions

By: Emma Heineman
Features Editor

As 2019 comes to a close, the opportunity to ring in the New Year with a fresh perspective and open mind is right around the corner. There are so many different ways to make, and keep resolutions, but here are a few tips to make sure the goals you make on New Year’s aren’t just empty promises.

One of the most well-known goal setting techniques is to make SMART goals. Coined by American philosopher, Elbert Hubbard, SMART is an acronym that helps you ensure the goals you make are specific, measurable, achievable, relevant and time-bound.

Specific

Setting goals that are too broad or vague is an instant recipe for failure. Without clear boundaries to determine what your resolution is, it is hard to measure progress and easier to become discouraged. Rather than making a resolution to “lose weight,” try designating a

specific number of pounds you want to lose or a goal weight you want to reach. Striving to lose 10 pounds in three months, for example, is a much more streamlined goal than simply losing weight.

Measurable

Another important aspect to consider when making a resolution is how you plan to measure your success. Without visible success, many individuals will lose motivation as the year progresses and often choose to abandon their resolutions altogether. Some goals are easy to measure while others require a bit more creative thinking. If you are having trouble finding a method that works for you, try looking for an app to help. With the amounts of advancing technology available at our fingertips, there’s bound to be an app that can help you measure and track your goal.

Achievable

This isn’t to say that you shouldn’t set big goals, but when it comes to sticking to a resolution, it is important to consider how attainable a goal is. Even if you do have a larger goal in mind, breaking down your plan of action into manageable steps can help make the idea of working on your goal less overwhelming and more achievable. It is always easier to work towards a finish line you can see than it is towards a goal that seems too far out of reach.

Relevant

One of the most important questions to ask yourself when making a New Year’s resolution is why. Why is this a goal you want to achieve and why would achieving it will better your life? Without drive and motivation behind your decision to work towards a goal, the likelihood that you’ll give it up is significantly higher.

Time-bound

Just like the goal itself, the timeline you give yourself to complete a goal needs to be realistic. While it is unwise to set a timeline that imposes too much stress on your daily life, it is also not advised to set a resolution deadline too far in the future that it seems pointless to work towards it now.

According to Business Insider, over 80% of people who make New Year’s resolutions fail by February, but that doesn’t mean yours has to. By following these steps to help you think through your resolution, you are moving one step in the direction of a healthier, happier, better version of yourself in 2020.



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OFF SHORE CALENDAR

Flamingo Road Nursery and Farmers Market
Dec. 5 | 8 a.m. - 6 p.m.
@Flamingo Road Nursery | Davie, FL

First Friday Food Trucks at Flamingo Gardens
Dec. 6 | 5 - 9 p.m.
@Flamingo Gardens | Davie, FL

Lighting of the Greens
Dec. 7 | 6 - 8 p.m.
@Davie Town Hall | Davie, FL

"A Christmas Story: The Musical"
Dec. 13 - 29 | various times
@Amaturo Theater | Ft. Lauderdale, FL

Garden of Lights
Dec. 13 - 15 | 5 p.m.
@Flamingo Gardens | Davie, FL

3rd Annual Run-a-Latke
Dec. 15 | 7:30 - 9:30 p.m.
@Vista View Park | Davie, FL

Winterfest Boat Parade
Dec. 14 | 6 - 11 p.m.
@300 SW 1st Avenue | Ft. Lauderdale, FL

Indie Craft Bazaar: Art & Handmade Festival
Dec. 15 | 12 - 5 p.m.
@Revolution Live | Ft. Lauderdale, FL

Jingle Bell Jog 2019
Dec. 21 | 8 a.m.
@Sunset Park | Plantation, FL

iHeartRadio Jingle Ball
Dec. 22 | 7 p.m.
@BB&T Center | Sunrise, FL

Native American artforms

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

As it is Native American Heritage month, now is the perfect time to appreciate art forms that originate from Native American culture. Different tribes have different traditions, and while the exact origin of some traditions are not always clear, it's still important to acknowledge the cultural significance they hold. That said, here is more information about a few interesting artforms you may have already encountered.

Dreamcatchers

According to online literary journal "Legomenon," dreamcatchers, while associated with Native American culture in general, originated from the Ojibwa Chippewa tribe. The article shared that the Ojibwe word for dreamcatcher is "asabikeshiinh," meaning "spider," an animal which the Ojibew people considered as a symbol of protection. An Ojibawa story cited a "Spider Woman" as the tribe's protector, and when the tribe spread too far for her to watch over, she gifted them dreamcatchers.

According to DreamCatcher.com, one

should hang their dreamcatcher above where they sleep and it will catch nightmares within its web while good dreams pass through. It should be noted that dreamcatchers have been Americanized over time, meaning mass-produced or inauthentic dreamcatchers exist for sale without respect for or connection to their Native American origin.

Beadwork

A prominent feature of Native American Culture is beading, which includes various styles and stitchings that contribute towards clothing or jewelry. According to native-languages.org, Plains Indian beadwork is particularly well known, along with Cherokee, Shoshoni, Arapaho Tlingit and Dakota Sioux beadwork. The website also shared that Native American beads were originally hand-carved, using shells, coral, turquoise, stones, metal, wood, amber, ivory and animal horns and teeth. Eventually, colonists brought glass beads from Europe; now, glass beads are a main material for beading.

