

2-12-2019

## The Current Volume 29 : Issue 21

Nova Southeastern University

Follow this and additional works at: [https://nsuworks.nova.edu/nsudigital\\_newspaper](https://nsuworks.nova.edu/nsudigital_newspaper)

---

### NSUWorks Citation

Nova Southeastern University, "The Current Volume 29 : Issue 21" (2019). *The Current*. 689.  
[https://nsuworks.nova.edu/nsudigital\\_newspaper/689](https://nsuworks.nova.edu/nsudigital_newspaper/689)

This Newspaper is brought to you for free and open access by the NSU Digital Collections at NSUWorks. It has been accepted for inclusion in The Current by an authorized administrator of NSUWorks. For more information, please contact [nsuworks@nova.edu](mailto:nsuworks@nova.edu).

## HAPPY Valentine's Day

### Features



P. 4

### Arts & Entertainment



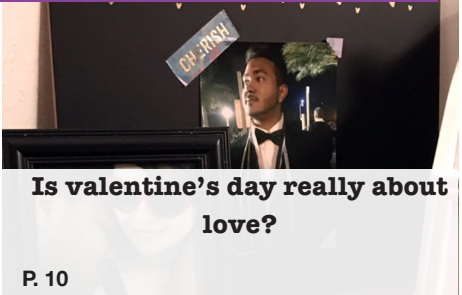
P. 5

### Sports



P. 8

### Opinions



P. 10

## One year later: Remembering Marjory Stoneman Douglas

By: **Madelyn Rinka**  
Co-Editor-in-Chief

NSU will host a “Remembering Marjory Stoneman Douglas: Anniversary Candlelight Vigil” on Thursday, Feb. 14, 5-6 p.m. at the Student Affairs Patio, one year after the tragic school shooting occurred.

Last year, on Feb. 19, NSU held a vigil for Marjory Stoneman Douglas High School to help bring people together in this time of grieving.

“[The event was] difficult. But any vigil like that is going to be difficult. I feel like it really showed what NSU is like in a community, especially in times of trouble— we come together,” said Sarah Goltsman, sophomore speech language and communication disorders, a student who attended and read a poem at last year’s vigil.

A year later, the university hopes to continue to work on the healing process and provide the community with a chance to get the help they need and reflect on the event.

“A part of the reason we’re doing this is because we have a number of students that did attend [the school], and have been personally impacted by this,” said Zaver Moore, graduate assistant for student counseling services. “This is a way of bringing back the memory of the 17 individuals who lost their lives on that day, as well as a way of disseminating information about how to be more proactive in being that support person and getting people connected to resources that may be necessary,” he added.

The event will feature a keynote speaker, Scott Poland, a professor in the college of psychology and internationally-recognized expert on school shootings.

“He’s going to come to talk about the impact of school shootings, as well as proactive ways for us as students, faculty and staff members to be that support system and be able to utilize the resources that are available to be able to get

people connected to the services that they may be needing,” explained Moore. “Overall, the hope is that we can provide comfort to those students, faculty and staff that have been impacted by the shooting, and show that the situation has not been forgotten, that we still stand strong with MSD. There are viable resources available to all of us to be more proactive.”

The event is open to the community, as the effects of the shooting go beyond NSU and MSD, but to all of Broward County.

“It’s very important for... students to come out, show their support for those who are impacted and also, to show that we, as a family of Sharks, stand together,” said Moore.

**PRINTED WITH PERMISSION FROM M. RINKA**

As a community, Broward County is working to prove itself as Douglas Strong a year after the shooting.



## NSU's Relay For Life doesn't sleep - and neither does cancer

By: **Madelyn Rinka**  
Co-Editor-in-Chief

NSU’s annual Relay for Life is set for Friday, April 19, on the Alvin Sherman Library Quad. The event begins at 5 p.m. and ends at 12 a.m. on April 20.

Relay for Life is a fundraiser for the American Cancer Society, that takes place in 27 countries, according to their website. It was started in 1985 by Dr. Gordon “Gordy” Klatt, who spent 24 hours circling the track at the University of Puget Sound to raise awareness and money for cancer. Since that first year, the event has gone global and raised over \$5 billion. The signature event lasts 6-24 hours, depending on the individual organization, to symbolize that cancer never sleeps.

“We’re trying to replicate [Dr. Klatt’s]

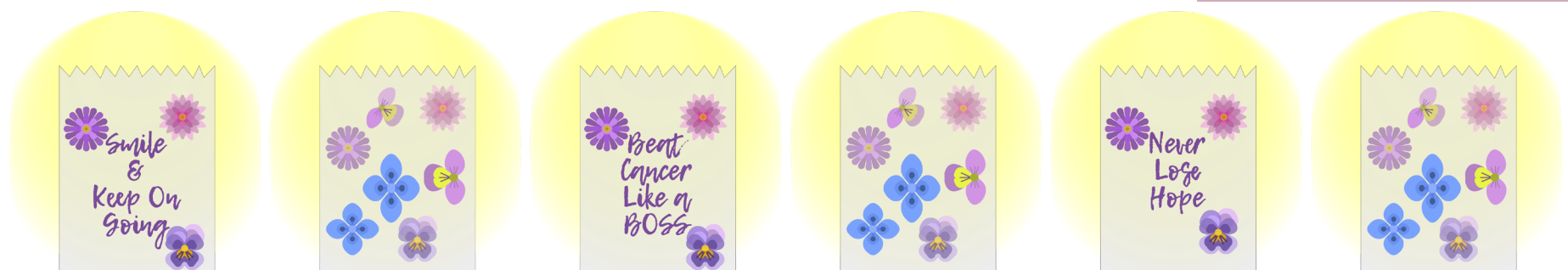
efforts, and that sentiment that cancer never sleeps. The whole purpose of Relay for Life is to raise money and awareness for it. We want to show that the community, as a whole, is more powerful than cancer... and that we’re one day going to beat the disease,” said Deborah Radmanesh, director of Relay for Life at NSU.

Any student, staff or member of the community can sign up as individuals or make teams for the race, in order to raise money as an organization or group. Participants are also able to download the American Cancer Society’s mobile FUNdraising app, available in the App Store or Google Play Store, to accept and process donations, track progress, send reminders to donors and much more.

Additionally, participants will have the opportunity to create a luminaria, a feature of every Relay for Life event. The bags are decorated with names and sometimes messages for the people they are dedicated to.

“At night, usually around 9 or 10 p.m., anyone who would like could create a luminaria bag for someone that they’re commemorating either for someone that is fighting cancer or has lost their battle,” explained Radmanesh, “During the ceremony we all light a candle or glow stick in the bags lined around the track, which creates a very powerful visual component to the event... We can see how many people we’re doing this event for, and it brings the meaning back into the event.”

To sign up for volunteer opportunities with the American Cancer Society, visit [secure.acsevents.org/site/SPageServer/?pagename=relay](https://secure.acsevents.org/site/SPageServer/?pagename=relay), and continue checking the Student Leadership and Civic Engagement (SLCE) SharkHub page for information about signing up for volunteering at the NSU event. For more information about the organization, or to sign up for NSU’s Relay for Life, call the American Cancer Society at (800) 227-2345 or go to [relayforlife.org/novafl](https://relayforlife.org/novafl).





## global news, courtesy of the current

### Pope Acknowledges History of Sexual Abuse Within the Church

For the first time, the Pope publicly acknowledged the persistent problem of sexual abuse within the Roman Catholic Church, highlighting the pervasive nature of sexual violence even among religious leaders. In recent year, countless nuns in various European countries have accused clerics of sexual abuse, citing unwanted offspring of priests and even forced abortions. The allegations have gained traction due to the #MeToo movement which has gained widespread support from people around the globe. According to the New York Times, “the International Union of Superiors General, publicly denounced the “culture of silence and secrecy” that contributed to abuse, and urged nuns to report abuse to law enforcement.” The Pope acknowledged that more needs to be done to address the issue.

### British Schools Focus on Mental Health

According to a survey conducted by the National Health Service in November 2018, one in eight children in England between the ages of 5 and 19 suffered from at least one mental disorder, highlighting mental health as a major issue in Britain. Last Monday, the British Government released intentions to institute “mindfulness” as new school subject that will accompany students’ education in traditional subjects. The programs, which will promote relaxation techniques, breathing exercises and other methods to aid students with regulating their emotions will be closely monitored until

2021, making it the largest study of its kind. In the midst of rising percentages of mental disorders among youth, the program hopes to improve and address the issue of mental wellness in the country.

### Boat Off the Bahamas sinks with Haitian Immigrants

A boat smuggling Haitian migrants capsized off the coast of the Bahamas, resulting in at least 28 deaths and the seizure of 17 others into police custody. According to the New York Times, the American Embassy described the occurrence as “another tragic loss of life” aboard a vessel had been “trafficking people out of Haiti.” The issue of illegal immigration has increased in recent years, posing a greater threat to migrants who attempt to come to the United States, Bahamas, or other location by dangerous water route.

### Maduro Blockades Highway

Last Wednesday, Nicolás Maduro utilized the Venezuelan military to blockade a major highway responsible for bringing food, medicine and supplies to citizens. Positioning large shipping containers in the middle of the highway, Maduro cut off the main supply line in an effort to block opponents of the government from reaching the people, worsening life-threatening shortages and deepening the political crisis. According to the New York Times, the United States announced plans to deliver tens of millions of dollars of aid from, from Colombia and from Venezuelans abroad, undermining the rule of Mr. Maduro.

