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NSU bookstore re-opens in time for the Winter semester

By: Christina McLaughlin
Opinions Editor

In line with NSU’s plan to reach their 2020 Vision, the school’s bookstore was relocated to Building 37 across from the Alvin Sherman Library quad in the fall semester, and is now open. The store was moved from the University Park Plaza in hopes of expanding it and making it more accessible to students and faculty.

Jessica Hunter, freshman biology major, said, “It will be a lot easier to get my textbooks this semester and it’s so close to classes that I can always stop in if I need something.”

Constructed last semester, this facility features some displays of merchandise and plenty of vintage for textbooks and other required materials.

The new building is within a five-minute walk from the Library Parking Garage, making it easily accessible to all students. All of the services through the bookstore will still be available such as price matching textbooks, buying back used books, rental services and merchandise sales.

Over break, the bookstore began hiring new employees to run operations and is still looking to fill a few positions. Interested students can contact the bookstore or apply online at bnccollegejobs.com. The new store will be open seven days a week during winter rush week with adjusted store hours. They will be open weekdays 8:30 a.m. to 6 p.m and on weekends 10 a.m. to 5 p.m.

The New Year brings plans for additional housing at NSU

By: Michaela Greer
Co-Editor-in-Chief

Last fall, as NSU prepared to welcome the largest class of incoming students that the institution has ever seen, it was discovered that in addition to growth in the areas of campus life, class offerings and parking, NSU faced a need for more housing options to move toward the university’s Vision 2020 goal. In that news article which The Current published on Aug. 23, 2017, Dee Voss, Dean of Undergraduate Admissions, said the influx of new NSU students caused the housing to change including the sharing of more housing options.

Aatika Camp, Associate Dean of Student Services and Director of Resident Life and Housing, said that a new residential hall will be constructed to house future students. Now, in January 2018, Camp confirmed that the new apartments, which will be built on the grounds of the current soccer practice field near the Leo Goodwin residence hall.

The hall is intended to be located next to the Leo Goodwin residence halls in place of the competition fields because the competition field will remain in its current location.

“The new building is within walking distance from the library and will be very accessible to students who live there to engage other students who live there as well as students who live in other buildings,” said Camp.

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Virginia state election determined by choosing name out of a bowl

After a recount of votes led to a dead tie between Republican David Yancey and Democrat Shelly Simonds in the race for the Virginia House of Representatives, the winner was determined by choosing a name out of a bowl, according to ABC News. Virginia had not picked a name out of a bowl since 1971, but this instance had even more on the line: the winner would also determine who the house majority would be. Yancey won the draw.

Gerchten Carlson hints at changing Miss America contest

After derogatory emails were leaked from CEO Sam Haskell and other top executives, Gerchten Carlson has been announced as the new chairwoman of the board of directors for the Miss America pageant, according to USA Today. Carlson, who won the pageant in 1989, said not to be surprised if changes come to the competition, which she wants to focus on empowering women.

North Korea agrees to talks with South Korea

South Korean spokesperson Baik Tae-hyun announced that North Korea has finally agreed to the South’s invitations to talks, CNN reports. The talks, which will take place in person on Jan. 9, will be the first high-level contact that the two countries have had in two years to discuss “issues related to improving inter-Korean relationships including the Pyeongchang (Winter) Olympic Games.” It is the hope of some commenters that the talks will help ease tensions with North Korea, whose leader has threatened missile launches at the U.S.

Alex Trebek to take medical leave from “Jeopardy”!

Long time host of the trivia game show “Jeopardy!” Alex Trebek announced that he will be taking a brief medical leave to recover from surgery, according to USA Today. The surgery was to remove blood clots that resulted from a fall the 77-year-old had in 2017. Producers don’t foresee the show being majorly impacted by Trebek’s leave of absence, as it is taped in advance.

‘Fire and Fury’ author disputes Trump

Michael Wolff, author of the book “Fire and Fury: Inside the Trump White House,” has publicly defended himself against claims by the White House press secretary Sarah Sanders that he never spoke with President Trump, according to ABC News. The book claimed that Trump never wanted to be president and that White House advisers made fun of his intelligence. The president tweeted on Jan. 4 that the book was completely false and untrue, prompting Wolff to go on Good Morning America and refute the claims.

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Kiran Patel named Floridian of the Year
Tampa physician, entrepreneur and philanthropist Kiran Patel was chosen as Florida Trend’s Floridian of the Year following a flurry of charitable contributions made by the cardiologist and his wife, Pallavi, to various causes and organizations. On Dec. 28, Florida Trend stated that the couple’s generous donations in 2017 alone surpassed what many could contribute for an entire lifetime, noting some of the duo’s most recent contributions. One donation of note was the Patel’s $200 million gift to NSU which the couple committed to in September. Read more about Patel being named as Florida Trend’s Floridian of the Year at msnunews.nova.edu/philanthropist-and-entrepreneur-kiran-patel-is-floridian-of-the-year/. For the full story on the Patel contribution, visit mcnun-current.nova.edu/patel-family-foundation-pledges-200-million-gift-to-nsu.

