
The Current

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The Current - Volume 34 Orientation and Sports Edition

Nova Southeastern University

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THE CURRENT

NSU's student-run newspaper, housed in the Department of Communication, Media, and the Arts

Sharkapalooza kicks off the new year

By Francesca Abarca

Waves of Welcome has a variety of events from Aug. 20 - Sept. 1. Sharkapalooza, an event in WOW and one of NSU's longest standing traditions, will take place on Aug. 25 from 6 - 9 p.m.

Sharkapalooza is a free event for all NSU students, with food trucks and performances.

At Sharkapalooza, students can see what clubs and organizations are available to join, allowing them to branch out, make new friends and feel part of the NSU community.

"I met some of my best friends at Sharkapalooza because I decided to walk around and join some new



COURTESY OF JAROD JOHNSON
Sharkapalooza 2022.

clubs," said Ysabel Ribeiro, junior exercise and sports science major.

This event is similar to a club fair, but there are many different

activity booths where students can get free NSU swag, like water bottles and towels.

Some of NSU's biggest giveaways happen at Sharkapalooza, where students could win a roundtrip plane ticket to anywhere in the United States.

Sharkapalooza happens on the Bill Gessner Sports Complex-field, which is located behind the residential buildings. There is a pathway that will lead you to the field.

Like most events on campus, Sharkapalooza requires an event pass, which can be accessed through students' iShark Mobile app, available for free on the Apple and Google app stores.

President Hanbury's welcome message

By Dr. George L. Hanbury II

Welcome to our new and returning Sharks for the start of the 2023-24 academic year at Nova Southeastern University!

We had some notable achievements in the previous academic year, so I'd like to take a moment to look back on them. First, NSU Athletics made history by capturing three NCAA Division II national championships in men's basketball, women's swimming and men's golf. The men's basketball win topped off two undefeated seasons and set a record for most points in the championship game—for any division. Additionally, our women's swimming team racked up 11 individual NCAA championships on the path to their national victory. The national titles are a first

for basketball and swimming, and third in golf.

NSU's academic achievements were equally impressive. First, the Dr. Kiran C. Patel College of Allopathic Medicine graduated the inaugural class of M.D. students and earned full accreditation from the Liaison Committee on Medical Education. Additionally, the H. Wayne Huizenga College of Business and Entrepreneurship received the highest accreditation from AACSB International—The Association to Advance Collegiate Schools of Business. NSU joins a prestigious group of less than 6% of institutions across 60 countries that hold this important accreditation.

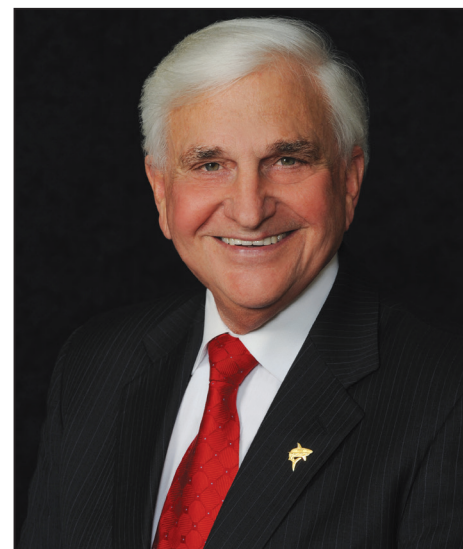
NSU Research is always active, with over 250+ sponsored research projects making important advancements like sequencing the

genomes of endangered shark species. That's just one part of NSU's dedication to protecting marine life, including sea turtle conservation and coral reef protection. Achievements like these have helped boost NSU into the top half of universities ranked by U.S. News & World Report, but we intend to keep on climbing up the ranks.

Together, we will reach even greater heights, both individually and as a university. I encourage you to take advantage of the many opportunities to immerse yourself in campus life both in the classroom as well as through one of our more than 150 student clubs.

I wish you the best for this academic year and look forward to seeing you around our campuses.

Fins Up!



COURTESY OF NSU

George L. Hanbury II is President and CEO of Nova Southeastern University

Finding the best study spots at NSU

By Maya Totev

Jonathan Quiroz, freshman biology major, said he likes the communal living rooms in Commons for studying because of the convenience and comfort.

"I like the Commons community room the most since I live there, and it is an easy way to hang out and get work done," Quiroz said. "I go with friends, and we play some Ping-Pong, but we also get productive."



PHOTO BY INDAYA BYER

A group of NSU students study at the Alvin Sherman Library in preparation for finals week in April.

NSU's Davie campus has a number of good study spots for students to enjoy.

Chancey Cherry, sophomore neuroscience major, enjoys studying on the second floor of the Alvin Sherman Library.

"Even though it is the floor where people talk, it is not super loud, so you can still be productive," Cherry said. "The classroom in Leo Goodwin is another favorite place of mine."

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THE CURRENT

The Student-Run Newspaper of
Nova Southeastern University

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Room 328

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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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Letter from the editor

By Bryce Johnson

Dear Readers,

Hello! Thank you for reading The Current, NSU's student-run newspaper. I'm Bryce, The Current's editor-in-chief, and I hope you enjoy reading the first issue of Volume 34, our special Orientation issue.

Welcome to a new semester! I hope you were able to have fun and relax over the summer. If you're looking for ways to have fun at NSU, there are several events this semester to look forward to. Homecoming, College Radio Day and Family Weekend are just some of the exciting events coming later this fall.

Some of you are returning students, while others are coming to NSU for the first time. Regardless, this special edition of The Current should serve as a handy guide for your time at NSU.

If you're looking for more information on how to park at NSU, how you can get involved in NSU arts programs, NSU's annual Sharkapalooza or ways to decorate your dorm, the Orientation issue has all the details. Whether you're from out-of-state or a South Florida local, it will help you become adjusted to NSU.

If you read the paper last year, you'll notice that we look a little different now. The Current's new look is thanks to our talented designers and photographers, who work tirelessly to make The Current the best



PHOTO BY CHLOE ROUSSEAU
Bryce Johnson,
Editor-in-Chief of The Current.

it can be. I'd also like to thank our reporters who work hard to write stories and listen to NSU's community. The Current is a collaboration among many people of different backgrounds, and I'm grateful for the chance to share it with you.

The Current is part of Mako Media Network, also home to Mako TV, NSU's student-run broadcast news station on YouTube, and Mako Radio, NSU's student-run radio station on 88.5 FM. Each of the three branches have some of the most extraordinary people I've ever met. If you're interested in joining MMN, we'd love to hear from you. Our office is inside the UC in room 328. Please stop by during the day.

Happy reading,
Bryce Johnson

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NSU Alvin Sherman Library in Association with the Consulate of Argentina, Centro Cultural Español, and the Centro Cultural de Puerto Rico



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Sonia Sanchez Nieto



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FIRST PERSON

How to get involved with Mako Media Network

By Mike Lynn

Mako Media Network has an extensive history at Nova Southeastern University. MMN consists of three branches: The Current, NSU's student-run campus newspaper, Mako Radio (formerly Radio X), NSU's student-run radio station, and Mako TV (formerly SUTV), NSU's source of student-run broadcast journalism. As assistant director of MMN, I have seen MMN drastically evolve from the Office of Student Media to where it is now.

After taking my first tour on campus in fall 2015, I was inspired by our radio station in the Rosenthal building and both the television station and newspaper editing room, housed in the Student Affairs Building at the time. I knew I had to get involved.

Now, my hope is that you'll learn more about MMN and get involved with our branches yourself.

The Current

In 1981, The Current started as the Nova College Day Division Student Government Newsletter, later becoming The Knight in 1992. Since then, NSU has changed its mascot from the NSU Knights to the NSU Sharks and a more nautical-themed newspaper was necessary for our university in 2004. The Current provides NSU's community with the latest news to keep

you up to date. As you can imagine, it takes a village to keep The Current as well-maintained as it is. The Current's wide array of stories are covered by experts in each section, such as sports, news, lifestyle, health & wellness, and arts & entertainment. The Current also has a layout and distribution team.

The Current can be found in all corners of the Davie campus, including in newstands.

Mako TV

Formerly SUTV, Mako TV was founded by SGA's Sharks United Party in 2009.

Today, Mako TV continues to unite our Sharks by covering NSU related news on and off campus. Similar to The Current, Mako TV engages in a wide array of stories, including sports, news, health, the arts and more.

If a large-scale event is happening on campus, there's a good chance that you'll find Mako TV reporters on the scene with a videographer.

If you are around, you may be interviewed on camera.

You can stay up to date with the latest NSU stories on our YouTube channel @MAKOTelevision.

Mako Radio

If you've heard music playing outside of Rosenthal or you've seen a live DJ on campus, it's likely you've heard Mako Radio at work.

Starting in 1990, Nova Knights



COURTESY OF ABRIL CHAO

Mako Media Network staff accepts an award from the Florida Association of Broadcast Journalists in April.

Radio was a closed circuit radio station that would become Radio X in 1998. Now it is known as Mako Radio, a cable-based station on 88.5FM WKPX Sunrise.

Mako Radio prides itself on playing music that you likely wouldn't hear from other major radio stations. It specializes in playing underground music and giving a platform to local artists.

Mako Radio DJs can also be found playing music at remote locations around campus.

Mako Radio is always looking for volunteer DJs to engage with the community through live DJ sets and our evening shows. You can

also listen to our podcast, Off The Record, featuring several special guests every episode, on Anchor.fm.

Mako Media Network is always looking for volunteers and contributors across all three branches. Be sure to visit us in the Don Taft University Center in UC-328 for more information.

Michael Lynn is the assistant director of Mako Media Network.



PHOTO BY BRIELLE AGUAYO

Pablo Carrillo, freshman marketing major, interviews members of the Undergraduate Student Government Association, who are presenting awards at the STUEYs in April.



COURTESY OF MAKO TV

Mako TV interviews President Hanbury at the Diversity Summit in March.



PHOTO BY BRIELLE AGUAYO

To celebrate Women's History Month in March, the leaders of MMN discuss the contributions of women in the media.



PHOTO BY INDAYA BYER

Mike Lynn, assistant director of MMN, and Ana Sofia Aguiar Azambuja, sophomore computer science major, DJ on Arbor Day.

Professor Aarti Raja offers academic advice to students

By Bryce Johnson

Aarti Raja, health desk adviser of The Current and professor in the Department of Biological Sciences, encourages students to explore new interests while they have the chance in college, which is how she



COURTESY OF AARTI RAJA
Aarti Raja poses with NSU President George Hanbury at the STUEYs in April.

developed her passion for teaching. “It’s okay to try something and realize, oh, I don’t like this, I don’t want to do this the rest of my life.

But that’s fine. You would’ve never known that if you didn’t try it,” Raja said. “And it’s better to try it when you are young and in college rather than you spend years doing something and then realize, oh, I don’t like this anymore.”

As NSU’s 2023 Professor of the Year, Raja is always looking for ways to help students, whether it’s through finding internships, conducting research in course-based undergraduate research experiences, or giving students opportunities to collaborate with other universities, like Harvard Medical School and MD Anderson Cancer Center in Houston, where they can work with other researchers and physicians.

When she was a student, Raja found it helpful to always have a mentor.

“As a faculty member, I still rely on mentors. I have mentors. I lean on them often, get their advice. So I think, as a student, it’s important to kind of find yourself that mentor, find that faculty member. You have an interest in their work, talk to them,” Raja said. “It can be a peer, another student, as well.”

With the help of mentors, students can figure out which courses they want to take, and what they want their career path to take.

“My suggestion is that, to students, to try and define for yourself what it is that you want to do. And if you don’t know what you want to do, figure out what your interests are and take courses that are in your field of interest,” Raja said.

As a mentor to several students, Raja encourages them to keep

asking questions, because even as a professor, it helps her learn new things.

“I like that sense of curiosity that students have when they come with questions. It’s nice to hear the other perspective. I’m used to thinking of things a certain way, but then I’ll get a student in the classroom ask me a question. I’ve never thought of it their way, and I think that’s interesting,” Raja said.



COURTESY OF AARTI RAJA
Aarti Raja works with students in the Everglades.

What students need to know about parking on campus

By Danna Bertel

In order to park on campus, there is a process, and there are rules that need to be followed to avoid parking violations and tickets.

Paul Turner, director of public safety, shared the importance of students following parking regulations.

“We want to make sure that our handicapped parking spaces are accessible. We want to make sure our police and public safety spots are available when we have to respond to an emergency situation,” Turner said. “Just following the policy, it’s something you have to do here on campus.”