# The Current

The Student-Run Newspaper of Nova Southeastern University

3301 College Avenue  
Student Affairs Building, Room 310  
Fort Lauderdale, FL 33314-7796

nsucurrent.nova.edu

## NEWSROOM

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

## BUSINESS & ADVERTISING

Phone: 954-262-8461  
Fax: 954-262-8456  
thecurrentad@nova.edu

Madelyn Rinka	Co-Editor-in-Chief	nsunews@nova.edu
Christina McLaughlin	Co-Editor-in-Chief	nsunews@nova.edu
Open	Copy Editor	thecurrentnews@nova.edu
Open	News Editor	thecurrentnews@nova.edu
Emma Heineman	Features Editor	thecurrentfeatures@nova.edu
Alexandra Herlihy	Sports Editor	sportseditor@nova.edu
Kelsey Bruce	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Alexander Martinie	Opinions Editor	thecurrentfeatures@nova.edu
Skylyr Vanderveer	Multimedia Manager	nsunews@nova.edu
Kathleen Crapson	Chief of Visual Design	thecurrentad@nova.edu
Open	Visual Design Assistant	thecurrentad@nova.edu
Mario Lorrimer	Business Manager	thecurrentad@nova.edu
Doice Carrington	Distribution Manager	thecurrentad@nova.edu
Farhan Shaban	IT and Social Media Manager	thecurrentad@nova.edu
Ethan Lozano	Writer	nsunews@nova.edu
Elizabeth Rai	Writer	nsunews@nova.edu
Flor Ana Mireles	Writer	nsunews@nova.edu
Janay Joseph	Writer	nsunews@nova.edu
Lena “Gaby” Holmes	Writer	nsunews@nova.edu
Laurel Gallaudet	Writer	nsunews@nova.edu
Samantha November	Writer	nsunews@nova.edu
Megan Fitzgerald-Dunn	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

The Current serves Nova Southeastern University from its location in Room 310 of the Student Affairs Building. The Current is NSU’s established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

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

## News Briefs

### TEDx returns to NSU

TEDxNSU has been announced to return this year. TEDxNSU offers “ideas worth sharing” and engaging discussion on a variety of topics. The event will take place on March 16 from noon to 5 p.m. at the Performance Theatre in the Don Taft University Center. The students will students and professor from NSU. According to an NSU press release, “thought-provoking events like TEDxNSU support the college’s aim to encourage intellectual exploration and the sharing of ideas amongst students, faculty and staff, and members of the local community. TEDxNSU expands this reach to a global audience with videos of the lectures available on YouTube.”

### Alvin Sherman Library to host StoryFest

“We are excited to once again host this family-focused event to benefit the local community,” said Jim Hutchens, vice president of information services at NSU, in an NSU press release. “Caregivers and children will have the opportunity to read, explore, and learn, while also spending quality time together.” The theme of this year’s event will be Island Tales, and it is meant to highlight South Florida’s cultural diversity through music and stories. StoryFest will be held March 10 from 11 a.m. to 4 p.m.

### Halmos faculty member appointed as federal fisheries advisor

Dr. David Kerstetter, a faculty member at the Halmos College of Natural Sciences and Oceanography, was recently appointed as a Technical Advisor to the United States International Commission for the Conservation of Atlantic Tunas (ICCAT) Advisory Committee (IAC). The ICCAT “oversees the conservation and management of a variety of Atlantic marine species, including tunas, swordfish, marlin and sharks, and adopts measures to minimize bycatch of turtles and seabirds associated with these fisheries,” according to an NSU press release.

### NSU law student crowned Miss Miami

Heather Lee O’Keefe, a student at the NSU Shepard Broad College of Law, was crowned Miss Miami 2019. This pageant was held on Jan. 26 at Coral Spring Charter School. With this win, O’Keefe is now a candidate for Miss Florida. All pageant contestants are required to have a platform that they advocate for. Through this, O’Keefe advocates for the Coastal Conservation Association of Florida.

## Is Food Your Drug of Choice?

*Milestones Can Help You Break Your Addiction*

Some people use food or restrict their food intake as a coping mechanism, just like a drug, and the impact is just as devastating. It can rob you of your joy in life - isolating you from friends and family and impacting your overall health.



For more information on recovery, call us at 877 690-0218 or click on the QR code to get our Free eBook.

**milestones**

*Helping people recover from eating disorders since 1999*

2525 Embassy Drive, Suite 10, Cooper City, FL 33026  
Milestonesprogram.org

## News Anchor

Stay up to date with national events.

### Virginia's Attorney General Admits to Wearing Blackface in College

Following reports of racist photos in Virginia governor Ralph Northam's 1984 yearbook, another political figure stepped forward to admit a similar act. Virginia's Attorney General, Mark Herring, acknowledged wearing "wigs and brown makeup" with friends to a college party. His controversial statement was made only days after joining in the call for Governor Northam to step down. While neither has resigned their positions as of today, prospects of continuing their political careers look grim in the mists of constituents and party members calling for their removal.

### Measles Outbreak Now an Emergency in Washington

Over 20 years ago, measles was declared eliminated as a threat to the health of US citizens, but in states including Washington who have relaxed on enforcing vaccinations, outbreaks have re-emerged. According to the New York Times, "seventy-nine cases of measles have been reported by the Centers

for Disease Control and Prevention since the start of this year. Fifty cases of the highly contagious disease were in Washington State." The alarmingly high numbers appear to share a direct correlation to the low rates of vaccinations among students. "For measles, epidemiologists generally consider the threshold for preventing public measles outbreaks to be a vaccination rate of 93 percent or higher," a number many schools don't come close to meeting. The state legislature is now pushing to retract the leeway given to parents to exempt their children from vaccines for personal and philosophical reasons.

### New Disability Themed Emojis Released for 2019

A complaint to Apple that disabled persons are not represented by popular emojis is being addressed as Apple announced a introduction of dozens of new accessibility-themed emojis. According to BBC News, most smartphones should have access to this new set of emoticons by the second half of 2019. The new additions include men and women of varying

ethnicities using hearing aids, wheelchairs and other individual products. The American Council of the Blind and the National Association of the Deaf, among other disability organisations, have echoed their approvals for this important inclusion. Phil Talbot, from the disability charity Scope said, "Social media is hugely influential and it's great to see these new disability-inclusive emojis."

### Oscars to be Held Without a Host

For the first time in 30 years, the 2019 Oscars is set to be held without a host. According to ABC Entertainment, which airs the ceremony, the program will instead feature celebrities presenting the trophies. According to BBC News, the decision was made following comedian Kevin Hart stepping down from the position after old "homophobic" tweets resurfaced in December of 2018. The role of an Oscars host has traditionally been filled with a well-known and comically gifted individual intended to guide the audience and viewers through the ceremony.

## Celebrate the Chinese New Year

By: **Alexandra Herlihy**  
Sports Editor

To ring in the Year of the Pig, the Alvin Sherman Library will showcase the talents of the Chinese Performing Arts Group of South Florida, CASEC, to celebrate the Chinese New Year. This performance will take place on Sunday, Feb. 17 from 3 to 4:30 p.m. in the Performance Theatre.

According to the group's website, CASEC was founded in 2009 by Ms. Monica Shang. Ms. Shang is serving as vice president of Women's Charity Foundation of Florida. CASEC, on average, performs at around 24 shows a year.

The group is broken almost evenly into two subsections: the Swans Dance Groupe and the Sunshine Musical Ensemble. Their mission is to promote Chinese arts and culture while serving as a bridge between local Chinese organizations and other social organizations in South Florida. They've performed all over South Florida, from Vero Beach to the general Greater Miami Area.

Some of their performances include Folk dances like Ribbon, Fan and Lantern Dance, a Chinese Costume and fashion show, a demonstration of Chinese KungFu/Tai Chi and

traditional Chinese Musical Instruments.

According to Adult Services Librarian Three Kimberli Kidd, "The event celebrates Chinese arts and culture. We've been doing it since 2011, we have been working with the South Florida Chinese Performing Arts Group and they've been bringing entertainment and the culture of China to Nova Southeastern University's campus."

In the past, this event drew up to 200 attendees.

Kidd said, "I reached out to the Performing

Arts Group...and invited them to come to the library to perform." Kimberli also believes that it perfectly encapsulates NSU's Core Values, including Diversity and Community. She also said that "...it's a good way to expose yourself to the Chinese culture and just to a different culture."

This event is open to all NSU students as well as the community. Seating is on a first come first serve basis and there is no cost to attend.

## NSU researchers investigate potential "Gulf War Illness"

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

In September 2018, the United States Department of Defense awarded an \$8.5 million grant to an NSU research team led by primary investigator, Nancy Klimas, to establish a National Clinical Trials and Interventions Consortium. This particular grant facilitates the continued research of potential Gulf War Illness or GWI through the Gulf War Illness Clinical Trials and Interventions Consortium (GWICTIC).

"The consortium consists of an NSU based operation center led by Klimas who directs the NSU's Institute for Neuro-Immune Medicine or INIM and is a recognized expert worldwide in complex conditions that include GWI, myalgic encephalomyelitis or chronic fatigue syndrome. Klimas also manages a GWI speciality clinic at the Miami VA and the VA's environmental medicine clinic and research program," said Amanpreet Cheema, administrative director of GWICTIC.

There are a few collaborators of this consortium that include NSU's INIM, Miami VA, Boston University, RTI International, Bronx VAMC, New Jersey War Related Illness and Injury Study Center (WRIISC) and the California U.S Department of Veterans Affairs WRIISC.

According to Jimmy Arocho, research

associate for INIM and Gulf War veteran of the 101 airborne air-assault division, GWI is a unique condition that was introduced to U.S. service members after returning from the 1990-1991 Persian Gulf War, or the Desert Shield and Desert Storm campaigns. This condition affects veterans and civilians who were exposed to a number of hazardous materials during these campaigns.