College of Osteopathic Medicine approved for Clearwater location
NSU’s Dr. Kiran G. Patel College of Osteopathic Medicine has been approved by the Commission on Osteopathic College Accreditation which would allow 150 students to study at the Clearwater site beginning in the fall of 2019. The introduction of the new college was made possible in part by the donation of its namesakes Kiran and Pallavi Patel through their $200 million gift to NSU. For additional information, visit mcnunews.nova.edu/nsu-college-of-osteopathic-medicine-receives-approval-for-clearwater-site.

SLCE to host events in honor of Martin Luther King, Jr.

The Office of Student Life and Civic Engagement will host events Jan. 12-16 in honor of Martin Luther King, Jr. Day on Jan. 15. The events will include the Sharks and Service trip volunteering at Casa Valentine in Miami on Jan. 12-14, the MLK Day of Service making gifts and supply kits for Joe Dimaggio Children’s Hospital, the Broward Humane Society and the Patel Family Foundation’s Meline Broward Partnership on Jan. 15, 2017. Members of Sharks and Service serving brunch at the College of Osteopathic Medicine and Veterinary Science on Jan. 15. This day is dedicated to students learning about the college’s commitment to social responsibility. NSU researchers to present at 2018 World Stem Cell Summit

NSU researchers to present at 2018 World Stem Cell Summit
Faculty and researchers from NSU’s College of Allopathic Medicine are scheduled to present their findings on new approaches to cancer immunotherapy and regenerative medicine at the 2018 World Stem Cell Summit (WSCS) from Jan. 22-26. WSCS is the largest meeting in the world focused on stem cells, boasting a gathering of more than 250 scientists, investors, business leaders, regulators, philanthropists, policymakers, economic development officers and patient advocates. In addition to the 10 scheduled presentations, representatives of NSU will also hold meetings with academic and corporate partners at WSCS. For more information, visit mcnunews.nova.edu/winter-involvement-fair-ja-ja-11.

The service trip, “a day on, not a day off,” described by Horejsi, sets out to help students feel empowered and make an impact, no matter how large or small.

Sharks and Service to host MLK Weekend of Service
On Jan. 13 and 14, students are invited to join Sharks and Service for a weekend service trip themed on youth development which will focus on the South Florida community. The participation cost is $15. For additional information, contact Andrea Dobo by emailing ad1975@nova.edu.

SLCE's Greg Simco, Chair of the Engineering and Computing, and Meline Kevorkian, Associate Provost of Academic Quality, Assessment and Accreditation and professor of education, have been credited for the coordination of the grant. For additional information, visit mcnunews.nova.edu/grant-to-improve-stem-education-for-hispanic-students.

Winter Involvement Fair to take place on Jan. 11
The Office of Campus Life and Student Engagement will host the annual Winter Involvement Fair on Jan. 11. The fair allows students to learn more about, and become involved with, more than 60 organizations and departments at NSU. The event will run from 11:30 a.m. to 1 p.m. and will feature giveaways throughout. For more information, visit mcnunews.nova.edu/winter-involvement-fair-ja-ja-11.

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Parlour Vegan Bakery

By: Madelyn Rinka

News Editor

Parlour Vegan Bakery in Boynton Beach has more than 20 thousand followers, for good reason. Be sure to take a few photos — you’ll want to snap or ‘gram when all of their foods look like works of art. If you want some to go, don’t forget to take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study. Whether you’re vegetarian, vegan, or an omnivore, Parlour Vegan Bakery has something for everyone.

Walking into this hidden gem is a treat within itself. The picturesque bakery is tucked away in a little corner next to a baking supply store, which is quite the respectable neighbor. But, the true beauty of Parlour Vegan Bakery is almost invisible from the outside. The inside boasts a natural-looking sign loaded with greenery where rows upon rows of fresh baked goods crowd the glass wall, each looking equally delectable. The looks really don’t lie; everything is delectable. Even though all of their creations are vegan — meaning they contain no dairy, eggs or other animal-derived products — they are not lacking in flavor. Their pastries, from cappuccino pecan pies, are packed with fresh flavors. They also offer a wide variety of donuts, including cake batter and butterflake, as well as cupcakes in flavors that rotate daily. For even more unique sweets, they have cookie sandwiches, blondies and rolls, the availability of which also varies by day.

If sweets aren’t your thing, Parlour Vegan Bakery also offers savory creations. On Fridays and Saturdays, they offer sandwiches like cubans from 11 a.m. - 3 p.m. You can also find empanadas and savory rolls such as pizza or chicken, cheddar and scallion. Seasonally, they offer a variety of interesting dishes as well. For example, during the holiday season, they sell tamales stuffed with garbanzo beans, pigeon peas, green peas, carrots, green olives and capers, and a few favorites of savory pies. Be sure to call ahead or check on their website if you’ve got a hankering for something specific.

Truly, anyone can find something at Parlour Vegan Bakery. They offer a few drinks, like teas, coffees and kombucha, as well as to-go salads and packaged vegan snacks. While you’re there, be sure to take a few photos — you’ll want to anyway; their Instagram — @parlourvegan — has more than 20 thousand followers, for good reason. It’s difficult to resist getting in a quick quick or “gram when all of their foods look like works of art. If you want some to go, don’t forget to take a peek at their day-old selection. These goods may be a bit older than the treats sitting behind the glass, but they taste just as good — maybe even better at such a discounted price.

