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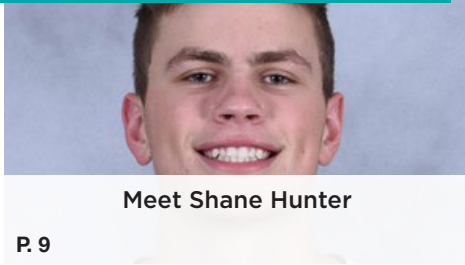
## Features



## Arts & Entertainment



## Sports



## Opinions



## Shark Preview weekends begin

By: Sofia Gallus  
Arts & Entertainment Editor

Shark Preview weekends are events for prospective Sharks who want to learn more about becoming a student at NSU.

Shark Preview weekends allow students to interview for premier programs, which are scholarship programs NSU offers to prospective students. During preview weekends, students can meet with NSU staff and students while attending special events. Family members can also attend preview weekends and there is special programming so that they can get to know NSU better.

Alexandria Gartman, an orientation coordinator for Shark Preview weekends, explained that the weekends are broken down into three days, jam-packed, with a variety of events for prospective Sharks.

“Shark Preview is an interview and preview weekend for high school seniors. The first day they come, they check-in and meet with their Shark Preview leaders, get to know each other and do a few icebreakers and they get to hear from Emilio Lorenzo, Associate Director of Employer Relations, about interview tips and tricks. They go and meet with their host, an NSU student, for the weekend and then come back and eat before going on our goose chase hunt, which is just a nice little tour of the unique spots on campus,” said Gartman. “Friday is for [interviews], and then when we wrap up with Club Nova in the evening. Saturday is our closing ceremony where we just come together and eat breakfast and talk about all of the memories we made together.”

According to Katie Napolitano, a Shark Preview leader, “It’s really just a time for the students to get to know the school, get to know

each other and decide if they would like to come here or not. They can also interview for positions.”

Napolitano’s job includes leading groups of students and ensuring they have fun.

“Personally, for me, the best part about Shark Preview weekends is doing check-ins, just because I get to meet new people and see where everyone is coming from and introduce myself to everyone. Also, Club Nova is a good time for everyone to be themselves after their interviews without all that stress.”

While Napolitano’s favorite part of Shark Preview weekends are the beginnings, Gartman’s favorite part comes towards the end.

“The best part is the closing ceremony because we get to come together and see not just what happened to individual students, but we also get to see everyone grow from scared or shy high school seniors who are totally out of their element to comfortable and confident young adults who will hopefully be coming to NSU in the fall,” said Gartman.

“They’ve found their home, made friends and this is where they want to be for the next four years.”

Shark Preview leaders work hard to make sure the students who are visiting have the best experiences possible and create new and fun events for them to attend.

“We have different challenges going on. This year, we have a gummy sharks challenge that we are trying out, so we’re in the trial run for that.” Napolitano explained. “I think Shark Preview weekend is a great experience for everyone, including current students at NSU, just to open yourself up to everyone.”



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Prospective NSU students pose for a photo commemorating their visit.

*Shark Preview weekends will occur:*

Jan. 9-11, Jan. 16-18, Jan. 23-25, Jan. 31,

Feb. 6-8, Feb. 13-15, Feb. 20-22,

March 12-14, March 19-21 and March 26-28.

## Dean promoted and high hopes established

By: Rick Esner  
News Editor



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*The CORTEX labs provide students with instructional workshops on necessary skills in the twenty-first century workforce.*

Last month, Meline Kevorkian was officially named the new dean for the College of Computing and Engineering. Kevorkian has been interim dean for the college since July 2018 and has since hit major milestones for the college and its students.

Kevorkian’s proudest moment and the largest accomplishment under her leadership was receiving the Accreditation Board for Engineering and Technology (ABET). This accreditation meant a tremendous deal to not only the faculty in the college, but the students as well.

Kevorkian expressed, “It’s just a nice way of having an external group recognize that what your doing for the students and what your providing them is right on track.”

Kevorkian looks forward to supporting the students in the college and the rigorous work that is involved in the program.

“The exciting part is that we are able to provide support to help students get through those rigorous programs and go out and get great jobs and work in a field they want to work in.”

Additionally, Kevorkian and her staff have

their own goals for the college as well. Through grant funding, the college plans to build a student center where students in the college can go to study and have access to software required for their courses and the advancement of their academic career. The plan is to have the center open by next fall. Long term, Kevorkian aims to just stay innovative and on the top of her game, especially when it comes to modern technology.

“Making sure we are on the cutting edge of new technologies and things that are happening at a rapid pace so that our students are really prepared for the workforce,” said Kevorkian.

The College of Computing and Engineering has a high focus on ensuring students are ready in numerous different areas for whatever future careers they choose. The college has facilities in the Mailman Hollywood building called the Cortex Labs, which stands for Center of Opportunities Research Technologies and Experience.

As Kate Gittleman, Director of Stem Initiatives and Outreach, explained, “Students

are learning the skills in the class and then we’re supplementing with additional soft skill development, like building your brand, interviewing skills and resume [building.] We’re trying to take those skills they learn in class and give them a place to apply them in the real world so they can be career-ready.”

In addition, the faculty from the College of Computing and Engineering put a large focus on students finding internships and experience in their desired fields. Kevorkian and Gittleman mentioned how the students who end up graduating from college have plenty of job offers, with some students having more than one due to the students being confident in their skills. The College of Computing and Engineering provides an area of opportunity for students to explore where in the world they want to go and apply their knowledge. Kevorkian also said that the college offers numerous courses that non-computing and engineering majors can take during their open electives that would be extremely beneficial to whatever career they plan on going into.





## global news, courtesy of the current

### Plane crash in Iran

Early morning last Tuesday, a Boeing 737 airliner carrying 176 people crashed shortly after takeoff. The aircraft, departing from Khomeini International Airport in Tehran, was owned by Ukraine and returning back to Kyiv, Ukraine's capital. Everyone onboard the plane was found dead at the crash. According to the Islamic Republic News Agency, the engine had caught on fire and the pilot commanding the aircraft was unable to regain control. The Ukraine Embassy in Iran initially stated on their website that they have ruled out terrorism or a rocket attack as the cause of the crash, but it has since been replaced with a statement claiming that it is too early to draw any conclusions. The breakdown of the victims' nationalities is still in a controversial state as well. Iran's tally included 147 Iranians and two Canadians, while Ukraine's minister of foreign affairs stated there were 82 Iranians and 63 Canadians. This tragedy has occurred amidst tense affairs between the United States and Iran, which have been unfolding within the last three weeks. Recent updates have reported that due to human error an Iranian missile was the cause of the crash. At 6:15 am the plane lost transpondence with the airport it departed from, and within 30 seconds another missile made contact with the plane. The missile caused an initial explosion and as a result the plane turned back around toward the airport, then at 6:19 am a second explosion erupted from the plane causing it to crash down from the sky. Video evidence has been released of both the missile making contact with the plane, as well as, the missile being launched from a nearby military site. The Iranian military stated that a defense system operator mistook the passenger jet for a cruise missile causing the apparent misfire.

### Unidentified disease causing

### concern throughout Asia

An unidentified and potentially new viral disease has encouraged governments throughout Asia to take precautions. The disease is possibly linked to the wild animal market in Wuhan, a business city in China, and emits fever and pneumonia-like symptoms. Cases of the fever have been reported in Hong Kong and Taiwan by travelers who returned from visits to Wuhan. At this point, there is no definitive confirmation that the illnesses are linked. Additionally, the health commission of Wuhan claims there is no clear evidence so far that the unidentified disease can be transmitted between humans since no health-care workers having been infected as of yet. Nonetheless, officials in Taiwan, Hong Kong, Thailand, South Korea and the Philippines have begun setting up quarantine zones to scan passengers from China. The quarantine zones are in preparation for expected heavy travel due to the Lunar New Year. Since mid-December, just under 60 people have been diagnosed with viral pneumonia of an "unknown cause," which includes seven people who are critically ill. The market in Wuhan has been shut down as of Jan. 1 to carry out daily disinfections of the bazaar and prevent any other possible infections.

### Australian towns being burnt again

Last Friday, towns in eastern Australia, which have already been decimated by the continuous raging fires, are in threat of being hit again. High winds have pushed the fires back toward the areas of Victoria State and South Australia causing an evacuation order to the citizens of these areas. As of now, the fires have burned more than 15 million acres, killing at least 24 people and destroying at least 2,000 homes.

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## News Anchor

Stay up to date with national events.

