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The Current

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NSU to host open house for the Center for Collaborative Research

By: **Erin Herbert**
@Erin_Herbert

NSU's Center for Collaborative Research will officially open its doors Sep. 21.

Located on the Fort Lauderdale main campus, the 218,000 square foot research facility is one the largest in the state of Florida, equipped with wet and dry labs, state-of-the-art research equipment and a number of other resources. NSU students, faculty and staff will have the opportunity to tour the facilities on Sep. 21 from 12:30- 3:00 p.m.

Appu Rathinavelu, executive director of the Rumbaugh-Goodwin Institute for Cancer Research, said, "The Center for Collaborative Research is going to be the hub for discovering new therapeutics and new diagnostic methods for curing chronic and acute diseases."

The Carnegie Foundation for the Advancement of Teaching classifies NSU as a "high research university." Rathinavelu said the opening of the Center for Collaborative Research will enhance NSU's status as a research university.

He said, "This is going to elevate the status of our university to the next level. Pretty soon our research is going to draw attention from many scientists in this region, and we are going to be compared to University of Miami or University of Florida one day."

NSU has established a number of research institutes and centers within the Center for Collaborative Research, including the



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The Center for Collaborative Research is one the largest and most advanced research facilities in the state of Florida.

AutoNation Institute for Breast and Solid Tumor Cancer Research, the Institute for Natural and Ocean Sciences Research, the Institute for Neuro Immune Medicine, the Rumbaugh-Goodwin Institute for Cancer Research, the Emil Buehler Research Center for Engineering, Science and Mathematics, and the Cell Therapy Institute, a partnership with researchers from the Karolinska Institutet in Sweden.

Rathinavelu said, "All of these institutes are going to be working very actively in finding new cures for diseases."

Because of this wide variety of research institutes, researchers at the Center for

Collaborative Research will be involved in a wide scope of research, including studies on various forms of cancers, cardiovascular disease, stem cells and coral reef restoration. There are currently over 200 ongoing research studies at NSU.

"The Rumbaugh-Goodwin Institute for Cancer Research is going to be discovering new therapeutics for treating different kinds of cancers, like breast, prostate or ovarian and lung cancers," said Rathinavelu.

The Center for Collaborative Research will open up a plethora of research opportunities for NSU students, both undergraduate and

professional. According to Rathinavelu, participating in research at the Center for Collaborative Research can be a one-of-a-kind opportunity for students.

"Undergraduate students can come to the Rumbaugh-Goodwin Institute and take an independent study course where they work on a project for the whole semester and submit a report of their work for a grade," he said. "These are a few of the different avenues we use for taking students from having no experience in research ventures to having a good level of experience."

Sarah Maroney, senior marine biology and biology double major, said, "I think it's going to open a lot more research opportunities for students and help them get hands-on experience in their field of interest."

Rathinavelu said he believes that by presenting students with opportunities like those available at the Center for Collaborative Research, NSU will be able to enhance the caliber of education that NSU students are receiving.

He said, "[The opening of the Center for Collaborative Research] is going to elevate our research to the next level, and by elevating our research, we are going to be elevating the quality of the education that we are going to be providing to our students."

Reservations are not required for tours of the center. For more information about the Center for Collaborative Research, visit nova.edu/research/ccr.

SLCE hosts fall volunteer fair

By: **Grace Ducanis**
@GraceDucanis

To get students connected with service opportunities in their collegiate backyard, the Office of Student Leadership and Civic Engagement is hosting its bi-annual volunteer fair on Sept. 15 from 11 a.m. to 1 p.m. in the Don Taft University Center Spine.

The fair will feature tables from community affiliates in the Ft. Lauderdale area who will talk with students about projects and service opportunities for individual students and student organizations. This year's organizations include Flamingo Gardens, Habitat for Humanity, the Orange Bowl Ambassador Program, Feeding South Florida, the Boys & Girls Clubs of Broward County and the Mental Health Association of Southeast Florida.

Stephanie Schoeder, graduate assistant for the Office of Student Leadership and Civic Engagement, said that the office wanted to make sure the community affiliates could relate to students' interests.

Mariah Knowles, sophomore finance



PRINTED WITH PERMISSION FROM S. SCHOEDER
At the fair, community affiliates explain different volunteer projects their organizations need help with.

major, attended the volunteer fair last fall and said that she liked the variety of organizations that were present. She said that she particularly enjoyed talking to the representatives from Junior Achievement of South Florida, a non-

profit organization that teaches students financial literacy. After speaking with representatives at the fair, she served with the organization.

"I think service is an important part of everyone's life, and if you have an opportunity to serve, take it," she said. "This fair gives you the opportunity to find people you can serve with that you'll enjoy working with and to find an organization that matches your passions and interests."

Schoeder said that for this semester's fair, she's been trying to get more service-oriented student organizations to table so that students can be more informed about places on campus to get involved. For Schoeder, service is a thoroughly rewarding activity.

"You're not doing it for yourself, but you always feel very satisfied after you're finished working because you get to see what you've accomplished and how much you're able to help other people," she said. "I know some people do it for the serve hours or as a resume builder,

but the interactions that you have when you do service are more valuable than those tangible things."

Schoeder said that students should come with an open mind, be willing to look over the different opportunities and sign up for something they're interested in.

"You get to learn about the different ways that these organizations are helping out the community, and if you want to have an impact, you can be a part of that," she said.

Knowles said she would recommend the event to other students.

"The fair is very casual," she said. "The variety is good...I got to learn about different needs in the community that I didn't know existed."

To learn more about the volunteer fair, contact the Office of Student Leadership and Civic Engagement at 954-262-7195 or slce@nova.edu.

NEWS ANCHOR

Stay up to date with world events.

ITT Technical Institute closes doors

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Correction for Aug. 30 issue

In the Aug. 30 issue of The Current the article "NSU takes precautions against Zika on campus" incorrectly implied that there is a cure for the Zika virus in the statement: "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." Marie Florent-Carre would like to clarify that there is currently no treatment available for the Zika virus.

Additionally, two faculty positions were incorrectly identified in the article. Marie Florent-Carre is the "director of the Department of Rural and Urban Underserve Medicine and assistant professor of family medicine and public health in the College of Osteopathic Medicine." Bindu Mayi is an "associate professor in the College of Medical Sciences."

We apologize for the confusion.

Delta Phi Epsilon to host 22nd Mr. Fintastic competition

By: **Erin Herbert**
@Erin_Herbert

The women of Delta Phi Epsilon will host the 22nd annual Mr. Fintastic male pageant on Sep. 23 at 7 p.m. in the UC Pit to raise awareness and funds for the Cystic Fibrosis Foundation.

Approximately 15 men from various fraternities, clubs and athletic teams will compete in casual wear, formal wear, trivia and talent rounds to earn the title of Mr. Fintastic. This year's theme is the Olympics.

During each round of the event, the women of Delta Phi Epsilon will be walking around with decorated buckets to collect money for each contestant.

Simona Zigmond, junior biology major and philanthropy coordinator for Delta Phi Epsilon, said, "[Members of the audience] will donate money to whichever contestant they feel did the best job, and at the end of the night, we'll count up how much each contestant raised and reveal who the new Mr. Fintastic is."

Throughout the week of Sep. 19, members of Delta Phi Epsilon will be tabling in the UC to raise awareness and fundraise for cystic fibrosis prior to the Mr. Fintastic event.

Caraiosa Williamson, sophomore business major and philanthropy coordinator for Delta



Mr. Fintastic 2015 Shane Wolfe poses with the women of Delta Phi Epsilon.

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Phi Epsilon, said there will be a number of events and challenges for the participants of Mr. Fintastic to complete to raise awareness for cystic fibrosis in the week leading up to the event.

Williamson said, "We plan on having each guy participate in a weeklong Instagram challenge...They'll plug their nose and try to breathe through a straw to symbolize how someone with cystic fibrosis breathes every day. Breathing is so hard with all of that extra mucus

built up in their lungs."

VIP tickets and event t-shirts will each be on sale for \$10 during the week leading up to the event. Those who purchase a VIP ticket will have reserved seating and refreshments during the event.

The Cystic Fibrosis Foundation is one of three major philanthropies that Delta Phi Epsilon supports. According to the Cystic Fibrosis Foundation, over 30,000 people in the United States are living with cystic fibrosis.

In 2012, Rojeana Auriel Hall, NSU student and sister of Delta Phi Epsilon, known as Auriel, passed away from complications of cystic fibrosis.

"This event is very special and we honor [Hall] before it. She also had a younger brother, Roman, and he would come out and support all of our events, and sadly he passed away last year, but we continue the event with their legacy in mind," said Zigmond.

Last year, Mr. Fintastic raised approximately \$6,000 for the Cystic Fibrosis Foundation. Williamson and Zigmond said they hope this year's total will increase significantly from last year's.

Zigmond said, "I would love if we could do that, but at the end of the day, whatever we end up raising, there won't be any sadness."

Williamson agreed, saying that any amount of money raised would be amazing because it's for an important cause.

"We hope that after the event and with all of the money we raise that CF (Cystic Fibrosis) can finally stand for 'cure found,'" Zigmond said.

For more information about the event, contact Simona Zigmond at sz195@nova.edu or Caraiosa Williamson at cw1459@nova.edu.

Race to Presidency: Recapping the Commander-in-Chief Forum

By: **Morgan Thorn**

On Sept. 7 Iraq and Afghanistan Veterans of America (IAVA) and NBC hosted the first Commander-in-Chief Forum on the USS Intrepid. Hosted by Matt Lauer, this forum consisted of two back-to-back interviews with presidential candidates Hillary Clinton and Donald Trump. They faced multiple questions from Lauer, service members, veterans and their families on issues related to national security, veterans issues, and military affairs.

