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## The Current Volume 30 : Issue 15

Nova Southeastern University

# 2020

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## 2020 Leadership conference

By: **Cameron Pritchett**  
*Sports Editor*

“Leadership: Know the way, go the way, show the way.” That is the theme for this year’s annual Leadership Conference held on Feb. 22 from 9 a.m. - 4 p.m. in the Carl DeSantis Building.

This conference will give interested undergraduate students the opportunity to brush up on and improve their communication and presentation skills, become more impactful leaders on campus and acquire new tips and tricks to overall becoming a better leader.

In addition, the conference will have four

key focuses: “group development, personal and professional growth, communication and interpersonal interaction and diversity and global awareness,” said Elyse Rosen, graduate assistant for special events and projects in the Office of Campus Life and Student Engagement. Presenters are expected to build their presentations around these themes. In addition to these features, attendees will also “learn different leadership techniques, qualities [they] can have, and gaining better networking abilities,” according to Rosen.

The conference will kick off at 9 a.m. starting with a keynote speaker presentation, followed by four different breakout sessions throughout the day. Additionally, lunch will be served to all attendees.

In order for undergraduate students to present, they must collaborate with either a graduate assistant, professional staff member or professor. If this requirement is met, there are still some qualities that presenters are expected to have.

“We’re looking for presenters that are

engaging, but also passionate about what they’re presenting about because we feel like the audience gets the most from someone who is interested in what they are talking about,” said Rosen.

Attendees will have a choice for which breakout session(s) they want to attend. The conference puts an emphasis on acknowledging that leaders are not necessarily just the ones speaking; they are the ones listening and working together to improve NSU.

## 2020 Chronic Illness Case Competition

By: **Alexander Martinie**  
*Opinions Editor*

An informational meeting for the 2020 Chronic Illness Case Competition, presented by the Office of Career Development and the Dr. Kiran. C. Patel College of Osteopathic Medicine, will be held on Thursday, Jan. 23 at 12:30 p.m. During this competition, teams will work on building a strategy to treat a patient’s chronic illness as well as to promote patient wellness.

According to Olivia Fogel, an ExEL and career advisor at the Office of Career Development, “We are encouraging students in the pre-medicine, pre-health and nutrition departments to solve a case that we provide to them. This [case] happens to be a scenario

about a young woman who is suffering from type two diabetes, and the teams will have to conduct research and write a synopsis on that research. If they are selected, the top three [teams] will get to present to nutrition faculty, who will then choose first, second and third place.” Competitors, in teams of up to two students, will conduct research in order to present a treatment plan for the patient. Students who compete are able to take either allopathic or osteopathic approaches to solve the problem. The proposal based on the student’s research should be approximately six pages, according to the Office of Career Development. Every competitor will receive one ExEL credit, as

well as the top three teams receiving monetary prizes. The prize for first place is \$150.

“With this case competition, if students are interested in pursuing a [career in a] pre-health area, whether that is in nutrition or public health or medicine, it is not enough to just get some grades and get good MCAT scores to go to medical school. You need to show that you can actually apply your knowledge and I think this is an interesting way of doing it.”

Team proposals are due by 11 p.m. on March 22. Students that are interested in competing in the 2020 Chronic Illness Case Competition should attend the meeting on Jan. 23 or contact the Office of Career Development

for more information. As of now, the meeting will be held in the Career Office in the Carl DeSantis Building in room 1042. The location may change due to availability and student interest. For further updates, please visit the Office of Career Development’s Handshake page. Students who are unable to make the meeting will have the opportunity to watch the meeting virtually after it has finished. To sign up for a team for the competition, please email Olivia Fogel at [of107@nova.edu](mailto:of107@nova.edu) or Emilio Lorenzo at [el541@nova.edu](mailto:el541@nova.edu).

## Letter from the Editors



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Christina McLaughlin, at left, and Madelyn Rinka, at right, have been co-editors-in-chief since 2018.

### Hey Sharks,

Welcome back to NSU! Whether you stayed in sunny Fort Lauderdale or you flew home, get ready to brave this brutal Florida winter and break out your warm jackets (just kidding). But truthfully, we hope you had a great time off and got some well deserved rest.

There's so much to look forward to during second semester: CommunityFest, the Undergraduate Student Symposium, the STUEYs, the Winter Involvement Fair and plenty of other events! We're so excited to cover all of these fantastic events and more in our upcoming issues — and that's where you (yes, you!) come in.

The Current is a student run newspaper: our articles are written by students for the NSU community — namely for our fellow students. We want to hear you in our pages. If you want to get involved with the newspaper, either by writing a piece or two (or three or four), being interviewed for an article or just want to voice your thoughts and opinions, we're here for you to do so.

Stay caught up with The Current by following us on Instagram @thecurrentnsu or coming out to our weekly Tuesday meetings (check out our Insta for details) to grab some free food and let us know what you want to see in the paper. After all, we wouldn't be us without you!

Best of luck this semester,  
Madelyn & Christina

## The Current

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Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

## News Briefs

### get the scoop on events happening on campus

#### Winter Involvement Fair

NSU's winter Week of Welcome event for the 2020 academic year is this upcoming week and concludes on Jan. 12. The winter Week of Welcome mirrors the fall version, but with all new events, fairs and activities occurring throughout the week. Whether you are a new student or a returnee, there are events for everyone. Some notable events include the Get the Scoop with SGA held by the Undergraduate Student Government Association in the Don Taft University Center Spine at 11:30 a.m. on Jan. 8, as well as the Winter Involvement Fair in the Don Taft University Center on Jan. 10 at 11:30 a.m. Additionally, there will be basketball games, S.O.S trips and Friday Night Flights happening during this semester's Week of Welcome. Students can find the full list of events online at [nova.edu/wow](http://nova.edu/wow)

#### Chinese New Year at NSU

The Alvin Sherman Library will hold its Annual Chinese New Year on Jan. 19 from 2:30-4 p.m. at the Performance Theatre in the Don Taft University Center. The celebration will be highlighted by song, dance and music from the Chinese Performing Arts Group of South Florida. The 24 member group is well known throughout the South Florida area and are sharing their performance with NSU this Chinese New Year. The event is free to the public and on a first come, first-served basis with limited seating.

#### Library writing workshops

Every Saturday starting on Jan. 11 and running through Feb. 2, there will be writing workshops held in room 4009 of the Alvin Sherman Library. The workshops will be from 2 - 3:30 p.m. and feature varying topics in writing with a diverse cast of

presenters. Such topics include Understanding Point of View with Victoria Landis on Jan. 11, which is an interactive workshop to enhance characters and point of view in attendees' writing. Anyone interested in attending the workshops can find out more online, as well as RSVP at [lib.nova.edu/writers](http://lib.nova.edu/writers).

#### Golf in the library

The Alvin Sherman Library will be holding an event featuring a miniature golf course inside the library. The 18-hole course will have a theme featuring children's classic books, including but not limited to books like Harry Potter, Oz the Great & Powerful and even Jumanji. The event takes place on Jan 10, from 4 - 8 p.m. and will cost attendees \$5 admission. NSU faculty, staff and students interested in attending should RSVP online at the Alvin Sherman Library website.



