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## Define your success at the Undergraduate Student Success Fair

By: **Grace Ducanis**

@GraceDucanis

The key to success at NSU might just be attending a fair.

The Office of Undergraduate Student Success will host the annual Undergraduate Student Success Fair on Sept. 14 in the Carl DeSantis Building Atrium from 11:30 a.m. to 1 p.m.

The fair will feature tables from 19 NSU departments that promote student success, such as Career Development, Financial Aid, Henderson Student Counseling Services and Academic Advising, along with, of course, the Office of Undergraduate Student Success. At the fair, students will be able to learn about the services that each of these departments offer, as well as win prizes and free food.

Victoria Myer, assistant director in the Office of Undergraduate Student Success, said that the fair is like a one-stop shop where students can figure out what they want help with.

“Students will find information that they’re looking for and sometimes that they might not even realize they need until after they walk around and say ‘maybe I should set up a budget’ or ‘maybe I should see a success coach,’” Myer said.

Stephen Martony, senior finance and management major, attended the Undergraduate Student Success Fair last year. As a resident

assistant, he said he’s brought some of his residents to the fair to show them all of the different NSU departments.

“The fair is best for freshman, but it’s good for anyone to learn about the departments,” Martony said.

Martony explained that the fair helped him to find points of contact for all the different offices and that he got an internship through the fair.

“The fair is a great way to network. Whether you’ve been on campus for a few years or you’re a freshman, you’re going to meet new people, and you never know what those people will have to offer you.”

Alex Lopez, sophomore marketing management major, also attended the Undergraduate Student Success Fair last year, as part of a scholarship requirement.

“As a freshman, the most useful to me was the Office of Student Success,” Lopez said. “The relationship I made with [Myer] at the fair continued the whole year on, and during finals time, she helped me to plan out my finals schedule.”

Myer said that the office’s goal, through programs like the fair, is to get students to graduate, but that student success means something different depending on the student.

“Some students are just trying to graduate, some are trying to get into a medical program,



PHOTO PRINTED WITH PERMISSION FROM V. MYER  
At the fair, students will be able to meet with NSU departments that can help them throughout their college careers.

some are trying to go to graduate schools,” she explained. “So we meet with each student individually and try to figure out what their definition of success is, and then we try to work with them so they can get there.”

For Martony, success is graduating with as many experiences as he can.

“That means taking advantage of all of the campus resources that are available,” he said. “I had never gone to a soccer game my freshman year, and then I went to the fair and talked to the athletics department. They promoted it, they

gave us schedules, and they got me involved.”

Myer said that the fair is a fun and relaxed atmosphere, to make it easier for students to feel comfortable talking to representatives from the different departments.

“You’re going to get food, stuff and information, and you’re going to get to meet lots of people and build your network across campus,” she said.

For more information about the Undergraduate Student Success Fair, contact Myer at [vlaffert@nova.edu](mailto:vlaffert@nova.edu) or 954-262-8535.

## NSU takes precautions against Zika on campus

By: **Erin Herbert**

@Erin\_Herbert

With multiple cases of Zika popping up around South Florida, NSU has taken precautions to protect students.

According to Jessica Brumley, vice president for facilities management, NSU has adopted an effective pest control regimen to keep mosquitos off campus. Main campus, as well as each regional campus, will be sprayed once a month for the next year. The Davie-Fort Lauderdale campus was last sprayed the week of Aug. 15 in preparation for the beginning of the fall semester.

Brumley said that students should not be concerned about the sprayings on campus because the chemical being used is non-toxic to both the humans and animals around campus, but is one of the most effective ways to kill mosquitos.

The Office of Facilities Management will also be making a greater effort to eliminate standing water on campus in order to lower the chances of mosquitos breeding in the area. She urges students to be proactive and empty any standing water they see around campus or to contact a staff member from facilities management and make a report. Students can report any concerns to [facilities@nova.edu](mailto:facilities@nova.edu).

“We’re trying to prevent and educate as much as we can,” Brumley said.

In addition to the new plans laid out by the Office of Facilities Management, Student Health has also made provisions to prepare for the fall semester.

Kelly Gregg, vice president of clinical

operations, said that NSU’s Student Medical Clinic is well-prepared to diagnose or treat any students who may have contracted the virus.

“If there are any students who feel as though they might have been bitten by a mosquito or are exhibiting symptoms, we urge them to come down to Student Health to be evaluated,” said Gregg.

Bindu Mayi, professor in the College of Medical Sciences, said that symptoms of Zika include joint pain, conjunctivitis, muscle ache and headache. She explained that 80 percent of those infected with the Zika virus will not show any symptoms.

The clinic is equipped with an ample supply of testing kits for any students who are concerned.

Gregg said that one student has already come forward with symptoms of the Zika virus, but the student ultimately tested negative for the virus. Gregg also explained that if any students were to test positive for Zika, Student Health would be required by the state of Florida to send a report to the Florida State Department of Health, confirming that the student has contracted the virus.

Testing services in the NSU Student Medical Clinic, located in the Sanford L. Ziff Health Care Center, are available by appointment from 8:20 a.m. to 4:20 p.m., Monday through Friday, and from 9 a.m. to 1 p.m. on Saturday.

Gregg said, “Student Health is here for the students, and they are the number one priority. If students have any concerns about the Zika virus,

they can reach out to us, and we’ll be happy to help them.”

According to Gregg, NSU has collaborated with multiple hospitals in the surrounding area to ensure that each institution has the proper education and resources to handle any situations that may arise due to the virus.

Marie Florent-Carre, professor in the College of Osteopathic Medicine, said that Zika is a mosquito-borne virus that primarily affects the skull development of children in utero.

Florent-Carre explained that the virus is spread by the Aedes species of mosquitos, which are avid day-time biters, leaving individuals at risk for mosquito bites at any time of day. The Zika virus can be spread in multiple ways, including bites from an infected mosquito, sexual relations with an infected individual, contact from mother to child in utero and blood transfusions.

Both Mayi and Florent-Carre agree that pregnant women are at the greatest risk when exposed to the Zika virus.

Mayi said, “The biggest concern we have is the neurological complications that we have seen in those infected with Zika. Pregnant women seem to be the most at risk and are in danger of passing it on to their children.”

Mayi advises that students be proactive and take personal precautionary measures, in addition to those set up by NSU, to stay safe.

She recommends that students wear EPA-approved mosquito repellent and long sleeved shirts and pants if they plan on going

to an area with many mosquitos. She also suggests properly screening all windows and keeping doors to the outside closed, as well as participating in the “drain and cover” program prescribe by the CDC. The “drain and cover” program recommends that individuals drain any standing water and cover the vessel to avoid any more water collection. Mayi also suggests that the vessels be scrubbed to dislodge any possible remaining mosquito larvae.

For students who do not live on campus but are still concerned about mosquitos in their area, Mayi recommends filling out the online Broward County Mosquito Control spraying application. A mosquito control team will come and spray the area in question for free.

The state of Florida has reported over 500 cases of travel-related Zika exposure, while approximately 43 cases in the state are non-travel-related, according to CBS. Locally, there have been confirmed cases in Palm Beach, Pinellas and Miami-Dade counties. CBS reports that both the Wynwood and Miami Beach areas are considered to be “hot zones,” where a large number of Zika cases were confirmed earlier this year. Individuals visiting these areas are encouraged to take necessary protections, such as wearing mosquito repellent, to avoid contracting the virus.

For more information on Zika and how to prevent mosquito bites and breeding, visit [cdc.gov/zika/about/](http://cdc.gov/zika/about/).

# NEWS ANCHOR

Stay up to date with world events.

### Earthquake kills 290 in Italy

A magnitude 6.2 earthquake hit central Italy on Aug. 23, leaving hundreds dead. Aftershocks increased the death toll from around 250 to 290, according to CNN. Amatrice mayor says their beloved, historic town is no more. The wounded and grieving have now begun to bury the deceased, holding large, conjoined Catholic ceremonies in the affected areas. One bishop leading a ceremony stated that many of the dead were children.

### Epidemic exposed in Ukraine

The United Nations Program on HIV/AIDS has stated that Ukraine has one of the highest rates of HIV in Europe. 2009-2013 data proved that among Ukrainians injecting drugs, over 20% of women and close to 20% of men were HIV-positive. According to CNN, this increasing rate has much to do with the fall of the Soviet Union and the rise in drug use. After conflict with Russia left more than a million people displaced, Ukraine is slowly working to rebuild the nation, focusing on the health of the drug users, sex workers and prisoners and those having sex with them, in hopes of gaining some control of the epidemic.

### Couple rescued from deserted island in Micronesia

After a week-long search, Linus and Sabina Jack were rescued from a deserted island in Micronesia, East Fayu. Search teams deployed 15 boats and two aircraft crews, covering 16,571 square miles. A U.S. Navy helicopter spotted the couple's SOS sign and alerted the U.S. Coast Guard.

### Turkish troops take back ISIS-held town in Syria

Turkish tanks and special forces invaded Syria to regain control of Jarablus, a town previously ruled by ISIS. Backed by the U.S., the Turkish-led operation consisting of artillery fire, warplane bombings, more than 20 tanks and 1500 fighters was successful in retaking the border town, while the U.S. provided air cover. According to CBS, the infiltration was in response to various attacks in Turkey, and one in particular that left 54 dead.

### Moscow printing plant catches fire

A printing plant caught fire in Moscow, killing more than 17 workers. 12 were rescued from the flames. It took two hours to extinguish the blaze. Officials are now opening a criminal investigation after uncovering safety breaches at the plant.



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## Intramurals light up campus with monthly sporting events

By: **Erin Herbert**  
@Erin\_Herbert

Friday nights just got a whole lot brighter at NSU. Beginning Sept. 9, the Office of Recreation and Wellness will host a series of intramural sporting events, called Friday Night Lights, one Friday a month from 5-7 p.m.