"During the Vietnam-era we had Agent Orange and in the Gulf War-era we have a collection of challenges that can stem anywhere from pesticides, organophosphates, ferin on the battlefield and prophylactic medicines taken to protect [service members] from nerve gas exposure," said Arocho.

Of the 700,000 service members deployed in the conflict, 1 in 3 — or 250,000 individuals — complained of multi-symptom illnesses once they returned home, according to the Department of Veteran Affairs. These symptoms include chronic fatigue, fibromyalgia and irritable bowel syndrome. As of now, GWI is only a research term, not a medical term. Service members currently suffering from chronic multisymptom illness are being taken care of through undiagnosed chronic medical illness presumptives. Meaning that these conditions are presumed to be associated with the Gulf War,

but it is unknown what caused them. Through this research, the GWICTIC and the grant from the DoD hope to help the VA understand the potential effects from the battlefield— especially exposure and environmental challenges.

There are about 30,000-40,000 of the veterans suffering from chronic multisymptom illnesses contributed to the battlefield that are in the VA system seeking medical care and treatment. The estimated 200,000 other service members are unaccounted for. "Many of these veterans could be unaware that there is research going on and may not be attributing their medical conditions to their services in the Gulf War. Yet, it may be very well that case," said Arocho.

Through this collaboration, the consortium will serve as space in which the researchers will be able to gain a deeper understanding of the functional and mechanistic effects of any potential therapeutic interventions which can be later brought to clinical trials.

"One of the goals of this consortium is to be responsive to the new knowledge quickly and use this structure to facilitate rapid and effective response. Using this integrated approach we aim to quickly and effectively target the underlying mechanism of this multi symptom disease and find more effective treatment approaches that do not rely solely on symptom alleviation but also

improve the outcome for those that are suffering from disabling illnesses that affect the quality of life," said Cheema.

Future plans for the consortium involve clinical trials that are currently waiting for approval. The plan for these trials in to repurpose FDA approved drugs and nutraceuticals recognized as safe, to target therapeutic biological mechanisms that have been identified based on the research experience of the collaboration.

"With the ongoing clinical research studies and trials my expectation is one; as a service member, I care about my fellow service members and I feel that all 700,000 that are still walking this earth should know about [GWI] but more specifically, those 250,000 members that are suffering need above average explanation about what happened to them. Secondly, I'd want the science derived from the research to help those quarter of a million people suffering and I'm included in that. I hope that there is a hope to help. Will this condition be completely eradicated, I really doubt it but can we bring quality of life? Yes. I have very high hopes [from my perspective] that we can improve quality of life," said Arocho.

## Know Your Love: The 5 Love Languages

By: **Flor Ana Mireles**  
Contributing Writer

Love can be expressed in a plethora of ways. It can also be received in countless ways. With that said, it's easy for someone's well thought-out expression of love to be lost in translation if the person receiving it is used to expressing their love in a different way. This could be the reason why we sometimes have difficulty communicating how much we love someone.

According to Dr. Gary Chapman, the author of The Five Love Languages series, there are five different love languages, and everyone can express their love and wish to have love expressed to them in different ways than others. Anne Bogel, in her book, Reading People, also talks about the five love languages and what they mean.

The 5 love languages can be condensed into the following: words of affirmation, acts of service, receiving gifts, quality time and physical touch. Each of these languages are said to be the five ways in which most people give and receive love although they do not always realize it. One might think they use the five languages evenly with their loved ones but often times we find ourselves preferring one love language over the others, whether it be giving or receiving. In order to understand the five love languages, we must dive into what they are and how they can be expressed and received.

### Words of Affirmation

Dr. Gary Chapman's definition of displaying love through words of affirmation is "using words to build up the other person." Chapman explains in his book, The 5 Love Languages: The Secret to Love That Lasts, that an easy example of this would be the use of the words "thank you." In Reading People, Bogel also explains that people whose preferred love

language is words of affirmation "want to hear you speak your love through compliments and appreciative words. It's not enough to show them you love them with your actions; they need to hear it spoken." To people whose primary love language is words of affirmation, words are extremely important and regularly like to hear the words I love you or thank you.

### Acts of Service

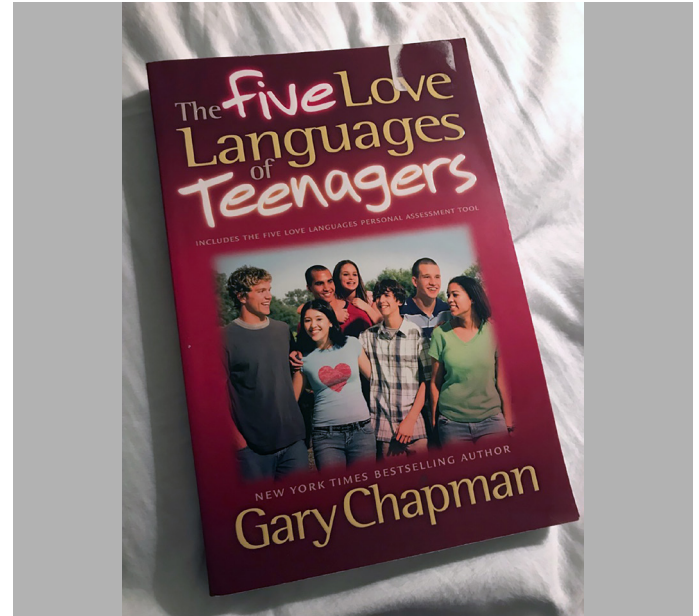
Chapman defines acts of service as "doing something for your [significant other] that you know they would like." He includes examples such as cooking dinner, washing the dishes and cleaning the floors. Bogel states that those with a primary love language of acts of service "want to see your love in action." Acts of service could really be anything. It is doing something your loved one will appreciate and doing it for them out of love. It is very important, however, to note that these acts should not be done out of obligation, fear or guilt. We should do them simply because we want to.

### Receiving Gifts

Although the act of giving and receiving gifts may seem obvious, Dr. Chapman believes that gifts are meant to make the receiver realize that this gift was bought or made with them in mind. He states that one should think, "He was thinking of me. Look what he got for me." Bogel adds that people with this primary love language "want something they can hold in their hands, a touchable symbol of love." Physical presence could also be seen as a gift when we are needed by the other person. Sometimes the act of giving a gift represents more than the actual gift itself. It is just a way to show our loved ones that we are there for them and love them.

### PRINTED WITH PERMISSION FROM K. CRAPSON

Knowing your love language is key to knowing yourself, your partner, and can even apply to platonic friendships.



### Quality Time

Quality time is defined by Chapman as "giving your [significant other] your undivided attention." He mentions that this could be done in whatever way the couple feels most comfortable and together. Some examples include "taking a walk together or sitting on the couch

with the TV off - talking and listening." Bogel emphasizes that it is quality time that is important as "not all time spent together is quality time." Quality time can involve sharing thoughts and feels with one another and doing quality activities such as taking long walks, trips and getaways.

### Physical Touch

Lastly, physical touch can be described by Dr. Gary Chapman as simply "holding hands, hugging, kissing, [and] sexual intercourse," which are all expressions of love. Bogel

believes, as mentioned in Reading People, that people with physical touch as their primary love language "often have a tactile nature and appreciate things with pleasant textures." In a relationship, sex is one major component of physical touch, but simple things like brief hugs or kisses when saying hello or goodbye, sitting close to each other while watching a movie or at dinner and hand-holding are equally important.

Love is defined as "an intense feeling of deep affection." How we express it is entirely up to us, and it is important to note that we all love in different ways. Understanding the love language of your loved ones is a key factor in a relationship as often times we discover that we do not share the same primary love language as our partner and must compromise and make the most out of it to keep the love growing and healthy.



## Career Corner



### Finding the "why" in your passion: Can past struggles lead to your purpose?

By: **Katy Popplewell**  
Career Development



PRINTED WITH PERMISSION FROM K. POPPLEWELL

*Katy Popplewell joined the Office of Career Development in July 2017 as a Graduate Assistant. She is pursuing her master's degree in student affairs and will graduate in May 2019. Katy is excited to be a part of student's growth, development, and success.*

I, myself was once in your shoes. My first major was psychology, communication science and disorders and finally, communication. I later minored in psychology and focused on public relations. I later went to receive a Masters certificate in marketing. Soon after I graduated, I landed a field marketing and sales role with two different companies to get a feel for the real-world experience. It was not what I intended to do, nor was it what I wanted to do, but it was the experience and the transferrable skills I learned throughout these professional roles that have provided me with exponentially personal and professional growth.

The question remains, will I continue my education after having conferred my master's degree? I have hopes and dreams of obtaining a PH.D. in psychology or higher education and become a full-time professor. Ever since I was a little girl, I would teach my stuffed animals and my family. It was just something that became natural to me. I have always had a strong passion for helping people, but more importantly, I wanted to make a positive impact on students' lives.

Growing up, I struggled. I would come home and say to myself, "I can't do this." But I didn't let my struggles overcome my abilities. I continued to receive further support and guidance in my weakness areas, like math. I worked tirelessly each and every day, and one day it just started to click with me and I became to

**This article is not about me or my story. It's about drawing pieces from your own stories and to connect the dots to your true passions and take the essential steps to achieve your end goal or dream.**

understand the material. So well, that I received straight A's in all three statistics classes. I want to build that self-confidence in others so they can truly believe and do whatever they set their mind to. I want to be that support system for students because I valued it so much growing up. I can't thank my teachers and mentors enough that continued to challenge, yet support me. My passion lies in student growth, development, and success. The things we have struggled with most can often help give us insight into our purpose. Reflect on things in your life that you have struggled with and consider that your passion may be in alleviating the same struggles for others.