Students are required to register their vehicles and maintain a valid permit authorizing the parking of

their vehicle on campus. This can be done through NSU’s parking portal, on novapark.nupark.com/v2/Portal. Students will need to provide their vehicle information, such as license plate number, color and model.

A SharkFin parking sticker should be displayed on the vehicle. This can be picked up at the One-Stop Shop in the Horvitz Administration Building.

Residential students can only park in their assigned parking lot. Non-residential students cannot park in the residential lots.

NSU’s parking system utilizes license plate recognition to manage parked vehicles, requiring vehicles to park head-in only.

“We have an LPR system, a license plate reader, in order for

us to read the license plates,” said St. Aubyn Lue, manager of special events in Public Safety. “Florida is a one-plate state. It’s only in the back. If [you have] a Florida license plate and if you back in, there’s no front license plate, then we’re not able to monitor the vehicles that way.”

Failing to register a vehicle or parking the wrong way can lead to a parking infraction.

“When they get a violation, they receive a sticker on their vehicle. They can go through a 14-day appeal process. We can look at the reason they received the violation, and see if there was a mitigating circumstance for receiving that,” Turner said. “We will make a determination if we change it to a warning, totally omit the violation from the record or they must pay it.”

First-time violators get the option to make a donation to the Shark Pantry that can cover the amount of the violation.

Failing to pay a parking citation can lead to additional fines, towing and holding of transcripts as well as appearing in the student’s record as an amount owed to the university.

“We’re just trying to compel compliance. I mean, the way the rules are out, we just want people to follow those rules. We want people to register their vehicles. And we just want people to follow the policies out there,” Turner said.

To contact public safety, students can email parkingservices@nova.edu or call 954-262-8984.

RESOURCES

BY BRYCE JOHNSON

Student health insurance

Every academic year, students who register for classes are automatically enrolled in NSU’s student health insurance. For the fall semester, starting Aug. 1 through Dec. 31, the cost is \$949.

“It’s a unique plan because you’re able to use it anywhere in the U.S.,” said Katherine Rodriguez, student health insurance administrator.

Students are required to have health insurance, whether it’s NSU’s or their own. For students with their own health insurance, they can visit nova.edu/studentinsurance and opt out of NSU’s program by the deadline, Sept. 1.

Writing & Communication Center

The Writing & Communication Center offers students feedback on their essays, resumes, lab reports, creative writing projects and other assignments.

At the WCC, students work with consultants, who are fellow graduate and undergraduate students, in sessions up to 45 minutes. The consultants look over the assignments with the students and discuss ways they can make their writing stronger.

The WCC is on the fourth floor of the Alvin Sherman Library in room 430, and students can make an appointment by visiting nova.mywconline.com. It is open seven days a week, and the hours vary each semester.

If students are interested in working at the WCC, either as a graduate assistant or peer consultant, they can email Kevin Dvorak, executive director of the WCC, at kdvorak@nova.edu.

Dual Admission Program for Enrolled Students open to sophomores

By Bryce Johnson

The Dual Admission Program for Enrolled Students allows sophomores to reserve a spot in an NSU graduate or professional school. When reviewing applicants, the DAPES program only looks at a student's work in their college freshman year.

"The dual admission provides a reserved seat into one of NSU's graduate programs, contingent that

they meet all requirements," said Mallely Rodriguez, assistant director of student academic services.

As long as students are in the DAPES program, they can receive resources to help them prepare for more than 30 graduate programs, including Physical Therapy, Business Administration, Marine Science and Composition, Rhetoric, and Digital Media.

"D.O. as a program gets about 10,000 applications," Rodriguez

said. "You wouldn't be competing against 10,000 people. You would be competing against yourself because you have a reserved seat waiting for you."

General eligibility requirements include having at least 28 NSU credits from their freshman year, and a minimum cumulative 3.5 or 3.2 GPA, depending on the program. To apply, students need to submit three letters of recommendation, a letter of intent, an unofficial NSU

transcript and a statement about why they want to be in the program.

"It has to be in your sophomore year at NSU, Sept. 1-15. They have to have been at NSU in their first year," Rodriguez said. "As long as they meet the requirements, they have a reserved seat."

For additional information, students can visit nova.edu/undergraduatestudies/dual-admit/dapes.

Learn beyond classrooms with Experiential Education and Learning

By Bryce Johnson

All first-time-in-college students at NSU must earn six Experiential Education and Learning units throughout their undergraduate studies.

First-Year Experience, or UNIV 1000, is a required course and counts for one ExEL unit.

"There are two routes. Students can earn them through the ExEL approved courses. At this point, I think we have over 200 courses that are approved for ExEL," said Jeff Hartman, director of Experiential Education and Learning & First-Year Experience. "And then we have, I'd say maybe two dozen or so, co-curricular experiences that are also approved for ExEL."

The ExEL units are designed for students to reflect on past learning and experiences, and to be able to apply that to future instances outside of class.

"In UNIV 1000, we asked students to do Beyond the Classroom because we want them to experience engagement on campus and then write about it. What were they expecting; what did they learn from the experience; is it something they would do again?" Hartman said. "It's asking students to practice the art of reflection in order to think about what they've learned and how they can apply that to future decision making."

Each ExEL course qualifies for one unit. For a course to qualify for an ExEL unit, departments have to submit it for the approval process. If it meets all the qualifications, then it can become an ExEL course.

"We try really hard to make sure that we have a good representation across disciplines so that a student in any major or any minor has a handful of courses they can choose from," Hartman said.



COURTESY OF NICHOLE CRUZ

A site leader works during Martin Luther King Jr. Day.



COURTESY OF AMANDA FURIASSE

NSU's IN-SIGHT program, which is a part of ExEL, helps clean up a local beach.

If a student takes a regular course, and that course later becomes eligible for an ExEL unit after they've already taken it, they would not automatically receive that ExEL unit.

"It's a good possibility that some of the experiential learning elements that we want in the course didn't exist. So it has to be from the date of approval-after, and then students can earn that," Hartman said.

Students can also earn ExEL units through co-curricular experiences, which can be internships, community service and more. Completing 40 experiential hours counts toward one unit, while completing 80 or more counts for two.

"Any community service type activity are usually things that are done with a community partner, and those are coordinated through SLCE [Student Leadership and Civic Engagement]," Hartman said.

Students at Mako Media Network, formerly Student Media, can also earn up to two units a semester if they work for MMN.

"It's a great opportunity for students academically and an incentive for Mako Media staff," Chris Delboni, MMN director, said.

For more information on ExEL units, including what courses and co-curricular activities are available, students can visit the website at undergrad.nova.edu/experiential-learning.

"I think it's a good idea for students to consider doing some coursework and some extracurricular experiences because it gets them out of a classroom. They can apply some of the concepts and learning that they're doing in the classroom into real life experiences," Hartman said.

Take it from a senior

Take it from a senior provides students the opportunity to get advice from our recent graduates. Find out what seniors from The Current, Mako Radio and Mako TV have to say about navigating your early years at NSU.



"Never give up on your dreams even if you fail multiple times or have to take a detour. Never settle on your dream and don't let anyone make you feel like you don't deserve it."

Paulina Riojas, marketing major and Mako TV's general manager.



"Don't be afraid to put yourself out there. Expose and involve yourself as much as you can."

Santiago Diaz Finochietto, communication major and Mako TV sports reporter.



"Find your support system because I wouldn't have survived four years of college at Nova without a support system like my parents, my sister and my friends."

Ashley Diaz, communication major and reporter at The Current.



"Do not procrastinate but don't forget to take care of yourself, too."

Alicia Picado, studio art major and The Current's graphic design assistant.



"Trust the people around you, don't try to do everything on your own, ask for help."

Bryce Johnson, English major and The Current editor-in-chief.



"Make sure you're prepared for all kinds of weather: rain, cold, heat, hurricanes. I have seen ponchos and umbrellas sell out in all of Davie."

Chloe Rousseau, communication major and The Current's business manager.



"The worst thing you can do in college is to rush your experience and overwhelm yourself. The best thing you can do is stop and truly embrace every experience thrown your way."

Anika King, marketing major, Mako Radio DJ and business manager.



"Be yourself and enjoy every moment of it."

Demerius Augustin, communication major, Mako Radio DJ and distribution manager at The Current.

FROM THE FRONT STUDY

Macklyne Nicolas, junior biology major, enjoys studying in the library's study rooms, which are available on the second, third and fourth floors. The study rooms can be reserved for up to two hours at a time, either online or at the circulation desk.

"It is relatively loud on the second floor, in my opinion, so the study rooms are where I like to go and collaborate with people," Nicolas said.

Some students also enjoy Florida weather and working outside. There are several spots outside where students can work, including the tables in front of the Parker Building, the gazebo in the medicinal garden and the chairs



PHOTO BY INDAYA BYER
Chantal Khodarkovsky, sophomore public health major, studies for Nutrition for Health Professions at the Alvin Sherman Library.

right outside of the UC, near the Flight Deck.

"The gazebo places outside of Flight Deck is a study spot I recommend if you want to be outside. It is a calm and chill spot, but there can be insects at times," Nicolas said.

If students want another social scene to study, they can go to Einstein Bros. Bagels, which has seating, music, and food and drinks that students can purchase. It is conveniently located in the Carl DeSantis building, so students can easily get to their classes.

Ways to dive into campus life at NSU



PHOTO BY BRIELLE AGUAYO

President Hanbury and NSU's men's basketball and women's swim teams celebrate their national championship wins at the Shark Bites: International Food Festival in March.

By Sofie Daiberl

Stepping onto a college campus for the first time can be stressful and uncomfortable. However, this does not have to be the case. NSU does its best to help new students feel welcome and secure.

"There is a Pre-Orientation Canvas course that assists with delivering important information, such as Title IX, student counseling and safety. In addition to orientation, NSU has a whole first-year experience course called UNIV," said Ashley McCafferty, director of Orientation and Commuter Engagement at NSU. "The whole semester is dedicated to providing support to incoming freshmen and their transition into academics and campus life at a college."

Below are some things incoming students can do for a seamless transition into college life.

Participate in events

NSU holds many events to help students become accustomed to college life. One event is orientation, which is on Aug. 16 for new students.

"Orientation is a one-day event that assists students in building their community and celebrating the beginning of their college career," McCafferty said.

Another important event that NSU hosts before orientation is the VIP Experience. This event is hosted by the Office of Undergraduate Admissions, the Office of Campus Life and Student Engagement, and the Division of Business Services.

At this event, students can participate in giveaways, enjoy food, tour the campus and so much more. This can help students to learn the campus layout, make friends and meet faculty and staff.

Cianni Mosco, freshman biology pre-nursing major, attended the VIP Experience.

"It taught me so much, especially some of the must-haves as a first-year student," Mosco said. "It also helped me understand what college life was about and gave me a better understanding of Nova's campus."

Attend sports games

Students and faculty can attend home games for free with their NSU ID cards. By attending these games, students can get involved with their community and watch teams play, including the women's softball, men's basketball and women's tennis teams. Students can find the schedule for upcoming sports games on the NSU athletics website.

Get to know the campus

NSU's campus is large and can be confusing at times. It is useful for new students to learn the campus layout before starting classes. One way to discover the campus is to sign up for a campus tour, in person or virtually.

"I did my tour on campus and it wasn't that bad," Nephtalie Delva, sophomore communication and pre-law major, said. "They showed us the main buildings and discussed stuff about our major and how to sign up."

Students can sign up for a campus tour through NSU's website. If a student tours the campus and still feels unsure about where things are, large labeled maps are placed

around the campus. These maps are easy to read and can help students find their way to class and their dorms. If they are still unsure about how to find their classes, they can ask a fellow student.

These Sharks don't bite.

Meet new people

Making friends or acquaintances during orientation, convocation, or even the first day of class can help students feel like they belong.

"Everyone is experiencing some of the same emotions and feelings, especially my roommates and me," Mosco said.

Delva agreed.

"Having friends at NSU has positively influenced my college experience because I know that I am not the only one experiencing college life alone," Delva said. "I went to a private school before I came here, so when I made friends here it was different. People at my old school all knew each other by the first week. At Nova, I met different people every term."

Purchase textbooks

Students are encouraged to purchase their textbooks when starting

classes at NSU for a more successful college experience.

"Having the required textbooks for classes has been helpful to me because it gives me the exact details of what exactly I need for that particular class," Mosco said.

