

9-16-2014

The Current Volume 25 : Issue 4

Nova Southeastern University

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Nova Southeastern University, "The Current Volume 25 : Issue 4" (2014). *The Current*. 323.
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The Current

The Student-Run Newspaper of Nova Southeastern University

September 16, 2014 | Volume 25, Issue 4 | nsucurrent.nova.edu



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EXPAND YOUR NETWORK AT THE INTERNSHIP AND JOB FAIR

By: Li Cohen

The Office of Career Development will host the annual internship and job fair for graduate and undergraduate students on Sept. 23 from 11 a.m. to 2 p.m. in the second-floor basketball courts in the Don Taft University Center.

More than 55 employers will be offering full-time and part-time positions, internships, and management and training programs in various fields. This year's fair will continue to focus on the fields of information technology and communications.

Assistant Director for Career Development Megan Burns said, "We do try to look back at what's been done in the past...and this year we're really trying to target different companies to try to diversify the opportunities that will be presented to students."

Career Adviser Emilio Lorenzo said that getting a job or internship helps you develop skills that you may not have gained from previous experiences.

"When we bring these



A past Internship and Job Fair, where students meet with employers and explore career options. COURTESY OF CAREER DEVELOPMENT

employers in, we really make sure that the internship isn't just getting coffee for individuals," Lorenzo said. "You're doing the nature of the work that's going to help build up your career for the next stop."

Don Monroe from City Furniture said that the company

has been attending the job fair for a few years now and that they will be looking for full-time employees and interns for next summer.

Lorenzo said that all students should attend, even if they aren't currently seeking employment because it will be a great networking

opportunity and a chance to do some career exploration.

Burns said, "It's a good opportunity to see what's out there, as far as career opportunities, for when [students] graduate."

Burns, Lorenzo and Monroe encourage students to research the companies and the opportunities available to them before the fair so that they know what they would be interested in and whom they should talk to. Burns said that students should have a game plan for approaching the employers and make sure that they stand out against other applicants.

Lorenzo said, "[The companies] want to hire fresh graduates. You guys are young, excited and they can teach you within the organization how to do things correctly."

Career Development will have a Prep-Step Center available to students at the entrance to the fair. Students can ask career advisers last-minute questions, conduct brief research on some of the companies of their interest and pick up a map that lays out where the representatives from each company are located. Mirrors and breath mints will also be available for students to freshen up.

"You want to set up a game plan that says 'Who do I want to talk to first? What questions am I going to ask this company?"

Why do I want to work there?'" Lorenzo said.

Monroe said a lot of students just look at the name of the company and the compensation they'll be given, but they don't focus on future opportunities they may have.

"Pay close attention to the actual job functions — what you're going to be doing and what you can become," he said, "Learn to have a conversation with the person across from you ... Let the resume be a summary of what you bring."

Burns and Lorenzo advise students to meet with an adviser in Career Development prior to the fair if they have any questions about the event, need help with writing a resume or cover letter, or have any questions regarding a job or internship.

Career Development will also host a workshop on Sept. 17 at noon in the Horvitz Administration Building where students can learn how to put together a game plan for meeting employers at the fair and ask questions about it.

For more information or to set up an advisement appointment, call the Office of Career Development at 954-262-7201.

To see the list of employers that will be at the fair, visit nova.edu/career/career_fair.html.

NSU SHOWCASES LOCAL HEALTH SERVICES FOR CHILDREN

By: Li Cohen

NSU will host the 14th annual A Day for Children, a health fair for children ages 2 through 16, on Sept. 21 from 11 a.m. to 5 p.m. on the Alvin Sherman Library Quad.

Representatives from local health groups, organizations and companies such as Children's Services Council, Crime Stoppers, Joe DiMaggio Children's Hospital and Florida Blue will have informational and activity booths set up to answer questions about child health and well-being and to engage with the community. The event will include 27 sponsors and 175 vendors and 15,000 are expected to attend.

Ronnie Oller, chairperson of the event, said it is important to her that

the people in the county know about the health services that surround them.

"We are looking to enhance the education of everyone [who attends]," Ronnie Oller said. "You can leave your wallets at home; you can come here and enjoy the entire day with your kids; and you can go home with a wealth of material of what's available to children."

NSU's health care centers will also provide free assessments for hearing and balance, vision, speech-language and dental health. Attendees will also be able to acquire free fingerprint and ID cards from the Broward County Sheriff's Office, haircuts from Aveda hair salon and a library card from the Alvin Sherman Library.

The event will feature games, a bounce house and food from local vendors, such as Hungry Howie's. A local theater group will perform scenes from the Disney movie "Frozen." Other entertainment will include a performance by the South Florida Cloggers and a gymnastics program by the Broward County Special Olympics.

When people first arrive, there will be a registration table where families will receive an event program, free food vouchers and a bingo board with numbers on it that coincide with the numbers on the vendor booths. If people visit all of the booths indicated on their cards, they will be eligible for a door prize that will be given away

SEE CHILDREN 2



Future physicians at work during last year's "A Day for Children" event. COURTESY OF NSUNews.NOVA.EDU

NEWS BRIEFS

Hillel's upcoming events

NSU's Hillel will host a Bagel Brunch on Sept. 17 in the Jewish Life Center in Room 109 of the Commons Residence Hall at noon. All NSU students, faculty and staff can attend to eat with the members of Hillel and meet the new campus rabbi. Hillel will also host a party to celebrate Rosh Hashanah, the Jewish new year, on Sept. 22 in the Don Taft University Center at noon. They will have apples and honey in the UC and then go to the Jewish Life Center for a party. For more information, contact Hillel President Meredith Wogalter at mw1378@nova.edu.

Celebrate NSU's hall-of-famers

NSU's Athletics Hall of Fame Committee will host the eighth annual Athletic Hall of Fame induction ceremony on Nov. 12 from noon to 1 p.m. in the NSU Arena at the Don Taft University Center. The class of 2014 will include Taylor Liput for rowing, J.D. Martinez for baseball, Greg O'Mahony for golf, Stephanie Quinones for soccer and Ulla Talalenko for tennis. Tickets will be on sale until Oct. 31 and will cost \$40 for NSU students, faculty and staff and \$60 for the general public. For more information, contact Kim Carbo, assistant athletic director for marketing, development and fundraising, at 954-262-8254.