Visit Parlour Vegan Bakery at one of their two locations in SoFlo.

PLANTATION OUTPOST
1487 S. University Dr. #3
Plantation, FL 33324

BOCA OUTPOST
415 S. Federal Hwy.
Boca Raton, FL 33432
Price Range: $11-30

With the hustle and bustle of the start of the semester, the average student’s responsibilities can become overwhelming and tainting on his or her mental health. Luckily, NSU has made provisions for its students through numerous health care resources, including Graduate Assistant of Student Counseling Yanique Levy. Levy is a Jamaican-born, fourth-year student in the clinical psychology program who has a passion for working with college students. She hopes to eventually work full-time in college counseling or in a hospital as a member of a multidisciplinary team. Though she now works as the graduate assistant for student counseling, two years ago, she served as a residential assistant. I was able to sit with Levy to learn more about the student counseling program.

How did the idea for this position come about?

“The position was formerly referred to as a counseling resident, but we have transitioned to being the GA for student counseling because the aim is not only to serve residential students, but also commuter students.”

Did counseling residents only work with residential students?

“The counseling residents did that, too, but to a lesser extent. Now, with the shift from counseling residents to graduate assistant for student counseling, we’re pushing more for the inclusion of commuter students.”

What do you do as the GA for student counseling?

“I am a confidential, motivational source that students can meet with to talk about their problems or concerns. Students sometimes don’t want to talk about certain topics because they fear repercussions - even though that may not be true - so, I can assess the fear of getting into trouble and then point them in the right direction of other resources available to them.”

“I provide on-call crisis coverage - that's 24/7. In addition to that, I also help with mental health educational programming and can partner with any department or clubs at the university who want to target mental health.”

“I’m also a bridge for Henderson Student Counseling because they are our licensed psychologists and mental health professionals and students get ten free sessions there, so we always want to encourage students to use them.”

Do you work as an extension of Henderson Student Counseling?

“I wouldn’t say that I’m an extension of Henderson because I’m employed under DOSA as one of the university GAs, but I work hand-in-hand with Henderson as an on-campus point of contact for students who I tell about Henderson. Their licensed psychologists use evidence-based treatment for their students, which is what I’m learning in school.”

What would you say to someone who’s not ready to open up or who is uncomfortable about talking?

“It’s a process... It’s not a magic pill; your problems are not going to go away by tomorrow. I definitely understand why it’s hard to open up but I also know that if students come to my office, they were able to make that first step and there’s a reason why they made that first step and I’ll continue to be there until they’re ready to talk. If they want to come to my office and sit, and then come back the next day and sit until they feel comfortable enough to start talking, we can do that.”

How to contact your GA for student counseling

Call: 954-262-8911
Email: counselor@reslife@nova.edu
Visit the location: Goodwin Hall 209B

MLK Day: In memory and service

By: Christina McLaughlin

Opinions Editor

The Rev. Dr. Martin Luther King Jr. played a pivotal role as a prominent leader and spokesperson during the Civil Rights Movement. This movement was attributed to the segregation of African-Americans in the 1950s and 60s. According to Forbes, King was inspired by the nonviolent acts of Mahatma Gandhi and he combined his Christian values to combat the oppression he felt his community was facing. By presenting nonviolent speeches such as the famous “I Have a Dream” speech, King outlined his goals and vision of the future of American society: “...I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their characters.”

King led his vision by organizing peaceful, nonviolent protests such as boycotts and marches. One of his most famous boycotts was the Montgomery Bus Boycott in 1955. After Claudette Colvin and Rosa Parks refused to abide by the Jim Crow laws that enforced racial segregation, King led a boycott of the Montgomery bus system which lasted 365 days, according to Britannica.com. This peaceful protest led to the District Court ruling in Bowker v. Gayle, which ended racial segregation of the Montgomery public bus systems. These protests were mostly successful at enacting new laws, such as the Civil Rights Act of 1964 and the Voting Rights Act of 1965, improving the lives of many Americans.

In the late summer of 1962, Washington D.C. was ground zero for a March for Jobs and Freedom. King represented the Southern Christian Leadership Conference (SCLC) as the organization’s first president; this is when he gave his famous “I Have a Dream” speech. According to the U.S. National Park Service, the march provided people an opportunity to express their concerns and grievances directly to the nation’s capital. It demanded an end to racial segregation in public schools, proper civil rights legislation, laws that would prohibit the use of racial discrimination in the workplace and protection from police brutality on civil rights activists, to name a few.

On April 4, 1968, while standing on his Lowestol motel room balcony in Memphis, Tenn., King was shot by James Earl Ray. King was in Memphis to support the employees of sanitary works, who were on strike for higher wages and improved equal workplace treatment to all races, according to History.com. His sudden assassination caused an uprising across the nation. Shortly after, President Lyndon B. Johnson declared April 7, the day of his funeral, a national day of mourning for the civil rights leader. After King was laid to rest, Congress passed the Civil Rights Act of 1968 which prohibited discrimination in housing based on race, religion or national origin.