Textiles

Native-languages.org names rugs, blankets and quilts as products of Native American weaving tradition, and it goes on to say that Navajo weaving of blankets and rugs is the most prominently known. Navajo rugs are made of wool and woven on a loom, featuring complex geometric patterns. Other traditions include finger weaving, with Tlingit chilkat blankets being a prime example, and star quilting, carried out by the Sioux tribes.

◆
All of these artforms are culturally significant and require a great deal of skill. With this information, you may be able to recognize how some of these art forms are mimicked, muddling their significance and neglecting Native American contribution to the art world.

Your Guide to Gift Giving

By: **Jonelle Bolton**
Contributing Writer

The most wonderful time of the year is right around the corner and we all know what that means: sweater weather, lights, hot chocolate and gifts! Everyone loves receiving a good gift, but sometimes it can be a bit intimidating being the gift giver. No matter if you're a gift-giving connoisseur or a last-minute gifter, here are three tips to help you be the best gift-giver you can be this season:

Work with a budget as soon as possible

As college students, it's important that we are savvy with our money, especially when we are shopping for presents. So, to get your gift budget going, make a list of persons to whom you'll be gifting to, even as early as November. Soon after, decide the highest amount of cash you believe you can comfortably spend. Once you've gotten a good idea of what your total will look like, begin to monitor prices and adjust your budget accordingly. Remember that by doing this, you get to put your holiday spending into perspective.

Don't be afraid to be a little sentimental

Recognize that to give a good gift means to understand the persons to whom you will be gifting to. Often times this means being a little sentimental or thoughtful. You can start by observing your loved ones' hobbies, interests, personalities and even the period they are in in their lives. For example, consider if they are a college freshman or a recently retired grandparent. Once you've observed these things, piece together all that you've noticed and finalize your gift ideas. They could be as simple as new art supplies for the artist in your life or headphones for a music enthusiast you know. Essentially, understanding the person you're gifting to can help you think of gift ideas that'll be just right.

Bear in mind taste or sense of style

After creating your budget and thinking sentimentally as you brainstorm gift ideas, it is imperative that you consider gift recipients'

taste and sense of style. Though this may seem unimportant, this tip could, in fact, make or break a gift-giving experience. It's simply about choosing the right gifts with the right looks and feels. Do this by being intentional about the overall aesthetics of your gifts as you note color schemes, designs, finishes, patterns, etc. Also, consider whether gifts should be neutrally toned, bright in color, all about pink, in full black, etc. Understanding this will not only serve as a guide while you search for presents but will also come across as meaningful.

◆
Certainly, the holidays are not all about the presents, but they sure are one of the best parts. As winter slowly approaches, I wish you all the best with these tips as you brainstorm gifts ideas for your loved ones. Happy gift giving.

Podcasts to put in your playlist

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

Winter break is coming up, which means it's time to fill your queue with stimulating podcasts that don't turn your brain to mush. There's a variety of podcasts out there for everyone, all focusing on different topics, some being more niche than others. Because the holidays are coming up, some will definitely delve into different feelings and phenomena that occur around the holidays. Here are a few you might want to check out:

"Terrible, Thanks for Asking" from American Public Media

Hosted by author Nora McInerney, this podcast aims to be genuine in discussing the things that make us human. "Terrible, Thanks for Asking" tries to answer the question of what we really mean when we say we are "fine." Previous episodes have discussed how grieving

interacts with the holiday season, the impact of making life-changing mistakes and the impact of forgiving yourself for those mistakes, the stigma of finally seeking therapy and much more. If you're tired of social taboos that are a gilded mechanism of isolation, then this podcast is for you.

TED Radio Hour by NPR

If you listen to an episode of TED Radio Hour, you'll hear journalist Guy Raz discuss topics ranging from having or not having faith in higher beings to the mystery of romantic love to climate crisis. Because this podcast covers an array of different topics, there's likely to be something in there that speaks to anyone willing to learn and consider new perspectives. You might find inspiration to better yourself or expand your hobbies while listening.

LGBTQ&A by The Advocate

Jeffrey Masters, a writer and host that specializes in long-form celebrity interviews, dives into the LGBTQ community to "document LGBTQ lives as they are being lived." Previous episodes include discussions of gender norms, chosen family, domestic violence, what it means to be intersex, bisexual imposture syndrome and how homelessness intersects with LGBTQ struggles. Masters brings in a variety of individuals whose social identities vary in more than just terms of their sexuality and gender, so listening to this podcast will give you a healthy taste of various perspectives on what identity means and what impact it has on one's life.

I Only Listen to The Mountain Goats

If you're into music, you'll enjoy listening

to Nightvale creator Joseph Fink and John Darnielle of The Mountain Goats speaking on what it means to be a fan and an artist, frequently inviting different musically-oriented guests. Listening to this will expand your musical vocabulary as well as give you a fresh perspective on what work goes into your favorite music. You'll think about how inspiration transfers generationally and what one song can mean to a person.