Undergraduate Academic Advising Meet and Greet

On Sept. 18 from 3 to 5 p.m. on the first floor of the Horvitz Administration Building, the Undergraduate Academic Advising Center will host a Q&A session for undergraduate students. Students can enjoy snacks and learn about internship and study abroad opportunities. For more information, contact the office at 954-262-7990.

Business school Distinguished Lecture Series

The H. Wayne Huizenga School of Business and Entrepreneurship will continue its Distinguished Lecture Series on Sept. 23 at with a lecture by artist and scientist Guy Harvey. The lecture will begin at 10:30 a.m. in Room 3000 of the Executive Conference Center at the Huizenga Sales Institute in the Carl DeSantis Building. Attendees must RSVP by Sept. 19 by calling 954-262-5056 or emailing bchang@nova.edu. For more information, contact Marie Ang at ma1724@nova.edu or 954-262-5008.

Have lunch with Model United Nations

Nova International Relations Association will host an international food event on Sept. 18 from noon to 1 p.m. in front of the Parker building. The lunch will consist of entrees from different cultures that are represented within NSU's student body, including Germany, Venezuela and Mexico. Plates will be \$5 per person. For more information, contact NIRA President Linea Cutter at lc1219@nova.edu.

Kayak trip at the Blue Moon Outdoor Center

On Sept. 20 students are invited to join the Office of Campus Recreation for a kayak trip at Blue Moon Outdoor Center. The cost to attend the trip is \$20 and students must register at the RecPlex. Space is limited. Transportation will be provided. Attendees will meet at the NSU Shark Fountain at 9 a.m. on the morning of the trip. For more information, contact Marcela Sandigo at pmarcela@nova.edu or 954-262-7018.

CHILDREN from 1

in the afternoon.

Originally, the health care event's purpose was to introduce NSU's medical facilities to the community. Because the original event coordinator left, Ronnie Oller was appointed by the CEO of the Division of Clinical Operations Robert Oller to continue the fair.

"I have always been out in the community," Ronnie Oller said.

"When it comes to children, it's my passion."

Ronnie Oller said she agreed to help, but that she wanted to see the fair develop and engage with the community at a larger level. In its first year, the health fair had five sponsors and 500 attendees.

All services and food are free and open to the public. No registration is necessary. For more information, call 954-678-2273.

CORRECTION:

In the news story in Issue 3 titled "Explore the Volunteer Fair," The Current incorrectly reported that "CAUSE reported 12,051.75 service hours which totaled to \$227,175.49 in economic impact to our community." The number was representative of all NSU student organizations' community service.



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NSU CELEBRATES HISPANIC HERITAGE MONTH

By: **Alyssa DiMaria**

From Sept. 15 until Oct. 15, NSU will celebrate Hispanic Heritage Month to recognize Latin culture.

Events include film screenings, readings, dance performances and food tastings hosted by the Alvin Sherman Library, the Center for Psychological Studies, Abraham S. Fischler School of Education, the Shepard Broad Law Center and the regional campus in Miami.

Jessica Valenzuela, assistant professor in the Center for Psychological Studies, said Hispanic Heritage Month is an opportunity for us to enrich one another with the diversity of Latino cultures represented at our university.

"I think it's important that we come together for the events that seek to provide a taste of Latino cinema, literature, and foods from different parts of the world to recognize the contributions of Hispanic-Americans and to focus on the diverse heritage of Latinos in our community," she said.

Each Sunday during September, the Alvin Sherman Library will host events open to the public including the showing of the film series Cine Argentino, which will feature

documentaries of legendary figures in the Latin culture. During some of the films, special appearances will be made by the producers of the films. The library will also host an opening reception to showcase Latin American art work and a performance by the Cuban Dance Company.

The Center for Psychological Studies will host a presentation regarding pediatric obesity in Latino Families on Oct. 2 from noon to 1 p.m. in the Maltz Building, Room 2045. The event will teach children and their parents how to cope with anxiety and feelings of seclusion. Attendees will also learn how to manage stress for children dealing with struggles that minorities deal with.

The center will also host a lunchtime salsa dancing event honoring Latin American music.

Valenzuela said she hopes that the events enhance the work students and Latinos are doing for the rest of the academic year. She encourages students to use the events as an opportunity for cultural competence, cross-cultural understanding, and excitement for the richness of our community.

NSU will also celebrate Hispanic lawyers during the

event Being a Lawyer and Changing the World: Celebrating the Contributions of Hispanic Lawyers on Oct. 9 from 6 to 8 p.m. in the law center. This event will allow Hispanic legal professionals to share personal experiences that motivated them to become attorneys. All students are welcome to attend.

Miguel Hernandez, assistant director of admissions in the Shepard Broad law center, said that compared to law schools around the country, NSU's law center is special because it's made up of one third Latinos. During Hispanic Heritage month, Hernandez said the law center is aiming to let students know that they can do anything they set their mind to, no matter how far-off the goal may seem.

"One of the most valuable assets of NSU is that no matter where you come from, who you are, or what you bring to the table, you can participate in any organization on campus you wish to," Hernandez said.

To learn more information and to see a list of events, visit nsunews.nova.edu/nsu-celebrates-hispanic-heritage-month-2014.

The Current
The Student-Run Newspaper of Nova Southeastern University

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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.

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

GUIDE TO STARTING A CLUB ON CAMPUS

By: **Destinee A. Hughes**

Clubs and organizations are essentially the heart of every college campus. NSU offers many organizations to join including, fraternities and sororities, student government, honors societies, pre-professional societies and many more. While NSU offers a variety of clubs to join, students can also create new organizations.

Nichole Evans, senior biology major, one of the managers at the Office of Student Activities, said clubs are important because they give students a chance to build a stronger connect with the campus.

“They can start something new and get other students involved on campus,” Evans said.

For example, sophomore biology student, Corey Burns enjoys fishing and recently founded the Fishing Club.

“Some of my friends suggested that it would be really cool to create a fishing club on campus, because there’re other people here who like to fish,” he said. “When you find people with a similar interest, it’s an instant bond.”

Burns said clubs give students a chance to succeed.

“It gives them [students] a chance to get involved and when they get involved, they’re more likely to succeed because they find out what they’re passionate about,” Burns said.

Here’s what you need to know about starting a club on campus.

