
The Current

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Nova Southeastern University

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Shark Cage Integrating with the Business Academy

By: Rick Esner
News Editor

NSU is making the final adjustments in combining the two major business programs housed in the Huizenga College of Business: the Razor's Edge Shark Cage program and the Huizenga Business Innovation Academy. While both programs have major similarities, for instance, the same academic program where students can receive their bachelor's and master's degrees within four years, there are some notable differences affecting the integration.

The Shark Cage program aims to enhance students' experiences as they serve as CEOs and lead Huizenga Business Innovation Academy students, in creating and operating an on-campus business. A major similarity of both programs is that students receive a loan of \$20,000 from NSU to seed a business start-up upon graduation. With these differences and similarities in mind the Shark Cage program is already in the works of being integrated into the Business Innovation Academy.

The senior, junior and sophomore classes of the Shark Cage program are staying relatively unchanged in the integration project. Shark Cage's experiential learning aspect lies

within students running their own business as a single entrepreneur, this responsibility of the upperclassman is unaffected in the merge. The only uncertainty for the Shark Cage program falls within the freshman class of 2023 and their role both within Shark Cage and the Business Innovation Academy. While the freshman class were originally told that they too would be running their own business by their junior year, the new integration looks to prevent an elitism in students that may be formed due to this promise.

Monica Paneque, program director of the Business Innovation Academy, stated, "This year's class having the dual role of Shark Cage and academy put this hierarchy in place that we haven't worked out yet."

Andrew Rosman, dean of the J. Wayne Huizenga College of Business and Entrepreneurship, after stepping into the position in September, saw a disconnect between the two programs and the university. With the integration of the two programs, Rosman said that he aimed to eliminate the disconnect and foster a more flourishing relationship between the students and the

Business Innovation Academy.

"To have two different programs that had essentially two different identities to the point where the students wore different insignia shirts and jackets, to create two different brands for essentially the same thing and then foster competition between the two just did not seem to be healthy," said Rosman.

Rosman added how he had a number of meetings with faculty and staff, as well as, visited the businesses in Mako Hall and came to the conclusion that having the two programs, in his own words, was inefficient and divisive. Additionally, with Shark Preview weekends starting early in the winter semester, Rosman had less than ideal time.

"Because we were entering a period of having to recruit new students, that really kind of shortened the runway for when decisions had to be made," explained Rosman.

Two weeks ago, the college held a town hall meeting for students in both programs explaining the decision, as well as opening up the discussion to students involved. At the meeting, the goal was to stress how any students currently involved in the program

would face no changes.

Rosman expressed, "If you're currently in the program, your life is going to go on unaffected by the changes we are proposing for students coming in the fall of 2021."

According to Paneque, the distribution of students accepted into the programs will alter slightly. Instead of 80 students split between both the Shark Cage and Innovation Academy, all 80 students will be accepted solely into the Innovation Academy.

Rosman and Paneque look forward to the benefits that this integration will provide. Rosman mentioned how they are looking to provide a viable and robust business program within the college, which they believe can be achieved through the merger of the two programs. Rosman also believes this merger will benefit the community outside of NSU, affecting the Broward county area with the ability to grow business on campus.

Rosman concluded, "To create an entrepreneurial ecosystem, you can't be doing a lot of little things independently, you have to think about this comprehensively."

NSU supports mental health concerns in local communities

By: Christina McLaughlin
Co-Editor-in-Chief

Nicole Cook, an associate professor in the Dr. Kiran C. Patel College of Osteopathic Medicine, alongside collaborative partners of Broward County Public Schools, Children's Services Council and Broward Behavioral Health Coalition, received a \$300,000 grant from the Florida Blue Foundation to support the local communities that face care barriers for matters of mental health.

Cook is a public health professional who, for the past 20 years, has worked with vulnerable communities and populations that face access-to-care barriers. Cook attempted to figure out how to improve access for families and individuals that bare the brunt of these disparities. For Cook, her passion for public health grew from how her family and community were affected by the shooting at

Marjory Stoneman Douglas High School in Parkland, FL in February 2018.

"I used my background to help support resilience services and access to care in the community and that is when I noticed that it was hard to disseminate information or education to those with English as a second language and other similar cultural and community disparities," Cook said. "In the U.S., we know that 31.5% of children feel helpless or have expressed feeling helpless for a period of time. We have a national epidemic going on and we also know from the data that within non-white traditional communities that stigma could be even greater."

NSU plans to invite and involve these community members to help them figure out what works for them and how they want

their messaging and education on the topics. Cook explained that they hope to accomplish this goal by forming parent committees made up of parents with children in the school district and have them share their unique cultural experiences that may impact mental health education and disparities. This type of engagement in the conversation of mental health may help to reach an end goal: to find the best way to provide for each specific community by bridging the gap that currently stands.

By working alongside the partners in this grant that are already involved in these communities, the collaborators hope that this grant and it's actions can act as an additional component to these resources and augment and support these services through this perspective.

An important component of this integration is to ensure that the findings and conversations from these committees can support the development of the educational content and highlight topics the community feels comfortable speaking about in a way that touches upon the importance of wellness in the mental health conversation.

"We want to provide [these communities] the information they need in digestible formats so that they have the building blocks to at least ask the right questions and have the ability to access the resources they need. Ideally, we want to spark a culture change. That is our ultimate goal and although it is lofty, but we have to start somewhere," said Cook.



global news, courtesy of the current

Deadly winter storm hits Spain

Since last weekend, a winter storm in Spain has created deadly waves and snowfall across the country, according to The New York Times. There has already been damage to Spanish roads, farmlands, bridges and other infrastructure as the storm continues to barrel northward into France, where severe weather alerts have been sounded. At least 10 people have died as a result of the storm, and thousands of people are still experiencing dangerous conditions.

Coronavirus continues to spread

The infectious Coronavirus has continued to spread outwards from Wuhan, China. More than 600 people have been infected by the illness. Recently, in a city 600 miles north of Wuhan called Hebei, the first person outside of where the illness originated has died, according to The New York Times. Wuhan has been effectively put on lockdown in an attempt to limit the spread of the illness — although it has already been reported in areas across Asia. Residents have growing concerns pertaining to the efficacy of treating patients and the potential under-reporting of cases.

World leaders join to remember the Holocaust

World leaders gathered in Jerusalem on Jan. 23 to remember the Holocaust and speak out against modern anti-Semitism 75 years after the tragedy. The meeting was held at Yad Vashem, a memorial site for Holocaust victims. Leaders from the

U.S., Britain, France, Russia and more gave speeches about the world's current state of tension, warned about escalations and the potential for history to repeat itself, according to The Washington Post.

Myanmar ordered to protect Rohingya

After over 730,000 Rohingya fled Myanmar in 2017, the International Court of Justice ordered the nation to put forth more effort to protect against the genocide of this population, according to Reuters. The United Nations determined that the original acts had "genocidal intent." The Muslim Rohingya population was forced to leave Myanmar, where they faced pressures from the Buddhist-majority in the nation. Refugees largely fled to Bangladesh, where they remained in camps.

Doomsday clock ticks towards midnight

The Bulletin of the Atomic Scientists' (BAS) Doomsday Clock, a symbol of how close the world is to "annihilation," was moved to 100 seconds before midnight. The BAS explained that this was a result of the threat of cyber-based disinformation and climate change, according to the BBC. The clock began in 1947 as a caution against nuclear actions, and has moved towards and away from midnight (annihilation) since. However, this is the closest the hands have been moved to 12, even after the U.S.'s testing of the hydrogen bomb and the Soviet's first nuclear test in 1953 and 1949, respectively.

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News Anchor

Stay up to date with national events.