Find this article at
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to copy and paste the titles!

Hobbies to destress while creating something beautiful

By: Flor Ana Mireles
Copy Editor



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The internet is a great resource to find coloring page templates.

With the ever-flowing wave that is life, it is easy to get caught up in the currents. Oftentimes, we'll say that we don't have enough time for hobbies, but the truth is we're just not aware of how easy it is to take up a hobby and the benefits that can come with it. Taking on hobbies can sharpen the mind, increase physical activity and even create an avenue of passive income

if you begin selling what you're making. Here are some hobbies you can take up over winter break that will help you destress while creating something beautiful.

Embroidering

Embroidering might sound like a grandma's hobby, but trust me when I say that

embroidering is definitely a destresser, especially when listening to your favorite type of music. Not to mention, you end up with a beautiful handmade piece that you could incorporate onto a jacket, blanket or even backpack. You can even embroider your own patch if you dedicate the time to it. Embroidery is a hobby that teaches you patience, a trait that is always good to have and helpful in stressful situations.

Taking pictures of plants

One of my favorite hobbies of all time is collecting pictures of plants and flowers while out on nature walks or while just simply making my rounds. This is a great way to destress because you take a moment to notice the little things out in nature that you sometimes might miss. Taking pictures of plants and flowers also helps you to learn about the different species in your environment, and if you like the picture enough, you can frame it. PictureThis is a great app to help with this hobby as it allows you to identify different plant and flower species you've taken pictures of, see what species are in your area and organize the plants and flowers you've already collected. PictureThis even includes tips on how to take care of certain house plants, an added bonus for plant parents.

Coloring

Coloring may be something we did a lot as children, but just because we are adults now doesn't mean we can't be in on the fun. Coloring in a coloring book or coloring printed out sheets are great ways to relieve some stress while making a vibrant image you can frame or give

to a loved one. Consider adding a coloring book and some markers or colored pencils to your backpack so that you can unwind after a heavy day of classes or work.

Bullet journaling

Bullet journaling is one of those hobbies that actually encompasses many different hobbies in one; you get to write, color, illustrate and organize all at once. Creating a bullet journal is like painting on a blank canvas — you're the one in charge of all the details. Some ideas for bullet journaling include making your own planner, bucket list, goal list or creating a habit or finance tracker. Bullet journaling is a great hobby that helps you stay organized while still expressing some creativity. Nothing says "destress" like feeling like you have your life together.

Origami

Origami is the art of folding paper, and due to the fact it engages both your mind and your hands, you'll feel a calming effect as you fold the paper into your desired shape or figure. Like embroidery, this is a hobby that creates patience as well as precision, but there's nothing as satisfying as knowing you just made that crane, butterfly or heart out of a simple piece of paper.

Check out

nsucurrent.nova.edu

for more crafty articles!

Taking pictures 101: tips to help you get started

By: Madelyn Rinka
Co-Editor-in-Chief

You don't need to own an expensive professional DSLR camera in order to take pictures. If getting into photography is something you've been thinking about, winter break is the perfect time to begin practicing. Follow some of these tips to get started.

Pick your camera

Obviously, if you want to get into photography, you're going to need something to take pictures with. You don't have to go out and buy a \$1,000 camera right away — you can even use your phone if you'd like. A point-and-shoot camera can get the job done just fine and is often less than a \$100. If you're not sure which one to pick, a trip to a local camera or electronic store can help direct you to a good starter camera. For a less expensive option, try looking for refurbished or previously owned cameras online — some companies, like Canon or Nikon, even have a section for refurbished cameras on their websites. Lastly, consider respectfully asking a friend if you can borrow their camera, even if it means they'll be with you while you use it. They might even be willing to teach you how to use it. It's possible they might say no, but it doesn't hurt to ask.

Find a subject

There's a lot of different genres of photography. Some people prefer to take pictures of specific subjects, like people, events, animals, plants, food and more, while others don't mind jumping around. There might be something you'll gravitate towards once you're more comfortable behind the camera, but there's nothing wrong with not picking one specific subject. If you're not sure right away, look up some inspiration online. There's plenty of

different websites and social media platforms that might spark some creativity — as long as you're not directly copying an artist's work. Consider looking up local photo spots as well. Peruse your county park's website, review apps, cities, buildings and blogs to find some different sites where you can take pictures and explore.

So you took a picture... now what?

A lot of professional pictures you'll find online aren't straight off of a memory card — many artists correct and edit them afterwards. While some programs like Lightroom are popular, they can be expensive and somewhat difficult to learn. If you don't want to put in quite as much money and effort, fortunately, modern technology allows a lot of editing to be done at your fingertips. There's plenty of phone applications that let you color correct, add filters, change the lighting and much more. They may not have every single feature of more advanced programs, but many will still leave you with great results.

Learn from the best

You don't have to take a ton of classes to be a good photographer if you don't have time to. Certainly, they might help if that's something you're interested in, but there's a lot of good websites and blogs that can give you more tips and tricks to further your photography. A quick web search will result in plenty of tutorials. Alternatively, buying or renting a photography book could be a good tool as well. If neither of those sound like good routes for you, ask your friends and family if they're willing to teach you a few tricks.