### Series of earthquakes strike Puerto Rico

On Jan. 7, a 6.4 magnitude earthquake struck the island of Puerto Rico at 4:24 a.m., followed by three aftershocks — chronologically — of 5.6, 5.2 and 4.5 magnitudes. Then, at 7:18 a.m., another quake, followed by an aftershock of a 5.8 magnitude. While casualties and destruction have yet to be fully determined as further investigation takes place, Nelson Torres Yordán, Mayor of Guayanilla stated, "Things are really very tense about what has been going on because this is not normal — so many tremors."

### U.S. cancer death rates on decline

Since 2017, the U.S. has seen the largest single-year decline of cancer

deaths at a 2.2% decline, according to the American Cancer Society. Researchers from the voluntary health organization analyzed the latest data on cancer and found that, in 2017, there were only 152 deaths per 100,000 in cancer patients. Additionally, they found that the four cancers with the largest number of declines were lung, breast, prostate and colorectum.

### Los Angeles officers suspended after wrongly labeling gang member

More than a dozen Los Angeles police officers were suspended or reassigned on Jan. 7 after a Southern California mother reported her son had been wrongly labeled as a gang member. According to California authorities, this report has unleashed a broader inquiry as

to if the police officers involved falsified records.

### National Parks quarter dollar features fruit bat

In February, the first new America the Beautiful National Parks quarter dollar will feature a fruit bat, as the National Park in American Samoa — a U.S. territory covering seven South Pacific islands and atolls — has origins in bat conservation. According to the National Park Service's website, "Fruit bats are one of the more unusual animals in American Samoa, especially for visitors from areas where bats are small and rarely seen." Also scheduled to be released in the U.S. Virgin Islands for 2020 is a quarter dollar honoring the Salt River Bay National Historic Park and Ecological Preserve.



## News Briefs

get the scoop on events  
happening on campus

### STUEYs call for performers

The 2020 Student Life Achievement Awards is looking for talented Sharks to perform at the 22nd annual celebration. The deadline for talent applications is Jan. 17 at 5 p.m., with auditions being held on Jan. 23 and 24. Interested students are encouraged to reach out to STUEYS@nova.edu.

### Chinese New Year at the Alvin Sherman Library

The Alvin Sherman Library will be hosting the annual Chinese New Year celebration on Jan. 19, beginning at 2:30 p.m. in the Performance Theatre in the University Center. The Chinese Performing Arts Group of South Florida is set to perform. The event is free to attend. For more information about the celebration, visit <https://nova.libcal.com/event/6061679>.

### Winter 2020 Intramural Sports

### Registration

NSU's Intramural Sports teams, such as the 7v7 Soccer League, 6v6 Volleyball League and the 3v3 Basketball Tournament are open for registration, which closes soon, depending on the sport. Students can find registration information and details for specific Intramural Sports by visiting <https://www.imleagues.com/spa/intramural/226ee621724b42f484ffe8373f013228/home>.

### SLCE's Service in the City

The Office of Student Leadership and Civic Engagement (SLCE) has released their Winter 2020 weekday service opportunities. Events will be hosted on Tuesdays, Jan. 14, Feb. 18, March 24 and April 7, all from 5-8 p.m. For further information or to sign up for the individual opportunities, students can visit SLCE on SharkHub.

### January 2020 S.O.S. Trips

The Office of Campus Life and Student Engagement's Sharks on the Scene (S.O.S.) trips for January 2020 include a visit to Jungle Island, Splat Paintball Park, Jurassic World Live and more. NSU students are eligible to buy discounted tickets for these events through the Office of Campus Life and Student Engagement in the University Center. For more information on these events and more, check out <https://sharkfins.nova.edu/sharks-on-the-scene-jan-2020/>.

### Resident Assistant applications open

Applications to become Resident Assistants at NSU are open through Jan. 24. Prospective students are required to attend one information session, the remaining of which are being held on Jan. 14, 15 and 17. Group interviews will begin on Feb. 1, and individual interviews will be Feb. 10-14. For more information, email [RAselection@nova.edu](mailto:RAselection@nova.edu) or visit [nova.edu/housing](https://nova.edu/housing).

# Career Development Office to host Medical & Psychological Clinical Case Competition

By: Emma Heineman  
Features Editor

Beginning with an informational session on Jan. 22 and concluding with a live mock event on March 25, the Office of Career Development will host a Medical & Psychological Clinical Case Competition in conjunction with NSU faculty and the U.S. Army.

The mock event, as well as a series of workshops and research components, will help students put classroom and industry skills to practice in a real-world setting.

Students will compete in teams of three to six individuals, and while the event is open to all students and majors, at least two of the three majors associated with the case study — biology, public health or nutrition and psychology — must be represented. If a student wishes to participate but does not have a team, they will be placed in teams with other students in a similar situation.

Student teams must attend an informational session on Jan. 22 and all workshops for the case study that will be held throughout January, February and March. The workshops will be taught by leading NSU faculty as well as U.S. Army Medics on topics such as bleed management, respiration management, triage/evacuation and psychology assessment practices.

Emilio Lorenzo, the associate director of employer relations who oversees NSU's case competitions, said, "The main goal is for students to learn in the workshops what they will need to do for the live event. Even if [students] don't want to participate in the case competition, this is a great way to learn skills that might come in handy if they want to go to medical school."

In addition to the workshops, there is also

a research aspect of the competition which will determine the eight teams that will participate in the live event.

Teams will conduct research on Post Traumatic Stress Disorder (PTSD) and the psychological effects of traumatic events, such as school shootings. Based on their research, students will submit a short presentation on what they learned and the solutions their team developed to combat their specific issue in South Florida. In addition, students will also submit a video on how their team competing in the live event competition will help to support their individual career goals.

If chosen as one of the top eight teams to continue to the live event competition, teams will then have the chance to win a \$300 prize for first place. The live event will be hosted by the U.S. Army, which will set up a medical tent on

campus where students can apply their acquired skills to a fictitious scenario with patient actors. All students who submit research, regardless of whether or not they compete in the live event, will receive experiential learning credit.

Lorenzo also explained that the event is a great way to gain practical and research experience. He said, "Many students struggle to get initial research experience, so this is something students can add to their resume [without needing] faculty or an organization to approve it."

Students can RSVP via Handshake for the initial informational session or email Emilio Lorenzo at [el541@nova.edu](mailto:el541@nova.edu) or Olivia Fogel at [of107@nova.edu](mailto:of107@nova.edu). For more information about the event, students can reach out to Emilio Lorenzo or go online to NSU's website to find more information.

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# Make this semester work for you

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

It's 2020, and in light of New Year's Resolutions and the new decade, it's time to put your best foot forward in terms of your academic success and make the most of your time at NSU. Whether you have just come off a tough semester, stressful personal issues that affected your academic performance or are even just experiencing some diminished motivation or feeling drained, here are some questions you can ask yourself to set yourself up for an awesome semester.

## Are you passionate about your major?

It may sound a little repetitive to ask yourself that question, especially if you've already soul-searched and landed on your current major, but it is important to explore other possibilities for areas of study, even if that might mean transferring to another college. You need to do what is best for you and your future. Make an appointment with your academic or career advisor and discuss your aspirations and career prospects to figure out what works best for you.

"It's important to explore other options because if your [major] isn't something that you want to do, the classes are only going to get harder, but you also want to be learning about something you are passionate about so that you can get past those hard classes and recover from them," said Sarah Williams, first-year occupational therapy masters student and academic success coach at NSU.

## Are you managing your time efficiently?

In college, it can be hard to manage classes, study time and a social life. With this, it's common for students to not sleep properly. According to a 2017 article published by the journal of Neuropsychiatric Disease and Treatment, up to 60% of college students in the study reported suffering from poor sleep quality. According to Williams, it's important to get at least seven hours of sleep a night to maintain the information that you are taught in classes and be productive and alert during the day.

Another facet of managing your time includes using the right study methods that work for you. You may be aware of the different methods of learning such as visual, auditorial and hands-on learning strategies, but you might not be aware that this also ties into how you can best study the material and retain it. If you are unsure if you are using the right study tools or you feel the studying methods you are using currently aren't working for you, visit an academic success coach at the Tutoring and Testing Center to evaluate your study skills and figure out what your strengths and weaknesses are. It's important to be aware of how much is too much for your plate. Be honest with yourself about how many credit hours you can manage.

## Are you organizing yourself properly?

It may be time to analyze your schedule since building a schedule is more important than

people might think. "Build your schedule around what you have to do, need to do and want to do. Prioritize those [desires] and make sure it's not too much to handle or too little. The Goldilocks approach might be best in this scenario," said Williams.

Having multiple agendas and planners can be a good thing, but sometimes it can be overwhelming. Having everything in one place can reduce some of that stress. Put your agenda on something that you look at every day. Williams stressed that you're not just organizing your schedule, you're also organizing your life. If your room is messy or if there are other distractions in your life, they can deter your focus.