To begin each interview, Lauer asked the candidates about issues that could be perceived as a weakness for them: Clinton's email scandal and Trump's inexperience. Clinton admitted that having a personal account was a mistake that she would not repeat, but said when it comes to classified material that she takes it very seriously and did exactly what she should have done.

When asked what experiences make him fit to be commander-in-chief, Trump went back to his business background. He talked about the success of his company and his history of traveling around the world and dealing with foreign countries, specifically mentioning

China. He also said he has great judgment and knows what is going on. Later in the interview, Trump was asked how he was preparing for the possibility of his presidency and dealing with these complex issues. The Republican nominee said he is constantly studying and consulting with 88 admirals, generals and colonels — all of whom have endorsed him. He also said that he has always had an interest in these issues, more so than a normal businessman, which he said explains why he was asked about national security years ago.

Both candidates were asked how they would support veterans and stop ISIS. Trump said the main problem with our care for veterans is the extensive wait time it takes them to receive medical treatment, which could be remedied by allowing them to seek whichever treatment they felt was best — whether it be public or privatized.

Clinton opposed this position and said her plan to fix the problem was better communication.

She said, "We're living in a technological world. You cannot tell me we can't do a

better job getting that information. And so I'm going to focus on this. I'm going to work with everybody. I'm going to make them work together."

Clinton stated that defeating ISIS is her top counterterrorism goal. In order to do this, she plans on stopping ISIS online, using air power and the Arabic, Kurdish, and Iraqi ground troops, but absolutely no American ground troops. Trump did not go into specifics on his plans to defeat ISIS as he wants to remain "unpredictable" and said, "If I win, I don't want to broadcast to the enemy exactly what my plan is," which he criticized President Obama for doing. One thing Trump did reveal was his belief in the importance of controlling the oil in Iraq. He said that if Obama ensured the United States had control of the oil reserves before removing troops, ISIS would have never formed.

A full transcript of this forum can be found online at time.com/4483355/commander-chief-forum-clinton-trump-intrepid.

NEWS BRIEFS

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Hang-ups over hookup culture

By: Jenna Kopec
@Jenna_Kopec

Young, flirty and under thirty, college students have a reputation for rejecting relationships.

The term ‘hookup culture’ was coined to describe the acceptance society, usually referring to millennials, has of casual sex.

With films like the 2011 “Friends with Benefits”, TV programs like “Greek” and songs like “Talking Body” by Tove Lo, it may seem like millennials are being appropriately labeled — unless you are one. Opinion platforms like the online magazine Thought Catalog include some articles where young writers condemn hookup culture and the notion that it’s supposed normal. So what’s the truth?

As a college student, you may already have strong opinions about the hookup and dating world. You may also have a lot of questions. These questions, and the answers to them, can be difficult to navigate. To help you decide if it’s right for you, or what questions to ask next, we’ve asked professionals to answer a few basic questions about hookup culture.

Hookup? What even is that?

There’s not one definition.

Rachel Needle, licensed psychologist, certified sex therapist and adjunct professor of psychology, said “The way that hookups are defined will vary based on who you ask.”

Typically, a hookup can be thought of as any sexual encounter that isn’t attached to expectations — hence, the phrase no strings attached. The form of activities a hookup might entail is dependent on individual comfort and preference.

How long has this been going on?

Longer than you may think.

Glenn Scheyd, associate professor and chair of the department of psychology and neuroscience, said that research suggests the amount of casual sex in our society has been about the same since the 1980s. However, there has been a significant change in the acceptance of hookup culture.

Although every part of society may not approve of hookup culture, “it’s just understood to be something that happens,” said Scheyd.

Is it right for you?

That’s for you to decide.

Needle said that one study of college students shows between “60 and 80 percent

report having some sort of hookup experience” at some point, but that not everyone is a good candidate for hookup culture. Therefore, hookup culture isn’t necessarily the norm.

According to Needle, some individuals find engaging in hookup culture liberating because there’s less pressure on performance and consequences, while others won’t feel the same way.

Scheyd said individual preferences between the levels of commitment in sexual accounts is referred to as sociosexual orientation. Similar to a personality trait, sociosexual orientation will vary from individual to individual.

No preference proves to be better than the other. Individuals may benefit from casual sexual encounters or they may not. It’s your decision to do what makes you feel comfortable.

“Make your own decisions about who you want to have a relationship with and what type of relationship you want to have with them” said Scheyd.

What else should I know?

Protect yourself, mentally and physically.

Both Scheyd and Needle said students should not engage in any activities they don’t feel comfortable with.

Communicating your expectations for the relationship — casual or committed — and each encounter is essential. Hookups, though designed to not incorporate feelings, can sometimes lead to relationships, according to Needle. So, communicating when your expectations and feelings change is also important.

Needle said that hookups are often portrayed as taking place under the influence of alcohol but, in real life, alcohol should be avoided in the world of hookups.

“It’s important that both parties are not drunk and therefore able to consent and communicate about the hookup,” said Needle.

Students should also take precautions to protect themselves from sexually transmitted diseases and unwanted pregnancies by using condoms and other forms of birth control, said Needle.

Whether students have already actively engaged in hookup culture, decided it’s not right for them or aren’t exactly sure what they feel yet, they don’t need to question their position on the matter. While society is arguably becoming more open about hookup culture, and that can be great, casual sexual encounters aren’t a new concept or an end-all-be-all in our society.

Keeping your roommate relationship status

By: Aldana Foigel



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Relationships between roommates can sometimes lead to conflict, but that doesn't mean the problems can't be solved.

Once upon a time, two girls were roommates in college and became best friends. They moved to the same neighborhood after graduation, their husbands became best friends and they all lived happily ever after. This is what many people may expect from their college experience, but sometimes fairytales are far from reality.

Leaving your home, family and friends is never easy, so coming to college is definitely a life-changing experience. In college, we meet new people, we make friends, we get lost on our way to class during the first week and we live with someone who is not a relative — we live with our roommate. Getting to know someone’s culture and lifestyle takes time, and for this reason, relationships between roommates can occasionally be difficult.

Disagreements usually start at the very beginning when you are getting to know each other, a time when you realize how different your lives might have been before college.

Bryan Licona, graduate assistant for mediation services in the Office of Residential Life and Housing, said, “The typical top three disagreements between roommates are sleeping schedules, cleanliness and visitors or overnight guests.”

Licona said that there’s always a solution.

“Roommates should sit down and talk to each other. In general, they know the conflict exists, but they don’t talk about it,” he explained.

Communication is extremely important between roommates, and many conflicts start because students don’t talk to each other.

Some roommates, however, try to talk but

can’t come to an agreement. There is no need to panic because at NSU, a lot of people are willing to help students through good and bad times.

“If talking to each other does not help solve the problem, roommates should contact the Residential Assistant (RA). If the RA feels that the situation is out of their control and they are not comfortable handling it, they will ask students to reach out to the Office of Mediation Services,” Licona said. “We are here to help students, and they are more than welcome to come to the office anytime”.

Although having issues with your roommate is not easy, it’s possible to find a solution to your problems.

“During my freshman year, my roommate and I had very different sleeping schedules,” said Sophie Madden, sophomore sports management major. “She comes from a country where people go to bed late, and I like going to sleep early. At first, it was hard because I didn’t know her too well, and I found it difficult to get my point across. But we finally sat down and arranged a sleeping schedule that suited both of us.”

College is meant to be a fun learning experience, so don’t give up right away on solving any problem you might have, especially roommate conflicts. Communicate, solve the problem and enjoy.

If you have problems with your roommate, talk to them first. If that doesn’t work, talk to your RA or visit the Mediation Services Office. You can also contact the Office of Residential Life and Housing at 954-262-7052 or housing@nova.edu.

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THAT TIME I... WROTE A MUSICAL

By: **Michael Lynn**

Michael Lynn is a freshman communication major with minors in theatre and business. He currently works as the production manager of SUTV.

Those who are passionate about the arts, particularly theater, are familiar with the divine and unique thrill of standing in the blinding spotlight amongst a sea of eyes gazing upon your every movement. In most cases, it is an honor to simply recite a piece. It is even more of an honor to create a vision and adapt it into a script, but it is a rarity to do both, which I can proudly say I have.

It may seem peculiar that a high school senior would take the time and devotion towards such a trying process. For me, however, it felt as natural as the air I breathe.

As an alumnus of Cooper City High School, my time was well spent in terms of involvement. I had become a theatre club member and a member of student media during my senior year while balancing seven classes daily. While it was a major responsibility for me to create two-minute entertainment sketches on a weekly basis in my student media organization, it had become second nature to brainstorm creatively and quickly. For this reason, I was approached by a classmate in hopes of making a special project come to life.

My friend and fellow actor, Guy, had been experimenting with the concept of a musical

but needed assistance for putting his ideas into motion. He had spoken to me about an event hosted by the high school marching band called Encore. During Encore, marching band students would perform various musical numbers and often include visual pieces alongside their work. Cooper City High School's drum line and color guard especially have been noted for their flashy presentations and colorful personalities. His concept for Encore was Percussion Theater, which included members of the drum line and also integrated various other instrument sections.

The concept for the musical was intricate and required patience, choreography and a loyal crew. The musical's plot involved a classroom of students slacking off under the tyranny of a strict teacher. Once the teacher exits the room due to an emergency distraction, the students proceed to tap on their desks and create a serenade of both creative rebellion and freedom of expression in music. With Guy's ability to write music and my efforts in choreography and scripting, we harmoniously worked together to blend our abilities into one.