**global news,  
courtesy of  
the current**

**Zoo fire in Germany kills dozens of animals**

After midnight on New Year's Day, a fire started at the Krefeld Zoo in Germany killing at least 30 animals. Local officials stated that the fire burned down the monkey enclosure and may have been caused by flying lanterns. The zoo wrote on their Facebook page that two apes, "chimpanzees Bally and Limbo miraculously survived the devastating fire." According to Karin Kretzer, a spokeswoman for the North Rhine-Westphalia Police Force in Krefeld, flying lanterns are forbidden in Germany, yet are sometimes used in New Year's Eve celebrations. Three lanterns have been found near the scene of the fire.

**Tuberculosis vaccine made more powerful through new injection method**

While running tests on primates, researchers made an unusual discovery in regards to vaccinations for tuberculosis. On Wednesday, Jan. 1, scientists from the University of Pittsburgh and the National Institute of Allergy and Infectious Diseases found that nine out of 10 monkeys exposed to large doses of live tuberculosis germs were protected when vaccinated by injection into

a vein rather than injection under the skin. The New York Times stated that "several tuberculosis experts not involved in the study said they were impressed by the results, although they warned that much more testing of the idea's safety and practicality remains to be done."

**Hong Kong protesters return to the streets**

After nearly a month of quiet, protesters returned to the streets of Hong Kong on Wednesday, Jan. 1 continuing the protest of the Fugitive Offenders amendment bill introduced by the Hong Kong government. According to The New York Times, "A peaceful New Year's Day march descended within a few hours into violent clashes. Riot officers deployed water cannons and pepper spray [while] protesters built barricades out of umbrellas and paving stones [vandalizing] at least two branches of [HSBC,] a leading bank in the city." Xi Jinping, China's top leader, has permitted a degree of public protest in Hong Kong and in his New Year's Day address stated, "Hong Kong's prosperity and stability is the wish of Hong Kong compatriots and the expectation for the people of the motherland."

News  Anchor

Stay up to date with national events.

**Coast Guard ends search after 20 hours**

Following 20 hours of searching a 1,400 square mile area, the U.S. Coast Guard suspended the search for five people that went missing after a fishing boat sank off the coast of Alaska on New Year's Eve. Rear Adm. Matthew Bell told the New York Times, "The decision to suspend an active search and rescue case is never easy, and it's only made after careful consideration of a myriad of factors." Only two of the five people on the boat were rescued. The last known location of the ship was less than 200 miles southwest of Air Station Kodiak.

**Unidentified drones found flying over Colorado and Nebraska**

Local sheriff's departments in both Colorado and Nebraska have reported instances of "Large drones with blinking lights and wingspans of up to six feet flying over rural towns and open fields," according to The New York Times. While these drone flights are completely legal in both states, their mysterious nature has unnerved residents. The Federal Aviation Administration has proposed regulation that would require drones to be easily identified with the administration currently investigating these reports. The sheriff of Yuma County, Colorado, Todd Combs, claimed that, based on the footage seen, the drones do not encroach more than 150 feet from people or buildings.

**Harvard Ethnic Studies Coalition protest school's treatment of ethnic studies**

Following Harvard University's decision to deny tenure for Professor Lorgia García Peña, a professor of Latino and Caribbean studies who — according to the New York Times — "devoted time to mentoring students of color." Students have begun protesting the university's treatment of ethnic studies and its use of race-based action during their admissions process. Students have claimed that the university has used their stories in the defense of their affirmative action lawsuit. However, they claim that the university refuses to acknowledge their students outside of this context. Both Peña and representatives from Harvard Admission declined to comment on the protests.

**Following embassy attack more US troops deployed to the Middle East**

Following an attack on the U.S. embassy in Iraq on New Year's Eve, 750 U.S. troops were deployed to the Middle East, with 3,000 more soldiers ready for future deployment in the next few days. In a statement, Mark Esper stated, "This deployment is an appropriate and precautionary action taken in response to increased threat levels against U.S. personnel and facilities, such as we witnessed in Baghdad today."

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# That Time I.... gave a TEDx Talk

By: Sarah Goltsman  
Contributing Writer



Sarah Goltsman was candidly captured as she gave her TEDx Talk,

ALL PHOTOGRAPHS ARE PRINTED WITH PERMISSION FROM S. GOLTSMAN

Sarah Goltsman is a third year speech language and communication disorders major.

In March of 2019, I stood in front of an auditorium full of people and a few cameras and talked about everything that scared me. I talked about my insecurities, my embarrassing moments and my lowest lows. While baring my soul to strangers isn't typically my ideal Saturday afternoon, having the opportunity to give a TEDxTalk at NSU shook off that fear for the 13 minutes I stood on stage.

After about a month of my friend pushing me to submit an application, I finally hit send on my TEDx application on Sept. 30, 2018, barely reaching the submission deadline. Even though giving a TEDx talk had been a dream of mine for years, I was terrified of writing an abstract and having it get rejected. For two weeks, I sat around and hoped. Finally, I got an interview, and just a bit after that, I got the most exciting email I've ever received full of instructions on how to turn my idea into a 10-minute presentation.

From there, I spent four months writing, rewriting and revising my glorified essay. What I struggled with most was moving my tone from academic to something that sounded more like my own voice. Even when I practiced, I told my life story in a way that felt dry and impersonal. The moment I started to hit my stride was in



the two days of practice with the entire group of presenters. Getting their feedback shaped my timing so I could talk slower, and more importantly, sound like myself onstage.

On the day of the TEDxTalk, I got up four hours early because I was too excited — and nervous — to sleep. I was the last presenter of the day, and by far, the most nerve wracking part of the whole process was sitting through three hours of other TEDxTalks just waiting for my turn to give my speech. During the intermission, I was greeted by other presenters who shared with me how the whole experience felt like seconds to them. However, as the day closed, I heard my name announced, felt the spotlight on my face, and after what felt like no time, I sat back down. To date, I have no memory of the 11 minutes of my presentation, and I'm only 90% sure it really happened.

The best part of the whole experience was the conversations I got to have afterward. Making myself so vulnerable in public was enough that people I haven't talked to in years reached out to me to tell me about their own experiences. I was flooded with emails from professors and friends, and was even stopped by a stranger for a picture on the day of the event. I had both of my roommates and a handful of my friends there to support me, and even though I was terrified, I had never felt like I had a stronger community.

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## FINANCIAL FEATURES\$

## Cheap and easy ways to get textbooks

By: Emma Heineman  
Features Editor

Whether you are a biology major, an art major or any major in between, textbooks are an inevitable — and often expensive — burden on college students. When professors decide not to reference the book you were required to purchase, it can leave you thinking. “Why did I even buy or rent this book?” Buying textbooks doesn’t have to be stressful to you or your wallet. Here are a few tips to make sure you are getting the best for your buck.

### Buy them used

One of the easiest ways to pay less for textbooks is to buy them used. There are tons of websites, like abebooks.com and eBay, that sell lightly used materials for cheap. If you’re like me and will most likely never pick up the book after the class is over, buying textbooks used is a great way to make sure you aren’t overspending money on something you aren’t going to use in the future. Buying books rather than renting them also gives you the advantage of being able to sell them when you are done with them.

### Rent them

Although you can’t make money off of rented books, they are another cost-effective way of making sure you are prepared for next semester. Like finding used textbooks, finding textbooks for rent is quick and easy. Popular websites, like Amazon and Chegg, make it simple to find exactly what you are looking for at a fraction of the price. At the end of your rental period, Amazon even provides you with a shipping label, so sending back your textbooks doesn’t cost you anything extra. If you are pressed for time, many websites also offer PDF versions of textbooks that are available for

automatic download as soon as you purchase them.