Events will include kickball, ultimate Frisbee, pool basketball, whiffle ball and other team sports.

Assistant Director of Intramural Sports and Special Events Michael Birch said, "This event is an opportunity for students to stay here on a Friday night and choose a healthy alternative by playing sports with their friends rather than going and doing things off campus."

All NSU students, faculty and staff will be eligible to sign up for Friday Night Lights, as long as they have an active Rec Well membership. However, all participants must present a valid Sharkcard in order to sign in to each event.

Birch said he wants this series of events to make campus a little livelier on the weekends and give students the chance to meet new people.

"It's going to be an opportunity for students to get out of their dorms and join their friends, or go out to the field and make new friends," he said.

Registration for each game will open two weeks before the scheduled match date. Teams may enter by signing up on IMLeagues or by registering in person by 3:45 p.m. on the day of the event. Participants may sign up as individuals or with a group of friends as a team. Those who sign up as individuals will be assigned to a team automatically.

Event signups will be open on an individual basis, allowing students to choose which events they

would like to compete in each month.

"It's a good way to get involved in athletics on campus without the commitment of joining an intramural sports team," said MyKella Mitchell, senior business management major.

Games will be played at various locations on campus. These locations include the Bill Gessner Sports Complex, the multipurpose gymnasium or the RecWell racquetball courts, depending on which game is scheduled to be played.

Teams may consist of both men and women, and may have any combination of both genders on a team.

Friday Night Lights will begin on Sept. 9 with a kickball tournament. If students choose not to participate in the main sporting event, there will be a number of other physical activities for students to participate in, which will vary each month.

Birch said students will have the chance to tie-die shirts if they choose not to participate in the kickball tournament. T-shirts featuring the Friday Night Lights logo and calendar of events will be provided to each student that attends.

Some student athletic clubs and organizations will also be able to help out with certain events during the Friday Night Lights series to help these clubs gain visibility on campus. For example, the NSU Sharks ultimate Frisbee team will be assisting with the ultimate Frisbee tournament on Sept. 23.

Birch said, "Students should really take advantage of these intramural events because it's a great way to make friends. You don't even have to play in some of the events; you can just come out and have a good time."

For more information, visit imleagues.com.

	REGISTRATION DATES	PLAYING DATES
KICKBALL	Aug. 17 – Sept. 8	Sept. 9
ULTIMATE FRISBEE	Sept. 12 – Sept. 22	Sept. 23
LEISURE POOL BASKETBALL	Sept. 26 – Oct. 6	Oct. 7
NFL COMBINE	Oct. 10 – Oct. 20	Oct. 21
WHIFFLEBALL	Oct. 24 – Nov. 3	Nov. 4
OLYMPIC GAMES	Nov. 7 – Nov. 17	Nov. 18

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# Panel addresses 9/11 attacks

By: Jacqueline Lytle

[@JacquieLytle](#)

15 years have passed since terrorist attacks killed 2,977 men, women and children in New York and Washington, D.C. on Sept. 11, 2001. As President Barack Obama recently exposed 28 previously classified pages from Congress' joint inquiry report, many unanswered questions remain.

On Sept. 8, Florida Bulldog Editor Dan Christensen will hold a panel discussion and Q&A regarding the 9/11 tragedy from 7-9 p.m. in the Performance Theater in the Don Taft University Center.

The panel will consist of former Florida governor and co-chair of the joint inquiry, U.S. Senator Bob Graham; a victim's advocate who was working on the 80th floor of the North Tower during the attacks, Sharon Premoli; a partner with Philadelphia's Cozen O'Connor law firm who is leading a lawsuit on behalf of the victims, Sean Carter; Florida Bulldog's attorney and partner with Gunster law firm in Miami, Thomas Julin; and NSU's own history and political science professor, Charles Zelden.

The event will be live-streamed to the Flight Deck and all regional campuses.

As an academic expert on the subject, Charles Zelden will represent NSU on the panel.

Zelden said, "The declassified pages have to do with the possible connections of Saudi Arabia to the events of 9/11. It shows that there are relationships between leadership in

Saudi Arabia and the terrorists/hijackers that participated in 9/11."

According to Zelden, Saudi Arabia practices a very strict form of Islam known as Wahhabism, noting it's fundamentalist, with an us-versus-them attitude toward any other form of religion.

Zelden said that it's beneficial for students and community members alike to attend an event like this.

"9/11 started a process that has seen this rise in Jihadism around the world, increase in violence around the world, extreme destabilization within the Middle East and enormous difficult policy choices for the United States," Zelden said. "Based on the theory that more information is better than less when making decisions, and given the fact that most of our students are voters, this is a timely effort to be educated on these very important subjects prior to the presidential election."

According to Zelden, the panel discussion will deliver an in-depth debate regarding this complex situation. Panel members will look into lessons learned from 9/11 and what has followed since, such as the current multi-front war against ISIS and Al Qaeda.

"The argument that's been made is that this very conservative, strict, narrow vision of Islam tends to result in people who follow it, who are...focused," Zelden said. "They've got the truth; God's given them the truth, and that

that attitude leads, or can lead, some people to take the next step to Jihadism. So, there's a real question of what role has Saudi Arabia been playing in the growth of Jihadism and the Islamic state and Al Qaeda. At the same time, Saudi Arabia, with the exception of Israel, is our strongest ally in the Middle East."

"There's a real tension between our politics with Saudi Arabia and what Saudi Arabia may or may not be doing domestically, and internationally, that fosters the very thing they're trying to help us fight."

According to Zelden, understanding 9/11 and its impact is important because it shaped the world we live in today.

"9/11 is one of those events that you remember where you were when it happened, like Kennedy being shot or the Challenger explosion. It's one of those events that just sears into your brain. For those that weren't a part of it, you still have to understand it. That's what events like this help with," Zelden explained.

The event is open to everyone. Tickets can be purchased at the door on the day of the event or by visiting eventbrite.com/e/15-years-later-unanswered-questions-of-911-tickets-26958919855?aff=efvevent to reserve tickets.

Proceeds from the event will benefit FloridaBulldog.org, an independent online, nonprofit newspaper that covers local news. For more information, contact Kevin Boyd at 954-288-9508 or kevinboydpr@comcast.net.

## NEWS BRIEFS

### Extreme dodgeball tournament

NSU's Office of Recreation and Wellness will hold an extreme dodgeball tournament on Aug. 31 at 7 p.m. Students can register at imleagues.com. For more information, contact Michael Birch at mbirch@nova.edu or 954-262-7305.

### Provost's Research and Scholarship Award nominations now being accepted

NSU Provost Ralph V. Rodgers has announced that nominations for the annual Provost's Research and Scholarship Award are now being accepted. The award is given to an NSU faculty member who has demonstrated significant achievement in support of NSU's mission to foster scholarship, intellectual inquiry and academic excellence. Submissions will be accepted until Sept. 16 at 5 p.m. The winner of the award will be announced on Oct. 20 at the External Funding Recognition Reception. For more information or to submit a nomination, visit [nova.edu/academic-affairs/provost-award/index.html](#).

### DPVA announces audition schedule for 2016-2017 year

The Department of Performing and Visual Arts (DPVA) in the College of Arts, Humanities and Social Sciences (CAHSS) has announced the audition schedule for the 2016-2017 academic year. DPVA is looking for students, staff and faculty from any major and/or college to audition, and is in need of musicians, singers, dancers, actors and crew members. The first audition is Aug. 26 from 4-7 p.m. for the play "Dogs See God" at the Performance Theatre inside the University Center. For more information, contact Alyiece Morreto at [atmoretto@nova.edu](#) or call the DPVA office at 954-262-7620.

### NSU ranked among the safest universities in the US

RentCollegePads.com has ranked NSU as the 17th safest campus in the U.S. The NSU Public Safety Department is nationally recognized as an exemplary model for campus safety, receiving calls from a number of colleges and universities across America seeking advice on ways they can replicate the procedures taken on the NSU campus.

### Join NSU at Autism Speaks Walk

The South Florida chapter of Autism Speaks will hold its 2016 Broward Autism Speaks Walk on Sept. 24. Activities are scheduled to begin at 7:30 a.m. on the Alvin Sherman Library Quad. The event includes a two-mile walk, followed by presentations from elected officials and performances by up and coming artists. Additionally, the day will include meet and greets with Miami's sports teams' mascots and cheerleaders, as well as an autism community resource fair. NSU's fundraising goal is \$12,000. Those who are unable to attend the event can still donate by purchasing a Team NSU shirt for \$10. For more information, call Donnet Goulab at ext. 27168 or visit the NSU team for the Baudhuin Preschool page at [autismspeakswalk.org](#).

# NSU teams up with HandsOn Broward to remember 9/11 veterans

By: Jacqueline Lytle

On Sept. 11, our nation's citizens honor the victims that endured the terroristic attacks on New York and Washington, D.C. in 2001.

At NSU the Office of Student Leadership and Civic Engagement will (SLCE) hold a service day each year dedicated to remembering and thanking those that fought for our country and lost their lives on 9/11. This year, on Sat., Sept. 10 from 8 a.m. to 2 p.m., SLCE will partner with HandsOn Broward to refresh the living grounds of veterans residing at Keystone Halls, a transitional housing environment located in Fort Lauderdale created for men and women recovering from alcohol and substance abuse.

Emily Konicki, a student and SLCE employee who is helping organize the service day, explained that the university's goal is to revitalize the grounds the veterans and other members of the community are living on.

Student volunteers will be painting and landscaping the area. Transportation and lunch will be provided.

