
The Current

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Diversity groups on campus host Black pride events

By: Ronald Martinez

With Black History Month on the horizon and with the recent celebration of Martin Luther King Jr. Day on Jan. 16, NSU students, regardless of racial identity, have many outlets to support the Black student population. Various groups at NSU have planned events to celebrate and honor the contributions of the Black community.

On Martin Luther King Jr. Day, the Student Leadership and Civic Engagement Office hosted the Martin Luther King Jr. Day of Service to

embrace the civil leader's legacy.

"It is a day to take a beat and recognize the contributions that Martin Luther King Jr. has had, not only to the American justice system, but also to the Black community as a representative for the group," said Tyler Gilkey, graduate assistant in the Office of Diversity, Equity, Inclusion and Belonging.

On Jan. 26, the Office of Diversity, Equity, Inclusion and Belonging will host "Pot Party," a terrarium event including discussions on the

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Students present their independent businesses at last semester's Black Owned Event.

PHOTO BY JAROD JOHNSON



Katarina Colvin, senior marketing major, prepares custard buns for her many customers at Kat's Asian Kuisine. PHOTO BY INDAYA BYER

Innovative Shark Cage businesses open on campus

By: Danna Bertel

As students lined up in Mako Hall for her famous \$1.50 egg rolls, Katarina Colvin became overwhelmed with the number of egg rolls she had made on the spot in one day. Initially thinking students wouldn't show interest in her food, Colvin was surprised and remembers her grand opening as a chaotic but rewarding experience.

Unlike other campus businesses, Kat's Asian Kuisine has just one founder and manager: Colvin.

"I cut down how much I sell a day or cut down the hours, all that stuff that people have multiple people to help them with," said Colvin. "I've had to just shorten it down to be able to do it as one person."

This experience was made possible by the Razor's Edge Shark Cage Program, which gives the students the chance to enhance their entrepreneurial skills by running their own on-campus businesses.

Last fall, 14 new businesses were launched, many being food services that bring new options to campus.

SEE PAGE 8

How students can unplug and relax in nature

By: Ashley Lopez

Between exams, assignments, and extracurriculars, for most students, college can be a very stressful time. That stress can often intensify if work breaks consist of Instagram and TikTok scrolling sessions, given that the overuse of social media and technology may have negative mental consequences.

Students can instead put their devices down and use nature to unwind.

Simply eating a meal outdoors instead of indoors may not sound impactful, but many students find it to be relaxing.

Anya Solomon, sophomore marine biology major, eats a meal outside about two to three times a week.

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OPINION

Social media hurts our communication

By: Ana Maria Soto

Living in the 21st century is not without its perks, but it is certainly riddled with downsides—for example, vastly advancing technology and ever-expanding social networks. They may bring us momentary pleasure, but they ultimately hurt us and those around us.

Social media is one of the greatest avenues for connection throughout the world, with over 302 million people in the United States using it in some way, according to Statista. You can build communities of tons of people with various backgrounds using just one medium. However, when we invest so much time into building online relationships, we risk forgetting to interact with the reality outside of our social platforms.

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Letter from the editor

By: Nicole Shaker

Dear Reader,

First and foremost, I'd like to welcome you back to NSU and to the start of this new semester and new year! For those who don't know me, my name is Nicole, and I am the editor-in-chief of The Current. My vision for this paper is for it to be the ultimate source of NSU news, covering topics ranging from organizational events and upcoming shows to student achievements and hot takes. My hope is that there is something for everyone in this paper. This first issue of 2023 serves up unique and affordable ways to decorate your dorm room, ideas on how to relax by stepping away from



Nicole Shaker is the editor-in-chief of The Current.
PHOTO BY LAUREN DO NASCIMENTO

your phone, an interesting perspective on social media and much more.

I truly hope you walk away from this paper enlightened, informed and with a smile on your face! And if you have any suggestions, responses, or feel like you want to contribute to the paper yourself, come by The Current's newsroom on the third

floor of the University Center. I would love to hear from you! You can even send in a letter to the editor, and you may get published.

Thank you so much for picking this paper up, and I hope you stick around for the following issue which you can expect on Feb. 3.

Happy reading,
Nicole Shaker

OPINION

FROM THE FRONT

Social media hurts our communication

Social media stunts our social and emotional growth when it comes to life outside of our screens, as 67% of Americans feel lonely directly because of social media, according to the American Psychiatric Association. Weekly, I receive a report on my phone that tells me how much time I have spent on my screens and how much time was dedicated to each of my apps.

I hate to say it but, oftentimes, I spend more time scrolling on TikTok weekly than I do speaking with people in person.

I have made a habit of using my social anxiety as an excuse to not be more social at school or at any functions that may rely on making conversation. Social media does not help with this. Why call people or talk to them face-to-face when I can just send a direct message?

I am sure I am not the only one who has "friends" with whom I have only ever conversed via social media and who I pretend not to know when confronted with their presence in the real world. How long will we let social media actively run our social lives?

Here we are, in 2023, finding significant others on Hinge and close friends on Instagram. We do not smile at strangers on the sidewalk, but we feel just fine liking their photos on Instagram. Suddenly we value likes, comments and shares more than we value deep connections with people. Social media makes it easier to communicate, but it kills the avenues of meaningful communication we used before.

It is time we reevaluate our participation on our various social networking apps and look up from our phones, realizing that there is more to life than what is happening on our timelines. Social media is building a desensitized society filled with fragile friendships and shallow shared interests. We have forgotten the true meaning of human connection and relationship, and it is time we remember it.

So, let's make it a point to get out of our comfort zones and speak to people we usually wouldn't. Those small actions may lead to meaningful relationships, whereas adding random people on Snapchat most likely will not, regardless of how many selfies they send.



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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 bias, real or perceived.

FROM THE FRONT

Diversity groups on campus host Black pride events

criminalization of marijuana and how it affects the Black and Brown communities.

Gilkey believes discussing topics related to diversity is important for the student population.

“Diversity involves hard conversations and educational moments, but there’s also a way to celebrate it,” Gilkey said.

Gilkey hopes to work as an ally and as a “megaphone” for underrepresented groups, so that the voices that need to be heard are given the outlet to speak.

By showing up to events sponsored by these offices, students provide the means in which the voices of underrepresented groups can be heard and spread.

The Black Student Union on campus plans to host its own series of events in February.