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ATHLETE OF THE WEEK: Iva Illic



By: Christina McLaughlin
Co-Editor-in-Chief

Iva Illic is a senior finance major on the Women's Basketball team. Illic is originally from Koprivnica, Croatia and in their most recent game against Delta State, she put up 21 points on a very efficient 53.8%.

What gave you the passion for basketball?

"When I was in second grade, this coach came into my class and introduced me to basketball. I didn't really know what basketball was back then, but my dad encouraged me [to play] because he was a big fan. He definitely encouraged me to get out there and I really liked it. I love to compete and I like the game. It helped me make friends and continue my education, so I continued to pursue it."

What made you decide to play at the collegiate level overseas?

"At home, it's hard to juggle both the sport and my education, basketball and college. [In Croatia,] you don't play for college; you play for professional teams or clubs, and I didn't want to give up on either. I had a friend who was studying in the United States, and he encouraged me to try

and play [here]. I wanted to make sure I could get my education and continue playing."

What made you transfer to NSU?

"[The first college I played basketball at was Liberty University in Virginia, and after spending two years, I decided to transfer and I was looking mainly for schools in Florida. NSU looked like a beautiful school and it had a finance degree and a good basketball program, so I emailed the basketball coach and she called me within five minutes after I sent the email."

You guys just came off a win from Bentley, how well do you feel the team is doing this season so far?

"I feel like we have a really talented team, but we are definitely not at the level where we can be yet. There are a lot of [improvements] to be made and we are working hard. Overall, I think we will have a successful season, but only if we keep working hard."

Last year you guys made it to the Elite Eight, is this a goal for this season?

"Our goal is to make it to the Elite Eight again and win the Sunshine State Conference and the Regionals. Yes, we have that same goal."

You've been in the U.S. for four years now, what would you say is different about basketball here compared to home?

"Playing basketball here is very different. The style is very different. I would say [in Croatia], it's hard to explain, but basketball is faster and a little more free. Here, it is much more physical and engaging. The style of how we play basketball at NSU is very different than any style I've played before, so I'm thankful for that because it's helped me see a different side of basketball. I've learned a lot."

What are some memories of being on NSU's women's basketball team that you cherish the most?

"Definitely winning Regionals. That was a great experience, but I also feel like I am making memories every day because I have great friends, a great team and great teammates. It's hard being so far away from home and going through

everything. Being an athlete isn't easy, but having a group of people who can help you get through it and are going through the experiences with you helps a lot."

What would you say is unique from your experience with NSU's basketball team?

"My coaches have taught me how to control my emotions. I'm a very emotional player and I learned how to [keep my emotions checked] and it has helped me improve my game. A lot of my teammates have helped me as well. It's a really unique experience [here at NSU]."

What are some of your hobbies off the court?

"I watch movies, hang out with my friends, go to the beach and I read sometimes. It's kind of weird, but I like watching movies or reading books about crime. I love watching psychological thrillers, those are my favorite type of movies. "Prisoners," "Gone Girl" and "Momento," stuff like that. It may be kind of strange, but my favorite book is "Crime and Punishment" by Fyodor Dostoyevsky."

On The Bench: The NFL needs some controversy

By: Cameron Pritchett
Sports Editor

Flashback to 2012: a young Colin Kaepernick leads the San Francisco 49ers to a 11-4-1 record and a Superbowl appearance, where they narrowly lost to the Baltimore Ravens by a score of 34-31. Move forward to 2016: Kaepernick kneels for the national anthem, stating "I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color. To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder." In present day 2019, Kaepernick is now a free agent after being cut in 2016 by the 49ers. There has been a lot of speculation about whether he was cut due to his poor play at the time or the movement he began, in which many players began to follow suit and kneel for the national anthem. Kaepernick has

made attempts to get back to the league ever since he was cut by the team. This past weekend, he held a workout to prove that he still has what it takes to make it in the NFL.

The workout was similar to an NFL combine, and was scheduled for 3 p.m. on Saturday, Nov. 16, in the Atlanta Falcons facility. The NFL left out one crucial piece of information: there would be no media coverage. 25 teams were expected to be in attendance, but when Kaepernick heard about the lack of media coverage, he changed locations to a high school in Riverdale, Georgia and invited the media to attend. Only seven teams chose to come to this event, and the NFL later stated, "We are disappointed that Colin did not appear for his workout. Today's session was designed to give Colin what he has consistently said he wants, an opportunity to show his football

readiness and desire to return to the NFL." There was a lot of controversy on Kaepernick's decision to abstain from the private workout, with a lot of big names expressing their opinions. Rapper Jay-Z came out and said he was "disappointed" in Kaepernick's decision to not participate in the private workout held by the NFL. Kaepernick made an impression in his workout, with one unnamed NFL executive calling his arm strength "elite," according to ESPN's Ian Rapoport. Kaepernick was then quoted saying, "I've been ready for three years, and I've been denied for three years." The foundation has been laid; the ball is now in the hands of NFL general managers.