The National Weather Service issues a "a falling iguana" forecast in South Florida

On Tuesday, the National Weather Service took to Twitter about recent cold temperatures stating, "this isn't something we usually forecast, but don't be surprised if you see iguanas falling from the trees tonight as lows drop into the 30s and 40s. Iguanas are cold-blooded. They slow down or become immobile when [temperatures] drop." While the Florida Fish and Wildlife Conservation Commission states that iguanas are an invasive species, they are protected by the anti-cruelty law and should not be disturbed from their frozen slumber.

Former Oklahoma zookeeper sentenced to 22 years in prison

Joseph Maldonado-Passage, also known as Joe Exotic and the former owner of G.W. Exotic Animal Park in Wynnewood, Okla., was sentenced on Wednesday to 22 years in federal prison

for two counts of murder-for-hire, eight counts of falsifying wildlife records and nine counts of violating the Endangered Species Act. According to the Justice Department, Maldonado-Passage hired two hit men — on separate occasions — to go to Florida and kill Carole Baskin, an animal-rights activist and owner of Big Cat Rescue, a nonprofit big cat sanctuary in Citrus Park, FL, for criticizing his zoo's treatment of animals. Kitty Block, the chief executive of the Humane Society, stated that "it is a comfort to us to know that a man who caused all of that suffering and cruelty has been charged for his crimes."

Autopsy shows Juice WRLD's death was an accidental overdose

On Wednesday, the Cook County Medical Examiner's Office in Chicago, IL ruled 21-year-old Jarad A. Higgins's death, widely known as Juice WRLD, was caused by oxycodone and codeine toxicity. Higgins, who died on Dec. 8, 2019, was subject to a drug raid at Midway Airport

where he had convulsions and authorities found 70 pounds of marijuana, six bottles of liquid prescription codeine cough syrup and three firearms, including two nine-millimeter pistols and a .40-caliber pistol with metal-piercing bullets and a high-capacity ammunition magazine.

Pope Francis announces Archbishop Chaput of Philadelphia's retirement

On Thursday, Pope Francis announced the retirement of Archbishop Charles J. Chaput, who had been appointed by Pope Benedict XVI in 2011 and is one of the country's most prominent conservative archbishops. Francis has now appointed the role to Bishop Nelson J. Perez of Cleveland, a former Philadelphian and relative newcomer to the national scene. Chaput, despite having been at odds with Francis over their views, wrote on his Facebook page that Perez "is already known and loved by our priests and people... I cannot think of a better successor to lead this Archdiocese."

News Briefs

get the scoop on events
happening on campus

NSU law health care policy discussion

On Feb. 18, NSU's Shepard Broad College of Law will host a discussion on health care policy. The event will be held from 6:30-8 p.m. in the Shepard Broad College of Law Panza Maurer Law Library. The discussion is open to the NSU community and will focus on issues of private and public health law, which are likely to be key issues in the upcoming election. The event will feature James G. Hodge, Jr., the Peter Kiewit Foundation Professor of Law at the Sandra Day O'Connor College of Law at Arizona State University. The event will also be moderated by Kathy Cerminara, professor of law at NSU Shepard Broad College of Law. To RSVP, visit <https://www.law.nova.edu/alumni/healthcarepolicy.html>.

Circle of Friends presents The Heart of Sex

On Feb. 13, The Circle of Friends will present *The Heart of Sex*, a presentation by special guests, Shelley Green and Douglas G. Flemons. Green and Flemons will share insights regarding desire and love, drawing from 30 years of seeing couples and their personal relationships in their clinical practice and the practice being a couple themselves. There will be a reception at 5:30 p.m. in the Alvin Sherman Library second

floor, room 2053 that is complimentary for Circle of Friends Members and \$20 for non-members. The presentation will begin at 7 p.m. in the Cortilla gallery and is free and open to the public. The deadline to RSVP for the event is Feb. 7. To sign up, visit lib.nova.edu/heart.

Senior Showcase art exhibition opening reception

The NSU Department of Performing and Visual Arts will begin their Senior Showcase with an opening reception in the performance theatre lobby of the Don Taft University Center from 5- 7 p.m on Feb. 19. The event is free and open to the NSU community and will feature a variety of art mediums in graphic design and studio art created by NSU art major seniors. The exhibit will run until March 12th.

CAHSS grad fair

On Jan. 30, the College of Arts, Humanities and Social Sciences will hold a Grad Fair from 11:30 a.m. - 1:30 p.m. in the Don Taft University Center. The event will give students an opportunity to learn about the graduate programs housed in CAHSS, including master's programs, graduate certificate programs and doctoral programs. For more information, students can visit <https://cahss.nova.edu/>.

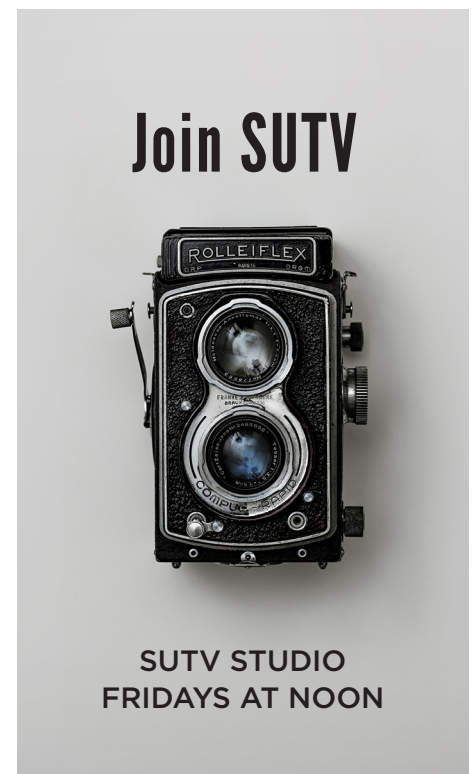


Join RadioX

ROSENTHAL 200
WEDNESDAYS AT NOON



ROSENTHAL 200
TUESDAYS AT 12:30pm



Join SUTV

SUTV STUDIO
FRIDAYS AT NOON



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FROM C. D'ALESSIO

Coffee and Community

By: Emma Heineman
Features Editor

Starting this month, The Office of Student Leadership & Civic Engagement (SLCE) will launch a new service initiative, Coffee and Community, as a way to involve more students in community service opportunities whose schedules may not accommodate traditional weekend or evening service events.

Emily Konicki, a programming assistant with SLCE said, "We really started the opportunity for students who might not be able to come out [to] weekend events or who can't come out to our Service in the City events at night."

The daytime event, Coffee and Community, held monthly at different

locations, will give students the ability to participate in service at a variety of local non-profit organizations around Broward County.

Concetta D'Alessio, the assistant director for SLCE, explained that each service opportunity will leave in the morning with provided coffee, bagels and donuts — thus the name of the event. Additionally, for all events, transportation is provided from Shark Circle to the service location.

D'Alessio said, "Each month is a different social issue, a different time and a different [opportunity] to travel to a new non-profit in the area."

The first event will be held on Jan. 29 at

the Broward County Animal Care and Adoption Division, where students will be assisting at the shelter. On Feb. 12, students will have the opportunity to work with Junior Achievement South Florida volunteering as facilitators in JA BizTown, which teaches 5th grade students financial literacy through experiential education. An additional opportunity will be held in March, with the time and details announced soon.

Konicki explained that the service events are a great way for students to immerse themselves in a field they may be interested in and a great way to diversify both their interests and resumes.

D'Alessio also added, "It's an opportunity to try something new, even if you have done it in the past or if you've never done community service. Come out and try something new... If you don't have a friend to come with you, there are lots of students who don't know each other and end up forging really good connections."

Sign-ups for each event can be found on Shark Hub and more information on the events, including times and dates can be found on the SLCE page. Early sign up is recommended, as each event only accommodates around 12 students and spots may fill up quickly.

That Time I....

worked with a sea turtle

By: Sofia Gallus
Arts & Entertainment Editor

Last year had a lot of firsts for me. It was my first year of college, my first year living away from home and my first year taking classes that actually interested me. However, even when I moved here, I still felt I fell behind a lot of other people in my major. There are so many talented students here at NSU, and many of the marine biology majors already had experience working in that field.