“One of our biggest events is happening on Feb. 24. It’s called the Black Excellence Showcase, and that’s just where we have our members come up and perform musical talents, dances and monologues to mingle with the Black students here



A student entrepreneur presents her products to other students at last semester’s Black Owned Event.

PHOTO BY JAROD JOHNSON

and in surrounding areas,” said Kayla Willis, president of the Black Student Union.

She said attending these kinds of events is a way to support the Black community, not just at NSU, but in the surrounding area.

“Overall, Black Student Union is considered a resource here at NSU, and I believe by supporting Black Student Union, the students are helping us to gain traction so that we can go out into neighboring

communities and help others,” Willis said.

Gilkey encourages members of these communities to find safe spaces in on-campus groups such as the Black Student Union.

“Engage and listen and learn,” Gilkey said. “These communities exist, in part, to be an affinity space for those direct communities to convene and feel safe.”

Pot Party
If you go:

Location:
University Center
Spine

Time: Jan. 26,
12:30 p.m.

Price: Free

Contact:
dsc@nova.edu

Black Excellence Showcase
If you go:

Location:
The Flight Deck

Time: Feb. 24,
7 p.m.

Price: Free

Contact:
tb1831@mynsu.
nova.edu

Sushi Maki joins Razor’s Reef

By: Francesca Abarca

This semester, Shark Dining has introduced the restaurant chain Sushi Maki to Razor’s Reef, moving the student choice station to the other side of the dining hall and replacing the vegan/vegetarian station, Herbivore.

Freshman Emma de Lucia, who is an undecided major, said she is happy with Sushi Maki’s menu, particularly the dumplings and spring rolls.

“The new extension of Sushi Maki is new, refreshing and something a lot of people like,” said de Lucia.

But even with the addition of this seafood restaurant, students still feel NSU does not provide enough options for students with dietary restrictions.

Hailey Ribeiro, junior biology major, has been a pescetarian for the past five years and

has struggled with finding food on campus.

“Last year there were very minimal options, and that made it very difficult for me,” said Ribeiro. “How am I, or other people with similar dietary restrictions, supposed to eat?”

The addition of Sushi Maki and the removal of Herbivore particularly affects the vegan population, as Herbivore was the only fully vegan option in Razor’s Reef.

Verena Mikhail, freshman biology major, frequently goes on a vegan diet as part of her church’s fasting schedule.

“I am saddened that there aren’t filling vegan meals available,” Mikhail said. “When I’m fasting for religious purposes, it’s hard to find fulfilling vegan options other than an açai bowl or vegetables with no vegan protein included.”



AJ Crowley, freshman biology major, orders potstickers and edamame beans at Sushi Maki.

PHOTO BY INDAYA BYER

New physics lab opens, solving capacity and scheduling concerns

By: Paulina Riojas,
Mia Alvarado and Danna Bertel

The Halmos College of Arts and Sciences opened the doors to its newest physics lab this semester.

The blue ribbon ceremony was held Jan. 6 in the Parker Building, Room 103, where guests explored the lab's new equipment while enjoying a charcuterie board and science-themed cupcakes.

The physics lab is the third of its kind, and it will solve student and staff capacity concerns.

"It's going to help us because we have a lot of students taking physics and two labs were not enough anymore," said Diego Castano, associate professor for the Halmos College of Arts and Sciences Department of Chemistry and Physics.

The new physics lab will also solve scheduling concerns.

"We were having to do more scheduling in the evenings, which is not always convenient for students," said Castano. "We can now schedule labs more often during the day."

Reza Razeghifard, chair of the Department of Chemistry and Physics, said that the new lab would be used primarily by the undergraduate students, serving Physics I and II classes.

"Students that would be in this lab could be science majors, could be engineering majors, could be public health majors and other majors that utilize physics courses as core classes," said Razeghifard.

Taliyah Cherubin, junior biomedical engineering major, was able to test the equipment during her Physics II lab about electrical charges.



Reza Razeghifard cut the ribbon to the doors of the new physics lab.
PHOTO BY MIA ALVARADO

"The atmosphere in this lab is pretty good! It feels new," said Cherubin.

Holly Lynn Baumgartner, dean of the Halmos College of Arts and Sciences and the Guy Harvey Oceanographic Research Center, said that this lab will ultimately benefit the entire campus.

"Our new physics lab is all about the students and providing the best experiential learning possible to help them in their careers or graduate school," said Baumgartner. "It serves not just the department or Halmos College but the entire campus for major courses as well as essential education courses."



Attendees of the event explore the new equipment available at the physics lab.
PHOTO BY MIA ALVARADO



Dr. Castano, Dean Baumgartner and Dr. Razeghifard await to see the new physics lab.
PHOTO BY MIA ALVARADO



A variety of science-themed cupcakes were provided for guests of the ribbon-cutting event.
PHOTO BY MIA ALVARADO



Katie Chrencik, junior marine biology major, hangs a NSU leadership poster to add some color to her room. PHOTO BY INDAYA BYER

Unique, affordable dorm decorations for students to try

By: Francesca Abarca

Many students, like freshman chemistry major Sierra Wynne, have been planning their dorm decorations since before move-in. High-end decorations are often not in the college student budget, but Wynne and her roommates have found affordable decorations that will not damage the walls and will still allow for their personalities to come through.

"I wanted to add the spice that was always missing from my house into my decorations for this year," said Wynne.

"I felt that I needed to make the décor funnier and more chaotic since it would be a more accurate representation of my friendship with my roommates."

She bought most of her items from Dollar Tree, Five Below and Walmart and only spent around \$30 for the decorations for the whole dorm.

Other students explored similar stores and got creative with the options they found.

Decorating a dorm to make it feel more like home is a long-standing college tradition.

Paint by Numbers

At Michaels, Paint by Number kits are available for \$15. Ysabel Ribeiro, junior exer-



Katie Chrencik, junior marine biology major, listens to music using a record player rather than a phone to give her room a vintage touch. PHOTO BY INDAYA BYER

cise and sport science major, has been decorating her dorm room with her own completed Paint by Numbers pictures since her freshman year.

"These have been my outlets when I get stressed, and they made the best decorations to the dorm because they add my personality instead of making my dorm look like a prison cell," Ribeiro said.

LED Lights

At Five Below, LED lights that are specifically used for

dorm rooms are available. Sara Toro, sophomore business marketing major, uses LED lights to add more glow to her room and bring all the other decorations together.