Kaepernick should have a job, plain and simple. There are some quarterbacks who are getting paid ridiculous amounts of money to throw the ball poorly and they end up costing

their teams games. Did Kaepernick end on a bad note playing wise? Sure. But he deserves a spot on a team, whether it be as a backup or a starter. Many individuals such as Stephen A. Smith, a sports journalist and talk show host for ESPN, have come out and disagreed with the decision to change locations after it was announced that there would be no media coverage. Smith went so far to say "[Kaepernick] doesn't want to play. He wants to be a martyr." To say that he doesn't want to play is absolutely ridiculous; I think he's being blackballed, and has been since he was cut. Signing a player who has postseason experience, going so far as to come within three points of a Superbowl victory, can only benefit a team. The NFL has become too soft and fears controversy; the benefit of signing Kap would far outweigh the negative press they would receive.

SPORTS SHORTS

Women's Volleyball

The Women's Volleyball team won four games over the past week and a half, earning their sixth straight win in the Sunshine State Conference. The first two games on Nov. 15 and 16 ended with the Sharks winning against Florida Southern by a score of 3-1 and Eckerd by a score of 3-2, respectively. As for the other two games, the Sharks dominated Embry-Riddle and Florida Tech with a final score of 3-0 in both matchups, earning them two sweeping games in a row. This also marked the Shark's 20th win this season.

Men's Basketball

The Men's Basketball team won two games on Nov. 16 and 23. In the first game, the Sharks faced off against Trevecca Nazarene and dominated with a final score of 123-83. The second game was a more modest win, with a final score of 81-77 against the Tampa Spartans at the Sunshine State Conference opener. By the end of the first half, the Sharks had a lead of seven points, making for a close game. In the second half, the two teams were neck and neck even tying up the score at one point, but the Sharks pulled through and gained a substantial lead the final moments of the game.

Women's Basketball

On Nov. 18, the Women's Basketball team beat Bentley by a score of 81-66. The game saw

the Sharks hold onto a strong lead the entire time, refusing to relinquish the lead to the opposing team. However, on Nov. 23, the Sharks lost a close game to the Tampa Spartans with a final score of 70-72. The Sharks had a lead of 35-29 by the end of the first half but ended up falling short by the end of the second half where the Spartans took control.

Men's Swimming

Both the Men and Women's swimming teams competed in the 2019 Sheraton Le Meridien Fall Frenzy Invite hosted by Queens University of Charlotte, N.C. The Invite was three days long, taking place Nov. 22-24 where NSU swimmers gave it their all. The men's standings ended day one with 528 points, day two with 1,252 points and day three with 1,840 points. Men finished the invite in third place, keeping their same position throughout the three-day event.

Women's Swimming

The Women's Swim team competed in the 2019 Sheraton Le Meridien Fall Frenzy Invite as well. Their standing ended in fourth place throughout the three-day event; on the first day they accumulated 640 points, day two 1,385.5 and day three 2,053.5 points.

Head to nsucurrent.nova.edu for more NSU sports news!



THIS WEEK IN SPORTS HISTORY



By: Flor Ana Mireles
Copy Editor

December 3

Wilt Chamberlain makes NBA varsity debut

On Dec. 3, 1956, NBA legend Wilt Chamberlain made his much anticipated varsity debut with the Philadelphia Warriors. During the game, Chamberlain scored 52 points and grabbed 31 rebounds, winning against the Northwestern Wildcats.

December 4

Cleveland Cavaliers retire Bingo Smith's jersey

On Dec. 4, 1979, the Cleveland Cavaliers retired jersey No. 7, which belonged to small forward and shooting guard Robert "Bingo" Smith. Smith played for the Cleveland Cavaliers for 10 seasons, ranking in the top 10 in games played (2nd), field goals made (2nd), field goals attempted (2nd), minutes played (3rd), points scored (4th), assists (10th), free throws made (10th) and free throws attempted (10th).

December 5

NFL's Seattle Seahawks forms

While NFL Commissioner Pete Rozelle announced Seattle would be joining the NFL on June 4, 1974, it was not until Dec. 5 of that same year that the Seattle Seahawks would form. The Seahawks would go on to play their first game against the San Francisco 49ers on Aug. 1, 1976.

December 6

Cleveland Cavaliers first home victory

Debuting in the NBA in 1970, the Cleveland Cavaliers scored their first home victory on Dec. 6 against the Buffalo Braves, beating them 108-106. During their first year with the NBA, the Cleveland Cavaliers had a total of 15 wins and 67 losses.

December 7

First referee in the boxing ring

On Dec. 7, 1907, Eugene Corri became the first referee in the boxing ring. Corri, who was a boxer in his youth, refereed over 2,000 fights and published several books including

"Fifty Years in the Ring," which talks about his experience with boxing.

December 9

John K. Tener becomes president of baseball's National League

On Dec. 9, 1913, John K. Tener, the tallest major leaguer of his era, became the president of baseball's National League, the older of the two leagues constituting MLB in the U.S. and Canada and the world's oldest current professional sports league.