On NSU's bookstore's website, students are easily able to order their textbooks by simply entering their course information. This process should not take long and even gives students the choice between purchasing virtual and hard-copy textbooks. The hard-copy textbooks, once ordered, are available for pickup at NSU's bookstore, at the Davie campus.

Don't be afraid to ask for help

McCafferty advised students to ask for help if they ever feel overwhelmed.

"An amazing resource is the Center for Student Counseling and Well-being," she said.

The office is located on the third floor of the Student Affairs Building. Students can also call a 24/7 Hotline at 954-424-6911.



COURTESY OF JAROD JOHNSON

NSU students relax at Crunch Brunch: Late Night Breakfast on April 24.

FIRST PERSON

Being in The President's 64

By Alex Hernández

Joining The President's 64 was a defining experience in my academic journey. This unique opportunity provided a platform for personal growth and allowed me to contribute to the university's vision. Being a part of this esteemed organization opened many opportunities to engage with various aspects of university affairs actively.

The President's 64 is a distinguished organization created by NSU's 6th President, George L. Hanbury II, at Nova Southeastern University in 2011 in an effort to connect 64 professional undergraduate and graduate NSU students with the president.

"The students in The President's 64 are dedicated to high academic performance. They participate in student organizations across campus, represent the president, serve as a voice for the student body and provide valuable input that helps make NSU an even better institution," Hanbury said. "I expect that the future of The President's 64 is secure and that I will continue to be impressed by their Shark Pride, their dedication and their achievements."

The President's 64 members serve as NSU ambassadors at NSU-themed events. They also connect and share their experiences with donors, other students, alumni,

faculty, staff and other members of NSU's community.

The President's 64 members engage in important NSU events, such as Lunch with the President and recruitment initiatives. They also gain VIP status at selected university-wide events.

Applicants must be nominated by current members, faculty or professors. Members must be in good academic standing, maintain involvement on campus, attend annual training and commit to at least 20 hours of service each academic year.

When I was first inducted into The President's 64, I was given a megalodon shark's tooth. This tooth was given to the other members of 64, and we all just looked at them in awe. The realization that we were a part of something bigger than ourselves was profound. I thought the joy would end there, but it was duplicated when I saw my name [Alexandra Hernández] correctly spelled on a name tag, with President's 64 beside it.

It is so important to have minority representation in high places of academia, and these instances are reminders of the small paces of equity throughout my lifetime.

The President's 64 is the best representation of academic diversity I have ever seen. There are students from all walks of life in various majors and jobs.

Daren Capirchio, director of Student Leadership and Civic Engagement agreed.

"Dr. Hanbury wanted a group of students that he could rely on that would be able to inform him on what is happening across campus in their individual colleges, programs, however the students are engaged with the university," he said.

These experiences fostered a deep sense of responsibility as I had the privilege of embodying the university's ideals and aspirations. As a Latinx woman, I needed to be represented and heard in the student body. The President's 64 has allowed me to do just that.

I am incredibly grateful to Professor Kevin Dvorak, who nominated me so long ago. Because of President's 64, I have flourished alongside my fellow students and seen positive changes in the university.

One of the most significant aspects of my involvement was the chance to develop and refine my leadership skills. My interactions with prominent academic, business and government individuals at these events provided invaluable networking opportunities.

Also, representing Hanbury's vision allowed me to contribute to my institution's growth and development actively. By participating in strategic discussions and planning sessions, I gained insight into the challenges faced by the university

and the efforts being made to address them. This involvement gave me a firsthand understanding of the complexities of managing an academic institution and the multifaceted nature of decision-making.

I never thought I would love a university so profoundly, from the Department of Communication, Media, and the Arts to Mako Radio, to the Hallyu Club, and finally, The President's 64. NSU is a gem that allows you to survive and flourish under the sea. It is a true honor to be a Shark—moreover, a Megalodon representing President's 64.

Alex Hernández, junior double major in international studies and national security, with minors in communication, business and medical humanities, has been a part of The President's 64 since August 2022.



COURTESY OF ALEX HERNÁNDEZ
Hernández poses with other students in The President's 64.

Setting up your space

By Brielle Aguayo

Residential living can be a transitional period for incoming students, as many will be living on their own for the first time.

To help settle students' worries and stress about living away from home, there are a few things they can do to personalize their dorms and make them feel unique.

When laying out the space of the dorm, there are key essentials and sections for different needs. Different areas consist of the bed, desk, closet and storage sections of the residential room.

The most common residential halls that freshmen live in are the

Leo Goodwin Hall and The Commons, where there are different layouts. In Goodwin, there are rooms with either two or three beds known as doubles or triples. In The Commons, there are suites with either single or double bedrooms. The different layouts may impact space, but students are still able to customize their new rooms.

In The Commons, students can request to raise their bed for maximum storage space. By raising the bed, the space underneath can act as another closet section. While the actual built-in closet holds clothes that need hanging, underneath the bed students can put a shoe rack to hold more shoes. Also, the shelf in



PHOTO BY JOSHUA KIDD
Francesca Abarca, junior communication major and reporter at The Current, decorates her space.



PHOTO BY JOSHUA KIDD
Graphic design major Cadan Hinds climbs onto his bed in the Leo Goodwin Residential Hall.

the built-in closet above can hold items like garbage bags, laundry detergent and a bin to hold linens.

Leo Goodwin has a different format for space, making it a more stereotypical dorm setup. Similar to The Commons, students can raise their bed high to save space. If the bed is raised high enough, it can act as a make-shift bunk bed. Underneath, more furniture can fit, like a small dresser with a television on it and two chairs.

This concept increases space and lets students bond with their roommates on the other side of the dorm.

In both freshman residential halls there is no kitchen space, yet there is a shared counter space that can act as a small kitchen.

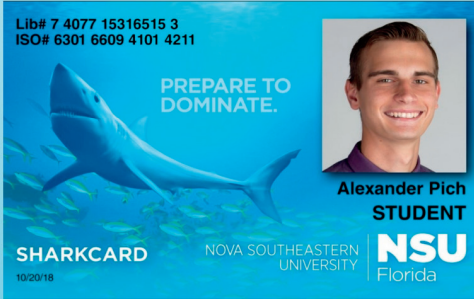
In both spaces there are useful things you can put there such as microwaves, coffee makers and toaster ovens, which are all allowed in those specified spaces. Also, coordinating with your roommates is useful to know who is going to purchase the shared items. It is also important to have certain rules and understandings of who will replenish what items and what exactly you share as roommates in a shared space.

The space you have is what you make it. For college students, it is a weird and unfamiliar place at first when moving into residential spaces. However, with a set plan of organization and newfound independence anything is possible.

Things to know about the

NSU Florida

ALVIN SHERMAN LIBRARY



Your NSU SharkCard is your library card and it can be used for extended hours access to the building.

[*lib.nova.edu/hours*](http://lib.nova.edu/hours)

Meet your friends in the group or quiet study areas. You can even reserve a study room!



[*lib.nova.edu/studyroom*](http://lib.nova.edu/studyroom)

Need help? Don't be shy! We got you!

[*lib.nova.edu/ask*](http://lib.nova.edu/ask)

Did you know...
 The Alvin Sherman Library is **FINES FREE!**
 Items are still due by the due date but if you return them a little late you won't be charged!



FOOD

Check out NSU's dining options

By Danna Bertel

In between classes, Fatoumata Kanoute, sophomore public health major, often visits Einstein Bros. Bagels to order her favorite item on the menu.

"I always order the spicy chicken sandwich, and I always get it without the bacon. It can be a little spicy for people who don't like spicy food, but overall, it's really good," Kanoute said.

Including Einstein's, below are some campus dining options.

Einstein Bros. Bagels

Located in the Carl DeSantis building, Einstein Bros. Bagels serves meals throughout the day, with a menu that offers a variety of bagels, sandwiches and salads.

Kanoute frequently visits Einstein Bros. Bagels in the morning between classes to eat a muffin and coffee for breakfast.

"For breakfast, I eat there more than I should, but it's the best and always manages to fill me up," Kanoute said.

Einstein Bros. Bagels is open Monday through Friday from 7:30 a.m. to 8 p.m.

West End Deli

Twice a week, Valeria Toro, freshman communication major, eats at her favorite place on campus, the West End Deli.

"I always get one of the sandwiches, specifically the chicken salad," Toro said.

"I put the chicken salad, chipotle

sauce, honey mustard, pickles, tomato, lettuce with cheese and it's so big it really fills you up a lot."

The menu offers a build-your-own sandwich with a variety of bread, meats and toppings. The deli offers a bakery and coffee drinks that range from an espresso shot to a cortadito, a Cuban coffee.

The West End Deli, located in the Alvin Sherman Library, opens Monday through Thursday from 8 a.m. to 4 p.m. and Friday from 8 a.m. to 2 p.m.

Market at College Avenue

Next to Razor's Reef stands the Market, a small store offering a variety of snacks, drinks and sweets. The Market is open Monday through Friday from 8 a.m. to midnight and Saturday and Sunday from 10 a.m. to 10 p.m.

Madeline Hsu, freshman psychology major, likes the flexible hours.

"My favorite thing about the Market is the ability to grab something quickly or when nothing is necessarily open, but I still have options to choose from," Hsu said. "I usually get the wraps, sushi rolls and green tea drinks from the Market."

Flight Deck

The Flight Deck Pub, which has seating both in and outside the Don Taft University Center, serves wings, sliders, curly fries, mini tacos and more. The Flight Deck is a lounge for students to eat, study or watch TV everyday from 11 a.m. to 11 p.m.

Razor's Reef

Razor's Reef is a dining hall that includes several food options, like Sushi Maki, Ciao Bella and College Ave. Subs. Located in the Don Taft University Center, Razor's Reef also includes Student Choice, which has food options that regularly change based on students' recommendations. The hours vary between each venue.

Starbucks

Starbucks is located in the Don Taft University Center by the Shark Fountain entrance. It offers a variety of coffee drinks, fruit refreshers, breakfast items and sweet treats. For information regarding hours, check Shark Dining.

Subway at HPD Cafe

Located in the Terry Administration Building, students can eat at Subway, open Monday through Friday from 11 a.m. to 3 p.m.

Although Cooper Barton, freshman biology major, doesn't frequent the Terry Admin Building, he still enjoys eating a foot-long Italian BMT for a cheaper price.

"I go there once every two weeks," Barton said.



COURTESY OF MAKO TV
NSU students enjoy a meal from Razor's Reef.

Easy and healthy dorm recipes

By Ashley Diaz

Many students experience the "Freshman 15," in which they gain 15 pounds during their freshman year, because they can develop unhealthy eating habits when starting college.

Many students complain it is difficult to make or buy healthy food with their busy schedules, but there are healthy recipes that are easy for NSU students to make.



PHOTO BY ASHLEY DIAZ

Ashley Diaz, senior communication major, shows the homemade watermelon popsicle she made.

Watermelon popsicles

For students looking to eat a healthy dessert, they can make watermelon popsicles. The popsicles have the sweetness of watermelon with a hint of tartness of citrus from lemon juice. Students need diced watermelon, lemon juice, honey, a popsicle mold and a blender.

Place at least 4 cups of diced watermelon into the blender. Once in the blender, pour a bit of lemon juice and honey, depending on the desired sweetness. Blend the mixture until it is smooth and pour it into a popsicle mold. Lastly, students should put the molds into the freezer for four hours or until frozen. Once the popsicles are frozen, students can enjoy a healthy and refreshing dessert.

Cauliflower mac and cheese

Instead of eating Kraft Mac & Cheese or ramen, students can enjoy cauliflower mac and cheese, which takes five minutes to make. Students only need three ingredients: cauliflower, heavy cream and shredded cheese. First, students have to wash the cauliflower, chop it and place it in a bowl or mug. Next, they should sprinkle

any shredded cheese onto the cauliflower and microwave until the cheese is melted. To add a creamy texture to the meal, stir in 1/2 cup of heavy cream and microwave it for two minutes. Once the cauliflower mac and cheese is done, students can eat more vegetables than carbohydrates.

Parmesan Herb Microwave Spaghetti Squash

Microwaving spaghetti squash takes 15 minutes, and requires squash, grated parmesan, basil, garlic powder, olive oil, ground pepper and salt. First, cut open the squash, fill it with water and place it on a baking sheet. Put the dish in the microwave for about 10 to 15 minutes. Once it is done, gently scrape the squash with a fork to create spaghetti and place it in a bowl. In the bowl, add 1 cup of parmesan cheese, 1/2 cup of basil, 2 tablespoons of olive oil, 1/2 teaspoon of garlic powder, 1/4 teaspoon of ground pepper and 1/16 teaspoon of salt. Mix the ingredients with the spaghetti in a bowl, then place the mixture back into the squash for aesthetic purposes.