I had grown up in Wisconsin, where there was little to no opportunity to even encounter marine organisms unless they were in captivity. I had worked with animals before and had some experience with reptiles, but when I came to NSU, I felt so behind the other people around me.

During the first semester of school, I got an email about marine biology related internships in my area and decided to apply for one on a whim. I truly didn't think anything would come of it, considering my lack of experience working with marine animals.

A few months later, when I thought for sure they had hired someone else, I received an email from the Marine Environmental Education Center at the Carpenter House (MEEC) about an interview. The center was about 20 minutes away, and while I had no car, I was determined to give it a shot. A month after that, when I was sure yet again I had not gotten the position, I got



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another email. I started in January.

I spent the weeks before winter break rushing between offices, filing and signing paperwork and figuring out how I would get to work and what my schedule would be like. It was both daunting and exciting. I was so ready

to start doing work that I love, but both of the other hired interns were upperclassmen and I was determined to prove myself.

There wasn't one thing that I didn't enjoy about working at the MEEC. The team was composed of a few official staff members and

many kind-hearted volunteers, all friendly and helpful. I never dreaded coming to work and found myself excited to wake up early every morning and get started with the daily routine. Going to work was genuinely my favorite part of the day, and my grades improved as I felt more motivated. I got to help give presentations, go to seminars and events and was even honored to represent the MEEC at the Recruit A Shark event last winter semester.

While the staff and the events were wonderful, the best part was getting to work with their resident green sea turtle, Captain, and the other reptiles at the MEEC. I felt so lucky to be getting hands-on experience from professionals who had years of experience, and the more I worked, the more I felt caught up with my classmates. I asked a lot of questions every opportunity I had and learned so many new and interesting things about sea turtles — like the tip of their noses feel a little like a dog's nose and the difference in carapace shape and diets between species. I learned more and more about sea turtles and other marine animals every day.

This internship was one of the most exciting, intimidating and rewarding experiences I have ever had. Not only was this internship enjoyable, but it helped me feel truly capable and confident in my professional abilities.

How to prevent and protect from the flu

By: Flor Ana Mireles
Copy Editor

Since the start of the semester, we've all seen — or have been — the person coughing and sneezing in class. According to the Centers for Disease Control and Prevention's website (CDC), flu season peaks between December and February and can last until May. Whether you're already battling the flu or trying to avoid it, here are some tips to keep your immune system strong and healthy.

Preventing the flu

Get your flu shot

While some people are hesitant to get their flu shot, getting it can actually protect you from a variety of common virus strains during any season. The CDC states that "you might still get other strains of the flu despite vaccination, although it's less likely to be severe... You're [also] less likely to develop pneumonia, be put on a ventilator, visit the intensive-care unit or die from the flu after you've been vaccinated."

Wash your hands

While touching a contaminated surface won't give you the flu, as it does not infect skin, you should still make it a habit to constantly

wash your hands. When washing your hands with soap and water, the CDC advises to wash your hands for a minimum of 20 seconds — or the time it takes to sing "Happy Birthday" twice — to remove all germs. If soap and water are not at your disposal, using hand sanitizer is a great alternative.

Keep your distance

Amesh Adalja, an infectious disease physician, spokesperson for the Infectious Diseases Society of America and senior scholar at Johns Hopkins University for Health Security, stated in a study that the flu virus can travel through the air in small droplets because of our respiratory secretions even if we cannot see them. Therefore, it is recommended to stay at least three feet away from anyone who currently has the flu, a cold or any suspicious flu or cold-like symptoms.

Treating the flu

Rest up

When you've already gotten the flu, it's important to remember your flu manners. Staying home and getting lots of rest not only helps

you treat your flu symptoms, but also prevents those you interact with from also getting the virus. Vanessa Raabe, an assistant professor of medicine and pediatrics at NYU Langone's Vaccine Center stresses the importance of listening to your body when you're feeling the flu's symptoms. If you have the flu, chances are you're already feeling bad and have low energy. Instead of feeling miserable at work or school, take the day off and try to feel better.

Drink plenty of fluids

Staying hydrated is crucial in treating the flu. While water is perhaps the best option, drinking fruit juices, sports drinks, broth-based soups and teas — especially chamomile and ginger teas — can be good alternatives if water just isn't your beverage of choice. If you're already feeling dehydrated, Pedialyte is a great way to hydrate quickly. Staying hydrated can help turn thick mucus into a thinner liquid, making it easier to cough up and spit out. Lodged thick mucus can cause infection if it builds up in your lungs, so it's best to drink plenty of fluids to get all that out.

Take your medications, supplements and vitamins

In order to feel better and get better, you really have to do your part. Taking over-the-counter medications, like Advil, Tylenol or Ibuprofen, not only help treat the flu, but also take care of coughs, aches and fevers. Natural supplements, like echinacea, vitamin C, zinc and elderberry, are also great ways to raise your immune system's defenses and fight off the flu. WholeFoods also sells a supplement from the brand Rainbow Light called Counter Attack, which contains 120 mg of vitamin C and five mg of zinc along with three targeted herbal blends to attack seasonal cold and flu discomforts and support your immune health.



Whether you're now getting over the flu or avoiding it at all costs, maintaining and supporting your immune health will not only keep you healthy during flu season, but will keep you healthy year round — and there's really nothing worse than feeling bad and sick.

The Bystander Effect

By: Cameron Pritchett
Sports Editor

Flashback to Kew Gardens on March 13, 1964, located in the Queens borough of New York: it's early in the morning and you hear a loud, shrill scream just across the street from you. Do you go and check to see what's happening? Odds are, according to the bystander effect, you probably don't. This scenario is exactly what happened to 28-year-old Kitty Genovese, who was stalked, raped and subsequently murdered by serial killer, Winston Moseley, who was sentenced to death following her murder. This scenario perfectly illustrates the aforementioned bystander effect, a psychological phenomenon that states the more individuals witness or overhear someone in trouble, the less likely those individuals are to help that person with

their emergency.

This obviously raises the question: why does no one do anything? It probably also leaves you saying to yourself, "Well, of course I would help someone if they were in trouble; doesn't matter if we were in a group setting."

According to the American Psychological Association, there are a variety of factors that make people uneasy about helping someone out in dangerous situations. These include misinterpreting others not responding as a cue that the person doesn't actually need help, being confused about their own responsibility in the scenario and additional confusion about how to diffuse responsibility between witnesses.

One neighbor of Genovese who overheard

the screams for help went so far as to say, "I didn't want to get involved," which is a natural evolutionary response when one's fight or flight response is triggered.

While this may give you a gloomy outlook on humanity, don't fret. According to a Berkeley study, the bystander effect is now being questioned for legitimacy. Working with the University of Lancaster to capture video surveillance footage of dangerous situations, they found that almost 90% of the time, at least one person came to the rescue. Aside from this study, in late December on the London Bridge, two civilians were killed after a man stabbed them. One bystander, named Lukasz, who was also injured, and numerous other people, sprung

to action to help using whatever they could get their hands on, which — interestingly enough — included a narwhal tusk.

Lukasz made a statement on the incident, concluding "The man attacked me, after which he left the building. I had been stabbed and was later taken to the hospital to be treated. I am thankful that I have now been able to return home."

To me, this gives me a lot of hope for humanity — a man who was seriously injured himself decided to give as much help as he could muster. While the bystander effect is still a very real phenomenon, we can all sleep better at night knowing that good human beings may in fact be defying psychology.

Protect your privacy online

By: Flor Ana Mireles
Copy Editor

Data privacy, also known as information privacy or data protection, is defined as the relationship between information and the way it is handled. Living in the digital age, the amount of information found and shared online can be overwhelming. While we often share our happy moments, cool photos and accomplishments on social media, we don't tend to share our critical personal information, which, according to Norton LifeLock, includes our Social Security number, health and medical records and financial records. This, however, does not mean that others can't gain access to this information.