Schae Maynard, who participated in last year's service day, visited The Patch, located in Dania Beach, while others offered their help to nearby homeless shelters. At The Patch, volunteers helped plant crops that would later be sold at the onsite farmer's market.

According to HandsOn Broward, the organization's focus is motivating and inspiring community members to actively volunteer when it is convenient for them. They extend a wide variety of service opportunities that will fit volunteers' schedules and interests.

Maynard said students can expect to get very hands-on.

"You get to interact with so many different people, not just from NSU but within the local community," she said. "You get to see what types of conditions exist outside of our little bubble that is NSU and what life for everyone else means...It's just a great day for friendship, networking, and feeling more connected to the NSU community."

Students are able to volunteer for this year's service day by visiting [orgsync.com/45785/forms/203311](#), which will remain open until Sept. 7. Students may contact Emily Konicki at [slce@nova.edu](#) or call 954-262-7195 with any questions.

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# Making NSU your home away from home

By: Jenna Kopec

A new environment, no matter how exciting it may be, can be nerve-racking. As the reality of classes, and for some the realization of being on your own, begin to set in, it's possible that some resident Sharks might start missing home. Though this is a common problem among many college students, according to USA Today, there are plenty of ways to combat it. Residential Life and Housing at NSU is staffed with individuals trained to help Sharks cope with adjusting to this new environment—and avoid feeling like a fish out of water.

## The cause of homesickness

Although there is no clinical definition or precise cause for homesickness, many people define the term as “a longing desire to return to wherever you consider home.”

Justin Smith, area coordinator for the Leo Goodwin Residence Hall, said that students often feel homesickness because of a lack of engagement. Often, students who feel an immense homesickness lack, or feel like they lack, a connection to the university. Smith said it's important for students to realize the importance of engagement.

Alonzo Williams, senior dance major and resident assistant, said that students, particularly freshman, might feel homesick because they are embarking on a new journey.

“It's kind of like starting life all over again,” he said.

## Preventing and combating homesickness

Ryker Hess, sophomore business management major and resident assistant, said that one way he chose to combat homesickness as a freshman was to keep mementos of home. He kept his high school yearbook in his room and made it a point to call or write letters to his friends back home.

“Keeping in contact [with the people you love back home] can help ease the transition while you make more friends here,” Hess said.

“I think one of the biggest things to create that sense of home is having authenticity,” Smith said. “When I think about going home, I think about being able to be myself and be comfortable.”

As a result, residential assistants are trained to create programs to connect students and help them form relationships. Smith said that as students form a sense of connectedness, they begin to feel more comfortable and enjoy their stay at the university.

“First, seek out your RA for that help with knowing about the school and the community of the school. Every year that I've been an RA, I've made sure to introduce my residents to my friends that are of the same major or may be able to help them,” Williams said.

One of the simplest ways to form these connections outside residential assistant programs, according to Smith, is to join organizations throughout campus in order to engage with the student body. Finding a niche on campus can help foster a sense of familiarity and belonging.

## What it means to find your niche

Finding a niche in a university can seem like a daunting task — after all, college is the time for students to find themselves, and it's not uncommon to be unsure of where to start. For this reason, Smith said it's important to know where to look. Looking back to prior interests and discussing these topics with an RA might be a good place to start. Again, starting with some familiarity can provide comfort. From there, students should explore new avenues and organizations in order to find which forms of engagement best suit them.

“I don't want to overwhelm residential students, but I want them to find some sense of familiarity so that they don't feel lost,” Smith said.

Every student will have different goals and different needs for the school year, but finding ways to be part of the Shark community looks different for everyone. Finding a niche in a university doesn't mean drowning in every activity; it just means finding people and activities that suit individual needs.

## Making your space yours

“We encourage students to decorate their rooms as much as they can and also have transparent relationships with their roommates,” Smith said.

Because students might be sharing a room, if not a suite with multiple people, it's important to create a living space where all members feel

comfortable and included.

Smith said the residents in the halls can draft roommate agreements in order to devise a plan to cover situations, such as guests, noise levels or even how cold the A.C. is. Developing a transparent relationship with roommates or suitemates will help ensure that all parties feel comfortable in their space.

“I think, for me, one of the aspects of being home is having something that's constant,” said Hess.

He said that during his freshman year, it was nice to return to his suite and suitemates at the end of every day. Both Hess and Williams said that taking the time to create a comforting space can help foster that sense of home.

Taking time to decorate dorm space will make it feel more personal: a safe place to find comfort during stressful days. Need starting points? Hess recommended plants, a small rug and ambient lighting, and Williams suggested some artistic pieces, a desk set-up that works for you and a system for listening to your favorite music while in the room.

As a whole, NSU takes pride in becoming a second home for its students. Missing home is hard, but college is a great place to establish new connections. All Sharks have proven they're brave enough to enter new waters in order to reach full potential, and though it may take a bit of exploration, every Shark can find their home here on campus.

# Fashion Finatics: College chic on a college budget

By: Marie Ontivero



Shopping on a budget can be easy when you know where to look.

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For some students, college is the first time they'll be able to leave those horrid uniforms behind and dress for school whichever way they may choose. For other students, it's the time to step it up a notch. Whatever kind of student you are, finding quality clothes on a budget may seem nearly impossible, but with the right strategy, you're sure to find a few knockout outfits on the low-low.

## The Mission

What sort of high quality items could I purchase for this upcoming semester with a budget of \$250, without resorting to fast-fashion stores like Forever 21 or Wet Seal? I decided to find out by researching which stores had student discounts and looking out for clearance sales and promotions. I also made sure to use up any gift cards I had from previous holidays or birthdays.

## The Journey

I began my adventure at Banana Republic, since I knew I needed a nice outfit for those occasional class presentations. There was a promotion going on for pants that slashed the price from \$98 to \$58.80. It was still a bit expensive, but I decided to buy the pants. The major downside? Because these pants were on sale, I couldn't get the student discount on top of it. If these pants had been regular price, then I could have applied the discount, but it wouldn't have been as good of a deal. I checked the store's clearance section, but had no luck considering my budget and how big of a dent these pants caused.

From there, I went to Abercrombie & Fitch, mainly to reminisce about my teenage years and enjoy the heavily scented store. As I was perusing their clearance section, which was pretty empty, I managed to find a shirt and skirt in my size. When I went to check out, to my

surprise I had spent a total of \$24.49.

Immediately, I knew this was going to be the best snag of the day.

Feeling confident, I went into Macy's to scour through their many sales racks. They had racks with clothing from 40% to 60% off regular pricing. Unfortunately, no student discounts are offered here. The bulk of my budget was spent at Macy's even with a gift card. I managed to purchase eight items: two dresses, a three-piece gym outfit, and three tops. The clothes would've cost me \$163.23, but with that handy-dandy gift card from my step-aunt I only paid \$140.30.

I finished my shopping spree at J. Crew with a pair of shorts that were originally \$39.50, but because of a promotion and my 15% student discount I paid \$25.18.

## Final tally

In total I managed to spend \$248.77 on tax-free weekend, which saved me on that extra

6%, \$14.92. Keep in mind that this budget didn't cover shoes.

So, is \$250 really enough to create a college wardrobe? Yes and no. Yes, because it could be a whole new wardrobe at a fast-fashion store like Forever 21, whose clothes have a reputation for being of lower quality. No, because purchasing high quality items, regardless of promotions and discounts, are still going to be a little pricier.

At the end of the day, a student doesn't need a whole new wardrobe each school year anyway. Students can have x-amount of clothes but wear the items in y-amount of ways. As we get older and start entering the workforce, we're going to need those nice items that can easily transition from a day at work to a night out. So, to get a few snags on a tight budget, we college students should practice shopping for high quality items at bargain prices.

# CAREER CORNER

## Game planning for your career or major

By: **Emilio Lorenzo and Emily Tasca**

*Emilio Lorenzo is the assistant director of career advisement in NSU's Office of Career Development. He understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.*

*Emily Tasca is a member of the career advisement team in NSU's Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels.*

In life, you wouldn't buy a car without first test driving it. You also wouldn't marry someone unless you went on a date first, right? The same principles apply to deciding on a major or career path for yourself. The steps you have taken to confirm this interest will not only help you understand your own passion but provide a clearer picture as to how to reach your goals. A strategic game plan is a useful tool when deciding on your major. It helps you establish a road map for times when you're at a crossroads to either change your major or career path.

### Talk to faculty and industry experts

Your first step should be to engage in meaningful conversations with individuals who have knowledge, experience and overall insights on your fields of interest. These individuals can include faculty members, family friends and professionals working in those career fields. Talking with someone is going to give you much more accurate information than just looking online and will help you form a connection with someone who can help you reach your career

goals, if you decide that specific industry is for you. Although attending office hours with faculty can be a nervous experience at first, these are individuals who are already in your corner and want to support you in your collegiate journey to uncovering your true passions. Talking to professionals, whether you've met them before or not, also helps you learn more about the industry. After these interactions, it's important to allocate time to reflect on what was discussed and what that means to you. You should almost, in your mind, walk through how your day would look in such professions and decide whether that matches the values and goals you have set for yourself. You should also not abandon these contacts after the initial interaction, as these individuals can be valuable connections in the future. You want to ensure you maintain the relationship, whether in person, via LinkedIn or by emailing from time to time.

### Shadowing, research and self-reflection

Another great avenue to explore your major is to shadow a professional or immerse yourself in the knowledgebase via research. Both of these provide a more hands-on experience than informational interviews but don't require as much of a commitment as an internship or job in the industry. Research can help you understand the different contexts of your industry and the applicability of certain knowledgebase areas. Research opportunities can be uncovered by setting meetings with faculty members, which is why office hours can also prove useful down the road. In addition, if you are considering a career that involves research, an experience like this will give you a clear picture of what the day-to-day activities entail. Getting a taste



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of what a day in a certain career looks like is very valuable in making a decision on a major or minor. Shadowing professionals can help you see the multitude of opportunities available within an industry and how each has its own components to evaluate. For example, if you are interested in the healthcare industry, but not sure which area to pursue, shadowing a dentist, doctor, physical therapist or even an optometrist can really help you make a more well-informed decision that may spark the fire in you to pursue such opportunities.