My personality as a playwright is polar opposite to my personality as an actor. As opposed to the extrovert and colorful character I present myself as on stage, I prefer to work in silence and solitude while I write. The lack of noise and character that usually accompanies a room full of actors is replaced by my thought process. I envision a line of dialogue that



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Lynn and his castmates rehearsing their scene for Cooper City High School's Encore event.

develops into a conversation and, in due time, include the actions that complement the tone of the characters. It can be a challenge when outside forces interrupt the thought channel, hence the need for total concentration. Guy uses a similar method, but experiments with the sound rhythm as opposed to the plotline and character backgrounds. Once we had completed our portions of the musical, we finally merged our fortes together. Our scene would begin with dialogue and action before transitioning into a boisterous musical number. Once our collaboration was finally completed, we shared the thought process with our colleagues, who were just as eager to put our ideas into a reality. Within a month's time, we had led our posse of twelve cast members into a musical and theatrical creation that we were proud of. A one-

night performance at Encore was finally set into motion after daily rehearsals.

Act after act, the crew nervously awaited our cue to set up and block our scene in the darkness behind a gargantuan curtain, with the company of anxiety and howling gusts of winter winds from the air vents. The energy generated from a full house was intimidating and nerve-wracking, but as the saying goes: the show must go on. And it did.

Within a mere two hours, our performance opened with the curtain rise of Act II. A fifteen-minute intermission built up the eagerness of our audience before we had begun. Without predicting such an overpowering crowd, we were filled with a divine fear and adrenaline that kept us alive more so than any standard human being.

I realized we were not only musicians but genuine brother and sister thespians. The spotlights blinded our eyes and heated our bodies and our performance finally began after what seemed like a million hours of waiting.

The thrill of performing is unique in the sense that you are petrified by the massive crowd that you cannot see beyond the stage lights, and yet you feel a homely desire to live as your character and bring joy to hundreds of people.

Every wisecrack and pun created an uproar of laughter and a sea of smiles, and might I add: although I could not break character, it was a challenge not to laugh and smile back from the sheer bliss of making others feel better.

Environmentalism as a college student... and what that means

By: **Jenna Kopec**
@Jenna_Kopec

Maybe you've heard the phrase "reduce, reuse, recycle." Maybe you've joined the movement to invest in reusable canvas bags at the grocery store. Maybe you've watched Bill Nye The Science Guy talk about climate change. Chances are, you've encountered some type of dialogue about the state of our planet.

During this dialogue, you may have heard individuals referred to as environmentalists, which Merriam-Webster defines as "as a person who works to protect the natural world from pollution and other threats." But what does it mean to "protect the natural world"? And what does it look like to be an environmentalist on a college campus?

Steer clear of the stigma

According to Alexis Good, sophomore biology major and public relations chair for Green Sharks, an NSU club that focuses on sustainability, the term environmentalist is surrounded by negative stigma.

"Stereotypes go with it. [People think] 'oh she's an environmentalist? She's a hippie,'" said Good.

Kathleen Taylor, sophomore biology major and event coordinator for Green Sharks, said that an environmentalist can be anyone who's interested in protecting and serving nature.

"It doesn't have to be a scientist. It can be someone in business who wants to reduce their carbon footprint and be more efficient in what they do," Taylor said.

According to Good, Green Sharks works toward starting and promoting sustainable initiatives on campus that will hopefully reach the whole student body.

Taylor said that Green Sharks played a role in NSU's signing of the American Campuses Act on Climate Pledge, a White House initiative in which higher education institutions agree to implement sustainable practices on campus.

Realize what's at stake

If anyone can care about the environment, perhaps the next question is why should they?

"Because you live in this world too," Emily Harrington, senior environmental science major and president of the Nature Club, said. "It's like your house."

Harrington said that students and individuals in general should take part in restorations and cleanup projects just as they would take care of their house.

Amy C. Hirons, associate professor in the Halmos College of Natural Sciences and Oceanography, conducts research using the diet of marine animals to try and learn about the status of the ocean environment. Some of her research also looks to answer standing questions about marine environments and how they have changed over long periods of time.

According to Hirons, evidence suggests that the earth continually goes through cycles that affect the climate and environment, such as the ice age, but there is also evidence that suggests human actions may be countering the natural cycles of the earth.

"To what degree, we don't know," said Hirons.

For that reason, Hirons said it's important for humans to recognize the impact they may possibly have on the environment.

"Everything that we do as humans is going to have a response [in the environment] and often these responses are unintended," said Hirons.

Take action

"The day has long passed when you can ignore these sort of problems," said Paul Baldauf, professor in the Department of Marine and Environmental Sciences.

Good said a misconception associated with the term environmentalist is the use of protests. She said protesting is not the only way to take



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Environmentalists are supposed to "protect the natural world," but what does that entail?

action toward helping the environment. Rather, students can start taking initiatives in their lives that can help aid the environment.

"It always starts with an individual," said Hirons.

Good and Taylor said that simple ways to start working toward a healthier environment include making decisions to recycle and monitor water usage. Harrington said that individuals can consider carpooling and looking for ways to reduce their carbon footprint.

Baldauf and Hirons both said that students should make sure they are informed about the status of the environment and legislature regarding it on national and local levels.

"Florida has a lot of local issues [for citizens to focus on], from the invasive species problem to the restoration of the everglades — the largest ecosystem restoration project in the world to the sea level rise that we are experiencing already," said Baldauf.

Harrington said that the Nature Club has taken part in an initiative to teach the campus

about the importance of planting native flowers in the environment. She said that planting exotic plants, especially what are known as invasive exotics, can strip the soil of nutrients or overpower natural plant life.

Hirons said that students should seek information about the environment in the news and do more research so that they can form an educated opinion.

When typing "environmentalist" into a Google image search, the first row of results included four photos of individuals hugging trees, which likely references the oft-derogatory term "tree-hugger." But the face of environmentalism is changing from that of radical protests and controversy to those of every day individuals. Environmentalists on a college campus take time to educate themselves about the wellbeing of the earth and plan a course of action that to improve it.

If your watch is spinning out of control, read this

By: **Samantha Yorke**

Samantha Yorke is an assistant director and success coach for the Office of Undergraduate Student Success at NSU. She earned her Bachelor of Science degree in Psychology from the University of Central Florida and her Master of Science degree in Higher Education from Florida State University. Samantha is a proud Floridian with a passion for empowering others.

Are you sleeping enough? Studying enough? Do you feel like you are doing everything you want to do in a day? Let's face it — time management is not always easy to conquer. Being a college student is a full-time job that takes major planning, organization and commitment. Luckily, there are plenty of resources out there to assist college students in building an ideal schedule and prioritizing tasks like homework.

Taking a small portion out of your day to create your time management plan can do wonders for your stress levels and provide you with more time to enjoy the things you

love most. Below, you will find some helpful time management tools that could and should be implemented in your weekly routine for maximized success:

Create a schedule: This schedule will not only assist you in remembering when that class is, but it will also help you figure out when the best study times are, when to squeeze that gym session in and what days you are most available for social events. You can create your weekly schedule with the Office of Undergraduate Student Success to figure out an ideal routine that fits your lifestyle and needs.

Prioritize tasks: If you have dozens of obligations on your mental to-do list, consider writing them down. What is most important and should be completed immediately? What can be put off until later in the week, and what can be thrown away in your imaginary garbage can? This small activity will help you zoom in on your tasks and feel so much more organized.



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Samantha Yorke is the director and success coach for the Office of Undergraduate Student Success.

Ignore the FOMO: "Fear of Missing Out," that is. There's a lot going on at NSU, and sometimes it can be hard to say "no" to an invite or event. Realizing that you can't be in three places at once and that it is absolutely necessary to say "no" to some opportunities is a major key to your success. Consider your goals, and make decisions that will propel you forward in that direction.

Use a calendar/planner: Whether it's a planner you buy at the bookstore or the calendar built into your cellphone, use it. A planner will help you visualize all of your upcoming exams, meetings and other responsibilities. It will also help you avoid double-booking yourself, motivate you to finish tasks on time and assist you in feeling organized.

Remember, it is completely normal to feel overwhelmed at times. The key is to recognize when this feeling is getting out of hand so that you can take action to better organize your time and focus on priorities. Once you start using the tools listed above, that watch of yours is going to start slowing down, and you'll have more time to do the things you weren't always putting first, like sleep. On top of more rest and relaxation, you will have sufficient windows of time to study for classes and a stronger grasp of how to conquer your coursework — it doesn't get any better than that.

Mental health maintenance

By: **Grace Ducanis**
@GraceDucanis

College comes with a lot of changes. Students often have to deal with new roommates, new responsibilities, new environments and new pressures. Managing all these competing factors can be difficult, especially at the beginning of a new school year. Therefore, it's important to make sure you maintain your mental health. Whether you've had a history of mental health issues in the past or not, paying attention to your emotions and behavior as you navigate NSU can help you keep an active measure of your mental state.

There's no clear definition of mental health

Debra Futterman, director of Henderson Student Counseling services, said that there's no strict definition of mental health because mental health is different for every person. Instead, she said that any recurring behavior or emotion that is out-of-character can be a sign that you need to evaluate your mental health.

"Everyone's definition of normal is different, so [mental health issues stem from] the occurrence of something that impedes everyday functioning," she said.

According to Futterman, a lack of mental health can manifest in many different ways.

"Maybe it's a new freshman who's having trouble adjusting to the college environment and that's getting in the way of their everyday functioning, like their homework, or it's someone with a severe mental illness," she explained. "In that respect, mental health is hard to define. We like to look at it in terms of behavioral health instead of mental health."

Behavioral health issues are common

According to the 2014 National Survey on Drug Use and Health, 18 percent of adults experience some kind of mental illness. The American Psychological Association reports that anxiety is the top concern among college students, followed by depression and relationship issues.

Futterman said that the biggest behavioral health issues undergraduate and graduate students face overall stem from anxiety, loneliness, homesickness, interpersonal conflicts, feeling overwhelmed and mild to severe depression.

