The Office of Facilities Management is investigating ways to use an app or other forms of technology to enhance the parking experience at NSU.

On Jan. 19, President Hanbury held a town hall meeting in HPD to discuss student concerns with those in attendance. Among those concerns was parking. President Hanbury and Daniel Alfonso, vice president of Facilities Management, briefly spoke about the possibility of adding new technologies to NSU to improve the overall parking experience of students. Since then, Alfonso has been diligently working to try to get these new features in place.

One of the concepts mentioned was a smart parking app that would help students find parking spots.

“The president would like to see us develop technology so that people have the ability to find where the parking availability is, “ explained Alfonso. “So that if you’re driving to campus, and you want to know where parking availability is, you can look on your app on your phone and figure out, ‘Hey, the parking garage at the west side is already full, but there’s surface parking available.’”

Since the town hall meeting, the staff in the Office of Facilities Management has been speaking with professional developers to try to get this idea up and running.

“We are now talking to folks that are experts in the field of parking, in terms of managing parking facilities and spaces, and we’re looking to develop the technology within the university that would allow us to do that,” said Alfonso.

Alfonso estimated it could cost anywhere from just under $1 million to $4 million to improve parking technology. The price would depend on the kind of technology implemented. For example, a more expensive option would be to install all license plates to tell the user where his or her car is simply by typing in the number. Whereas, a less capital-intensive alternative would just show which parking spots are available. At this early stage in development, it is too soon to predict an exact price.

In addition to the current parking spaces, NSU is planning on building a new parking garage to help accommodate students to be housed in the new residence hall that is set to open in August of 2019.

“We have about 8,000 parking spaces on campus [without the new garage]. The new parking garage will give us 9,200 [total] parking spaces,” said President Hanbury at the town hall meeting on Jan. 19. “To give you some idea, that’s more parking spaces than downtown Fort Lauderdale.”

According to Alfonso, Facilities just recently received the approval on the architectural rendering, and now the office is working on getting ready to get a permit from the town of Davie to start construction. It is expected that the parking structure will be accessible around the same time as the opening of the residence hall set to open in the fall semester of 2019.

Students are encouraged to reach out to Daniel Alfonso at dalfonso@nova.edu with any questions, comments or concerns about parking or facilities.

NSU celebrates the Chinese New Year through Diversity in Action Series

The Diversity in Action series will continue next month on March 22 at 5:30 p.m. with a Women’s History Month. On April 9, there will also be a LGBTIQ+ event from 5 p.m. to 6 p.m. Both events will take place at NSU’s Flight Deck Pub. For more information on any of these events, contact Garrett Horejsi at ghorejsi@nova.edu or by calling 954-262-7293.
Senior art students to display compiled works

NSU’s two senior art majors, communication studies and visual art double major Michaela Greer, and graphic design major Carli Lutz, will present their works in the Performance Theater Lobby of the Don Taft University Center beginning on Feb. 20. The two students, who have shown, titled “Juxtaposition,” have been introduced to in other ways, like woodcutting, photography, drawing and a little bit of painting will be featured in her section of graphic design, but some illustration and a little bit of theming, based what she is experiencing at burning,, photography, drawing and a little bit of theming, based what she is experiencing at burning, photography, drawing and a little bit of theming, based what she is experiencing at burning,

By: Madelyn Rinka

News Editor

Office of Career Development in host Networking After Class event

The Office of Career Development is hosting a Networking After Class event on Feb. 21 at Flight Deck to allow students to network with NSU alumni. Participating students are required to wear professional attire and can register for the event via Handshake at app.joinsandhake.com/events/115907.

NSU Art Museum Fort Lauderdale is now hiring

The NSU Art Museum Fort Lauderdale announced on Feb. 6 that there are several federal work-study job positions open. The positions include working as a visitor service representative, clerk in the museum store and as a cafe sales associate, membership associate, marketing associate, education associate and gallery assistant. For more information, contact Cindy Jo White at cindy.white@nsu.edu.

Earthquake in Taiwan causes over 200 injuries and four deaths

A magnitude 6.4 earthquake rocked the east coast of Taiwan on Feb. 6. The earthquake’s center was about 13 kilometers from the city of Haian. There have been over 200 injuries and four deaths reported. As of Wednesday morning, Taiwan’s news agency, CNA, said over 145 people are unaccounted for.

NSU Alumni Association and the Doctor of Health Care Administration Alumni Chapter host an Annual Interdisciplinary Conference

The Ninth Annual Interdisciplinary Conference will be held on Feb. 21-23. The event will feature a variety of speakers who will discuss research regarding topics such as telemedicine and opioid use. The conference is $15 for students per day which includes meals as well as event certificates. For more information, contact alumni@nova.edu or call 954-262-2118.

