
The Current

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Men's basketball makes its mark

By: Abraham Velasquez



RJ Sunahara (#13), graduate student in the business marketing program, plays forward position in the game against Lynn University on Jan. 21. PHOTO BY INDAYA BYER

SEE PAGE 14

Nineteenth annual CommunityFest

By: Ashley Diaz

CommunityFest is an annual family-friendly event that highlights NSU to the masses.

"It is our opportunity to bring the community together both externally and internally, so everyone has the opportunity to meet each other and network," said Christina Rajkumar-Castillo, associate director of Campus Life and Student Engagement.

NSU's 19th annual CommunityFest will be held on Saturday, Feb. 4, at the Gold Circle Lake. The event starts at noon and ends at 4 p.m. Everyone is encouraged to attend.

"I've been doing this for 10 years and the Community Festi-

val still remains to be one of my favorite events to plan," said Rajkumar-Castillo.

This event will feature various attractions and entertainment for all ages, such as bounce houses, photo booths, inflatable slides, caricatures, a petting zoo and a DJ. All the attractions are free.

"It's a great time for [students] to come out and to learn. Students can learn about other areas and other departments," said Rajkumar-Castillo.

The purpose of CommunityFest is to showcase NSU to the community and for students to explore their school and learn about other areas of expertise in a fun space.

SEE PAGE 5

Valentine's Day date spots for NSU students

By: Sofie Daiberl and Chloe Rousseau

Joe Dubner and Olivia Cantalupo, senior marine biology majors, met as presidents of their respective clubs and started dating as juniors. Some of their favorite moments as a couple were spent together at NSU.

"My favorite date that we had on campus was right outside of Rolling Hills, where we both live.

"There is this grassy patch behind the Rolling Hills Pool that is almost always empty," said Dubner.

"When it got too chilly, we just wrapped the blanket up and walked inside. I don't think I will ever forget that night."

With Valentine's Day coming up, NSU students are looking for new ways to spend this romantic day together.

Here are some places to explore this Valentine's Day, both on and off campus.



SEE PAGE 8

Letter from the editor

Dear Reader,

Welcome to the semester's second issue of The Current! Inside you'll find cute date ideas for Valentine's Day, a look ahead to CommunityFest tomorrow, unique recipes for upcoming Super Bowl parties and much more. My favorite page is the 15th, where you'll find a photo-essay about the men's basketball team. They're crushing it this season.

With this packed paper, I'll be going out with a bang. That's right, readers, I will be resigning as editor-in-chief after this issue. It truly was a wild ride filled with blessings, surprises and many challenges that, overall, have made me into the better person and leader that I am today.

I hope you enjoy every story and that you continue to read the paper as it evolves.



Nicole Shaker is the editor-in-chief of The Current.

PHOTO BY BRIELLE AGUAYO

Thank you so much for picking this paper up, and remember to stay current.

Happy reading,

Nicole Shaker



3301 College Ave
University Center, Room 328
Fort Lauderdale, FL 33314

NEWSROOM
Phone: 954-262-8455
Fax: 954-262-8456
nsunews@nova.edu

BUSINESS & ADVERTISING
Phone: 954-262-8455
Fax: 954-262-8456
thecurrentad@nova.edu

Nicole Mary Shaker
Editor-in-Chief

Bryce Johnson
Managing Editor

Brielle Aguayo
Art Director/Reporter

Danna Bertel
Features Writer

Ashley Diaz
Reporter

Francesca Abarca
Reporter

Ronald Martinez
Reporter

Adam Sadik
Health Writer

Maya Totev
Health Writer

Indaya Byer
Photographer

Erika Foti
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Graphics Design Assistant

Ramona Smith
Graphics Design Assistant

Gloria Mendez
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OPINION

Students are being pushed off campus

By: Cassandra Stevens

I never thought I would have to worry about where my next home would be. When I received an email from the NSU Office of University Housing on Jan. 2, I started to wonder. It read that students "under the age of 20 are the only group guaranteed housing in the residence halls."

I will be 20 this year, and that leaves my sophomore housing situation up to luck. I will be honest. I didn't show up to NSU thinking I wanted to stay on campus all four years, but my opinion changed within weeks. I fell in love with the campus. The ability to walk to classes and run home for a refreshing nap is something I never had before.

That said, NSU is a growing campus, where housing options are not necessarily growing with the student population.

I am not the only one affected or concerned about this.

For Ashianna Trivedi, freshman neuroscience major, her favorite thing about being on campus is "being so close to friends."

Students worry about missing out on campus life and transportation to class if they switch to off-campus housing.

This issue particularly affects out-of-state and international students.

"I don't have anywhere to go," said April Machta, sophomore public health major. "As an international student who goes home for breaks, how do you expect me to pay rent for the time I am not here? I cannot legally work outside of campus, and some international students depend on financial aid."

Adjusting to a new state is already challenging for many students, but adjusting to a new country is beyond imagination and takes infinite courage.

They must face the financial reality of renting off-campus, which can be hard when their families are earning money in a different country with an unfavorable conversion rate. It takes time to know the area, and students who are not local will suffer when having to leave the safety of the campus.

"When I was touring before I became a freshman, they told me that I would have housing on campus all four years, but that was before they started over-accepting freshman," said Machta.

Admitting less freshmen or building more residence halls could be possibilities for NSU as it works to combat this housing crisis. I hope there can be a change to prioritize the students already admitted and committed to NSU, instead of accepting more students who would eventually share my dilemma.



The Current serves Nova Southeastern University from its location in Room 328 of the University Center. The Current is NSU's established vehicle for student reporting. All community members are invited to contribute.

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Aliya DeJesus, freshman neuroscience major, utilizes NSU's green spaces to write outside and clear her mind. PHOTO BY INDAYA BYER

OPINION

The value of green spaces on campus

By: Joseph Dubner

The term “chronically online” is a recently coined phrase to describe people who spend so much time on the internet that they are disconnected from reality. The cure to chronic online-ness, according to the denizens of the internet, is to “go outside and touch some grass.” Obviously, this is a humorous expression, but there is a deeper meaning behind it.

The connections between being outside and mental wellbeing are well understood by scientists. It seems that taking a break from the internet, going outside and socializing with people actually does help to combat the fear, anger and dissociation that online echo chambers can produce. It is for this reason, among many others, that it is beneficial for everyone at NSU to spend more time outside at one of NSU's many Green Spaces.

Paul Arena, associate professor and faculty adviser of the Nature Club, has been at NSU since 2005 and has seen the amount of Green Spaces on campus grow.

Arena oversaw the creation of the Nature Club's Native Narrows Wildflower Garden back when it was “located on the east side of the Parker building in that narrow strip of landscape

between the covered walkway.”

Today, this garden lies adjacent to the Medicinal Garden and Mesozoic Garden, facing the library quad with a large wooden sign beckoning to the curious pedestrian to take a closer look. The Wildflower Garden is such a uniquely natural area on campus that Arena and other biology professors use it as a place of study for their classes. He hopes that the Wildflower Garden can serve as an example to individuals who may want to grow native species in their own backyard.

Jeffrey Hoch, associate professor in the Department of Marine and Environmental Science, reaffirmed the importance of more natural areas on campus.

“Many migrating birds need natural areas,” Hoch said. “They provide space for organisms we care about, like endangered organisms. NSU's gardens act as important habitat for the Florida Blue Atala butterfly (endangered) among other things.”

The Wildflower Garden now serves as a welcoming entry into the Medicinal Garden, a functional living building made of plants that some students affectionately referred to as “Narnia.”

Michael Voltaire, associate professor in the Department of Psychology and Neuroscience, agrees that the Green Spaces on

campus are more important now than ever to protect. He found it upsetting that people are spending less time outside post-pandemic.