## Do you make the most of your time in class?

For some students, picking your seat on the first day of class is a top priority, but no matter where you sit in the class, it is pivotal to challenge yourself to not take away from the experience of the class. "Analyze your learning experience and be aware that, as an undergraduate student, whether or not finances are involved, money is involved in these classes. Being present during your classes is important because professors can notice when students aren't paying attention, and it can make a bad impression," said Williams.

## Have you put yourself out there enough?

Life is all about doing things with intention

and making sure you don't have any regrets. If you are thinking about doing something but are hesitant, you should take a step back and think about it. If you can come up with more than one reason that would be beneficial for you to do it, then go ahead and try it. If you don't have any good reasons to do something, then it might be time to reconsider that idea. It's all about making the most of your time here at NSU and not leaving without any "I wish I did..." aspirations.

## Have you cut down on the negativity?

In college and in life, it is important to cut out any negativity including negative self-doubt and negative people. This way, you can focus on what really matters, which is getting the most out of your college experience and getting your degree. Do things that are meaningful to you, not just because it looks good on a resume or a job application. Do it because you like it and it interests you.

Looking for more tips and tricks? We've got you covered!

Head to  
[nsucurrent.nova.edu](https://nsucurrent.nova.edu)



## Career Corner



# Generate career success: first generation resources

By: **Daniela Karaki-Suarez**  
Career Development



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CAREER DEVELOPMENT

*Daniela Karaki-Suarez is a graduate assistant career advisor, and provides students with various tactics to succeed on their respective academic journeys.*

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

Being the first person in your family to attend a four-year college or university is a huge accomplishment, and this identity comes with its own unique considerations.

As a first-generation graduate, I remember wondering where my place would be in the world, especially with the college environment feeling so foreign to me. I felt unfamiliar with the job-search process and had no idea what to major in. It's also not uncommon for first-

generation college students to try to shake off some imposter syndrome feelings of not belonging, but they absolutely do belong, and they bring some amazing assets and perspectives to the table.

The Career Development Office is here to support all students throughout their professional journey. From my college experience, these were tips that helped me navigate through my wandering career adventure:

### Career exploration with an advisor - ask all your questions

When I started college, I was only aware of the traditional fields in the world: education, medicine, law and maybe dance, if I was feeling extra fun. First-generation students are among

the top groups of people to remain undecided in their major and career path, and sometimes it takes talking to a career advisor to brainstorm some passion areas and strengths.

You may also have some practical considerations when weighing out careers, like family obligations or salary. At the career center, we can explore different fields that combine your passions along with practical factors to create a meaningful career option.

### Webinars and online resources

When it comes to designing a resume, cover letter or LinkedIn for the first time, online guides can be a huge help. On Handshake, we have online resources to access sample resumes and cover letters, tips for applying to graduate school and more.

Handshake also provides access to our CareerTube, which is an online video portal to watch webinars on topics like salary negotiations and internship searches. Many first-generation students also live with multiple identities, whether it be a disability, veteran status, LGBTQIA+ community or more. Our resources provide tips on navigating the unique challenges associated with these identities.

### Cultivate professional relationships and mentorships

Networking and sharing your story with people can lead to some great, genuine relationships with people who can become a mentor or colleague. A mentor can help you gain insight on career paths you may see yourself

pursuing, and you can learn real steps on how to attain those goals.

### Financial support

NSU's campus has multiple avenues to alleviate financial stress for your career opportunities. Our office has a Career Closet for students to take home one free professional outfit, which is useful when professional clothes are typically on the expensive side. For first-generation students wanting to study abroad, even when it seems unlikely, there are a multitude of scholarships in the Office of International Affairs to help alleviate the cost and have an unforgettable experience.

### Capitalize on your strengths and assets

Oftentimes, first-generation college students work full-time or part-time jobs during their program, giving them experiences to stand out when they graduate. This shows perseverance and commitment to persistence in their goals. They also bring a unique grit factor to overcoming obstacles that attracts employers as they show a willingness to take risks and be the first to do something valuable, like pursuing higher education.



Take pride in your work and community! We are always here to support our resilient first-generation students in finding their place at the university. Let's pave the way together.

## World War III: Is it a possibility?

By: Sofia Gallus  
Arts & Entertainment Editor

Even if you haven't seen the news, you might have seen the memes.

On Jan. 2, President Donald Trump ordered a drone strike at the Baghdad airport, killing Iranian military leader Qasem Soleimani and five others. Many in the U.S. took to social media to express concern, disbelief, anger, support and political memes.

While lots of people are convinced that we're going to war, others are not so sure. Legally, the War Powers Resolution, passed in 1973, forbids the president from committing the U.S. to war without getting congressional approval. In this sense, we are not at war and will not be until the president receives congressional approval. That is, if he chooses to seek congressional approval.

According to Ransford Edwards, assistant professor of political science, "To a certain degree, the assassination of general Soleimani is an act of war. Whether approved by Congress or not, Iran may choose to retaliate, which would give Congress a more legitimate reason to allow a declaration of war." Edwards continued, "I don't think that at any time we're going to sit around and wait for Congress to approve a conflict."

Tensions with Iran have been rising for years, but have escalated more quickly since Trump became president. In May 2018, President Trump announced that the United States would be exiting the international nuclear deal with Iran. Then, in April 2019, Trump identified Iran's Islamic Revolutionary Guard Corps as a terrorist organization, marking the first incident where the United States has named an official branch of a foreign government as a terrorist organization. Shortly after, Iran and the United States began breaking off deals on oil and metals, and altercations began occurring, leading to the assassination of Soleimani.

While many citizens boast support for a potential war, the United States can't necessarily afford one. Immediately following the assassination strike, oil prices skyrocketed, although they are now receding. If either the United States or Iran escalates things further, oil prices could rise significantly. Not only that, but a large amount of money is funneled into the United States military. The 2019 defense budget boasts an astonishing \$686 billion dollars, money that could slowly be used up over time if the United States enters another war overseas.

"Wars require a massive amount of spending," Edwards said, "and you can't have spending based on just tax cuts, so you have less money coming in as revenue and more money going out for conflict."

Since 2001, the United States has been at war in Afghanistan. In 2004, the United States entered a war in the northern territory of Pakistan. Since 2015, the United States has been staging interventions in Syria, Iraq and Libya. Entering another war overseas, a war many fear will not be resolved in a short timeframe, could pose a serious threat to the United States economy and government spending budget.

Both the United States and Iran seem to be taking a step back. On Jan. 8, President Trump gave a speech addressing the situation with Iran. He called for economic sanctions but not military action towards Iran. Additionally, he noted that Iran was stepping back, although this has yet to be confirmed by the Iranian government. While war with Iran is a possibility, until the United States or Iran take action, we teeter only on the brink.

## Wildfires and controlled burns: what you need to know

By: Madelyn Rinka  
Co-Editor-in-Chief

It's been hard to turn on the television or read the news without seeing stories about wildfires for the past few months — like the wildfires that burned through large parts of California in the fall or the ones currently raging in Australia. These disasters create damage and destruction and cost millions of dollars — often wiping out entire neighborhoods and communities when the conditions are right.

However, it's not uncommon to hear of another type of fire called a controlled burn that happens in certain ecosystems, like the Everglades. While you might see both of these occurrences circulating in the news, you might not know all of the details behind them. Here's what to know about wildfires and controlled burns.

### What's the difference?

Much as the names imply, wildfires are uncontrolled fires that may consume large expanses of land, including residential and developed areas. These may be caused by lightning strikes, naturally, or might be the result of human activity. Accidents such as out of control bonfires and firework shows gone awry or purposeful actions, like arson, can spark wildfires. Controlled burns, also called prescribed burns, are fires carefully set by professionals in specific ecosystems in order to help the environment. Controlled burns may be necessary in areas where fire is an essential part of the ecosystem, but it may not happen naturally anymore due to habitat fragmentation or other developments.

### Can they go hand in hand?

To some extent, wildfires and controlled burns can work together. When done properly, controlled burns are overseen and monitored by professionals so that they don't get out of control

and spread. Surprisingly, one possible way to combat wildfires is to set uncontrolled burns — actually fighting fire with fire. If there's a lot of dry vegetation, it can act like kindling and allow the wildfires to grow and spread. However, according to BBC, using controlled burns to get rid of some of the brush has been used as a strategy in some parts of Australia in an attempt to hinder the spread of the original fire.