"Changing the colors of the lights adds more personality and fun to the ambiance," Toro said.

Spoons

Students can also decorate their rooms with seemingly random objects that tie back to a memory.

Daphne Hernandez, sophomore biology major, understands how this may sound strange at first, but she decorates her room with spoons. She and her roommates have made it a unique tradition to steal random spoons from restaurants and ice cream shops, which has brought them closer together.

"We went to eat ice cream one day, and the spoon was too cute to throw away, so we washed it and put it up on the wall, and then a collection started," said Hernandez.

Ways NSU students can save money

By: Jennifer Griggs

Considering tuition, textbooks and the general cost of living, students can go off budget very quickly if not attentive to discounts and other money-saving opportunities.

Many entertainment platforms, like Spotify, offer special packages for students. Spotify Premium usually costs \$9.99 per month after a three-month free trial. The student plan costs \$4.99 per month after a one-month free trial. This student plan also includes access to the streaming platforms Hulu (with an ad-supported plan) and Showtime.

Alexis Crass, a freshman chemistry major, takes advantage of this student plan.

"It is very beneficial because my parents pay for it, and they are happier paying less money," Crass said. "Right now, because I don't have a job, I wouldn't be able to pay for it, so this kind of discount helps."

Madison Hurtado, junior communication major and campus brand representative for HBO Max, recommends us-

ing the HBO Max student plan. NSU students have automatic free access to Xfinity, which gives them free access to HBO Max. Students just have to sign into HBO Max with "Xfinity On Campus" and select NSU from the provided list of universities.

"I would say that it's just a great opportunity because your family can use it and you can use those extra bucks to go toward food or gas," Hurtado said.

Access to these student deals lasts until the individual graduates, or their N number and university email are discontinued.

Edge adviser Erika Rodriguez recommended other various platforms that offer students discounts like Amazon and Pandora, as well as banks like Wells Fargo. Wells Fargo offers checking accounts for college students that include certain fee waivers.

To save money while shopping, Rodriguez mentioned the website ID.me. After creating an account with their school emails, students gain access to a variety of discounts on technology, clothes and other items. She also recommends shopping for

clothes at thrift stores like Goodwill.

For entertainment, Regal Cinemas provides discounts on movie tickets when students present their shark cards.

And for food, especially for students who like to cook, Rodriguez said HelloFresh may be exactly what they are looking for.

"HelloFresh is a mobile meal service where they give you groceries you would need to make different meals, and then you cook it at home," Rodriguez said. "It is essentially a take home kit where they deliver all the food you would need and then you prepare it at home."

The cost of school supplies can also add up quickly. Anne Sylvie Jean Louise, sophomore psychology major, uses different techniques to save money on textbooks. She recommended renting instead of buying from websites like Amazon or Chegg, searching the internet for a PDF version or reaching out to an upperclassman or someone who has taken the class already to see if they would sell it at a discounted price.

"Definitely look around before making a decision to buy it from the bookstore because you can potentially save hundreds of dollars by just trying to ask someone who has taken the class or trying to rent it from Amazon," Louise said.

Louise also tries to save money on school supplies by buying notebooks and stationery from stores like Five Below and Dollar Tree. She said these stores are relatively cheap but still offer many good quality items.

She also goes to these stores to buy supplies to make gifts for friends, instead of buying the more expensive or branded products. She said this saves her money and gives her gifts a greater sentimental value.

"I'm creative so, for me, I make something because I like to put time into things and make a more sentimental present," Louise said. "Also, instead of getting something extravagant, I would get something that I know the person would like or care about."



Zachery Workeman, junior double major in human nutrition and exercise science, looks for discounts on the Publix website to save money on groceries.

PHOTO BY INDAYA BYER

FOOD

Gill Out: Jaxson's Ice Cream Parlor & Restaurant

By: Ashley Diaz

When Christian Garcia walked into Jaxson's Ice Cream Parlor & Restaurant, he was welcomed by walls covered in license plates and different pieces of American history and carnival equipment all around.

"First time I walked through this place was in 2018. It felt like I was being teleported back in time," said Garcia, a 20-year-old customer.

Jaxson's Ice Cream Parlor and Restaurant was founded in 1956 by pioneer and restauranter Monroe Udell. Now, Jaxson's is owned by his daughter Linda Udell Zakheim.

"Monroe was a real pioneer," said Jerry Smith, general manager at Jaxson's.

Smith said that Monroe used to call the restaurant Early American Disaster because of its unique decorations.

Jaxson's makes its own ice cream and soda.

The restaurant is known for selling large portions of American-style food, like hot-dogs, hamburgers and ice cream. Single-serve lemonade is served in a pitcher.

Jaxson's started with homemade ice cream.

Smith said that Monroe wanted to do something different with his restaurant, so he started serving his homemade ice cream inside a "kitchen sink" bowl, which holds pounds of ice cream.

Jaxson's has the kitchen sink design patented, originally made with old plumbing parts, welding the pieces together.

The initial design was very time consuming, so Smith recreated it with marine exhaust, making it easier to construct.

"One day I was driving over by Lester's Diner, and I saw a marine exhaust place," Smith said. "They had a picture of these stainless-steel pipes and I



Amy Diaz, sister of junior communication major Ashley Diaz, enjoys a chicken caesar wrap at Jaxson's Ice Cream Parlor & Restaurant.

PHOTO BY ASHLEY DIAZ

thought, 'marine exhaust welds really well into stainless steel.'"

Jaxson's has a variety of ice cream flavors, including traditional flavors like strawberry, vanilla, rocky road and chocolate, and also more creative flavors like cookie monster, bubblegum and gator trax.

"The most difficult thing about the kitchen sink is getting people to agree on the flavors. They get mixed a little," said Smith. "The only downside to it is if you got someone who loves cherry vanilla but can't stand mint chocolate."

The kitchen sink starts with the customers choosing their ice cream flavors. Then, that order is taken to ice cream makers, like Smith. They scoop up whatever flavors the customers choose into the kitchen sink. Once all the flavors are there, the ice cream is topped with whipped cream, banana, nuts and cherries. They also jam a sparkler in the ice cream for show.

"The kitchen sink is quite the spectacle," said Smith.

When someone orders the kitchen sink, an alarm starts blaring around the entire restaurant to let everyone know someone ordered it. Smith said the people who normally order the Kitchen Sink are celebrating some special occasion, like a birthday or graduation.