### Internships and experiential learning

A more hands-on approach to making a decision on your major is to actually test drive the career through internships and experiential learning opportunities. Internships are a valuable avenue to explore during college, as they're usually an 8 to 16 week experience within a company that helps you apply classroom skills and knowledge in a specific organization. Internships allow you to learn certain skills that can't be fully taught within a classroom

setting. It is a great way to build your network with professionals working in the industry and showcase your work ethic, and many times, an internship can turn into a full-time job upon graduation. If you're unable to commit to an entire internship experience, then pursuing experiential learning opportunities, such as case competitions, is another way to gain hands-on experience and understand your major and minor pursuits. Case competitions offer students a chance to solve a real-world issue within an industry and receive feedback from a company on how you were able to resolve the problem utilizing those same classroom skills. These competitions can show the employer what you can offer, since the cases are issues that employers are facing themselves, and you have now provided a fresh perspective on how to address it.

Deciding on a major and minor can be stressful, but taking some strategic steps to explore and confirm your interest can make the process more effective and will leave you with a better idea about what your future entails.

## Resources for your academic life

By: **Oswaldo Tortoledo**

Starting a new semester in college is hard for everyone. Both upper and lower classman need to balance their busy schedules between new classes and social lives. When you're starting a new semester, learning about all the resources NSU has to offer students is very important. Whether you want to bring your grades up or you already feel like you've got a handle on things, it's good to be aware of all the support available on campus.

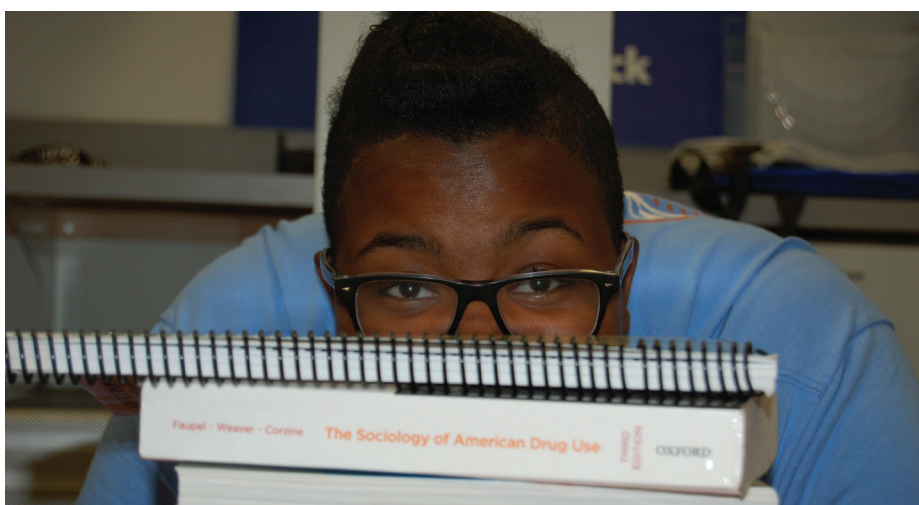
### Meet with your academic adviser

Meeting with your academic adviser can be a great way to take advantage of your resources. Your academic adviser can help you with course selection and creating an academic plan. You can schedule an appointment with your academic adviser by visiting the Horvitz Administration Building or by calling 954-262-7990.

### Check out the Tutoring and Testing Center

Tutoring can be a great way to enhance your academic development. The Tutoring and Testing Center offers you many ways to improve your grades.

You can schedule one-on-one tutoring sessions for a specific course on campus. You can even take a tutoring session online, conducted by Fort Lauderdale and Davie campus tutors. As part of the testing services the university has to offer, you may also take challenge and placement exams for a variety of different courses. These will help you prepare for



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NSU offers numerous resources to help students succeed.

what you will see in class, and it also helps you develop better preparation for future courses. Visit the Tutoring and Testing Center on the second floor of the Student Affairs building or call 954-262-8350 to schedule an appointment.

### Try visiting the Office of Undergraduate Student Success

If you're new or having some trouble with your classes, contact the Office of Undergraduate Student Success on campus. Student Success focuses on helping their students achieve their goals through coaching programs, development workshops and faculty connections.

Success coaching is a very effective way

to adapt a good academic routine. The sessions cover many important topics such as study strategies, financial awareness and academic planning. For more information about the Office of Undergraduate Student Success call 954-262-8386 or email studentsuccess@nova.edu.

NSU has great resources to offer. It's important to remember that if you want to see some improvement in your academic life, or even maintain it, these resources are available. If you're having any doubts about the choices mentioned above, don't forget to visit the Student Success Fair on Sept. 14 in the Carl DeSantis Atrium from 11:30 a.m. to 1 p.m.

Stay updated  
24/7 so that  
you know  
exactly when to  
rock out  
with us!

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# Sharks just want to have fun

By: Jenna Kopec

The first few weeks on a college campus can be overwhelmingly exciting, but when the novelty starts to wear off, some students find themselves at a loss about what to do next. Sharks probably want their college experience to be fun, but how do they accomplish this?

To answer that question, three students: Claudia Stevens, sophomore biology major, Kadeem Hall, also a sophomore biology major, and Mariah Knowles, sophomore finance major, came together to discuss the secrets they've uncovered to having fun on campus throughout the year.

## The events won't stop coming and neither should you

Part of why the first few weeks of school are exciting is because we have such memorable events, Sharkapalooza and Waterworks, for example. Students may look forward to these events on a yearly basis, but it's important to remember that NSU has so much more to offer than just the headline events.

Throughout the academic year, Campus Life and Student Engagement and the multitude of student organizations on campus hold events to both support their causes and community. Some examples of past student organization events include Cozy Corner's Jail and Bail, Kappa Sigma's Strongman event and the Mako Rangers' Movie Monday. Knowles said she takes the time to make a note in her calendar of events for organizations she would like to support.

Students are always welcome at events, even if they're not part of the organization that's hosting it. According to Stevens, believing that you have to be heavily involved with an organization is a "huge myth." Instead, she said that students should attend events that they would like to attend, no matter how much they know or wish to be involved with the sponsor.

Because there are so many events that occur throughout the year, it may be hard to keep track of them all. So how does a Shark stay up-to-date?

"Usually Instagram [and other social media]," said Stevens. "I feel like that's something we always check."

Following organizations on campus can help you stay updated. Hall said to look out for

flyers and posters around campus. If you're a resident, the security desk in your residence hall will often have event advertisements. If you're a commuter, read the posters hung up around the UC pit and the smaller flyers that are often left on tables.

## An open mind will lead to a good time

NSU has a strong recreational program with an array of activities that students can participate in for free. Dance classes, the rock wall, and racquetball courts are just a few examples. For someone who's never tried any of these before, the activities might cause you to ask "why bother"? For this reason, it's important for Sharks to keep an open mind about new activities.

"Try something that you feel you may not be good at and then just do it; you might just enjoy it," said Knowles.

Knowles said that when she first heard about the hip hop class that she now regularly attends, she was skeptical about whether or not she should go. She said it took some convincing from her friends. Hall shared a similar experience with table tennis over the summer. He said that had it not been for a friend suggesting it, he never would have started playing the game that has become a regular pastime for him during the summer.

Notice how both Knowles and Hall were introduced to a new experience through someone they know. Therefore, it is also important to keep an open mind about the people that you meet throughout the year. Often, the classmate in your biology class will turn out to be a lot more than just a face you see every Monday, Wednesday and Friday.

"Having a small school, you see familiar faces," said Hall. "I think meeting people here is really easy as long as you put yourself out there."

Hall said that going to events he normally wouldn't attend and seeing other students who were familiar to him resulted in a change of perspective. Stevens said that she regularly makes friends with the students in her classes as a means to both gain information and have fun throughout the school year. NSU has such a diverse population, and keeping an open mind about every individual you meet opens yourself

to diverse experiences.

## Don't be afraid to get creative

When all else fails, remember that you can make your own fun with the friends you've made and a campus that is open to you.

Stevens said that she likes to hold picnics with her roommates around campus, Knowles said she helped organize a Super Bowl party with her friends during the winter semester, and Hall said he likes to go to the gym and play basketball with his friends.

Stevens, Knowles and Hall all said that it's important to "make fun," whatever that may mean to you.

For Hall, it meant treating his fun activities just as importantly as his responsibilities.

Perhaps table tennis isn't the most talked about activity on campus, but for Hall, it was motivation to complete his responsibilities. He said that because he treated it as a reward to himself mentally, he had more fun playing.

Knowles said she ensures she'll have fun by assuming she'll enjoy whatever it is she engages in for the day, whether it's attending a soccer game or just watching a movie with friends.

NSU is an environment that students can enjoy, no matter what time of year. As the Weeks of Welcome come to a close at the end of the week, know that the fun experiences at NSU will not follow suit.