### If fires are natural, why are wildfires so dangerous?

Fires are a natural — and even beneficial — part of some ecosystems. In these environments, plants and animals often have adaptations or strategies to survive the blaze, and can even flourish afterward. Also, these natural fires have ways of going out on their own. According to Scientific American, when the fires are mild and simply clear out dry and dead brush, animals can usually escape and trees can withstand the flames. However, when the fires get increasingly intense and fast-moving, it's harder for wildlife to escape and we see tragedies like the ones that are happening in Australia.

### How can wildfires get this bad?

Yes, fire is a part of nature. However, there's a lot of factors that can make them worse, especially droughts and warming, both of which are symptoms of a changing climate. According to the Environmental Defense Fund, the average wildfire season has increased by three and a half months over a few decades, and there are three times as many large fires per year in the western United States. Rising temperatures can cause more severe and sustained droughts, which results in the perfect fuel for these fires to grow quickly out of control.

## Early bird gets the worm

By: Flor Ana Mireles  
Copy Editor

While it may seem nice to skip those early morning classes and sleep in, waking up early may have benefits you can't get from waking up later in the day. Even if your classes are only available in the afternoon, you should still start your day early. It is not only better for you physically, but emotionally and mentally as well. Here are some benefits of waking up early.

### More productivity

Waking up early has often been linked back to greater productivity because when you rise earlier, you have more hours in the day to get your work done.

### Better sleep quality

Waking up early means you should go to bed early as well. As your body's internal clock adjusts to going to sleep earlier and waking up earlier, it translates to better sleep quality as you establish a new routine.

### Better test scores

A study conducted at the University of Texas found that students who rose earlier received better test scores than those who rose later, thus having better GPAs. The researchers linked this back to more productivity and quality of sleep.

### More positivity

With all the benefits that come from getting up early, it also instills you with more positivity. A 2012 study conducted by two psychologists

from the University of Toronto assessing the chronotypes of young and older adults found that those who woke up earlier had higher positive effects than those who rose later.



If waking up early is something you wish you'd do but haven't mustered up the strength to, here are some tips to help you in becoming an early riser.

### Go to sleep early

It's important to get the necessary amount of sleep hours for our bodies in order to be at our fullest capacity. Therefore if you go to sleep late, it might be extremely difficult for you to get up early in the morning. If you find yourself not tired at bedtime, try reading a book or completing a crossword puzzle instead of being on your phone as the screen light reduces your want to sleep, making you stay up longer.

### Start slow

If you normally wake up late, it might not be the best idea to drastically change the time you wake up. If you're used to waking up at 10:00 a.m. for your 11:00 a.m. class, don't suddenly decide to begin waking up at 5:00 a.m. without adjusting your sleep schedule. If you still find yourself getting to bed late, try waking up 15 minutes earlier than you're accustomed to instead of hours earlier and make your way there.



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*Reading books or writing are helpful habits to reduce blue light exposure from television or phones before bed.*

### Set an alarm

Unless you can naturally wake up at your goal time, setting an alarm is crucial. If you're one to easily press the snooze button, try placing your alarm at a further distance so you have to get up to snooze or turn it off. It also helps to have a pleasant-sounding alarm that makes you want to get up rather than be in a panic.

### Leave the bedroom

Sometimes, even if the alarm is far from us, we'll get out of bed, hit snooze — or turn off the alarm completely — and get back into

bed. Leaving the bedroom, whether it's to use the bathroom or make yourself a cup of tea or coffee in the kitchen, will increase your amount of motion. As Isaac Newton taught, an object at rest stays at rest and an object in motion stays in motion.

### Make the firm decision to get up

It is important to be firm with yourself in the decision to get up early. Breaking habits can be difficult, but if you're willing to put in the effort, you can achieve becoming an early riser.



# SOUNDBITE

## Freedom Lines by Leather & Lace

By: Christina McLaughlin  
Co-Editor-in-Chief

*Leather & Lace* is the band in which *The Current's* copyeditor, Flor Ana Mireles, a junior communication major, has been a part of since 2012.

"Freedom Lines" is the debut album of Miami-based rock band, Leather & Lace, who got their start in 2012. This five-piece band — Flor Ana Mireles on vocals, William Villarreal on lead guitar, Giuseppe Mireles on drums, Andy Perez on bass guitar and vocals and Kevin Pino on rhythm guitar — created an album that is truly a hidden gem in the local band scene.

The eight song EP kicks off with the underground grungy beats of "The City." This song sounds like a love letter to their hometown, a party anthem to those fun nights on city streets and the unknown opportunities that a "midnight in the city" might hold. It's the perfect song for going out with friends or the drive through your own favorite city. "For the Night," features what could be best described as a 60s or 70s classic rock mashup that tells the story of a couple on the dancefloor. Sounds simple enough, but the melody and lyrics really tie together that feeling of first love and those first dances with your beloved.

Like the rest of the album, one of my personal favorites, "Carousel," has an air of



reliability for any potential listener. It pinpoints that feeling of going around in circles and having trouble finding your way. The lyrics

of the chorus, "I've been looking for answers but I always seem to fail, getting dizzy on this carousel" blends those frustrating feelings

with the incredible rhythm of the drums and guitars and a pace that really brings the song home. The title track, "Freedom Lines," gives me hardcore "10 Things I Hate About You" vibes — If you haven't blessed yourself by watching this classic, please do so as soon as possible — as it transforms into a narrative love story that outlines what freedom can mean for different people with lyrics like "let the people do whatever the hell they want....let them find their own voice." It's an anthem to individuality in the best way possible.

Tracks 6 and 7 hit me the most. Track 6, "Missing You," is the perfect song to nod your head to as you listen to some classically strong guitar riffs and some moody lyrics about love lost and brings comfort through the process of moving on through the dark times and painful memories that leave a mark. Track 7, "Fly," showcases what sounds like a perfectly out of tune ukulele and a personal affirmation about those times that you let people down or feel like you are not enough. As someone who has experienced those feelings countless times before, it is one beautiful song that really makes you feel like you're not alone in the world with those thoughts and tries to make a positive out of the negative.

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*This is the album cover for Leather and Lace's Freedom Lines album.*

## OFF SHORE CALENDAR

*The Roaring Twenties: An Art Deco Celebration*  
Jan. 17 - 18 | 10 a.m. - 3 p.m.  
@ Wiener Museum of Decorative Arts | Dania Beach, FL

*"Up" Under The Stars - Movie Night On The Plaza*  
Jan. 18 | 7:30 p.m.  
@ Frank C. Ortis Art Gallery | Pembroke Pines, FL

*Downtown Hollywood Artwalk, Market & Mural Tour*  
Jan. 18 | 5 - 10 p.m.  
@ Hollywood Boulevard | Hollywood, FL

*Flamingo Fest*  
Jan. 18 - 19 | 9:30 a.m. - 4 p.m.  
@ Flamingo Gardens | Davie, FL

*That Golden Girls Show: A Puppet Parody in Fort Lauderdale*  
Jan. 19 | 7 p.m.  
@ Au Rene Theater | Fort Lauderdale, FL

*Dr. Martin Luther King, Jr. Celebration*  
Jan. 19 | 1 p.m.  
@ Davie Town Hall | Davie, FL

*40th Annual Festival of the Arts*  
Jan. 26 | 10 a.m. - 5 p.m.  
@ Deerfield Beach | Deerfield, FL



## STAFF PICKS:

What is your favorite nostalgia to experience?

By: The Current Staff

My favorite nostalgia to experience are those long drives in the car where I sit listening to music on the radio or through my headphones while I watch the snow fall outside the passenger window. It's an intensely specific nostalgic moment that I don't experience a lot, but when I do, it floods back memories of rides to Pennsylvania to go to the so-dubbed "Pocono House" with my mom and dad or to visit family and friends during the holiday season. Add some Christmas music and maybe a Dunkin Donuts Hot Chocolate — the s'mores flavored hot chocolate one for good measure — and I'm content. Those memories all flood back and I sit back and smile. - *Christina McLaughlin, co editor in chief*

I think something that makes me nostalgic is cooking. I've always loved spending time in the kitchen with my family and making meals for other people to enjoy ever since I was younger. Now that I'm away from where I grew up, even just using some spice combinations or familiar ingredients can take me back home. - *Madelyn Rinka, co editor in chief*

We all have songs that take us back to a certain time and place. My favorite of those nostalgic experiences comes from hearing Rainbow Kitten Surprise's "Fever Pitch," which brings back great memories of the time I went to Colorado. It's the most west I have traveled so far and "Fever Pitch" was a song I heard on repeat while exploring the beautiful, mountainous state. The song reminds me of Denver, Boulder, Colorado Springs, Manitou Springs and all the wonderful memories I made there. It all comes back to me as soon as I hear lead singer Sam Melo sing the first word: "Hallelujah." - *Flor Ana Mireles, copy editor*