Data Privacy Day is an international holiday, held on Jan. 28, that is meant to raise awareness of data privacy and promote how to protect it.

StaySafeOnline, a website powered by the National Cyber Security Alliance, states that "Millions of people are unaware of and uninformed about how their personal information is being used, collected or shared in our digital society."

Data privacy is crucial because, in the wrong hands, bad things could happen, and with the recent government website hacks that have occurred, now, more than ever, is the time to

secure your data online. Here are some ways to keep your data secured online.

Backup your data

It's important to backup your data, especially if you store a lot of important documents on your device. If the system crashes, there's a hard drive failure or you get hacked, it might be crucial for you to get back what you lost. Using an off-site online backup service, such as Carbonite or IDrive, is like putting your data in a safety deposit box, which is encrypted, highly secured and easy to retrieve.

The stronger the password, the better

While having a long password can be a nuisance, it is vital for securing your data and privacy. It is also a good idea to change your passwords annually. If you're forgetful, try having a journal or note on your computer with a password list. When it comes to passwords, being creative and using a variety of characters including capital and lowercase letters, numbers and symbols can make it very difficult for someone to hack into your information. The more unique your passwords are, the more secure your data will be.

Be wise about Wi-Fi

While free and public Wi-Fi may seem like the lifesaver when you don't have a hotspot or access to a private network, it highly increases your chances of having your information stolen. Using a VPN, or a virtual private network that extends a private network across a public network, can make your Internet activity hacker-proof. If you're using a public computer, be aware that you don't know who was the person using the computer before you. Therefore, delete your history and assure that no personal information was saved to prevent your information from getting into the wrong hands.

Oversharing is NOT caring

When you post too much about yourself, you can become an easy target for identity theft. To state the obvious, it is not recommended to post very personal information, like your Social Security number, addresses, phone or account numbers, on social sites, but something not-so-obvious is the information you share about yourself when filling out online forms. Companies and sites ask you for your data because they want to collect, use or even sell

your information. Be cautious and aware of what you sign yourself up for.

Close unused accounts

We all have that old embarrassing email address that we don't want to talk about. However, keeping open unused accounts can open the door to the information stored on those accounts being used or sold without you realizing. Closing or deactivating old accounts you don't use anymore, whether they are old email accounts or social media accounts, can keep your data safe.

Be alert for impersonators

Getting unsolicited phone calls and emails are things to be aware about. Individuals can pose as authority figures or representatives of companies to get a hold of your data. Don't give out personal information over the phone or in emails. Learn to spot scammers and impersonators by doing your research on where these individuals are coming from. Look up the company name or person's name to assure they are who they say they are.

NSU's CREATE raises awareness during human trafficking month

By: Sofia Gallus
Arts & Entertainment Editor

January is human trafficking awareness month, and with the Superbowl coming to Miami, it is an important time to raise awareness and remember that human trafficking is a year-round issue. Florida is one of the top four states with the highest rates of human trafficking, and those rates only increase when any big event comes to town.

NSU has its own group to raise awareness and education against human trafficking. The Coalition for Research and Educate Against Human Trafficking Exploitation, otherwise known as CREATE, was founded in 2015 by Brianna Black Kent and Sandrine Gaillard-Kenney, both staff members at the Pallavi Patel College of Health Care Sciences. The goal of the group is to train healthcare professionals and members of the public with the skills to identify victims of human trafficking and provide healthcare and social services to victims.

Kent, who is an associate professor and assistant dean for Professional Development and Education for the Dr. Pallavi Patel College of Health Care Sciences as well as the co-director for CREATE explained that, through CREATE, "We research and educate healthcare professionals and other academic members in the community on human trafficking awareness, identification and referral. We also provide services to survivors at no cost. Currently, we provide dental services, vision services and a year of mental health services."

CREATE utilizes Uber and Lyft for patients who cannot bring themselves to their healthcare

appointments, so they hold events that train Uber and Lyft drivers as well. They also hold presentations and training sessions for graduate students, honor college students and on occasion undergraduate students.

Gaillard-Kenney, who is also an associate professor and associate dean for the Dr. Pallavi Patel College of Health Care Sciences and co-director for CREATE explained, "These [patients] are individuals who have lost their ability to choose and have lost their freedom. It's especially important in our clinical environment to be able to train healthcare professionals to explain to their patients what they are going to do and gaining trust with their patients. Because that's the biggest thing, trust. Survivors can come right to our clinic and get the care they need."

CREATE aims to not only raise awareness and train individuals during January, but year round — and with the Super Bowl next month, now is a critical time to recognize the reality of human trafficking.

"Every time there is a huge event that brings in a lot of people and a lot of money, traffickers bring a lot of girls to the local hotels and other areas. There is a huge increase in sex trafficking and labor trafficking during big events," Gaillard-Kenney remarked.

If you see something, suspect something or know something; say something. Resources can be found at <https://humantraffickinghotline.org>. You can also call 1-888-373-7888 or text 233733.



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Brianna Black Kent and Dr. Sandrine Gaillard-Kenney are pictured above.

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The Current



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Upcycling & thrifting: ditching fast fashion for good

By: Madelyn Rinka
Co-Editor-in-Chief



It can be difficult to keep up with trends while also keeping up with your bank account, especially while in college. Rather than giving companies that support the fast fashion industry your money, try thrifting and upcycling instead. While it might take a little more effort, that hard work will benefit the environment and our human rights across the globe. Keep reading for some tips on how you can stay fashionable and eco-friendly.

Go outside your comfort zone

When you're perusing the aisles of your favorite thrift shop, don't just stick to the racks that contain your size, gender or type of clothing — branch out and check out every section. Men's clothes can easily be altered to become more of a women's fit by trimming the length

of sleeves, and plenty of women's clothes have unisex forms to begin with. Or, frankly, just wear any clothes you like.

Revamp with a recolor

Ever find a shirt or pair of pants that's the perfect fit and style, but in a terrible color? Luckily, there's an easy solution: fabric dye. Check the tag to see what fabric the article is made out of and research the best methods to dye it. Some fabrics, especially darker or shinier ones, won't usually take dye very well. Additionally, traditional dye will only deposit color, not exactly replace it, meaning you can't go to a lighter color without bleaching first. Grab some dye from a craft store or Walmart, read the instructions and have fun.

Cut it out

Rather than giving up after not being able to find the perfect pair of shorts or crop top, make your own. For shorts, look for pants that are a bit looser in the thigh area, which may help your shorts be more comfortable after you cut them, especially if you're planning on rolling them or adding a cuff. Try them on, mark a light line with a dry-erase marker or deodorant (which usually comes out of clothes) while you're wearing them, take them off and make the trim. Distress them — safely — with an x-acto knife, scissors, sandpaper, tweezers or anything else you find that can alter the fabric. Shirts follow a similar thread — determine where you'd like to make alterations while wearing the shirt, draw on it and repeat. Consider asking a friend to help you with the back if you can't get a good view of it.

Get crafty

Beyond just a cut and dye, there are plenty of other ways to take your thrifted finds to the next level. Just taking a casual walk down the aisles of a fabric store is sure to give you plenty of inspiration. Check out sewn patches, embellishments, patches of spare fabric, embroidery supplies, fabric paint and more to make your clothes your own. If you're going in with an idea in mind, spark up a conversation with someone who works at the store — they might be able to give you some advice for your project, and even if they can't hand you a step-by-step, they can probably point you in the right direction.

PRINTED WITH PERMISSION FROM K. CRAPSON
Upcycling your clothing can help reduce your individual environmental footprint.