Ten minute gluten-free enchiladas

Enchiladas are quick to make for students who enjoy soft and spicy food. Students need four main ingredients: gluten-free enchilada sauce, gluten-free corn tortillas, shredded chicken and shredded cheese. To start, students should wrap the tortillas in paper towels and heat them in the microwave for 30 seconds to make them softer. After they microwave the tortillas, spread 1/2 cup of enchilada sauce on the tortillas in a dish.

Place 2 cups of shredded chicken onto the enchiladas with any other desired toppings, such as lettuce or diced onions. With the desired toppings placed, pour 1 cup of enchilada sauce onto the dish, then roll the enchiladas. After they are rolled, dip the tortillas into the remaining sauce and sprinkle a cup of shredded cheese before putting the dish in the microwave. Lastly, microwave the enchiladas for five to seven minutes. Once the enchiladas are done, students can enjoy a hearty, healthy Latin dish for dinner.

NSU students receive 10 free counseling sessions

By Adam Sadik

Medha Mageswaran, junior neuroscience major, believes it is important to take care of yourself emotionally.

"To me, mental health means how well your brain is able to take on every day. Due to genetic and environmental differences, I find mental health to incredibly vary from person to person," Mageswaran said. "For example, mental disorders with underlying neural mechanisms as well as experiences from our past play a crucial role in how our brain responds to everyday situations."

NSU students can attend 10 free counseling sessions per year at the

Henderson Mental Health Center, in partnership with the NSU Center for Student Counseling Services and Well Being.

This individualized service will assist students in how they think and help clarify issues, set goals, and take steps to achieve the goals. A counselor will listen and understand their history to learn how they perceive their surroundings and environment.

"It is a place to feel heard, understood and not judged. To really be within a safe space, be able to sort out one's thoughts, issues, and concerns and work towards whatever their goal may be," said Suzelle Guinart, licensed mental health counselor, and director of the

Center for Student Counseling and Well-being.

The sessions offer a variety of services to address the needs of students, including adjustment to student life, depression, anxiety, stress and time management, academic concerns and career development. Sessions take place on the third floor of the Student Affairs Building.

"We encourage students to take advantage of these sessions. Our goal is to make sure that every student's journey is as smooth as possible, and they can be the best version of themselves. We strongly encourage you to use it or at least keep it in mind to recommend it to students who are having a harder

time to have that support," Guinart said.

In addition, a 24-hour crisis hotline 954-424-6911 is available for students. The calls are confidential.

Every student is a unique individual. Henderson Health treats them as such and makes sure that every student feels seen and heard during their experience, Guinart added.

Appointments can be made on the Center for Student Counseling and Well-being website, <https://www.nova.edu/studentcounseling/index.html>.

A family member or significant other can accompany students, or students can have a one-on-one session.

Yoga incorporates wellness and mindfulness into everyday habits



PHOTO BY ASHLEY DIAZ

NSU students practice yoga at a candlelight yoga event.

By Brielle Aguayo

Nova Southeastern University offers a variety of exercise and wellness classes, including yoga. Yoga gives students, staff and faculty the opportunity to participate in an environment where they can destress.

Kelly Concannon, associate professor and yoga instructor, teaches yoga almost every day. She connects with her students in a setting where they can be comfortable and relaxed.

"So a lot of us, when we teach yoga, we're not there to teach people how to do handstands or anything like that," Concannon said. "We're there to teach them how to

incorporate wellness and mindfulness into their everyday habits so that they can be successful at the university."

Concannon has built a community centered around the idea that yoga can help students ease their minds.

"As a teacher, I'm able to literally bring students from class into the gym. A lot of them are really intimidated to go into the gym, and us being faculty members who've been here for a really long time, it makes it less intimidating," Concannon said.

"So for me, I feel like it's just another modality to introduce to students so that they can manage their stress."

Concannon believes that taking that first step just walking in the door can lead to feeling positive and motivated.

"Yoga is about everybody. It's not a one-size-fits-all. It's a modality to assist you in connecting with your body and being mindful of the stress and its impact on you," Concannon said. "After every class that I teach, I do a 30-minute mindful meditation. So that might be another way around it, if you're nervous about going to yoga class."

Concannon said managing stress in college is important, and that exercising and taking time for yourself are helpful ways to connect without distractions while focusing on being less stressed.

"I can't stress enough how important it is for students and faculty, and especially first-year students, to take a little bit of time for themselves every single day," Concannon said. "Whether that be you go for a walk on the quad for 10 minutes without any distractions or go to the gym for half an hour."

RecPlex

Contact
Recreation and Wellness

954 262-7301

Instagram: @NSU_Rec_Well
<https://www.rec.nova.edu/index.html>



COURTESY OF JAROD JOHNSON
NSU students relax by playing soccer at Sharkapalooza 2022.

Students offer tips to manage stress

By Danna Bertel

Navigating college has been challenging for Breanna Silvers, freshman biology major.

"This is my first time away from home, on my own without my parents, and just trying to figure out how to navigate through life by myself with balancing school. It was a lot for me," Silvers said.

Starting college can be a challenge, as students tackle coursework extracurricular activities and new relationships.

To better navigate college, students can find helpful methods around campus to reduce stress.

Find an outlet

Silvers suggests students find their own outlets to calm their minds when they feel overwhelmed.

"I think it's helpful to find something that you actually enjoy doing, something that's different than what you're so used to, like going to class, going to work and dealing with life in general," she said.

Hang out with friends

Varun Jagarlamudi, sophomore public health major, said college life and academics can get overwhelming, but the support and company of friends can make things better.

"Apart from just walking around campus or sleeping, hanging out with my friends helps me release some stress," Jagarlamudi said.

Jagarlamudi additionally recommends new students join clubs they can enjoy with people who share the same interests.

"Participate in hobbies and also join clubs that are not just academic-based," Jagarlamudi said. "Join clubs that you generally have a passion for, so that you can also meet

people that think like you."

Daniel Matos, freshman biology major, agreed.

When he is overwhelmed by studies while working two jobs, he finds it helpful to spend time with his friends.

"To study or relieve stress, I just hang out with friends and make connections with people," he said.

Take a step back

Nyla Whyte, senior communication major, wants to finish her

degree a year early, and the number of classes she takes can be stressful.

In moments of distress, Whyte finds it helpful to wind back and take her mind off things by reading or listening to music.

"I try to set a few hours aside to decompress. Usually, I'll watch a few episodes of my favorite TV show, or maybe put on some music and read a book that's been on my reading list for a while," Whyte said. "Of course, you should take your studies seriously, but take

breaks when you need them."

For Faye Stiffler, freshman marine biology major, taking a step back and slowing down can be beneficial to deal with the stress that comes from college life.

"I watch TV or go to bed," Stiffler said. "I don't hang out with people when I get stressed."



COURTESY OF JAROD JOHNSON
NSU students hang out and make personalized candles at Sharkapalooza 2022.

Get to know NSU's arts programs

By Bryce Johnson and
Brielle Aguayo

Antonella Lalinde, senior theatre major, came to NSU as a freshman for its theatre program. After performing in several productions, she encourages anyone to get involved in the Department of Communication, Media, and the Arts.

"To all of the incoming theatre majors and incoming art majors, music majors, there's a great community here at Nova. You'll meet a lot of great people, you'll make a lot of great friends and make a lot of connections to your professors. It's a joy to be a part of the DCMA," Lalinde said.

DCMA's arts programs include Art + Design, Dance, Music and Theatre. They are all open for incoming and returning students to participate.

Art + Design

The art and design community at NSU offers opportunities for students to take courses and increase their techniques. The program features two concentrations, one in graphic design and the other in

studio art.

"I loved printmaking, drawing and painting class. I learned a lot of things that I'll be using in the future when making more art," said Darling Alicia Picado, senior art and design major and graphic design assistant of *The Current* last semester.

Alexa Frank, sophomore undecided major, learned several useful skills while taking the Introduction to Drawing course.

"Introduction to Drawing has been my favorite class I have taken regarding art at the university. I enjoyed this class as it allowed me to use tools I have never worked with in the past, but also new ways to use the supplies I use now," Frank said. "The class pushed me out of my comfort zone with drawing and allowed me to focus on my weak points, such as texture or depth, while producing high quality and realistic art."

The art community at NSU also offers various ways for students to showcase their art work at exhibits in the Don Taft University Center, Gallery 217, such as the Juried Student Exhibition and the Senior



COURTESY OF REBECCA FAZIO

Gallery 217 welcomes guests at the opening reception of the 13th Senior Exhibition.

Exhibition. They showcase paintings, sculptures, graphic design and photography. The program also hosts exciting workshops, speakers and guest artist exhibitions.

Dance

Olivia Knerr, freshman dance and sports and exercise science major, said taking several dance classes at NSU has helped her become a better dancer.

"I definitely think that any of the technique classes that I have taken here at NSU, including ballet and jazz, have greatly improved my dance skills. I have only had the chance to take two dance classes this past year, but I also believe that my opportunity to perform in DanceWorks and the Student Choreography Showcase helped me become a better dancer," Knerr said. "These shows pushed me to learn several dances over a period of time and to perform them in front of peers, families and the overall NSU community."

The dance program at NSU offers ballet, jazz, contemporary and modern, allowing students to enhance their skills by working together to choreograph and dance to several styles and pieces throughout the year. Thanks to the opportunities the students have received to perform and showcase their learned pieces, new possibilities are created

for their future.

Knerr enjoyed performing with other dance majors and minors at the American College Dance Association conference in March.

"My favorite piece that I had the opportunity to be in was Ysa's ACDA piece. The piece was called 'Misconception,' and it was about an average young girl that discovers the negative mental effects that come with growing up and going through life. I played the young girl and everyone else played the negative mental effects like depression, anxiety and stress," Knerr said. "This piece was very intense and put me into a character's shoes that I was not used to playing. I had so much fun learning new things about myself during the creation of the piece, and I had even more fun performing it on stage."

Madison Cantor, sophomore dance major, shared her outlook on being a part of the dance community.

"Some advice I would give a dance major or minor coming to NSU, is to be so creative and authentically yourself and don't be afraid of thinking outside the box and trying something new," Cantor said. "Our dance program is a very tight-knit family that's all about supporting one another and pushing each other to be better dancers, choreographers and aspiring artists."



COURTESY OF KANDY LOPEZ-MORENO

Gabriel Aikens, now-NSU alum art + design graduate, transforms a sculpture in a Methods and Materials class.



COURTESY OF MORGAN SOPHIA PHOTOGRAPHY

Dance majors and minors perform during Danceworks.



PHOTO BY BRIELLE AGUAYO

Dancers perform during the Razors Edge Shark Talent Shark Showcase.



COURTESY OF MORGAN SOPHIA PHOTOGRAPHY
Peace Concert 2022.



COURTESY OF MORGAN SOPHIA PHOTOGRAPHY
The cast of Mousetrapp prepares for the show during its dress rehearsal.

The dance program at NSU offers a range of classes and the ability for students to express themselves while getting experience working in the shows.

“The dance program here at NSU offers several performance opportunities throughout the semester. As a freshman in Shark Talent, I gained the opportunity to perform upward to 10 performances just this past year,” Kneer said. “The professors are also so interested in making each person better, no matter where they are starting from. The connections for young dancers are amazing and the opportunity is endless, as long as you work hard yourself.”

Music

The music program at NSU prepares students to work in the music industry as musicians, producers, music teachers and more. Students can take courses such as piano, guitar and voice, in addition to courses in commercial music production. Private lessons are also offered in various instruments and voice.

Students receive the opportunity to perform in various shows each year, including The Peace Concert, Singer/Songwriter Showcase and the Golden Hour.

Additional singing performance opportunities are offered through Shark Gold, a student-led organization that sings for donors, fundraisers and events.

At the 2023 STUEYs, Molly Sullivan, student manager of Shark

Gold, and junior health and wellness coaching major, sang “At Last,” her grandma’s favorite song.

“After I knew that it was my grandma’s favorite song, it kind of gave me the reassurance and the love that I needed to put into the story,” Sullivan said.

Shark Gold’s performance of “Somebody to Love” at the STUEYs was the first time the group sang in front of other students, friends and family.

Brandon Ysibido, second-year engineering major and Shark Gold performer, was happy to hear the positive reception from the audience.

“Listening back to recordings from the STUEYs and hearing the audience lose their mind when Razor steps out onto the stage and dances with us, or when somebody hits a high note and everyone just applauds, it’s ecstasy,” Ysibido said.