When people order the kitchen sink, there is no sharing allowed. Only the people that pitched into buying the ice cream should be the ones eating it.

"This is the only item we don't allow sharing on, because if a party of 12 came in and ordered the Kitchen Sink for four people, it should be for just the four people," said Smith.

Though the kitchen sink is served for a minimum of four people, it is possible for one person to eat it all alone. Smith said that he has witnessed four occasions when someone finished the entire sink.

Three of them were prompted by a dare made by their friends. The fourth was a defensive lineman at the South Broward High School who did it for fun.

Eddie Hall, who was named the strongest man in the U.K. and created the TV series "Eddie Eats America," featured Jaxson's on his show in 2019. Hall challenged himself to finish the kitchen sink by himself.

"When I made his kitchen sink, I spared no scoop, so he was unable to finish it," said Smith.

"I felt bad for him. I didn't really grossly over scoop it, but there was no way he was going to make it through."

Smith enjoys watching people struggle through the kitchen sink and loves his work environment.

"It has been 24 years since I started working here and I still love coming to work," said Smith.

If you go:

Location: 128 S Federal Hwy, Dania Beach, FL 33004

Time: Sunday through Thursday 11:30 a.m. to 11 p.m. and Friday and Saturday 11:30 a.m. to midnight

Price range: \$8.95 - \$24.95 per dish

Contact: (954) 923-4445

FOOD

FROM THE FRONT

Innovative Shark Cage

Kat's Asian Kuisine

Kat's Asian Kuisine sells homemade egg rolls, fried rice and other Asian dishes, snacks and drinks at an affordable price for students. What initially was to be a thrift business became the only vendor of quality, affordable Asian food at NSU. Kat's Asian Kuisine was founded by Colvin, whose mother would often bring her food from home because Asian cuisine wasn't available on campus.

Without experience in finance or cooking, Colvin had to learn not just the recipes to make egg rolls and other foods on the menu, but also figure out how to run the accounting side of the business.

She started off by just selling egg rolls, snacks and drinks, but Colvin has since added new recipes to gain more customers, such as fried rice, massaman curry and pad Thai.



If you go:

Location: Shark Cage

Time: Monday and Friday from 11 a.m. to 3 p.m. and Tuesday and Thursday from 5 p.m. to 9 p.m.

Price Range: \$1.50 - \$10

Contact: @katsasiankuisine on Instagram



Katarina Colvin, senior marketing major, helps a customer check out at Kat's Asian Kuisine.
PHOTO BY INDAYA BYER

Razor's Grille

Bringing new convenient and healthy eating options on campus, Razor's Grille provides high-protein bowls with a variety of toppings and sides. Razor's Grille was created by Amanda Conde, senior finance major, David Abrams, senior finance major, Gabriel Rodriguez, senior business administration major, Shirley Madera, senior marketing major, Edrey Rodriguez, senior marketing major and Julian Ferrer, senior entrepreneurship major.

The idea behind Razor's Grille came from a common interest in exercise and healthy eating habits. The founders noticed how the lack of healthy food options on campus led to students constantly eating nearby fast food. Razor's Grille is meant to give students and faculty healthy, tasty and affordable options.

The founders had to overcome many challenges when starting the business, especially with inventory.

"One of our biggest challenges was spoilage. Once you work with food, it's very hard to maintain freshness to make sure it's good to cook," said Conde. "Doing inventory for our ingredients was also very new to us. We had to figure out what we have to buy for this day and what goes bad for that day."

Razor's Grille tries to cater to their customers' tastes and brings new options to the menu. Through a survey available on their website, the Razor team receives many suggestions from their customers, including tacos, burritos, sandwiches and smoothies.

"We try to cater to everyone, but you can't," Conde said. "You learn that you can't please everybody, unfortunately."



If you go:

Location: Shark Cage

Time: Monday, Tuesday and Wednesday from 7 p.m. to 10 p.m.

Price Range: \$8.50 - \$10

Contact: 786-858-6044



David Abrams, senior finance major, flips a tortilla as he makes a burrito for a customer at Razor's Grille.
PHOTO BY INDAYA BYER

businesses open on campus

Un Tinto

The scent of fresh coffee surrounds a group of five students with Latin American backgrounds waiting to share their culture with the NSU community. Un Tinto was created by Laura Gutierrez, senior marketing major, Daniel Angel, senior accounting major, Daniel Poveda, senior entrepreneurship major, Michael Graham, senior entrepreneurship major, and Isabella Drumond, senior entrepreneurship major. The business' name refers to what a cup of black coffee is called in Colombia, the home country of founders Angel and Poveda.

This semester, Un Tinto will operate through a catering-based service. It offers beverages, such as maracuya (passion fruit) lemonade and iced lattes with different flavors (with a non-dairy option) and treats such as cookies.

The group of students separate their work into three areas, each managing different aspects of the business. Poveda and Gutierrez are the marketing team and run the social media accounts. Drumond and Graham oversee product inventory, as well as conduct research on what students like most and how they can improve the product. Angel is in charge of financials, creating income statements and figuring out where the money comes and goes. Although they all have designated roles, they work together to plan daily operations and the overall vision of the business.

"Our product names were a little difficult to understand at first. So, at first, people would just buy the ice caramel latte because it was something they were familiar with," said Angel. "But as time went by, people started trying our products such as our lecherito, which is our signature drink."

The lecherito involves a simple recipe that combines coffee with condensed milk.

After overcoming their obstacles in perfecting their recipes and turning their passion and culture into a business, Un Tinto is motivated to expand their business off campus in the future.

Mako Milkshakes

Mako Milkshakes introduced dairy and non-dairy milkshakes with several flavors to NSU.