There's no nostalgia like an unexpected wave of a scent. When I'm driving behind school buses, the rank smell of the gasoline always

brings me back to the childlike wonder of a new field trip and new adventures. My jasmine scented hair spray reminds me of a vacation in Colorado and of my mother's yellowed perfume that sits on my dresser. Brewed coffee smells like family reunions and raucous laughter. My list could go on, but there's so much nostalgia in scents. - *Kathleen Crapson, chief of visual design*

Out of all the nostalgic moments I've had most recently, I think that there is one that brings me the most joy. The song "Still Falling For You" by Ellie Goulding brings me back to a time that wasn't far away. It makes me remember the time I played the game "Fallout 3" for the first time. At that point, it had been quite a while since I really enjoyed myself with a game. Every time I hear that song, I remember the initial excitement of finally opening the game after it had downloaded. I remember the eagerness I felt as I went through the riveting storyline and the emotions I felt as I slowly unraveled the lives of each character. The tension I felt with each new encounter, the second guessing with each decision to be made and the aftermath that I had to live with; it all comes back to me. - *Mario Lorrimer, business manager*

My favorite nostalgia to experience is going through my camera roll if I ever get bored and seeing a lot of old memories that I forgot even happened. This brings me back to simpler times, when everything in life felt easier, making you appreciate what you have, what you've done, and teaching you how to value the good in life. Seeing pictures of when I used to play water polo, for example, brings my mind back to being in the pool with my teammates. While we've all gone our separate ways, we all make sure to keep in touch. Nostalgia is a bittersweet feeling, but I make sure it's more sweet than bitter by making memories that will last a lifetime. - *Cameron Pritchett, sports editor*

I for one love nostalgia, and there are often times throughout the year when one thing or another triggers that sense of nostalgia and sends me back. Normally, I feel the most nostalgic when I get the urge to play classic survival horror games on the historic, but glorious GameCube system. I have so many fond memories with my father and brother playing games that were definitely not age-appropriate for hours on end. At that point, I was too young and too novice to play any of the games myself, but just watching my father in awe was enough. To this day, every once in a while, I boot up the old gaming system and play those eerie yet oh so familiar games. Resident Evil will always have a special place in my heart due to it bringing me closer to my father, brother and I, giving me that sense of beloved nostalgia. - *Rick Esner, news editor*

Nostalgia from Wisconsin, the only place I've ever lived before now, is hard to find in Florida. Don't get me wrong, I love the sunny days that Florida provides. Days when you can spend time at the beach, walk around campus without an umbrella, or sit outside and enjoy the ambiance. However, in truth, I find so much nostalgia in the rainy days. While Florida rain is basically a flood compared to Wisconsin, it reminds me of times back home when I can stay inside and take it easy for a bit. It reminds me of days where I could just sit down and write stories, watch movies, or play games with friends. Rain tells you to stop, it tells you that you have to take a break because you couldn't go outside anyway. It's important for all college students to remember to relax and give themselves break, even when it's not raining. The wave of nostalgia that rain brings on is a visual reminder for me to calm myself down, and maybe play some games or watch a movie I haven't seen with my new friends. - *Sofia Gallus, arts & entertainment editor*

## Reducing your footprint in 2020

By: Madelyn Rinka  
Co-Editor-in-Chief

Whether you're trying to start the new year off by being more eco-friendly or you've been on the path to reducing your impact on the planet for a while now, sometimes being sustainable while at school can be difficult. Fortunately, there are plenty of small swaps you can make and steps you can take towards helping our environment — even if you're not ready to try to commit to a low to no-waste lifestyle just yet. Check out these green tips for reducing your footprint.

### Track your trash

This may sound a bit strange, but if you're looking to cut down on the waste you create, understanding just what waste you're creating is crucial to making adjustments. Either keep a note going on your phone or tape a piece of paper and a pen next to your trash bin, but everytime you throw something out, write it down. Practicing this over the course of a week or so will help you recognize patterns that will allow you to swap out single-use products for more sustainable alternatives. For

example, if you notice you've thrown out a ton of plastic bags, look for reusable ones you can use instead. You don't have to stop creating garbage entirely right from the start — even doing a little to cut back can help out our planet.

### Pair up

Sometimes it can be difficult to hold yourself accountable for the trash you create, especially if you feel like you're doing it alone. Instead, try embarking on this journey with a friend or family member — think of it like having a gym buddy, but for helping the Earth's health on top of your own. This way, you'll have someone to talk to and share your experiences with. Consider making a group chat to share new sustainable alternatives and practices together so you can get inspiration on new ways to be greener.

### Read up

If you don't have another person to bounce ideas off of — or even if you do — look for inspiration online. There's plenty

of blogs and articles about going zero or low waste written by people who have been on their journey for years. You can even look for more niche sites as well, like those geared towards college students, different ages, lifestyles, diets and more. However, remember to do some additional research to make sure those sources are reliable.

### Reduce, reuse, and repurpose

While recycling can be a great option for items you might toss, sometimes products can't be recycled for a variety of reasons. Not to mention, it takes some energy to recycle too. Instead, try to reduce your waste, reuse what you have for as long as possible and when you're done, repurpose it. For example, if you have an old t-shirt you've worn to threads, turn it into a no-sew reusable bag, and after that, you can use it as rags for around the house. Or, if it's still wearable, consider donating it so that someone else can get more use out of it. There's plenty of creative ways to repurpose products and help the environment.

## Art exhibitions throughout the decade

By: Sofia Gallus  
Arts & Entertainment Editor

Art separates humans from the rest of the animal kingdom. Art is a quintessential part of the human experience, allowing us to tell stories, portray emotions and reflect the current times. Art changes as people and trends change, and in the past decade people and trends have changed a lot. Learn about these nine popular art exhibitions for each year in the past decade.

### 2010: "Heat waves in a swamp" by Charles Burchfield

This exhibition, held in New York, was one that many artists made the trip to see in 2010. Inspired by the nature around him, Charles Burchfield painted over 100 watercolor pieces reflecting his garden and the view from his window. The exhibition was curated by Robert Gober and acclaimed by critics. Burchfield's watercolors offer a clear-eyed view of what he saw in nature and his art inspired others to appreciate the simple beauties surrounding them.

### 2011: "New Mathematics" by Eric Haze

This exhibition, held at the Known Gallery in Los Angeles, included 35 paintings and 15 drawings by Eric Haze. His art was created using lines and repeated geometric shapes. Haze was inspired by his love for organic shapes and desire to cross graffiti with classical art, redefining what could be considered professional art. This exhibition was a trendsetter for creating designs that turned simple linework and shapes into intricate patterns.

### 2012: "Tobacco Project" by Xu Bing

Artist Xu Bing explored the culture surrounding the use of tobacco and studied the subject for 12 years before his art was put together in an exhibition at the Virginia Museum of Fine Arts. Bing's art in this exhibition featured a sculpture constructed entirely out of cigarettes that looked like a rug made of a tiger pelt, intending to symbolize the allure of smoking. The exhibition also included other cigarette sculptures,

a book made out of tobacco leaves inscribed with cigarette production details and a side-by-side look at living and dead tobacco plants.

### 2013: "Aten Reign" by James Turrell

Created for installation in New York's Guggenheim Museum, James Turrell played with light and how it can change a person's perspective for this interactive piece. Using daylight from the museum's oculus and playing with different colored LED lighting, as well as using shadows to create what looked like additional surfaces, Turrell inspired visitors to create their own world in the room and take in the mood that was reflected by whatever color was shown. This was one of many works that used atmospheric art, which became very popular in the last decade.

### 2014: "@Large" by Ai Weiwei

In 2011, Ai Weiwei was detained for 81 days by Chinese authorities. In 2014, he reconstructed the inside of Alcatraz, one of America's most popular and strict prisons, to reflect and have a conversation about the values of freedom and liberty. Weiwei created sculptures, prints, and light installations for the exhibit.

### 2015: "Dismaland" by Banksy

Famous but anonymous artist, Banksy, opened 'Dismaland' in an abandoned water park in Somerset, England, letting the public come in and view it for five weeks. The park contained many sculptures, video installations and functioning park rides. The exhibit reflected a dismal view of the world, mocking first world problems and pointing instead at larger scale social issues.

### 2016: "How To Work Better" by Peter Fischli and David Weiss

This exhibition also held in New York's Guggenheim Museum featured works by Peter Fischli and David Weiss, who had been working

together to create art for over 30 years. Their work depicted clever slices of everyday life and turned what may seem casual into something special. Their work focused on challenging the expected and finding solace in failure.