### Textbook exchange

Regardless of your major, all college students will buy textbooks at least a handful of times during their college career, so why not help each other out. Textbook exchanges are an easy way to sell and find textbooks from students just like you. Online forums and Facebook pages are excellent resources that can help you network with other students, trade textbooks, class materials and advice. Even if you decide not to use an official textbook exchange, finding other students in your major or program who have already taken the classes you are enrolled in can be a valuable resource for acquiring textbooks and an insider’s look into a class.

### NSU Bookstore

For students who decide to forgo alternative methods for purchasing textbooks and prefer to purchase them directly from the NSU bookstore, there is a buyback policy that allows students to get up to 50% cashback for their books at the end of the semester. Books must include all original materials (CDs, workbooks, etc.) and at the time of buyback, valid school ID is required. Finals week is the best time to get the most cash back, so sell early!

When in doubt about how and where to buy your textbooks, consult your friends, peers and professors to help you decide which option is best for you. Hopefully, by using these tricks, navigating the complicated and expensive task of finding textbooks can bring a little less stress to the beginning of the new semester.

## Building a credit score? In this economy?

By: Kelsey Bruce  
Arts & Entertainment Editor

### What is a credit score, even?

A credit score is a number, typically ranging from 300-850, that evaluates how much risk there is in lending a person money based on factors such as payment history, amounts owed, length of credit history, new credit and credit mix. Your score falls into a range that may be considered poor, fair, good or excellent, and the higher the number is, the better your score.

You might not know that you have more than one credit score, but in fact, you have (or will have) several. According to Credit Karma, the two primary scoring models are the Fair Isaac Corporation (FICO) and the VantageScore. FICO was originally founded to create a standardized credit score, and Equifax, Experian and Transunion put together VantageScore Solutions as an alternative. While all of these scores are important, Credit Karma cites FICO as the most common credit reporting agency used by lenders in the U.S.

### Pay the interest on your student loans — now

Student loans are actually good for your credit. According to Experian, student loans are a type of installment loan, or “a loan that you’ll repay with regular payments over a predetermined period.” They are helpful in that they are a different type of credit than credit cards, classified as “revolving accounts,” that are repaid over an indefinite time period. So, they add to your credit mix and boost your score.

However, missing any student loan payments will hurt your credit, and a higher ratio of money owed to money originally borrowed can too. You can decrease the likelihood of these factors hurting your score by paying interest on your unsubsidized federal student loans. Interest rates apply to unsubsidized loans immediately, and the interest snowballs, meaning the interest is calculated based on the new balance owed each time rather than the original amount. Therefore, paying interest not only helps mitigate the risk

of missing future payments due to financial instability, but also decreases how much you will owe in the long run. Because of the nature of this interest, even paying off some of it month by month helps.

### Apply for a secured credit card

To build credit, you have to prove to creditors that you are reliable and to do that, you need to show you can regularly pay off a balance. While it can be tough for college students to be approved for a credit card, there are cards out there designed for building and rebuilding credit. With a secure card, you supply your own credit line through a — usually refundable — deposit. Some secured cards are worse than others in terms of annual fees or minimum deposit required, but NerdWallet has compiled a list of the best secured cards for different purposes: <https://www.nerdwallet.com/best/credit-cards/secured>.

Secured cards function just like a regular credit card in that they report to major credit bureaus. This is great for building your score, but be sure to spend below 30% of your credit line lest you harm it. According to NerdWallet, spending 10% or less is even better.

### One step at a time

While you may be eager to start building credit right away, you should still proceed with caution. Opening a new credit line usually requires a hard inquiry, and your credit score might take a hit. That’s perfectly okay, but if you apply for several credit cards at once in the hopes of getting approved for one, the damage will grow much deeper. That said, make sure you do your research into which card is best for you, and if you don’t get approved for whatever reason, be sure to wait a while before reapplying. For a thorough run-down of other credit mistakes to avoid, check out CNN Money’s Credit Score Killers: [https://money.cnn.com/2010/03/23/pf/credit\\_score\\_killers/](https://money.cnn.com/2010/03/23/pf/credit_score_killers/).

Head to [nsucurrent.nova.edu](https://nsucurrent.nova.edu) for more financial features!

## How to make passive income as a full-time student

By: Flor Ana Mireles  
Copy Editor

As college students, our busy schedules don’t always allow us to additionally take on jobs, but that doesn’t mean we can’t make a little passive income on the side. According to Investopedia, passive income is defined as “earnings derived from a rental property, limited partnership or other enterprises in which a person is not actively involved.” Earning income through a rental property seems less plausible for a college student, but there are many apps and websites that make it easy to make money without putting a lot on your plate.

### Invest

Investing seems intimidating, especially if you have never done it before or don’t have a whole lot of money to begin with, but with the rise of technology, many apps have made investing a walk in the park.

#### Acorns

Acorns is a spare-change investing app that rounds your purchases to the nearest dollar, investing the spare change for your future. It’s a great app for those who want to begin investing but don’t know where to start. With five different portfolio types, ranging from conservative to aggressive, you can select and set aside, making

money hands-off. Acorns also offers Acorns Later for those wanting to begin saving for retirement and other accounts that will benefit you in the long run.

#### Robinhood

For the advanced investor, Robinhood is a free online stock trading app that allows you to invest as much and as little as you want without any recurring fees. While it doesn’t offer the option of opening a retirement account or investing in mutual funds, you can buy and sell individual stocks. Robinhood is easy to use and gives you the full experience of stock brokerage on your phone.

### Create a digital product

For the artist in all of us, selling art is a great way to make some passive income. If you like to make digital art on Adobe Photoshop or Illustrator or draw and want to digitize your art, print-on-demand sites are an easy way to not only get your design out there but make some money while you’re at it.

#### Redbubble

Redbubble is a global online marketplace that allows artists to submit designs and have

them placed on a variety of products ranging from stickers and T-shirts to comforters and shower curtains. Unlike other similar platforms, Redbubble lets you choose the profit margin and prices of your design on products. Since it is a heavily trafficked site, the more designs you upload, the higher your chances are of getting purchases and making more income. However, you do have to wait until you reach \$20 to cash out.

#### Society6

Like Redbubble, Society6 is another platform that allows you to upload your digital art and let passive income flow in. Very user-friendly, Society6 gives you more flexibility on where you want your design placed on products and sizing. It also offers products that are not available on other platforms. Unlike Redbubble, Society6 is less competitive, but does give you predetermined prices, limiting your ability to control how much you want your design to sell for.

### Get cashback

It’s a nice feeling to get some money back on something you had to spend money on anyway. It’s like making a purchase with a

delayed sale price. Here are some apps that offer cashback and are a good avenue for passive income.

#### Ibotta

Ibotta is an app that gives you cashback for everyday purchases ranging from food and drinks to cleaning products. Ibotta is free to download and gives you a \$10 sign-up bonus when you upload your first receipt. It not only lets you decide how you want to cashout — via PayPal or Venmo — but gives you the option of getting gift cards for select retailers like Amazon, Barnes and Noble and eBay instead. If none of those suit your fancy, Ibotta also offers three-months of Apple Music as a payout option.

#### GetUpside

If you have a car, gas is a necessity. GetUpside is an app that gives you cashback for putting gas at select gas stations when you upload your receipt. Unlike other gas cashback apps, when you refer a friend and they sign up, you both get cashback with each other’s receipt uploads. GetUpside is easy to use and lets you choose from a wide variety of gas stations, including the Mobil gas station on University Drive and Griffin Road.