“We used to play outside, but people tend to stay indoors now,” he said. “We were so accustomed for the past two years of staying away from the campus and doing everything remotely. It's unfortunate.”

He hopes that people are once again becoming more willing to spend quality time outdoors, like he does walking around Gold Circle Lake, running around his neighborhood and playing soccer at his local park.

“We need to reserve these spaces for people, so they can come and enjoy and have a space outside,” said Voltaire.

The Community Garden is the perfect spot for this.

“Absolutely love the new area dedicated to the Community Garden. It is large enough to provide a diverse array of green spaces to our NSU community,” Arena said.

On this subject, Hoch agreed. “Anything growing is preferable to more concrete,” he said.

Voltaire said he did not know the Community Garden existed but was delighted to learn that NSU had set aside land for students to practice gardening.

“If they have a space where they can do this kind of gardening, of course [it is beneficial], especially [if] they're away from home and living indoors,” he said.

Tatum Hedrick, student sustainability coordinator and community garden manager, is one such person stuck indoors. He now lives in a tiny apartment with no balcony or outside view.

“This is my backyard now,” he said, while watering a recently sprouted melon plant in the Community Garden. “In some ways, it's better than a backyard.”

The Community Garden should be thought of as NSU's backyard— a place where students and faculty can go to relax, picnic, garden, play sports, connect with others and enjoy touching the grass.

Community Garden

Contact: Tatum Hedrick, student sustainability coordinator
(th1395@mynsu.nova.edu)

Celebrate Black History Month with the Black Student Union

By: Danna Bertel

With the start of Black History Month, the Black Student Union is hosting events that give the NSU community an opportunity to celebrate and honor the Black community. Attending these events will support the Black Student Union and the local Black community.

Family Feud: Black History Edition

As part of a general body meeting on Feb. 3 at 6 p.m., BSU will host a Family Feud game where students will answer questions related to Black History Month in the Carl DeSantis building, Room 1052. Free food and drinks will be provided at the event.



Kat's Asian Kuisine caters last semester's Black Owned Event.
COURTESY OF JAROD JOHNSON

Valentine's Day Fundraiser

On Valentine's Day (Feb. 14) at the Don Taft University Center Spine at 12:30 p.m., BSU will be selling candy grams to help the organization raise money.

Black Excellence Showcase

On Feb. 24 at the Flight Deck backyard at 7 p.m., the members of BSU will perform their annual Black Excellence Showcase. The event will showcase various talents celebrating Black culture, such as dances, monologues and music.

Come out and show your support this Black History Month!



A student vendor sells his products at last semester's Black Owned Event.
COURTESY OF JAROD JOHNSON



Can you spot the
editor-in-chief
on this page?



A student business sells Bundt cakes and cake pops at last semester's Black Owned Event.
COURTESY OF JAROD JOHNSON

FROM THE FRONT

Nineteenth annual CommunityFest

CommunityFest also gives local high school seniors the opportunity to come to campus and explore NSU as a potential university, as they learn about the various organizations offered.

“Some of our local law enforcement will also be at the event,” said Rajkumar-Castillo. “It’s one of their favorite events to be at.”

The festival also gives a chance to promote local businesses and organizations.

There will be about 25 community partners, including Flashback Diner, Hungry

Howie’s and Pepsi, as well as about 140-150 student-run organizations.

CommunityFest allows student-run organizations to attract new members and teach



The CommunityFest banner is hung up outside the Alvin Sherman Library.
PHOTO BY CHLOE ROUSSEAU

other people about their organizations.

“It’s a really good event for people to come together as a family,” said Rajkumar-Castillo.



Biden’s Student Loan Forgiveness Plan faces legal conflict

By: Ronald Martinez and
Valentina Marcone

President Joe Biden’s Student Loan Forgiveness Plan is currently going through legal setbacks.

The bill, which would provide millions of dollars to students to help with paying their loans, has gone through a series of delays as various third parties insist on the unconstitutionality of the bill.

The original plan was to provide up to \$20,000 of student loan forgiveness to thousands of low-income students who had taken out federal loans. But it has faced legal pushbacks from various entities, such as lawmakers and schools alike.

“We welcome the Supreme Court’s decision to hear the case on our student debt relief plan. @POTUS & I will keep fighting against efforts by Republican officials & special interests to deny middle-class families the relief they need and deserve,” Secre-

tary of Education Miguel Cardona wrote in a Tweet on Jan. 23.

The case has been brought to the Supreme Court, which will begin proceedings on Feb. 28, where legal arguments will be heard around the president’s Student Loan Forgiveness Plan that faces at least six lawsuits from various parties, including Lincoln Educational Services Corp., American National University and Everglades College, Inc.

“Paying off debt with financial institutions, I think, in my opinion, is a useless, or not effective use of income, or in this case, discretionary income,” said Ransford Edwards, assistant professor in the Department of History and Political Science.

Many students share a similar sentiment about student loans and believe in the positive effect Biden’s plan can have on their futures.

“I think that a lot of us pay a significant amount for education, and for a lot of us, this is

our future. We are here because of what we want to do,” said Milo Thomas, freshman theatre major. “Money stress is something that a lot of people can relate to, and when you are trying to build a future for yourself, especially after college, student loan forgiveness is a huge part of that.”

Some students believe, if approved, this bill would make paying loans easier after graduation.

“I think it’s undoubtedly good for students if they have programs like these that put people in a position where they are able to take care of themselves,” fourth-year Razor’s Edge Scholar Nathan Wenrich said. “I think that there is a substantial portion of the university population that needs these services.”

Yet, some NSU students worry this plan would negatively impact the economy of the United States as a whole.

“I think that it could affect the economy in a negative way sim-

ply due to just the legal aspects of it,” Khalil Chase, freshman business management major, said. “Because when you think about it, the taxes that you pay and the student loans that you take out go back into the environment. Taxes would increase so that you could do that.”

Edwards disagreed.

“Particularly for Nova students, I think this would allow students to focus more on education, more on student life, and more of the joys of being an NSU shark,” Edwards said.





Alex Hernandez speaks to children during a mission trip in Colombia.
COURTESY OF ALEX HERNANDEZ

Sophomore Alex Hernández brings awareness to period poverty

By: Bryce Johnson

Last year, Alex Hernández, sophomore double major in international studies and national security, founded a nonprofit organization, Sirena's Grotto, to educate and help women in "period poverty" areas, which refers to locations where feminine products are not readily available.

In the summer, she traveled to Barranquilla, Colombia, where she gave out 150 menstrual hygiene items, such as pads and educational materials, to people living in the area.

Hernández was inspired to go to Barranquilla partly because it's where her mother grew up in poverty.

"One of the most vivid things I remember from that trip was a girl who for the first time got a box of pads, whereas before she'd have to buy them individually," Hernández said. "My mom, she was one of those girls that didn't have [pads], but now she does."

Hernández first started advocating for menstrual equity as a sophomore in high school. One day, she discovered that several of her classmates would often get toilet paper from the nurse because they couldn't afford standard pads.

"A lot of them were immigrants, a lot of them didn't

have their papers. They didn't have any of that," said Hernández, who also manages NSU's campus radio station. "After I found that out, it kind of, like, blew up my world. It completely changed me, because I was like, there are girls out here that are literally unclean. They're feeling unclean having to go to school."

Soon after, Hernández used her own money to buy products for her classmates. She became known throughout her school as the girl with the pad backpack.

"I would get tapped on the shoulder. 'Hey, do you have a pad?'" said Hernández. "And it became almost like, I had magic. I was handing out, like, money, honestly."