This article is not about me or my story. It's about drawing pieces from your own stories and to connect the dots to your true passions and take the essential steps to achieve your end goal or dream. Pursuing your passion terrifies most people. It's a pivotal moment of deciding to follow a dream or to be "realistic." However, science tells us that having a passion can increase our overall satisfaction with life, making us happier and less stressful people.

My advice to you is to ask yourself, "What is driving you personally, and how do you see yourself in the people you want to impact?" Start by outlining a mind map of who you are as an individual, and from there, create branches of what you are good at but also take note of what motivates you and inspires you. Think back to your childhood. Try to link the things you used to do when you were a child. How did you spend your time? What were your favorite activities and interests? At the end of the day, it doesn't matter what you select to major in, it's what you decide to do with it that makes the difference.

You want to know where your passion lies. Do you know how you've found your passion? Do what you'll love, and you'll never work another day in your life. You don't feel forced or aside yourself to get out of bed and head into work. You should feel excited about what you do! This should be a passion, not just a job to pay the bills. It's easier said than done. Of course, you have to make a living, but understand that money isn't everything. Hold your passions close to you and make something out of it. I did, and I don't regret it one bit.

## What is Reflexology?

By: **Alexander Martinie**  
Opinions Editor

The earliest records of reflexology were found in Egypt, dating back to circa 2330 B.C.E. Reflexology is the practice of stimulating parts of the hands or feet to impact a related body part. According to a 2015 study published in the *Journal of Traditional and Complementary Medicine*, “reflexology is a systemic practice in which applying some pressure to any particular point on the feet and hands [impacts] the health of related parts of the body. Each point of pressure acts as the sensor and is link[ed] with different parts of [the] body. These sensors will be stimulated by applying the reflexology technique in order to improve the blood and energy circulation, give [a] sense of relaxation and maintain homeostasis.” In summation, reflexology is the study of how body parts can influence the health of another body part.

According to the traditions of reflexology, the hands and feet are split up into sections that each correspond to a part of the body. For example, the tips of the fingers impact the head and sinuses, while the joints of the toes correspond to the teeth, gums and jaw. In Malaysia, reflexology techniques are used to treat many conditions, including lower back pain, headaches, multiple sclerosis and peripheral neuropathy with diabetes mellitus.

In April of 2010, NSU opened the first reflexology pathway on the east coast of the United States. This path is located in the NSU Medicinal and Healing Garden outside of the

Tom Panza Science Annex. This path was designed by Elizabeth Marazita using stones from Mexico, China, Tennessee, India and Peru. When the pathway opened in 2010, Carsten Evans, the Assistant Dean at the College of Pharmacy, told the *Sun Sentinel*, “it’s called complementary or integrative medicine, not alternative medicine, because alternative medicine has been excluded from most conventional education and research settings and activities, there’s a special need to explore and validate the many diverse approaches to prevention and disease that complementary or integrative medicine offers.”

According to Jeanie Ross, the administrative coordinator for the College of Pharmacy Continuing Education department, the pathway is separated into sections “wood, fire, earth, metal and water, and they’re all each connected to different body parts.” Each section is based on one of the five traditional elements of Chinese philosophy. “Some people come to the garden just to be in a little quiet safe haven and they discover the path. We give tours of the path, groups come here and Dr. Evans describes everything about the path and helps them walk the path,” said Ross.

Check out  
[nsucurrent.nova.edu](http://nsucurrent.nova.edu)  
for more articles like this.

## Poaching

By: **Alexandra Herlihy**  
Sports Editor

During the 116 Congress on Jan. 23, 2019, a bill was introduced to Congress that will prohibit the sale of shark fins. Shark finning has been an ongoing problem for many years, and this bill is a step in the right direction, not just for sharks, but for all animals who are being poached. As with any bill, there are exceptions. The official bill states that exceptions will be made for fins “used for noncommercial subsistence purposes in accordance with State or territorial law; used solely for display or research purposed by a museum, college or university...; or by any other person under a State or Federal permit to conduct noncommercial scientific research or if it is retained by the license or permit holder for a noncommercial purpose.”

Poaching is defined as illegally hunting or catching on land that is not one’s own or in contravention of official protection. Animals like elephants, rhinos, giraffes, tigers and sea turtles have been poached for many years. Some species, like the western black rhinoceros, have been driven to the point of extinction by poachers. Many times animals like these are hunted and killed for a small part of their body, like a horn or fin. The body part is then sold at an extremely high price to foreign nations to use in traditional medicines or cuisine.

Many conservationists have been vocal about needing a change in laws as more species get added to the endangered species list. In recent years, the number of animals killed annually

has reached historic heights, for example, the number of African rhinos poached in 2010 was around 400. In 2015 it was 1,400. Due to this recent trend, many governments around the globe have enacted much stricter laws about poaching. Kenya has the harshest laws in the world for poachers, with the minimum punishment being imprisonment.

Poaching doesn’t just affect only one species; it affects the entire ecosystem, which then can affect an entire country’s economy. All animals, on some level, are connected with one another. When the population of a certain species decreases, the population of another rises. Sometimes, certain species are needed as population control. Take sharks for example. They are apex predators, meaning that they are the top of the food chain. When the number of sharks goes down, the number of their prey goes up. Without having sharks eating the fish, the general fish population will grow out of control. Normally, this will even out, but when humans interfere and sharks start becoming endangered, there will be an overpopulation of fish, which negatively affects the ocean’s ecosystems.

The fact that countries have started to enforce laws against poaching is a step in the right direction for endangered species on earth. With stricter law enforcement, these animals have a chance of getting off the endangered species list.

## The Arctic: a new frontier

By: **Laurel Gallaudet**  
Contributing Writer

The Arctic is viewed by many as a pristine, untouched world of ice, snow and polar bears; however, in recent years, this image has become farther and farther from the truth as more countries vie for a shot at the multitudes of untapped resources lying beneath the Arctic ice.

Geological surveys suggest that the Arctic holds almost 22% of the world’s undiscovered resources. Aside from Russia, China, and the US’s bets to claim larger areas of land, countries like Canada, Denmark, and even Brazil have all been finding whatever viable claim they can to the land and resources in the true final frontier. There is now a somewhat official name for the competition to take over this once untouchable land: the “Arctic Resource Race.” As the name implies, the interest in the Arctic has spiked so much so that it has become a true race to claim territory here – although, in terms of territory and development, it would seem that this is not so much a “race” anymore as much as a fight for partial control for the US behind Canada and Russia.

What we call “the Arctic” most commonly refers to the ocean that the North Pole sits in along with the surrounding land that lies within the invisible circle on maps at 66° 34’ North Latitude. This includes a very large portion of Russia, a similarly large portion of Canada, almost all of Greenland, the tips of Norway, Sweden, Finland, Iceland and about half of Alaska. The ‘Arctic Ocean coastal states’ are the five states that actually have coastline surrounding the Arctic Ocean: Canada, Denmark, Norway, Russia and the United States. According to the European Parliamentary Research Service, these countries have obvious claims to Arctic maritime territory and currently hold the most land within the Arctic area. However, these countries and others never stop trying to find loopholes around international laws to stake their claim at more territory.

In 2007, the race for the Arctic truly began when Russian mini-submarines planted a titanium Russian flag on the seabed underneath the North Pole as a symbolic claim

to territories reaching from Russia all the way to the pole itself. This sparked a scramble for the undiscovered Arctic resources that the nations knew Russia was really after, but legalities have made it so that any nation wishing to stake a claim on any territories must have geological evidence linking their physical nation to any underwater geological formations. Russia has been consistently putting out new claims to attempt to claim maritime territory of almost half the Arctic Ocean, but Norway and Canada have been submitting rebuttals alongside their own claims, substantiated by continental shelves and underwater ridges, to get claims Russia tried to take.

Russia and Denmark are currently attempting to come to an agreement on claims they submitted that overlap. The United States and Canada are still discussing debates over boundaries of different arctic waterways around Alaska and the Canadian coast. Even Brazil, a country not even close to the Arctic Ocean, submitted their own claim, saying that Brazilian

fish migrate up to the Arctic and back so they should have a legitimate claim to Arctic territory. Once the word was out on those resources, it seemed the whole world wanted a piece.

Looking at all the existing claims, it is clear that Russia is prioritizing the arctic the most, holding the most territorial claims and having the most developed arctic region in terms of oil rigs, mines and other ways of actually getting to the resources they prize. Canada seems to have the second most in terms of actual land, and the United States comes in third. It is not yet set in stone who owns what parts of the ice and the ocean itself other than a few boundaries, shelves, bays and other related territories. Many claims submitted by multiple nations have not been fully substantiated or approved by the United Nations board, who are the main supervisors of these negotiations, leaving much of the territory up for debate.



Mid90s



Night School



Holly Star

## INTO MOVIES?

Catch new releases like these this February and more on [SUTV.NOVA.EDU](http://SUTV.NOVA.EDU)

## OFF SHORE CALENDAR

### Florida State Fair

Feb. 7- 18 | 10 a.m. - 9 p.m.  
@Florida State Fairgrounds | Tampa, FL

### The Florida Renaissance Festival

Feb. 14 - Mar. 10 | 10 a.m. - 6 p.m.  
@Deerfield Beach | Deerfield Beach, FL

### Miami Yacht Show

Feb. 14-18 | 10 a.m. - 6 p.m.  
@One Herald Plaza | Miami, FL

### III Points Music Festival

Feb. 15-17 | All day  
@The Wynwood Arts District | Miami, FL

### ATP Champions tour and the ATP World Tour

Feb. 15-24 | Various times  
@Delray Beach Stadium & Tennis Center | Delray Beach

### Coconut Arts Festival

Feb. 16-18 | 10 a.m. - 6 p.m.  
@2700 S. Bayshore Drive | Miami, FL

### Palm Beach Marine Flea Market & Seafood

Feb. 16-17 | All Day  
@South Florida Fairgrounds | West Palm Beach, FL

### Gay8 Festival

Feb. 17 | All Day  
@Between SW 14th to SW 17th Avenues | Miami, FL

## Beats for your Valentine

By: **Kelsey Bruce**

Arts & Entertainment Editor

Valentine's Day is coming up, and whether you're spending it with a significant other or taking care of yourself, one way to amp up your sentimental capital is through music.