## OFFSHORE CALENDAR

### *NightGarden: A Magical Light Spectacular*

Jan. 7-11 | Various times  
@Fairchild Tropical Botanic  
Gardens | Coral Gables, FL

### *Let's Roam Fort Lauderdale walking tour*

Jan. 8 | 11:30 a.m.  
@Colee Hammock Park | Ft.  
Lauderdale, FL

### *Aladdin: The Musical*

Jan. 9-19 | Various times  
@ Au-Rene Theater at the  
Broward Center for the  
Performing Arts | Fort  
Lauderdale, FL

### *Jurassic World*

Jan. 9-12 | Various times  
@AmericanAirlines Arena |  
Miami, FL

### *Billy Joel*

Jan. 10 | 8 p.m.  
@Hard Rock Live at the  
Seminole Hard Hotel &  
Casino | Hollywood, FL

### *Art Deco Weekend*

Jan. 17-19 | Various times  
@Ocean Drive | Miami  
Beach, FL

### *Celine Dion Courage World Tour*

Jan. 17-18 | 7:30 p.m.  
@AmericanAirlines Arena |  
Miami, FL

### *Ottmar Liebert and Luna Negra*

Jan. 17 | 8 p.m.  
@Amaturo Theater at the  
Broward Center for the  
Performing Arts | Fort  
Lauderdale, FL

### *International Chocolate Festival*

Jan. 25-26 | 9:30 a.m. - 4:30  
p.m.  
@Fairchild Tropical Botanic  
Gardens | Coral Gables, FL

### *Steve Martin & Martin Short*

Jan. 25 | 8 p.m.  
@Hard Rock Live at the  
Seminole Hard Rock Hotel  
and Casino | Hollywood, FL

## Declutter your space, declutter your mind

By: Kelsey Bruce  
Arts & Entertainment Editor

As the New Year begins, you don't want to let remnants of 2019 drag you down. Sometimes, we keep things around out of habit or comfort without any true regard to how they impact our mental and emotional health. For some people, it is especially hard to let go. Here are a few innovative tips to repurpose items that would otherwise only take up space.

### Tear it apart, put it together

If you have any clothes you love the fabric of but hate the design or wish it were a different color, then here is the perfect opportunity to get creative. You can cut the fabric you love to make new pieces via sewing or even repurpose the fabric toward other art projects. If you have many t-shirts that bring back good memories, visit sites like [www.projectrepat.com](http://www.projectrepat.com) or [www.memorystitch.com](http://www.memorystitch.com) to make a blanket out of them.

### Exchange books

Several shops and online services give you the opportunity to trade in old books for new-to-you ones, or offer discounts on purchases. In South Florida, you can visit Kendall Book Exchange or the Book Exchange and Comic Shop in North Palm Beach. While it's a bit of a drive, it allows you to get rid of books that aren't stimulating to you anymore and pick up a brand new experience. If that drive doesn't sound appealing, you can always talk to friends and organize your own book exchange.

### Reorganize then reconsider

While it might seem like a given, reorganizing can sometimes clarify what objects have been collecting dust in a corner, and once you find those, it's probably time to either repurpose or donate them, both of which can be rewarding. While some things are better tossed in

a bin or recycled, you can usually find a purpose for even the smallest of objects, such as using a lone sock to polish your shoes.

### Litmus test for uncertainty

If you come across any items you are unsure of, wrap them loosely in newspaper and put them all in a box. Label them generally with their function if necessary. If within six months you have not thought about the object, you probably don't need it. Then you know you should donate, regift or reconstruct it.

These are just a few ideas to make your surroundings more comfortable to live in. There are plenty of methods for refreshing your environment, so just remember to do what works for you and be grateful for all the things you have and want to keep around.

## New Year Horoscopes

By: Flor Ana Mireles  
Copy Editor



### Capricorn (Dec. 22 - Jan. 19)

Success is in your path this year, especially if you combine the old with the new. Now is the time to focus on goals that are in tune with your ultimate life purpose. Capricorn, you're strong and competent, but soon, you will face the reality that there's only so much you can handle on your own. This is a good time for self-improvement and with a helping hand, you might achieve more than you originally thought. Don't be afraid of change as development and progress are key possibilities this year if you focus on yourself and what's important to you.

### Aquarius (Jan. 20 - Feb. 18)

The new year is filled with many changes and challenges for the rebellious Aquarius. It's time to focus on boundaries and really knowing your limits. While this might sound displeasing, having boundaries and limits might make it easier — not harder — to express your individuality. 2020 is all about self-care, and that's not just about you, but also about how it impacts the ones you love. Grounding and centering yourself right now will make it easier to be mindful when dealing with the ups and downs of life.



### Pisces (Feb. 19 - Mar. 20)

If you feel you lost your mojo in 2019, 2020 is the year to get it back. Pay attention to your intuition and visions as they help you uncover what it is you truly want for the year. As you gain a clearer sense of who you are and who you aren't, remember that if something feels off to you, you have every right to say "no." You're a tough cookie, Pisces, but it's okay to take a breather every once in a while. This will allow you to be brave enough to try out new things in life.

### Aries (Mar. 21 - April 19)

2020 is seemingly a calm year for Aries. While significant change is to come, it will be offset by a lot of stability. Broadening your cultural horizons and achieving professional goals will be made a lot easier with good energy and enthusiasm. The new year also brings an increased need for financial security. Therefore, it's important to discipline yourself on how you handle your spendings and savings. However, don't stress this too much; soon, you will enter a period in which you will attract money, making it easier for you to blend your finances and investments.



### Taurus (April 20 - May 20)

Taurus, you're riding the line between feeling like a brand-new person and feeling like you're living your same old life. With that said, now is the time to take matters into your own hands and bring some real change to your life. You're evolving, and while this may seem disorienting, it's really an exciting time. Be open to suggestions from knowledgeable people and see your finances improve immensely as you take the initiative to be disciplined with your money.



### Gemini (May 21 - June 20)

Growth, good fortune and many opportunities are all lined up for the new year, Gemini. Therefore, make it one of your goals to spark your curiosity as it may help you explore both personal and professional opportunities, keeping you both preoccupied and productive. You will meet a lot of new people this year. Therefore, it's a good time to focus on conserving your energies rather than scattering them. Just remember to keep a healthy balance between work, play and rest.

### Cancer (June 21 - July 22)

Be prepared to learn a lot about yourself through your observations of what others are doing. Being observant will help you solve many of the issues you'll face, taking your emotional intelligence to a whole new level. 2020 is the time to really prioritize both your physical and mental wellness. Therefore, it's important to set ambitious — but realistic — fitness goals and begin meditating, if you don't do so already. You need to be willing to make changes in order to better yourself and now is the time to make those changes.



### Leo (July 23 - Aug. 22)

It's time to explore uncharted waters and discover new horizons. In other words, work hard and play harder, Leo. Doing so will fill you with strong energy, helping you to achieve your dreams. However, it's important to remember to take things slow so you don't burn yourself out. Being reserved will help you to solve your current problems, and while transformation is an intense process, with your willpower and enthusiasm, you'll surely see it through.

### Virgo (Aug. 23 - Sept. 22)

Virgo, it's time to let go of any fears or judgements that are

preventing you from living your life to the fullest. Think twice before making serious commitments as you might catch yourself wanting to make some impulsive decisions. It's time for you to take responsibility for your own happiness by being creative, spontaneous and joyful. Keep in mind your health as new wellness trends are likely to spark your interest, but make sure to get informed before diving right in. 2020 will have you feeling rejuvenated, making it easier to change habits and beliefs that aren't benefiting you.