From there, Hernández's activism only grew. She teamed up with clubs at her high school to distribute boxes of pads to every classroom, and she also did period drives in Coral Springs and Tamarac. She then founded Sirena's Grotto and partnered with organizations like The Beauty Initiative.

"It's like five years of my life. Finally, I was working for other organizations and now I have my own. And I have God to thank for that," Hernández said. "I'm really, really thankful because I've seen the need not only here, but internationally."

When Sirena's Grotto went to Barranquilla last July, the

organization gave out 150 boxes of pads and 200 school supplies and spoke at three different churches about self-empowerment.

Being able to help so many people continues to encourage Hernández.

She said the joy on their faces was inspiring.

"It was one of those things where I can see their face in my head and be like, 'Wow, I'm not doing this for myself, I'm doing this for you,'" said Hernández.

In Spanish, Hernández's organization is called "Serenas Para Las Sirenas," which means "Pads For The Mermaids."

Hernández decided to name her organization "Sirena's Grotto" as an homage to her Hispanic heritage.

"In English, there's a lot of content about menstruation and menstrual equity and everything. But in Spanish and in the Hispanic community, there isn't because it's so taboo," Hernández said. "I wanted to make sure that my Latino community has the resources they need because they're so underfunded, underrepresented, like everything. Like, they needed that. So my biggest motivation is just to help my home."

Hernández's efforts have been recognized throughout South Florida. She earned the Silver Knight Award in 2021 for her

community work, and her high school changed how it handled menstrual health because of her.

"The high school where I went now officially, every year, has pads. They added it to their budget," Hernández said. "So every year, they make sure that there are pads in each classroom, which is so exciting."

Hernández plans to do another period drive on March 14. She will partner with HOPE South Florida to distribute meals, pads and other necessities to homeless people.

For those looking to donate supplies or help Sirena's Grotto, Hernández encourages them to message their Instagram account, @sirenasgrotto.

"We need to get menstrual equity. At the end of the day, everybody needs to feel clean. Nobody should feel dirty. Nobody should have to feel like they are afraid because they're having a normal bodily function," said Hernández.

**Donation box for
HOPE South Florida**

**Date: Feb. 3 to
March 17**

**Location:
Rosenthal Room 140**

Thinking about joining the Photography Club?

By: Ashley Diaz

During the summer, Naphisa Smith, senior environmental science major, would go home and take pictures with her friends. Missing the joy those experiences gave her, she decided to start the NSU Photography Club last semester.

“Back home over the summer we had this group where we would meet up every month or every other week at different locations and take photos together,” said Smith. “I thought it was really fun, so that inspired me to start the club here at NSU.”

Smith said she started the club because she loves photography and she wanted to give other students who are interested in photography or modeling the outlet to practice.

She wants this club to be about students expressing themselves, whether through nature or portrait photography.

“I know some photographers only do nature, but I feel like providing them a way to do portraits is good practice,” said Smith.

Students who want to join the club should have their own camera. As a new club, it does not yet have the resources to provide cameras.

“My vision for the future is to be eligible for funding to rent cameras [to students] that people don’t have,” said Smith.

The NSU Photography Club has about 70 members. They are in the planning stages of participating in workshops and enrolling the club into photography competitions.

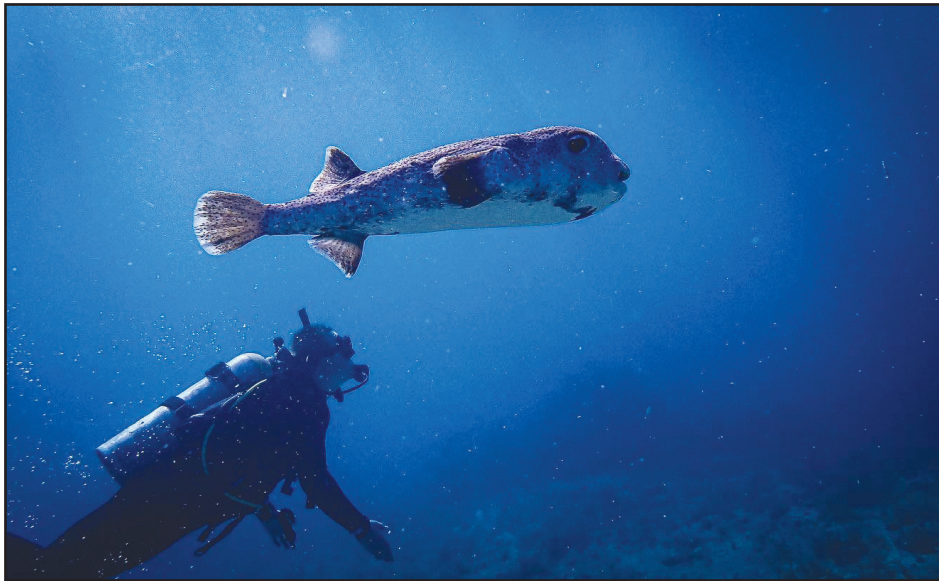
It recently hosted a photoshoot workshop in the parking garage near The Commons.

The NSU Photography Club has other events planned, including a sunset photoshoot at Dania Beach on Feb. 5. Students should bring their own cameras and be ready to have their picture taken.

**Interested in joining?
Contact
Naphisa Smith at
ns1524@mynsu.nova.edu and
join the club on
SharkHub
using this QR code.**



Check out some of the photography club's work!



A diver swims alongside a pufferfish.
PHOTO BY NICHOLAS BURCHETT, SOPHOMORE MARINE BIOLOGY MAJOR.



A chipmunk looks out into the wilderness.
PHOTO BY NAPHISA SMITH, SENIOR ENVIRONMENTAL SCIENCE MAJOR.



A great egret bird wades through tall grass and water.
PHOTO BY TRIUMPH PERRY, FRESHMAN MARINE BIOLOGY MAJOR.



An NSU swimmer races forward with determination.
PHOTO BY TRIUMPH PERRY, FRESHMAN MARINE BIOLOGY MAJOR.

FROM THE FRONT

Valentine's Day date spots for NSU students

The Alvin Sherman Library Quad

Whether you are looking to have a picnic or relax underneath the stars, the Quad is a good place to spend time with your partner on campus. Pack up a picnic basket full of your favorite Valentine's Day goodies and make sure to bring a blanket. The soft grass and colorful sky will make for a romantic scene. Bring a device to watch a movie on, and have your own movie night on the Quad with your partner (if you can't think of what to watch, "The Notebook" is available on Amazon Prime Video).

NSU's Medicinal Garden Gazebo

Right on campus is a medicinal garden wedged between the Parker Building, the Quad and the library.

Stepping inside the garden is like being transported into a tropical jungle.

Closer to the Parker Building, there is a reflexology path to massage feet and improve circulation, as well as a wooden gazebo. This is a scenic, lowkey spot to hang out any time of the day but is especially nice at night. Bring some battery-powered lights and chocolate-covered strawberries and you're set for a romantic evening.

The Fort Lauderdale Beach

South Florida has many spectacular beaches for NSU students to explore this Valentine's Day. Fort Lauderdale Beach is the perfect place to enjoy the warm Florida weather. Bring your partner to enjoy a peaceful day under the sun.

NSU's shuttle system will even bring you to the Fort Lauderdale Beach. Hop on the Downtown Shark Express and get off at stop 5 at Beach Place A1A located at 207 Banyan Street.



Joe Dubner and Olivia Cantalupo, senior marine biology majors, go on a date at the Medicinal Garden.
PHOTO BY CHLOE ROUSSEAU



FOOD

How NSU students can eat kosher

By: Danna Bertel

After eating pizza four times a week last semester, Hannah Azachi, sophomore nursing major, drove home twice a week to prep meals to bring back to campus.