### 2017: "Pixel Forest" by Pipilotti Rist

Using both technology and traditional art, Pipilotti Rist created a vibrantly colored art exhibition that gave the illusion of a magical forest for the New Museum in New York. The display focused on fantastical elements and vivid colors, hoping to capture the viewer's attention and ignite a sense of magic in those who visited the exhibit.

### 2018: "Almost Home" by Do Ho Suh

Do Ho Suh created a space in which visitors were supposed to feel both familiar and new to. Using fabric artfully draped over poles, Suh recreated different parts of buildings and places he had visited and been inspired by. The art exhibition, held at the Smithsonian American Art Museum in Washington, D.C., was intended to draw attention to the idea that home does not have to be a certain place or have a literal meaning; home can be wherever the individual feels comfortable.

### 2019: "I Will Greet The Sun Again" by Shirin Neshat

Shirin Neshat's exhibit boasted over 230 photographs and eight video installations, and is still open until Feb. 16 at The Broad in Los Angeles. Neshat photographed subjects who had experienced being exiled, feeling out of place and finding beauty in who they are. Her art explores the realities of women and politics, taking inspiration for her titles from famous inspirational poems.

## Songs that defined the decade

By: Flor Ana Mireles  
Copy Editor

*With our last goodbyes already said to the 2010s, let's look back on all the songs that made each year memorable.*

### 2011

Rolling In The Deep - Adele  
Party Rock Anthem - LMFAO feat. Lauren Bennett & GoonRock  
Firework - Katy Perry  
E.T. - Katy Perry feat. Kanye West  
Give Me Everything - Pitbull feat. Ne-Yo, Afrojack & Nayer

### 2012

Somebody That I Used To Know - Gotye feat. Kimbra  
Call Me Maybe - Carly Rae Jepsen  
We Are Young - fun. feat. Janelle Monae  
Payphone - Maroon 5 feat. Wiz Khalifa  
Lights - Ellie Goulding

### 2013

Thrift Shop - Macklemore & Ryan Lewis feat. Wanz  
Blurred Lines - Robin Thicke feat. T.I. & Pharrell Williams  
Radioactive - Imagine Dragons  
Harlem Shake - Baauer  
Can't Hold Us - Macklemore & Ryan Lewis feat. Ray Dalton

### 2014

Happy - Pharrell Williams  
Dark Horse - Katy Perry feat. Juicy J  
All Of Me - John Legend  
Fancy - Iggy Azalea feat. Charli XCX  
Counting Stars - OneRepublic

### 2015

Uptown Funk! - Mark Ronson feat. Bruno Mars  
Thinking Out Loud - Ed Sheeran  
See You Again - Wiz Khalifa feat. Charlie Puth  
Trap Queen - Fetty Wap  
Sugar - Maroon 5

### 2016

Love Yourself - Justin Bieber  
Sorry - Justin Bieber  
One Dance - Drake feat. WizKid & Kyla  
Work - Rihanna feat. Drake  
Stressed Out - twenty one pilots

### 2017

Shape Of You - Ed Sheeran  
Despacito - Luis Fonsi & Daddy Yankee feat. Justin Bieber  
That's What I Like - Bruno Mars  
Humble. - Kendrick Lamar  
Something Just Like This - The Chainsmokers & Coldplay

### 2018

God's Plan - Drake  
Perfect - Ed Sheeran  
Meant To Be - Bebe Rexha & Florida Georgia Line  
Havana - Camila Cabello feat. Young Thug  
Rockstar - Post Malone feat. 21 Savage

### 2019

Old Town Road - Lil Nas X feat. Billy Ray Cyrus  
Sunflower - Post Malone & Swae Lee  
Without Me - Halsey  
Bad Guy - Billie Eilish  
Wow. - Post Malone

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for more web exclusive articles!





# ATHLETE OF THE WEEK: Shane Hunter



By: Alexander Martinie  
Opinions Editor



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Shane Hunter is a South Florida local. Hunter is a freshman sports and recreation management major at NSU's H. Wayne Huizenga College of Business & Entrepreneurship. He played basketball at St. Thomas Aquinas High School. During his senior year, he had an average of 12 rebounds, four assists and 14 points per game. He was also a part of the Kreul Classic All-Tournament First Team and was awarded the Parkland Best Buddies Scott Cohen Service Hour Award.

### What is your position on the basketball team?

"I'm a four/five so forward/center. This is my first year [playing at NSU]. I'm a big man, I'm 6'10" so I kind of just grab rebounds and block shots. Do what you gotta do, but not really handle the ball, just work on the paint."

So far, what has been your best

### memory of playing basketball at NSU?

"I'd say our last game when we beat Florida Southern at Florida Southern. Personally, I didn't

get in the first half, but I came in the second half for some pretty big hits. We ended up winning the game, which was awesome."



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Hunter and teammate collide into each other as a symbol of solidarity.

### How long have you been playing basketball?

"[I've been playing] since I was in fifth grade. I love basketball. It runs in my family, both of my brothers played it in college and my dad played it in college, so, I felt like I had to do it. I love doing it."

### If you weren't playing basketball is there any other sport that you would play at NSU?

"I used to play baseball, but I haven't played baseball since I was in fourth grade. It would be awesome to play baseball here or if they had a football team. But realistically no because I'm not good at baseball. It would be awesome to play other sports, but I'm not good at other sports."

### What is your relationship with your teammates like?

"I love my teammates. We are a good, close group. Just because I'm a freshman doesn't [matter]. I'm not treated like a freshman. I'd say we're all the same. Everyone's treated equally."

### How has it been balancing school and sports?

"I haven't had any trouble. Rachel in academics [has helped me] a lot and study hall keeps me on track. Usually all my classes are in the morning and practice is in the two to five slot, so I always have class before practice. I usually have the whole evening to work on stuff that I need to. I haven't had trouble balancing it at all and I love being a student athlete."



## THIS WEEK IN SPORTS HISTORY



By: Emma Heineman  
Features Editor

### January 14

#### Green Bay Packers are victorious in Super Bowl II

On Jan. 14, 1968, Miami hosted Super Bowl II. The game featured a faceoff between the Green Bay Packers and the Oakland Raiders, and in their second Super Bowl victory, the Packers beat the Raiders 33 to 14. The Packers had previously won the first Super Bowl against the Kansas City Chiefs at the Los Angeles Memorial Coliseum in Los Angeles, CA in 1967. Since the first Super Bowl, the event has grown in popularity, amassing an average TV audience of 98.2 million viewers on CBS in 2019.

This year, Miami will host Super Bowl LIV on Sunday, Feb. 2 at Hard Rock Stadium

in Miami Gardens. Since the first Super Bowl in 1967, Miami has held the event 10 times, 11 including the upcoming faceoff.

### January 17

#### Miami Heat game canceled due to riots

On Jan. 17, 1989, the Miami Heat were forced to cancel their scheduled game against the Phoenix Suns due to widespread riots. After a police chase in Miami ended with the deaths of two African-American men, riots broke out in black communities and violent protests ensued. Hundreds of police officers were required to bring the riots under control, but by the time they had, there had been more than \$1 million

in damages to the city and other properties, one death, 22 injuries and 385 arrests. Despite the chaos, Super Bowl XXIII carried on as planned, just five days later in Miami.

#### PGA approves allowing black players

On Jan. 17, 1952, Joe Louis became the first black golfer to compete in an official Professional Golfer's Association (PGA) event. According to an article from The Undeclared, Louis wasn't satisfied with only his inclusion. He went on to use his entry as a tool to pressure PGA officials to change "the organization's bylaws and rules preventing black golfers from participating." After Louis broke the color

barrier, three other African American athletes competed in the Phoenix Open the following week.

#### Armstrong admits to doping in all seven of his Tour de France victories

On Jan. 17th, 2013, Lance Armstrong admitted to doping charges related to all seven of his Tour de France victories. The charges were confirmed in October 2012 when the U.S. Anti-Doping Agency released over 1,000 pages of evidence of doping allegations against Armstrong and various teammates. He was stripped of his Tour de France titles as well as the bronze Olympic medal he won in 2000.

Want to join Student Media? Attend a meeting to learn more!