## 18 WAYS TO HAVE FUN ON CAMPUS YEAR-ROUND

1. SCALE THE ROCK WALL
2. JOIN EXERCISE CLASSES SUCH AS YOGA, HIP-HOP OR TOBATA
3. DIP INTO THE LEISURE AND COMPETITION POOLS
4. HIT THE BASKETBALL COURTS
5. PLAY ON THE SOCCER FIELD
6. SERVE ON THE TENNIS COURTS
7. BOUNCE AROUND THE RACQUETBALL COURT
8. ROAM THE COTILLA ART GALLERY
9. PICNIC AT GOLD CIRCLE LAKE
10. ENGAGE IN A FRIENDLY GAME OF VOLLEYBALL
11. HOLD A MOVIE NIGHT IN THE COMMON ROOMS WITH LIBRARY RENTALS
12. CHITCHAT IN THE MEDICINE GARDEN
13. BARBECUE ON THE GRILLS OUTSIDE THE RESIDENCE HALLS
14. BAKE IN THE LEO GOODWIN KITCHEN
15. CREATE SYMPHONIES IN THE MUSIC ROOMS ON THE THIRD FLOOR OF THE UC
16. HONE YOUR SKILLS ON THE POOL TABLES
17. DOMINATE TABLE TENNIS
18. EXPLORE THE LIBRARY'S FOURTH FLOOR MUSIC COLLECTION

## Places to gill out: The Alchemist and Eucalyptus Gardens

By: Jenna Kopec

NSU is a unique and lively campus, but that doesn't mean that fellow Sharks can't band together and take an afternoon to explore the South Florida area—even if that just means finding a quaint place to study.

For individuals who love nature, the arts and a low-key atmosphere, the Eucalyptus Gardens, located in Wilton Manors, might become a safe haven this semester. For Sharks that are new to these waters, Wilton Manors is about a twenty-minute drive from campus, depending on the time of day. Although it may take some planning to get there, the trip is worth it.

The Eucalyptus Gardens abound with natural foliage and unique pieces of art. If you're looking for an afternoon stroll, this might be a nice backdrop. A farmer's market, wine bar and many restaurants are all located here, but the most notable venue in the Eucalyptus Gardens is The Alchemist, a coffee shop and restaurant open seven days a week from 8 a.m. to 5 p.m.

New Times said this coffee shop was the best in Broward and Palm Beach County. With an open-air concept, outdoor seating and mason jars, The Alchemist's atmosphere coincides with the fresh ingredients they build their menu around. The shop grinds their coffee beans to



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Students from Nova Southeastern University enjoying a day at The Alchemist.

ensure a fine tasting brew. Specialty drinks at The Alchemist include espressos, macchiatos, cappuccinos and lattes. If you're a fan of iced coffee, The Alchemist ensures your drink won't be watered down by using coffee ice cubes.

Besides its coffee, The Alchemist is famous for its slicers: open-faced sandwiches that cost \$6.95. Other menu items include tea, salads and various gluten-free desserts. Looking for breakfast? Egg sandwiches are offered until 11 a.m. on weekdays and 1 p.m. on weekends.

No matter the time of day, The Alchemist is a calm environment that breeds conversation without getting noisy. For patrons who are looking to sit down and get some work done, WiFi is free, so don't think you'll have to sacrifice study time in order to make your trip.

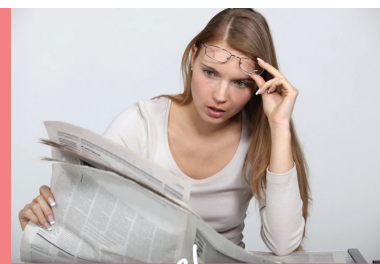
Whether you're looking to spend the day getting to know a fellow Shark or searching for a place to write that paper while staying caffeinated, the Eucalyptus Gardens and The Alchemist will surely fit your needs. By familiarizing yourself with local hot spots in the area, you'll gain great experiences and insight into the community's culture.

### Eucalyptus Gardens

2430 NE 13th Ave,  
Wilton Manors, FL 33305

### The Alchemist

2430 NE 13th Ave #1,  
Wilton Manors, FL 33305



Extra!  
Extra!

READ  
ALL  
ABOUT  
IT!

OUR PAPER COMES OUT  
EVERY TUESDAY AND IS  
AVAILABLE IN MORE THAN  
17 LOCATIONS AROUND  
CAMPUS!

# Finding Fitness: Tabata

By: **Erin Herbert**

[@Erin\\_Herbert](#)

*Finding Fitness is about more than just scoping out the latest fitness trends. It's about finding exciting new ways to focus on the most important subject of any story: you. From extreme sports to strange and sometimes uncomfortable classes, this feature is all about finding the best fitness to maximize your health. Stay tuned to find out what new and exciting fitness endeavors are in the area.*

## What is Tabata?

Tabata is a form of high intensity interval training that focuses on performing cardio and strength training exercises within preset time parameters.

Tabata workouts are characterized by specific intervals of effort. Sets of exercises are performed for 20 seconds and repeated for eight rounds, with a 10 second interval of rest between

each set. Through this type of interval training, participants are able to quickly raise and lower their heart rate over the course of each four minute exercise cycle.

Because of the high-intensity nature of Tabata, classes are typically short and only last about 45 minutes. Marcela Sandigo, associate director for programs for recreation and wellness and certified group exercise and personal trainer, said that there is usually about 25-30 minutes of high-intensity interval training per class with around 15 minutes reserved for warm up and cool down.

Sandigo recommends that anyone who plans on participating in a Tabata class bring both water and towel. She also said that all participants should eat at least 30 minutes to an hour before engaging in any high-intensity interval training.

She said, "Your body needs the fuel in order to perform well during these types of intense workouts."

## What are the health benefits?

One of the primary health benefits of Tabata is the increase in basal metabolic rate. According to Sandigo, your basal metabolic rate is the amount of energy your body burns while at rest. By raising your BMR through interval training like Tabata, you increase the amount of calories your body is burning even when you've finished with your workout.

"It's shown that your body will continue to burn calories 24 hours after you've done the class. Your heart rate goes up so high, then it has to recover, and then goes up again, so that cycle raises the BMR and your body keeps burning calories afterwards," said Sandigo.

Because of the rapid increase and decrease in heart rate that Tabata provides, it has been found to be an effective workout for both fat loss and muscle gain, according to Sandigo.

She said, "It's fast and effective. All it takes is 20 or 30 minutes. The workouts are very short, but very effective for fat loss and muscle building. Very few other exercises will do that."

## What are the health risks?



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Tabata is one of the many classes offered at RecWell.

There are a number of health risks associated with Tabata, as with any form high-intensity interval training.

Sandigo said, "A lot of the risks come from people not taking care of themselves. With a lot of exercise routines people don't eat beforehand or don't properly hydrate."

Sandigo explained that it's also important for participants to know their physical limits before entering the class to best avoid injury. Slight modifications can be made to any move performed in Tabata to make it easier for each individual, depending on their physical capabilities. For example, a participant who suffers from wrist injuries should know to stay away from performing pushups during Tabata class, and should modify the workout so they don't aggravate previous injuries. Sandigo recommends that participants speak with their instructors before class to determine if they'll need to modify the workout.

"There's a very fine line between not pushing yourself hard enough, and pushing yourself too hard," said Sandigo.

## Places to take Tabata:

**NSU RecWell**  
3301 College Avenue  
Fort Lauderdale-Davie, Florida 33314

For a schedule of classes, visit [rec.nova.edu/fitness/forms/fall2016-groupx-schedule-new.pdf](http://rec.nova.edu/fitness/forms/fall2016-groupx-schedule-new.pdf)

# ON DECK

## Women's Soccer

vs. Webber International  
NSU Soccer Complex  
Sept. 1, 7 p.m.

vs. Catawba  
NSU Soccer Complex  
Sept. 3, 7 p.m.

vs. Palm Beach Atlantic  
NSU Soccer Complex  
Sept. 6, 7 p.m.

vs. Florida Memorial  
NSU Soccer Complex  
Sept. 7, 7 p.m.

vs. North Alabama  
Florence, Ala.  
Sept. 9, 7:30 p.m.

vs. Mississippi College  
Florence, Ala.  
Sept. 11, 10 a.m.

## Women's Volleyball

vs. Bentley  
NSU Arena  
Sept. 2, 2 p.m.

vs. Southern Nazarene  
NSU Arena  
Sept. 2, 7 p.m.

vs. Arkansas at  
Monticello  
NSU Arena  
Sept. 3, 2 p.m.

vs. Adelphi  
NSU Arena  
Sept. 3, 7 p.m.

vs. Wayne State  
Pueblo, Colo.  
Sept. 9, 9 a.m.

vs. Western State  
Colorado  
Pueblo, Colo.  
Sept. 9, 1 p.m.

vs. Adams State  
Pueblo, Colo.  
Sept. 10, 9 a.m.

vs. Texas A&M-Kingsville  
Pueblo, Colo.  
Sept. 10, 1 p.m.

## Men's Cross Country

vs. Florida Atlantic  
Boca Raton, Fla.  
Sept. 4, 6 p.m.

## Men's Soccer

vs. Mississippi State College  
NSU Soccer Complex  
Sept. 2, 7 p.m.

vs. St. Thomas  
Miami, Fla.  
Sept. 6, 7 p.m.

vs. West Alabama  
NSU Soccer Complex  
Sept. 9, 7 p.m.

# OUT OF THE SHARKZONE

## Florida Panthers lose top prospect in trade with Arizona Coyotes

On Aug. 25, the Florida Panthers traded NHL veteran Dave Bolland and top prospect Lawson Crouse to the Arizona Coyotes for a second and third round pick in the 2017 NHL Entry Level Draft. By trading Bolland, the Panthers were relieved of his \$5.5 million hit to their salary cap, according to the Miami Herald.

## Hope Solo suspended for six months

U.S. national team goalkeeper Hope Solo has been suspended from national team competitions for six months after making inappropriate remarks at the 2016 Summer Olympic Games in Rio. The 35-year-old called members of the Swedish Olympic team "a bunch of cowards," after the U.S. team was eliminated. In addition to the six month suspension, U.S. Soccer also terminated Solo's contract, according to ESPN. She will be able to sign a new contract in February.