"Sometimes [the reason for behavioral health issues is] just that you get thrown into everything, and you don't know where to start," Futterman said. "Sometimes it's people coming to grips with the picture they had of college being different from what college

actually is. Our expectations are different from what actually happens, and it doesn't mean that what's happening is bad. It just means that it's different."

These issues can prevent students from functioning the way they would normally.

Futterman said, "If you and your roommate are fighting over who-knows-what, it's not that easy to sit down and study for your test because you're ruminating about the argument you just had. Interpersonal conflict comes into play a lot on our campus."

Monitoring your mind

According to Futterman, it's important for students to pay attention to their behavioral health before it reaches a dangerous level; students can do this by being aware of themselves and their behavior. Among things to monitor, Futterman mentioned sleeping and eating more or less than usual, increased or decreased activity and losing contact with close friends.

"It's noticing differences of pattern in your behavior," Futterman said. "It's really just paying attention and knowing yourself, knowing what works for you and when things change, why that is and what's getting in the way."

Managing mental wellness

Futterman said that self-care is key to maintaining healthy mindsets and behavior.

"Yes, studying and going to class is important," she said. "But you need self-care. You need to take a break, you need to sleep, you need to eat, you need to find time for activities that you like to engage in, you need to step back and take care of yourself. You're not hindering your study. You're refreshing your mental capacity."

Futterman reads as a way to focus her energy and relax. She said finding an activity that helps you zero in on a specific task can help the rest of your brain quiet down, and it might mean trying 20 things that don't work at first until you find something that does.

Futterman also suggested taking advantage of campus resources to help manage stress-related behavioral issues. For example, visiting an academic adviser for major-related stress, the Tutoring and Testing Center for grade-related stress, and the Office of Career Development for career-related stress.

Keeping the peer circle healthy

While taking care of behavioral health on an individual basis is important, it's also important to be aware of those around us to help



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College life can be stressful so it's important for students to monitor their mental health.

them stay healthy.

"Watch for a change in behavior," Futterman said. "The person who's always dressed up who now dresses a lot more casually, or the person who eats a lot is no longer eating, or the person who usually doesn't eat that much is eating a lot. It's the opposite of behaviors."

Other examples include sleeping more or less than usual and increased or decreased daily activity.

"If a red flag goes up in your head, pay attention to it," Futterman said. "Don't dismiss it. Our intuition is surprisingly good. We don't give ourselves enough credit. If you think something might not be right, check."

Futterman emphasized the importance of asking questions.

"People don't always report when they're not doing well because they don't know how to bring it up with someone, but as soon as someone asks, they're able to say it's not going

OK," Futterman explained. "Sometimes all it takes is someone taking interest."

Taking active care of your behavioral health

According to Futterman, behavioral health and mental health should be treated as priorities.

"If you sprained your foot and you had to go to physical therapy, you wouldn't think twice about it," Futterman said. "Behavioral health is the same. Don't think twice about it. Your brain is just as important as a sprained ankle."

All students have access to 10 free counseling sessions a year. Henderson Counseling Services is a non-diagnostic and completely confidential service, with an optional in-house doctor. To schedule an appointment or to speak with a counselor, call the 24/7 phone line 954-424-6911. The National Suicide Prevention Hotline is 1-800-273-8255.



Virtue throughout lifetimes: Sharks give back to the community

By: Jenna Kopec
@Jenna_Kopec

Sep. 5 marked the International Day of Charity, an annual day of charity recognition first declared by the United Nations in 2012.

Community is the final of eight core values on which NSU has built its name. NSU administrators, students and alumni regularly participate in programs and organizations that give back to local and global communities. In recognition of this past International Day of Charity, take a look at these Sharks who exemplify what it means to be part of a community.

Onica Charles: A lifetime of philanthropy

Onica Charles completed NSU's graduate program in 2009 and is the founder and CEO of International Children's Outreach (ICO), Inc., a non-profit organization with a mission to empower children living in poverty.

Charles was born and raised in Guyana until the age of 12, then relocated to the U.S. with her parents. Charles said that her background inspired her to start ICO.

"After going to school and being able to get out of poverty, I wanted to give back because I felt like I was fortunate enough to get out of that situation. I feel like it's my duty now to go back and help," she said.

ICO has outreach programs in Florida, Jamaica, Guyana, St. Lucia and South Africa. Currently, the organization is working on a community center in Guyana that Charles hopes will be fully operational in the next few years.

When asked about how undergraduate students can get involved in service, Charles said not to be afraid to start small.

"Just start. A lot of individuals feel like they need to do something big and grand, but they don't," said Charles.

Charles said students who want to expand their philanthropic endeavors can do so after they have established a career and direction they would like to take. In the meantime, small acts of kindness and volunteering can go a long way. She said that she has worked with NSU students in the past, and they can volunteer with ICO.

For more information about ICO, visit icocharity.org.

Schae Maynard: A student with a passion

Schae Maynard, senior environmental science major, said that she has had a passion

for service since she was very young. While attending high school in Trinidad and Tobago, where she is originally from, Maynard became involved with community service projects. Before attending NSU, she spent a year working with non-profit organization the Loveuntil Foundation.

As an NSU Shark, Maynard has chosen to continue giving back to the community. When she's not working in the Office of Orientation as an orientation coordinator for first-time college students, Maynard works closely with the campus Student Leadership and Civic Engagement Office. She particularly focuses on service trips, one of which she will help lead this year.

Last year, Maynard took part in the New Orleans service trip, where Sharks took part in restoration projects for the victims of Hurricane Katrina.

"Getting to actively engage in such a beautiful community, people with such great spirits and great stories, was truly inspirational," Maynard said about the trip.

Maynard also attended a service trip to Orlando, where Sharks volunteered for the Special Olympics.

"I had never experienced the Special Olympics before, and the skill and dedication that these athletes have for their sport, and their level of sportsmanship — even when they did not win — is something I now strive for," she said.

After graduation, Maynard plans to continue serving the community. She plans to attend graduate school, majoring in college student affairs. She hopes to work for an office that focuses on civic engagement so that she can plan service projects and help guide students into community service.

Maynard said that students should not be afraid to contact the Student Leadership and Civic Engagement Office or find other avenues for community service.

"It really helps you evaluate what you value as important," Maynard said.

The Student Leadership and Civic Engagement Office: Leading others into service

Liz Mazorowicz, graduate assistant for civic engagement, said that the SLCE office, located in the Rosenthal Building, is always



NSU Sharks on a 2015 service trip.

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willing to speak to students who are interested in becoming involved with service trips (SAS trips) and NSU days of service. Mazorowicz said that as an undergraduate, service trips helped define what civic engagement meant to her.

"You really get to work with one issue, and you get to learn about yourself," said Mazorowicz.

Each SAS trip focuses on one particular social issue or event. Last year, the SAS trips focused on disaster restoration, wildlife, community development and the Special Olympics.

Mazorowicz said that students may feel hesitant about becoming involved with SAS trips or civic engagement but that they shouldn't let that stop them from participating. Community service provides once-in-a-lifetime opportunities with high rewards.

"If there's any part of you that's wanting to do something and wanting to make a difference, you have to come along with us," said Mazorowicz.

Emily Konicki, sophomore biology major, works in the SLCE office and plans days of service. She reaches out to community

programs and tries to schedule events that will significantly impact the community. Community affiliates include HandsOn Broward, Habitat for Humanity and Feeding South Florida.

Konicki said that students can contact affiliates to volunteer for the organizations outside of days of service. She said students can get contact information by asking the SLCE office, visiting the organization's website or attending the volunteer fairs in the fall and winter.

Konicki said that students should explore their options and become involved in civic engagement because it not only helps the community, but it is rewarding for the student.

"You can see the impact that you have on someone else just by volunteering two or three hours of your day—it's the smallest acts of kindness that can go the longest way," she said.

As a university, NSU sees the value of giving back to the community, so take time to explore civic engagement opportunities. Through acts of service, Sharks have proven that they can make a difference on a local and global scale.

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13-Sep	The Trust	The Boss	Weiner	Fathers And Daughters	The Angry Birds Movie	The King's Speech	A Better Life	The Silver Linings Playbook	Bridget Jones's Diary	Batman V Superman Dawn Of Justice	Sniper: Ghost Shooter (12:15 am)
14-Sep	Keanu	The Trust	Dear John	Extremely Loud And Incredibly Close	Click	Spanglish	Barbershop: The Next Cut	El Cantante	Crash	Reign Over Me	Weiner
15-Sep	The Angry Birds Movie	Keanu	A Better Life	Batman V Superman Dawn Of Justice	Bridget Jones's Diary (10:45 am)	The Silver Linings Playbook	The Boss	Reign Over Me	Sniper: Ghost Shooter	Fathers And Daughters	Dear John
16-Sep	Click	The Angry Birds Movie	Barbershop: The Next Cut	Spanglish	Crash	El Cantante	The Trust	The King's Speech	Weiner	Extremely Loud And Incredibly Close	A Better Life
17-Sep	Bridget Jones's Diary	Click	The Boss	Reign Over Me	Sniper: Ghost Shooter	Extremely Loud And Incredibly Close	Keanu	Spanglish	Dear John	The Silver Linings Playbook	Barbershop: The Next Cut
18-Sep	Crash	Bridget Jones's Diary	The Trust	The Silver Linings Playbook	Weiner	Batman V Superman Dawn Of Justice	The Angry Birds Movie (3:15 pm)	Fathers And Daughters	A Better Life	El Cantante	The Boss
19-Sep	Sniper: Ghost Shooter	Crash	Keanu	Extremely Loud And Incredibly Close	Dear John	Spanglish	Click	El Cantante	Barbershop: The Next Cut	The King's Speech	The Trust
20-Sep	Weiner	Sniper: Ghost Shooter	The Angry Birds Movie	Fathers And Daughters	A Better Life	The King's Speech	Bridget Jones's Diary	The Silver Linings Playbook	The Boss	Batman V Superman Dawn Of Justice	Keanu (12:15 am)



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Athlete of the Week:

Malin Westman

By: **Aldana Foigel**

Hard work brought success into Malin Westman's life. Through hard work, the junior marketing major and two-time All-SSC First Team swimmer has become a key member of NSU's swim team.