### Libra (Sept. 23 - Oct. 22)

You tend to be more reserved when it comes to expressing your feelings, but soon you will experience an emotional flood as your true feelings on certain topics emerge. It's time to explore and expand your possibilities, Libra. Therefore, plan a trip, begin a new field of study — or anything else that might capture your imagination. These experiences may be just for fun or with a deeper motive to move your life in a new and different direction. 2020 brings forth many changes as new avenues of self-expression and personal achievement open up for you. With all these opportunities, don't forget to relax and rejuvenate your mind.



### Scorpio (Oct. 23 - Nov. 21)

2020 marks the year you will be motivated to act on life, liberty and the pursuit of happiness. You will feel free of restrictions and limitations as you focus in on new hobbies and improving on your career. It's time to adopt more positive thinking into your life by consciously choosing to view unpleasantness in a different light. Don't deny or repress your emotions, Scorpio. Instead, embrace them, feel them, then let them go. It will make you benefit you in the long run.

### Sagittarius (Nov. 22 - Dec. 21)

Sagittarius, it's time to let go of whatever is weighing you down. While you oftentimes have a habit of taking yourself too seriously, now is the time to lighten up and be more open-minded. Admit to yourself your mistakes. It will create a gateway to clearing past karma and breaking patterns you might not have even realized. Think about what has been bothering you and how you can change it. 2020 is about stepping into your personal power. Take responsibility for the energy you're putting out into the world.



Circle of Friends presents

# SHERMAN'S TEE-OFF

in the library

**“TEE-OFF” for FUN!**

Toto, I have a feeling we’re not in the Alvin Sherman Library anymore....

That’s right, Dorothy. The Alvin Sherman Library will take you on an adventure this January through its 18-hole miniature golf course. Its classic children’s book theme will have you playing rounds with the likes of Harry Potter and the great and powerful Oz. Assemble your team and challenge them to compete for the best score!

**FRIDAY • 01.10.2020, 4 p.m. - 8 p.m.** Shark Night: NSU faculty, staff & students (\$ 5 pp)  
**SATURDAY • 01.11.2020, 6 p.m. - 10 p.m.** Sherman Classic (\$125 pp)  
**SUNDAY • 01.12.2020, 10 a.m. - 4 p.m.** Family Fun Day! (\$5 pp)

**RSVP**  
[lib.nova.edu/minigolf](http://lib.nova.edu/minigolf)  
 or 954-262-4593

Interested in volunteering, email: [Tanja Rodriquez @ trodriguez@nova.edu](mailto:Tanja.Rodriquez@trodriguez@nova.edu)

All proceeds help fund early childhood literacy programs, furniture, technology and research materials.

Circle of Friends for the NSU Alvin Sherman Library is a nonprofit 5013c organization dedicated to supporting the library and its community.

Alvin Sherman Library, Research, and Information Technology Center  
 NOVA SOUTHEASTERN UNIVERSITY



## Color coding your life

By: Madelyn Rinka  
 Co-Editor-in-Chief

A new semester is a great time to try some new habits for staying organized and on top of your school work. Color coding is a great tool to help manage a wide variety of aspects of your life — especially when it comes to college. Whether your New Year’s resolution is to keep your school work in order or you’re simply looking to add a pop of color to your life, follow a few of these color-coded tips and tricks to get a head start on the winter semester.

### School supplies

Ever get to class and realize you have the wrong binder, folder or notebook, leaving that important paper that was due today behind in your room? Many of us have made this mistake — especially when all of our school supplies are the same color. Rather than picking up every black folder or yellow notebook at the office supply store, try to assign a color to each class. That way, you’ll be able to see and associate assignments with specific color, and grab it without having to look inside. Plus, Canvas lets you change the colors of your classes on your dashboard, which you can assign to match your supplies.

### Taking notes

Sure, we all know how to use a highlighter — but why stop at just yellow? Color coding can help you organize notes and prioritize information, if done correctly and in a manner that helps you. One way to color code your notes is by ranking information: highlighting the most crucial information in one color, important notes in another and so forth until you don’t have to highlight some text at all. Or, you can customize your technique to the class. Depending on the content you’re studying, you can assign different

aspects different colors, such as formulas, theories, definitions, references, etc.

### To-do lists

Checking everything off of your daily to-do list and finally getting some time to relax is one of the best feelings, unless you find that assignments keep getting pushed back everyday. If you’re finding that you have issues prioritizing your tasks, try making a color system to let you know what absolutely has to be done. Depending on the assignment, this can look like highlighting the task in green, yellow and then red as you get closer to the date. If it’s something you’ll be working on for multiple days, having the visual warning to let you know you’re getting close to your deadline can help you stay motivated.

### Schedule

College students are usually no stranger to a jam-packed schedule. From classes, work, extracurriculars and more, juggling everything you have to do in a day is no small feat. Unfortunately, having so much to do in a day can also lead to accidentally skipping or missing out on commitments. Instead of writing everything down on a sticky note or the last page of your notebook, try making one schedule, either online or in a spreadsheet, that helps you figure out when you need to be where. You can even print out a blank daily schedule, slide it in a clear plastic paper sleeve, and draw on it with a dry erase marker. Color code every category differently; that way, when quickly glancing at your schedule, you’ll know you absolutely can’t miss your 11 a.m. class, but might be able to skip an optional event afterwards if you need to. Consider even scheduling yourself some free time to help decompress.

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# ATHLETE OF THE WEEK:

## Ian Nieves

By: Christina McLaughlin  
Co-Editor-in-Chief



Ian Nieves is a junior sports recreation and management major and a senior on NSU's track and field team.

### What got you interested in track and field and sprints and hurdles?

I was never interested heavily in the sport and was curious about it since middle school but never took the time to [explore track and field] until my sophomore year of high school. My friends and the coaches are what got me into track and field. I started as a sprinter and a jumper, then

unwillingly, did the hurdling events because I was terrified of them. However, my coach encouraged me to take up hurdling and as I progressed throughout high school, I got much better."

### Who would you say is your biggest inspiration?

"My family, my coaches and my friends. My circle always want me to do better in everything, whether that be academically or sportwise. They inspire me to be great. I don't like to compare myself to other athletes because everyone has

their own [process and issues,] but I'm my biggest inspiration to be honest, to do better for my support group."

### What is your favorite thing about track and field?

"My favorite thing is traveling to different places and the adrenaline of the sport. It's more of an individual sport. There is a focus you need to have for it and that's one of the things I love about it."

### If you could travel back to freshman year, what is some advice that you would give yourself?

"Do not slack off during the workouts. If I slack, it doesn't make me faster. I wish I could have pushed myself a little bit more than I did because freshman year was different from high school. I wish I trusted in the process a little bit more."

### What's something track has taught you that you have taken with you in your daily life?

"Always be confident in what you are doing and to always stay consistent. Track is a very mental sport and you can't let just one race disrupt your whole season. That is what I have taken with me into my life, especially in my academics. One bad grade isn't going to ruin your semester. I try to bring that mindset that I have on the track outside of the track to keep me steady and focused."

### What are some of your hobbies?

"I love reading Harry Potter, that's my number one. I think I have read through the whole series six times. I love listening to music, specifically Beyonce and hip hop. I like to eat and try new foods. I don't have a specific diet [for

track] even though I should. On Disney+, I've been watching "Thats So Raven." It still makes me laugh as a 21-year-old."