For Shark Gold, singers practice by repeatedly listening to songs and recording themselves, which Sullivan said helps them tell the story.

“That is a singer’s job in my opinion, is to tell a story, connect with the audience and make them feel something. Entertain them,” Sullivan said. “Listen to [a song] different ways each time, focusing in on a different part of the story, whether it’s the instruments, the words, a specific lyric or a specific verse.”

For those interested in auditioning for Shark Gold, Ysibido encourages students to look for flyers and reach out to people in DCMA.

“I know I’ve grown so much in the past year. I can do things and hit notes now that I never thought I could before, and I’m much more confident in my singing and in myself in general. And I owe a lot of that to Shark Gold, so we’d love to have you,” Ysibido said.

Theatre

Students in NSU’s theatre program learn about acting, musical theatre, technical theatre design and more by participating in several productions led by DCMA, including main stage productions like “The Tempest” and “The Mousetrapp.”

Students can also learn by taking several classes in the theatre program, including Acting I, Comedy and Improvisation, Sound Design, Singing Technique and more.

NSU’s theatre program is partnered with the Rose and Alfred Miniaci Performing Arts Center on the Davie campus, which is managed by the Broward Center for the Performing Arts. The Rose and Alfred Miniaci Performing Arts Center hosts various theater productions that students can attend.

Other productions at NSU, like “Zombie Prom” and “The Dolls of New Albion,” are held in the Black Box Theatre in the Don Taft University Center.

In April 2022, Lalinde played the narrator in “The Dolls of New Albion,” while Spencer Carlisle, senior theatre major, played Edgar. Both Lalinde and Carlisle consider this one of their favorite productions they’ve done at NSU.

“That show was incredible. The show was no dialogue, only singing. It was an incredible feat and everyone involved was so nice and so talented and it was just such a great



COURTESY OF MORGAN SOPHIA PHOTOGRAPHY
RJ Nelson, now-NSU alum, performs during the Singer/Songwriter Showcase in 2021.

experience,” Carlisle said.

One part of NSU’s theatre program is Stage 2 Productions, a student-driven production company that works on “Mayfly: A 24hr Theatre Project” and improv sessions.

“If you’ve seen any of the Improv Jam shows, I co-ran that with Nina Poulos for the last two shows. And it was a fully run student improv show, and it’s been a time doing it. And one thing I’m definitely going to miss is being a part of it when I graduate,” Carlisle said.

Carlisle adds that NSU’s theatre program has a great support system and encourages anyone who is interested to come to auditions when they open.

“If you want to just audition at NSU, anyone’s allowed to audition. It’s not reserved just for the theatre students or for Shark Talent students. So if you want to go ahead and try it, then what’s stopping you?” Carlisle said.



COURTESY OF MORGAN SOPHIA PHOTOGRAPHY

The cast of Zombie Prom performs the scene “Then came Johnny” from the second act of the musical.

For more information about participating in the arts, contact these professors:

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Art + Design Program Director
klopez@nova.edu
UC 348
954-262-7612

Dr. Bill J. Adams
Music Program and
Theatre Program Director
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UC 343
954-2628025

Prof. Dan Gelbmann
Theatre Professor
gelbmann@nova.edu
UC 353
Cell 954-868-0984
Office 954-262-7926

Prof. Elana Lanczi
Dance Program Director
lanczi@nova.edu
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954-262-7613

LOOK INSIDE

Inside this year's Orientation Issue is the first Special Sports Edition insert created by The Current. This special edition contains a letter from our Sports Editor Santi Finochietto, a background of NSU athletics, an overview of all athletics teams, articles on our national championship winning teams, an in-depth look at NSU athletes who went pro, and much more.



COURTESY OF NSU ATHLETICS

The NSU community shows its support for men's basketball during the Sunshine State Conference in March.

OPINION

Campuses are no place for weapons



By Dr. George L. Hanbury II

Our nation's schools and universities are places of learning and discovery where everyone – students, faculty, staff, alumni and visitors – should always feel safe.

As president of Nova Southeastern University, it is my responsibility to ensure the safety of 23,000 students, 5,000 employees and the thousands of visitors who come to our campuses across Florida, Puerto Rico and Colorado every year. I take this responsibility seriously, whether it's keeping our campuses safe from acts of violence or a pandemic.

Multiple mass shootings have demonstrated that we cannot make every part of our society impervious to attack. However, this does not mean that we do nothing. It is our duty to implement measures that work and will help keep people safe with a sense of belonging throughout the Shark Nation. Carrying any gun or weapon on NSU's properties is impermissible—concealed or not.

As a private institution, NSU reserves the right to govern our campuses and sites accordingly for the protection and preservation of the health, safety and welfare of all those who visit our campuses. As such, it is my belief that the single best way to keep our community safe is to not permit weapons of any kind in any of our properties or spaces unless they are carried by a trained law enforcement officer.

In addition to deliberate acts of violence, accidents can occur if people lack proper training in firearm safety. If an untrained armed bystander hears gunshots and rushes into a situation, what do they do? Will they have the facts and the judgment to know how to react in a split second, or know which person with a weapon is the perpetrator

vs. another innocent responder? If law enforcement responds and sees multiple people with guns drawn, how do they determine who the aggressor is?

NSU has numerous safety protocols and systems in place across our campuses to make our learning environments as safe as possible, including:

- NSU Alert system (text, phone, email), sign up for alerts here: nova.edu/emergency/notification/registration-process.html.

- SaferWatch app for iPhone and Android for localized safety alerts: saferwatchapp.com/nsu.

- 65 NSU campus safety professionals carrying out our community policing mission across our campuses in Florida, Puerto Rico and Denver.

- 2,000 cameras, 230 Blue Light Phones, 180 duress buttons and an intruder lock program for university lock down measures throughout all campuses.

- Six, soon to be eight, full-time police officers patrolling the Fort Lauderdale/Davie Campus 24 hours a day.

- SharkCard access for residence halls as well as many buildings and other access points.

- NSU has developed three early intervention models to enhance campus safety through the CARE Team, Student Behavioral Concerns Committee and the Comprehensive Threat Assessment Team—these teams promote individual student well-being and success while prioritizing community safety.

As of July 31, the U.S. has already experienced bloodshed in more than 419 mass shootings in 2023. That averages out to about two per day. Such statistics are tragically devastating and unacceptable, and further demonstrate and support why, to prevent further bloodshed in this country, we do not allow any weapons on our campuses.

George L. Hanbury II is President and CEO of Nova Southeastern University.

Why did I join a Panhellenic sorority?



By Brielle Aguayo

I remember the exact moment as a freshman when I was in the library quad with a ton of hopeful girls waiting to run home to the sorority from which we all got bids. As I jumped off the stage and ran into my newfound sorority sisters, I hadn't yet realized how that moment would impact my life forever.

Growing up, I always wanted a sister. I felt like a part of me was missing, and when I joined my sorority, Sigma Delta Tau, that missing part of me was filled.

Being in a sorority has given me many sisters, along with incredible leadership opportunities, experience in community service, and I gained an impactful sisterhood that has supported and cared for me.

Though rushing a Panhellenic sorority in the fall can be intimidating at first, the recruitment process is special and a week you only get to experience once.

Recruitment happens the week of Sept. 4. The first night is Sorority 101 on Sept. 6, when you learn about all three sororities. If you are invited back, the next two nights are Philanthropy Night on Sept. 7 and 8. On these nights, you learn about the sororities' philanthropies. Sept. 9 is Preference Day, when you can

be invited back to a maximum of two sororities. This day includes a ceremony to reflect the values and ideals of each chapter. The last day of recruitment, Sept. 10, is Bid Day. If you receive a bid, this is the day you run home to your sorority.

Panhellenic Vice President of Recruitment Jacki Hilber, junior double major in behavioral neuroscience and marketing, said that Greek life has helped her grow as a person.

"Coming into college I was rather shy, but Greek life and my sorority helped me come out of my shell and step up as a leader," she said. "My chapter, as well as the Panhellenic Council, have offered me so many leadership opportunities and support in getting those positions."

I feel the same way.

My chapter guided me in a positive direction. I was eager to not only become a position holder, but also to grow and connect with my sorority sisters.

The first position I held in my

sorority was historian, which I served as for two semesters and loved every moment of it. I was in charge of taking professional photos for my sorority and planning photoshoots. My favorite part was growing as a photographer and being creative.

My current position is vice president of new member education, in which I help guide and welcome our new members into the sorority.

It's a six-week period when new members learn, experience and connect with sisters and their new member class. They get to experience things like teaching lessons, bonding events and big/little. I feel not only honored, but privileged. I get to be the person to lead them, just like I was led when I was a new member.

Sorority life has truly helped me grow as a person, but I didn't join a sorority just to have fun. I also wanted a chance to give back to philanthropies with valuable causes.

When I was going through recruitment the first thing I heard was about two philanthropies for which my Sigma Delta Tau chapter raises funds: Jewish Women International and Women in Distress. Both of these philanthropies aid women who are in unhealthy relationships and give them tools to further their lives in positive ways.

My sorority puts on events, like "Battleship" and "Are You Smarter Than a Sigdelt?" to raise money for these philanthropies. We also do multiple clothing and food drives. These events consist of using teamwork and communication to have fun and raise money for causes that mean so much to our sorority and what we value.

Sorority members agree about the benefits of experiencing Panhellenic recruitment.

"I think you should go Panhellenic if you want to meet people from all different aspects of NSU even if you don't accept a bid," said Panhellenic President Madison Ring, junior dance major. "You meet so many people through the recruitment process."

I wouldn't be who I am today without my sorority Sigma Delta Tau. I have met my best friends with whom I know I will have long-lasting friendships. Taking a chance on Greek life was the best decision I have made since I came to NSU. I encourage everyone to take the leap and rush the Panhellenic Council.

Brielle Aguayo, junior communication major, The Current's art director and reporter, is a sorority member of Sigma Delta Tau since she came to NSU in 2021. She is currently an executive board member of SigDelt.



COURTESY OF AMAYA ALLEN

From left: Brielle Aguayo, junior communication major, Jaclyn Matheos, sophomore marketing major, and Alicia Phillips, now-NSU alum, attend a Panhellenic photoshoot and took photos in their sorority letters.

The decision to have no decision



By Ronald Martinez

From the time you enter school, a teacher, parent, guardian or friend has most likely asked the question, "What do you wanna be when you grow up?"

Maybe you answered Power Ranger, a superhero or a princess. Once you get a little older, you thought of police officer, firefighter, actor or doctor. Likely, as you grew, it was refined into something more specific. Enter high school, you start searching for colleges and the programs each offers.

But none of them caught your fancy. At least, that's how it was for me. I had always switched what

I wanted to do. Lawyer turned to detective, detective to forensic scientist, scientist to writer, and so on. I was always afraid of making the wrong choice, of going down a path I didn't truly want. It wasn't fun.

When it was time to apply for universities, it was a matter of picking whatever university looked cooler or would give me the biggest scholarship instead of looking for one with a program I was interested in. Of course, on the first day of your new college life, professors will still ask you the same old icebreakers you thought you got away from, including the dreaded question: "What's your major?"

I hated that question from the start. It was isolating to be the only one to say "undecided." Everyone seems to have their life figured out, and yet here I was, just cruising along, no real plan in place. Sure, I may have had an easier time compared to people who knew their majors, as I did general education credits. That meant being behind on my "success," or at the very least, the societal definition of success.

"You'll figure it out soon, don't worry!"

Easier said than done. Those words didn't really provide me much comfort. How soon? How much time do I have before it becomes too late?

At every turn, it feels like I was frozen in place while the world moved around me, able to feel the passage of every single second, yet unable to do anything as I struggled to answer the same question I was asked many years ago: "What do you want to be when you grow up?"

From here, it seems being undecided is a curse in every way. However, there is light at the end of the tunnel, because if you can get past all the negative thoughts and emotions, if you just take it one day at a time, and take advantage of this chance to truly, truly explore, you will find it eventually. It might be later than everyone else. It might be something that not a lot of people choose to do. It might not even make that much money.

But you'll be able to create your own definition of success and do

something of which you can truly be proud, because you took the time to think it through instead of just picking something and going with it.

I'm no longer undecided, and I know what I want to do, thanks to good friends and shaking off any sort of expectations others may have of me.

I have decided to pursue game design, something which has been integral to my life ever since I was a little kid.