Two years ago, Westman came to NSU from Harryda, Sweden, where she swam for Misja Klevstig at Kungskaps gymnasiet Gothenburg during high school. She won Female Swimmer of the Year in 2011.

After spending a lot of time trying to decide whether to come to college in the United States or not, Westman gave it a shot and started her freshman season at NSU in 2014.

Westman explained how coming to NSU changed not only her swimming career, but also her life.

How did you start swimming?

"My dad and mom swam when they were young and they became coaches. My older sister swims as well, so swimming has always been in my family. The four of us used to spend hours in the pool. I think I was around four years old when I started swimming and I went to my first meet when I was six years old."

Did your parents coach you?

"My mom was my coach first, for around seven years. After that my dad coached for me for another seven years. And then after 14 years I got another coach."

How did you find out about NSU?

"I was really tired of swimming and I didn't have any motivation to keep practicing when I was in middle school. My mom had a



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Westman is entering her third season as a member of NSU's swimming and diving team.

friend who came to college in the U.S. and she recommended that I come. At first, I was not sure about it, but when my high school graduation was approaching I decided that I wanted to try it at least. I was sure I didn't want to go to a Division I school. My coach back at home knew Holly [the former head swimming coach at NSU], so they talked and then I also contacted her. That's how I ended up at NSU."

Do you believe that coming to NSU helped you to improve your swimming?

"Yes, it was a change that helped me. At first I was so scared because I came from another country, I didn't know anyone and I was afraid I was going to miss home. But it's been great, one of the best experiences I've ever had."

You were named All-SSC First Team swimmer your freshman and sophomore years. How did you feel about it?

"I was really honored. During my freshman year I was not sure what the mention consisted of, but then I found out what it actually meant. I did not really expect that for my freshman year, so I felt good."

What do you consider your most important achievement as a swimmer?

"Oh, that's a hard one. I think just coming here, getting to change my swimming and finally being happy with my swimming again. When I was in Sweden, the years prior to college I didn't do bad, I just felt awful about everything I did. I hated practicing and racing. It is so much better now, and last year at Nationals I came in fourth in the 100 meter breast stroke. Last summer I went home and finished fifth at Swedish Nationals in the 100 meter breast stroke too."

Do you have a favorite swimmer?

"No, I don't. I like [different things about] each swimmer."

Have you had any influential coaches in your swimming career?

"Definitely my parents. I would say my mom when I first started swimming, because she is the one who taught me everything. Later my dad became my coach and today I am here because of him."

What do you enjoy doing during your free time?

"When I am not swimming or studying, I enjoy sleeping. I really like reading romantic novels and crime books."



On the Bench:

Kaepernick should be encouraged to flex his constitutional rights

By: **Erin Herbert**
@Erin_Herbert

With millions of viewers tuning in to watch professional sports, it's no surprise that athletes are heavily scrutinized, and often have their every move criticized. San Francisco 49ers quarterback Colin Kaepernick is no stranger to controversy. But this time around, the 28-year-old is being unfairly criticized for standing up for what he believes in.

According to ESPN, Kaepernick has taken a lot of heat from critics after choosing to stay seated during the national anthem at an NFL preseason game. Kaepernick refused to stand for the customary playing of "The Star Spangled Banner," as a way to silently and peacefully protest the treatment of racial minorities in the United States, Yahoo Sports reports. However, this protest was not a one-time thing, as many critics hoped it would be.

Kaepernick continued what is being called his "preseason protest," at the 49er's Sept. 1 game against the San Diego Chargers, but this time with a supporter at his side. 49er's safety Eric Reid joined his teammate in solidarity and kneeled throughout the duration of the pre-game national anthem, according to CBS. But support for Kaepernick's silent protest doesn't stop with his team. Female soccer star Megan Rapinoe joined in the silent protest by kneeling during the national anthem before the Seattle Reign game in the National Women's Soccer League.

Unsurprisingly, Kaepernick has recently received a substantial amount of backlash for his commentary on social justice issues. Many have said that Kaepernick is disrespecting the United States by refusing to stand. However, that's not the case at all. Kaepernick is not being disrespectful in the slightest; his form of silent and peaceful

protest is one of the most respectful ways to make a statement. He is not attacking anyone or slandering the name of the United States, he is simply suggesting that he does not agree with the way racial issues are currently being handled. Kaepernick is exercising a basic constitutional right by attempting to bring about change in a non-confrontational manner.

The treatment of racial minorities within society has been a major issue lately, and support and protest groups, such as Black Lives Matter, have been coming together in order to address this treatment. Much like these groups, Kaepernick is offering his opinion on the situation and has chosen not to participate in the tradition of honoring a nation he believes is treating a minority group unfairly.

Denying Kaepernick this form of protest is denying one of his most basic rights as an American. Though it is customary to stand for the national anthem, there is no requirement to do so, and the NFL even issued a statement regarding Kaepernick's decision to remain seated: "Players are encouraged, but not required, to stand during the playing of the national anthem."

Athletes will always be the subject of scrutiny from fans, but sometimes those criticisms are unfounded. As a high profile athlete, Kaepernick has a large fan base and gains more and more exposure with every nationally televised game, and it's admirable that he uses his fame to bring light to a relevant social issue. So despite all of his new-found haters, Kaepernick should keep standing up for what he believes in and fight for racial equality one touchdown at a time.

ON DECK

WOMEN'S SOCCER

vs. Florida Southern
NSU Soccer Complex
Sept. 14 | 7 p.m.

vs. Johnson & Wales
NSU Soccer Complex
Sept. 18 | 7 p.m.

vs. Embry-Riddle
NSU Soccer Complex
Sept. 21 | 7 p.m.

MEN'S SOCCER

vs. Florida Southern
Lakeland, Fla.
Sept. 14 | 7 p.m.

vs. Tampa
NSU Soccer Complex
Sept. 17 | 7 p.m.

vs. Embry-Riddle
Daytona Beach, Fla.
Sept. 21 | 7 p.m.

WOMEN'S GOLF

Ross Resorts Invitational
Southern Pines, N.C.
Sept. 14 | All day

WOMEN'S VOLLEYBALL

vs. Lynn
Boca Raton, Fla.
Sept. 16 | 7 p.m.

vs. Barry
Miami Shores, Fla.
Sept. 17 | 4 p.m.

MEN'S GOLF

National Preview Fall Intercollegiate
Denver, Colo.
Sept. 21 | All day

MEN'S AND WOMEN'S SWIMMING

All Florida Invitational
Gainesville, Fla.
Sept. 18-20 | All day

SPORTSSHORTS

Men's Soccer

The men's soccer team fell 0-2 to Mississippi College in their season opener on Sept. 2. Goalkeeper Nico Rosiglioni made two saves in 90 minutes of play.



Men's and Women's Cross Country

The men's and women's cross country teams took first overall at the Florida Atlantic University Invitational on Sept. 2. Senior Thomas Ingalls led the men's team, while freshman Allison Porter was the top finisher on the women's side.



Women's Soccer

NSU's women's soccer team won their first match of the season with a convincing 4-1 win over Webber International on Sept. 2. Hannah Christophe and Nicole Staley each scored a goal, while Sini Laaksonen tallied a total of two points for the Sharks.



Women's Volleyball

The women's volleyball team won all four games of the Shark Invitational on Sept. 2 and 3. The Sharks won their first three matches against Adelphi, Arkansas at Monticello and Bentley, with scores of 3-1, respectively. The women closed out the series with a 3-2 victory over Rockhurst on Sept. 3.



OUT OF THE SHARKZONE

McDavid named captain of team North America

Edmonton Oilers forward Connor McDavid was officially named captain of team North America for the 2016 World Cup of Hockey. Head Coach Todd McLellan made the official announcement on Sep. 8, according to NBC Sports. Sean Couturier, forward for the Philadelphia Flyers, and Aaron Ekblad, defenseman for the Florida Panthers, will serve as alternate captains for the duration of the tournament.

New York Mets sign Tim Tebow to minor league contract

Former New York Jets quarterback Tim Tebow agreed to a minor league contract with the New York Mets on Sept. 9. The Heisman Trophy winner will receive a \$100,000 signing bonus, according to Yahoo Sports. Tebow will report to the Instructional League in Port St. Lucie, Florida on Sep. 18 to determine which minor league he will be assigned to.

Serena Williams loses number one ranking

Tennis superstar Serena Williams lost her number one ranking after losing to Karolina Pliskova of the Czech Republic at the U.S. Open on Sep. 8. The 34-year-old lost the semifinal match by a score of 6-2, 7-6 (5), according to FOX Sports. This marks the second year in a row that Williams has lost her number one ranking after being eliminated from the U.S. Open.

Seantrel Henderson receives four game suspension

The NFL officially announced that Buffalo Bills offensive tackle Seantrel Henderson will receive a four game suspension for violating NFL's substance abuse policy, according to NBC Sports. The 24-year-old will not be allowed practice with the team until after his suspension has ended.

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Did someone say brunch?

By: **Jacqueline Lytle**
@JacquieLytle

After a week crammed with classes, work and assignments, it's important to find time to relax and enjoy the environment outside of, well, inside. While the beach, shopping or working out are viable options, why not grab some friends and socialize around yummy food, sweet drinks and an inviting atmosphere? Why not brunch?