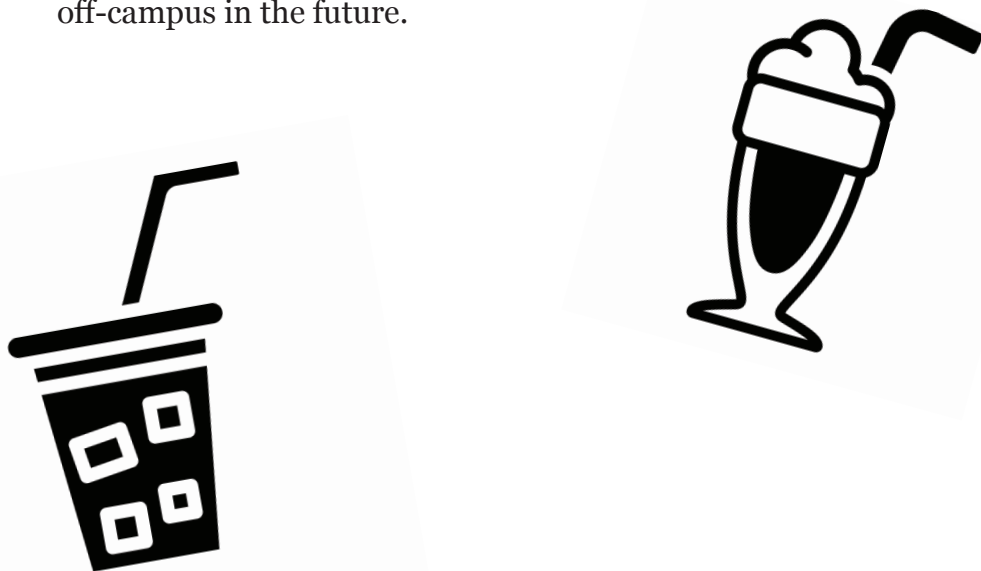
The team behind Mako Milkshakes was inspired by a friendly competition with the other milkshake business that opened last fall, Shake It Up. Mako Milkshakes was created by Maya Espinosa, senior entrepreneurship major, Ashley Trejos, senior management major, Amaya Walker, senior entrepreneurship major, and Erika Lowe, senior business management major.

Co-owner Trejos said that it is challenging to start a new business in a competitive market.

"We face a lot of issues with distinguishing ourselves from the competition and also getting our marketing out there," said Trejos. "We're still developing that right now."

Keeping the NSU community excited for more milkshakes, Mako Milkshakes added more flavors to their menu, such as the popular dairy and non-dairy Oreo and strawberry milkshakes.

Mastering the use of the milkshake machine, the team behind Mako Milkshakes plans to move forward with their business off-campus in the future.



If you go:
Location/Time: N/A (catering only)
Price Range: \$2 - \$5
Contact: linktr.ee/untinto

If you go:
Location: Shark Cage
Time: Monday and Friday from 11 a.m. to 1 p.m. and Wednesday from 7 p.m. to 10 p.m.
Price Range: \$4.50 - \$6
Contact: linktr.ee/mako_milkshakes



Michael Graham, senior entrepreneurship major, and Daniel Poveda, graduate student in the HBI program, serve a customer at Un Tinto.
 PHOTO BY DANIEL ANGEL



Amaya Walker, senior business and entrepreneurship major, scoops ice cream to make a shake for a customer at Mako Milkshakes.
 PHOTO BY INDAYA BYER

HEALTH & WELLNESS

Henderson Behavioral Health allows students 10 free therapy sessions

By: Ester Ferreira

Amaya Allen, junior speech language pathology major, was hesitant as she made her first counseling session appointment last semester. Her family has never been open to therapy.

She knew she made the right decision as she walked out of her first session.

"My counselor was super sweet. She seemed very open, transparent and honest, which I really like," Allen said. "I was super scared, but I know that I needed to do it myself and having someone that was a friendly face, a good listener and who wanted to help me was reassuring."

Allen's counseling session took place at the NSU Center for Student Counseling and Well-Being by Henderson Behavioral Health, which offers various mental health services for students. These include assessments, counseling sessions, consultations, psychiatric services, wellness and recovery education, and referrals.

Students can schedule

appointments by calling the office or by completing the online registration on their website.

Counselors can help students navigate different circumstances, including test anxiety, stress management, relationship issues and substance abuse.

Suzelle Guinart, director for behavioral health services, has helped students at Henderson for 10 years.

"Henderson is definitely a place to come and explore thoughts, behaviors, feelings, or really to learn about oneself and obtain different skills and strategies to work toward whatever their goals [are], may it be personal, academic or growth overall," Guinart said.

NSU students have access to 10 counseling sessions per calendar year included in their tuition. They can also call the Henderson Counseling Services 24/7 hotline if they are going through a period of crisis or want to discuss an emergency.

"Students can call anytime and if there is an emergency situation, and we will

respond to that," Guinart said.

Henderson provides about 500 services per month, and there are always counselors available.

The office has been located on the third floor of the Student Affairs Building since 2019.

"We used to be located somewhere off campus previously to this location. Since we have been in this location on campus, we have had great feedback from the students," Guinart said. "They all say it is more accessible but at the same time, it is still private."

Allen said that having counseling available on campus has encouraged her to attend the sessions.

"Last year I did not have a car at all, so it made a huge difference, because I can just walk to the Student Affairs Building and it is super easy that way," she said. "It is really convenient because a lot of people do live on campus. If you don't live on campus, you have classes on campus. I honestly don't think I would have done it if it was off campus."

Henderson's services are available for all NSU students for the entire academic year upon registration without extra costs.

Allen recommends other students take advantage of Henderson's free services.

"I think it's beneficial, even if you are doing well, to talk with someone," Allen said. "That's a huge opportunity to take advantage of even if you can't go as consistently as you want. Even if you try and only do one, at least you can say you tried."

If you go:

Location: Third floor of Student Affairs Building
Time: Monday and Thursday 8:30 a.m. to 6:00 pm, Tuesday and Wednesday 8:30 a.m. to 8:00 p.m. and Friday 8:30 a.m. to 5:00 p.m.
Price range: First 10 sessions free for students
Contact (during normal business hours) and 24/7 Crisis Hotline (after hours): (954) 424-6911

FROM THE FRONT

How students can unplug and relax in nature



Anya Solomon, sophomore marine biology major, visits the medicinal garden to enjoy the smell of flowers.
 PHOTO BY INDAYA BYER

"I like the breeze and watching the animals, such as iguanas and butterflies, go by," said Solomon. "They make me feel relaxed."

She recommended the Flight Deck backyard and the Medicinal Garden (located near the Tom Panza Science Annex) as ideal places on campus to have a relaxing picnic.

Chloe Rousseau, IOC chair of the Nature Club and senior communication major, has a special appreciation for the Medicinal Garden.

"You can sit there and listen to the sounds of the bamboo creaking, the leaves rubbing on each other, birds chirping, and it's really nice," said Rousseau, who is also this newspaper's business manager.