Azachi, who would like to be loyal to her kosher food tradition, finds few options at NSU that cater to her diet.

The closest to it, she said, would be Einstein Bros. Bagels and Starbucks.

"I always had to think about where my next meal was coming from. I would have to think of my entire week in advance," said Azachi. "What am I going to eat every single night? How am I going to cook that?"

But this semester, she found a solution to her food needs.

About 10 minutes away from campus, there is a wide variety of kosher restaurants that have become the food source for the Jewish community on campus.

Azachi's favorite place is China Bistro, a Chinese kosher restau-

rant. The menu offers Pad Thai, kung pao chicken and wonton soup. More than just Chinese food, the restaurant also provides sushi and poke bowls.

Like Azachi, Linore Greenberg, freshman communication science and disorders major, doesn't follow all kosher regulations, but she still would like to eat a meal that caters to her kosher traditions.

She found an option at West End Deli, the cafe located in the Alvin Sherman Library, that offers a veggie sandwich that meets kosher regulations.

"I eat at most places on campus, but I have to make sure I'm not mixing the foods I can't eat," said Greenberg. "The majority of the time I eat at the café in the library and acai bowls from Fresh Corner."

For Ofek Gur, freshman nursing major, snacks have become her only option on campus.

Gur frequently goes to Aroma Market in Cooper city to find prepared foods and a wide selection of fresh sushi. She consid-

ers the market to be beneficial to students who have a kitchen on campus.

"I go a lot to Aroma Market, they have prepared food, pizza, sushi and everything, which is helpful for people who have a kitchen on campus," Gur said. "They can go buy kosher food, and then cook it."

Located on Sterling Road, Aroma Market provides a variety of kosher products ranging from groceries, prepared foods and desserts. The market additionally offers a sushi station, bakery and juice bar.

Yet, for Yuval Teren, freshman psychology major, it takes a little longer to find the familiar taste that reminds him of home, he said. He drives 13 minutes to Pita Plus to enjoy the ambience and food.

Pita Plus is a Middle Eastern kosher restaurant in Dania Beach that offers authentic Mediterranean food, such as falafel, kebab and chicken shish kebab.

Hamburgers, hot dogs and french fries are also on the menu.

"I like the place because it's tasty and also reminds me a little bit of Israel," said Teren.

Yosef Nahon, junior computer science major, who eats kosher, faces an additional challenge finding places to go with friends who don't share the same dietary needs. He recommends a place that can cater to both him and his friends.

Nahon suggests Cold Stone Creamery, a place where he can find inclusivity. While Cold Stone is not a kosher restaurant, most of the ingredients used for the ice cream mix are kosher. Animal based ingredients are not used.

"I now have these instances where, if you want to go get ice cream, we can go to Cold Stone," said Nahon, IT developer for Student Media. "It can cater to both your Jewish friends and non-Jewish friends at the same time."

FOOD

Recipes for Super Bowl Sunday

By: Angeline Gilliard

Many Super Bowl fans may question, is it really a Super Bowl party without chicken wings, sliders and dips? It sure can be. Super Bowl Sunday is Feb. 12, and these recipes for drinks, desserts and snacks are perfect for any Super Bowl party.

Shredded Buffalo Chicken Taquitos

Buffalo wings have been on the Super Bowl menu for years, but shredded buffalo chicken taquitos might be its newest replacement. To make this recipe, start by adding two chicken breasts to a pan with buffalo sauce. Let it simmer on the stovetop for 20-30 minutes, or until the chicken is fully cooked. Once the chicken is fully cooked, turn off the stove and grab two forks to shred the chicken. After the chicken is shredded, move it to a bowl.

In the same pot, add small corn tortillas. Heat it on both sides for about two minutes, and then transfer it to a plate. Place the mixture of shredded chicken on the tortilla and roll it.

Place the rolled taquitos in the oven for 15 minutes at 350 degrees Fahrenheit, or in an air fryer for six to nine minutes at 400 degrees Fahrenheit. Once they're crispy and golden brown, place the taquitos on a tray with a side of ranch and watch your

guests enjoy the tangy and mildly spicy flavor.

Non-Alcoholic Cherry Mojito

Everyone needs a nice, refreshing drink to ease their throats after cheering on a favorite team. A non-alcoholic cherry mojito is the perfect drink to sip on after that team scores.

For this recipe you'll need Sprite, cherry syrup, mint leaves and cherries.

Start by adding a few mint leaves to a large pitcher, and then add Sprite. Fill a cup with ice and add some cherry syrup. Then, pour the minty Sprite into the cup. Garnish the drink with a few mint leaves and a cherry, and it's ready to serve.

Dessert Nachos

Chips and dip are great for any gathering because they're easy to serve and usually a crowd favorite. For this Super Bowl Sunday, chips and dip are making a sweet comeback.

Use graham crackers or cinnamon sugar tortilla chips as your base. Drizzle caramel sauce or fudge over your base and top with fruits of your choice and your favorite candies. Add a bit of whipped cream on the top, and you're done. This sweet unique treat is sure to be a winner at your party.

Classic Arnold Palmer

The Arnold Palmer is a mixture of lemonade and iced tea. This drink is refreshing, delicious and only uses three ingredients: lemons, sugar and tea.

Start by adding a few tea bags to a glass pitcher. Then, boil some water in a saucepan. A few minutes after the water starts to boil, add the hot water into the glass pitcher and let it sit for five to 10 minutes.

In a blender, add sugar, water and peeled lemons. A half a cup of water and one-fourth of a cup of sugar should be added for each lemon in the blender, but this may vary depending on how you like your lemonade.

Once the tea has cooled down, remove the tea bags, add the mixture into the blender and blend it together. After the two are combined, strain it to remove some of the pulp. Pour the drink into a cup of ice, garnish with lemon slices and enjoy.

Football Oreo Balls

There has to be something football-themed on the table. These chocolate covered Oreos have got you covered.

Start by melting some milk chocolate melts in the microwave. Once the chocolate is melted, dip the Oreos in. Place them on a sheet of parchment paper once the Oreos are fully

covered in the melted chocolate and let them sit in the fridge until the chocolate hardens.

Melt some white chocolate in the microwave. Once it's melted, pour the white chocolate in a Ziploc or piping bag.

Once the chocolate-covered Oreos harden, add a few lines of white chocolate on top to create the signature marks on the football and let them sit. Once the white chocolate details are dry, they are ready to eat.

Kickoff time is approaching. Try these new recipes and share them with your friends on game day.



Super Bowl LVII

When: Feb. 12

Time: 6:30 p.m.

Teams: Kansas City Chiefs vs. Philadelphia Eagles

Where to watch: Fox, Hulu, fuboTV, Roku TV, Sling TV

Halftime Performer: Rihanna

Gill Out: Arepa Pueblo

By: Ronald Martinez

When customers walk into Arepa Pueblo in Palm Johnson Plaza, they see pictures of iconic Venezuelan locations and hear culturally atmospheric Venezuelan music. To a Venezuelan, it feels like home. But all customers can feel the smiles all around and a welcoming energy.

"[I feel] nostalgic, but in a good way," said customer Antonia Davila, enjoying an arepa with her coffee. "It makes me feel like I'm back in Venezuela."

Owner Antonio Calero first opened the restaurant as an outlet to share his mother's cooking.

"We wanted to make a rustic atmosphere, one that feels like you're at home," he said, adding that it was a way to reconnect to his family's roots. "My mother is the head chef. She makes every-

thing from scratch."

One of the first things customers will notice is the cozy yet lively decor. Bright colors adorn the walls, surrounding wooden tables and bright metal chairs. There are hammocks and various knick-knacks strung upon the wall, as well as pictures of classic Venezuelan dishes. The restaurant radiates authenticity, coziness and a comforting feeling.