Step 1: Get members

Creating an organization requires a minimum of six members within the first week of approval from Graduate Assistant for Student Organizations Melissa Doreus. The members should include one president and one treasurer. Clubs also need an adviser who is a full-time faculty or staff member or a Division of Student Affairs graduate assistant. The club must also be open to all students and has to be at least 51 percent undergraduate.

Burns said, “My friends and I assigned positions for president and

treasurer, and then we had to find an adviser, which was any faculty member or graduate assistant on campus. The whole process was very easy.”

Step 2: The Process

The process of registering an organization can be done on orgsync.com. OrgSync is a website which provides students with the tools to help manage their organizations. On OrgSync, students will be able to share important documents, plan events and update the organization roster.

To register on OrgSync, go to orgsync.com, click the sign up button and choose NSU from the drop down menu. After completing the registration, sign in and click “Browse Organizations” and then “Register New Organization.” Fill out the form and submit.

Step 3: The Approval

Once registered, the Office of Student Activities will give approval within one to two business days. Once approved, members are required to attend an Organization Orientation, also known as the Registered Student Organization. Also, the treasurer and president must attend the Student Activities Fee Training program, which helps the students learn how to manage the organization funds.

To get more information about organizations, students can go to the Student Organization Resource Center (SOuRCe).

“SOuRCe is a center for organizations to create flyers,” Evans said. “They can print up to 25 copies [per organization per day] to hang around campus. Students can gain new information, talk to our student staff and get advice.”

SOuRCe is open from 9 a.m. to 10 p.m. Monday through Thursday and 9 a.m. to 6 p.m. on Friday.

If students need further assistance with any of the above steps, stop by the Student Organization Resource Center in Room 201 of the Rosenthal Student Center or email ioc@nova.edu for more information.



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Don Taft University Center, 2nd floor

Business professional attire is required.

Diary of... a Power Ranger

By: **Jake Bence**

Jake Bence is a freshman chemistry major who plans on attending NSU's College of Pharmacy. He is a member of Razor's Edge and is in the Dual Admission Program. He is also one of the cofounders of the Florida Rangers Coalition. His hobbies include bowling, going to the gym and hanging out with friends.

A little over a year ago, a few friends and I decided to purchase Power Ranger suits on a whim. They were the source of a lot of fun, but what we didn't expect was the huge impact on the community the suits would have.

The idea of buying Power Ranger suits with my three friends was a unique way to have some fun; however, it quickly turned into something way beyond that. At first, we went out in our town of Spring Hill, Florida, taking pictures with strangers and standing by busy intersections. People often asked us our purpose behind walking around wearing our suits, and at first we really didn't have one. But after seeing the surprise and happiness we brought to children and adults alike, we decided our purpose was to improve the community, spread positive messages and make children happy.

We decided to create a Facebook page, dubbing ourselves the Spring Hill Power Rangers. People immediately submitted requests for us to attend birthday parties and community events in the area. From then on out, we referred fans to our Facebook page to send appearance requests there. Under anonymity, we quickly became the talk of the town and our page exploded in popularity.

Looking around at my friends one night while we all tried to keep up with the Facebook messages pouring in, we agreed upon a few guidelines. As a team, we would not profit from any of our involvements. Any money would be used to buy better quality suits and to expand our team. With our new purpose in mind, it was our goal to become role models for children and better the community and ourselves.

For the next 10 months, we formed a full team of seven that regularly did community work with secret identities. We had visited countless birthday parties, ate lunch with bullied students, attended community fundraisers, gave motivational speeches to classes, pushed campaigns for healthy eating, spoke out against bullying and encouraged reading. Our team appeared in multiple news outlets and the Hernando County

Board of County Commissioners passed a resolution honoring our efforts.

Toward the end of our senior year, we were wrapping up our college decisions and preparing for the new lives ahead of us. But one thing we planned to continue was our Power Rangers organization. Our plan was to create teams at our campuses and continue our community involvement, hoping to inspire others to do the same. We founded the Florida Rangers Coalition and something extraordinary happened. Saban Brands, the company that owns the Power Rangers franchise, contacted us. They loved what we had started and wanted to work with us on creating a national student association modeled after our group.

To reveal the newly formed Power Rangers Student Alliance, we were flown out to Pasadena, California to attend Power Morphicon, a national Power Ranger convention held every two years. Now that the program is unveiled, anybody can sign up with the Power Rangers Student Alliance to start a Power Ranger team of their own through their high school or college.

Here at NSU, I am in the process of forming a team. Once we have a team, we will attend local events both on and off campus in hopes of bringing people



Jake Bence spreads positivity as the Red Ranger of the Florida Rangers Coalition.

COURTESY OF J. BENCE

closer and improving the community as a whole. I am also working on allying with Joe DiMaggio Children's Hospital to visit some of the patients there.

Being on the team, I feel that I have grown as a person. Being a team leader really pushed me to improve myself as a leader and give an example for others to follow. Making time to give back to the community was rewarding not only to others but to me as well. The satisfaction you feel just from bringing a smile to others' faces is incomparable. I learned to be the change you want to see in the world, even if that means wearing spandex out in public. I know that there are hundreds, if not thousands,

of children out there who will remember when the Red Ranger spoke to them. I want to see this organization grow and see us touch the lives of even more people. All I need is a team to get started.

The Florida Rangers Coalition plans on becoming a registered nonprofit organization. You can check out our Facebook page (search for Florida Rangers Coalition) for updates on future plans, events our teams are involved in across the state, and much more. So, if you are interested in joining as a main ranger, backup, or just want to be involved in some way, please contact me at nsurangers@gmail.com.

Success Coaches' Playbook Tips to succeeding in an online learning environment

By: **Jake Shilts**

For students, online courses are different from on-campus courses as they have the benefit of completing schoolwork with flexible hours and working from home. Online courses provide a lot of flexibility, and students can be in the same class and live in all different parts of the world.

However, there are challenges, too. There is no meeting place and a student can forget to log on often. If students are new to the format of online courses, they can have difficulty adjusting. These courses provide great opportunities, but opportunity comes with new challenges. To help with these challenges, try these Four Cs.

Confirm all of your technical devices are working properly. These include your computers, laptops, tablets, smartphones, cameras, microphones, etc. Consult with your professor by emailing, calling them, or contacting them in Blackboard to confirm which devices are required for your course. If you need assistance, contact the Office of Information and Instructional Technologies (OIIT) for more assistance. You can reach an OIIT professional at nova.edu/help/students/index.html, 954-262-4357, or help@nova.edu.