I know anyone else undecided will discover his or her destiny, as well. It will take time that you think you don't have, but you do. We're young, we're smart, and we're willing to go all in for something.

Ronald Martinez, sophomore, The Current's reporter, plans to declare his major in the fall in informational technology and minor in music.

THE ANN PORTERFIELD
DIGITAL MEDIA LAB
 NSU ALVIN SHERMAN LIBRARY

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THE CURRENT'S CORNER

WORD SEARCH

E	S	A	P	A	R	K	I	N	G	L	I	S	X	P
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PANHELLENIC
DECISION
WELLNESS
SPACE
MAKO

COUNSELING
THEATRE
STUDY
MUSIC
DANCE

INSURANCE
RECIPES
PARKING
CAMPUS
ART

STAY CURRENT & STAY SAFE

TIC TAC TOE

This is a two-player 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.

Save
the
date

NSU Florida

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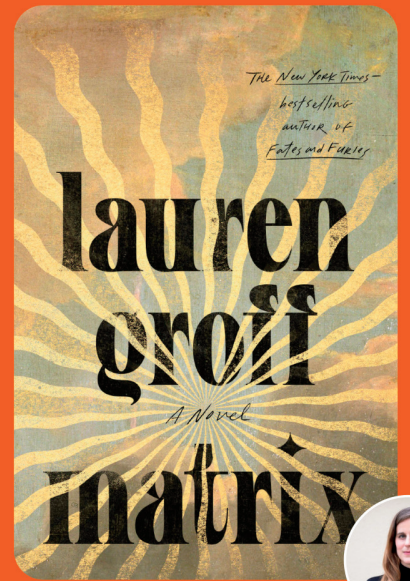
September



October



November



MOVIE



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CHAMPIONS



NSU's student-run newspaper, housed in the Department of Communication, Media, and the Arts

THE CURRENT Sports Edition

ART BY MIKE LYNN

THE CURRENT

The Student-Run
Newspaper of
Nova Southeastern
University

Located in the
Don Taft University Center
Room 328

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Letter from the editor

By Santi Finochietto

Dear Readers,

Hello! Thank you for reading the first sports insert of The Current's Orientation issue, a Mako Media Network production.

For those who may not know me, I'm Santiago Diaz Finochietto, Mako TV's sports journalist and producer of the Sports Update.

I'm pleased to welcome you to this new edition.

There has been so much to celebrate from a sports perspective in South Florida over the past several months: from the Florida Panthers and Miami Heat making improbable championship runs to our neighbors at the University of Miami and Florida Atlantic University qualifying for the NCAA Men's Final Four to West Palm Beach native, Brooks Koepka, winning the PGA Championship. Indeed, sports pandemonium has been at an all-time high in our area throughout the last several months, with NSU making key contributions.

Adding to these accolades were your very own NSU men's basketball team, NSU women's swim team and NSU men's golf team. The men's basketball team completed an improbable run, going 36-0, and capping off the season with a NCAA Division II National Championship. The women's swim team, not to be outdone, added to NSU's expansive trophy case with an NCAA Division II National Championship in March. Finally, capping a magical three-month run for the university's athletic program, the men's golf team took home the NCAA Division II National Championship at Avalon Lakes Golf Course in Warren, Ohio.

As a special edition of the sports insert of The Current, our goal is to inform and educate our community and incoming students on all NSU sports-related news and events. There is so much to get excited about regarding sports at NSU. If you are a sports enthusiast or looking to familiarize yourself with the sports culture of Nova Southeastern University, this



COURTESY OF SANTI FINOCHIETTO

sports edition suits you perfectly. If you want to share your comments or talk to us, visit our office inside the University Center in room 328.

Our editorial team hopes you will enjoy it.

I hope to see you around!

Santi Finochietto is the sports editor of The Current Sports Edition.



COURTESY OF NSU ATHLETICS
The men's basketball team poses after it wins back-to-back Sunshine State Conference Tournaments.



COURTESY OF NSU ATHLETICS
NSU's men's basketball head coach, Jim Crutchfield, receives the Sunshine State Conference Tournament Title.

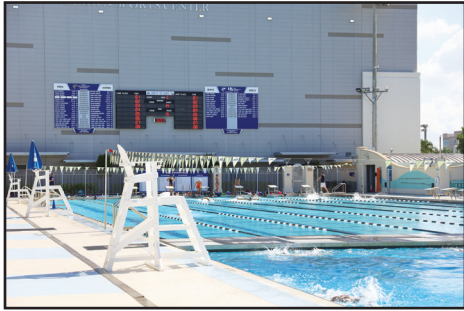


PHOTO BY MIKE LYNN
Swimmers practice at NSU's Aquatic Center.



PHOTO BY MIKE LYNN
The grandstand at NSU's soccer field.



PHOTO BY MIKE LYNN
Golfers tee off at Grande Oaks Golf Club.



PHOTO BY MIKE LYNN
The base paths at NSU's Baseball Complex.

Nova Southeastern University Sharks

By Santi Finochietto

It was only 41 years ago, under former university president Abraham S. Fischler, that NSU's athletic program was born. Today, having already celebrated the 40th anniversary of a sports program that was once nicknamed the Knights, the Sharks have won 11 team NCAA

Division II National Championships, 33 Regional Championships and 45 Sunshine State Conference Championships. In 2002, Nova Southeastern University made its transition to NCAA Division II athletics. Prior to this, from 1990-91 to the 2001-02 academic year, NSU was a member of the National Association of Intercollegiate Athletics

institution, competing in the Florida Sun Conference.

Finished with a provisional membership in 2005, and then eligible to compete for championships, the Nova Southeastern Sharks won their first NCAA National Championship on May 16, 2009.

Offering 19 intercollegiate athletic programs, Nova Southeastern

University's athletics department is home to many champions, and it has built the foundation upon which former and present student-athletes can become successful professionals and impactful individuals within their community.

NSU Regular Season Ticketing Information

NSU students, faculty and staff:

NSU students, faculty and staff receive one free general admission ticket per regular season home event with a valid NSU ID. There is no need to pre-download tickets. They will receive granted access to the event by showing their NSU ID at the gate.

Player and coach pass list:

Guests on the player/coach pass list should head directly to the gate to claim tickets.

Ticket pricing and policies

All NSU athletics facilities are Hometown Ticketing mobile venues. Ticket prices for all NSU regular season athletic events are \$10 for adults and \$7 for seniors, military and NSU alumni, while children younger than 12 are free. All ticket purchases are subject to ticket fees. Once purchased,

tickets will be instantly delivered to the email address provided or uploaded to your Hometown Ticketing Fan app at check-out. There will be no refunds or exchanges unless the event is cancelled.

Where to watch

Athletic Communications will offer live audio and video streaming of certain home games and events throughout the season. The live streaming will be available on www.nsusharks.com.

Parking

Parking fees can be paid using the PayByPhone application or Pay booth where applicable. Each parking garage and parking lot on NSU's campus has its PayByPhone location number. For more information, call NSU Public Safety at 954-262-8999.

NSU Athletics Facilities

The Rick Case Arena

Home to our women's volleyball, men's and women's basketball athletics programs, The Rick Case Arena at the Don Taft University Center seats up to 4,500 spectators.

AD Griffin Sports Complex

The softball team plays at the AD Griffin Sports Complex. The field was renovated in 2018 with a new dugout, backstop and scoreboard.

NSU Baseball Complex

Considered to be one of the finest baseball facilities in South Florida, the Baseball Complex has been the site of USA baseball team trials and Major League Team pre-draft workouts.

NSU Aquatic Center

Opened in the summer of 2008, the Nova Southeastern Aquatic Center is the home facility for the men's and women's swimming and diving teams.

NSU Soccer Complex

In addition to a state-of-the-art drainage system and new turf, the men's and women's soccer programs play on one of the best playing surfaces in Florida at the NSU Soccer Complex.

Grande Oaks Golf Club

The 18th hole in the Grande Oaks Course serves as a home facility for the men's and women's golf teams. The Grande Oaks Golf Course is a par 71 and measures 6,680 yards from the tips.

NSU Tennis Center

Located in Grande Oaks at Rolling Hills, the NSU Tennis Center is Nova Southeastern University's newest athletic facility with six courts of 36-feet-by-78-feet.

Undergraduate and graduate students may try out for all Division II sports.

Seasonal teams

By Santi Finochietto

Nova Southeastern University Sharks

Nova Southeastern University, a member of the NCAA Division II, has 16 intercollegiate teams competing in the Sunshine State Conference. The Sharks have won 11 team National Championships, 33 Regional Championships and 45 Sunshine State Conference Championships.

FALL

Men's cross-country:

Looking forward to this upcoming season, the men's cross-country team seeks to show improvement after last season's performance at the Sunshine State Conference Tournament and NCAA South Regional Championship. While NSU finished 14th, David Mahnke was first across the line for NSU, finishing 49th and running a personal best of 33:00.7 in his first 10k of the season.

Location: TBD

Social: @nsu_xctf

Women's cross-country:

This upcoming season, the women's cross-country team is eager to pick up where it left off from last year's NCAA Championship. Kamila Soja finished 115th in a field of over 250 athletes, running a time of 22:12.4, her second-fastest time of 2022.

Location: TBD

Social: @nsu_xctf

Men's soccer:

Concluding its 2022 season with a 7-6-4 record, the four-time regional champion program looks to build a

competitive team that took it to its first Sunshine State Conference title in 2022 and NCAA Tournament Final Four appearance in 2021.

Location: NSU Soccer Complex
Social: @nsu_msoccer

Women's soccer:

After last season's appearance in the Second Round of the NCAA Tournament, the furthest the program has advanced since 2019, the NSU Sharks hope to keep up its momentum this fall.

Location: NSU Soccer Complex
Social: @nsu_wsoccer

Women's volleyball:

The six-time regional championship winning program aims to keep last year's momentum going. In her second season leading this team, Coach Kacie Ehinger will continue a winning culture with six incoming freshman commitments.

Location: The Rick Case Arena
Social: @nsu_vball



COURTESY OF NSU ATHLETICS
2022-2023 women's volleyball team.



COURTESY OF NSU ATHLETICS
2022-2023 women's soccer team.

WINTER

Men's basketball:

During the 2023 season, for the first time in program history, the NSU men's basketball team won the NCAA Division II National Championship with a 111-101 victory over West Liberty. The Sharks concluded this memorable season with a 36-0 undefeated record.

Location: The Rick Case Arena
Social: @nsu_mbasketball

Women's basketball:

Despite losing in the first round of the NCAA Tournament, the four-time regional champion winner finished the 2023 season with a 21-9 record, tying for the most wins in program history since 2015-16.

Location: The Rick Case Arena
Social: @nsu_wbasketball

Men's swimming and diving:

Home to five individual national champions, the NSU men's swimming team wrapped up last season in 12th place and earned one individual national champion at the NCAA National Championship. Thomas Flower earned his first national championship after winning in the 200-yard freestyle.

Location: NSU Aquatic Center
Social: @nsu_swim

Women's swimming and diving:

Last winter, the No. 1 ranked Nova Southeastern Sharks women's swimming team won its first NCAA Division II National Championship. On its way to the title, the team earned 11 NCAA individual national championships, seven by Emily Trieschmann.

Location: NSU Aquatic Center
Social: @nsu_swim

SPRING

Baseball:

The one-time NCAA Division II National Champion baseball program ended 2023 with a series win over Florida Tech, setting a 26-23 record with no post-season participation.

Location: NSU Baseball Complex
Social: @nsu_baseball

Men's and women's lacrosse:

Starting the 2025-26 academic year, Nova Southeastern University will be the ninth Sunshine State Conference institution to offer a men's and women's lacrosse program, becoming its 18th and 19th intercollegiate athletic program.

Location: TBA
Social: TBA

Women's rowing:

Despite the three-year program suspension due to the COVID-19 pandemic, the women's rowing team is reinstated and expected to compete in the 2023-24 academic year. Considered one of the most successful programs, the program won its first NCAA National Championship in 2013 and six Sunshine State Conference Championships since.

Location: TBD
Social: TBD

Women's tennis:

The Sharks concluded this 2023 season as the national runner-up of the NCAA Division II National Championship, setting the program record for wins in a single season, earning victories in 26 contests during the campaign.

Location: NSU Tennis Complex
Social: @nsu_wtennis

Women's golf:

Four-time-winning NCAA Division II National Championship program, the women's golf team finished the 2023 season as national finalists. Freshman Olivia Grønborg became the fourth Nova Southeastern Shark women's golfer to win the individual NCAA Division II National Championship.