Here are two soundtracks to turn a mundane moment into movie magic.

### "Lyrics are my love language" — for couples

"Fallin' 4 U" by Ricky Eat Acid  
"Dreams Tonight" by Alvvays  
"Chateau" by Angus and Julia Stone  
"Marceline" by Willow Smith  
"Emmylou" by Vance Joy  
"Rising, Rising - Bassnectar Remix" by Crywolf, Bassnectar  
"The Thoughts That Give Me The Creeps" by Hellogoodbye  
"Party Police" by Alvvays  
"Shut Up Kiss Me" by Angel Olsen

### "Muse in the mirror" — for a day of self-care

"I'm Sleepin' In" by King Gizzard & The Lizard Wizard  
"Nobody Really Cares If You Don't Go to the Party" by Courtney Barnett  
"Townie" by Mitski  
"Good Enough" by Alison Wonderland  
"Girls Just Wanna Have Some" by Chromatics  
"Relax" by Rezz  
"Wetsuit" by The Vaccines  
"Walden Pond" by Atta Boy  
"Heaven Is Under the Sun" by Beta Play

## The Oscars: The snubbed and the forgotten

By: **Elizabeth Rai**

Contributing Writer

It's that time of the year again. Oscar season, and with that comes the annual public outcry. What's meant to be a time for celebrating filmmaking achievement with the highest of accolade has descended into a time for disappointment and controversy. With the award show just a month away, airing on Feb. 24, the nominees for the 91st Academy Awards have finally been revealed. As always, a few notable names are missing from the nominee list. Since the Academy won't recognize their achievements, here is a list of those who were snubbed and deserve more recognition:

### Toni Collette for Lead Actress in "Hereditary"

One of the most memorable performances of 2018 was Toni Collette's chilling performance as Annie in the indie horror film "Hereditary." The film follows a family revealing disturbing secrets embedded in their ancestry and passed down through generations, now wreaking havoc on their lives. Although the film was met with mixed reviews, one thing that everyone agreed on was the female lead's acting capabilities. Playing the distressed mother, Collette delivered an intense array of emotions that bordered on insanity, leaving viewers feeling unsettled all

around. Her performance going unrecognized is a major disappointment, especially for fans who want the horror genre to receive more recognition at the Oscars after a historic neglect.

### Timothée Chalamet for Supporting Actor in "Beautiful Boy"

As the youngest actor in almost 80 years nominated for Lead Actor, for his performance in "Call Me By Your Name," Timothee Chalamet took the acting world by storm. Continuing his streak for being emotionally vulnerable on camera, Chalamet played struggling meth addict Nicolas Sheff in "Beautiful Boy." He delivered an incredibly raw and honest performance, securing a lifelong career. Being nominated and winning multiple awards for his role, it came as a surprise to many when his name was missing from the nominees.

### Bradley Cooper for Director of "A Star is Born"

Since its release, "A Star is Born" has made headline after headline, accompanied with the words "The Oscars." Thus, when the nominees were announced, it was no surprise that the film amassed a total of 7 nominations. Bradley Cooper's directorial debut, "A Star is

Born," followed the romance between famous singer Jackson Maine and struggling musician Ally, focusing on one's struggle with alcoholism and the other's rise to stardom. Even when the story has been rehashed many times, Cooper was still able to bring his own touch, making for an extremely emotional, passionate experience. With nominees in almost every other major category, it's insulting that Cooper's direction was disregarded when his first film gained such worldly success.

### Justin Hurwitz for Original Score of "First Man"

After working with director Damien Chazelle on successful movies such as "La La Land" and "Whiplash," Justin Hurwitz continued his partnership with Chazelle yet again on the film "First Man." Following Neil Armstrong's life leading up to his recognition for being the first man on the moon, "First Man" featured a musical score that complemented the visuals of the film. The music's intimacy is simultaneously lilting like a lullaby and larger than life, perfectly encapsulating the movie's different moods. It was one of the most memorable scores of 2018, more so than the actual nominees. It should not only have been nominated, it should win.

## Battle of the mascaras

By: **Ethan Lozano and Samantha November**

Contributing Writers

**Are you in the market for a new high-end mascara? Read on to learn why Ethan Lozano favors the Lancôme Définicils mascara, and why Samantha November favors the Hourglass Caution mascara.**

*Définicils by Lancôme*  
*Ethan Lozano's Take*

Choosing a mascara can be just as difficult as choosing a major in college — at least for me. But what makes the perfect mascara is different for everyone. I love a mascara that makes my lashes look longer, wispiest and more defined. This look enhances your natural beauty. Définicils by Lancôme perfectly achieves this goal. It makes my eyes look captivating yet natural. If you're feeling skeptical, remember that Lancôme makes some of the most-awarded mascaras on the market. This mascara specifically has received over 15 awards from Allure Magazine's Yearly Reader's Choice and Best Beauty awards. From the first time I put on Définicils, I knew there was no going back because I couldn't see myself living without it. It lasts all day, even through those morning tears from yawning so much in your 9 a.m. class. Next time you buy your next mascara, you must not forget that Définicils is more inexpensive than the Hourglass Caution mascara and has a higher rating on Sephora's website. Buy Définicils by Lancôme for \$27.50 at Sephora, Ulta or Macy's.

*Caution by Hourglass*  
*Samantha November's Take*

Hourglass Caution mascara is the best product to have graced my eyelashes. But when I first bought it, I thought it was the worst. I didn't feel like I was getting any product from the tube. Then, I began to notice that it applied the perfect amount of mascara — not too much, not too little. It also elongated and separated my lashes in an ineffable way. Honestly, I didn't even realize how special Caution was until this morning. Last week, I noticed that my tube was starting to dry out so — in a vicious act of betrayal — I ordered a new mascara, Marc Jacobs' Velvet Noir Major Volume Mascara. When I was getting ready for class, I opted for the Marc Jacobs' mascara, which was a huge mistake. Not only did it barely even make a difference in the length and volume of my lashes, it spread everywhere. So with mascara all over my eyelids, I truly appreciated the gift that Hourglass made available for me to purchase and use. Buy Hourglass Caution for \$29 at your local Sephora or Nordstrom.



PRINTED WITH PERMISSION FROM E. LOZANO  
Définicils by Lancôme is a luxurious, and comfortable, high-end mascara option.



PRINTED WITH PERMISSION FROM S. NOVEMBER  
Hourglass Caution is an instant lash-boost.

## Spring break on a budget

By: **Emma Heineman**  
Features Editor



PRINTED WITH PERMISSION FROM A. HERLIHY

Looking for a stay-cation? South Florida has what you're looking for.

Travelling over spring break on a college budget can be stressful, but for NSU students, the prime location of NSU's vibrant campus means spring break doesn't have to break the bank. Follow these few tips to ensure a spring break to remember.

### Staying Local

Lucky for us, Fort Lauderdale and Miami are among the most sought-after spring break destinations in the US. Each year thousands of

college students, families and people escaping cold weather flock to South Florida to indulge in the abundant sunshine and sandy beaches. For NSU students, joining in the fun is as easy as a half hour drive to the beach where they can attend music and art festivals, spend a day laying in the sun or enjoy the energetic downtown nightlife. Rather than spending money on plane tickets, sticking around saves money on travel and allows students to splurge a bit more and make their break unforgettable.

### Get to Know Florida

While South Florida deserves the hype it receives, spring break can also be a great time to discover lesser-known areas of Florida. Especially for out-of-state and international students, planning a road trip around Florida can be a wonderful way to experience new places. From airboat rides in the Everglades to prime shelling on Sanibel Island, Florida has something to offer everyone. So, pack your bags, choose your destinations, put on a jamming playlist and take a break from school while exploring the beauty around you. Gas isn't cheap, but driving is definitely more cost effective than flying, especially with friends along for the ride. Splitting the cost of gas can make the amount each person pays even more affordable.

### Break Destination

If you decide to forgo the crowds of spring breakers in South Florida, there are thousands of other possibilities of places to go. Whether you want to have an education trip to Washington D.C. or a relaxing experience in the Bahamas, a few tips ring true regardless of where you decide to go:

### Book early

If you decide to forgo the crowds of spring breakers in South Florida, there are thousands of other possibilities of places to go. Whether you want to have an education trip to Washington D.C. or a relaxing experience in the Bahamas, a few tips ring true regardless of where you decide to go:

### Know what to pack

Make sure to pack everything you may need while you are away. From sunscreen and sandals to hats and extra cash, planning ahead of time minimizes the need to buy items you forgot at home. Especially in popular break destinations, vendors hike up prices significantly to capitalize on forgetful tourists.

### Eat in

Food is another cost you should take into account when travelling. While trying new restaurants is part of the fun of travel, to save money, consider buying groceries instead of eating out for every meal. This is not only financially responsible but also frees up time for you to do more with your day.

PRINTED WITH PERMISSION FROM A. HERLIHY

If you do venture out of state, to places like the Grand Cayman island, there are few helpful tips and tricks to make the trip easier.