## NHL team hires first full-time female coach in league history

Dawn Braid became the first full-time female head coach in NHL history on Aug. 25, after being hired by the Arizona Coyotes. Braid has previously held positions as a skating consultant for the Toronto Maple Leafs, Anaheim Ducks, Buffalo Sabres and the Calgary Flames, according to FOX Sports.

## Russia banned from Paralympic Games

The Court for the Arbitration of Sport and the International Paralympic Committee have finalized their decision to ban all Russian athletes from competing in the Paralympics in Rio next September. Russia's ban is the result of allegations that the country is running a state-sponsored doping program.



# Athlete of the Week:

## Nathaniel Pells

By: **Erin Herbert**

[@Erin\\_Herbert](#)

Positivity is the key to being successful in the world of soccer for Nate Pells, freshman business major and newcomer to the NSU soccer team.

Pells comes to NSU from Leeds, England, where he played soccer at Allerton High School. In addition to playing on his high school squad, Pells was also a member of both the Huddersfield Town FC and the Harrogate Railway.

Despite a less-than-stellar 2015-2016 season for the Sharks, Pells is enthusiastic about joining the team and is eager to get down to business for the upcoming season.

He said, "Even though I wasn't here last season, I know it wasn't a very successful season, I think we just have to focus on each game as it comes and try and win more games. I think last season the boys were getting down when they kept losing, so this season if we lose we need to stay positive and try to win the next game."

Pells went on to explain the impact soccer has had on his life.

### How did you start playing soccer?

"When I was in primary school in England, we would always be playing soccer on the playground and a few of my friends had played for a local team, so I just went along with them one Saturday. I've been playing ever since."

### Is anyone else in your family involved in soccer?

"No, it's just me. No one else had ever really been interested in soccer before I started playing. So I was the first one to be involved in soccer."

### How did you end up at NSU?

"The coach had contacted me while I was in England because of a mutual connection, and he told me that NSU had an exciting new program and that he wanted me to be a part of it. So I thought, 'Why not?'"

### What's your favorite aspect of playing for NSU?

"I like all of the boys. I've made friends with them very easily. They're a really good bunch of lads. I really like the weather here as well."

### Have you had any influential coaches in your soccer career?

"When I was 16 and playing back in England, I had this one coach who really drilled into me everything that I needed to do to become a successful soccer player. He was a really professional coach and helped me a lot."

### What's the hardest part about playing soccer?

"Over here, it's definitely been the heat. Playing out in the sun is a lot of hard work. And since I'm new this year, there are a lot of new people and I need to learn to play with all of them. So that's been the biggest challenge for me so far."

### Are there any athletes that you look up to?

"My favorite soccer player has always been Frank Lampard, even though he doesn't play my position; he's a midfielder. I've always admired the way he plays and how he always looks happy when he's playing. I really look up to him."

### How do you prepare yourself for a game?

"I don't do anything specific, I just try to stay calm and put myself in my own zone. I



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Pells is preparing to enter his first season as a Shark.

don't really pump myself up, I just try to stay relaxed and go from there."

### How do you handle losing?

"You can't be afraid of looking back at your losses. You've got to go back, look at the mistakes you made, and then try and learn from those mistakes. You need to have a positive outlook."

### Since you're a freshman, what do you like best about NSU so far?

"I really like living in the dorms. It allows you to make friends with other people who aren't athletes. You can meet a variety of different people with a variety of different majors, and from different parts of the world as well."

### What has been your proudest achievement as a soccer player?

"When I was 16, I got an offer to play what we call a scholarship match, but it's just where if you're 16-18 you get to play soccer fulltime for two years and get to do a sports course as well. It was a really big achievement because not a lot of people get the chance to do that in England."

### When you're not playing soccer, what do you enjoy doing in your free time?

"Since I've been here I haven't had much free time, but back home I use to go to a lot of concerts with my friends. I really just like relaxing and chilling out. Over here I really like being out by the pool and I would like to go down to the beach as well."



## On the Bench:

Female athletes deserve recognition too

By: **Erin Herbert**

[@Erin\\_Herbert](#)

Female athletes are making headlines in the world of sports more and more every day. And after the 2016 Olympic Games in Rio, there has been no shortage of coverage for a number of incredible female athletes. However, despite these advances, many women are still not as respected as their male counterparts.

The Chicago Tribune is receiving a lot of heat regarding one of their headlines from early on in the Olympics regarding one of the female shooters representing Team USA. Corey Cogdell-Unrein won a bronze medal for the United States in the women's trap shooting event. This third place finish earned Cogdell-Unrein her second Olympic medal. However, the article title the Chicago Tribune chose to use did not even come close to appropriately

documenting Cogdell-Unrein's momentous achievement.

The article's original title, "Wife of a Bears' lineman wins a bronze medal today in Rio Olympics," did nothing to recognize Cogdell-Unrein and her achievement, but rather celebrated the fact that she is married to an NFL player. Cogdell-Unrein earned her bronze medal through hard work and determination just like every other Olympic medalist and it should have been common sense for the article to celebrate her achievements rather than her famous husband.

They didn't chose to title it "Cogdell-Unrein wins second Olympic medal," or "Cogdell-Unrein wins bronze for US." The Chicago Tribune purposely chose to leave her

name out of the title and instead refer to her only as the wife of a Chicago Bears lineman.

The writer quickly changed the article title to "Corey Cogdell, wife of Bears lineman Mitch Unrein, wins bronze in Rio," after an enormous upset on Twitter, but as nice of a sentiment as the title change was, it should not have taken major backlash for Cogdell-Unrein to be properly recognized. The article author, Tim Bannon, should have given her proper credit from the start. This type of sexism would not have occurred if the athlete in question was male, so why does the media do this to women?

These talented women deserve proper recognition for their athletic achievements. They are so much more than just wives and girlfriends. Female athletes do the same exact work as male

athletes and deserve the same treatment. Media and sports journalists especially need to realize that women are a permanent fixture in the world of sports, and writing about and properly crediting these female athletes is essential to proper and fair journalism.

Cogdell-Unrein is one of many women who have not been taken seriously by the media in the world of sports. Poor choices like this in journalism make women's sports seem like a joke, which is far from the truth. Female athletes are just as talented and work just as hard as anyone else, and it's time for them to be taken seriously.

WANT TO READ MORE? HEAD ON OVER TO THE CURRENT'S WEBSITE FOR WEB-EXCLUSIVE PHOTOS AND ARTICLES!

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# Talk shows for your morning commute

By: **Grace Ducanis**  
@GraceDucanis

Commuting is annoying, but a morning commute? Unspeakably dreadful. A morning commute in South Florida? It's just the worst. Thankfully, there are plenty of morning radio shows on the air to keep you entertained during your drive. Whether you're a fan of pop, country or classic rock, there's a spot on the dial for you and hosts that will keep you chuckling as you slam the brakes all the way down the highway. Check out some of the best radio shows in South Florida.

**"Elvis Duran and the Morning Show"**  
6-10 a.m. Monday through Friday  
on 100.7 FM

This "morning zoo"-style show, which broadcasts from New York City, features short entertainment and news reports and recorded prank calls with listeners. The Top 40 show, which began airing in 1996, blasts morning commuters with a crazy and entertaining mix of music, personalities and comedy. An endless parade of celebrity guests include Dan + Shay, One Republic, Shawn Mendes, Nick Jonas, John Cena and Emma Roberts. With topics ranging

from breakup gifts to Instagram husbands, you won't find yourself snoozing on your way to classes.

**"The Bobby Bones Show"**  
6-10 a.m. Monday through Friday  
on 93.5 FM

If you like country music and good news, look no further than Bobby Bones. The show broadcasts from Nashville, and recurring segments include trivia and Friday morning dance parties. The highlight of the show is "Tell Me Something Good," a segment where show members share positive news stories. Luke Bryan, Carrie Underwood, Blake Shelton and The Band Perry have all frequented the "The Bobby Bones Show" at one point or another. After a solid dose of feel-good songs, hilarious conversations and heartwarming stories, you'll definitely wish you were in a truck on a dirt road, but at least the weekend's never more than five days away.

**"The DJ Laz Morning Show"**  
5:30-10 a.m. Monday through Friday

**on 97.3 FM**

Broadcasting from Miami, "The DJ Laz Morning Show" plays Top 40 and fun. Listen to members of the show get answers for listeners about why they've been blown off in the appropriately named segment "Blown Off," keep updated with 30-second entertainment news snippets, and get the Hollywood buzz straight from actors and singers. Seth Rogen, Iggy Azalea, Meghan Trainor and Sacha Baron Cohen have all stopped by the 97.3 studio for interviews. So, if you're Miami-bred and prefer locally-sourced morning radio shows, "The DJ Laz Morning Show" is for you.

**"The Breakfast Club"**  
6-10 a.m. Monday through Friday  
on 103.5

For your morning hip hop and R&B needs, check out the extensive content buffet of morning show "The Breakfast Club." Providing their personal opinions on topics from celebrity rumors to sexual assault cases, from living with your parents to police shootings, this show will keep you entertained but also informed.

Celebrity guests include Snoop Dogg, DJ Khaled, A\$AP Rocky and Kevin Hart. If you're feeling angry, call into the segment "Tell'em Why You Mad" and get out a good rant over the airwaves. Or, during "Donkey of the Day," poke fun at celebrity mishaps with the show's hosts. Whether you remembered to eat breakfast or not, "The Breakfast Club" and some good music will help you get through your day.

**"The Paul and Young Ron Show"**  
6-10 a.m. Monday through Friday  
on 105.9 FM

You'll find classic rock and classic chill on "The Paul and Young Ron Show." Rock out to Lynyrd Skynyrd, the Beatles and Guns N' Roses while getting entertainment updates, local news and recipe ideas. If you're game for a little detective work, play "B.S. or Not" with the show hosts. "The Paul and Young Ron Show" has a more relaxed atmosphere that will keep you calm as you anticipate the day ahead of you, and will throw you back even if it isn't Thursday.