According to Time.com, as early as 1971, major cities and states established an annual holiday to honor the late King. Then, in 1986, President Ronald Reagan signed a bill creating the federal Martin Luther King Jr. Day holiday in honor of King, first observed on Jan. 20 of that year. In 1992, President Bush made a change so that the holiday would be observed on the third Monday of January each year in honor of his life and death.

An article written by King’s wife, Coretta Scott King, on TheKingCenter.org stressed the importance of the holiday as we celebrate it today. According to Scott King, “we are called on this holiday, not merely to honor, but to celebrate the values of equality, tolerance and interracial sisterhood and he so compellingly expressed in his great dream for America.” Many states use this day as a day of community and service. Martin Luther King Day serves as a day for us, Americans, to remember a legendary man who questioned the societal norm of racism and worked to end this issue. He stood up for his beliefs and made a major difference in the society we live in today.

This year, take a moment to recognize a man who always considered life’s most persistent and nagging question, “what are you doing for others?”

In the spotlight: mental health with Yanique Levy

By: Michaella Greer

Co-Editor-in-Chief

What is your favorite thing about working in this position?

“I love the patience and trust that my clients place in me.”

What is your favorite thing about the students you work with?

“I love the diversity of students that I work with. I get to meet and work with students from all walks of life.”

How do the students you work with react when they know you are a psychology major?

“They really appreciate the fact that I can offer them a different perspective.”

What do you enjoy about working with graduate residents?

“I enjoy the opportunity to mentor and guide them on their journey.”

What challenges do you face as a graduate resident?

“I enjoy the diversity of students that I work with. I get to meet and work with students from all walks of life.”

What advice would you give to someone who is interested in a similar role?

“I would tell them to follow their passion and to never give up.”

Do you enjoy working in a quiet environment?

“I enjoy the diversity of students that I work with. I get to meet and work with students from all walks of life.”

What do you like best about your job?

“I love the patience and trust that my clients place in me.”

Do you have any tips for students who are struggling with their mental health?

“I would tell them to follow their passion and to never give up.”

What is a difficult moment you have experienced?

“I would tell them to follow their passion and to never give up.”

How do you keep yourself from burnout?

“I would tell them to follow their passion and to never give up.”
Tips and tricks for getting to know your professors

One of NSU’s main selling points is its small class sizes which allows students to get a personalized education and build relationships with their professors. Unfortunately, for some of us, getting to know our professors can be easier said than done, especially if you’re coming from a larger school where those relationships aren’t as common. Thankfully, if you start out with the basics — showing up for class, paying attention in that class, asking questions and saying hello when you see them around campus — everything else will likely fall into place. If you’d like to take it a step further, here are some tips that NSU professors had on how students can best engage with them.

Engage with course material first

According to Christine Jackson, professor in the department of literature and modern languages, students should be focused on understanding their coursework. That means reading, taking notes and staying focused.

Then, if you find yourself struggling, go to your professor.

Stop by their office

If you’re looking for help on a specific topic or even to talk about something that you found interesting in class, Myron Burns, associate professor in the department of psychology and neuroscience, suggests stopping by your professor’s office hours. Likewise, Jackson added that professors are always eager to help, so don’t be afraid to stop by and ask questions about coursework or the topic in general.

Bums warned against waiting until finals week to stop by your professor’s office, as he or she may be burnt out as well. Besides, they hold their hours throughout the semester, so use them.

Do your research...on their research

Another piece of advice that Burns had was to look into the research your professor has or is conducting and ask them about it. Not only will you be learning something new, but you’ll be discussing something that you both are interested in.

For Memory

According to doctormoz.com, foods high in vitamin E help maintain memory because the vitamin helps to protect the fortress of existing neurons and nerve cells. However, people who take vitamin E supplements don’t generally receive the same benefits as those who eat foods that are rich in vitamin E. Some foods that are rich in vitamin E are olive oil, avocados, seeds, nuts and whole grains. Dark, leafy greens like kale, collard greens, spinach and broccoli are also good sources of vitamin E.

Additionally, while folic acid — more commonly known as folic acid and vitamin B9 — hasn’t definitively been linked to brain health, it has been associated with decreasing homocysteine — a vital non-protein amino acid found in the blood. However, too much homocysteine may trigger nerve cell death in the brain which is why folic acid is so necessary, as it breaks down those toxins. Luckily, strawberries, blueberries, blackberries and acerola cherries all have enzymes that break down the toxic proteins that have been associated with age-related memory loss.

For Focus

Having trouble staying focused? Researchers at UCLA have found that you might be lacking the key sources of sugar to maintain energy levels. While candy bars and sodas are full of sugar, these lead to midday energy crashes instead. Dark chocolate contains flavonols, which also increase the blood flow to the brain, which ultimately increases cognitive performance.

If you’re cooking and looking for herbs and spices to add flavor and other added benefits, consider reaching for aromatics like rosemary and turmeric. Rosemary contains carnosic acid, which helps protect the brain from damage such as neurodegeneration by staving off damages from free radicals in our environments. Moreover, a chemical compound called curcumin, which is found in turmeric, is extremely helpful for improving your brain’s oxygen intake, which ultimately improves its general function.