Various Venezuelan foods, such as empanadas, tequeños and mandocas, are on the menu. Drinks offered include passion fruit juice, papelon, coffee, Fress Kolita and Chicha, a sweet rice drink.

But the main attraction is the arepa, a type of cake made from ground maize dough and filled with various meats, cheeses and more. Arepas are a staple of

South American cuisines.

"A lot of restaurants try and do many things at once, but we wanted to focus on arepas," said Calero.

In typical Venezuelan fashion, the food can sometimes take a while to arrive, but the staff makes sure to keep the energy up so that their customers are always comfortable and entertained.

The arepas are large and filled to the brim with various options, such as beef, chicken, Pabellon and Reina Pepiada.

Empanadas can work as appetizers or full meals. They are freshly made, crispy and can be filled with cheese, beef, chicken or fish. Mandoca, another offering, is a breakfast food made with a sweet dough topped with cheese. Although vegan options are limited, Arepa Pueblo does

offer a vegan arepa.

The restaurant is a hidden gem in Pembroke Pines and a choice for someone who wants to revisit the Venezuelan food of their childhood or try something authentic and new.

"Our motto literally is, 'Travel to Venezuela through our food,'" Calero said.

If you go:

Address: 9940 NW 6th Ct, Pembroke Pines, FL

33024

Phone: (954) 367-2279

Price range: \$10-\$20 per person

For more information: arepapueblo.com

HEALTH & WELLNESS

Bone health and diet influences

By: Maya Totev and Adam Sadik

In college life, many students find themselves consuming caffeine daily to survive their busy schedules, regardless of the supposed negative health effects.

“I do not think [coffee] is healthy because it alters your brain, but I do drink coffee to get through the day,” says Narmina Bakhshiyeva, junior chemistry major.

New studies from Cleveland Clinic and Hong Kong University reveal that coffee, in moderation (one to two cups), proves to be relatively harmless toward people’s health, specifically regarding bone density.

Although the 200mg recommended intake of caffeine is relatively safe, coffee should not be consumed while people eat.

“The tannins in coffee and tea decrease calcium absorption, and we need to avoid consuming them with meals since that is where we get our calcium,” said Karen Basedow, registered dietician and assistant professor in the Department of Nutrition. “As infants, we can absorb 60% of calcium from the diet, and as an adult, you only absorb 25%. If that calcium is impacted by coffee or tea from a meal, we are producing less.”

Calcium, the key nutrient toward building and maintaining bone structure, is missing in many diets, resulting in more than 90% of women and 70% of men in America having insufficient calcium levels, according to Framingham State University Food and Nutrition Resources.

The recommended daily intake of calcium is 1000mg, which is possible to attain through a well-planned, individualistic diet and without the need for supplements.

“The best opportunity is to receive [calcium] from food because it provides us with the right balance,” said Basedow. “It prevents us from having too much and we can meet our needs without difficulty.”

While calcium contributes to bone structure, vitamin D enables the gut to absorb the calcium from the food people eat.

New research from a study on an adult population, averaging 67 years old, suggests that while vitamin D is commonly prescribed as a supplement by physicians, it does not reduce the rate of bone fractures or improve bone density.

“When we study adults that are 67 years old on average, we are studying a group of people that are already at a high risk of osteoporosis. They are given a supplement, but we cannot undo the situation that has been pre-formed in the earlier years,” said Basedow.

Alcohol can also disrupt the body’s vitamin D production and waste calories that can otherwise be spent on nutritious foods.

“Alcohol provides no nutritional benefit. It is a source of calories. Any amount of alcohol is detrimental to brain health and if we did not consume any alcohol, that would be great,” said Basedow. “Although it is unrealistic for the community we are speaking about,” refer-

ring to the student population.

Consuming sugar-sweetened beverages and carbonated beverages leads to an increased risk of bone fractures, while wasting calories, accumulating unneeded sugars and increasing the rate of obesity.

“There is an increase in bone fractures in female athletes who are consuming carbonated beverages [soda] versus those who are not. Sugar-sweetened beverages replaces nutrient-dense items in the diet,” said Basedow. “Americans consume 13% of their calories from added sugars and 24% of added sugars are coming from sweetened beverages.”

Basedow said that soft drinks can impact the amount of calcium in bones.

“Soft drinks are given such a name because they have high levels of phosphorus, and phosphorus and calcium compete for bone formation,” said Basedow. “If you replace the calcium with phosphorus, a softer element, you will have softer bones.”

Farzanna Haffizulla, board-certified internal medicine physician and associate professor in the College of Osteopathic Medicine said that sweet, carbonated drinks impact people’s calcium levels.

“Caffeinated sodas may increase the excretion of calcium in urine, but carbonated water on the other hand, does not have a negative impact on bone health,” she said.

When it comes to bones, Basedow added that Vitamin D plays a role in calcium absorption, which is directly related to bone

mineralization, but vitamin D is not found in many dietary sources.

“We are not likely to meet this recommendation [through diet and sun]. It is possible, but practically, it is challenging. Vitamin D supplements are important to help meet our daily recommended intake,” said Basedow.

There are several factors that additionally influence vitamin D absorption through sunlight.

“There are ultraviolet B rays that will stimulate your body’s ability to make vitamin D, and where you live, the number of daylight hours, your proximity to the equator, and the color of your skin are all factors. As your skin gets darker, the less vitamin D your body can make,” said Basedow.

A high-protein diet also impacts bones, thus leading to an increased risk for osteoporosis.

“The American diet is high in protein, so we excrete more acid through the kidneys and with that, we have buffering from re-absorption of minerals from the bone, which reduces the calcium [of] our bones and puts us at risk of osteoporosis,” said Basedow.

Haffizulla said that exercise and people’s diet are key ingredients toward a healthy life.

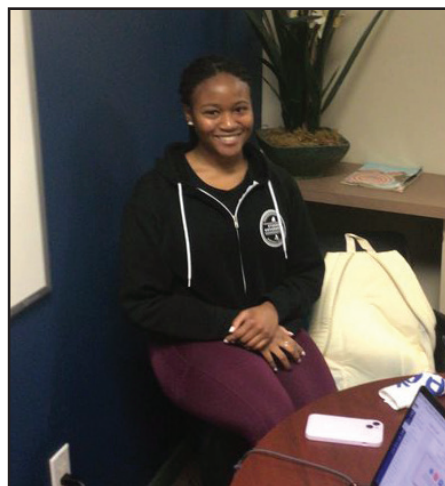
“The bottom line is that reduced intake of sugar and caffeine, coupled with adequate amounts of calcium/vitamin D, healthy nutrition, proper hydration and physical activity, are great ways to stave off preventable illnesses and diseases,” she said.

Sharks Speak: What do you think coffee does to your health?