Cincinnati Reds owner Marge Schott apologizes for racist remarks

On Nov. 13, 1992, Cincinnati Reds owner Marge Schott made racist comments in regards to two African American outfielders, Eric Davis and Dave Parker, and Jewish former marketing director Charles "Cal" Levy. Schott then apologized for her racist remarks on Dec. 9, 1992, stating that her comments were made in jest. She would go on to make other racist comments from 1993-1996.

ON DECK



MEN'S BASKETBALL

@Saint Leo
Dec 7 | 7:30 p.m.
Saint Leo, FL

WOMEN'S BASKETBALL

@Saint Leo
Dec 7 | 5:30 p.m.
Saint Leo, FL



WOMEN'S VOLLEYBALL

NCAA South Region
Championships
Dec. 5-7 | TBA



FANTASY FAVORITES



By: Cameron Pritchett
Sports Editor

Quarterbacks

Carson Wentz @ Miami

Wentz has gotten a lot of slander this season for his play, and if there's anything you should pick up from my articles, it's that you should always start your quarterbacks against the Dolphins. We should see "good Wentz" this week.

Nick Foles vs. Tampa Bay

The Bucs are giving up almost 30 points per game to opposing quarterbacks, and with Winston under center for the Bucs, games with high powered offenses almost always turn into a shootout. Foles is still getting in the groove of things after coming back from a broken collarbone, but he should be able to do some damage against one of the worst defenses in the league.

Sam Darnold @ Cincinnati

The Sam Darnold experiment has been all over the place this year; he's looked really good at some points, but at other points he's also looked like a fifth grade peewee quarterback who just wants the game to be over because one of the moms brought apple slices. Against Cincinnati though, I think we'll see a composed

(dare I say it, effective?) Darnold and another victory for the Jets.

Running Backs

David Montgomery @ Detroit

The Lions are quietly the worst rushing defense in the entire league; David Montgomery hasn't been efficient, but has shown sparks of greatness many times, like when he tore up the Chargers for 135 yards and averaged 5 yards a carry in week eight. If he was able to do that damage against the 26th ranked rush defense, then we should see an effective Montgomery against the worst defense.

Saquon Barkley vs. Green Bay

Don't you dare think about sitting one of the best running backs in the league! I get it, he has had an off year, much of it is accredited to injury. The Packers defense has improved, but still struggles against the run. Their pass defense is significantly better than their rush and I expect Daniel Jones to struggle under center. You were already going to start Barkley as an RB1 this week, but do so with some confidence.

Derrius Guice and Adrian Peterson @ Carolina

Derrius Guice is finally healthy, and was

effective in his first game against the Jets. Adrian Peterson appears to be the main back for rushing, with Guice getting involved in the mix. Carolina ranks in the bottom five of the league with defense against running backs and top 10 against quarterbacks. With this in mind, the game script will probably be check downs and a lot of running plays with rookie quarterback Dwayne Haskins under center. Start AP as an RB2 with Guice as more of a flex play.

Wide Receivers

DJ Chark vs. Tampa Bay

If I'm high on Nick Foles, then I've got to show some respect for my boy Chark. He has been a touchdown machine this year leading the AFC in touchdowns. Tampa Bay, as mentioned, is terrible against the pass; start Chark as a WR1.

Davante Adams @ New York Giants

It's been a rough going for Adams; a consensus top-10 pick at the beginning of the year, Adams has not produced the value fantasy owners expected when they used that pick on him. Even in an away game, I predict Adams to put up at least 20 fantasy points in PPR leagues. Have faith in your guys.

Stefon Diggs @Seattle

Two reasons I like Diggs: Stefon Diggs has been playing in beast mode at quarterback and there's no guarantee Adam Thielen, Diggs' partner in crime, will be 100% healthy. Diggs has been feasting as of late and the Seahawks will have their hands full with the star duo of Diggs and Thielen, giving up almost 22 points per game to opposing wide receivers.

Tight Ends

Kyle Rudolph @Seattle

Rudolph has entered the weekly start conversation. So far, he has had five touchdowns in five games, which ranks in the top five at his position. As you can tell, I'm high on the Vikings offense and Rudolph is a fringe TE1 this week.

Gerald Everett @Arizona

Start your tight ends against the Cardinals, they cannot defend the position for their life. That is all.

Jack Doyle @Tennessee

As it stands, Doyle is the volume tight end in the Colts offense while Eric Ebron is the touchdown dependent tight end. Jacoby Brissett likes his tight ends, and I think Doyle has a top 15 play this week.

OUT OF THE SHARKZONE

caution: your sports news is now leaving NSU

St. Thomas attempts to move to Division I

The University of St. Thomas in St. Paul, Minnesota, is attempting to move straight from NCAA Division III to Division I in 2021, according to The New York Times. This jump usually happens over around 12 years, wherein five years are spent in Division II. The university received an invitation from the Summit League, as commissioner Tom Douple expressed that he felt the team should have moved up to Division II sooner. While the NCAA prohibited this kind of jump in 2011, their council is looking over potential routes for St. Thomas.