Connect your professors early. Make sure to email your professor and introduce yourself prior to the class starting. You can find a professor's email on your course syllabus. If possible, make an appointment during his or her office hours to speak in person or over the phone. Some examples of questions to ask are "How can I be successful in your class?" "What are some tips you can give me so I can best prepare for your assignments and tests?" and "May I meet with you outside of class to discuss how this class will prepare me for my future?"

This connection with faculty is important for your success. Without having the face-to-face time of a residential course, it is important for you to establish a professional relationship with your online professors.

Coordinate a schedule. You should treat your online courses like any other course. Creating a dependable schedule that allows you to log on multiple times per week, complete readings, write discussion posts, take quizzes, etc. will create good habits that can lead you to academic success. Knowing your syllabus and outlining your class schedule for the term will help you stay on top of your coursework.

Consistency. Have a consistent workplace. You should try to use the same location when working in your online course. This creates a routine, resulting in good habits. This may take you some time to figure out, but areas that are quiet, easy to access, and have a good Internet connection are a good place to start.

Try these four easy tips to be on your way to becoming a successful online student. The important thing to remember is to be organized and consistent to ensure academic success.

Wellness Bite

"Your body can do anything; it's your mind that needs convincing."

Adele Mirbey, student in the College of Dental Medicine and group exercise instructor

Sustainability Tip of the Week

By: **Leela Mansukhani**

Make your own recycling bin

Have you ever thrown away something that could've been recycled because you didn't feel like walking to your family's recycling bin? Here's an easy fix. Try finding an empty cardboard box that you think will fit all of your recycling needs for one or two days. Cut off the box's flaps and place it in your house where it will be easy to access. Now, you can place all your recycling in this box until it fills up. Once it is full, make that trip to the garage or outside and empty the box into your recycling bin. Bring the box back inside, and repeat. This is also a great way to encourage your family members to be more active recyclers. Children can decorate the box, and if you don't like the look of cardboard you can buy a nicer-looking in-house recycling bin. Make sure to check what your city deems appropriate for recycling by searching online for your city's recycling program.



ON THE BENCH

Commentary by: **Nicole Cocuy**

You run like a girl. You throw like a girl. You kick like a girl.

Regardless of gender, everyone who has ever stepped foot on a court, field or playground understands that having your athletic ability compared to anything remotely feminine is not a good thing.

One would think that equating femininity to a lack of coordination, strength and agility would be outdated by now. Women have repeatedly exhibited their athletic prowess for decades, yet, if anyone, regardless of age or gender, was asked to perform an athletic activity “like a girl,” they would give a weak, halfhearted effort.

Although our society has evolved from our historically rigid structure, stereotypes and gender roles still hinder our ability to take female athletes seriously. Generally speaking, boys are pushed by parents and peers to play sports. In clothing stores, clothes for boys from newborn to young adult sizes include images of footballs, basketballs and baseballs. The boys section in any furniture store primarily consists of references to all things athletic, be it a baseball bat lamp or sports team memorabilia. For boys, playing sports is not just a preferred hobby; it’s a socially valued expectation.

According to our society’s gender roles, a man determines his level of masculinity according to his athleticism and strength. Women, on the other hand, have been historically pressured to be “lady-like” — dainty, delicate and well put together. Even though the sharp line between masculinity and femininity is starting to blur, female athletes are still neglected by sports fanatics and unrecognized for their athletic achievements. For example, almost anyone in South Florida can name at least five Miami Heat players, if not the whole roster, regardless of their level of

familiarity with professional basketball. Knowledge about WNBA teams and players is not nearly as common. The WNBA Finals are currently major sports news, yet only a few know the names of the teams that played in the finals or even when the finals were.

“Feminine” is not synonymous with “frail” and “delicate,” especially in the world of sports. Mo’ne Davis, 13-year-old pitcher, dominated the Little League World Series as the only girl in the entire league. Game after game, she struck out male competitors and proved to the world that throwing like a girl is not a bad thing. Yet, regardless of her obvious talent and passion for baseball, Davis cannot continue to pursue baseball in high school, college or professionally because it is still considered a man’s sport. There are no high school, college or professional baseball teams — only softball, which is a different game entirely.

Here at NSU, our female athletes are seriously talented and could definitely give male athletes a run for their money. Our women’s basketball team is easily one of the most accomplished sports teams we have. Let’s be real: there are several female athletes here at NSU, in our state, in our country, even around the world who can play just as well as men, if not better.

“Throw like a girl” does not mean weak. “Run like a girl” does not mean dainty and slow. In reality, gender has absolutely nothing to do with athletic ability. I dare those who believe otherwise to play a basketball game against a female NSU basketball player, go head-to-head in a soccer game against our national girls’ soccer team, or even catch with 13-year-old Davis. It’s time we took gender out of sports and acknowledged athletes, male or female, on their athletic ability and their athletic ability alone.

INTRAMURAL SOFTBALL LEAGUE PLAY SCORES

Sept. 8:

Smooth Intubators vs. Molar Bears — 21-2
RxBI — vs. Phi Gam Slam — 11-2

Sept. 9:

Challenge accepted vs. Softballz (PA) — 13-3

Sept. 10:

The Smooth Intubators vs. RxBI — 11-7
Backdoor Sliders vs.
Molar Bears — 14-1
Palpation Temptation vs.
Ball Burnishers — 11-2



Men’s soccer

After the victory against North Georgia 2-0, the men’s soccer team had their second win in a row against Ave Maria 6-1.

Women’s volleyball

The women’s volleyball team had a tough loss to Palm Beach Atlantic 3-0 as they lost all three sets 25-20, 25-13, 25-20.

Women’s soccer

The women’s soccer team also had their second win in a row as they beat Flagler 2-0.



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ON DECK

Women’s volleyball

vs. Florida Tech
Melbourne, Florida
Sept. 26, 7:00 p.m.

vs. Lynn University
Boca Raton, FL
Sept. 27, 2:00 p.m.

vs. Saint Leo University
Saint Leo, Florida
Oct. 3, 7:00 p.m.

vs. Florida Southern College
Lakeland, Florida
Oct. 4, 4:00 p.m.