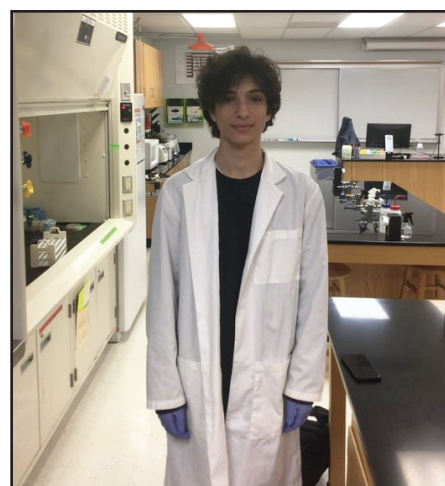
By: Maya Totev and Adam Sadik



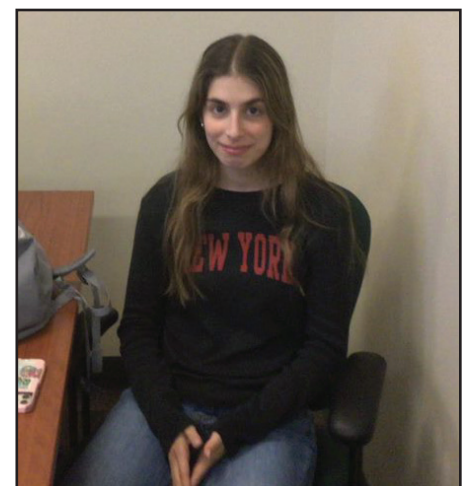
“If there is lots of sugar and cream, it can be detrimental. However, black coffee may be beneficial for your health,” said Dekayla Duncan, junior exercise and sports science major.



“Over a long period of time your body becomes obsessed with it and you will need it to run. That is why I do not drink it,” said Dekeisha Duncan, junior child development major.



“Personally, when I drink coffee, it does not work and makes me fall asleep. For other students, it can be a useful stimulant,” said Advika Saravanan, freshman biology major.



“Literally nothing, I can drink a gallon of coffee and go to sleep normally,” said Valentina Elkhouri, freshman biology major.

ONSHORE CALENDAR

Knocking on Wood
Feb. 8 – 11:45 a.m.
Don Taft University
Center Spine

Care Kit Drive
Feb. 9 – Noon
Carl DeSantis Building
Room 1133

Valentine's Day Social
Feb. 10 – Noon
Mako Courtyard

Love is in the Air
Feb. 13 – 11:45 a.m.
Don Taft University
Center Spine

Black Student Union
Valentine's Day
Fundraiser
Feb. 14 – 12:30 p.m.
Don Taft University
Center Spine

OFFSHORE CALENDAR

Honeymoon in Vegas:
The Musical
Feb. 4 – 1 p.m., 7:30
p.m. and Feb. 5 – 1
p.m.
Amaturo Theater at
The Broward Center for
the Performing Arts

Creativity Exploration:
Let Your Love Flow
Feb. 11 – Noon
NSU Art Museum
Fort Lauderdale

Anita Baker
Feb. 11 – 8 p.m.
Hard Rock Live
Seminole Hard Rock
Hollywood

Rod Stewart
Feb. 14 – 8 p.m.
Hard Rock Live
Seminole Hard Rock
Hollywood

“Zombie Prom” musical coming to NSU

By: Danna Bertel

The Department of Communication, Media and the Arts is hosting the musical “Zombie Prom.”

“It is a 50s horror love story comedy mash up with lost of dancing and singing,” said Alex Alvarez, assistant professor and director of

“Zombie Prom.”

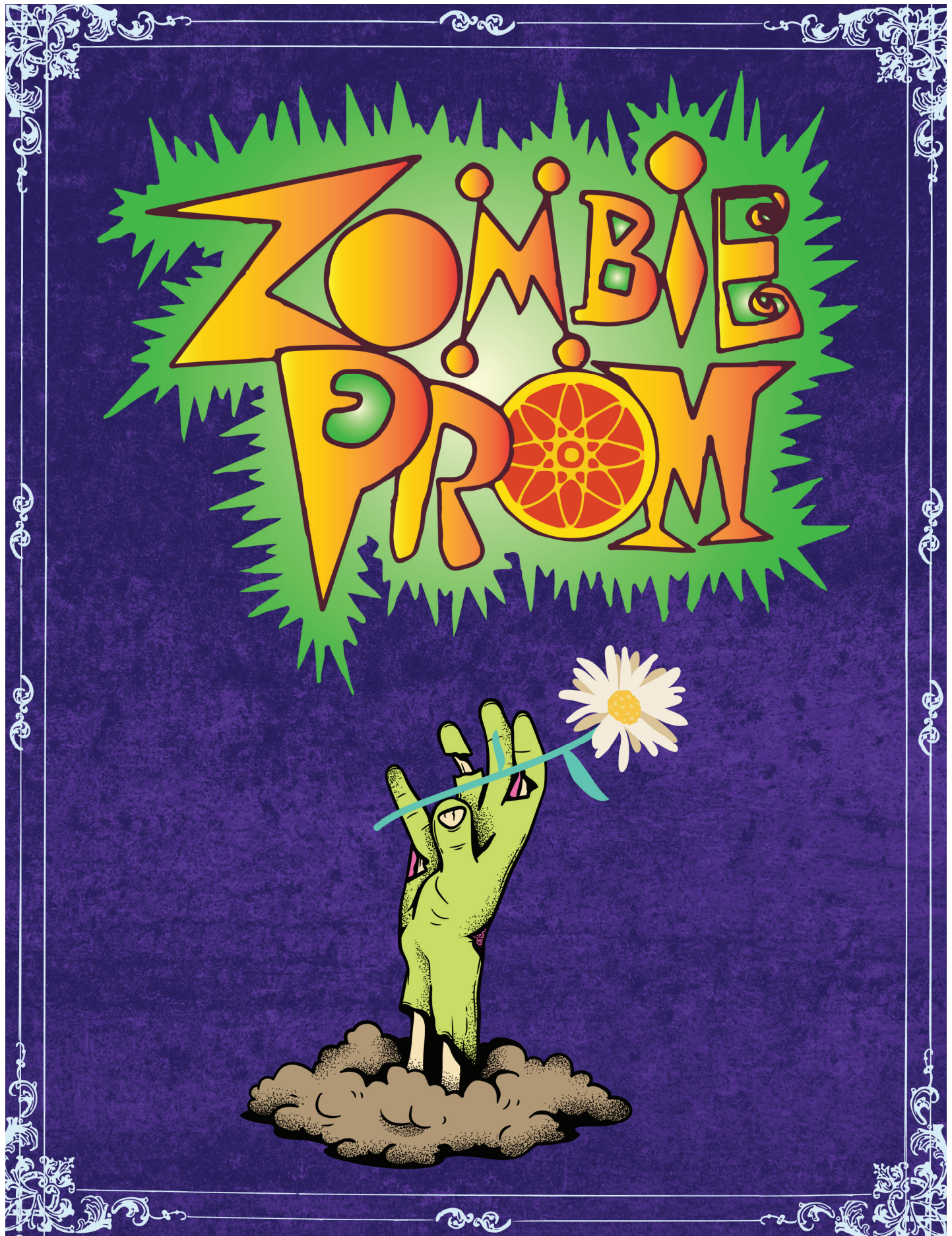
The show will run from Friday, April 14, to Sunday, April 16. The off-Broadway musical is set in the 1950s.

The story follows senior Toffee, who has fallen for the class bad boy. Even after getting into a nuclear waste dump, nothing can stop him

from taking Toffee to the prom.

The musical features a selection of original songs in the style of 50s hits.

“We are three weeks in. The performers have learned all their music and are diving into scene work and soon choreography before spring breaks and midterms,” said Alvarez.



If you go:

Location: Black Box Theatre

Time: April 14 and 15 at 7:30 p.m. and on April 16 at 2 p.m.

Price: Free

Contact: aalvare1@nova.edu



Rachel Smith, junior environmental science major, views the Tuskegee Airmen 100th fighter squadron display case of USAAF pilots in the Black Wings Exhibit of the Alvin Sherman Library. PHOTO BY INDAYA BYER

NSU celebrates Black History Month through art

By: Danna Bertel

With the start of Black history month, the Adolfo and Marisela Cotilla Gallery located on the second floor of the Alvin Sherman Library are hosting the “Black Wings: American Dreams of Flight Exhibit,” commemorating African Americans and their achievements in aviation history.