## SOUNDBITE

### Better Oblivion Community Center

By: **Kelsey Bruce**  
Arts & Entertainment Editor

A few of the universe's loose threads came together when Phoebe Bridgers and Conor Oberst met by chance. In 2016 they played the same show, LA music event Swampy Soiree at the Bootleg Theatre, and recognized the power in each other voices. On Jan. 24, the two surprised-dropped "Better Oblivion Community Center," the debut album of their homonymous band. In an interview with BBC Radio 6, the pair shared that the name is an ode to getting through the struggles that life brings with everyone else going through similar challenges. Their marketing thus far has portrayed the band as a real community center offering "chosen family therapy," "free human empathy screening" and "sacred crystal implanting and removing."

Oberst and Bridgers both had established, successful careers in alternative music. The two fuse together to form a swirling vortex of silver linings and ink blue heartache. To give a visual, their music is this chaotic mass of beautiful

color that you want to jump into but have no idea what the inside might hold. The first time they worked together on Bridger's song "Would You Rather," Oberst's feature makes Bridgers voice singing "we have the same face" pop more and their harmony in "you'll show me a hundred different ways to say the same thing" resonates with intention.

"Better Oblivion Community Center" is truthful, poignant and expressively human. It feels like an open-ended answer to a question you never realized you'd been asking. The first song "Didn't Know What I Was in For" brings in the listener with its harmonica-backed plaintive lyrics. It's a question of what life really is, if your existence is really impactful, and it's tied together with a closing lyric that acts almost like a question: "Sit on the couch and think about/

How living's just a promise that I made." The following song "Sleepwalkin" brings a youthful element to the album. It feels like a

summer song, but it's not just about romance. It's about recklessness and reflection. Lyrics like "Thought that you loved this stuff/Or did I make that up?" sung in harmony to rising tempo and expressive guitar, evokes the feelings of doubt and disappointment any listener is familiar with. It brings up times you might have misread someone's intentions or just realized a connection you thought you had wasn't really there.

In the doleful "Service Road," Oberst mourns his brother's death but the pair wrote lyrics so meaningful that it's hard not to relate. When they harmonize "Say what you mean, and say it now/Don't state your name, that doesn't count," it's impossible not to feel it in your heart.

"Better Oblivion Community Center" is more than just lyrics, though. Its music is ebbing and builds beautifully. The unchecked rock at the end of "Big Black Heart" and electronic notes in "Exception to the Rule" make the

songs memorable and fun even when their lyrics poise more serious questions. Perhaps the biggest banger on the tracklist is "Dylan Thomas," featuring exuberant instrumentation feels independent and euphoric. Really, the whole album is a joy to listen to. Its sequencing is impeccable, and it feels like hearing a story. Except, it's a story about you.

"Better Oblivion Community Center" will tour the US March through April, and their "community meetings" are nearly sold out. Afterward, they'll bring their "healing sound bath" to Europe. To see what the community center is all about, check out their "Dylan Thomas" music video directed by Japanese House at [www.betteroblivioncommunitycenter.org](http://www.betteroblivioncommunitycenter.org).

Read more about community coordinators Oberst and Bridgers online at [nsucurrent.nova.edu](http://nsucurrent.nova.edu).



# ON DECK

## WOMEN'S BASKETBALL

@Eckerd  
Feb. 13 | 5:30 p.m.  
St. Petersburg, FL

Vs. Florida Tech  
Feb. 16 | 2 p.m.  
Ft. Lauderdale, FL

## MEN'S BASKETBALL

@Eckerd  
Feb. 13 | 7:30 p.m.  
St. Petersburg, FL

Vs. Florida Tech  
Feb. 16 | 4 p.m.  
Rick Case Arena

## MEN'S BASEBALL

@North Greenville  
Feb. 15 | 3:30 p.m.  
Tigerville, SC

@North Greenville  
Feb. 16 | 12 p.m. & 3 p.m.  
Tigerville, SC

@West Florida  
Feb. 18 | 6 p.m.  
Pensacola, FL

## WOMEN'S SOFTBALL

@Florida Southern  
Feb. 15 | 6 p.m.  
Lakeland, FL

@Florida Southern  
Feb. 16 | 1 p.m. & 3 p.m.  
Lakeland, FL

## MEN'S GOLF

Vs. Matlock Collegiate Classic  
Feb. 12 | All Day  
Lakeland, FL

## WOMEN'S GOLF

Vs. Lady Moc Classic  
Feb. 18 | All Day  
Grassland Gold & Country  
Club/ Lakeland, FL

## WOMEN'S TENNIS

Vs. Florida National  
Feb. 17 | 9 a.m.  
NSU Tennis Complex

## ROWING

@Barry (Scrimmage)  
Feb. 16 | TBA  
Miami Shores, FL

## WOMEN'S SWIMMING

@Miami First Chance Meet  
Feb. 16 | 11 a.m.  
Coral Gables, FL

## MEN'S SWIMMING

@Miami First Chance Meet  
Feb. 15 | 11 a.m.  
Coral Gables, FL

# On The Bench: What happened to the good halftime shows?

By: **Skylyr Vanderveer**  
Multimedia Manager

I'm not a person who follows football but I always watch the Super Bowl. The two things that always excite me the most are the funny commercials and the halftime show. The commercials were quite good, my two favorites being Walmart Grocery Delivery and Olay. The halftime show was disappointing, to say the least.

Due to many artists publicly denying the offer to perform at the Super Bowl, the NFL knew they had to make the show as clean as possible. With all the headlines about who wasn't going to perform they had to find someone who won't spark outrage or any more controversy.

Maroon 5 was criticized in the months leading up to the big night. Although petitions

were started to have the artists quit, they managed to perform a rather dull show. I sang along to most of the songs. There wasn't anything really jaw-dropping or interesting, other than Adam Levine taking his shirt off and the small cameo of Spongebob's "Sweet Victory." I also have no idea who the guest artists were. I thought the halftime show was supposed to be the greatest performers with fireworks, bright lights, and lots of crazy outfits. For example, Lady Gaga gave an actual jaw-dropping performance by jumping off of a roof. She was wearing a ton of sparkles, fancy makeup and wasn't afraid of doing some crazy stunts. Beyonce crashing the halftime show with Bruno Mars was legendary. Coldplay was good but then surprise, here's some Queen

B. I can even remember her performance from 2013 where she had flashing lights, fires going off and she even brought back Destiny's Child!

For the last couple of years, the halftime shows haven't had all the glitz and glam like they used to. There's been no real wow factor. I was more excited about the possible Spongebob cameo than the Maroon 5 show. I was really let down by the entire song not being played, but I was more let down by the extremely boring performance. I get that times are changing and artists are evolving but the biggest football game of the year should not have the worst halftime show.

## SPORTS SHORTS

### Men's Baseball

On Thursday, the Sharks won the first Sunshine State Conference game against Barry 5-4. Eighth innings home runs by senior Garrett Wolforth and a game-winning run from senior Christian Demby earned the Sharks an exciting win. This marks the Sharks at 3-0 for the sixth season under Coach Brown.

### Women's Basketball

The Sharks beat the Rollins Tars 80-60 on Wednesday night. With 18 points by Senior Alison Hughes, all five starters reached double digit scoring for the game. Senior Mikayla Thompson scored eight rebounds and scored eight of the 14 points at the free-throw line missing one foul shot.

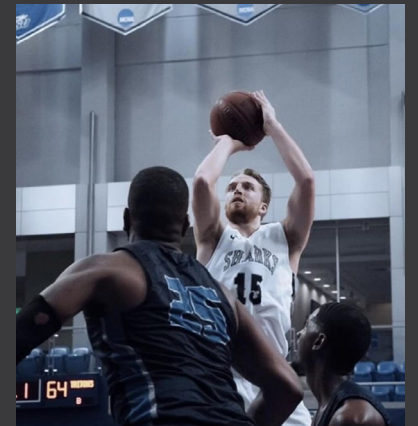


### PRINTED WITH PERMISSION FROM C. BACON

Mikayla Thompson focuses while looking for the perfect throw.

### Men's Basketball

On Feb. 6, No. 8 NSU took a 87-58 win over Rollins. Junior Mikkel Kolstad, a top-ranked three-point shooter bounced back from last week's loss earning five of 11 shots from beyond the arc. The Sharks also limited Rollins to 31.7 percent shooting from the field and tied a season low in points allowed.



### PRINTED WITH PERMISSION FROM C. BACON

Mikkel Kolstad sets up a shot

### Women's Golf

On Monday, No. 3 NSU dominated a season-opening win at the World Golf Invitational finishing first out of 18 teams. Sophomore Sofia Garcia Austt paired an opening round of 67 with (-3) 69 to earn an individual medalist honors for the first time in her career. Freshman Nicola Fall finished third with a two-under par in the final round. The Sharks were the only team to break 600 in the tournament.

# OUT OF THE SHARKZONE

### Can thrown at Gronkowski's head during parade

The city of Boston seems to love throwing beer cans at its champions. On Tuesday, February 5, the New England Patriots rode through the city of Boston on Duck Boats during their championship parade. During the parade, a fan threw a beer can that hit Patriots tight end Rob Gronkowski in the face. The can left a small cut by one of his eyebrows. A similar incident happened a few months prior during the Red Sox victory parade to team manager Alex Cora. That incident prompted Boston mayor to warn Patriots fans to not throw anything at the team.

### Lindsey Vonn crashes during opening race

On February 1, Olympic downhill skier Lindsey Vonn announced that the final event of her career would be at the FIS Alpine Ski World Championships in Are, Sweden. The first race of this event was on Tuesday, February 5. The race was the Super G (giant slalom), which happens to be one of Vonn's specialties. During the

race, the skier clipped a gate and ended up airborne, landing on her front and sliding into the netting on the side of the trail. She managed to get up and ski the rest of the way down. Her very last race will take place on Sunday, February 10 before she officially retires from racing.