If all else fails and you’re still looking for that cocoa-flavored fix, reach for dark chocolate instead. Dark chocolate contains flavonoids, which also increase the blood flow to your brain. Moreover, it has antioxidant and anti-inflammatory properties to lower blood pressure.

For Test-Taking

According to Harvard Health Publishing, certain antioxidant-rich foods like apples can help to reduce anxiety. Additionally, pumpkin seeds are high in zinc, which helps reduce stress and moves the focus of attention from your servers to your exam. Broccoli has proven to be effective in repairing and renewing neurons, which anyone would agree to be helpful for test-taking. Finally, sage can help improve memory and facilitate the connection between our two brain hemispheres, giving access to deeper, more critical thinking for those long-essay questions.

Wherever you decide to eat, be sure to consult your doctor before making drastic changes to your diet. However, you should hear in mind that ultimately, poor diet choices can affect you negatively. You should do your best to ensure that you’re doing everything you can to keep your brain healthy, starting with a nutritious diet.
The beginning of a new year usually brings desires for a fresh start, improvements and complete overhauls for many. After all, isn’t that the point of most people’s New Year’s resolutions? Yet, oftentimes these intentions are thwarted or abandoned a few weeks down the line when frustrations run high. A key cause of these annoyances typically stems from inadequate planning. For example, you plan on saving money, but never created a detailed plan about how you’d go about doing so.

This is where Suze Orman’s “The Money Book for the Young, Fabulous & Broke” comes to very handy given its meticulous breakdown and her tips for dealing with debt, monitoring and improving your score, paying off student debt, actually saving substantial amounts of money, investing and making big-ticket purchases such as buying a car to make your morning commute that much easier. There’s even a chapter devoted to discussing what a Roth IRA is and why you can’t afford to pass up on a 401(k).

Okay, so, you might be thinking that the last thing you want to do is read about financial advice in your free time. Though what you’re really missing out on would be the chance for financial security, no matter what income level you find yourself in. Moreover, Orman is the perspective of a college student living on a limited income but with large dreams that need to be funded. Her personal accounts of experiences that she’s had allow her to relate to you, in turn allowing you to have more faith in her methods because she never suggests something she hasn’t lived. She also breaks down the financial jargon into easy-to-understand concepts, because what does “equity line of credit” even really mean?

In addition to the more obvious sources of saving that she suggests like “brown bagging” your lunches instead of eating out or buying used, Orman teaches you the tools to succeed at staying out of debt and moving from the place of being broke, to making strides toward saving for that dream vacation, beginning with the change currently jingling in your pocket. For example, did you know that by making a partial payment a few days before the end of your billing cycle, and then on your due date will count as two payments and may lower your debt? Did you also know that it’s better to cut up that credit card that you no longer want — after paying it off, of course — instead of closing it and erasing your credit history?

This book, as helpful as it is, shouldn’t be the be-all-and-end-all of your financial resources, but it sure is a great start. So, this year, resolve to make a plan when you’re deciding to work on your budget. Get your finances straight in 2018, with a little help from your favorite personal finance guru Suze Orman.

Korean rapper Jonathan Park, better known by his moniker Dumbfoundead, has a unique presence in the hip-hop scene due to his immigrant perspective provided in his music. Park has received much praise in the past from fellow rappers for his wordplay, personality and flow as well as his creative approach to writing lyrics that are simultaneously relatable and alien. With four full studio albums already filling out his discography, it seems that Park is ready to make some changes in his approach to the genre as evident on his most recently released EP “Rocket Man” that dropped on Dec. 13. Unfortunately, these changes did not come across as an innovative or impressive departure from Park’s previous work. Instead this EP feels more like a half-baked demo tape trying to sell the concept of Park’s breakout into the mainstream influenced sound.

While certain aspects of each cut on this 6 track EP do come across as interesting and enjoyable, the majority of them are too bogged down by the negative aspects to be worthy of any higher praise. The intro track “Rocket Man” seems almost like a template for the consistent issues Park has on this EP with songwriting; lack of focus and underwhelming instrumentals compared to his last album “We Might Die.” The instrumental on “Rocket Man” has only two base components; arcade style electronic synths and a very basic and generic trap drum baseline that never let up over the course of the entire three-minute track. The lyrics are meant to portray a “Rocket Man” character inspired by the controversy surrounding North Korea’s tension with the United States and Donald Trump’s role in that tension. However, nothing about the meat of these verses really alludes to that. Instead, this character is essentially just bragging about how rich he is and the opulent lifestyle that he is living without regard for those below him. While this may be vaguely attributed to the dictatorship of North Korea, it could also below him. While this may be vaguely attributed to the dictatorship of North Korea, it could also...

If you’re finding that genetic, store-bought planners just aren’t cutting it for you, you might want to take a more personalized approach. A lot of planners are set up in similar manners, and if they’re coming up short for your to-do lists, this option is perfect for you. Bullet journals have been getting a lot of attention online lately, and for good reason. They offer the user a completely unique way to track their schedule. Simply start with a blank notebook — oftentimes seasoned bullet-journalers use journals with a grid or dot pattern — and the rest is up to you. You can put in calendars, checklists, appointments or whatever suits your fancy. Look them up on Pinterest for some ideas and handy tutorials.