Women’s soccer

vs. Florida Memorial University
NSU Soccer Complex
Sept. 20, 4:30 p.m.

vs. Saint Leo University
Saint Leo, Florida
Sept. 27, 4:30 p.m.

vs. Florida Tech
NSU Soccer Complex
Oct. 1, 4:30 p.m.

vs. Florida Southern College
Lakeland, Florida
Oct. 4, 4:30 p.m.

Men’s soccer

vs. Saint Leo University
Saint Leo, Florida
Sept. 27, 7:00 p.m.

vs. Florida Tech
NSU Soccer Complex
Oct. 1, 7:00 p.m.

vs. Florida Southern College
Lakeland, Florida
Oct. 4, 7:00 p.m.



For more game information,
visit nsusharks.com

Athlete of the week: Kaitlyn Baran

By: **Keren Moros**

Unlike other fans who are content with cheering their team from a couch or stadium seat, cheerleader Kaitlyn Baran has always wanted to be in the action.

"I've never been a fan in the stands," she said. "I love being down in the action and really motivating the players and just being a big family."

Baran, a senior exercise and sports science major, started cheerleading when she was 4. As she became older, she became more serious about cheerleading "in a great way" when she started training.

"I started to realize that there were a lot of different components to cheerleading like tumbling, so I went from just standing on the sidelines doing cheers yelling 'Go team go,' to being placed in the weight room and in a gymnastics facility really training," she said.

Baran eventually became the junior varsity captain of the cheerleading team at Steel Valley Senior High School in Munhall, Pennsylvania and was the first junior in the school to ever become the captain of a varsity squad. She also won an MVP award at NSU and enjoys competing at the collegiate level as a back spotter, who is the

tallest in a cheerleading stunt group.

"If we're doing a basket toss, I reach contact on the flyer first," Baran said. "I'm really in a lot of control of the stunt. I control the angle, stability. ... The back spotter is also responsible for counting and making sure that everybody in stunt group remains on the same page and goes on the same count so the stunt can flow."

I sat down with Baran so the NSU community can get to know her better.

What do you love about cheerleading?

"I love being challenged. I love being faced with a new tumbling pass or stunt and trying to nail it. I will not leave the gym until I hit my skills. It's like a competition, and I love that. It's so exhilarating and I get such an adrenaline rush from it."

Do you have any pre-routine rituals or superstitions?

"I don't have any rituals but right before I compete, I'm dead silent. I'm one of the most vocal on the squad but I don't know if something comes over me right before I'm on. I get in my zone. ... I don't speak. I've gotten like that ever since I was 10. It happens every

time. I just do it subconsciously."

What's your favorite part of any cheer routine?

"Definitely pyramids. It's definitely our wow factor. Tossing girls up on top of other girls and having them do different flips in the air and just hearing the crowd's reaction is awesome."

What has been your most memorable moment cheerleading at NSU?

"My sophomore year we attended the 2013 Universal Cheerleaders Association College Nationals and it was the first time in a few years that NSU went, so that was really great. We made a statement."

Who is your favorite athlete?

"I would have to say Hines Ward. He was a wide receiver for the Pittsburgh Steelers, my favorite team. I grew up watching him."

What are your goals for the future?

"I just applied to graduate school to get my doctorate in physical therapy [at NSU]. Right now, I'm not exactly sure what I want to specialize in. I think I want to do geriatrics."



Kaitlyn Baran has been a cheerleader since she was 4-years-old.

COURTESY OF E.CANAL

If a movie were made about your life, who would play you?

"I would have to say Sophia Bush. From how I've seen her in public, we're pretty similar in how we carry ourselves."

What's one of your strengths?

"I work hard. I love the challenge. I love being presented with a new skill that looks really hard and tough and mastering it. I love progressing constantly."

Weaknesses?

"I get frustrated easily. I'm used to being on a high-level team where things happen very quickly

and you're expected to hit it the first time, so when it doesn't necessarily go that way, I'm quick to get a little discouraged. That's definitely a weakness that I've been trying to work on."

If you could play any other sport at NSU, what could it be?

"I would have to say softball. I played softball in high school. I played second base and I loved it. I love the game."

What's your favorite post-competition meal?

"Any kind of pasta and fresh Italian bread."

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ALL “SOULED OUT” FOR JHENE AIKO

By: **Destinee Hughes**

Jhene Aiko, American singer-songwriter best known for her summer hit “The Worst” and her collaboration with Big Sean and Lil Wayne on “Beware,” has finally released her highly anticipated album “Souled Out.”

Aiko is known for her soft, sultry, passionate voice and powerful lyrics like “Please don’t take this personal ... you weren’t special til I made you so.” This new album is a girl’s guide to getting over a breakup.

The album’s cover immediately emits feelings of emancipation and that’s exactly what this album exudes. The 14 tracks follow the story of her previous album “Sailing Out.” In “Sailing Out,” she was disheartened about a breakup but now she’s emotionally matured into a confident woman musically and lyrically. Her new album is very comforting and soulful, describing in eloquent melodies how feelings of emptiness consumed her during a breakup. It’s perfect for a chill Sunday or a relaxing drive home.

Aiko is finally bringing back the true feel-good essence of R&B and, hopefully, for good. Her sultry voice makes her a modern-day Sade with a mix of Rihanna’s fearlessness in her passionate lyrics. Don’t expect this album to be a one hit wonder, because it’s far from it. Every song is about four minutes long, just enough time to remind us why relaxing at home indulging in a well-produced album can be equally fulfilling as going out on a Saturday night.

Track after track this album tells the story of how one woman’s heartbreak inspired her to free herself from a hindering relationship and emancipate herself. It’s impossible to listen to this album and not feel an emotional connection. She doesn’t force it; it just happens naturally because she is simply telling her story, one many of us have heard before. The lyrics are so intimate that it’s as if you were reading her diary.

The first song on the album “Limbo Limbo” puts you in a mystical state of mind. Over light piano keys and soft drums, Aiko lifts you higher into a mental limbo,

relaxing you with lyrics like “She was too real to believe in though if they would, she could free them from the truth that they’ve been told a lie, their whole life.”

The first single released off the album “No Pressure” reminds me of my worth as a female, and assures me that I’m not the only person in the world who has gone through a bad breakup. The hip rhythmic beats remind me of Drake’s music with a feminine twist. She sings about dealing with the pressure of ending a bad relationship, but she makes it clear that pressure is what turns rocks into diamonds.