Louie Bossi's

1032 East Las Olas Blvd., Fort Lauderdale, Florida 33301, \$\$

Louie Bossi's puts on an extended brunch, offering specials every Saturday and Sunday from 11 a.m. to 5 p.m. Choose to indulge in their outside oasis on a beautiful day, under gazebos and surrounded by trees, or in air conditioning if rain or humidity impedes. Brunch-goers can fill up on any of the restaurant's specialty items, like whole grain Nutella waffles, classic spaghetti, tricolore and pear salad or the much-loved pizzas, while enjoying \$12 unlimited mimosas, Bloody Marys, Bellinis and Aperol spritzes with entrée purchase for anyone 21 and up.

Taco Craft

204 SW 2nd St, Fort Lauderdale, FL 33301, \$

Serving brunch every Sunday from 10 a.m.

to 3 p.m., Taco Craft offers a variety of Mexican options, such as braised chicken or chorizo tacos, coconut and dulce de leche French toast, Mexican omelets and huevos diablos. Aside from their extensive list of delicious food, the restaurant is alive with a DJ and seating at the inside bar and tables or along the main street of downtown Himmarshee Village. Ladies of age are offered free mimosas and sangrias with menu item purchase.

Rok: Brgr

208 SW 2nd St, Ft Lauderdale, FL 33301, \$\$

Rok:Brgr: Burger Bar and Gastropub, a laidback sister restaurant to Taco Craft, also serves brunch every Sunday from 10 a.m. to 3 p.m. Brunch-goers can chill out inside or outside while scarfing down specialty options like the signature Rok:Brgr, Fat Elvis Waffles, lobster BLT and hangover sandwich part one or two.

Tap 42

1411 S Andrews Ave., Fort Lauderdale, FL 33316, \$\$

A naturally crowded spot, Tap 42 hosts brunch every Saturday and Sunday inside or on their outside patio from 11 a.m. to 3 p.m. Offering an array of brunch items such as white chocolate strawberry pancakes, "Green Eggs & Ham" benedict, smoked salmon bagel and oven-

baked shrimp mac and cheese, their menu has something for everyone. Those of age can pay \$15 for bottomless mimosas, Bloody Marys and Funky Buddha Floridian to accompany their meals.

Green Street Cafe

3468 Main Hwy, Coconut Grove, FL 33133, \$\$

Comfortable seating inside and outside, this Coconut Creek gem gives brunchers the opportunity to people watch while munching on yummy menu items like the Nutella-filled or coconut-crust French toast, herbs and tomato omelet and red velvet pancakes.

Bull Market

210 SW 2nd Street, Fort Lauderdale, FL 33301, \$\$

Voted best brunch by Broward's New Times, Bull Market offers a Saturday and Sunday brunch from 11 a.m. to 3 p.m. Brunch-goers can dive into the urban restaurant's infamous \$24 brunch buffet or menu items such as the BBQ chicken tacos, general Tso chicken and waffles, short rib benedict and the chef's stuffed French toast special. Ladies of age can spend five more dollars for unlimited beverages to enjoy inside or outside of the relaxed pub.

Staff Picks: Fall TV Shows

By: **The Current Staff**

Autumn may be the season of pumpkin-flavored foods and harvest festivals, but it's also the season of television premieres. Here are some shows The Current staff is looking forward to this fall.

Morgan Thorn, business manager, said "Gilmore Girls"

I am really looking forward to the new season of "Gilmore Girls" coming out on Netflix later this fall. I used to watch the show religiously when I was younger and may have binge-watched the series instead of studying for finals last semester. In my opinion, the series could have had a better ending so I'm hoping the writers do the show justice this time around.

"Gilmore Girls" will be available on Netflix on Nov. 25.

Carli Lutz, chief of visual design, said "Brooklyn Nine-Nine"

I'm most excited for "Brooklyn Nine-Nine" to start up again. I binge-watched the series over the summer and quickly became obsessed. "Brooklyn Nine-Nine" is a hilarious show that follows the 99th precinct of the New York Police Department. The show features Andy Samberg along with the always-perfect Terry Crews as Sergeant Terry Jeffords. Its

fourth season premieres Sept. 20 on Fox.

Watch "Brooklyn-Nine-Nine" on Tuesdays at 8 p.m. on Fox.

Jenna Kopec, features editor, said "The Good Place"

I'm not really a big TV watcher but I am looking forward to the series premiere of "The Good Place" Sep. 19 on NBC. It seems like it's going to be a really quirky and new take on the afterlife and what it means to be a good person.

After the Sept. 19. premier, watch "The Good Place" on Thursdays at 8:30 on NBC.

Erin Herbert, co-editor-in-chief, said "The Walking Dead"

I can't wait for "The Walking Dead" to come back to AMC. The beloved zombie-themed drama will be returning for its seventh season this fall. The series left off on a dramatic cliffhanger at the end of season six, and I have been patiently waiting all summer to find out what kind of trouble Rick and his group will get into next. "The Walking Dead" is an integral part of my Sunday night ritual, and its Oct. 23 premiere can't come soon enough.

Watch "The Walking Dead" on Sundays at 9 p.m. on AMC.

Grace Ducanis, copy editor, said "Crazy Ex-Girlfriend"

A successful NYC lawyer moving to a small California town for a guy she used to date at summer camp seems like the half-baked premise of a Hallmark movie, but it's actually the plot of one of the smartest and funniest shows on television. I watched the first season avidly as protagonist Rebecca Bunch navigated her relationships with guys, coworkers, and her mom amid tongue-in-cheek commentary on society. And the best thing about the show? Every episode of "Crazy Ex-Girlfriend" has three to four stellar musical numbers, with auditory gems like "I Gave You a UTI" and "I Love My Daughter (But Not in a Creepy Way)." The show's second season premieres Oct. 21 on the CW, and if fall doesn't get here faster I might just go crazier than an ex-girlfriend.

Watch "Crazy Ex-Girlfriend" on Fridays at 9 p.m. on the CW.

Jacquie Lytle, co-editor-in-chief, said "Worst Cooks in America"

I'm looking forward to the new season of "Worst Cooks in America." Hosted by Anne Burrell and Rachael Ray, this season, which airs on Sept. 14 on the Food Network, is a celebrity edition. Mike "The Situation" Sorrentino, Mindy Cohn and Kenya Moore will be among

Off Shore Calendar

Brian Wilson

Sept. 14 | 8 p.m.
@ Hard Rock Live

Disney On Ice Presents Follow Your Heart

Sept. 15-25 | 7 p.m.
@ BBT Center

Full Moon Drum Circle

Sept. 16 | 7 p.m.
@ ArtsPark at Young Circle

Movies on the Lawn

Sept. 16 | 8 p.m.
@ The Great Lawn, Pompano Beach

Hollywood ArtWalk

Sept. 17 | 7 p.m.
@ Comfort Zone Studio and Spa

Naked Feet 5K

Sept. 17 | 8 a.m.
@ Fort Lauderdale Beach Park

Sunday Outdoor Movies

Sept. 18 | 10 p.m.
@ Dada Restaurant and Lounge

the stars showing off their inability to cook. I'm excited to see what funk they concoct.

Watch "Worst Cooks in America" on Wednesdays at 9 p.m. on the Food Network.

Aidan Rivas, visual design assistant, said "American Horror Story"

I'm looking forward to the newest season of "American Horror Story," which premieres Sept. 14 on FX. I've followed the series all the way so far, though seasons "Coven" and "Freakshow" made me lose interest. However, "Hotel" was a spectacular season, so I have high hopes. It's always a pleasure to see recurring actors and occasionally characters, and I know that no matter what avenue they end up taking, I'll most likely get some enjoyment out of "American Horror Story" this September.

Watch "American Horror Story" Wednesdays at 10 p.m. on FX.

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SOUNDBITE

“Wat the Frick” by Getter

By: Adam DeRoss

If you ask most people in the EDM scene, they’ll say that dubstep is dead. And, for the most part, they’re right. The term “dubstep” has become a lot vaguer. It’s no longer easy to determine what music can be considered dubstep and what cannot because of the ridiculous amount of subgenres in electronic music. However, Getter’s latest EP “Wat the Frick,” released on Sep. 2, is one of Dubstep’s true gems.

This new release blows his previous EP “Radical Dude” out of the water, and represents everything Getter has done as an artist of the genre and provides a look into his future in music. Whereas “Radical Dude” had three good tracks out of the six released, the seven tracks on “Wat the Frick” are much more solid overall and incorporate almost every aspect of Getter’s past releases. At first, the album may appear low-quality because of strangely-titled tracks like “Cool as Frick,” “Fricken Dope” and “Sick Jetpack Bro?” But, strange track names aside, he has managed to create some very solid pieces, though the drops are a bit simpler and more subdued than his fans are accustomed to.

But this isn’t necessarily a bad thing as Getter proves that the “the drop is the only part that matters” argument isn’t true in the slightest. “Fricken Dope” gives listeners an intense buildup cut up with tinny snares, deep bass and



Getter’s “Wat the Frick” is available on iTunes and Spotify.

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rising intensity before dropping into some classic vocal sample cutting and sequencing. In the following track “Cool as Frick” we are treated to a relentless Moombahton track that combines the staple Latin and moombah beats with trap drum breakdowns and various pitch shifts. All of these tracks are definitely solid, and even the two weakest tracks on the album, “2 High” and “Wat the Frick VIP Mix,” are more subpar than disappointing. “2 High” is an oddball track — more traditional hip-hop than electronic. The beat isn’t bad but is diminished by unnecessary grating vocals, provided by \$uicideboy\$.