The Current:  
Tuesdays at 12:30pm  
Rosenthal 200

Radio X:  
Wednesdays at noon  
Rosenthal 200

SUTV:  
Fridays at noon  
SAB, third floor



# On The Bench:

## The future is now

By: Cameron Pritchett  
Sports Editor

In the first round of the NFL playoffs on Jan. 4-5, the New England Patriots were upset by the Tennessee Titans win of 13-20. The New Orleans Saints were also upset after narrowly losing a nailbiter to the Minnesota Vikings by a count of 26-20 in overtime. The quarterback play by the Saints and Patriots was lackluster; Patriots quarterback, Tom Brady, commonly known worldwide as one of the best players in NFL history, threw for only 209 yards, had an interception, no touchdowns and only completed just over 50% of his passes. Drew Brees, on the other hand, was a bit more efficient, completing 79% of his passes and scoring a touchdown, but threw a costly interception that would have put the Saints in the red zone. Both the Saints and Patriots were heavily favored to win their respective games, but were outdueled by younger quarterbacks and overall younger, more explosive teams. This could potentially be the end of the Patriots dynasty in which they won six Super Bowls. Brady is 42 years old and isn't getting any younger; the same goes for Brees, a

future hall of famer, who will turn 41 on Jan. 15.

Seeing the Patriots lose in the playoffs was not something that most sports fans were accustomed to. In fact, it's been quite a strange time for the NFL. A lot of players who are getting older are on the decline and it's quickly becoming a league dominated by the younger crowd.

To put this into perspective, Lamar Jackson, quarterback of the Baltimore Ravens, is the frontrunner for MVP at only 23 years old. He plays the position very unconventionally, leading the league in touchdowns thrown as well as being in the top 10 in rushing yards of the league. For the 2018-2019 season, the MVP was yet another second year player: Patrick Mahomes, who took the league by storm and became the third player to throw for 50 touchdowns in an NFL season.

Going back to the Patriots game on Jan. 4, 26-year-old running back, Derrick Henry, compiled 204 yards from scrimmage and was basically a one man show in the game. Are you getting the picture here?

Some football fans are bound to be upset by the decline of their respective teams, and they have the right to be. However, I think we are in one of the most exciting times of the sport. To see these young guys come out and put up historic numbers at such an early stage in their careers promises a better future for the league and the future of football as a whole. Athletes are always getting bigger, faster and stronger. If this is the current generation of football players, just think of how good future generations can be. Instead of being upset because time is running out on the careers of some older players, it is important to be appreciative of how exciting these young players can be about football.

To read more from  
Cameron Pritchett,  
go to [nsucurrent.nova.edu](http://nsucurrent.nova.edu)

## ON DECK

**MEN'S BASKETBALL**  
vs. Palm Beach Atlantic  
Jan 15 | 7:30 p.m.  
Rick Case Arena



vs. Embry-Riddle  
Jan 18 | 4 p.m.  
Rick Case Arena

**MEN'S SWIMMING**  
vs. Keiser  
Jan 18 | 10 a.m.  
NSU Aquatic Center



**WOMEN'S BASKETBALL**  
vs. Palm Beach Atlantic  
Jan 15 | 5:30 p.m.  
Rick Case Arena

vs. Embry-Riddle  
Jan 18 | 2 p.m.  
Rick Case Arena

**WOMEN'S ROWING**  
NSU Alumni Race  
Jan 19 | 9 a.m.  
Hollywood, FL



**WOMEN'S SWIMMING**  
vs. Keiser  
Jan 18 | 10 a.m.  
NSU Aquatic Center

## OUT OF THE SHARKZONE

caution: your sports news is now leaving NSU

### Tua Tagovailoa announces he's entering 2020 NFL Draft

Tua Tagovailoa, American football quarterback for the Alabama Crimson Tide, announced on Jan. 6 that he would be entering the 2020 NFL Draft slated for April 24-25. Having dislocated his right hip in an injury in November 2019, he missed the remainder of the season. Tagovailoa said, "It was a hard decision all around... I got to seek guidance from my family; we prayed a lot about it. This is a decision I'm going to have to live with. I made it, and I'm good with it."

### Mike McCarthy to be new head coach for the Dallas Cowboys

Despite coaching the Green Bay Packers for 13 seasons, Mike McCarthy has decided to become the coach for the Dallas Cowboys who recently let go of their previous coach, Jason Garrett. While the team has not officially announced their decision, many in the league have announced it on their Twitter pages including Jay Glazer, NFL insider for Fox Sports, who on Jan. 6, tweeted, "Scoopage alert: the @dallascowboys have agreed to

terms with Mike McCarthy to be their new head coach."

### Jimmy Garoppolo fined by the NFL

San Francisco 49ers quarterback, Jimmy Garoppolo, was fined \$7,017 by the NFL on Jan. 6 for throwing a football into the stands after their win against the Seattle Seahawks, as it presented safety concerns. The football thrown — and caught by 19-year-old fan, Matt Pinelli — also had historical significance as it was the final ball used during the NFL's 100th regular season.

### Steve Kerr ejected from Golden State Warriors after fifth straight loss

In a game against the Sacramento Kings on Jan. 6, coach Steve Kerr of the Golden State Warriors got ejected after — what the San Francisco Chronicle called — a "type of verbal tirade that warrants being tossed" at referee Jason Goldenberg. Goldenberg had counted a layup by Sacramento's De'Aaron Fox when he was apparently fouled before the attempt. The Warriors lost 111-98 against the Kings.

## SPORTS SHORTS

### Women's Basketball

In the first quarter of their game against the Eckerd Tritons, the Sharks were behind by six, until senior Maria Bardeeva and redshirt junior Claire McMahon scored two three-pointers to bring the score to an even count until the Tritons went on a 5-0 run at the end of the quarter. The first quarter ended with a score of 17-12 with the Tritons in the lead. Regulation finished in a tie, as junior Hailey Conley brought the game into overtime with a three-pointer right before the buzzer. The final score in overtime was 80-76 with a win for the Eckerd Tritons.

Following the Florida Southern Moccasins scoring the first two baskets, redshirt senior Jordan Tully scored four consecutive points in the first quarter. The Moccasins kept the lead for the majority of the game, which ended in a score of 76-69 with a loss for the Sharks. Even with the loss,

the team made 44% of the shots they took, while the Moccasins only made only 39%.

### Men's Basketball

Early in the first half of the game against the Eckerd Tritons, the Sharks were behind with the Tritons leading 7-0. Redshirt senior Connor Zinaich and sophomore Lukas Speidel had 12 and eight points, respectively. The game ended with a score of 100-82, with the Sharks coming out on top and improving their overall record to 9-1.

The men's basketball team beat the Florida Southern College Moccasins 111-103. Some of the top scorers this game were redshirt seniors Mark Matthews and Connor Zinaich with Matthews scoring 36 points. The game went into overtime with the Moccasins in the lead, but Zinaich evened up the score by scoring the first six points and the Sharks came out on top, 111-103.

Check out [nsucurrent.nova.edu](http://nsucurrent.nova.edu) to get more recaps on NSU sports!

Visit [sutv.nova.edu](http://sutv.nova.edu) to get shows and movies that you might not find on Netflix or Hulu







## Learn to learn not just to pass

By: **Emma Heineman**  
Features Editor

I say it at the beginning of every semester, but this time I mean it. This semester is going to be the semester that I learn to learn, not to pass.

For many students, the emphasis of college is about getting the grade needed to move onto the next stepping stone in the myriad of obstacles to get to their dream job. This isn't to say that the grades you get aren't important because they are and are a vital part of getting where you want to go in life, but I think that oftentimes they take the center spotlight away from more important aspects of education. I've caught myself more times than I care to count learning something because I need to pass a quiz or write an essay that I know I will promptly forget when a

given class is over. The number of mnemonics and quick ways I've found to memorize massive amounts of information is nauseating, especially in comparison to the amount of that information that I actually remember.

What is the purpose of putting so much time, effort and money into receiving a quality education if you aren't going to actually retain anything you're taught? The problem is assuredly a combination of more than just student mentalities, including the increased stress that schools put on students, pressure from parents to get good grades and other sources of student stress, but by changing your individual mentality about learning, you can take a small step in the right direction.

## It's more than just a meme, it's a possibility for war crimes

By: **Alexander Martinie**  
Opinions Editor

You know... I thought 2020 was going to be a good year, but no. It had to start out with #WW3 trending on Twitter, which has quickly become a widespread meme across many platforms and media. The event that this meme stemmed from, however, is far from a joking matter. At the very end of last year, a drone strike in Baghdad killed Iranian Major General, Qassim Suleimani. The death of Suleimani has marked a serious change in the conflicts with the Iranian government and Trump's actions have been highly questionable, from his threats to commit actual war crimes to the hypocrisy of his plans to attack Iran.

Let's start with the threats to commit war crimes. Recently, Trump tweeted about destroying Iranian cultural sites saying, "We have targeted 52 Iranian sites (representing the 52 American hostages taken by Iran many years ago), some at a very high level & important to Iran & the Iranian culture."