Stay on top of it

While you’re in syllabus week and not drowning in assignments, take some time to work on your journal. Put due dates in the second page you see your syllabus. That way, you’ll be able to see all your deadlines at once so you can plan out your weeks instead of being flustered. As there are always subject to change, make sure you’re always adjusting. Getting it done all at once and having everything in the same place is a lot easier than drowning in assignments and due dates later.

Personalize your journal

Just like you, your journal should be unique. Consider adding in creative pages that will help you keep track of not only your assignments, but your habits, health and goals. Create a blank grid or color in every day you accomplish an objective. Maybe you’d like to take your vitamins every day or go for a run. By the end of the month, you’ll be able to see how successful you were in completing your goals. Another idea could be a sleep tracker: Create a simple graph on one page and color in boxes that correspond with how long you slept. Remember, staying organized doesn’t just mean writing down due dates; you need to be taking care of yourself also.

Have fun and don’t stress

Some bullet journals you’ll find online are practically works of art. With beautifully colored covers, intricate layouts and detailed drawings and headings, starting a journal may seem a little intimidating. Even if you’re not the most artistically inclined, this could be a fun chance to let your creative side flow. Look up tutorials to imitate online to add a bit of flare to your calendars. Experiment with markers, colored pencils and highlighters to color code your responsibilities, which will add another layer of organization to your journal. You could even paste in some cutouts of images or designs you find elsewhere. Really, the possibilities are endless — but you’ll be a lot happier looking at a colorful, interesting spread versus a black and white cardboard cutout.

By: Madelyn Rinka
News Editor

ARTS & ENTERTAINMENT

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Bullet journals: A new way to stay organized in the new year

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Contributing Writer

By: Michaela Greer
Co-Sports Editor

OFF SHORE CALENDAR

Decades Rewind: Your Music, Your Life
Jan. 12 | 8 p.m.
@Parker Playhouse

A Night with Janis Joplin
Jan. 14 | 7:30 p.m.
@Parker Playhouse

Blackbear
Jan. 14 | 5 p.m.
@Life in Color Miami

Zedd
Jan. 14 | 4 p.m.
@Mariu Wynwood

KCSC mixer: A project for the people

Shakira
Jan. 11 | 7 p.m.
@B&B Center

'Rocket Man' EP by Dumbfoundead
By: Adam DeRoss
Contributing Writer

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Panther opens in theaters on Feb. 16.

Being an old enemy who is a threat to await him on his quest, the biggest one home in Wakanda to take his position as by Chadwick Boseman — also known as Black Panther and played — will be the last movie within the trilogy, and will be released on Jan. 26.

“Black Panther”

When Sarah Winchester, played by Helen Mirren, has a sudden death in her family, she becomes convinced that she’s haunted by the souls of those who have perished from gun-related deaths. To protect herself, Winchester builds a mansion to help keep the spirits away.

Winchester: The House That Ghosts Built

“Maze Runner: The Death Cure”

When psychiatrist Eric Price, played by Dylan O’Brien, will be leading the maze yet. This will be the last movie within the trilogy, and will be released on Feb. 2. A girl in high school named Meg Murry, played by Storm Reid, is sent on an adventure to rescue her gifted scientist father being held prisoner on another planet.

A Wrinkle in Time

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on Dec. 31, Forbes published an article where contributing writer Roosy Khan argued that athletes who took steroids, hormones, and other banned substances, only did so to “level the playing field.” In the “Doping In Sports - Cheating Or Leveling Of The Playing Field?” piece, she asserts that athletes who use these drugs are no different than those who adhere to advanced training regimens. Khan further suggests that athletes who had to compete against those with genetic advantages, like swimmers with large feet, needed the drugs to suggest that athletes who had to compete against others who could afford to train harder were no more “cheating.”

What is the dynamic of the team like?

“We have a bunch of different player traits and personalities that are all still just blending in. I think we are playing very well right now but we still have a long way to go. We are a couple of games out, but I would like to say that we are making a bunch of steps in the right direction.”

What’s your favorite part of being on the team?

“The brotherhood and the family. Just the friendships that you make and the time that you have together. It’s all a process we believe in. Spending so many hours in a day with people that you enjoy is probably the best part for me.”

Do you have any team rituals or personal rituals before every game?

“We pray before every game. I know I pray a bunch before every game. I try to eat the same thing before every game; I try to have chicken and pasta. I have to drink a gallon of Gatorade the day before and the night of a game, too.”

Soccer player Kevin O’Connor wins $1.2 million in lottery jackpot

Defender of the Prestond North End soccer team Kevin O’Connor had an eventful New Year’s Day. According to CNN, O’Connor watched his team suffer another loss in the English football championship from the substitutes’ bench before winning the lottery jackpot, making him a 22-year-old player a millionaire. The ticket was gift from his godfather and uncle, Fleetor Murphy, wishing him the best of luck. He was in England the day the winning numbers were given announced. After realizing he had won, he returned back to Ireland to claim his prize of €1,050,000.