To conclude the album, listeners get a sharp

left turn with a track entitled “Something New,” similar to the chill trap song “Forget It” released on “Radical Dude.” But unlike “Forget It,” “Something New” sounds entirely different from anything Getter has ever done, which definitely fits the title of his new EP. Getter gave listeners a trip-hop track reminiscent of artists such as Bonobo and Fat Jon, while still incorporating masterful vocal cutting, snare and drum patterns and breakdowns. Coupled with almost alien synths, Getter has managed to provide listeners with an entirely different tone.

Netflix just got a little stranger

By: Erin Herbert

@Erin_Herbert

In addition to being responsible for feeding into binge-watching marathons around the world, Netflix has become widely known for its lineup of refreshing and incredibly addictive original series. And their latest release “Stranger Things” is no exception.

The eight-episode first installment of the series was released on July 15 and has quickly become one of the most talked about shows on Netflix. This sci-fi thriller captures all of the best elements of both thriller and science fiction genres and resurrects the 1980s in all the right ways.

Set in 1983, “Stranger Things” follows a group of Dungeons- and Dragons-loving pre-teen boys — Mike, Dustin and Lucas — as they try to find their friend Will, who seemingly vanished while biking home one night. But Will’s disappearance isn’t the end of the strange happenings in the small town of Hawkins, Indiana. As our protagonists and the rest of the town frantically search for Will, they begin to uncover dark secrets the rural town has been hiding. Add an alien-like creature snatching people in the dead of night and a nightmarish government research lab, and “Stranger Things” becomes just creepy enough to keep fans of the supernatural glued to their couches and coming back for more.

Though the first season of the series is only eight episodes, viewers are sure to fall in love with each character and their unique, and sometimes quirky, personalities. From nerdy and awkward AV Club kid Mike Wheeler to Steve Harrington, the jock who wears his heart on his sleeve, there’s a character that everyone can identify with. Though the first season only covers the span of approximately two weeks, each character develops so much in that short time period. The character Eleven, for example,



Netflix’s original sci-fi series “Stranger Things” was released on July 15.

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is first introduced when our protagonists find her alone in the woods while searching for Will one night. Though she is incredibly timid and seemingly mute at first, she soon transforms into a completely different person, learning the concepts of friendship, loyalty and honesty from her interactions with Mike, Dustin and Lucas. One of the most refreshing elements of character use in “Stranger Things” is that every character in the show, no matter how minor, is tied to the plot in a fantastic and unexpected way. Every character is important, and nothing is done by accident.

Nostalgia is one of the show’s most charming elements. Between references to Spielberg films and Will’s undying love for “Should I Stay or Should I Go” by The Clash, small allusions to 80s pop culture take viewers back in time. Regardless of whether viewers

grew up in the 80s or are being exposed to this culture for the first time, they are sure to be amused by the use of oversized walkie-talkies and other novelties or the ridiculous, albeit entertaining 80s soundtrack. “Stranger Things” is the perfect homage to the cultural phenomenon that was the 80s.

Directing duo Matt and Ross Duffer perfectly captured the emotion and urgency of the search for a missing child and coupled it with an element of mystery, letting viewers know that everything is not as it seems to be. With its perfect balance of science fiction, mystery, drama and yes, even romance, “Stranger Things” is sure to keep viewers on the edge of their seat and clicking “play next episode.” Expect to see season two on Netflix in 2017.

Britney's Back, B----!

By: Jenna Kopec

@Jenna_Kopec

Oops, she’s done it again! After nearly two and a half years, Britney Spears released her ninth studio album, “Glory,” on Aug. 26 — and she did not disappoint.

“Glory” is a perfect balance of classic Britney style and a mature new outlook. The songs have smoother, calmer melodies and lyrics that mirror the thought process of a woman rather than the young girl we tend associate with Britney Spears. This is displayed in the soft vocals of the album’s first single “Make Me...,” featuring G-Eazy. Spears continues her infamous style of provocative topics with the tracks “Slumber Party” and “Do You Wanna Come Over?”

The vocal range she demonstrates makes the album interesting; we hear a rather rare version of Spears’ voice in “Private Show.” Rather than the high range we hear in songs like “Lucky,” Spears sings the majority of the song in a lower range that’s a bit more similar to the voice she speaks with, but still sings the bridge in her typical Britney voice. We see a similar style of singing on the track “Just Like Me.”

Spears challenges the idea that music can’t be both catchy and meaningful. Accompanying her fun, provocative tracks, Spears includes pieces like “Man On The Moon,” “Just Luv Me” and “Just Like Me,” all of which discuss love. Spears expresses independence and confidence throughout her album. Through lyrics like “I know that I’m worthy” when addressing a significant other in “Just Luv Me,” she demonstrates that relationships aren’t meant to equate to self worth. The song basically explains that she’s more than capable of taking care of herself and all she asks from a relationship is love. When that love goes to someone else, Spears says “she can have you” in the heartbreak of “Just Like Me.” Though this track communicates the pain of betrayal, Spears maintains that she doesn’t need anyone who doesn’t love and remain faithful to her. She displays an interesting balance between the emotional flow of life and staying connected to yourself.

Spears also experiments with music in different languages, proving that the princess of pop has no language barriers. “Man On The Moon” contains a countdown in French, while the deluxe version of the album includes a song with Spanish lyrics, “Change Your Mind (No Seas Cortes),” and a complete song in French.

The album comes in both a standard and deluxe version, but invested listeners should definitely buy the deluxe version. The five extra tracks are worth three more dollars.

From those who grew up listening to “Hit Me Baby One More Time” to others who avoid pop music like the plague, listeners can’t deny that Britney Spears has quite the comeback story. Even though she’s been questioned and criticized for years, Spears’s new album proved to us all that her talent and creativity deserve all the “Glory.”

Seriously Kidding

a satire column

Visually impaired find hipster glasses offensive

By: **Grace Ducanis**
@GraceDucanis

Glasses without lenses, commonly worn by hipsters and hyper-intellectuals to make people think they're smarter than they are, have a dangerous side effect: they are highly offensive to the visually impaired.

Mary Whittaker has been wearing glasses since the tender age of seven. Because of her nearsightedness, she is unable to read the menus at Chipotle and McDonalds without her glasses.

She said that she can't count the number of times people have asked her how many fingers they're holding up.

"It's hard, you know?" Whittaker said, nearly in tears. "When I lose my glasses, I need my glasses in order to find my glasses. And to have hipsters walking around with their oversized frames, looking like Princess of Genovia Amelia Mignonette Thermopolis Renaldi pre-transformation-scene on purpose? It tells you a lot about how our culture views the visually impaired."

According to the Vision Council of America, approximately 64 percent of the U.S. population wears eyeglasses. Studies show that every individual knows someone who has been affected by a visual impairment.

Stephen Gussey, who wears glasses now, had to wear an eye patch as a child to combat lazy eye.

"These hipsters, they'll never know what it's like to be called a pirate on the school playground," he said. "They'll never be called 'four eyes.' Glasses aren't a fashion statement; they're a treatment for a disability. Imagine if someone wore a neck brace as a fashion statement? Or rode around in a wheelchair just because it looked cool?"

Star Fairchild, regular hipster glasses-wearer and ignorant muttonhead, sees no problem with wearing glasses without prescription lenses.

"I wear glasses as social commentary," she explained obtusely. "I think it's fascinating that we see glasses as a mark of intelligence, and my intention is to subvert that stereotype."

But at what cost, Star? How many visually impaired tears will glasses-wearers have to shed before society wakes up and sees its error?



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Hipster glasses must be stopped.

Glasses-wearers routinely report ways in which their visual impairment interferes with their daily lives.

"When I went to see 'Zootopia' in 3-D, I had to wear 3-D glasses over my regular glasses," Whittaker explained. "Whenever I step outside of my air-conditioned sedan, my glasses fog up for a good 30 seconds. 36% of the population has no idea what that's like."

Gussey said he finds the lack of social support for the visually impaired deeply upsetting. He said he regularly attends fundraising runs for individuals affected by cancer and autism, but that he's never had the opportunity to run in support of his own disability.

"Even when it's storming and raindrops are hitting my glasses, I don't stop to clean them and I just push through," he said bravely. "When it's sunny and the brightness hurts my eyes because I can't fit sunglasses over my regular glasses, I push through. I just wish that, once, someone would push through for me."

Fairchild remarked that an issue affecting such a large portion of the population with a wide range of highly effective treatment options can hardly be called a disability. She said she sees her colorful, oversized frames as a form of expression.

Whittaker disagreed.

"The lack of cultural sensitivity is astounding, especially in hipsters, who often claim to be the most culturally sensitive," she said. "Frankly, it's disgusting, and I hope they all contract glaucoma. They deserve it."

Gun control: The stronger the better

By: **Jacqueline Lytle**
@JacquieLytle

Pew Research Center states that there are anywhere from 270 million to 310 million guns in the U.S. As these deadly weapons reside in the homes of 37 percent of Americans, gun control is causing much debate today. Are the proposed gun restrictions stepping on our Second Amendment rights? Will enforcing these stronger controls actually reduce crime rates? Or is our government simply attempting to take away a major form of citizen protection? My opinion? Gun control in no way violates our Second Amendment rights, and ultimately, restrictions have the ability to greatly reduce gun crime rates.

According to The New York Times, "gun control" is a broad term used to explain any restrictions and obligations placed on firearms and their keepers in regards to buying, selling, possessing, storing and carrying firearms. Commonly proposed restrictions throughout the U.S. include waiting periods, background checks, carrying limitations and registration requirements in regards to purchasing and selling

guns. What's so bad about a few restraints? I think we could add a few more.

I've never been a fan of guns, mainly because I don't see any good they serve. As a form of protection, I understand the opposite argument. However, if these devices were not in the hands of so many, would we need protection? Wouldn't a knife or a bat suffice in most instances if guns were not on the streets but crime persisted?