Lamar Jackson sets NFL Record

Baltimore Ravens' second-year quarterback Lamar Jackson has become the first quarterback to throw for 3,000 passing yards and rush 1,500 yards within his first two seasons, according to CBS. On Nov. 25, Jackson set the record during the first half of the game against the Los Angeles Rams, and then went on to throw two more touchdowns in the second half.

The Buffalo Bills' playoff potential

The Buffalo Bills have been making a comeback since their 6-10 record last year, and are hopeful of making the playoffs — which would be their second time since 1999. Currently ranked third in the league behind New England and San Francisco, the Bills' offensive numbers have made a jump, according to the New York Times. According to the playoff simulator, the Bills were given an 82% chance at making it into the postseason.

Anthony Davis' return to New Orleans

The Los Angeles Lakers' Anthony Davis returned to New Orleans for the first time in the Lakers v. Pelicans game on Nov. 27. Davis requested a trade during his seventh season, prompting his departure from the team. Some Pelicans fans expressed disappointment and anger at the move, according to the Los Angeles Times. Davis was drafted in 2012 by the Pelicans (then known as the Hornets), who he played with for seven years before being traded.



Can we quarantine an ocean?

By: Alexander Martinie
Opinions Editor

Recently, seals and sea otters in the Pacific ocean close to Alaska were found to be infected with phocine distemper virus, which has —up until recently— only affected harbor and grey seals off the coast of northern Europe. Now, these animals do not interact and are on the complete opposite side of the globe, yet the phocine distemper virus still spread. The spread of this virus has been a major concern to biologists and zoologists working in this field and has killed thousands of mammals over the last 10 years.

However, a 2019 study may have figured out the cause of the spread. According to the study in Scientific Reports, “Arctic climate change may also play an important role

in marine mammal health. In addition to influencing animal nutrition and physiological stress, environmental shifts may drive exposure in marine mammal health. By altering animal behavior and removing physical barriers, loss of sea ice may create new pathways for animal movement and introduction of infectious diseases into the Arctic.”

So, great we can add another thing to the list of problems that people destroying the environment have caused: the death of seals and sea otters. Something needs to be done about climate change and all of the issues that stem from it before it is too late.

The college mental health crisis: I am but an “upsetti spaghetti”

By: Alexander Martinie
Opinions Editor

It is getting to be that time in the semester where all of us are stressed. Finals are approaching, due dates are nearing and the ever-looming grades are upon us. This is a time of immense stress for students and something needs to be done about it. In the past, I have written about the college mental health crisis, but nothing has improved since I wrote that article. Stress and anxiety continue to be a major part of the college mental health crisis.

Mental health issues in college can lead to a variety of other issues. According to Dr. Eugene Beresin, professor of psychiatry at Harvard Medical School and director of the Clay Center for Young Healthy Minds, “Mental health issues such as anxiety, depression, eating disorders and substance use are associated with lower GPA and [a] higher probability of dropping out of college.” The effects of the college mental health crisis are far-reaching and pose a major problem to both students and faculty. Colleges and universities need to work on solving this crisis in order to do what is best for their students, and there are a variety of ways that they can improve.

In the past few years, there has been a massive increase in need and demand for more student counseling services, not only for students with severe mental disorders, but also for students who just want to talk with someone about the stress of their daily lives and learn how

to better manage it. Students today have a major problem getting access to the psychological services they might need. A 2017 study found that at smaller universities, like NSU, the ratio of mental health counselors to students was 1-to-1,000-2,000.

Even with the increased demand for student counseling services, only about 25% of college students that need these services actually seek them, which leads to another cause of the college mental health crisis: the stigma of mental health. Stigmatization of mental illnesses has caused individuals that would normally seek psychological treatment to avoid it. This only makes their symptoms worse and something needs to be done to help these individuals.

The college mental health crisis is something that we as college students can work to solve together. If you know that one of your peers is dealing with a mental health issue — whether that be anxiety, depression or any other problem— encourage them to seek help or find someone to talk to about their problems. If you are experiencing your own mental health concerns, try reaching out to the Henderson Student Counseling Center. Henderson has many certified mental health counselors well equipped to help any student.

Stop erasing Native heritage

By: Tava Boeckel
Contributing Writer

The Trump Administration announced on Halloween that November would be National American History and Founders Month. While this idea has merit, the President instituted this honor of founders at a time that has been seen by many as blatantly disrespectful to Native communities. Since 1990, November has been honored in the United States as Native American Heritage Month. Not only has the current administration refused to acknowledge the month-long observance, it has, instead, instituted a celebration of the “founders” of America. That typically means European conquerors and early American politicians. While they were of importance as to how America developed, they were the biggest offenders towards Native communities. The

racism and genocidal practices by colonizers and early American politicians still cause harm to Native communities to this very day.

One might say that it is possible this was a misunderstanding, that it has just been expanded to include all American history, but to this, I reference the blatant Anti-Native racism this administration has enacted over the past few years. In the first few days of their administration, they took down the government website for American Indian affairs, preventing the public from having an official place to research tribes and fund for Native communities. In his first few weeks in office, Trump signed an executive order that basically forced the Standing Rock Sioux tribe to relinquish their sacred land to the Keystone XL and Dakota Access oil pipelines.