Though this whole album is easy to put on repeat, the best song definitely has to be “Wading.” She sings about how she’s not going to wait for a guy to be with her, so she drifts away because he wasn’t ready and she has no regrets. He’ll just have to watch her walk away with another guy. I can really connect with how she feels, and anyone who’s been in a relationship can too.

Most new artists try really hard to make a huge impact on the music



Jhene Aiko’s “Souled Out” reminds us what R&B is all about.

THEMUSICSTASH.COM

industry by featuring lots of popular artist on their album, typically for exceptional album sales. But Aiko makes it clear that album sales are

not what she’s after. She’s writing music, not hits. “Souled Out” will soon be sold out.

UNHINGED WITH JOHN DENSMORE OF THE DOORS

By: **Destinee Hughes**

Known for their classic hits such as “Riders on the Storm” and “Light My Fire,” The Doors, formed by UCLA students Ray Manzarek, Robby Krieger, lead singer Jim Morrison and drummer John Densmore, were an influential and controversial rock band in the 1960s.

While the band’s heat has slowly fizzled out over the years, it’s quickly warming up again thanks to drummer John Densmore’s new book titled “The Doors: Unhinged.”

In his book, Densmore explains why he choose integrity over greed after lead singer Jim Morrison’s death and describes how he handled being sued by his former bandmates for more than \$40 million because of his choice.

I had the opportunity to speak with Densmore to get a better insight on the development of his book.

What inspired you to write this book?

“Well the book is about a legal struggle in which I had to sue my bandmates to stop them from using the name without Jim. You know it’s kind of like the [Rolling] Stones without Mick Jagger or The Police without Sting. So, I wrote the book because some hardcore fans in the beginning thought I was ruining the band that they loved, and this explains that I was trying to preserve the legacy of the band.”

How did you take being sued by your band members? Did you feel betrayed? Were they making you out to be the villain?

“Well, I sued them to stop



In his new book, John Densmore of The Doors describes how his former bandmates sued him.

THEMUSICSTASH.COM

them from using the name. And they sued me back. I felt a bit betrayed because we had contracts saying we owned the name all together. When you don’t have a case, you tend to assassinate.”

What do you want readers to get from this book?

“Hopefully, they get the idea that I was trying to preserve the legacy. The band is, Jim, Ray, Bobby and John. Not Ray, Robby, Ian, Fred and Shirley.”

Can you tell me a little bit about your book signing events?

“I go to independent record stores, which is the perfect situation, because they get press about their store, and I sell a bunch of books. It’s really great; I get to meet a lot of fans.”

Do you think your fans have changed throughout the years? Do you have a younger following now?

“That’s what’s really interesting; sometimes they’ll be three generations of fans in one family. It’ll be a daughter with her dad who turned her onto The Doors, and then she’ll be holding a baby. It’s really cool.”

How did you make the transition from being the lead drummer in The Doors, to becoming a New York Times bestselling author?

“Well, I wrote for years. It’s hard to learn how to write. It’s hard to find your own voice. Everybody can write, but to get your uniqueness it takes a long time, it’s kind of like practicing an instrument.

Do you have any more plans for more books in the future?

“I do. In my head I have a couple of more books.”

What do you think these books will be about?

“I was thinking about writing about all of the great musicians that I’ve met. Carlos Santana, Ravi Shankar, the Conductor of the LA Philharmonic, George Harrison.”

Who was a really big idol to you while you were in the band? Who did you aspire to be like, or share the same work ethic as?

“John Coltrane is a jazz sax player. His drummer Elvis Jones was my hero.”

How did you get into drumming?

“Well, I played piano as a kid, and I wanted to play any instrument when I got into high school band. I was going to play clarinet but I had braces. The orthodontist said, ‘No, that will bend your teeth out, and we’re trying to push them back.’ So then I decided on drums.”

What would you say your favorite song is that you’ve played with The Doors?

“Oh, that’s not a fair question. ‘L.A. Women’ — I like the album very much.”

How does it feel to know that you’ve inspired so many people with your music?

“Fantastic!”

If your readers had no idea about you at all, what would you want them to take from your book?

“That money is like fertilizer. When hoarded, it stinks. When spread around, it grows.”

BEST AND WORST REALITY TV SHOWS

By: Alyssa DiMaria

It seems the people of America love the thrill they receive from drama. The second they find something that spices up their life, they cling to it, which is the reason why certain TV shows are still on the air. Some reality shows can make your heart beat with excitement, while others can make you truly wonder what they were thinking. Here are some of the best and worst TV shows for you to tune into or tune out.

**“Shark Tank”
BEST!**

This isn't on the “best” list just because it represents our Sharks. (Fins Up!) “Shark Tank” takes a business owner’s dream and brings it to life — at least sometimes. It’s rare for start-up companies to receive help from wealthy business entrepreneurs, known as “sharks,” but this show makes it happen. “Shark Tank” allows a person to pitch their ideas in the hopes of gaining both money and a business partner. The show leaves viewers in anticipation to see whether or not the Sharks will accept or deny the offer delivered to them.

**“Cake Boss”
BEST!**

Experience a world of pastries and extravagant cakes with the staff of Carlo’s Bakery, operated by the charismatic Buddy Valastro. Each episode highlights the preparation of incredible, unique cakes that’ll make your stomach growl and your jaw drop. During one episode a cake was created in the shape of a full-size car. Cake Boss is a true family show that leaves you smiling, amazed and inspired.

**“Real Housewives”
WORST!**

The “Real Housewives” franchise needs to come to an end. The show highlights wealthy women from around the country who can't seem to get along. An average night for these women includes



“Keeping up with the Kardashians”

EONLINE.COM



“Shark Tank”

ABC.GO.COM



“Real Housewives”

BRAVOTV.COM



“Undercover Boss”

CBS.COM



“Here comes Honey Boo Boo”

TMZ.COM



“Cake Boss”

CARLOSBAKERY.COM

pulling hair and pouring drinks on each other. Anyone can tell by their boobs, nose jobs, Botox and their overall personality that they are the furthest thing from real. The “Fake Housewives” would be a better name. Whether they are in New York, New Jersey, Atlanta or Orange County, the so-called “real” housewives provide never-ending, pointless drama.