College of Osteopathic Medicine faculty receives Kenyon-Favorre Research Award

Janet Lynn Rosenman-Halsband received the 2017 Kenyon-Favorre Research Award. She is an assistant professor of integrative medicine at the Dr. Brian C. Paul College of Osteopathic Medicine. Her award-winning work was about obstructs and gynecology with residents at Women & Infants Hospital. Her award-winning work was about obstructs and gynecology with residents at Women & Infants Hospital.

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Features

February 13, 2018 | nsu.current.nova.edu

Understanding what the $250 million NSU received means for you

By: Christina McCaughlin
Opinion Editor

Three weeks ago, NSU hosted the 20th Annual Celebration of Excellence, which recognized those serving the community as well as significant donors whose gifts totaled $1 million or more. Six individuals, whose donations helped to achieve NSU’s “Realizing Potential” campaign three years ahead of schedule, were inducted into the NSU Fellows Society to commemorate this extraordinary event. Still, inquiring minds wanted to know: What should students expect to see now that the monetary goal for “Realizing Potential” campaign has been met?

A little context about the campaign

The “Realizing Potential” fundraising campaign started in 2008 with a landmark goal of reaching $250 million by September 2020, in line with the Vision 2020 outlined by President Hanbury. NSU’s “Realizing Potential” campaign surpassed this goal last month, amassing a total of $252.5 million in donations. According to NSU’s website, the early success of this campaign reflects “high donor confidence in NSU’s ability to turn aspirations into reality.”

This year, Feb. 14 will mark the beginning of the season of Lent. According to USA Today, Lent signifies the period of 40 days where Jesus wandered through the desert, praying and fasting following his baptism. As such, each year, Christians around the world honor this time through their own journey through prayer and fasting.

Claudia Stevens, president of Catholic L.I.F.E., explained more about this season and how NSU students can celebrate Lent.

What is the importance and significance of Lent?

“Lent is a time of personal reflection of one’s faith. It is encouraged throughout the year to make this a [regular] thing in a person’s life; to deeply take a look at your faith to see if you are actively being faithful and have a relationship with God and Jesus. However, it is understood that people are human, make mistakes, sin, and obviously forget or don’t have time to do this everyday. That is why Lent is especially important.”

“It is like the time when Jesus was tested with his faith and had to really look into himself to see his commitment to who He was, before giving up His body to die on a cross. We, too, must look inward in seeing if we are really bonding through our faith with the Lord, and to allow ourselves to see that if we aren’t, we are given this chance through the sacrifices we make during Lent.”

Is Catholic L.I.F.E. hosting any events to recognize this season?

“Well, [throughout] the year we have our Catholic L.I.F.E. Program for leaders. Anyone interested can participate?”

“Plus, Catholic L.I.F.E. also has started a mass carpooling initiative so anyone who needs a ride to mass can contact me. Also, if anyone with a car would be interested in making our group bigger by helping students get to mass with us, they can also reach out to me.”

What students will begin to see now at Saint David’s Catholic Church after the campaign?

“We hope that students will know we are here for them, and if they need prayer for anything we will be sure to help. We want to help students grow in their faith and if students are concerned about their faith while in college, we want to help guide them along the way.”

“Also, we hope that students, no matter their faith or background which they come from, will become curious about who we are and come to more of our events.”

Celebrating the season of Lent with NSU’s Catholic L.I.F.E.

By: Michaela Greer
Co-Editor-in-Chief

When listing strengths and weaknesses, what led you to this point? Just make sure to always end your response by tying it back to the job you are currently applying for and why you are excited for this opportunity.

“Why are you interested in this position?”

“When you are applying for a position, it’s always a good idea to have the job description so you can refer to it when preparing for the interview. Ask yourself: ‘What important skills do I have that this job is looking for?’ It’s also helpful to do some research on the company. Pay attention to their projects, initiatives, and core values. Being able to address how your values align with theirs, while highlighting skills you possess that specifically relate to the position you are applying for will make you a competitive candidate.

“What are your strengths and weaknesses?”

“When listing strengths and weaknesses, always remain focused on the job description. Self-evalute on your strengths and how they align with the position. Make sure for each strength you list, you provide an example to support it. When the interviewer asks what your weaknesses are, they are trying to see if you are a self-evaluate. It’s important to be honest, while refraining from highlighting a weakness that will hinder you when doing the job. For example, if you are looking for a customer service position, it’s probably not the best idea to announce that your weakness is working with people. Also avoid saying your weaknesses is that you’re a ‘perfectionist.’ This answer is very vague, cliché, and doesn’t really answer the question. Share a weakness that you’ve self-identified and worked through in order to improve yourself.

“Can you tell me a little about yourself?”

“When answering this type of question, using the ‘STAR format’ can help organize your thoughts to answer the question efficiently.

Situation - Give the employer a brief overview of the incident.

Task - What was the problem that needed to be solved?

Action - What steps did you take in order to resolve the issue?