### What are your plans after graduation?

"I would love to pursue track as a professional career. I am also thinking about going to grad school. If the professional career doesn't pan out, I would like to work at a baseball stadium. I would want to work in the marketing or equipment room aspect. I used to play baseball and I would like to try it. I also want to try out coaching. I'm just weighing my options out right now and seeing where they take me."

### What are some things people don't understand about being a student-athlete?

"We don't get as many benefits as people may think. We still have to provide for ourselves a little bit more. We don't have a specific [monetary food balance] we can rely on. There is a limit on the amount of gear we can get. People think that we get everything [handed to us,] but we really don't. It's mentally and physically tiring to go to class, try to focus and get good grades while [having to maintain set standards and obligations of our sport]. People also think that most of us are on scholarship, but that is not the case. A lot of us at NSU are not."

Meet more NSU  
student athletes at  
[nsucurrent.nova.edu](http://nsucurrent.nova.edu)



## SPORTS SHORTS

### December recap edition

#### Women's Soccer

Women's Soccer captured the South Region Championship on Dec. 5, routing Embry-Riddle by a score of 2-1. After a 1-1 stalemate at the end of the first half, senior Gaby Moreira found the back of the net with a strike in the 65th minute to open up the scoring 2-1 in the Sharks favor. Their efforts in the regular season paid off as NSU was able to capture the trophy for the first time in team history.

After clinching the South Region Championship on Dec. 5, Women's Soccer went onto play Flagler on Dec. 8 in the Elite Eight. Unfortunately, their efforts were stopped short when they were beaten by a count of 4-0. While this was a sour way for the season to end, Women's Soccer kept their heads up, having ended the season with a program record of 17 wins and capturing their first South Region Championship in program history as well.

#### Men's Basketball

After a bit of a slow first half in which the Sharks saw themselves ahead 47-42, they were able to pick up the pace against Saint Leo on Dec. 7 and win by a score of 92-

77. Only five games into the season, Men's Basketball has set the tone for how they want to play, with commanding victories over their first five opponents.

On an extremely efficient night in which Men's Basketball saw themselves shooting nearly 70% from the field (a school record), the Sharks were able to rout Ave Maria by a score of 134-95 on Dec. 11. Seven players from the Sharks scored in double figures and NSU has now become the top ranked DII school in the country.

After taking their first loss of the season to Rollins on Dec. 14, Men's Basketball came back strong and won two games straight against Cedarville on Dec. 19. They went into the break with a positive mindset after beating 23rd ranked Dominican 108-87 on Dec. 21. The Sharks have found success early on in the season, and will hope this success continues when they get back into the swing of things post-break.

#### Swimming

On Dec. 16, a small group of swimmers were chosen to represent NSU at the 2019 Spartan Invite in Tampa. Junior Emma Sundstedt managed to take first place in the

women's 1000 freestyle, posting a time of 10:01.95 while senior Vincent Lijoi took second for all men in the tournament in the 1000 freestyle with a time of 9:23.62. In addition to Lijoi, Caleb Fell fell to third place, posting a career-best 9:28.74.

Women's Swim traveled to Miami on Dec. 17 to take on DI opponent FIU, but fell short 134-109. While the loss was not what they wanted coming into the competition, many individual competitors stood out. Sophomore Sasha Maslova posted the best individual 100 fly score with a time of 56.46 and junior Jenna Johns also had a solid tournament, taking first in the 50 free. While it was not the result the team wanted, they have been swimming very well this season and will continue to build on their success with performances like these.

#### Women's Basketball

Women's Basketball narrowly defeated Saint Leo on Dec. 7 with a last second putback from redshirt senior Sarah Kelly that saw the Sharks take their first SSC victory of the year. NSU played smashmouth basketball in the third quarter, scoring 28 points propelled by a 15-0 run by the Sharks. They improved their

record to 3-4 on the season and will look to continue their winning ways.

On Dec. 14, Women's Basketball took on the Rollins Tars and their tough defense and were able to take a 66-59 victory. While it was a team effort, junior Hailey Conley had a career game, posting 24 points while hitting six three point shots, shooting 50% from the field. The Sharks shot an efficient 47%, bringing home a victory.

In the Shark Holiday Classic, Women's Basketball did not disappoint, edging out a 70-68 victory over Ohio Dominican. The Sharks and Panthers certainly gave fans an entertaining game, ultimately going neck and neck and down to the wire. It was a nail biter in the fourth quarter, but with just three seconds left on the clock, sophomore Jennifer Rodriguez drove to the hoop and kicked it out to sophomore Makenna Drabick, who found the bottom of the net to seal the 70-68 victory at the buzzer. It was certainly the Sharks most exciting victory of the year and they have quietly had a run of wins in the month of December.



# THIS WEEK IN SPORTS HISTORY



By: Rick Esner  
News Editor

## January 7

### Phil Jackson reaches 900 wins

Phil Jackson, the renowned NBA head coach of the Chicago Bulls for nine years and later head coach of the Los Angeles Lakers for 11 years, won his 900th game in 2007. This feat made Jackson the fastest NBA coach to reach 900 career wins.

## January 8

### Schmidt elected to Hall of Fame

In 1995, Mike Schmidt was elected into Baseball's Hall of Fame. Schmidt was a former MLB third baseman who debuted with the Philadelphia Phillies in 1972 and continued to play with them for 18 more seasons until his retirement in 1989. Schmidt was a twelve-time All-Star and three-time winner of the Most Valuable Player Award. As a hitter, Schmidt compiled 548 home runs and as a fielder, Schmidt won the National League Gold Glove Award 10 times.

## January 9

### Rose banned from the Hall of Fame

Pete Rose, nicknamed Charlie Hustle, is a former MLB player for the Philadelphia Phillies, Montreal Expos and Cincinnati Reds and was

formerly banned from being inducted into the Baseball Hall of Fame in 1991. Throughout his career, Rose won three World Series rings, three batting titles, two Gold Glove Awards, an MVP award and a Rookie of the Year Award; however, in 1989, during his final year as manager for the Cincinnati Reds, he was accused of gambling on games and betting on his own team. In 2004 Rose admitted to the accusations that were put before him.

## January 10

### Jimmy Johnson becomes new head coach for the Dolphins

In 1996, Jimmy Johnson was announced as the new head coach for the Miami Dolphins. Johnson is known in the college coaching career for his time with Oklahoma State University-Stillwater from 1979 to 1983 and the University of Miami from 1984 to 1988. For the NFL he served as the head coach for the Dallas Cowboys from 1989 to 1993 before switching over to Dolphins. Johnson is one of three football coaches to lead teams to both a major college football championship and a Super Bowl victory.

## January 11

### LaFontaine sets record

Pat LaFontaine, an NHL center, set a record

for the New York Islanders, scoring 11 straight goals in 1990. LaFontaine played for exclusively New York teams such as the Islanders, Buffalo Sabers and the Rangers. LaFontaine retired in 1998 due to concussions, but ended up with 468 total goals.

## January 12

### O.J trial starts

In 1995, former NFL Running Back O.J Simpson's infamous trial for the murder of his ex-wife Nicole Brown and another man began. The trial caused buzz not only in the football community, but around the country. Simpson was found not guilty, but later served time in prison in 2008 for armed robbery and kidnapping.