**“Here Comes Honey Boo Boo”
WORST!**

The title alone should give viewers a hint that this show is absolutely ridiculous and shouldn't exist. The show is centered on the sassy and misbehaved grade-schooler, Alana Thompson aka Honey Boo Boo, who was introduced on the other absurd reality TV show, “Toddlers & Tiaras.” Clearly any show has the

ability to make it big in the TV world. The point of this show is — actually, I really don't think there even is one. It's simply about a family who lives in the country; they sit down on their couch and eat. The viewers who watch this show are literally watching another person doing the same exact thing they are doing. Most of the time, you can barely even understand or comprehend what they are saying because they just don't make any sense or their mouths are stuffed with potato chips. Again, what's the point?

**“Undercover Boss”
BEST!**

Viewers become engaged by the way this show unfolds. They are able to witness the inspiring, or not so inspiring ways employees treat their customers. CEOs and managers

drastically change their appearance and go undercover in their organizations to see what really goes on when nobody is watching. At the end of each episode, the undercover boss gains a sense of how their businesses are run. Depending on if an employee goes above and beyond during the episode, he or she receives a promotion or an extravagant gift. Be careful. Your boss may be undercover right now.

**“Dating Naked”
WORST!**

Yet another dating show. This time, the men and women are completely naked. Six individuals pair up and adventure to an exotic location and spend the day together while partaking in activities such as horseback riding or zip lining. It's

almost as if the producers choose the most awkward activities on purpose. I mean really, riding a horse spread eagle while naked? At the end of each episode, the individuals get to choose who they want to leave the island with. The show is entertaining but the concept behind it seems to puzzle many viewers because they are watching naked people roam around as if they are fully clothed. The show just isn't normal, but I definitely give the stars of the show an A+ for self-confidence while stripping down on national TV.

**“Keeping up with the Kardashians”
BEST AND WORST!**

Countless viewers idolize the Kardashian beauties, while others don't understand their fame. To break it down, they are famous simply because of their wealth, their father and, of course, a sex tape. The show glorifies their silly pranks and not-so-pleasing behaviors for example, when they randomly scream or cry out of nowhere. This reality show gives viewers mixed emotions. You can tell the Kardashians are a family who truly love each other, and that's the heartwarming part about their show. But at the same time, their dramatic and sometimes fake personalities can persuade the viewer to change the channel.

From best to worst, we all have that show we love to hate or just plain love. At times we catch ourselves being entranced by the TV world and may even ask ourselves, “What the heck are we watching?” But, that's the fun of it! These shows are designed to get a laugh out of us, or even better, inspire us. So, pick up that remote and keep up with the housewives, bake a cake, and follow that small idea you once had to become the entrepreneur you always wanted to be, because you may just find yourself swimming in a shark tank, possibly naked.



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Shark Speak: If money wasn't an issue and you could do anything you wanted for the rest of your life, what would it be and why?

"I would build orphanages in primarily Africa and in America too and then oversee them for the rest of my life. I've worked in orphanages before and I love it."

**Rachel Salveson,
senior biology major**

"I'd want to be a chef. I really enjoy cooking but I don't really have time to do that right now. Over the summer, I cooked a lot and I liked experimenting and making my own dishes."

**Hiba Bilal,
osteopathic medicine student**

"I would want to build an amusement park. It sounds like fun. It's a big project and you oversee."

**Katie Pope,
senior biology major**

"Work on cars and play basketball."

**Tyrel Gordon,
junior biology major**

"I would probably either be a farmer or a poet [to be] in touch with nature and the humanities and focus on what's really important in life, which is flourishing."

**Derek Herkes,
osteopathic medicine student**

"Travel and backpack all around the world."

**Linea Cutter,
senior history and political
science major**

SUIT VS. SMOCK: THE ULTIMATE DILEMMA

By: **Michaela Greer**

Picture this: It's 8:15, and after hitting the snooze button for the umpteenth time, you reluctantly pull yourself out of bed and hop into the shower. You go through your hygiene routine, get dressed, and, after grabbing a quick breakfast, are out the door. You dutifully join the morning rush hour traffic, which is often anything but, only to arrive to work just in time to avoid a penalty. Here, you will stay counting down the hours until you are free to join another rush hour jam, all while muttering under your breath. Rinse, wash and repeat.

Over the years, I am sure that you have heard similar accounts of the workday of someone who is unhappy with the job that they currently have. It is rather unfortunate but also extremely common.

Gallup, a research-based consulting company, released a report last year titled "State of the American Workplace Report." The study revealed that a staggering 70 percent of workers reported they were "not engaged" in their various jobs. More interesting, Gallup estimated that due to the active disengagement of

employees, approximately \$450 billion to \$550 billion dollars are lost each year in potential revenue.

This leads me to believe that, contrary to popular belief, maybe it does matter whether or not you like your job. If that estimation is even partially true, the loss in revenue affects every one of us from what we wear to how quickly we can repay the student loans that continue to accumulate. Think about it: the healthier the overall economy is, the larger the amount of money that can be allotted to different areas in the fiscal budget. This could benefit students if more funds were allotted to student financial aid, considerably reducing student debt.

Personally, I have chosen to follow my two passions here at NSU: visual art and journalism. This, of course, did not come so cut and dry. Growing up with my mom, she would ask my siblings and me what we would like to do when we grew up, as any parent does. The first time that I told her that I wanted to become an artist, she tried to persuade me to change my mind right then and there. My mother, who is a lawyer, had a very strong argument. I cannot say that she did not make me question myself,

adding her concerns of available positions in my field and the practicality of my decisions. So, for a few years, I thought that I would do something more pragmatic.

Suddenly, the idea of doing something more traditional with my life was expected of me. It was as if my passions were not good enough or perhaps I was not good enough at what I did to compete in my fields. I couldn't help but wonder whatever happened to the dream that every parent puts into their child's head: "You can be the president of the United States of America if you wanted." That dream seemed to have catapulted into a limit that is no longer reachable.

Luckily, I had a father who chose to do what he loved: working in the aggressive field of technology. Although he occasionally had a harder time than my mother did, I saw the passion deep within him and a drive that never wearied. He always told me to do what I loved, and the rest will work itself out; and so I tell you the same. Do what you love because, in the end, you are the one that will have to live with your decisions. Although, it may be difficult at times, at least you'll be happy doing what you love.