Location: Grande Oaks Golf Club
Social: @nsu_wgolf

Men's golf:

Led by experienced Coach Joey Marino, the Sharks concluded the 2022-23 season among the best teams in the tournament of collegiate golf. The Sharks finished in the top 5 of most of the golf invitationals and championships. The team also ranked No. 4 in the NCAA South Region rankings.

"I am thrilled to become the leader of a winning program with such rich tradition. As the head coach, I look forward to working with the student-athletes and continuing to guide them towards success both on and off the course," Marino said.

Location: Grande Oaks Golf Club
Social: @nsu_mgolf

Men's & women's track and field:

With its inaugural season in 2007, track and field at NSU has claimed a Peach Belt Title (women's, 2017) and has made six NCAA appearances (2010, 2011, 2013, 2014, 2015, 2016). This forthcoming season, both teams look to build off last season's success, especially star runner, Kamila Soja, who represented NSU's women's track team at the NCAA Division II Outdoor Track and Field Championships.

Location: TBD
Social: nsu_xctf

Women's softball:

The women's softball team looks to build off of its impressive season last year, winning the university's first NCAA South Super Regional Championship and qualifying for the NCAA DII Softball Championship. In addition to this run, star players Alexis Smith and Alyssa Droge-muller were named to the All-American team by the National Fastpitch Coaches Association.

Location: AD Griffin Sports Complex
Social: nsu_softball



COURTESY OF NSU ATHLETICS
2022-2023 women's tennis team.



COURTESY OF NSU ATHLETICS
2022-2023 men's cross-country team.



COURTESY OF NSU ATHLETICS
2022-2023 women's softball team.

NSU women's swimming team wins NCAA Division II National Championship



COURTESY OF NSU ATHLETICS

NSU's women's swim team celebrates its historic win at the IU NATATORIUM in Indianapolis.

By Angeline Gilliard

This year, the NSU women's swimming team took home the win at the NCAA Division II National Championship.

For Emily Trieschmann, a finalist

for the Division II Athlete of the Year and winner of five national championships this year for NSU, the decision to transfer from FSU was driven by her desire to be part of a team that could inspire and motivate her.

"I think our team success and my success this year makes it clear why I transferred," Trieschmann said. "I haven't gotten a best time since high school in swimming. So, to see it this year, it was a [relief] that I did make the right decision. So, really the team dynamic of Nova was the main reason why I did transfer."

The NSU swim team was fueled by an initial shared goal: to secure victory at the Sunshine State Conference this February. Having a clear objective played a vital role in their remarkable success, according to Coach Benjamin Hewitt. Once this objective was achieved, the team set its sights on the ultimate prize: a victory at the NCAA Division II National Championships.

The day of the meet, Trieschmann and her teammates remained focused on the race. She mentioned turning off her emotions so they would not impact her performance. On the fifth and final day of the meet, they realized their

achievement, winning the whole event.

"I just looked at our assistant coach, and she's in tears and I was like, 'oh no did we lose? Did we win?' And, she was like, 'We did it! We did it!' Then, I finally had the emotions come back and I was so happy to be part of this team and to be celebrating this team," Trieschmann said.

Trieschmann won three individual races and contributed to two relay victories.

Moving from Division I to Division II swimming was a significant change for Trieschmann, but the right team environment, supportive coaches and a newfound love for swimming made the transition worthwhile.

Witnessing the success and happiness she found at NSU, Trieschmann is now fueled with determination for the future.

Men's golf wins NCAA Division II National Championship

By Angeline Gilliard

The NSU men's golf team has imprinted its name in the history books once again, securing its third national championship in the program's history. Under the guidance of Coach Joseph Marino, the team demonstrated its unwavering determination and skills to achieve this accomplishment.

Marino attributed the team's success not only to its own hard work and dedication, but also to the inspiration derived from witnessing other NSU teams' triumphs.

"I think that this success kind of feeds off each other. I mean, once we've seen people have that kind of success during the year, it kind of makes you believe you can do it as well," Marino said.

The day of the championship, the team advanced to the match play stage. The team realized it had the opportunity to win after winning its first two matches. Mike Hay, senior exercise and sports science major, sealed the deal with a crucial putt. The team's emotions ran high, fueled by the realization that it was one of the best collegiate golf teams in the country.

"It felt incredible. In that moment, there's a lot of emotion -- of being a national champion and being in the best team in the country," Marino said. "Really, it's more of completing everything you've worked so hard for that year. That's kind of the emotion that is behind it. You put so much time and effort to come out on top: It feels great."



COURTESY OF NSU ATHLETICS

NSU's men's golf team celebrates its championship round at Avalon Lakes Golf Course in Warren, Ohio.

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GOLF

Hay, who contributed to the team's success, described the experience of being part of the third national championship winning team as "surreal."

"The fall season was OK. We struggled to click, all five of us. It was always maybe, two people play well off and then, in another tournament, other three people played

well. But, to get to the final event, and have all five of us to play solid golf was strange because we hadn't done it all year. So, it kind of took everyone by surprise," Hay said.

During the national championship, Hay remained focused on his match, unaware of the performance of his teammates. As he concentrated on securing his point,

he found out about the team's lead only after completing his round.

Hay said their performance during the Florida Southern event marked a turning point. He described the fall season as "OK," but when the team emerged victorious in the spring tournament, defeating its long-standing rival, Barry University, its triumph

instilled a belief within the team that they could compete against any opponent.

As the NSU men's golf team celebrates its historic third national championship, it believes that with hard work, trust and team effort, any goal can be achieved.

NSU men's basketball wins NCAA Division II National Championship

By Santi Finochietto

For the first time in program history, the No. 1 Nova Southeastern University men's basketball team won the NCAA Division II National Championship following its 111-101 victory over No. 2 West Liberty University at the Ford Center in Evansville, Ind. The Sharks concluded its 2023 season as the only remaining undefeated program in both NCAA Division I and Division II with a 36-0 record.

Before Jim Crutchfield's hiring as NSU men's basketball head coach in 2017, this program had no championships to showcase and had a 6-20 season averaging 71.2 points per game. The former men's basketball coach at West Liberty, and record holder for the highest career winning percentage in college basketball history among all NCAA, assumed the challenge of turning around NSU's men's basketball program.

"Alongside Jordan Fee and David Hoehn, we implemented a system that we hoped would start changing the program. In the first year, things started to turn around with a 17-10 season, and it went uphill ever since," said Crutchfield, who also won the 2023 NABC National Coach of the Year.

Today, with the conclusion of the fifth season under Crutchfield, the men's basketball program has one

NCAA Division II National Championship, three regional championships and four Sunshine State Conference Championships.

On its way to the NCAA Division II Championship Game, the Sharks faced Missouri-St. Louis and California State University, San Bernardino. In both games at the Ford Center in Evansville, Ind. NSU was victorious. Will Yoakum had a 34-point night in the first round, while all five starters put double digits on the board in the Final Four with California State University, San Bernardino. For the NCAA Division II National Championship title, the No. 1 ranked Nova Southeastern Sharks men's basketball matched up against No. 2 ranked West Liberty.

Starting off with an early 6-0 lead, Bevo Francis Award winner and NABC Player of the Year RJ Sunahara scored 6 out of the first 8 points for NSU, while Yoakum and Dallas Graziani extended the margin with the momentum. Despite efforts to shorten the deficit and slow down the Sharks, the Hilltoppers found no formula to deny Yoakum, Graziani and Sunahara from scoring. The Sharks finished the first half on top of the scoreboard 55-48 after a deep three-pointer from Yoakum.

Onto the 2nd half, Graziani and Yoakum kept scoring from all three levels of the court to maintain the



COURTESY OF NSU ATHLETICS
NSU's men's basketball team celebrates under confetti at the championship final in Evansville, Ind.

lead of 86-73. With six minutes to go, NSU set a margin of 17-point lead that was eventually shortened to 5 points by West Liberty. Nevertheless, Kobe Rodgers, a sports management major, finished business after hitting three consecutive free throws.

On March 25, with a final score of 111-101 over West Liberty, NSU's men's basketball team won the

NCAA Division II National Championship. NSU is now the sixth team in NCAA Division II history to finish the season as undefeated National Champions. The Sharks concluded the 2023 season breaking the Division II National Championship record for points in the first half (55) and game (111) and with a combined 67-1 record over the course of two years.

Sharks in the Pros: Farid Sar-Sar

By Santi Finochietto

After signing with Inter Miami CF, Farid Sar-Sar becomes NSU's sixth men's soccer player to sign a professional contract. The former Sharks captain signed with the Fort Lauderdale based club on Feb. 24, joining the MLS Next Pro squad.

In his short two years as a Shark, Sar-Sar was a starting defender in all 39 games played throughout the 2021 and 2022 seasons, logging 3,437 minutes, 14 shots, a game-winning goal against Florida Tech and two-time All-Time Sunshine State Conference recognition.

"At NSU, I have unforgettable memories that I will always hold near and dear. This program has allowed me to grow as a student-athlete but mostly as a person, and I am thankful for that and the lifelong relationships and lessons

along the way," Sar-Sar said.

The native of Argentina had a great impact on the defensive end in his first year with the No. 5 on his back. Sar-Sar led the Sharks to the Final Four, having won its first-ever Sunshine State Conference Championship and South Regional Championship since joining the NCAA Division II and the Sunshine State Conference in 2005.

"In my first year in Nova Southeastern University's men's soccer program, we made history, and that was the result of not just the hard work and determination to accomplish our goals but the friendships built in the locker room," he said.

Following his graduation in December, Sar-Sar continued chasing his dream of becoming a professional soccer player and signing a contract. Having try-outs for different teams in Florida, Sar-Sar

caught the attention of Inter Miami CF, now home to one of the greatest players of all time, Lionel Messi.

"I was in the right place at the right time. During the try-outs, I showed who I am on and off the field, and the coaches luckily liked me for my game and personality," Sar-Sar said.

As a result of his performance, on Feb. 24, Sar-Sar signed a professional contract with Inter Miami CF to compete in the MLS Next Pro, the third tier of the United States soccer league system. Having No. 58, Sar-Sar joined the Inter Miami CF II squad for the 2023 season that started in late March. So far, the Argentinian has started in nine out of the 13 appearances and scored the winning goal against Philadelphia Union II in his first game as captain and player of Inter Miami CF II.



COURTESY OF FARID SAR-SAR
Farid Sar-Sar makes a stride down the field.

"I am still learning and still getting to know the organization, but all I can say is I am extremely blessed and grateful for being here and working alongside amazing people," Sar-Sar said.

Sharks in the Pros: Laz Gutierrez

By Santi Finochietto

Among 19 intercollegiate athletics programs at NSU, the baseball program won one Sunshine State Conference Championship, one NCAA Division II South Regional Championship and one NCAA Division II National Championship in 2016. The NSU Baseball Complex was the home field to former NSU students like J.D. Martinez from the Los Angeles Dodgers, St. Louis Cardinals pitcher Miles Mikolas and former Oakland Athletics pitcher Michael Bruce Fiers. For the last four years, it was also home to Head Coach Laz Gutierrez.

In 2019, Gutierrez became the fourth coach in Nova Southeastern Sharks baseball history after 13 years working with the Boston Red Sox. At Fenway Park, Gutierrez was part of the 2007, 2013 and 2017 Major League Baseball World Series Titles.

Despite his collegiate career as

the left-handed pitcher at the University of Miami and three seasons in the Detroit Tigers and San Diego Padres organizations from 1998-2001 after being drafted in the 1998 MLB Draft, it is his trajectory in the Boston Red Sox franchise that standouts the most.

Before the Boston franchise, Gutierrez was head coach of the Coral Gables High School baseball program.

"The transition from being a player to coach was challenging. I was no longer a player preparing for a game but leading a group of young men. With that, I realized my responsibility was to lead and impact lives," Gutierrez said.

Having spent three years at Coral Gables High School, Gutierrez moved on to college baseball. In 2006, as the pitching coach of Barry University, the Buccaneers ranked fourth nationally in strikeouts and fifth in total strikeouts. Furthermore, that year, in his first

season as manager of the North Adams Steeplecats, he led the New England Collegiate Baseball League team to the playoffs while notching a franchise-high 25 wins. Coach Gutierrez's success at Miami Shores and North Adams caught the attention of the Boston Red Sox.

Following his work as a South Florida-based amateur scout and pitching coach for the Red Sox's Short Season A affiliate Lowell Spinners in 2007, Gutierrez earned his first position with the Red Sox as the Player Development Programs Coordinator that would eventually make him the Mental Skills Coordinator for the Boston Red Sox. Gutierrez developed the organization's performance psychology curriculum by applying leadership and mental skills routines that maximize and perfect the players' performance.