Andy Murray withdraws from Brisbane International and Australian Open

On Jan. 2, former tennis world-champion Andy Murray announced that he was withdrawing from the Brisbane International tennis tournament due to long-term injuries in his hip. According to CNN, Murray, who has not played since July 2017 due to his injuries. On Jan. 4, Murray also stated that he would not be competing in the Australian Open scheduled to begin on Jan. 16. In an emotional Instagram message posted on Jan. 2, the three-time Grand Slam champion announced that he will be deciding in the upcoming weeks whether to undergo surgery despite warnings that doing so might end his career.

Olympic cyclist injured in car crash

37-year-old Australian Olympic cyclist Caroline Buchanan, let her fans know via Instagram on Jan. 2 that she was injured in a car crash in New South Wales and that she had a broken nose, sternum and a collapsed lung. According to BBC Sports, the Olympic athlete posted an image of herself with a bloodied face while wearing a neck brace. She wrote in her caption that she is recovering and that the off-season just got a little tougher after wishing her fans a happy New Year.

On The Bench:

To be clear, there is no scenario where doping should be okay.

Ryan Tannehill to be Dolphins starter in 2018

According to Local 10 news, on Jan. 4, Dolphins head coach Adam Gase announced in a conference that Tannehill would be playing as the team’s starter this season and was the perfect quarterback for the team. Following his remarks, Mike Tannenbaum, the Dolphins’ vice president of football operations, said “I believe in the people in our building.” and that 2018 will be a fresh start for the Miami team. He added that, “We’ll always take the best player on our board.”

South Korean leader welcomes North Korea in Winter Olympics

South Korean president Moon Jae-in welcomed North Korean leader Kim Jong-un’s willingness to participate in the 2018 Winter Olympics that will be held in the South Korean city of Pyeongchang. According to Local 10 News, on Jan. 2 the North Korean leader added a surprising note, declaring his hope “for [a] peaceful resolution with our southern border.” Kim also noted that talks about the organization of this event will be taking place as soon as possible. Moon, who has long advocated for closer relations with the North, described Kim’s remarks “as a response to our proposal to turn the Pyeongchang Olympic Games into an epoch-making opportunity to improve inter-Korean relations and establish peace.”

OUT OF THE SHARKZONE

Sports

January 9, 2018 | nsucurrent.nova.edu
Men’s Basketball

The men’s basketball team had an eventful winter break, playing seven games and winning four. Though they started their break off with a loss against Florida Tech, the Sharks redeemed themselves when they set a program record in their win against the New York Institute of Technology on Dec. 11, with seven of their players scoring in double figures throughout the game. The Sharks won their next game against Benedict with a shot from junior David Dennis with 1.5 seconds left on the clock during overtime on Dec. 13. Dennis and Sharks basketball coach Jim Crutchfield were then featured on NCAA.com, and Dennis was awarded Sunshine State Conference Player of the Week. The team reached a 9-1 record after their victory against Elizabeth City on Dec. 19 before suffering a disappointing loss to Barry on Dec. 30. The Sharks recovered, however, in their game against Eckerd in their first game of the new year, achieving their first win against the team since November of 2016. Unfortunately, the team lost their match against Rollins on Jan. 6.

Women’s Basketball

The Sharks won nearly every game over break, with their only losses being to Florida Tech on Dec. 9 and their Jan. 6 game against Rollins. Their next game against Benedict was a win for the Sharks. Their next victory was against Shaw, with four Sharks scoring in double digits, junior Alison Hughes scoring the most points for a final tally of 28. Hughes was then awarded Sunshine State Conference Player of the Week for the first time. Their next victory against Barry was led by senior Kayla Wright, who had a career game with 33 points and 14 rebounds. Wright then earned Player of the Week as well, for the fifth time in her career. In their first game of the year, the Sharks had a blowout win against Eckerd, with senior Christen Prazie shooting a perfect 30-for-30.

Swimming

The men’s and women’s swimming teams competed in the Spartan Invitational from Dec. 15-18. On day one, the women’s team broke two records and hit three ‘A’ standards while the men’s team just missed the qualifying time in the 200-freestyle relay. Combined, the Sharks swam six NCAA-standard times. On day two, freshman Emma Sundstedt had a second-place finish in the 500 freestyle and broke a second school record in the 50-freestyle. Senior Sydney Panzarino also earned a first-place finish in the 1650-freestyle. In their first competition of 2018, both teams topped their competitors Grand Valley State and William Jewel.
Opinions

January 9, 2018 | nsucurrent.nova.edu

New year, new goal: Quit fussin’ about your relationships

By: Jenna Kopec
Co-Editor-In-Chief

We’re nine days into this beautifully fresh new year and a little over a month out from Valentine’s Day. So let’s get this out of the way now: Let’s lay #relationshipgoals to rest. Although I get a good laugh from the memes that make fun of the idea, I fear that too many people in our generation spend too much time comparing themselves to others instead of developing worthwhile relationships.

First and foremost, the concept of #relationshipgoals seems to create a lot more anguish over being single than anything else. In fact, on my timelines on social media, #relationshipgoals seem to create a lot more anguish than anything else. As a commuter student, relationships are a lot of work for both parties and sometimes, that isn’t easily communicated or even displayed in an Instagram post. The truth is relationships are a lot of work for both parties and they aren’t always easy. At our best, maybe we will be featured as a “relationship goal,” but at our worst relationships will be trying. They’re supposed to be.