OFF SHORE CALENDAR

Food Trucks Festival

Jan. 30 | 5-10 p.m.
@Deerwood Bonita Lakes Park |
Miami, FL

Hamilton

Jan. 30 | 8-11 p.m.
@Kravis Center | West Palm
Beach, FL

Movies in the Park

Jan. 31 | 7-9 p.m.
@The Barnacle Historic State Park
| Miami, FL

Giacomo Puccini's Madama Butterfly

Jan. 18-Feb. 1 | Various times
@Adrienne Arsht Center for the
Performing Arts | Miami, FL

Owl Prowl

Feb. 1 | 6-9 p.m.
@Long Key Natural Area and
Nature Center | Davie, FL

Woofstock

Feb. 1 | 10 a.m.-2 p.m.
@Sawgrass Sanctuary | Sunrise, FL

The Last Bite: A South Florida Food Feast

Feb. 1 | 5-9 p.m.
@Regatta Park | Miami, FL

Boca Raton Museum Art Festival

Feb. 1-2 | 10 a.m.-6 p.m.
@Mizner Park | Boca Raton, FL

South Florida Fair Aerial View

Jan. 17 - Feb. 2 | Various times
@South Florida Fair | West Palm
Beach, FL

SOUNDBITE

“Jesus is King” by Kanye West

By: Jonelle Bolton
Contributing Writer

Birthed from Kanye West's Sunday service comes his ninth album, “Jesus is King.” Since its release on Oct. 25, the LP has garnered mixed reviews due to its interesting lyrics and its deviation from mainstream hip-hop to gospel. Unlike his previous works, West's recent ensemble conjures up memories of old school church music, which is something I can appreciate. Although I applaud West for this experimental approach to his new music, I do believe this album is both sonically and lyrically disappointing.

First, throughout the entire 11 track album, the song transitions are a bit choppy. It gives me the feeling that the album's production was rushed. You can hear this from the very beginning with “Every Hour” and “Selah.” Perhaps this was meant to add to its

artistic value, but I believe it takes away from it. Essentially, the lack of fade-ins and fade-outs did not appeal to me whatsoever.

Secondly, despite the occasional climatic use of the drums, the overall instrumentation is a bit underwhelming. For me, the musical arrangements weren't as layered as I'd hoped. It ultimately sounds like basic 808's over gospel, but upbeat, instrumentals. This was unfortunate, as I wanted to hear the same complexity that I heard in the musicality of Kanye's Sunday services. However, the choir that accompanies a few of the tracks does sound pretty amazing. It's robust sound and harmonies are definitely one of the strengths of the album.

Regarding the lyrics, all I can say is that at best the album comes off as a zealous

display of Kanye's spiritual awakening. At worst, especially with lyrics like “Closed on Sunday, you my Chick-fil-A, You're my number one, with the lemonade,” the lyrics are a little silly. On the other hand, I must say that I did like how emotive Kanye was throughout the album, which shouldn't be a surprise to anyone who is familiar with the rapper. All in all, “Jesus is King” did grow on me, but there's no denying that it's not Kanye West's best work. Surprisingly, my favorite song is “Everything We Need” and my least favorite is “Water.” At only 27 minutes and four seconds long, I definitely recommend that you give the album a listen for yourself.



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Tips to safely dye hair

By: Sofia Gallus
Arts & Entertainment Editor

New year, new me. At least, that's the feeling most people get during the first months of the new year. As January comes to an end, many people may feel they need a bigger change than just a new year. Exams are coming, homework is piling up and the sweet release of winter break is slowly fading from your memory. So what do you decide to do? Dye your hair, of course! However, take the leap with a bit of caution. While it is always best to see a professional when changing your hair color, many people feel it's cheaper and less hassle to do it at home. The change you're longing for, though, probably isn't fried hair. Here are some tips to safely dye your hair without visiting a salon.

Phone a friend

Changing your hair color can be hard, especially since you can't see the back of your own head. Consider asking a friend or two to come over and help you dye it. Even if you're confident you can do it yourself, it is useful if you have a second or third person there just to supervise and let you know if you've missed any spots. This will make sure that you have the best chance of getting a great result in your hair dyeing adventure.

Strongest does not equal best

If you have dark hair but want a lighter color, you may need to bleach your hair, and to bleach your hair you need a developer. Developer usually comes in 4 different levels of strength: 10, 20, 30, and 40. Many people think that the highest number on the box works the best. If you need to bleach your hair, please do not use anything

with the number 40 on it. 40 volume developer should only be used by professionals, because it 40 volume developer mixed with bleach can be very damaging to your hair, and if not used correctly it can literally kill your hair. Instead, do your research and consider using a 20 developer, or even a 30 developer if you have darker hair. This gives your hair a better chance at remaining healthy and not being damaged by the bleaching process.

Oily hair, don't care

Although it may sound a little gross, it is best not to wash your hair on the day you plan to bleach and dye it. Your hair needs the natural oils that your scalp produces to protect against damage from the bleach and dye.

Don't trust the lady on the box

It is important to keep in mind the quality of the dyes and bleach you are using. While the color may look fantastic on the box, the quality probably isn't the best if you bought it at your local Hot Topic. Consider instead going to a beauty supplier and remember to do your research on any products you have in mind. Not everyone's hair is the same, so it is great to see reviews or videos by people who have tried the product or got to the color you wanted and may have hair similar to yours.

Minimize the casualties

Lastly, you can protect things other than your hair from getting dyed by just using a few simple tricks. To protect your forehead and around your ears from being stained, rub some



Sofia Gallus, pictured above, recently refreshed her locks.

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vaseline in those areas. Have a spare towel and pillowcase to use and sleep on the first few days as excess dye comes off of your hair. Finally, remember that immediately after the dye has set in, rinse your hair in cool water until the water runs clear to minimize the amount of excess dye that remains in your hair.

Changing your hair color can be a fun way to bring change into the new year, but remember to always do your research and consider your options. Remember to use sulfate-free shampoo and conditioner to make the color last, and always consult a professional if you're unsure or don't feel comfortable doing it yourself.

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ATHLETE OF THE WEEK:

Makenna Drabick

By: Rick Esner
News Editor

Makenna Drabick is a sophomore student majoring in sport and recreation management with a minor in nutrition. Drabick is on the women's basketball team here at NSU.

What originally got you into basketball?

"Well, I have played basketball since I was five years old. Growing up, I played multiple sports, but in my junior year [of high school], I decided to lean more towards basketball and I got heavily recruited out of high school. I did transfer here from a Division I school last year. I just played ever since I was little and it's my passion."

What was the transfer from your old university to NSU like?

"I really never thought I would transfer, but it really wasn't the best fit for me where I went to school. I had a friend who transferred here and she reached out to me and told me about it and I fell in love with it. It was definitely easier than I thought it would be. I was really nervous because I am a homebody, but the transition was really great because the girls and the coaches made it way easier."

What has been the biggest lesson you have learned from playing basketball?

"Definitely hard work in that nothing is given to me and that I have to work for everything. [Basketball has taught me] work ethic and how to be a coachable and respectable person. It just taught me a lot."

What has your time at NSU been like?

"It's been really fun. I live alone and I have become independent, but I have also become really close with a lot of the girls. I have already met some friends so it's been really, really good."

What do you hope to accomplish with your remaining two years here?

"Obviously, off the court, with academics, just to graduate. On the court, there are a lot of goals in basketball, but to continue to win as a team and build friendships, that is the most important thing I would say."

In your free time, what hobbies or activities are you interested in?

"I really love working out and I'm really into food, so I just like to test out a bunch of different foods, workout, go to the gym, shoot, hang out with friends [and] go to the beach."

What are your plans for the future after NSU?

"Well, my major was nutrition, but I just changed it to sports and recreation management. I want to start my own nutrition-type business or be a personal trainer on the side. I'm not sure yet honestly, but something along the lines of nutrition and working out."

Do you have a favorite part of the sport?

"Just being with my teammates everyday. Practices are fun and, like I said, I love working out because it keeps me busy and fit too. Also, I'm a really competitive person so I love that about it."