First, he references the Iranian hostage crisis, which not only took place 40 years ago but also was perpetrated by civilians not the Iranian government, and then he goes on to say that he wants to target cultural sites. Whether it is a time of war or a time of "peace" — though I wouldn't say that we are at a time of peace

— it is outlawed by the Geneva Convention to specifically target non-combatants and cultural sites. Trump expressed his frustrations to a group of journalists saying essentially the Iranian government can do whatever attacks they want, but when the U.S. wants to do the same, it is seen as unacceptable. However, Trump completely missed the point. Iran was not threatening to destroy places of cultural significance to the U.S., like the Statue of Liberty, the U.S. military hasn't had a problem with targeting mosques for drone strikes across the Middle East.

Trump's entire presidency has been about making America great again, and do you want to know what a great way of doing that would be? Leading by example. Instead of threatening these governments or trying to destroy them, help them. Show them how they can do better, follow the rules that the U.S. has agreed to instead of just backing out of them. Trump would never admit he is wrong, but even with this, he has changed his mind. During Obama's presidency, Trump ridiculed him saying that Obama would start a war with Iran to avoid criticism, yet isn't that exactly what Trump is doing right now? Threatening war to draw attention away from his impeachment.

## To clothe or not to clothe

By: **Mario Lorrimer**  
Business Manager

Pets are companions we cherish. Some people cherish them more than their own lives and others cherish them more than others' lives. With this great love comes interesting urges to cover them with stylish — or unstylish — fabric, assign them personas and completely butcher and mistranslate their language. Why do we do all of this? It's mostly to make ourselves happy and not our pets. The only problem I have with clothing your pets is irresponsibly clothing them in warm climates.

The only reason we should be clothing our pets is to protect their paws from hot floors or protect their bodies from the cold. However, this is Florida! Therefore, I should only be seeing protective paw wear. I don't want to see

a husky walking down Las Olas Boulevard in a bedazzled faux fur hoodie with a saddlebag containing its children. Well, maybe I want to see the saddlebag, but definitely not the hoodie. Florida is already hot, why would you put your pet through that? Fluffy pets already have a tough time existing in the warm cesspool of mosquitoes we call Florida, why would you add more layers to that?

I can understand if you want to dress your hairless chihuahuas, but even that is pushing it. Now you might say, "Mario, no one is going to be on Las Olas during the day. Nighttime is when all the magic happens, when it's cooler." Yes, nighttime is where all the action usually happens but again, this is Florida. All the humidity makes

even the night warm. If you truly care about your pet as much as they care about you, do not submit them to this torture.

It's mostly fluffy pets that I have this problem with. If you have an indoor cat that is usually in the air conditioning and will allow you to clothe them without them repeatedly stabbing you with the rage of a thousand suns, then be my guest. The main thing to be aware of when dressing your pet is to know if they are comfortable. According to The People's Dispensary for Sick Animals, these situations increase your pet's stress levels and cause depressive and anxious symptoms. So, please be aware of your pet's temperament when you attempt to cover them.

If your pet doesn't want to be covered, it will be very apparent by their struggles. I think it's ok to put little hats on them or even sunglasses — as long as they're comfortable with it. I also think it's fine to dress up your reptilian pets. If you want to put a hoodie on your little bearded dragon, go for it. All indoor pets not directly affected by the heat are safe to accessorize, but if you want to take your pet outside and flaunt their brand-new Gucci jacket and belt or their new Pikachu onesie, then move somewhere cooler or make sure the gathering takes place indoors. Always remember that if you're feeling warm, your pet is probably warmer. Clothe them responsibly!



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# How I got back on track after a rough semester

By: Kathleen Crapson  
Chief of Visual Design

My 2019 academic career is quite the redemption story. January through May was a rough winter semester where I ended up failing a class, dropping a class and withdrawing from a class. Needless to say, my satisfactory academic progress (SAP) went to (insert my last name here). But, getting to that point made me realize that I couldn't do it alone. While your life path may not look similar to mine, whether due to a circumstance or a truly difficult course load, this is how I was able to get back on track.

I came to the realization that I was using up all my strength to muster through my mental health. In these types of situations, professional insight and help are necessary. My therapist and I have been able to work through so many issues, to the point where I feel so relieved to have that weekly appointment. They say that the hardest point of going to a therapist is *starting* and I can absolutely confirm this, but it goes uphill from there as you are willing to admit you need help. NSU offers Henderson counseling sessions for free in both the University Park Plaza (UPP) and in the Rosenthal Student Center.

Sometimes, therapy is not enough. My

best treatment plan is a mixture of therapy, meditation and medication. The thought of taking medication originally scared me so much that I delayed taking any for one whole month, but taking a small dose has helped give me a boost of serotonin that I never knew could be possible. It's definitely a part of the reason why I am in a better situation now. As always, please consult with a doctor or psychiatrist before taking any antidepressants or anti-anxiety medication. Henderson offers psychiatric services at a discounted or free rate as well.

If you're going through something that has a diagnosis, consult Student Disability Services (in the Rosenthal Student Center) for academic accommodations and come up with a plan that will help you succeed. By providing documentation for a chronic issue, it will help to make sure that you have a cushion for those times where a situation spontaneously causes you to miss assignments or projects. This can also be a great intermediary to keeping your privacy as Student Disability Services will tell your professors they must honor keeping a dialogue with you about accommodations. For

me, there have been times where I outright told professors about my diagnoses or hinted at them and have faced judgment. Prior to my time at NSU, I was in college for my associate degree. In that time, I had professors who handed my accommodation letter to other students to justify why they could not sit in a certain seat. Other scenarios were harsh stares, like a blank "I do not care" or "you just shared way too much information." Regardless, I have had a slew of professors who judge my situation or still tell me "to just get the work done." Professors are human too and, as sad as it is, are not required to be empathetic. The conversations you have with professors should only revolve around discussing expectations for the course. Let Disability Services fight your battles.

Besides needing to seek out help, I was extremely disorganized. Sometimes planners can get very restrictive in terms of layout and design. My saving grace this past semester was using a bullet journal. I know it's a super trendy thing to do, but that wasn't my motivation. After watching the Ted Talk with Ryder Carroll, who developed the process to help organize his

ADHD mind, it redefined the process for me. It's not about aesthetic doodles, it's about minimal efficiency to just help sort through the mental clutter. For me, I just use a thick notebook from Marshall's that was \$5, highlighters and pens — nothing fancy.

While I can't guarantee that this process will cure you and your scholastic woes, I can tell you that in the Fall 2019 semester, I earned an A and in the rest of my courses, B's. My productivity level and inner sense of success rose. Not to mention, I feel happy in that cozy, contented way that I've longed for years to feel. There is no shame in reaching out and getting help, and I am so glad that I did.

Contact Henderson Counseling Services at (954)-424-6911.  
Contact Student Disability Services at (954)-262-7185.



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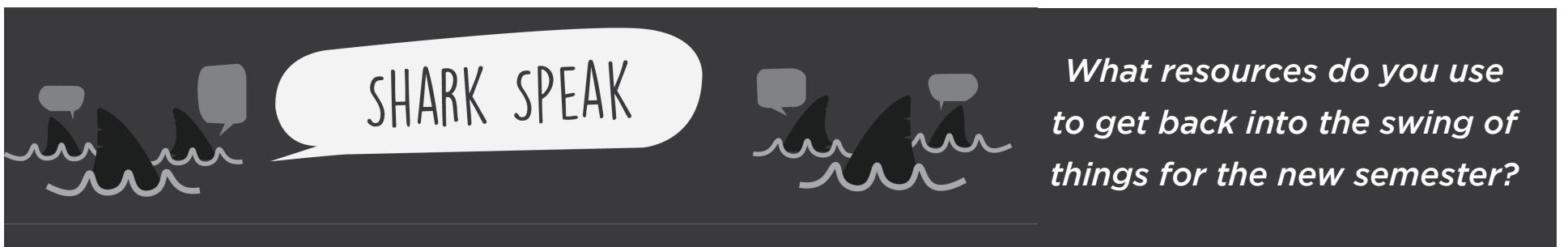
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**SHARK SPEAK**

*What resources do you use to get back into the swing of things for the new semester?*



"I use study groups and I make sure I read my textbooks a lot."

**-Jonah Hunt, freshman public health major.**



"I normally go to the library and my friends and I make study groups, as well as having a routine that I follow daily."

**-Angelique Benda, freshman management major.**



"I'm trying to just keep on top of the work and make a schedule; it also helps to have contacts in my classes so that way, if we need to talk, we can."

**-Sarah Schildkraut, freshman marine biology major.**



"This semester, I'm really trying to bounce back so I've lowered my course load to four classes, and with that extra time, I'm going over my notes and actually reading the books."

**-Sejul Phanord, sophomore engineering major.**



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