Rousseau also suggested taking advantage of the garden plots available to all students, which they can use to grow their own food, and going on the Nature Club's semesterly camping trip.

"We go to super cool parks like Highlands Hammock and Peanut Island, and these camping trips are free," she said. "It's really a way to connect with nature."

For more information about these trips, students can contact Student Sustainability Coordinator Tatum Hedrick at th1395@mynsu.nova.edu.

Joe Dubner, senior biology and marine biology major and president of the Nature Club, recommends going to the Wildfire Garden, located right next to the Medicinal Garden.

"I think NSU having spaces like the Wildfire Garden, like the Community Garden is incredibly beneficial for students," said Dubner. "I've seen people do religious ceremonies

there, like prayers."

Going off-campus to different nature spots and local beaches can also help clear the mind.

Devynne Brown, marine science graduate student, finds "the waves, birds, [and] sitting in the sun" to be the most calming aspects of a beach visit. She also said collecting seashells and surfing promote relaxation.

Michael Lynn, assistant director of student media and nature enthusiast, recommended Robbins Preserve.

"Robbins Preserve has a very nice scenic view and a good place for kite flying and rocket launching," Lynn said. "It also has a very nice nature trail that connects to Flamingo Gardens."

He also recommended Long Key Natural Area and Nature Center, Flamingo Gardens, Holiday Park and West Lake Park as peaceful hangout spots.

HEALTH & WELLNESS

How students can safely handle a COVID infection

By: Adam Sadik and Maya Totev

Three years since COVID-19 was first discovered, the virus continues to affect the NSU community.

“COVID is going around the school right now,” said Adam Sacchetti, freshman psychology major, who recently contracted the virus for the first time.

Like him, many students have been confused about NSU’s current COVID policies and what to do if they get sick.

“I had an idea [about the rules], but I wasn’t sure,” said Ashley Diaz, senior communication major and a reporter for this newspaper. “Because the rules have changed so much over the years, I didn’t really know what the rules were [when I got sick].”

The NSU website offers guidelines on what to do if students test positive for COVID or other illnesses. These guidelines align with those of the Centers for Disease Control and Prevention.

“Following CDC guidelines is our best resource at the moment,” said David Pino, a pharmacist since 2010 and the managing pharmacist at the NSU Clinic Pharmacy.

Diaz recommended students contact the Office of Student Disability Services if they get sick and are unsure about the next steps.

“They responded the same day,” said Diaz. “They are always going to tell you the straight-up answer.”

New data shows that coronavirus

symptoms can last long after testing negative, maybe even a lifetime. This phenomenon is called the “long COVID disease.”

The extremity of symptoms varies from case to case.

“I tested positive at Baptist Health Urgent Care. I felt like I was dying with 103.3°F top fever, congestion, cough, post-nasal drip, shortness of breath, and dizziness,” said Sacchetti. “When I would lie down, my knees felt like they were jelly.”

Nearly one in five American adults who have contracted COVID report still having symptoms several months after testing negative, according to the CDC. These long-term health effects are often reported by previously healthy individuals and encompass over 200 different symptoms, such as fatigue, sleep problems, change in taste or smell, depression and anxiety.

At NSU, if students test positive for COVID or have any short-term medical diagnoses like mono or strep throat, they should isolate and submit documentation from a healthcare provider to the Office of Student Disability Services.

NSU employees who have tested positive for COVID should isolate and may discuss possible options of remote work with their supervisors.

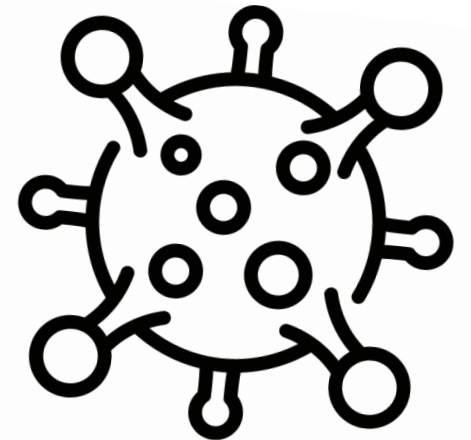
NSU’s isolation policies correspond with the CDC’s isolation and exposure calculator, which can be found on the CDC’s website (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/>

isolation.html).

The NSU Clinic Pharmacy offers administration of the Moderna COVID vaccine every Friday for free with proof of insurance, by appointment, from 9:30 a.m. to 5:00 p.m.

The FDA’s authorized updated COVID booster offers improved protection against both the original strain of COVID and the Omicron variants that are currently causing most infections. The updated booster is also available at no cost at the NSU Clinic Pharmacy.

The pharmacy also offers the flu vaccine, medication therapy management, diabetic meter training and integrative health and wellness consultations. It is located at the NSU Sanford L. Ziff Health Center and is open to all NSU students.



CDC’s Isolation Policies and Precautions for People with COVID-19

If you have COVID without symptoms

- Day 0 of isolation is the day you were tested (not the day you received your positive test result).
- Day 1 is the first full day following the day you were tested.
- If you develop symptoms within 10 days of when you were tested, restart at day 0 on the day of symptom onset.

If you have COVID with symptoms

- Day 0 of isolation is the day of symptoms onset.
- Day 1 is the first full day after the day your symptoms started.

- If you tested positive, stay home for 5 days and isolate yourself from others in your home.
- You may end isolation after day 5 if symptoms are improving and you are fever-free without medication.
- If symptoms are not improving, continue to isolate until you are fever-free without medication.
- If you have experienced moderate-to-severe symptoms (difficulty breathing or hospitalization) isolate through day 10.

Scan this code to check out the CDC’s isolation and exposure calculator.