## Meet the Staff

By: **The Current Staff**

**Erin Herbert**

Erin, the co-editor-in-chief, is a senior communication studies major. She is a die-hard Florida Panthers fan and can often be found writing about hockey for a variety of sports blogs and websites. In her free time, she enjoys photography, painting and playing Street Fighter competitively.

**Jacquie Lytle**

Originally from Manheim, Pennsylvania, Jacquie, the co-editor-in-chief, is a senior studying communications and writing. In her free time, she enjoys cuddling with her toy schnauzers, spending time with her friends and family and watching HGTV and Food Network. Aside from her job at The Current, Jacquie is also a student coordinator and writing fellow in the Writing Studio, an editorial/PR assistant to The Qualitative Report and a member of Delta Phi Epsilon.

**Grace Ducanis**

Grace is a senior English and communication studies major. As copy editor for The Current, she is primarily responsible for deleting Oxford commas and covering every surface in the office with colorful tape. In a perfect world, she would have a future career writing Broadway musicals, but she would probably proofread medicine labels if she got a decent offer. She has been reading and writing as long as she can remember and firmly believes that a little controversy is good for the soul.

**Jenna Kopec**

Jenna is a sophomore communication studies major with a concentration in journalism and is the features editor for The Current. She was born and raised in South Florida. Her pastimes include reading, shopping and visiting local coffees shops and cafes.

**Carli Lutz**

Carli, the chief of visual design, is a junior arts administration major and graphic design minor. She's obsessed with typography and will scour Pinterest for hours looking at stationery and for new typefaces to add to her already terrifying collection. Some of her friends refer to her as the "font queen." Carli lives for Corgis and also for pictures of kittens with hats on. She loves 80's music and can typically be found white girl dancing in the office to it.

**Aidan Rivas**

Aidan is a lovable titan studying communications with a little bit of graphic design on the side. He's currently assistant to the chief of visual design at The Current. He actually really dislikes long walks in most places, let alone the beach, and would prefer to spend that time playing video games or rollerblading somewhere not too hot. His favorite food is cheeseburgers, his favorite music genre is alternative rock and his favorite movies are "Django Unchained" and "Forrest Gump."

## Off Shore Calendar

**Drake**

Aug. 30 @ 6:30 p.m.  
@ American Airlines Arena

**Free Latin dance class**

Sept. 1 @ 9 a.m.  
@ Moca Café and Lounge

**Art After Dark**

Sept. 1 @ 5:00 p.m.  
@ Norton Museum of Art

**First Friday Food Tracks**

Sept. 2 @ 5:00 p.m.  
@ Flamingo Gardens

**Surfer Blood**

Sept. 3 @ 8:00 p.m.  
@ Culture Room

**Sunset Beach Yoga**

Sept. 4 @ 5:30 p.m.  
@ Downtown Delray Beach

**Poetry Slam and Open Mic Night**

Sept. 5 @ 10:30 p.m.  
Dada Restaurant and Lounge

**Maroon 5**

Sept. 7 @ 7:30 p.m.  
@ American Airlines Arena

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# SOUNDBITE

## “A Moon Shaped Pool” by Radiohead

By: Marie Ontivero

Half a decade after the release of “The King of Limbs,” Radiohead has come back to life with “A Moon Shaped Pool.” Radiohead has an experimental reputation, and this album is no different from its others. It’s odd and most definitely something that needs a few listens before formulating an official opinion. The majority of the record is dark and cold with unsettling tones. The song that stands out the most on this album is “Daydreaming,” a calming but very gloomy track about being disconnected from life. The end of the song takes an eerie turn with what sounds like a manipulated violin tune from a horror film. It’s actually Yorke singing “half of my life, half of my love” backwards. There’s a lot of speculation over the song and its meaning, with some saying it has everything to do with Yorke’s split from his partner. For

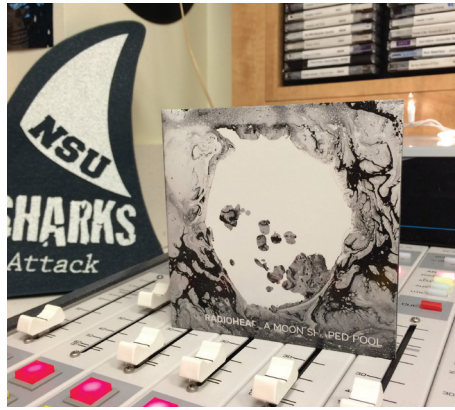


PHOTO PRINTED WITH PERMISSION FROM M. ONTIVERO  
Radiohead released their latest album “Moon Shaped Pool” in May of 2016.

fans, Yorke’s writing has always been difficult to decipher due to his heavy usage of metaphors. This album contains 11 songs with a special

edition version including 13. Yorke’s voice is still the same, soft tone many know and love. Needless to say, with such a contrasting discography, Radiohead albums must be listened to more than once. But Radiohead, called one of the greatest rock bands of all time, does not disappoint with “A Moon Shaped Pool.”

**Release Date:** May 8, 2016

**For fans of:** Muse

**Favorite Tracks:** Daydreaming, Glass Eyes, True Love Waits

Listen to “A Moon Shaped Pool” on Spotify and Apple Music.

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## NSU celebrates Hispanic heritage with film and artwork

By: Jenna Kopec

Students looking for a cultural experience this September won’t have to look far.

In celebration of Hispanic Heritage Month, the Alvin Sherman Library will host a “Masters and New Generation from Venezuela and Argentina” exhibit in the Cotilla Gallery. The pieces and artists for the exhibit were selected by Adriana Bianco, Argentinian actress and journalist. Bianco also worked with the library to bring Cine Argentino, an annual film festival, to NSU.

Kimberli Kidd, adult services librarian in the public library services department of the Alvin Sherman Library, said that the film festival was first brought to NSU in 2008 when

Bianco approached library representatives about the project. The festival will be a month long and feature a film every Sunday during September. Each screening is free and open to the public.

Kidd said that the festival has been successful since it started at NSU, and there is a growing interest from the community.

“We were at the Knight Auditorium, but because it has grown, we are moving the showings to the Performance Theater,” said Kidd.

Bianco, who hand-selected the films and will be providing commentary before each film, said she wanted to choose films that would complement the exhibit. She said that she chose Venezuela as the focus of this year’s festival and exhibit based on requests of those who have

attended before and because South Florida has a large Venezuelan population.

The festival will begin on Sept. 4 at 2 p.m. with the showing of “Manuela Sáenz.” The film is based on the historical figure Manuela Sáenz, a revolutionary and mistress of Simón Bolívar. The film will include subtitles in English, although not all films in the festival will.

Bianco selected many of the artists for the Cotilla exhibit. She said she wanted to contrast the style of traditional Venezuelan artists with the new style of modern artists. One “new generation” artist she chose to feature is Marta Estrems, known for her abstract work. To vary different forms of art in the exhibit, Bianco also chose to display work from Nicolas Felizola, a prominent figure in the fashion and photography

industry.

The other half of the exhibit will feature work from Venezuelan art “masters,” such as the late Oswaldo Vigas, whose paintings and sculptures aim to intertwine Venezuelan pre-Columbian and African cultural roots with European and American modernism. His work is typically associated with geometric shapes and earthy color schemes.

Kidd and Bianco both hope that attendees of the gallery and festival will enjoy the events and encourage NSU students to attend. Bianco said one of her main goals for the exhibit and festivals is to integrate the cultures of the English- and Spanish-speaking populations in the area.

### Cine Argentino Films

DATE	TITLE	DESCRIPTION	GENRE
September 4, 8 p.m.	Manuela Sáenz	A historical film about the revolutionary and mistress of Simón Bolívar	Historical
September 11, 8 p.m.	Manuela Sáenz: Revolution	A historical film about the revolutionary and mistress of Simón Bolívar	Historical
September 18, 8 p.m.	The Making of the Argentine	A documentary about the Argentine immigrant	Documentary
September 25, 8 p.m.	Documentary: Argentina	A documentary about the Argentine immigrant	Documentary

### Masters Artists vs. New Generation Artists

MASTERS	NEW GENERATION
Alirio Palacios	Nicolas Felizola
Oswaldo Vigas	Patricia Van Dalen
Jesus Soto	Daniela Fiorda
Antonio Asis	Marta Estrems
Luis Tomasello	

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# Seriously Kidding

*a satire column*

## NSU to offer revolutionary course in the art of the selfie

By: **Erin Herbert**  
@Erin\_Herbert

Get your iPhones ready, find the perfect lightning and don your best duck-face, because selfies aren't just for Snapchat anymore. Beginning in the winter semester, NSU will offer a course on selfies.

"My iPhone and me: An in-depth look at the art of the selfie," will be the first course of its kind at NSU.

Topics covered in the course will include natural versus artificial lighting, proper posing and achieving the perfect pout. Students will be graded on selfie technique and composition, as well as the number of likes garnered by each narcissistic masterpiece. According to NSU faculty, the course will also offer extra credit for every heart-eye emoji commented on a student's selfie. Each student will be required to post their selfies to every social media platform at their disposal: including, but not limited to Facebook, Snapchat, Instagram, Tumblr and Twitter. It's important for students to remember that there is no such thing as too many selfies.

"We really want students to take away something valuable from NSU. Math and writing skills may fade away over the years, but the understanding of a perfect selfie is timeless," said Raymond Miller, who will be teaching this invaluable course.

A recent study shows that students who know how to take the perfect selfie are at least

six times more popular than their peers, who are considered "selfie amateurs." Sources report that while GPA and extracurricular activities nicely fill a resume, it's popularity that really determines your success in the real world.