What has basketball taught you that you will take into your future?

"I tore my ACL two years ago, so it has definitely made me stronger through that. Like I said, work ethic. Because of basketball, I am always on the go and it has taught me so much through friendships and hard work."



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OUT OF THE SHARKZONE

caution: your sports news is now leaving NSU

LeBron James responds to object being thrown at his son

On Monday night, LeBron James attended the Hoophall Classic in Springfield, MA in support of his son, LeBron "Bronny" James Jr. During the second half of the game, someone in the stands threw something at Bronny, resulting in the referee stopping the play to find the perpetrator. While the individual was not removed from the game and no other incidents occurred, James Sr. took to Twitter to share how he felt about what had happened stating, "Hating has no age limit! #JamesGang is [built] for it and well equipped."

Derek Jeter and Larry Walker elected to Baseball Hall of Fame

On Tuesday, Derek Jeter, longtime captain of the New York Yankees, and Larry Walker, standout slugger for the Colorado Rockies, were elected into the Baseball Hall of Fame. While Jeter was just one point short of becoming the second person in history to be named on 100% of the ballots, his name was on 396 of the 397 ballots. Alongside Jeter, Walker, in his 10th and final year of eligibility, will now be the first Canadian-born position player in the Baseball Hall of Fame.

Evansville fires Walter McCarty after sexual misconduct investigation

Walter McCarty, the men's basketball coach for the Evansville Purple Aces at the University of Evansville, was fired on Tuesday after reports of alleged sexual misconduct. While McCarty had been on administrative leave since Dec. 26, the university stated, "While the investigation of potential Title IX violations will continue under University policies, UE has decided that, based on the facts uncovered thus far, it is necessary to terminate Mr. McCarty's employment immediately."

Hall of Fame high school basketball coach dies at 88

Morgan Wootten, the legendary DeMatha Catholic High School basketball coach, passed away peacefully on Tuesday at the age of 88. Wootten, who was the first person who coached high school exclusively to be inducted into the Naismith Basketball Hall of Fame, went 1,274-192 at DeMatha, coaching 13 future NBA players, most notably Adrian Dantley. He was also USA Today's national Coach of the Year in 1984.

SPORTS SHORTS

Swimming

In their final appearance in the regular season on Jan. 18, both the men's and women's swimming teams had impressive victories over the Keiser University Seahawks. The women's 200 medley team, led by sophomores Sasha Maslova and Hannah Trieschmann, junior Cassandra Wright and senior Caily Friel, quickly got the meet off to a good start, winning the event in 1:45.45. Junior Hannah Pariseault earned the first individual win for the Sharks, finishing the 1000 freestyle in 10:40.21.

Men's Swimming defeated Keiser by a count of 177-83, and had some standout individual performers. Junior Matteo Masiero won the 200 butterfly in a time of 1:52.47, as well as the 100 fly in 49.45. In the 50 freestyle, junior Alec Dawson knocked off the competition with a time of 21.20, adding to the Sharks' total. Both the men's and women's swim teams have begun their preparation for the postseason, beginning on Feb. 13 at the Sunshine State Conference Championship in Clearwater, FL.

Basketball

In their best performance of the year in which they posted season records for points and field goal percentage, Women's Basketball defeated Embry-Riddle 84-71 on Jan. 18. The Sharks played well on both ends of the court, limiting Embry-Riddle to just 44% shooting, and forcing 19 turnovers. Redshirt Senior Jordan Tully had another strong performance, dropping 27 points; this was her fourth 25-point game this season, and she continues to average the most points in the SSC.

In a tight matchup against Embry-Riddle, the Sharks edged out a victory by one point, winning 83-82. In the first half, the Sharks came out firing, taking an early advantage. The Eagles made a statement towards the end of the first half taking a 12-2 run, and then nailing the buzzer beater to tie the score. The second half was neck and neck, but a late foul drawn by redshirt senior Connor Zinaich sent him to the free throw line with 3.6 seconds left. He nailed both free throws, giving the Sharks the victory. Zinaich led all scorers with 23 points and NSU improved their record to 13-2.



THIS WEEK IN SPORTS HISTORY



By: **Emma Heineman**
Features Editor

January 28

Barbara Jo Rubin becomes first female jockey to win pari-mutuel race

On Jan. 28th, 1969, Barbara Jo Rubin became the first woman jockey in North America to win in a pari-mutuel race. A pari-mutuel race is a race based on a system of betting, also known as pool betting, where the payoff to winners is comprised of a pool of all the bets on the various entries in a given race. Her victory made her the first female rider in the U.S. to win a race against men at a nationally recognized racetrack. She piloted a horse named Bravy Galaxy to victory at Aqueduct Racetrack and went on to achieve a career record of 22 wins, 10 second-place finishes and 10 third-place finishes with a total of 93 career starts.

January 31

First ladies figure skating medalist wins gold

On Jan. 31, 1924, Austrian figure skater,

Herma Szabo, won the first ladies figure skating gold medal at the Winter Olympic Games in Chamonix, France. The first Winter Olympic Games, known as the “International Winter Sports Week,” was first organized in 1924 by the French Olympic Committee. In comparison to the Winter Olympic Games today, the games only featured a small number of events including bobsleighbing, curling, ice hockey and various versions of Nordic skiing. Due to the success of the games, the International Olympic Committee retroactively designated them as the first Winter Olympics.

February 1

Janet Jackson’s wardrobe malfunction at the Super Bowl

Widespread debate on perceived indecency in broadcasting began after Janet Jackson’s controversial Super Bowl halftime show on Feb. 1, 2004. During the performance, Justin Timberlake tore off a part of Jackson’s shirt exposing her briefly — earning the mishap the

nickname “nipplegate.” The halftime show was broadcast on the CBS Network to 143.6 million viewers and quickly sparked many reactions regarding censorship and free speech in broadcasting.

February 3

XI Winter Olympics open in Japan

On Feb. 3, 1972, the XI Winter Olympic Games opened in Sapporo, Japan, becoming the first Winter Olympic Games to be held in Asia. Asia has hosted the Summer Olympics three times: in Tokyo, Japan in 1964, Seoul, South Korea in 1988 and Beijing, China in 2008. This year, Tokyo will again host the Summer Olympic Games and Beijing has been chosen to host the 2022 Olympic games.



Females in male-dominated sports: it’s time to shine

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

On Jan. 17, the San Francisco Giants signed Alyssa Nakken as an assistant coach under manager Gabe Kapler. According to the Associated Press, Nakken is the first female coach in Major League Baseball, but the MLB isn’t the only professional sports league to have a female coach on it’s staff. The NFL hired Jen Welter as an associate coach intern for the Arizona Cardinals in 2015, making her the first female coach in NFL history. The Tampa Bay Buccaneers also hired two female assistant coaches last March, marking another milestone for the team as the first to have two female coaches on staff.

It’s been a long time coming to see women on the sidelines of NFL games donning something other than short skirts and pom poms, but we are finally here and that is something to be proud of. The NFL is the grand stage of prime entertainment in the U.S. and with the Super Bowl right around the corner, it is truly exciting that at least one female coach will live out her dream of being on the sidelines of the most-televised sports games of the year.

This year’s Super Bowl will be graced by the San Francisco 49ers and Katie Sowers,

the offensive assistant coach, as they face the Kansas City Chiefs. She is the first female coach for the 49ers and the first female coach to be on a team that makes it center stage in February. Not to mention, she is the first openly-gay coach in the league.