These pipelines are owned by a company of which Trump was a shareholder prior to his presidency. The tribe protested the building of these pipelines because, in the event of an oil spill, their only water supply would be severely contaminated. The part of the pipeline built after this order has since leaked hundreds of thousands of gallons of oil. In 2017, the administration held a ceremony to honor Navajo Code Talkers, who were WWII veterans that were integral in military communications. Trump insisted on having the ceremony in front of a portrait of Andrew Jackson, the president who began the Trail of Tears and decimated Native communities. This doesn't even cover the amount of disrespect Trump has shown to Native communities in the decades before his

presidency.

Having a holiday to encourage people to learn American history is not inherently bad. In fact, individual states already have similarly titled holidays in place for American History month. Florida celebrates theirs in September, while Missouri and Arkansas honor it in the early months of the year. The difference is these states are not trying to replace a widely known celebration of Native communities. The issue arises when a consistently racist administration attempts to replace the work of Native American History Month with a month named for the “founders” who committed great atrocities against Native communities.



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You can't kill the metal

By: Flor Ana Mireles
Copy Editor



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Dec. 12 is the International Day of Heavy Metal, a genre of rock that developed in the 1960s and has been around ever since. Now, I understand metal music is not the genre for everyone — in fact, it's considered outsider

music due to the fact it's usually not favored in the mainstream — but I think it deserves a little more appreciation than it's getting. With bands like Slipknot infamously known for wearing scary masks, it's easy to paint a picture as to

why people stereotypically bash on metal music. However, a study published in the Journal of Community Psychology revealed that listening to metal music actually has many health benefits, stating that “by talking repeatedly, directly with young metalheads, it was found that metal identities were helping participants to survive the stress of challenging environments and build strong and sustained identities and communities, thus alleviating any potential mental health issues.”

Bill Thompson, a professor of music at Macquarie University in Sydney, Australia, and Yanan Sun, the lead researcher in the study, conducted a decade-long experiment to test whether listening to metal music resulted in individuals being more violent; the results were actually the opposite. “The dominant emotional response to this music is joy and empowerment—that’s an amazing thing,” said Thompson.

The question remains, why does the majority dislike metal music? Here’s what I think: those who don’t like metal music aren’t really listening. They just consider the genre a bunch of heavy chord progressions and screaming, but really, it’s so much more than that. When you actually listen to the instrumental and lyrics of most metal songs, you find yourself

not only headbanging, but the words and music are actually empowering and relatable.

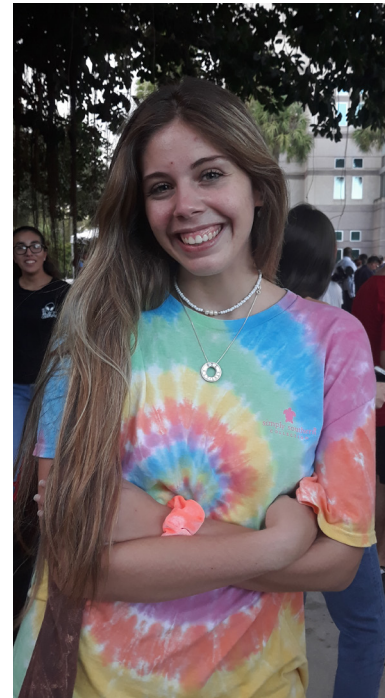
Now, I am not trying to shove metal music down anyone’s throat, but I think the genre deserves more appreciation. At the end of the day, everyone’s taste in music is different, but just because you don’t personally like something doesn’t mean you should kill that joy for others. Metal music is not going anywhere, and as Jack Black says in Tenacious D’s song “The Metal,” “You can’t kill the metal/The metal will live on.”

Want to give metal music a listen? Here are some great bands to check out:

- Metallica
- Primus
- System of a Down
- Slipknot
- Alice in Chains
- Iron Maiden
- Black Sabbath
- Pantera
- Avenged Sevenfold
- Marilyn Manson



How do you get into the holiday spirit on campus?



“I think of all the gifts I’m gonna give or get. I think of the eggnog and I think of the food; food is the main one. I also like to think about the generosity and niceness that goes around with it.”

-Nia Yhun, freshman finance major

“I watch holiday movies, like the “Grinch” and “Frosty the Snowman.” Yeah, those two usually do the trick,”

-Ritchy Laguerre, sophomore psychology major

“I [light] some holiday candles, obviously not in the NSU dorm, and then I bake some cookies and get a Christmas tree because I celebrate Christmas. I watch a lot of movies, “Elf” is a good one, “Christmas with the Kranks,” and the “Grinch” is always a favorite,”

-Kylie Wilkenson, senior biology major.

“I usually decorate my room. I try to get a small Christmas tree and hang lights. My room already has lights, but I just put up more lights. I usually don’t go home for Thanksgiving, so I usually celebrate with my friends,”

-Gabby Gomez, junior psychology major.

“I’m a freshman, so it’s my first year here. I look forward to seeing what events they have planned because I’ll definitely go to those. Other than that, just really watching movies in the common room to get into the holiday spirit,”

-Jarred D’Amico, freshman business administration major

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