ONSHORE CALENDAR

Jazz Funk
Choreography Class
Jan. 26 – 8 p.m.
PVA Performance
Theatre

“Boondocks” and
Cereal
Jan. 27 - 5:30 p.m.
Carl DeSantis Building,
Room 2067

The Haitian Student
Association Game
Night
Jan. 27 - 6 p.m.
Mako Multipurpose
Room

“The Martian” Movie
Night
Jan. 27 – 7 p.m.
Alvin Sherman Library,
Room MR2053

CommunityFest 2023
Feb. 4 - Noon
Gold Circle Lake

OFFSHORE CALENDAR

IGNITE Art & Light
Festival
Jan. 25 – 29, 6 p.m.
Esplanade Park, Fort
Lauderdale, FL

Weekday of Service
Jan. 26 – 2:30 p.m.
Broward County
Animal Care

Goat Yoga
Jan. 28 - 10 a.m.
Downward Goat,
Southwest Ranches, FL

First Surf Day Winter
2023
Jan. 28 - 1p.m.
Deerfield Beach

The Tina Turner
Musical
Jan. 29 – 1 p.m.
Au-Rene Theater at
Broward Center for the
Performing Arts

Emmy-nominated NSU alumnus Alexander Star to perform local show

By: Bryce Johnson

When Emmy-nominated songwriter Alexander Star was a junior at NSU in 2010, he performed a concert at Homecoming and gave away his album to students. Thirteen years later, Star performs with his band in shows across South Florida and New York.

One show that Star looks forward to is the Gay8 Festival on Feb. 19.

“It’s a gay festival in Miami. I’m not gay, but they reached out to me after seeing me on Channel 7 because of my impact art and my inclusivity,” Star said. “They’re featuring me at their festival, which I think is really dope.”

Most recently, Star was invited to perform in a speaker series called Arts Means Business on Jan. 24. In 2013, he attended the event when a local DJ, DJ Irie, was performing. He was excited to return 10 years later as a speaker, especially with two of his band members.

“My guys are so dope. Just playing with live musicians, it’s game changing,” said Star.

In all of his songs, Star

tries to encourage people to break down barriers. His original song “That’s What I Do Best” carries this feeling.

“It’s one of my favorite songs, especially with my live band,” said Star. “To make music just to be famous is not fulfilling to me. To make music that happens to be impactful to people who hear it, and as a result, they care about who I am—that’s what matters to me.”

Since as early as second grade, music and songwriting has had a profound impact on Star.

“What kind of got me to win throughout school is I would incorporate [music] into my projects,” said Star.

For one of his projects at NSU, Star did a report on the impact of positive messages in music on inmates.

Star found his time at NSU to be formative, especially his Homecoming concert in 2010. That concert connected him with his business partner, who helped him launch his career.

Star said that without NSU, “Alexander Star as we know him today would not be

who he is today. I don’t know who I’d be or where I’d be or what I’d be doing, but Nova was instrumental.”

Another part of NSU that was significant for Star was his classes with Megan Fitzgerald, associate professor and faculty adviser of The Current. He graduated with a 3.96 GPA, which he thanks Fitzgerald for.

“She stretched me and had me dive in and really pay attention to what other people are scholastically contributing,” said Star.

Star will be performing in several events throughout February and March, including the Tunes ‘N Trucks concert in Sunrise on Feb. 10, as well as the Montessori Model United Nations conference in Times Square from Feb. 15-18.

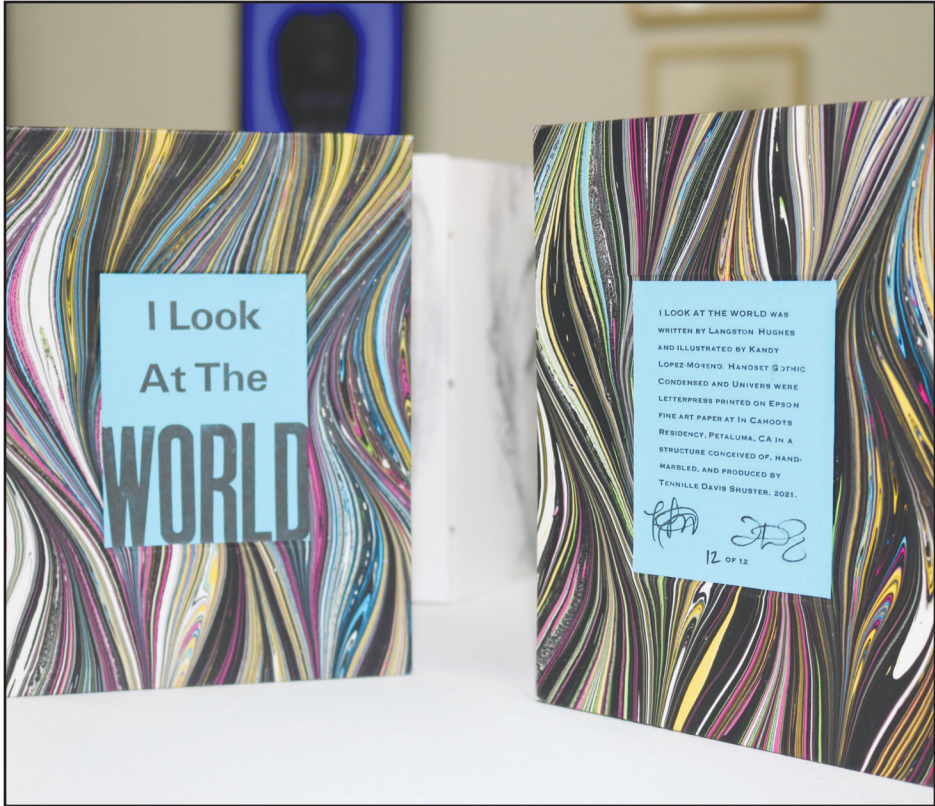
On Feb. 25, Star and his band will play at the Miramar Afro-Caribbean Music Festival, opening for the Jamaican singer Koffee.

“Then March 15, I’m back in New York again,” said Star. “It’s going to be a crazy first quarter.”



Alexander Star performs at SunFest 2019.
COURTESY OF ALEXANDER STAR

For more information on upcoming events, visit Star’s website at www.alexanderstar.com.



The Art Faculty Exhibition is open in the Don Taft University Center in Gallery 217.
PHOTO BY ASHLEY DIAZ



The Art Faculty Exhibition is open in the Don Taft University Center in Gallery 217.
PHOTO BY ASHLEY DIAZ

Art Faculty Exhibition

By: Danna Bertel

The Department of Communication, Media and the Arts is presenting its ninth Art + Design Faculty Exhibition that features art, guest lectures and workshops. It began on Dec. 5 and will end on Feb.3.