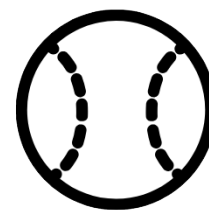
With all of these “firsts” as a woman, I can’t help but be proud that these women are at the helm and are single-handedly diversifying the “all boys’ club” that is professional sports. We have made a lot of progress in terms of professional sports with women based leagues like the WNBA, NWHL, NWSL and the NPE, but it says a lot about our society if you notice how diminished or forgotten these leagues are compared to their male counterparts. The most notable downfall when it comes to American football is how the NFL and other professional leagues have handled women’s professional football opportunities. There is the Lingerie Football League, now rebranded as the X League, where female athletes wear tight bikinis with shoulder pads and knee high socks as their uniform and many other professional leagues for women’s football players that haven’t rose to well-known acclaim such as the Women’s

Football Alliance, the USWFL and the IWFL.

The latter-mentioned leagues are making a point of being taken seriously as professional outlets for women of the sport, but I still think it’s important that women prove they don’t need a separate league to prove that they love, play and can understand football. There has always been that criticism that women don’t pay attention, don’t understand or care about male-dominated sports other than if they are trying to attract some guy who likes those things. But with nine professional women leagues, I think it is obvious that this is not the case. However, my opinion aside, I think the opportunity that Sowers has at this year’s Super Bowl shouldn’t be taken lightly.

There is bound to be a young girl somewhere on Super Bowl Sunday, watching the football game with her family, who sees Sowers on the sidelines and is inspired. Coaching her players and doing the job might even spark a little hope in that young girl that she could do that if she wanted to, that she could actually play if she wanted to and that is something that Sowers and all other female coaches and players in leagues should be proud of.

ON DECK



MEN’S BASEBALL

vs. North Greenville
Jan. 31 | 6 p.m.
NSU Baseball Complex

vs Tusculum University
Feb. 1 | 2 p.m.
NSU Baseball Complex

vs St. Thomas (Fla.)
Feb. 2 | 12 p.m.
NSU Baseball Complex



MEN’S BASKETBALL

vs. Saint Leo
Feb. 1 | 6 p.m.
Rick Case Arena

WOMEN’S BASKETBALL

vs. Saint Leo
Feb. 1 | 4 p.m.
Rick Case Arena

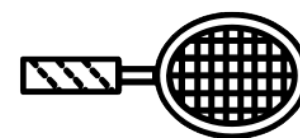


WOMEN’S ROWING

@Florida Tech (Scrimmage)
Feb. 1 | 8 a.m.
Melbourne, Fla.

WOMEN’S SOFTBALL

DII Gulf Shore Invitational
Jan. 31 - Feb. 2
Gulf Shores, Ala.



WOMEN’S TENNIS

vs Flagler College
Feb. 1 | 11 a.m.
NSU Tennis Complex

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



Rap culture and drug culture shouldn't be synonymous

By: Cameron Pritchett
Sports Editor

This morning, I finally got around to listening to the late Mac Miller's new album, "Circles," which was released on Jan. 17 by his family due to his death in 2018 because of an accidental drug overdose at the age of 26. This beautifully done album means a lot to me. Miller was one of my favorite artists growing up, and while it was an overall happy and uplifting tape, I couldn't help but be a bit gloomy, knowing this could quite possibly be the last of his music that was left in his "vault." This drug overdose, while accidental, represents a trend in music: rap culture and drug culture are intermingling, becoming almost synonymous with one another.

This acquaintance of drugs with rap music stretches back to the 1980s, when crack cocaine began to take the culture by storm. It is not uncommon today to hear rappers talk about the sale of the drug, as a matter of fact. My question is, however, is the following: why has it become "cool" for rappers to boast about their use of drugs, which can influence the future members of the game? To me, it's

unfair to the families of these artists and the artists themselves whose lives are taken by drug use to promote drugs as a means of fitting into rap culture. Rapper Jarad Higgins, known professionally by his stage name Juice WRLD, also passed away from a drug overdose on Dec. 8, 2019, at Midway International Airport at the age of 21. For the sake of emphasis, Gustav Elijah Åhr, known as Lil Peep, passed away at 21 as well because of a laced drug overdose. These talented young men were taken because of the influence of drugs in their everyday lives, whether it be by their peers or by those who they thought cared for them. To see anyone pass away at such a young age, with so much talent and potential left on the table, is heartbreaking. It's been a part of the culture for the better part of three decades, but needs to be eliminated altogether if we want to see artists reach their full potential and save months or years of grieving for their fans, friends and family.

Mental illnesses are not adjectives

By: Alexander Martinie
Opinions Editor

I was originally going to write an article on the use of smear campaigns in political ads, but while doing research for that article, I found that almost every article I read used words like "narcissist" and "sociopath" to describe politicians. I really hate when terms like these are thrown around willy-nilly, especially when those using them do not even know what they mean. First off, mental illnesses are not adjectives, so stop using them as such. Secondly, do not use terms when you have absolutely no idea what they mean.

Mental illnesses are not adjectives. It is a pretty simple phrase, but no one actually seems to follow through with that. Do not say that the weather is bipolar today. Yeah, the weather is changing pretty rapidly, but is it going through episodes of depression and mania? I don't think so.

Mental disorders are groups of symptoms that are meant to help individuals seek treatment, not for some random person to make comments about how they have OCD because they need to have their pencils in a certain way. No, no, no. Stop that. As a person actually diagnosed with obsessive-compulsive disorder, I couldn't care less about how my pencils are arranged. But I do have to constantly wash my hands for long

periods of time because I am terrified that I am going to catch a severe disease and miss class and fail and have to drop out and then die under a bridge. Yeah, that is what having obsessive-compulsive disorder is like, not your fascination with your pencils.

When people trivialize and colloquialize these mental disorders, they are just furthering the stigmatization of mental illness that is horribly detrimental to individuals who actually have mental illnesses. The stigmatization of mental illnesses cause people to go without treatment and this only makes their symptoms worse. Every year since 2000, around 70% of individuals with mental disorders do not seek treatment due to the stigmatization of mental illness and about 30% of those have a severe mental illness. Statistics have even shown that about one in five people have a mental disorder, according to various studies in the past two decades conducted by psychologist, Patrick Corrigan. So next time you're thinking about making a comment that might be stigmatizing, remember that the person you are speaking to might just have a mental disorder and what you have to say could have a tremendous effect on them.

For more articles on this topic, please visit nsucurrent.nova.edu and search "mental health"

Environmental guilt: The organization, not the individual

By: Sofia Gallus
Arts & Entertainment Editor

In the past few years, people have been realizing the ethical cost of not being environmentally friendly. Spurred on by images of turtles with straws in their nasal cavities and seahorses clinging to straws floating adrift in the ocean, people have realized the impact that plastic straws can have on the environment, making many restaurants and drink chains replace them with paper straws or stop using them completely. However, many people argue that there are some people who may need to use a sturdier straw and asking for a plastic straw may leave people feeling guilty.

We are often told what we can do on an individual level to help combat environmental peril. While all of these things are important and are great ways to feel better about your environmental impact, you may feel guilty when you're not able to attain that perfectly environmentally friendly lifestyle.

Here is why you shouldn't feel guilty.

While the environmental impact of

the collective population of each country is significant, we should not be placing the pressure of combating climate change on the individual. That is a huge weight to bear, especially when companies who have a much larger and continuous impact on the environment exist and refuse to do their part.

While there has been a growing public discussion about the impact that large fossil fuel companies have on the environment, companies like BP and Chevron have been running climate change campaigns and pointing the conversation back to the individual asking people to take online quizzes to find their carbon footprint and take a pledge. However, a paper written by Richard Heede found that only 90 companies produced about 63% of global carbon emissions, and it noted that 56 of the 90 companies were crude oil producers, 37 were coal companies and seven are cement producers.

Amazon is another company that has a largely negative environmental impact, shipping thousands — if not millions — of plastic packages a week. While they say their

packaging is recyclable, the amount of carbon it takes to produce that plastic is still an insane amount. The company has largely neglected the opportunity to change their ways and has recently come under fire for threatening to fire employees who speak out about the company's lack of sustainability.