Selfies are being more widely accepted as the art form that they are. It takes a deep understanding of both photography and art in order to master this unique form of expression. The appreciation of art has evolved into something much more sophisticated; long gone are the days of appreciating fine artists like Monet, da Vinci and Raphael. Instead, with classes like this, we can usher in the new era of art while admiring talented selfie artists like Kim Kardashian.

"Self-portraits in paintings and drawings are so last century; selfies are the real form of art," said Ericka Bookman, sophomore arts administration major. "I think offering important courses like this is a step in the right direction for NSU. They really put a lot of thought into deciding what courses will best help me in the future."

NSU hopes that this course will enrich the quality of student's lives and adequately prepare them for each and every picture perfect moment that life may bring them.

## Students whine too much

By: **Grace Ducanis**  
@GraceDucanis

Complaints are the standard conversation starter at NSU: the food here is terrible, tuition costs too much, classes are too hard, there's no school spirit, Blackboard never works correctly, I had to stay up until 3 a.m. to finish all my homework and this professor is terrible.

I've made these complaints, and I've used them as a way to bond with my fellow students. They're easy to remember, because it's often much easier to focus on the bad things in our lives than the good things. We've created a campus culture that bonds over negativity. Our first instinct, when trying to connect with someone, is to talk about how hard the class is, or how tired we are, or how busy we are, or how hungry we are. But I think we need to find more positive common ground.

There are so many schools out there, but we all came to NSU. We compared the pros and cons of other universities and other life paths, and we still came to NSU. And yet, some students don't act like it was their choice at all. They act like someone is forcing them to attend classes, forcing them to learn, forcing them to pay tuition. Every inconvenience they experience in the name of education becomes the next day's talking point.

Which begs the question, why are we here? If college didn't challenge us, it wouldn't be worth our time or money. If we didn't find the classes difficult, we wouldn't be learning

anything. If we really have issues with the way NSU functions, there are better ways to address them than by complaining. For example, writing an opinion for The Current or contacting university personnel who have the ability to make changes. And if our opinions of NSU aren't exactly as negative as we've led everyone around us to believe, then maybe the way we talk about our university should start reflecting that.

My years at NSU have been great, no matter how many times I've complained. I've disliked some classes, but I've loved others. I've worked hard, but I've never had to pull an all-nighter to cram for a last-minute test. Balancing school and work has been difficult sometimes, but I've grown a lot and become much better at managing my time.

It's easy to be critical, especially when our fellow students seem to connect so well with it, but there are positive things to connect over. We just aren't thinking about them.

Our common ground is the school, not the negativity. There are so many people who would love to be able to attend this university, and we get to. NSU isn't perfect, but we chose it. Maybe the food isn't as good as we expected it to be, and we work harder and party less than we thought we would, but if the cons really did outweigh the pros, we probably wouldn't still be here.

## US election's foreign point of view

By: **Oswaldo Tortoledo**

While many people may not take politics seriously, when it comes to the presidential elections in the United States, it's a matter that's not only very important in this country, but also everywhere around the world as well. It's important to take this issue seriously, and to know what's at stake. All eyes are on the United States of America right now. Whoever gets voted into office will be the next leader of the free world.

The U.S. is loved by some, and heavily criticized by others, especially by those whose country's leaders blame the U.S. for their own mistakes; for example Venezuela, the country I grew up in and only recently moved here from, to continue my education. The government officials in my home country always try to blame the U.S. for the problems they have created themselves. For example, Venezuelan President Maduro always blames Venezuela's economic crisis on the "American Imperialists." The same goes for other nations around the world.

I've talked to many of my friends from Venezuela who have grown up the target of abuse by our government because they don't agree with the ideals the president wants to impose on our country. Many others I've talked to from other countries have similar backgrounds, and they either live here or are continuing their education so they can decide in the future what to do and where to go from here, while the political situation in their countries is unstable.

While it's true that some love to criticize the United States, this is still the land of opportunity, and where many of the citizens of these countries pursue advancement in their careers and their lives. This is why I think these upcoming elections are so important, considering the two candidates that are up for the position.

Some people I've spoken to support Trump and others support Clinton. I can understand and partly agree with a lot of the arguments they have given me to validate their choices for

either side. Some support Hillary because she's much more open to immigrants and foreign policy. They also support her because they can't believe some of the aggressive things Donald Trump says on national television about people of different ethnicities. On the other hand, there are those few I've talked to who support Trump, and I've asked them a lot of questions. Many have given me very good answers.

I dislike Trump, and I can't believe the things he's been able to get away with saying to the citizens of the same country he wants to lead, like second generation Latin Americans and other people with foreign backgrounds who have made their lives here. Even though I disagree with his hateful talk, people I've talked to that support him argue that there are things in foreign policy they don't think should be treated so lightly, because many immigrants move to the U.S. with their own culture and laws and their intention is for this country to adapt to them when it should be the other way around. With all these recent incidents and attacks coming to light as well, they make a good point.

I don't vote in the U.S. I'm coming from a country that hasn't taken my vote into consideration since they imposed themselves in the Venezuelan government 15 years ago. For this same reason, it personally amazes me when some Americans don't research what their candidates have achieved in politics, but instead focus on what they say on television just to gain followers, or to divide citizens for their own benefit. This upcoming election is going to be historical, not only because of who are these candidates, but because of what each of them represent, and it's up to you to decide what the future of this country will be. People who do participate in these presidential elections should start to really think about who is going to be the better choice in order for this country to grow and advance in the future.

## Horoscopes aren't always hokey

By: **Jenna Kopec**

I can see why someone might laugh at horoscopes and astrological signs. I mean, they aren't exactly scientific. Astrology is basically the study of celestial bodies in the universe and the effect they may have on life here. There are varying fields and focuses in astrology and overall, their accuracy can't be measured.

The zodiac signs are what most people associate with astrology, and, if you aren't looking at a trustworthy site, they tend to sound like stereotypes. For example, Gemini is progressive but two-faced, Scorpio is adventurous but has no morals and Taurus is loyal but materialistic. Of course, these all can't be true for every person, and sometimes your horoscope won't apply to you. So, many people in our generation make fun of astrology. But if horoscopes are so laughable, why do we still read them?

From where I stand, astrology and horoscopes have been given a bad name. I'm no expert on astrology, but I do know that it's a lot more than just zodiac signs. Each individual also has rising, moon and planetary signs that vary depending on their location and time of birth, making every person's whole astrological profile pretty unique. Most websites will give you the horoscopes for your sun sign but recommend looking at other signs depending on your profile. For example, if you are a cancer moon, you might benefit from looking at that horoscope if your sun sign often seems irrelevant.

Granted, I still can't prove that the characteristics of a Virgo moon, Cancer rising, and Aquarius Jupiter will prove to be accurate

or that knowing them will help in your day-to-day life. I also can't prove that they won't. Personally, I find that my sun and rising signs are very accurate to my life, and I don't think it's a coincidence.

I believe that everything in our lives is connected. It makes sense to me that the planets, stars, moon and even gravity have enough of an effect on energy that we see an impact on our daily lives. I think a lot of people must agree. I think that if people didn't find at least a little truth in astrology, it would have died out years ago — like hundreds of years ago. Instead, the craft is evolving. Astrology is no longer considered a religion by those who study it, but a way of nature.

There's still a lot of discourse about what the study of astrology should focus on. For example, some practices focus more on the planetary movements, the stars or on natural forces such as gravity. The scientific community tends to write off this discourse and the lack of testability as means to say that astrology can't be valid. But just because we don't fully understand something doesn't mean it can't be true.

We can't fully understand why we have a "gut feeling" in some situations and no feeling in others. Regardless, you often hear people say to trust your intuition. So, if reading your horoscope makes you feel more comfortable, why stop? If reading about the characteristics of your sign helps you make decisions, don't be afraid to read it.

# WHAT DO YOU THINK OF YOUR CLASSES SO FAR?



## SHARK SPEAK



"They're kind of intimidating, with all the reading and work that's already been distributed in the first few days. But there's not a whole lot of bad. It was a good surprise. My sociology teacher actually told us that anxiety and pressure is good and that it shows you how to react under those different circumstances and grow from that."

- Jordan Hines, freshman exercise and sports science major



"My classes are all very interesting. I have one anatomy class where the professor does everything on computers. Our exams are on the computers, our quizzes are on the computers and half of the lab work is on the computers. It's very different...and I'm not sure how I feel about it yet. The professor called it active learning."

- Ashle Georges, senior biology major



"For now it's going pretty smooth. Right now I haven't gotten much into the subjects yet, but I'm looking forward to the labs for chemistry and biology and seeing how hard they are. I'm looking forward to sitting in the library and working on lab reports. And my other classes: they're chill, they're good."

- Jaafar Abou-Ghaida, freshman biology major



"I like my classes so far. I'm taking sign language, communication disorders through film and media and human heredity. I've had really good professors so far but it's still pretty early in the school year, so there's still time to change my opinion."

- Sasha Charles, sophomore speech pathology major



"I love that all the professors and all the students are fresh and excited. I've already spoken with numerous professors. They're all just excited to meet you and want to help you throughout the next semester and give you all the resources there are at NSU, which is awesome because they're there to build your career. But on the flip side it can get really stressful. Most seniors have an easier year and I'm going to have a more difficult one because of my double major."

- Jessie Grevin, senior marine biology and biology major



"I really like my teachers. I was afraid I wouldn't be able to understand them or they would be too hard and not reasonable with their grading, just because of what I've heard from other schools. But I've been pleasantly surprised. They're all understanding and good about being fair with grading and extra credit, which is really nice."

- Kayla Lagan, freshman medical stenography major



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