## January 13

### Warriors and Packers set total points record

In 1962, Wilt Chamberlain of the Philadelphia Warriors scored 73 points in a win against the Chicago Packers in a game that ended with a final score of 135-117, which at the time was the most points scored in an NBA regulation game. Chamberlain also holds the record for the most points scored by one player in a game with a score of 100.

## ON DECK

### WOMEN'S BASKETBALL

@Lynn  
Jan. 8 | 5:30 p.m.  
Boca Raton, FL



V.s. Florida Tech  
Jan. 11 | 2:00 p.m.  
Davie, FL

### MEN'S BASKETBALL

@Lynn  
Jan. 8 | 7:30 p.m.  
Boca Raton, FL

V.s. Florida Tech  
Jan. 11 | 4:00 p.m.  
Davie, FL

### WOMEN'S SWIM

V.s. West Chester  
Jan. 10 | 2:00 p.m.  
Davie, FL



@Florida Southern  
Jan. 11 | 11:00 a.m.  
Lakeland, FL

### MEN'S SWIM

V.s. West Chester  
Jan. 10 | 2:00 p.m.  
Davie, FL

@Florida Southern  
Jan. 11 | 11:00 a.m.  
Lakeland, FL

# On The Bench:

## Is the coach always the problem?

By: Christina McLaughlin  
Co-Editor-in-Chief

It's that time of year when the regular season comes to a close and NFL teams hope to make it to the playoffs comes to a bitter end. It's also the time when we see coaches and other team leaders on the chopping block. On Dec. 30, the New York Giants head coach, Pat Shurmur, was fired and left the team looking yet again for a head coach for the third time in five years, leaving a legacy of a 9-23 record during his stay.

The same can be said for the head coach of the Cleveland Browns, Freddie Kitchens, who was relieved from the team on Dec. 29 leaving behind a 6-10 record.

According to an article by SBNation, four head coaches and two general managers have been axed from their respective teams and the teams are looking for worthy replacements.

This isn't uncommon in the NFL. After the regular season, there are some changes in the authoritarians on the team. In fact, there is a term for this phenomenon: "Black Monday," in which teams look at what has transpired during the regular season and decide what to do for the betterment of the team next season in hopes of reaching the playoffs. Now, it's understandable if a team is not doing great that things need to

change and that might mean the one calling the shots and making the hard decisions gets the boot. But, I don't think that should be the knee jerk reaction of the organization.

Take the New York Giants; this is their third time in five years looking for a new coach. Now, how does that saying go? "Fool me once, shame on you; Fool me twice shame on me?" The Giants have been fooled three times now into the belief that the downfall of the organization and the reason for not making it to the playoffs is their coach. But if this is the third time in a row, maybe it's time to look elsewhere.

Yes, the head coach is a large part of the success of a team, but so are the players, the owners, managers, communication, plays and many other aspects. Sometimes, a team might just have a bout of bad luck they can't bounce back from. I'm not saying that it can't be the coach that is the problem, because in some instances, it might be, but it's important to strategize and take a hard look at all the other aspects before throwing in the towel and trying to hire someone completely new who may also not get to the root of the problem.

# OUT OF THE SHARKZONE

caution: your sports news is now leaving NSU

### New Hampshire sports betting shown to be promising one day after its release

According to the New Hampshire state lottery, over 6,000 people registered to bet on sports through the new state system. According to the Associated Press, "The New Hampshire Lottery reported Tuesday night that there were more than 6,000 registered players and more than \$250,000 wagered so far. The lottery said it's seeing a significant number of Massachusetts residents registering and playing in New Hampshire." The state will receive 50% of all betting revenue.

### Ole Miss hires D.J. Durkin as assistant coach

D.J. Durkin, former Maryland football coach, has been hired as an assistant coach for Ole Miss. In 2018, Durkin was fired after the death of a player during offseason conditioning. According to the Associated Press, "The school commissioned an investigation into the culture of the football program under Durkin and the board of regents decided to retain the coach, saying he was 'unfairly blamed for the dysfunction in the athletic department.'" Durkin will join Ole Miss as defensive staff. Along with Durkin,

Ole Miss has also hired Chris Partridge and Joe Jon Finley.

### Stars beat Predators in NHL Winter Classic

In a recent game in the National Hockey League's Winter Classic, the Dallas Stars, under interim coach Rick Bowness, had just made a comeback after beating the Nashville Predators 4-2. All four of the Stars' goals were made in the first eight minutes of the game. The first goal was made by Jason Dickinson at 68 seconds and Tyler Seguin, the Stars center, was put in the All-Star team last week.

### Zion Williamson returns to practice

Following recovery from arthroscopic knee surgery, Zion Williamson has returned for practice with the New Orleans Pelicans. According to coach Alvin Gentry, Williamson had participated in all on-court work at the last practice, but it was not "particularly strenuous," as the Associated Press put it. Williamson is not expected to play in the Pelicans' two-game trip to Sacramento and Utah.



## At least I know that I don't know...

By: Emma Heineman  
Features Editor

Studies show that women significantly lag behind men when it comes to knowledge about cars and how to fix them. This leads many female drivers to feel intimidated and unsure of who to trust with for services. As a young female driver, I have found myself in this predicament more than I'd like to admit.

A few weeks ago, I found myself stuck, waiting for hours on end in the dingy lobby of an auto parts shop... again. Much to my dismay — and the dismay of my bank account — this wasn't the first, second or even third time that I'd been in a similar predicament over the past few months.

When I came to college, I quickly realized that having my own car was A LOT different than always having my dad to rely on when it came to car problems. Having car problems while on my own made me

feel vulnerable and overwhelmed, and I realized that my lack of knowledge was a major contributor to this stress. While many stereotypes are untrue or outdated, the one about women knowing less about car repairs rings true for me at least.

It's stressful and frustrating when mechanics explain problems with my vehicle that I don't understand with words I have never heard. While it's unlikely that I will ever be as well versed in the language of cars as my dad, I think that women should have at least a basic understanding of how cars work. I'm just as guilty of this ignorance as anyone else, but I think if women were more informed, much of the stress of auto shop visits could be alleviated. Self-awareness is the first step towards self-improvement, so I think I'm making progress.



THE CURRENT HAS A NEW MEETING LOCATION

ROSENTHAL 200  
TUESDAYS AT 12:30pm

## New year, new resolutions

### Don't wait for the new year

By: Mario Lorrimer  
Business Manager

As good as New Year's resolutions seem on paper, they have one fundamental flaw; they put you in a mindset that certain conditions need to be met before you can begin achieving your objective. This condition is waiting for the new year to begin. I once read that the hardest part of completing a task is starting it. If I put my goals off until the new year, what's stopping me from pushing it to February, April, August and finally I'm back waiting for the next new year? I have to end this cycle of continuously putting my goals off and start them now. If you want to be better within the next year, start now. Go and learn that new language in your off time, go to the gym and become the healthy person you know you could be and start appreciating where you are now and how far you've come.

If you've made it this far in life, there's still so much more to achieve. Time does not stand still, so why should we? Take a good long look at your goals and plan to achieve them. Once you have your plan, get out there and make things happen. Don't wait; life is happening now.

Once you overcome the hurdle of starting your goal, the next obstacle is sticking to it. In your plan to achieve your goal you should include something that will help keep you focused and encouraged to reach it. This is why New Year's resolutions are not so effective. We get all excited to do them but when the time comes, we give up.