Not only are major corporations mostly to blame for the world's climate issues, but so are the politicians who are funded by these corporations. In return for the money to fund their campaigns, these politicians protect the corporations that fund them. The politicians that use their power to vote against laws that will help the environment are just as big of a problem as large corporations.

The pressure should be on these large corporations to promote and switch to environmentally sustainable energy sources. While a quick look at Chevron's climate change section on their website boasts that they will not increase their rates of carbon emission throughout 2025, what happens after that? They are making shallow promises instead of taking

real steps to combat climate change. It seems as though many companies have not realized the potential sustainable energy has a way to make money and create jobs.

We, as individuals, have very little power to change things in terms of climate change, but here are some things we can do: vote for politicians who have strong environmental policies, put more pressure on large corporations to make more sustainable choices and stop putting all of the pressures on ourselves to fix everything. While small changes like bringing a reusable bag to the grocery store or buying locally sourced products are good choices people should make, many people are not able to afford or access such options. Just remember that's okay, too.

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Why have emergency phones if they don't work?

By: Rick Esner
News Editor

A staple on practically any modern college campus are blue light emergency phones. These phone systems are usually tall tower-like objects placed throughout a university's campus that students can use for a variety of reasons, ranging from walking in the dark to critical emergencies. The phones located on NSU's campuses are grey obelisks with the words emergency written in white on the side and a bright blue light on top. Located on the phones, there are two buttons: one red emergency button and one black call button. After pressing either button, a dispatcher will answer, and then, one can explain their situation. Fantastic systems, in theory.

NSU has, at the very least, 100 of these emergency blue light systems solely on the Fort Lauderdale campus, and even more throughout the regional campuses. However, there are systems throughout the Fort Lauderdale campus that simply do not work. There are phones in the main Residence Hall Parking Garage that are just unavailable. The phones are covered up by cardboard and tape displaying the words, "NOT WORKING." The blue light systems by the residence halls have the tall grey towers, but the phone system inside are completely missing. What is the point of having these crucial systems on campus if they do not even work?

If there were to be a traumatic or dangerous situation students found themselves in and planned on rushing over to the blue light in the

parking garage to inform public safety, they'd only find their effort was futile. What would the students do then? They decide to run to yet another nearby system, but this one fails to be working as well. What then? NSU clearly cares about the safety of its students, but why would the university ever put students into these potentially dangerous situations?

Public safety at NSU is here for a reason, and it does not always have to be these extreme situations. Something as simple as walking back to your dorm after a late-night class and having an officer walk with you is a feeling of safety that students here on campus should be guaranteed and have a right to.

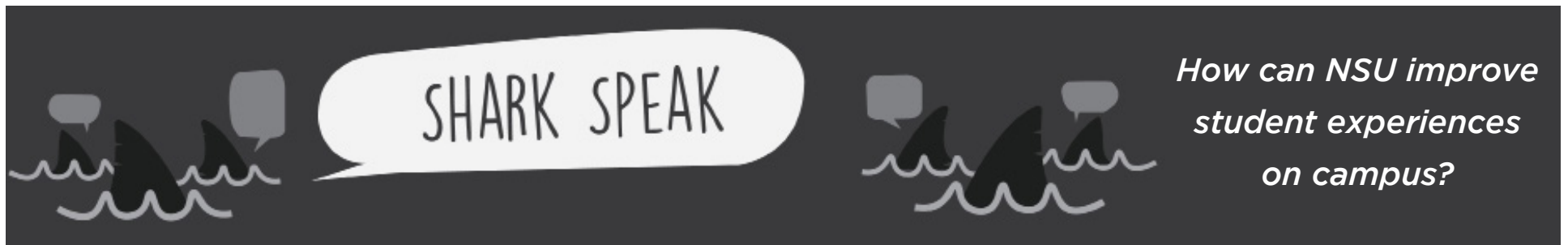
While I am unsure of how much these working systems cost, having the phones available so any student can feel safe is a priceless necessity for all campuses. The tuition we pay should go to a campus we feel safe in no matter the situation.

NSU is an open campus. At any point, practically anyone can walk onto campus and into any open building. With working blue light emergency phone systems, all of this worry could be put to rest and maybe a tragic event can be prevented. This feels like a simple fix NSU can make that would mean a tremendous amount to a large majority of students across all campuses.



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The blue light poles on campus have become a false sense of security, due to the nature of their decay.



"Providing more food diversity, especially vegetarian and vegan [food options]. They should expand on the options and food choices beyond serving tofu every single day,"

-Riya Patel, junior biology major

"There is a lot of things NSU can do to improve [the student experience]. They can definitely work on the mental health aspect. Mental health is a very big issue for students, as well as financial issues. Please help us,"

-Alycia Delbrune, junior international business affairs major.

"Academic advising. As a first-year student, I wish my academic advisor would be more helpful. I can't understand a lot [about the] classes here on my own without the help of an advisor,"

-Shanon Maharajh, freshman engineering major.

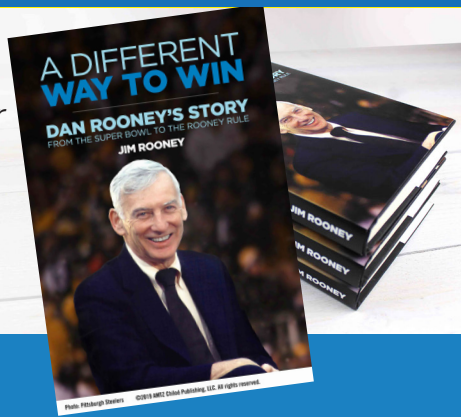
"Honestly, more financial aid. Recently, some of my financial aid dropped a bit. So, [additional aid] would be better. Also improving the food a bit, because for the price, it is not that good. I feel I should get a bit better [quality] for the price,"

-Gainfranco Morales, sophomore finance major.

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NSU
Florida

Jim Rooney, business owner, consultant, facilitator, national speaker and published author.
Tuesday, February 4
6:30 - 8:30 p.m.
2nd Floor, Cotilla Gallery
RSVP: lib.nova.edu/WIN



His book "A Different Way to Win: Dan Rooney's Story from the Super Bowl to the Rooney Rule" details his father's long and successful career in sports, business and philanthropy as told through stories of those who worked alongside him. Released in November 2019, the book quickly became an Amazon Best Seller and was selected by President Obama to be one of 38 on his 2019 Favorite Book List. **FREE**

2020 Speaker Series

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presents

The Heart of Sex

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All for a good cause

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5:30 PM: Complimentary
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(\$20 for non-members) Room 2053
7:00 PM: Presentation
Free and open to the public
2nd Floor, Cotilla Gallery

All for a good cause

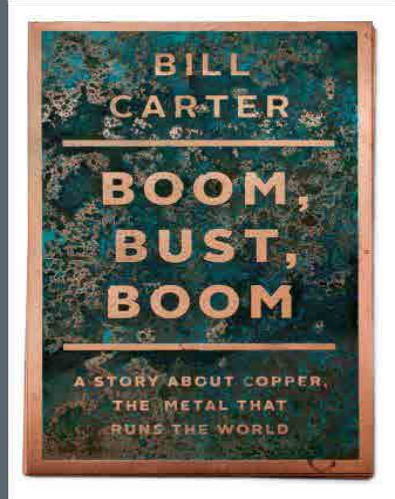
RSVP: lib.nova.edu/heart

Bill Carter, author & activist

Thursday, February 20
6:30 - 8:30 p.m.
2nd Floor, Cotilla Gallery

Hosted by Dr. Gary Gershman, J.D.,
Ph.D., College of Arts, Humanities,
and Social Sciences

Author Bill Carter, writes from "a first-rate writer in the fascinating tradition of Junger and Krakauer" (Jim Harrison, author of Legends of the Fall), a sweeping account of civilization's complete dependence on copper and what it all means for people, nature, and the global economy. **FREE**



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