The exhibit will be on display from Jan. 17 to April 17.

The art displayed will include historical photographs and narrative text describing important events in African American aviation history.

Gena Meroth, university archivist, said the exhibition will feature the story of specific African American aviators through different part of history.

“It covers legendary aviators like William Powell and Besie Coleman,” said Meroth “It touches on World War II and the Tuskegee Airmen, all the way through the Vietnam or the Korean Wars.”

There will be several events associated with the exhibit.

Heroes of 1,000 Faces: Barrington Irving

This event will present the documentary “Heroes of 1,000 Faces” on Feb. 13 from 5:30 p.m. to 7 p.m. This will be followed by a Q&A session with the producer Michael Anderson. Captain Barrington Irving, the first African American and Jamaican to circumnavigate the globe at his age, will also be present. When Irving was 23, he held the record for the youngest person to pilot a plane around the world solo.

Double Victory Film Screening

On Feb. 16 from 4 p.m. to 5:30 p.m., this event will present the documentary “Double Victory: Tuskegee Airman at War,” which tells the story of the Tuskegee Airmen experience during World War II. The event will additionally showcase rare archival materials and original interviews with veterans.

Nicole Yarling Quartet in Concert

South Florida Jazz Hall of Fame inductee, Nicole Yarling, will be performing live on Feb. 19 from 2 p.m. to 3 p.m. in the Alvin Sherman Library on the second floor in Lab A.

Hometown Heroes: Winston Scott

At this event, which takes place March 9 from 5:30 p.m. to 7 p.m., audiences will watch the documentary “Hometown Heroes,” which tells the life story of Miami native Captain Winston Scott, a NASA astronaut.

“Each event is important because it brings that specific history, knowledge and education on individual events throughout history. African American aviators might be relatively unknown for some people,” said Meroth. “As a library and cultural center, we’re always trying to educate people.”

The exhibit and events are free and open to the general public. To attend the events, registration through the Alvin Sherman Library website is required.

Scan this QR code to register for the “Black Wings” events



Black Wings: American Dreams of Flight Exhibit

If you go:

Location: Alvin Sherman Library, second floor

Time: 10 a.m. - 7 p.m.

Price: Free

Contact: gmeroth@nova.edu

MUSIC

Fall Out Boy revisits pop punk

By: Chloe Rousseau and
Ronald Martinez

Fall Out Boy has released “Love From the Other Side” and “Heartbreak Feels So Good,” two singles from their upcoming album “So Much (for) Stardust.”

These two songs are the band’s first releases since its “MANIA” album in 2018.

“MANIA” stands out from the rest of Fall Out Boy’s discography as it leans more toward electropop and rock.

With “Love From the Other Side” having a heavier sound, fans see a return to Fall Out Boy’s original style.

The song is a call-back to the peak of the Emo Era in the early 2000’s. The music video is a Claymation/CGI style, taking fans on a journey to Emo Island, where bass-wielding women fight weird wolf people in a dark, grungy forest to save the band. One of these women is the famous TikTok star @cruellamorgan. Using her in the video aids the band in reaching a younger generation of fans, or even people who may have never heard of Fall Out Boy. The music video is a unique adventure following an amulet’s story.

The song itself maintains its identity of past Fall Out Boy themes with heavy guitars, new lore and meaningful lyrics that tell a story, almost like a theater



Braedyn Wasserman, sophomore property management and real estate major, jams out to Fall Out Boy’s new song.
PHOTO BY INDAYA BYER

show of rock. There is a catchy chorus, making this song quite an earworm. This style is on-brand for the band, with their last tour being an entire theatrical show using sets and pyrotechnics, including a flaming piano and flamethrower bass. Also, the heavy sound is reflected in the drummer Andy Hurley, clad in makeup commonly known as corpse paint used by metal bands and goth fashion.

Juxtaposing this is a string symphony and piano, adding a sweet, soulful, almost mourn-

ful sound that pairs well with Patrick Stump’s melodic voice. Included with this is a breakdown as the band arrives at Emo Island, with a piano aiding the drums and chunky guitar strums getting listeners ready for the battle ahead.

The second single, “Heartbreak Feels So Good,” remains melodious, using a synthesizer to back the drums. This song is much lighter than the previous. However, it still sounds like it belongs on the same album. Patrick Stump’s voice is yet again

full of soul, even without including his famous falsetto in this song. In typical Fall Out Boy fashion, the chorus is catchy and memorable.

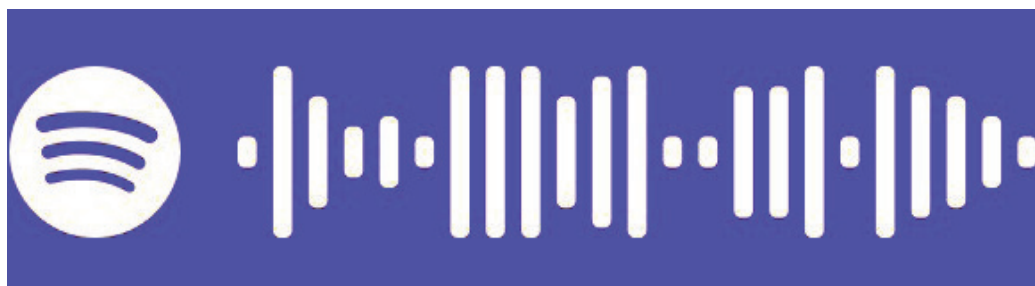
The music video is also different from the first song. This one is a prank video where the band attempts to fake kidnap Rivers Cuomo, the frontman for Weezer, and are chased by fans. The band has cameras strapped to their chests as they run to the BMO Stadium in Los Angeles for a show, only to find it empty. Then, Joe Trohman, Fall Out Boy’s former guitarist who stepped away to focus on his mental health, calls and tells them they are a week early for the show.

“So Much (for) Stardust” marks a return to form for the band. It is signed with the company Fueled by Ramen, which released the band’s 2003 debut album. The album also finds them reuniting with producer Neal Avron, who worked with the band on previous albums such as “From Under the Cork Tree,” “Infinity on High” and “Folie à Deux.” Since 2005, Fall Out Boy has been signed with Island Records, with the exception of a hiatus between 2009 and 2013. After this hiatus, the band signed another three-album deal with Island, completed with “MANIA.”



**Want to be a
volunteer
DJ at
RadioX?
Scan this
code!**

Want to know The Current staff’s favorite love songs? Check out Current Love Songs, our Valentine’s Day-themed collaborative Spotify playlist!



Radio X: evening shows

Tune into 88.5 daily from 6 p.m. to 12 a.m. and see what’s playing. Here’s what you can expect from your lineup of DJs.

DJ @ -Mr.È
Alternative Rock and Pop

DJ Classica
Classic Latin Music

DJ Luvrfly
Love Music

DJ Blossom
Caribbean Music

DJ Sirena
International Music

DJ Flackie
Latin Hits

DJ Dream
Indie Music

DJ Killjoy
Alternative Rock

DJ Tranquilo
Soul and R&B Music

DJ Shorty
K-Pop Music

FIN UP SHARKS: HOME GAMES

Feb. 5: Noon

Baseball vs. Georgia
Southwestern State University
NSU Baseball Complex

Feb. 10 - 6 p.m.

Baseball vs. Washburn
University
NSU Baseball Complex

Feb. 11 - 6 p.m.

Baseball vs. Erskine College
NSU Baseball Complex

Feb. 15 - 7:30 p.m.

Men's Basketball vs. Barry
University
Rick Case Arena

Feb. 9 - 6 p.m.

Baseball vs. Kentucky
Wesleyan College
NSU Baseball Complex

Feb. 11 - 2 p.m.