It’s cool that there are some people who are falling in love through DMs and buying their significant others jaguars, but that shouldn’t be the standard. Instead of worrying about what another person can give you, look into what you can share. Sure, it may not be as illustrious as sassy tweets, but it’ll be more satisfying in the long run. It’s a new year, so let’s start a new kind of goal: Find, if we so choose, relationships that matter to us and accept them for the good and the bad.

It’s Shark Preview time again

By: Gabrielle Thompson
Contributing Writer

Even though Shark Preview hasn’t been a part of our lives for very long, I guarantee that everyone has strong feelings about it, whether they are good or bad. As a commuter student, it isn’t necessarily the worst thing in the world. I mean, it doesn’t really affect my day-to-day life. But thinking back to last year when I actually lived on campus, Shark Preview was a nightmare. I get that Shark Preview is actually a great program that brings new students to NSU and gives out scholarships and what not. But it really is a pain when you live on campus and there are a bunch of high school students running around.

The lines at Starbucks are always super long, which means it takes twice as long to grab a drink and go. Yes, you get to skip the line if you have your Shark Card, but you still have to wait for all those cream-based frappuccinos to be made before you can get your iced coffee and move on with your life. And we all know how long it takes to make a frappuccino—the correct answer is “way too long.”

Honestly, your best bet is to just avoid the UC completely. If you’re trying to study in the UC, forget it. There’s way too much going on and you’ll never be able to concentrate over the heavy foot traffic and loud conversations.

Don’t get me wrong, it’s nowhere near as bad as during a cheer competition, but it definitely isn’t a vacation either.

Shark Preview is something that I dreaded as a residential student. However, there hasn’t been mention of it going anywhere anytime soon so I guess it’s best to pull yourself together and have the best outlook you can … and try to avoid the UC.
Thousands shocked that 2018 isn't 'automatically' better than 2017

By: Jenna Kopee
Co-Editor-in-Chief

October of 2017 brought many exciting things: Halloween, the truth about Harvey Weinstein and “Stranger Things 2.” Unfortunately, the return of this beloved Netflix-original also brought with it many inappropriate comments and expectations regarding child stars.

Viewers might have expected qualities with the storyline, or comments about gratuitous gore but it were the remarks about the teenager actors that really made a splash. Most shocking were comments made by media personnel and critics alike which sexualized and objectified the young actors in the series.

Ranging from 13 – 16 years of age, cast members Millie Bobby Brown, Noah Schnapp, Finn Wolfhard, Gaten Matarazzo and Caleb McLaughlin are pretty awesome. There impeccable senses of style, as well as their mature demeanors and humility, might make it seem like they’re older than they are. However, it’s important to remember that they are, in fact, teenagers. Young teenagers.

Yet, despite their young ages, they’re often sexualized and held to ridiculous expectations. Fourteen-year-old Wolfhard was chastised online in November for ignoring adult “fans” who had camped outside of his hotel room. He was also the subject of a 27-year-old model Ali Michael’s Instagram post in which she said, “Not to be weird but hit me up in four years.” Thirteen-year-old Brown has been continuously sexualized for her “grown-up” fashion and even as a child star.

As abhorrent as this behavior and these comments might seem, it doesn’t just happen in entertainment. As a society we have to change and remind ourselves that fame does not justify harassment. Commentary on a minor’s life, style and sexuality do not “come with the job.” These actors are children, before anything else. On a broader scale, they’re just people, not objects to be examined and used.

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The costume goes by the name of “Upside Down Honey.” If you weren’t cringing before, you may do so now.

As unintentional or “innocent” as these comments and actions might seem, they are indicative of a far more sinister problem. When we begin seeing children as “mature for their age” we convince ourselves that behaving inappropriately is okay. Wolfhard hired his agent in November after a string of sexual assault allegations from young, aspiring male actors came to light. Suddenly, “harmless” forgetfulness of an actor’s age doesn’t seem so harmless.

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“Stressful, packed and science-y.
All the classes I’m taking are for my bio major. I’m in the seven-year program so I have a very strict schedule. I have to follow to get all my credits in time for the MCAT.”
- Amy Abdou, freshman biology major

“Hectic, challenging and interesting.
I have my hardest classes this semester: I’m taking neuroscience, biology, chemistry and criminal justice. Interesting classes, but challenging.”
- Mackenzie Conley, freshman neuroscience major

“New, different and exciting.
I’m changing my major which means I’m changing my courses. So it will be new, different and exciting.”
- Brittany Haigler, freshman psychology major

“Hard, difficult and enjoyable.
The school work is supposed to be hard and sometimes I feel like I don’t get the help that I need from professors because most of them are adjuncts, especially being a bio major. But the people who help me stay are my sorority, Zeta Phi Beta Inc. because they push me to do my best, even if I’m not in the best circumstances. But still, I’m dreading this semester.”
- Nathanya Vidal, sophomore biology major

“Yikes, challenging and science-y.
I’m taking four classes this semester and three of them are labs so it’s a lot of science. But, yeah I’m up for the challenge.”
- Priscilla Velez, freshman neuroscience major
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