"I was working with the best of the best. Working with elite athletes and being part of a

winning championship organization was very special. The kids that we drafted were the best out of it. We were able to develop these kids not only to be elite baseball players but good role models in our society," Gutierrez said.

After 13 seasons with the Boston Red Sox and winning three MLB World Series Titles, Gutierrez was hired as the baseball head coach of the NSU Sharks in 2019.

Gutierrez said NSU "has a young but tremendous history in athletics, and if you look at the baseball program itself, the program develops great players that go on to professional baseball."

In the 2022 season, Gutierrez led the team to a 17-game winning streak and a trip to the South Regionals finals concluding the season with a 36-17 record and their first No. 1 ranking since 2017.

Gutierrez now works for Miami Hurricanes Baseball as the pitching and mental skills coach.



COURTESY OF NSU INTRAMURAL SPORTS
NSU students compete during an intramural basketball game.



COURTESY OF NSU INTRAMURAL SPORTS
The Fischler Academy poses during one of its Campus Cup Tournament games.

Intramural sports

By Santi Finochietto

With more than 15 recreational activities, three leagues and countless tournaments for the NSU community, the all-inclusive Intramural Sports program from the Office of Recreation and Wellness looks to expand by encouraging on-campus activities and enhancing the college experience.

“Our mission consists in providing a fun and competitive sports environment to the entire NSU population, including its students, faculty and staff, while encouraging campus engagement, diversity, respect, inclusion and a sense of sportsmanship. Our program is meant to welcome everyone looking to meet new people from diverse and different backgrounds and compete in various sports at different levels while having fun and making new unforgettable memories,” Abril Chao, program assistant said.

The Intramural Sports program offers three leagues that span from three to eight weeks with officials, scoreboards, updated standings, playoffs and championships. The only difference between the leagues is the skill level and competitiveness since the emphasis lies



COURTESY OF NSU INTRAMURAL SPORTS
Students dispute a call during an intramural game.

in having fun and socializing with other participants.

In the Co-Rec league, teams are expected to have a specific number of male and female players on the field/court at the same time. According to officials, this league’s skill level varies from beginner to advanced.

In the Open Recreational league, teams are allowed to participate with any number of men and women at once. Teams can be all men, all women, or any combination of the two competing at a similar level as in the Co-Rec leagues.

The Open Competitive leagues are the most competitive leagues, where the skill levels are usually

moderate to advanced.

Similar to the Open Recreational leagues, the Open Competitive teams can have any number of men or women participating at once.

In addition to the leagues, there is an opportunity to play in tournaments that last one to two weeks. Known as “small sports,” these tournaments still have playoffs and championships.

“The intention behind these tournaments is to maximize the variety of sports that we provide throughout a semester and to give the opportunity of becoming part of IMs to as many people as we can,” Chao said.

In order to play, contenders would have to sign up and create an account at IMLeagues.com with their NSU email and information. Following the activation of the account, participants have access to the Intramural Sports website, where all information is provided regarding schedules, sports, rule-books, and every tournament and league.

For more information, visit the IMLeagues.com website or find the Intramural Sports office on the third floor of the RecPlex.

NSU's new soccer and lacrosse stadium

By Santiago Finochietto

Following a successful athletics year at Nova Southeastern University with the crowning of women's swimming, men's basketball and men's golf as NCAA Division II National Champions, the NSU Athletics Department placed seventh overall in the final standings for the 2022-23 Learfield Directors' Cup Division II, highest in department history.

Now, with the 2023-24 athletic year starting in the fall, NSU's Athletics Department is not looking to slow down. On Sept. 19, 2022, after announcing the addition of women's and men's lacrosse programs,

the department went a step further by declaring the former Miami Dolphins training stadium as the new home of the women's and men's lacrosse and soccer programs by the 2023-24 season.

"We are excited about the opening of this new facility because it can show us where we can go and the possibilities out there for us to grow," said John Sung, NSU associate athletics director for external operations.

As of today, the stadium is still under renovation and ongoing construction.

"This past winter, we held practice and friendlies in the former Miami Dolphins facility to get used

to the field. This year, there is a different feeling with the new stadium," said junior men's soccer forward Santiago Rodriguez Marengo.

Stadium features

The NSU Soccer and Lacrosse Stadium is a 2,000-seat facility that will feature competition and turf practice fields with new locker rooms for home and visiting soccer and lacrosse teams. To renovate the stadium, the NSU Athletics Department looks to line the field correctly, add fencing and move the field and team benches to have a clearer vision from the stands.

"Once we add the scoreboard and

finish details in this stadium, we are confident enough to say it is going to be one of the best soccer and lacrosse facilities of the division," Sung said.

Home to 11 National Championship teams, NSU's Athletics Department continues to look into the future with bright eyes. The NSU Soccer and Lacrosse Stadium is the face of a new era.

"This shows the commitment we have to our athletics teams and community," Sung said. "NSU is a world-class research facility institution, and so we, as NSU's Athletics Department, want to mirror what the campus is doing."

The Sharkettes dance with grace, precision and passion

By Angeline Gilliard and Brielle Aguayo

In 2012, the Athletics Department recognized the Sharkettes as the official dance team of Nova Southeastern University, solidifying its presence in the community.

"It started as a club, just like any other organization on campus. After the first year, it was put under the wing of the Athletics Department. It went from a student-run organization to being part of athletics," said Jenna Thornton, senior dance major and co-captain of the Sharkettes.

Throughout its history, the team has experienced various transitions and changes. In 2017, the team expanded its focus to include both cheer and dance. But the COVID-19 pandemic forced the team to adapt, and it made the decision to focus solely on dance.

"Over the years, it went from being a cheer team to a cheer and dance team, and now it's solely a



COURTESY OF NINA LOZOVNOY
NSU's Sharkettes perform during Homecoming Week.

dance team," Thornton said.

Shanygne Kea Bitna, head coach of the NSU Sharkettes Dance Team for three years, said she has been with the team for a decade.

"When I came to college, I decided to audition for the NSU Sharkettes, and that was in 2013, and I realized, I don't know how to dance," she said. "I don't know the foundations of jazz or contemporary, so

I decided to teach myself. I auditioned, and I made the team. That was shocking to me because I was always a cheerleader. Now, I am the head coach. I have grown since then."

The Sharkettes dance at basketball games, soccer matches and volleyball events, as well as various community and service events hosted by NSU.

Nina Lozovnoy, junior public health major and captain, appreciates the opportunity to explore different dance styles.

"I'm more of a well-rounded dancer with my teammates, since we all come from diverse backgrounds for dance, and our coach comes from a very unique background in dance as well," Lozovnoy said. "It's just really rewarding getting to learn from each other and watching each other grow."

The Sharkettes prefer not to be identified as cheerleaders but rather as dancers.

"Being known as a cheerleader is not a bad thing in any way, because a few of the girls come from cheer backgrounds, but it's just kind of, we go out there and do so many more things than just cheering," Thornton said. "We work really hard on our dancing routines. We're doing jazz, we're doing hip-hop, we're doing pom. It's just so many different styles and so many things that go into our routines."



COURTESY OF NSU PUBLIC RELATIONS
Razor watches the men's basketball team play at the NCAA South Region Finals.



COURTESY OF STUDENT AFFAIRS MARKETING
Razor receives a Build-a-Shark during Homecoming Week 2020.

How Razor the Shark was born

By Bryce Johnson

Lesly Mathurin, the first full-time student to perform as Razor the Shark, is now an athletic trainer at a private high school in Dallas and is pursuing a doctorate degree in physical therapy.

As Razor, Mathurin remembers dancing at athletics games, diving on the court when Razor's theme song played and throwing the first pitch at a Miami Marlins game.

"I thought it was a pretty good experience. It was a great feeling knowing I had some type of impact on people at the game," Mathurin said.

NSU Athletics celebrated its 40th anniversary in the 2022-23 academic year. When Athletics started in 1982, NSU's mascot was the Knights. NSU changed from the Knights when Athletics applied to NCAA Division II.

"Lynn University was the Knights, so that helped with changing," said Robert "Bubba" Baroniel, manager of Revenue Generation, Marketing, and Promotions.

Work on Razor the Shark first began in 2003. After a survey

concluded that more than 40% of students didn't know what NSU's mascot was, Brad Williams, senior vice president for Enrollment Management and Student Affairs, brought together students, athletes and faculty, including Mike Mominey, athletics director, to develop new ideas for the mascot.

Through The Knight newspaper (now The Current), students voted on what NSU's new mascot should be after the Knights.

"Eighty-two percent of all the students voted for the Sharks, and 18% voted for the Stinger Reefs," Williams said. "The best part about this is, over 4,000 students voted. Can you imagine that? In my whole history here, I've never seen any group get into it like that."

The new Shark mascot made its debut at Homecoming 2005. Weeks later athletics decided on the name "Razor."

"The announcement of the new mascot was made at Homecoming. They immediately transitioned from Knights to Sharks," said Matt Parry, former NSU athlete who played in the first soccer game as the Sharks. "I think the rebrand has

been nothing but a positive thing."

Razor would remain unchanged until 2019, when Public Relations created Razor 2.0.

"We ended up creating the infamous superhero version of Razor," said Kyle Fisher, vice president of Public Relations, Marketing and Creative Services. "It was a little more sort of Marvel universe inspired, a little bit more hero-type character as opposed to kind of more of a plush, animal figure."

Razor 2.0 had polarizing reactions from students and families, so Public Relations worked with the student committee and the mascot manufacturer to design a third version of Razor.

"We all worked together, came up with some new designs for a more friendly, accessible version of Razor," Fisher said. "I think the Razor we have today is the best of all. And it was done in the best process of all."

Razor 3.0 debuted in 2020 and stayed the same ever since. Students can find Razor at events like CommunityFest, the STUEYs and select Athletics Department games.

"Athletics is hoping for Razor

to have a stronger presence at the games," Baroniel said.

If students are interested in performing as Razor the Shark, they can apply for the position on JobX.

"The position name is 'College Mascot.' It is a student employment position," said Christina Rajkumar, assistant director of Special Events & Projects.



COURTESY OF STUDENT AFFAIRS MARKETING
Razor stands in the Don Taft University Center.

FALL SPORTS SCHEDULE

SPORT	DAY	DATE	OPPONENT
Men's Soccer	Thursday	Aug. 31	Coker
Volleyball	Friday	Sep. 1	Seton Hill University
Women's Soccer	Friday	Sep. 1	Vs. Thomas Moore
Men's Soccer	Saturday	Sep. 2	Anderson
Volleyball	Saturday	Sep. 2	Dominican University
Volleyball	Saturday	Sep. 2	Bentley University
Women's Soccer	Sunday	Sep. 3	Vs. Saint Anselm College
Men's Soccer	Sunday	Sep. 11	Barry
Volleyball	Friday	Sep. 15	Lynn University*
Volleyball	Saturday	Sep. 16	Barry University*
Women's Soccer	Saturday	Sep. 16	*Vs. FIT
Men's Soccer	Wednesday	Sep. 20	Lynn
Volleyball	Saturday	Sep. 23	Embry Riddle *
Women's Soccer	Wednesday	Sep. 27	*Vs. Barry University
Women's Soccer	Saturday	Sep. 30	*Vs. FL Southern
Men's Soccer	Wednesday	Oct. 4	PBA
Women's Soccer	Wednesday	Oct. 11	*Vs. Eckerd College
Volleyball	Friday	Oct. 13	Florida Tech*
Volleyball	Saturday	Oct. 14	Rollins College*
Women's Soccer	Saturday	Oct. 14	*Vs. Embry Riddle
Men's Soccer	Wednesday	Oct. 18	Rollins
Men's Soccer	Friday	Oct. 20	UMFK
Volleyball	Friday	Oct. 20	South Region Cross over
Volleyball	Saturday	Oct. 21	South Region Cross over
Volleyball	Saturday	Oct. 21	South Region Cross over
Men's Soccer	Wednesday	Oct. 25	SLU
Men's Soccer	Saturday	Oct. 28	UT
Volleyball	Tuesday	Oct. 31	Palm Beach Atlantic*
Volleyball	Friday	Nov. 3	Florida Southern College*
Volleyball	Saturday	Nov. 4	University of Tampa*
Volleyball	Friday	Nov. 10	Saint Leo University*
Volleyball	Saturday	Nov. 11	Eckerd College*