### Body recovered from Emiliano Sala plane crash

On Wednesday, February 6, a body was recovered from Cardiff City football player Emiliano Sala's plane crash. The plane was found in the English Channel on Sunday, February 3. It has not been announced if the body is the football player's body or the body of the pilot. According to the Air Accidents Investigation Branch, "The operation was carried out in as dignified a way as possible and the families were kept informed of progress." Recovery of the wreckage was unsuccessful as the weather quickly turned poor.



# This Week in Sports History



By: **Emma Heineman**  
Features Editor

From the original Ancient Grecian Olympics to last year's Super Bowl, sports have been around for millennia. Today's public, however, often doesn't know the history of some of the nation's favorite sports. Here you can find some relevant, monumental and inspiring games that have changed the future of sports forever.

**February 11**

**First U.S. Bicycle Club Forms (1878)**

The Boston Bicycle Club was the first US bicycle club to form in dedication to the sport in Boston at 53 Union Park. Their first race then took place on May 24th, 1878 in Beacon Park (now known as Beacon Park Freight Yard) with a winner from Harvard University.

**February 12**

**Robert Fowler Runs World Record Marathon (1909)**

Robert Arthur "Bob" Fowler was a Newfoundland-born long-distance runner who ran the world record marathon at 2:46:52.6. He was recognized by the International Association of Athletics Federations as having the best time in a marathon.

**February 13**

**First Black Pro Basketball Team Organizes (1923)**

The Rens, also known as The "Renaissance" were the first black pro basketball team to be established by Robert "Bob" Douglas on February 13th, 1923. Their uniform colors were navy and gold, and, that same year, Rob Douglas made a deal with Harlem real estate developer William Roach to make the Renaissance Ballroom and Casino the team's home court.

**February 14**

**Cubs sell Mike "King" Kelly to Boston (1887)**

On February 14th, 1887, the Cincinnati Cubs sold Mike "King" Kelly to the Boston Beaneaters for a recording-breaking \$10,000. It was in Boston that Mike Kelly gained his nickname of "King".

**February 15**

**Spring Training Site of NY Yankees is Renamed (1931)**

The spring training site of the NY Yankees in St. Petersburg, Florida, originally named Crescent Lake Field, is renamed Miller Huggins Field in honor of the team's late manager Miller Huggins, who managed the team from 1918 until his death in 1929.

**February 16**

**No Elections to Baseball's Hall of Fame (1950)**

Writers of the Baseball's Hall of Fame failed to elect any players for the Hall of Fame due to the fact that all the players they thought as candidates were guilty of using steroids or PEDs.

**February 17**

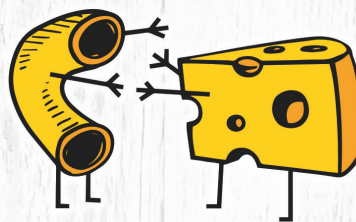
**First Test Cricket Match Played (1882)**

The first Test Cricket match at Sydney Cricket Ground was played by Australia and England. Australia won the match with 45 runs. Then, England won the rematch, also by 45 runs, in March 1977.

Go to [nsucurrent.nova.edu](http://nsucurrent.nova.edu) for the inside scoop on NSU sports!

# I ♥ mac & cheese

**CUSTOMIZABLE COMFORT FOOD.**



**BUILD YOUR OWN:**

**MAC & CHEESE - GRILLED CHEESE - QUINOA - SALADS - TATER TOTS**

**Promenade West Shopping Center - Davie - 2325 S University Drive  
954 - 870 - 6467 | [iheartmacandcheese.com](http://iheartmacandcheese.com)**



# Nova Alert doesn't serve its purpose

By: **Alexandra Herlihy**  
Sports Editor

When I was in high school, we were alerted whenever anything was wrong. We would have long lockdown drills or evacuations if anything was seriously wrong. Events would be canceled, days would be shortened and our parents would be alerted almost immediately. Most colleges have systems like this in place, including NSU. NSU's Public Safety has the Novalert system to warn students and faculty if something is wrong on campus; however, it is accompanied by a number of shortcomings.

The Novalert system seriously needs a reboot. There have been numerous occasions where something happened on campus, and there would only be rumors and students asking friends or even Public Safety for any

information. Last Monday, there was supposedly an evacuation of the UC. Students had no idea and were walking in and out like nothing was wrong. This isn't the first time something like this happened either. There was no information reported on it, including from the Novalert system. On Thursday, Jan. 24, the University School and the Mailman Segal Center were on lockdown because of a "suspicious person" nearby. While it was happening, no one knew anything. I was in class during this and we actually stopped class because we didn't know if we were on lockdown. People in my class said that they had even signed up for the Novalert system and still didn't get any notification about what was happening.

The fact that the students who have signed up to receive Novalert messages aren't getting said messages is very concerning. Students have signed up for this system with the expectation that they will be receiving messages from Public Safety when something is wrong on campus. Unfortunately, this doesn't happen. On many occasions, the system sends a message to certain students saying that they are not subscribed to the system, forcing them to sign up again. Besides Novalert, there are also some speakers around campus and in some classrooms. During the shutdown on Jan. 24, the speakers told everyone on campus that there was an "all clear," but no one got any mention that there was a problem to begin with. Upon calling Public Safety for any

information on the problem, students who called the Novalert line were met with something along the lines of "NSU is all clear" and were immediately disconnected.

This is a serious problem. If students don't know what's going on on campus it's not safe. Students can accidentally walk into a building that might be under lockdown because they didn't know said building was not safe. I'm not saying we need constant updates, but sending out a message to student's phones or even emails letting them know what's going on and then another about when it's safe to resume normal activities would be a serious step up from the broken system we have now.

**RICK CASE**  
President's Day Weekend  
*Sale* Open every night 'til midnight  
This Friday, Saturday, Sunday & Monday  
NSU Students, Faculty & Staff, you can save \$1000s.  
Plus, buy now, pay nothing 'til late Spring.  
Make no payments 'til May.

**Save Time, Buy Online!**

We make it fast & easy to buy a new or pre-owned car.

Complete the entire purchase online, start to finish, from anywhere, even on your phone in just minutes.

Shop our entire new and pre-owned inventory online. Pick out your car. Pick a payment or price. Get your credit approved. Get an instant cash offer for your trade. If you like, we'll deliver your car to you at work or home.

Get our Guaranteed Lowest Price & Payment, or Your Money-Back.

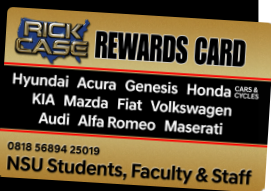
Only Rick Case Doubles the Nationwide Factory Warranty up to 20 Years/ 200,000 Miles

**NSU Students, Faculty & Staff**

Stop by any Rick Case Showroom, present your NSU ID Card and get your FREE Exclusive Rick Case Rewards Card.

Get free car washes anytime and discount gas.

Earn Rewards Points with every purchase and use your earned points toward future purchases of new and used cars, vans, trucks, SUVs, motorcycles, scooters, ATVs, home generators, service, parts, and accessories.



**AUTOMOTIVE GROUP**  
Since 1962

**Honda Cars**  
I-75 at Griffin Road  
888-332-2353

**Honda Cycles**  
I-75 at Griffin Road  
888-717-5262

**Hyundai • Genesis**  
I-75 Auto Row on Weston Road  
888-618-1568

**Hyundai • Genesis**  
On 441 at Sunrise Blvd.  
866-270-0168

**Acura**  
On 441 at Sunrise Blvd.  
888-596-9647

**Volkswagen**  
I-75 Auto Row on Weston Road  
888-603-9672

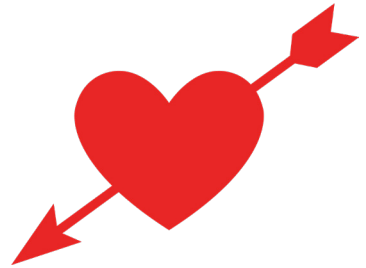
**KIA**  
Sunrise Blvd. at Sawgrass  
888-603-0957

**Maserati • Alfa Romeo**  
I-75 Auto Row on Weston Road  
855-893-6275

**FIAT**  
I-75 Auto Row on Weston Road  
888-514-0274

Rick Case Nationally recognized as USA Today, Time Magazine, Sports Illustrated, & Automotive News Dealer of the Year.

**rickcase.com**



## Valentine's Day Face Off

By: **Lena "Gaby" Holmes**  
and **Alexandra Herlihy**

Contributing Writer and Sports Editor

**Valentine's day is holiday that you either love or hate. Those in relationships love it, while those of us who are single love the discounted candy the day after. But what is the true meaning of Valentine's day? Is it an important day that celebrates love, or is it a pointless holiday used by corporations to make money?**

*Love*

*Lena "Gaby" Holmes*

Although corporations, like Hallmark, have encroached on Valentine's Day and tried to make it a corporate holiday, Valentine's Day is still a day for love. No matter how hard corporations try, Valentine's Day will always be a day to celebrate love, the root of the holiday. Valentine's Day started out as a celebration of St. Valentine who is alleged to have helped marry people who were forbidden to be married and who, himself, fell in love with his jailer's daughter and wrote her a letter signed "from your Valentine." Valentine's Day has always celebrated love, love for St. Valentine and the love St. Valentine had for people in love.

Moreover, Valentine's Day is the most popular day to get married on. This means that Valentine's Day is a lot of people's wedding anniversary where they celebrate how in love they still are with each other. It's a day where bosses are a little more lenient, let's them get out of work a bit earlier and those couples can take some time to go on a date, reminisce, and fall even more in love with each other.