Women's Tennis vs. Embry-
Riddle University
NSU Tennis Complex

Feb. 15 - 2 p.m.

Women's Tennis vs. Lynn
University
NSU Tennis Complex

Feb. 15 - 5:30 p.m.

Women's Basketball vs. Barry
University
Rick Case Arena



Kobe Rodgers (#10), sophomore sports management major, plays two guard position in the game against Lynn University on Jan. 21.
PHOTO BY INDAYA BYER

FROM THE FRONT

Men's basketball makes its mark

Ryan Davis, freshman communication major and small forward on the men's basketball team, comes from a history of basketball players.

"What inspired me to start playing basketball was probably my grandpa. He played basketball at Illinois University back in the day. And also my older brother because I usually followed him," said Davis. "So he really turned me into the player that I am today. Him, my grandpa and my dad."

Davis and other players made last season one to remember for NSU's men's basketball team, shattering records and exceeding expectations. Last year, the Sharks dominated the court, finishing with a winning record of 31 victories and earning a spot in the conference playoffs. But this season, the team is determined to take it to the next level.

"The team goal is to go all the way, win the national championship. Right now, we're 17-0, and we haven't had one game that's been single digits," said Davis. "It'd be really cool, especially for my freshman year to come in and win a national championship with my team."

As the Sharks gear up for the

new season, all eyes are on the team to see if they can maintain the momentum from last year and make a run for the championship. With a strong core of returning players and a promising group of newcomers, the Sharks are poised for another winning season.

The team got off to a strong start this season, being led by their star player RJ Sunahara, junior redshirt power forward. Sunahara averages 18 points per game and has been named SSC Defensive Player of the Year and SSC Tournament MVP.

The Sharks have also demonstrated a strong attack presence. This balanced attack has resulted in several blowout victories and respectable performances against challenging opposition.

The team's camaraderie and collaboration have been a big component in their success so far this season.

"Just meeting the team and bonding with the guys—that takes a lot on the court with the chemistry," said Davis. "If you become friends with everybody on the team and you're really close like family, that will help you win in a lot of those games."

Coach Jim Crutchfield has been the head coach of the men's basketball team since 2017. Under his leadership, the team has shown significant improvements in performance. Crutchfield is known for his strategic approach to coaching and ability to develop players.

He is a demanding but fair coach that holds his players to a high standard of excellence.

Working alongside Crutchfield is Jordan Fee, associate head coach.

Fee plays a crucial role in the team's success on and off the court. He is known for his ability to connect with players and build a strong team culture, which has been a key factor in the Sharks' recent achievements. He also works closely with the team to develop strategies and game plans that have helped them to achieve their goals.

"The goal is always the same, which is play hard, play smart, play together, and, at the end of the year, see where the chips fall," said Fee.

The coaching staff aims to help the players improve both on and off the court.

"We like athletes who take care of their business in class, and we

are also very fortunate to have a dedicated student-athlete support team, so we make sure they are enrolled in their right classes and stay on track," said Fee.

Fee also makes sure his relationships with his players are strong.

"I believe in building deep and meaningful relationships with my players," said Fee. "I think that if you can create a culture and group where they care more about the guy beside them than themselves and they focus more on the success of the team than their own individual success, there are a lot of great things to be achieved."

The men's basketball team is one to watch this season, with high expectations and a talented roster. Fans can expect an exciting and competitive season as the Sharks look to make their mark in the conference and beyond.

The players and the coaching staff are confident in their ability to succeed.

"Every day I wake up, and all I can think about is how to win," said Fee.

Sharks beat Lynn University 132-82 Jan. 21 at the Rick Case Arena

By: Indaya Byer



Kobe Rodgers (#10), sophomore sports management major, blocks the opposing team from scoring.



Tomas Murphy (#33), redshirt junior, shoots a basket.



Dallas Graziani (#12), junior sports management major, plays point guard and blocks the opposing team from scoring in the game.



Will Yoakum (#20), graduate student pursuing a business marketing certificate, takes a foul shot.



Will Yoakum (#20), graduate student pursuing a business marketing certificate, prepares to shoot a basket.



Jonathan Pierre (#0), sophomore, dribbles the ball and advances across the court.



THE CURRENT'S CORNER

WORD SEARCH

Z	P	B	O	J	P	W	B	J	H	D	G	A
P	C	H	K	G	S	R	D	C	D	J	A	K
S	A	O	O	J	Y	A	E	V	Z	X	E	T
C	U	W	M	T	P	S	C	S	H	O	Q	N
K	B	P	V	M	O	X	O	T	I	M	N	T
C	M	A	E	L	U	G	T	C	I	D	G	E
H	H	H	S	R	V	N	R	W	C	V	E	V
I	E	V	P	K	B	Y	I	A	Z	E	I	N
S	X	S	I	R	E	O	F	T	P	E	R	S
T	H	P	N	T	O	T	W	U	Y	H	N	V
O	I	A	Y	Z	A	F	B	L	V	M	Y	U
R	B	C	Y	K	L	M	I	A	O	I	O	V
Y	I	E	P	L	C	T	I	L	L	X	Q	H
W	T	Q	N	B	M	R	J	N	E	L	G	T
K	S	Z	S	D	G	H	A	I	S	H	X	N

PHOTOGRAPHY
BASKETBALL
PROFILE
HISTORY
GREEN

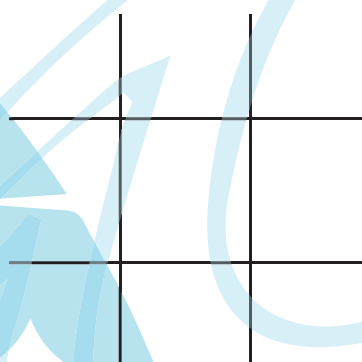
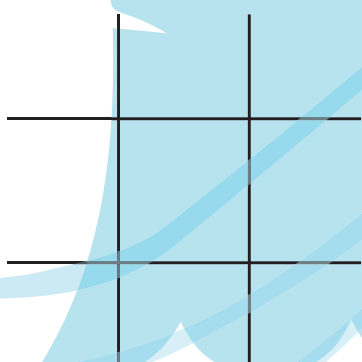
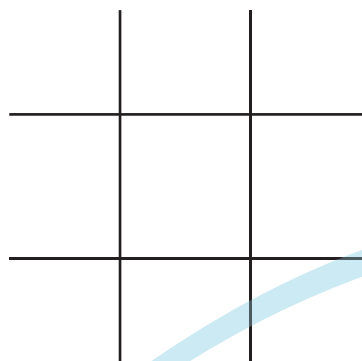
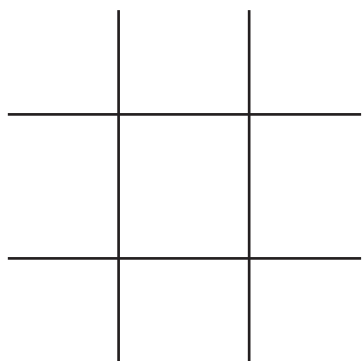
COMMUNITY
SUPER BOWL
RECIPES
SOCCER
SPACE

PRESIDENT
VITAMINS
EXHIBITS
ACTIVIST
DATE

STAY CURRENT & STAY SAFE

TIC TAC TOE

Tic Tac Toe is a game where two players seek alternative ways to complete a row. One player is a circle while the other one is an X. Whoever completes three in a row is the first to win the game.



DOTS AND BOXES

This is a two-player game where you take turns at joining two dots together (vertically or horizontally) to make the side of a square (a box). When you make a box with a line, write your initials in it and take another turn. The person with the most boxes at the end of the game wins.