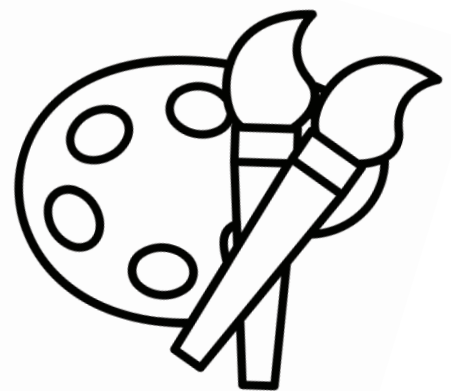
The exhibit workshops are hosted by the Art + Design professors Pablo “Tony” Alvarez and Kolos Schumy and former Art + Design faculty member Tennille Shuster.

The exhibition displays a variety of artwork, including sculptures, photography, digital art and ceramics. It will also feature a video installation by dance choreographer Hattie Mae Williams.

“Usually we have student exhibitions, so it is nice to see the caliber of artwork from the different faculty members,” said Kandy Lopez-Moreno, associate professor of Art + Design at DCMA. “A lot of the time students don’t see our work, so I think it’s important for our students to see what their teachers are working on.”

There was an artist talk with Alvarez last week, and there will be another one in the Don Taft University Center in Room 234 with Schumy on Jan. 31 from 12:30 - 1:30 p.m.

The exhibition and artist talks are free and open to the general public.



9TH
2023

FACULTY
EXHIBITION

December 5th - February 3rd
Gallery 217, Don Taft UC

Opening reception - December 5th
from 5-7pm

Artwork by Taryn Nicoll

Workshops & Lectures to
be Announced

Department of Communication,
Media, and the Arts
@nsu_dcma

Halmos College
of Arts and Sciences
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida

If you go:

Location: Don Taft University Center, Gallery 217

Time: 12:30 – 5 p.m.

Price: free

Contact: klopez1@nova.edu

MUSIC

Radio X: Meet the DJs



JoMari Chao, Radio X station manager and senior double major in international studies and legal studies, interviews people in the booth during College Radio Day in 2021.

PHOTO BY FRANK NATALE

By: Sofie Daiberl

DJ Flackie

Radio X is NSU's student-run radio station, which airs on channel 88.5 daily from 6 p.m. to midnight. Students deejay, play (often non-mainstream) music of their choice, interact with audiences, give away concert tickets and interview artists. Radio X currently has three staff DJs who host these evening shows, and they welcome volunteer DJs to host their own shows throughout the week.

JoMari Chao, Radio X station manager and senior double major in international studies and legal studies, first discovered Radio X through a pamphlet circulating campus when she was a freshman. She thought it was interesting, and so she explored it. Fast-forward to now, and she is "the sole bearer of all information and all things surrounding Radio X." Her DJ name, DJ Flackie, is a

play on words, derived from the Spanish word "flaca," meaning skinny.

"My aunt calls me Flackie as a term of endearment, so that's where my DJ name comes from," Chao said.

During her evening shows, she likes to play modern Latin music, such as reggaeton.

DJ Sirena

Alex Hernandez, sophomore double major in international studies and national security, is the assistant station manager at Radio X. Her responsibilities include playing music, curating playlists, going on air, performing interviews and attending concerts. She first discovered her love for Radio X while walking around campus and noticing a DJ dancing to their own music, which she later found out was a Radio X employee doing a remote. Soon enough, she found herself in Rosenthal Student Center, where Radio X is located, signing up to be a volunteer DJ. Her DJ name also comes from a Spanish word.

"My DJ name is DJ Sirena, which means mermaid in Spanish," she said. "It was inspired by my love for mermaids and the water, and it just fit perfectly with NSU."

The theme for her show

is international music (she describes herself as "the DJ of the seven seas"). She plays many genres, including K-pop, J-pop, Latino music and German indie rock, on her evening shows.

DJ Blossom

Denisia Martimbor, community program director at Radio X and first-year graduate student pursuing an MBA in management, is the anchor and producer of Radio X's weekly Wednesday show, The Lunch Rush. As the host of The Lunch Rush, she oversees all the different segments, like news, sports and artist interviews. She also manages the social media and coordinates collaborations with organizations and clubs. She said that her intense passion for music brought her to Radio X initially and that her DJ name, DJ Blossom, comes from her Caribbean background.

"I used to sing back home and my singing name was Blossom, so I made it into my DJ name," Martimbor said.

Martimbor expresses her background through the Caribbean music, such as Soca, reggae and danzón, that she plays during her evening shows.

Want to
be a
volunteer
DJ?
Scan this
code!



Want to know what The Current staff is listening to?
Check out Current Picks, our collaborative Spotify playlist!



Sharks Athletics introduces lacrosse

By: Zara Rada Silva

Starting the fall of 2024, men and women lacrosse teams will join NSU's athletic program. The team is expected to play against programs across the country.

Michael Mominey, director of athletics and associate vice president for advancement, said that the athletic program has been exploring the addition of

a new sport over the last several years. It was decided that lacrosse is the best fit.

"Lacrosse is a highly competitive sport, and it is a growing sport in the state of Florida, and nationally," he said.

Coaches for both lacrosse teams will likely be hired by the summer of 2023. Then, it will take about a year to recruit student athletes.

Jennifer Griggs, freshman communication major, looks forward to lacrosse being offered at NSU.

"I actually brought my lacrosse stick to college hoping to find people to play and I haven't," said Griggs. "The fact that they're bringing the program back makes me really excited."

Mominey said that NSU students have had a growing interest in lacrosse. Over the last

several years, there have been requests to start a lacrosse team.

There was a lacrosse club at NSU in 2019 before the start of quarantine.

The team is expected to play at the former Miami Dolphins training complex, which will also be the home stadium for the soccer team in 2024.

FINS UP SHARKS: HOME GAMES

Jan. 25: 5:30 p.m.
Women's Basketball vs. Rollins College
Rick Case Arena

Jan. 25: 7:30 p.m.
Men's Basketball vs. Rollins College
Rick Case Arena

Feb. 1: 5:30 p.m.
Women's Basketball vs. Palm Beach Atlantic University
Rick Case Arena

Feb. 1: 7:30 p.m.
Men's Basketball vs. Palm Beach Atlantic University
Rick Case Arena

Feb. 3: 7 p.m.
Baseball vs. Lane College
NSU Baseball Complex

Feb. 4: 6 p.m.
Baseball vs. Colorado Christian University
NSU Baseball Complex



The Sharks recorded their 16th consecutive win and improved to 9-0 in the Sunshine State Conference, defeating Saint Leo 106-84 on Jan. 14.

PHOTO BY ETHAN COURTNEY