Also, while Valentine's Day could possibly be leaning towards the more corporate side in America, it's not the case in other countries. In fact, in Colombia, instead of spending a bunch of money on gifts and flowers, they make the day, which they celebrate it on Sept. 20, all about friendship and relationships. Groups of friends or couples will get together for dinner, play games, and just spend time with each other. In the Philippines, on Valentine's Day, they have free "mass wedding celebrations" where a bunch of couples will get married, all dressed in white. Altogether, Valentine's Day may lean towards a commercialized feel but people all around the world make sure that the day remains a day to celebrate love.

Corporations may try to make Valentine's Day all about money, but, people and the way they choose to celebrate it will help keep the true theme of Valentine's Day alive.

*Corporations:*

*Alexandra Herlihy*

Valentine's Day tries to market itself as celebrating love, but in actuality, it's a Hallmark holiday. That means that it's only popular so Hallmark can sell more cards and other products. If you have a significant other, you shouldn't use the Valentine's Day excuse to do something nice for them. The best expressions of love are when show your partner you care because you want to, not on a day that society says that you should.

The typical argument against Valentine's Day is that it's awful for single people, which it is. When I was in high school, you could buy flowers for your "special someone" and they would be delivered with a handwritten note on Valentine's Day. I would walk through school seeing all my friends have ten flowers each, and I wouldn't have a single one. The day can remind people of relationships that they used to have and make them miserable. For single people, the only good thing that Valentine's Day brings is the heavily discounted gourmet chocolates on sale the day after.

Valentine's Day also doesn't support modern relationships. Relationships today aren't as cookie cutter as they used to be, so Valentine's Day is kind of outdated since it celebrates traditional marriage and relationships.

If you want an excuse to spoil your significant other and be really cheesy and cliché, then Valentine's Day is perfectly fine. There's nothing wrong with the holiday. It's just that it's been taken over by commercialism. Hallmark noticed that their sales were dropping after the Christmas and New Years hype so they hijacked this holiday to make more money.

**PRINTED WITH PERMISSION FROM K. CRAPSON**

At the root of Valentine's day is showing love in tangible ways, whether you see it as a corporate holiday, or an inspiration to show someone you care.





## A leopard seal ate my homework

By: Alexander Martinie  
Opinions Editor

We have all heard, or used at some point, the old saying that “my dog ate my homework.” But what about an updated version of this saying? A leopard seal ate my homework. Recently researchers in New Zealand were observing the feces of leopard seals to study the species diet and they found an interesting discovery, a flash drive. The flash drive did not have anyone’s homework on it, but the opening for that joke was just too good to pass up on. But this discovery brings up the problem of ocean pollution. Polluting the ocean affects all forms of marine wildlife, from the animals that are prime for sight-seeing to the ones sold commercially for food.

Heavy metals and other contaminants that result from pollution can be deposited in the tissues of organisms making them dangerous to consume. According to the National Oceanic and Atmospheric Administration, “marine debris injures and kills marine life, interferes with navigation safety, and poses a threat to human health. Our oceans and waterways are polluted with a wide variety of marine debris, ranging from tiny microplastics to derelict fishing gear and abandoned vessels.” Earth is more than 70 percent water, if we keep polluting the ocean then soon no place on Earth will be untouched by the detrimental hands of humanity.



**RADIOX IS NOW STREAMING ONLINE  
EVERY NIGHT FROM 6PM TO MIDNIGHT!  
TUNE IN AT [nova.edu/radiox/listen.html](http://nova.edu/radiox/listen.html)  
TO ROCK OUT WITH US!**

## One year after Parkland: Are we doing enough to prevent gun violence?

By: Janay Joseph  
Contributing Writer

I remember Feb. 14, 2018, as two separate events. One version is Valentine’s Day, and I’m hanging out with my friends, exchanging candy and gifts, swapping stories about our future plans. The other version is overwhelmed by sadness and panic in the air, checking in on friends and colleagues at Marjory Stoneman Douglas High School, and watching as all of the events play out in real time.

It’s only been about a year since March for Our Lives in Washington and the national school walkouts took the media by storm, millions of young activists, including David Hogg and Emma Gonzales, spoke on a national stage and several representatives were put in the hot seat for taking donations from the NRA, including Florida Senator Marco Rubio. The list goes on.

People who have lived in Broward County for their entire lives could tell you that they have never seen anything like the tragedy or even the movement that grew from of it. The goal was to keep gun reform in the public conscience, showing the toll that gun violence had on communities. It worked.

Gun violence in America goes beyond mass shootings: homicide, terrorism, gang activity, domestic violence, accidental shootings and more. Whenever the conversation comes up about gun control, we seem to lose focus. More background checks? Are we banning semi-automatic rifles or handguns? Are we not banning guns? What about extending the wait period? One thing is clear. The U.S. government cannot legally take away guns, due to our

second amendment rights, but regulations can be instituted for the safety of everyone and determine who can bare arms and who cannot.

According to PEW Trusts, several states across the country have passed nearly fifty new gun reform laws since the tragedy. Of the five measures passed by the state of Florida, two included banning bump stocks and expanding background checks. Most of these measures were nearly twenty years in the making, and the majority, if not all, of these measures were long overdue.

I’m still infuriated that the victims, the children and their teachers, will never have the opportunity to see their loved ones again.

Two of the most deadly mass shootings in American history happened in my home

state of Florida: Parkland and Pulse Nightclub. Immediately afterward, the students of Stoneman Douglas, the Parkland community, and millions across the nation decided that enough is enough. If massive protests is what it takes to finally have massive gun reforms, then we still have a long way to go for re-evaluating our own priorities as a nation.

One of the messages that was echoed during the coverage of this tragedy was “it’s only a matter of time before it happens in your own backyard.” The weird thing was that in a lot of ways, from living and going to school in Broward for my entire life, it did. There needs to be more reform in place so that there won’t be a next time.

### SHARK SPEAK

“Valentine’s Day is coming up. How do you practice self-love in college?”



“With practicing self-love, it’s important to be patient with yourself, and if you know you need to focus on your school work, taking time to be focus and study hard. Then, scheduling time to watch YouTube or Netflix. [It’s about] having that balance between working hard and enjoying your time here.”

“How I practice self-love usually is putting aside time for myself, at least once a week, on Sundays [to] do face masks. I like to go to the yoga classes when I’m feeling down, and take an extra five minutes in the day to look pretty so that I feel good about myself.”

“I play my guitar. I watch funny TV shows and YouTube videos, and they make me laugh.”

“ In between [studying], it can be really easy to just put your own self-love on the back burner. [Weekly or after a test], I try to have a nice facial day, lay down, turn on an Xbox, play some video games and shut off any thoughts of school. Or just plan a day to hang out with my friends [and] go to the beach. On a daily basis, I go to the gym when I know I will have stressful day.”

“[Self-love is] taking care of yourself, sustaining the best belief you can in yourself [and] allowing yourself to do the most of what you can day in and day out”

-Cassidy Loucks, freshman, marine biology and theatre major

-Tatyana Mendez, freshman, secondary english education major

-Mia Andahazy, sophomore, biology major

-Mariapia Medina, junior, biology and neuroscience major

-Noah Atsidakos, sophomore, finance major



# M.S. in National Security Affairs and International Relations

Develop an understanding of the critical issues in national security and the international context in which U.S. national security issues are shaped.

### Find Out More!

Department of History and Political Science  
dhns@nova.edu



College of Arts, Humanities,  
and Social Sciences  
NOVA SOUTHEASTERN UNIVERSITY



## INTERNSHIPS AND RESEARCH CENTER

### Recruit a Shark Day

Are you looking for an internship, job, re- search or volunteer opportunity?

**NSU Recruit a Shark Day**  
**Wednesday, September 12, 2018**  
 3:30 p.m.–6:00 p.m.  
 The Rick Case Arena at the Don Taft University Center  
**Connect with employers recruiting for:**  
 VOLUNTEER/SERVICE RESEARCH POSITIONS  
 JOBS INTERNSHIPS  
 Business professional attire or scrubs required  
 NOVA SOUTHEASTERN UNIVERSITY | NSU Florida  
 For more information, visit [nova.joinhandshake.com](http://nova.joinhandshake.com)  
 (954) 262-7201 | [careerfair@nova.edu](mailto:careerfair@nova.edu)  
 This event is hosted by Career Development and the Office of Student Leadership and Civic Engagement

### INTERNSHIP OPPORTUNITIES

Gain an edge this fall by finding your dream internship! Career Development is here to help. Find a few internships below...

**AutoNation: Human Resources Intern**

**Keller Williams Legacy: Real Estate & Marketing Internship**

**Nova Southeastern University: Facilities Management Finance Internship**

**Royal Caribbean Cruises Ltd.: Software Development Internship**

**Everglades Foundation: Everglades Internship**

**CHG Healthcare: Sales Intern**

### RESEARCH OPPORTUNITIES

#### Dental Medicine Research

- **Student Participation:** College of Engineering and Computing interested in helping create a virtual patient that will be used as a teaching tool for future students.
- **Time Commitment:** 5-10 hours per week; summer hours may be available.
- **Minimum GPA & Major:** 3.0 GPA/ College of Engineering/Computing
- **Skills/Experience:** Candidates for this project are ideally creative, great problem solvers and able to code the program we will be creating.

#### Marine Biology Research

- **Student Participation:** We are looking for undergraduate students interested in assisting with the collection of scientific papers and journal articles pertaining to the 30+ non-native species of fish found in Florida marine waters.
- **Time Commitment:** 10 hours per week; summer hours may be available.
- **Minimum GPA & Major:** 3.0 GPA/ Any STEM major
- **Skills/Experience:** Biology and Marine Biology



All events, internships and job opportunities can be found on [nova.joinhandshake.com](http://nova.joinhandshake.com)

NSU Career Development (954) 262-7201  
Locations: Horvitz Office (1st Floor of the Horvitz Building, Room 152)  
DeSantis Office (Carl DeSantis Building, Room 1042)