It's difficult not to give up when tackling something hard. Instead of giving up, maybe you could take some time and try to figure out why the task is hard to achieve. If you can understand your goal a bit more, it could help you in the process of achieving it. If you are trying to lose weight and are finding it difficult, maybe visiting a dietitian or nutritionist may help you and give insight into your body type. Once you understand yourself more, you're able to do more targeted workouts and achieve your goal more easily.

There are many conditions that affect our ability to achieve our goal. In order to overcome these obstacles, we need to be flexible and understanding. The key is to never give up. I suggest rewriting your goals on paper and write down the reasons why you can't achieve them. Then, go over each reason and come up with solutions.

New Year's resolutions tend to be spur of the moment decisions and have no substance to them. It's better to have goals in mind and carefully plan a way to achieve them. Remember, your goal can only be achieved by you. The idea behind New Year's resolutions should be forgotten and we should just continuously encourage each other to achieve our goals. Forget waiting and forget all the lies businesses try to sell you. Start your goal on your terms with a plan.

### Make a resolution to stop judging people who make resolutions

By: Kelsey Bruce  
Arts & Entertainment Editor

It's 2020! Time to finally hit the gym, start meditating, get back into art — wait. Stop and think. If while reading that sentence, you immediately started to think something along the lines of "Ugh, I hate the New Year's resolution people," or "That's so annoying. If you want to change, you'd change before January," or "Yeah right, you won't make it to February," then you are part of the problem, and you should make it your New Year's resolution to stop judging people.

Seriously, change is difficult, and especially when it comes to things like diet or exercise, it can be hard to find the time and extra energy to change your habits when you're in the middle of working on several big projects or visiting your family whose favorite food is carbs. People tend to try to change habits around the new year because they've gotten a small breather from the everyday structure of their lives, so when it's time to jump back in, it's a lot easier to start new healthier habits.

Everyone has different priorities, so for some, this might look like starting the gym every other day once they fly back home, and for others, it could be getting into the habit of sketching and painting every day after a

certain class or after work. Either way, there's a difference between starting up something new while your life will go through routine changes regardless — like during the new year — and starting up something new on a random Tuesday in the middle of a difficult semester. If you're a person that can start something on a Tuesday, great. Not everyone is. Some people have less time and resources than others and you shouldn't give those people any flak for waiting a month or two when they can put effort into their goals alongside someone else for support.

Of course, it's rational to say self-improvement should be an on-going process. It's also completely logical to say someone shouldn't wait until the new year to be a better person if they are currently indulging in actions that hurt themselves or others directly. But New Year's resolutions are usually less focused on being a bare minimum decent human being and more focused on taking steps to becoming your ideal version of yourself. So next time you see a new person at your gym, yoga studio, library, volunteer organization or anywhere else people might end up when 2020 starts, try encouraging them to hang in there instead of criticizing them as if they are an imposter in public space.

Visit [sutv.nova.edu](http://sutv.nova.edu) for access to shows and movies **before** they hit Netflix or Redbox!



## Face off: Do college students have time to leisurely read?

### There's always time to read

By: Rick Esner  
News Editor

Listen, I get it. Being a college student is time-consuming. Students have their classwork, jobs, volunteering and whatever else they are doing to be successful in their academic career. However, at the end of the day, reading for pleasure is considered entertainment. If you have time to binge-watch an entire season of *Victorious* on Netflix, then you have time to pick up a book to read, even if it is just a page or two. People just like to use the excuse that they don't have time, but in reality, they are just too underdetermined to mentally stimulate their mind when they are not required to. If it is not a matter of being determined or not, then it is a completely conscious choice in deciding not to read and instead fill your time with another activity.

It could be as simple as reading for 10 minutes before bed as a person does not have to commit hours of their time to experience this form of entertainment. If a person really wants to read a book for fun, they are going to do it in whatever free time they can muster up. It is not a matter of whether there is enough time in a day to read, but whether a person chooses to read with their time. In the end, it is simply a matter of choice. You choose whether you want to read in your time or not. Time does not dictate your choices, you do. With that being said, if you want, in your next available free time, pick up a book you have been meaning to read and enjoy some personal entertainment.

Share Rick's enthusiasm for reading?

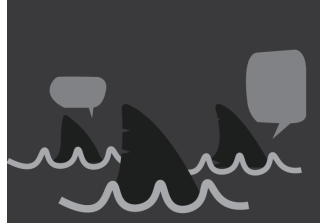
Head to [nsucurrent.nova.edu](http://nsucurrent.nova.edu) for more articles!

### Too busy to read

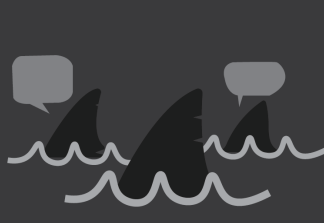
By: Kelsey Bruce  
Arts & Entertainment Editor

I have a bone to pick with whoever decided a day should only have 24 hours. As a college student, I have to find time to eat, maintain my emotional and social health, do homework for 15 credit hours of classes, work a part-time job and get at least three hours of sleep. These are all non-negotiables. I also hold a couple of volunteer positions that don't take too much time, but I sure do have to put energy into them regularly. Some people have even less time than I do, being in leadership positions for multiple organizations or having to work full-time to support themselves.

On top of all this, I'm expected to muster up the extra energy to read for pleasure, or I'm lazy. Don't get me wrong, I love a good book. I also love spending hours upon hours finding out where a plot twist will go or whether the character I adore will be okay. It's not fulfilling to read a book chapter by chapter because when I read, I want to be able to dedicate all of my energy into the novel. Had I read my last leisure reading part by part — "*Eleanor Oliphant is Completely Fine*" my new favorite novel — I simply would not have had as profound an experience. I would not have felt as connected to the characters or had as much time to reflect on the lessons the protagonist and I learned alongside each other, and even if I had, I really wouldn't want to split up my emotional energy to handle crying over a book and crying over the impact my GPA will have over future opportunities. There are things I like to do in my small amount of free time, whether it's an episode or two of a mindless T.V. show to recharge or working on a watercolor layer by layer, but leisure reading is too deep and intense emotional experience for me to work into 10 minutes before bedtime.



## SHARK SPEAK



*What would you like to see more of in The Current this semester?*



"Maybe some stories on Greek Life. Maybe a joke of the day or of the week."

**-Chyna Marcelo, freshman general studies major.**



"I'd love to see more local news just because I am so out of touch and I'm super politically active so I love reading that. I did actually see an article about Harvey Weinstein and I was like, 'amazing. I love it,'"

**-Nimmi Mathews, sophomore biology and neuroscience major.**



"It'd be cool if [The Current] had some [pieces] included from Digressions. I'd be more inclined to read it."

**-Erika Medina, freshman psychology major.**



"Learning about new things being offered on campus [and] tips to do well on tests. Just strategies to help us academically succeed, and maybe even go beyond that. Overall, mental wellness, physical wellness, basically how to succeed beyond getting good grades and taking care of yourself. [I'd like to see more articles that focus on] how to have the mental fortitude to do well and if something doesn't go right, [then how to do] damage control."

**- Alexandra Lens, freshman biology major.**



"I would like to stay informed on today's politics [and] what's going on around the world. Politics would be a good thing to see what's happening in today's society. [Also,] entertainment; the world loves entertainment [and] school is kind of hard already, so you get a bit of ease [and] you get enthusiastic reading about everybody else's life."

**- Osner Valmeus, first-year grad student in the College of Pharmacy**

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