TREAT YOURSELF, DON'T CHEAT YOURSELF

By: **Nicole Cocuy**

There is nothing more frustrating than casually walking around the mall, indulging in a double scoop of your favorite flavor of ice cream, and coming face-to-face with a life-sized poster of a Victoria's Secret model in lingerie. Immediately, you begin to regret your unhealthy decisions as Adriana Lima judges you with her thin frame and perfect abs. We've all been there.

We are so inundated with images of unrealistically skinny women in the media — women that epitomize what is conventionally beautiful and, therefore, women we work tirelessly to look like. Regardless of their size, women literally eat leaves, complain about the amount of sugar in carrots, and spend hours on the treadmill trying to achieve the constantly shifting goal of an idealized body. We are so used to this constant state of discomfort that we are only comfortable when we are uncomfortable.

Whenever a woman decides to "cheat" and orders, God forbid, a

double cheeseburger and fries, she is judged. When a woman deviates off of her journey to achieve the perfect body, she is overcome with guilt. Waiters make passive aggressive comments about how much food she orders. Friends joke about how hungry she is. And, most importantly, the woman feels the urge to apologize and make excuses for indulging herself.

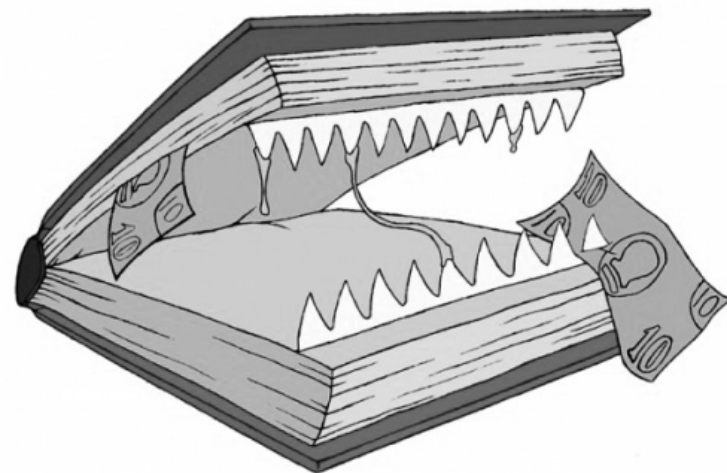
If we get caught enjoying the delicious comfort food of our choice, we resort to phrases like, "Oh, I haven't eaten all day," or "I'm going to the gym later so I will burn off the extra calories." We should not be pressured to excuse ourselves for temporarily putting our dreams to be the next Miranda Kerr on hold. Our obsession with eating healthy 100 percent of the time is actually unhealthy to our mental health. We punish ourselves for our temporary lapse of judgment by eating more lettuce and working harder at the gym.

Women shouldn't feel like they need to deprive themselves to be seen as thin and beautiful because, ultimately, beauty is in

the eye of the beholder. There are worse things in the world than gaining a couple pounds from eating a slice of pizza. Our society pressures us to believe that if we are not size zero, we fail as women. However, trying to achieve an impossible goal should not be our priority. We should be focusing on building ourselves up as people. Instead of spending hours at the gym, we should be volunteering at local shelters and schools and giving back to the community. We should be more concerned with our happiness than what the number on the scale says. I'm not saying go forth and eat a whole box of donuts and wash it down with a gallon of Coca-Cola, but indulging in comfort food once in a while is not the end of the world.

Life is short. Add a little bit of carpe deum to your day by taking a moment away from your strict diet. Drop your forkful of lettuce, replace it with a cupcake, a hot dog or a tub of Ben & Jerry's — whatever your guilty pleasure is — and enjoy. No regrets.

FINANCIALLY SCREWED BY TEXTBOOKS



That feeling when you have to buy a \$200.00 textbook.

COURTESY OF CITYBEAT.COM

By: **Stephen Rafferty**

Attending a college or a university is truly an exciting experience. As students begin to excel academically, just one particular roadblock appears out of nowhere. That roadblock is purchasing textbooks. As a college student, I perfectly understand the importance of purchasing textbooks, but purchasing textbooks is a financial burden for the students and parents.

Textbook prices range throughout the financial spectrum with, if you are lucky, \$100 to \$400 dollars for one textbook. Paying \$400 for one textbook is just absurd — sometimes that is not even for a new edition. I am stating this from the perspective of a college student, but let's get down to the facts. According to an article from USA Today, the price of college textbooks last year rose 82 percent at nearly three times the rate of inflation, and prices are estimated to continue to go up in the 2014-2015 school year. This statistic shows the damaging magnitude of textbook prices that overwhelm college students, which in turn hinder the overall quality of a college education.

Along with this alarming statistic, consumer group U.S. PIRG conducted a survey about students buying textbooks, interviewing 2,000 students across the U.S. The study found that 65 percent of the students said they had decided against buying a textbook because it was too expensive. Nearly half of the students said the cost of books had an impact on how

many or which classes they took, and 94 percent of the students who had skipped buying a required book said they were concerned that doing this would hurt their grade in that course. These statistics address the magnitude of this situation and truly show how ludicrous it is to purchase a textbook for a one semester class.

With all this said, there should be a different procedure to evaluate a textbook's value — a procedure that can benefit students, rather than burn their wallets and checkbooks. Maybe in the future, there can be a system based on checks and balances so students get the best price for their purchases and returns. Obviously, with the technological age, there are alternatives to purchasing books, such as rentals, payment plans and e-textbooks read with a smart device or tablet.

Textbook purchases affect students immensely and the rising prices will eventually hinder them from obtaining an excellent education. Changes should be made to benefit college students. New programs should be implemented that collectively provide greater assistance with buying textbooks, like a buyers incentive program where you buy two books get one free. Until this happens, students have to keep their current textbooks as clean as possible, compare prices with different retailers and research to find the most affordable textbooks.



The ASICS logo, featuring the brand name in a bold, italicized sans-serif font next to its signature three-stripe symbol.A full-page advertisement for ASICS running shoes. The main image shows a young man in a red athletic shirt and dark shorts running on a basketball court. He is wearing white ASICS running shoes with blue accents. In the background, a basketball hoop and net are visible, and a large basketball is suspended in the air. The lighting is dramatic, with strong shadows. In the bottom left corner, there is a partial view of another person's face and a white jersey with the word 'SUN' and the number '20' visible.

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