More often than not, we hear unfortunate stories of innocent deaths, whether accidental or purposeful, at the hands of individuals that never should have had the opportunity to touch a gun. Whether the victim is an innocent bystander hit in the crossfire of a revengeful ambush or a student killed during mass shootings at clubs and schools, guns have turned our world into a scary place. How many national stories do we hear in which the gun was used as a form of protection rather than a weapon of destruction?

While Time Magazine states mass

Who says millennials don't care about politics?

By: **Nikki Chasteen**

As a millennial – a label I actually loathe – I can't tell you how many times I've heard "you don't care about politics" or "the future of this country is in trouble" from my elders. I'm a millennial on the older end of the spectrum and I find this offensive. I care about politics, and my friends care about politics, but maybe not the same politics as my parents or even grandparents.

According to a Pew Research study, 50 percent of millennials identify as independent. This number is up from 38 percent in 2004. In my experience, millennials are more liberal than the generations before them, but are less likely to identify as Democrat or Republican. With the rapid growth of social media and 24/7 readily accessible news coverage over our short lifetimes, millennials tend to question what is really going on in politics. We like transparency. I have talked to several of my friends who feel that the government is reluctant or too slow in making changes towards social and economic progress.

According to the 2016 Millennial Impact Report, 90 percent of millennials value service work and feel that their contributions to a cause will have a greater impact on the betterment of society than laws passed by Congress. In recent years, Congress has passed laws protecting the rights and enhancing benefits for the LGBTQ community, including legislation recognizing gay marriage on a national scale and requiring that healthcare companies write equal policies for same-sex and opposite-sex couples. Millennials feel strongly about social issues, specifically racial and gender issues. We have watched society begin to more openly accept the transgendered population and interracial relationships. However, the majority of millennials feel that new laws protecting and enhancing the rights of the LGBTQ community are being passed at snail speed.

But there have also been state laws passed that hinder such progress. Texas attempted to restrict abortion by requiring procedures be performed in a licensed surgical center.

According to Texas Gov. Greg Abbot, the law was "meant to limit abortions." In Arizona, a law was passed that basically permits the racial profiling of immigrants. These are just a few examples of the exact change millennials feel hinders our nation's progress and social progress specifically. According to Travis Irvine, a contributor for Huffington Post, millennials are much more accepting of these social issues than our parents and previous generations and tend to be less judgmental. Since millennials tend to identify more closely on the liberal scale than the conservative scale, the GOP has a lot to learn to keep up with our progressive, non-judgmental thinking.

The economy has been another hot topic throughout this election coverage. Millennials care about the economy, since most of our parents were affected in some way or another by the 2008 recession. Some millennials may be too young to remember, but I remember it well. 2008 was the year I began job hunting in the "real world," but there were no jobs. No one was hiring and everyone was downsizing. I've spoken with Baby Boomers about their careers after college and there are differences between their goals and the goals of millennials. Some Baby Boomers chose to marry right after college, start a family and let the husbands work while the wives stayed home and raised the children. Conversely, millennials are choosing to further their education through master's and doctorate programs, securing a job and getting married later. It seems to me that millennials are getting a later start in their careers than those Baby Boomers.

The older generations are confused. It's not that we don't care about politics or that our lack of concern is troublesome for the future of our country, it's that our concerns are different. An increasing number of millennials feel that laws and policy need to catch up to the times - our times. The government can and should continue to strive for change and acceptance of new social, economic and political issues.

shootings account for a very small percentage of the U.S.'s gun-related homicides, the number of mass shootings has risen within the last couple decades. Mother Jones, a nonprofit news organization, presents extensive data on all mass shootings that have occurred from 1982 to the present, showing a gradual rise in the number of mass shootings from one in 1982 to seven in 2015. Since July of this year alone, five mass shootings have been reported. Astoundingly, out of the 67 shooters in the past 30 years, 65 had mental health issues and 55 obtained the weapons illegally, according to Global Research, a center for research on globalization. This shows negligence associated with the buying and selling of guns. As some states hold policies to search costumers' mental health files when applying for a gun, all background checks should incorporate some form of investigation into mental health. It further brings into question why gun owners can purchase so many bullets at one time.

Samantha Bee, host of "Full Frontal," in her "Libertarian Convention" episode said that although Omar Mateen, the shooter who killed 49 and injured 53 individuals at Pulse night club in Orlando, beat his wife, was reported multiple times to employers as homophobic and unhinged and was twice questioned by the FBI for terrorism. But none of those factors disqualified Mateen from legally purchasing a gun that shot 45 rounds per minute.

In Florida alone, an AR-15, nicknamed America's gun, can be bought with no waiting period. These guns were introduced into a

society I've watched grow more and more unstable. For what purpose do we need assault rifles? We ask ourselves why such terrible events happen, but by distributing such firepower, we are aiding the destruction. These guns should never have made it into the market, let alone be so easily attainable.

The facts are overwhelming. Why do we, as Americans, feel we deserve the right to obtain, sell and carry such destructive weapons if we cannot even keep control of them? They are falling into dangerous hands simply because we are choosing to make money rather than keep our country safe. If we, as distributors, cannot ethically sell these weapons; if we, as consumers, cannot lock them away when not in use; if we, as a government, cannot guarantee our nation's safety with the circulation of such arms, then we, as a whole, do not deserve to hold such power. We deserve even greater precautions.

By implementing lengthy wait periods after background checks, limiting the number of bullets that can be purchased and researching previous or present mental health states, we promise our citizens that we are taking strides toward a safer country.

Our Second Amendment states, "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed." As many gun control activists believe, I am largely in agreement that guns belong only in the hands of law enforcement, government officials and military personnel.

Social media: It does matter

By: **Jeweliana Register and Jacqueline Lytle**

It's no secret that social media has its perks. We can connect with people from all over the world and stay in touch with friends. These media outlets offer up informative privileges, granting us access to many aspects of individuals' lives around the globe. While we bask in the fun and openness of social media, it is important to take notice of the role, negative and positive, social media plays in our lives both personally and professionally.

Sharing our lives online can be an amazing thing. We might have a friend attending college across the country and another stationed overseas fighting. Perhaps we're the ones who moved away for school or work. Either way, we hope to stay in touch with our family and friends. Social media is a way of connecting people all around the world through pictures, stories and posts. There's something so satisfying about checking in on people from our hometowns or experiencing new places through someone else's feed. It seems to make the distance easier, or even less noticeable. Instagram gives us a

glimpse into someone's day, Twitter provides us with insight as to how someone is feeling, and Snapchat helps us experience events and daily activities with others. Social media plays a huge role in all of our relationships, whether they're long distance or local. Do we really want to change that? Honestly, if we didn't post on Facebook, how would all of our mother's friends comment well wishes for our new adventures, congratulate us on our recent successes or complement our constant selfies?

However, when pondering the drawbacks of sharing life online, the first thing that comes to mind is the lack of privacy. While we can always take measures to protect our private information, like setting our profiles to private or being selective about posts and followers, there are still significant ways that our privacy can be breached. When we open our lives up to our online "friends," we are sharing personal aspects of ourselves. This can be an issue when it comes to relationships, be they romantic or platonic. Our generation often battles with jealousy and

doubt, feelings social media tend to instigate through direct messages and snaps with new contacts. Suddenly, instead of just interacting with our circles at work, home or school, we are introduced to a whole new world of networks. Interacting with people online can cause issues with our significant others, our families and our general wellbeing. The person messaging you can place doubt in your relationships, causing unnecessary fights and feelings of distrust. In some cases, sharing personal parts of your life with the world can upset your family – for example, if someone found out your home address or where your siblings attend school. In order to avoid issues, try establishing boundaries, such as changing your profile settings to private or turning off location services.

While we often browse social media outlets for personal enjoyment, the aforementioned positives and negatives could have a large impact on our lives professionally as well. Corporations, businesses and even avenues for higher education run social media checks on

applicants in order to make a more informed decision about hiring, recruiting and admitting. Maintaining a clean online persona is a great goal to have for our professional lives.

Social media has the ability to take on a life of its own, as we snap stories of our weekend festivities or post pictures of our organizations' events. However, with the right balance and the right boundaries, it can be an amazing tool for maintaining and building relationships with those we know and those we have yet to meet. If we take the time to think twice about the outcomes of our prospective social media contributions, we can leave a positive stamp on our online identity. Social media is an outlet for fun and expression; we are able to connect with people from all over the globe with just the click of a button or tap of a screen. Just remember, as we get older, we want to be proud of the past we chose to share, not disappointed.

WHAT CHANGES WOULD YOU LIKE TO SEE MADE AT NSU?



SHARK SPEAK



"I would like the university make the students a priority when hosting outside events on campus. At least to where they notify the students, so everyone knows what's going on and we can plan to avoid the UC that day."

- MyKella Mitchell,
business management major



"I would like to see an option for day care for NSU students who are moms or dads going back to school. It costs a lot of money to go to school, and I think having the option for a day care would help."

- Michelle Kirk,
junior elementary education major



"It would be great if there was a food option on campus other than Starbucks that students could access 24 hours a day."

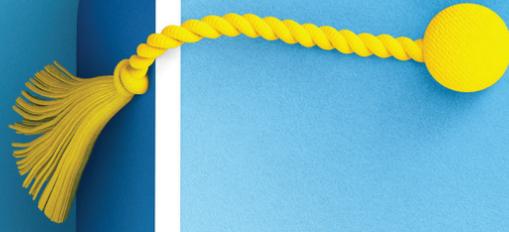
- Sarah Maroney,
senior marine biology and biology
double major



"I would like to see more extracurricular outreach focused on the commuter students."

- Josh Braverman,
junior psychology major

$$A = P \left(1 + \frac{r}{n} \right)^{nt}$$



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