Result - What was the result of the actions you took? Also, what did you learn from this experience?”

These are only a few common examples of questions that you may be asked during an interview. Doing your research, reflecting on past experiences, and focusing on individual skills will make you a competitive candidate and give you the confidence to tackle any question an employer may ask you.
Mara Barakat is a freshman majoring in Communication Studies. She is currently works at NSU’s student-run television station, SUTV.

There are only two things that daylight saving time has ever done for me: made me late for my bus and made me miss my bus. There’s no argument concerning whether I like time change. The only thing I can say is that I’ve learned how to get ready for school in five minutes tops. This came in handy for me on one fine, early morning.

After a long night of studying, YouTube breaks, and complaining, I finally went to sleep at 3 a.m. The only thing I remember after that, is the blaring sound of my alarm. I quickly shot up from bed and scrambled to change, brush my teeth and head out the door. As I looked around, the streets felt empty and it was oddly quiet. I shrugged it off; I was honestly more concerned with how incredibly late I was for school.

As I was driving along, ignoring the terrible gut feeling I had, I looked down at my GPS for a split second. I didn’t process what the time on the screen read until a couple seconds after I saw it. As soon as my brain realized that it was 5:45 a.m. and not 6:45 a.m. I immediately began yelling at myself. I was so upset with myself because not only did I look like a wreck because I rushed out of the house, but I was too tired for my own good.

I debated just driving to school anyway, and dealing with the extra mishaps, like forgotten items or wardrobe malfunctions, carrying on throughout my day. After about five more minutes, I was over it. I took the first exit and went straight back home. Going back home was so satisfying that I didn’t even second guess myself.

Once I got home, I made myself some breakfast, did my makeup, and watched a little television. Everything seemed fine until my mom came downstairs. As soon as she saw me, she froze in her steps. Almost instantly, she started yelling at me about skipping school. I, of course, was very confused because I assumed that I was still early for school. She walked over to me and shoved her phone in my face so I could see that, in fact, I was extremely late for school.

As it turned out, my car displayed the wrong time because it was in fact daylight saving time, and my alarm was right the whole time. To top it off, I missed my first period class, and I was confused about the time the rest of the day. That day, I showed up late for every class, and concluded that daylight savings sucks.

So, maybe you’re tired of being alone on Valentine’s Day. Maybe you’re looking for a convenient “friend with benefits” or maybe you’re just bored and like flitting with people. Whatever the reason, if you’re finding yourself looking toward the world of online dating, it can be hard to know how to start — especially once you know that you have options; free options.

That’s right, there’s more than just Instagram direct messages. Here’s a breakdown of the free dating apps available to college students; ones that you’ve likely heard about and some which may be new to you.

Tinder

Chances are, you’ve heard about Tinder. It’s arguably the reason why dating apps have become so popular. Tinder is pretty straightforward: you’re shown images of other users and you swipe right to “like” them and swipe left to pass. If two users swipe right on each other’s profile, the pair are matched and given the opportunity to talk.

Tinder allows users to set preferences based on gender, age and distance of users. Although it is typically referred to as a “hook-up” app, it’s certainly not that way by rule. So, if you have specific expectations, like finding a relationship or a no-strings-attached situation, you might want to mention that to your matches. Either way, meeting someone becomes more likely when you’re using a tool that boast 1.6 billion swipes a day and over 20 billion total matches.

Grindr

Grindr is very similar to Tinder, except it’s designed to specifically serve the gay male community. With three million active users who use the service daily, Grindr credits itself with being the largest social networking service for the LGBTQI community. You can also customize your profiles similarly to how you can on Tinder, but with the addition of indicating which pronouns you prefer to be addressed.

Bumble

Bumble sets out to help users make meaningful connections by empowering women. This app isn’t exclusively used for dating since users can also set their “mode” to indicate that they are searching for friends or business connections to swipe that way. The app works by showing you other users who are swiping in the same mode that you are.

Although it begins with the same premise of swiping on who you would like to date, Bumble does come with some benefits. By sending a specific photo of yourself to the company, you can verify your account, which helps deter catfishing. The real difference comes with the app’s time restraints and messaging requirements. On this app, women have to make the first move — meaning send the first message — within 24 hours of matching with someone or the option to communicate disappears forever. In turn, men also have to respond within 24 hours. The feature was designed to ensure that matches actually lead to conversations. The app claims to have facilitated 1.3 million matches and one million first moves by women every day.

Coffee Meets Bagel

Coffee Meets Bagel was developed in 2012 with the idea of meaningful relationships in mind and is arguably the app on this list most designed for relationships. Every day at noon men receive 21 potential matches — that the app calls bagels — which are selected using algorithms based on information from your profile. Men can either like or pass on the profiles. Then, women are shown the profiles of men who have already “liked” them to decide whether or not they wish to connect and chat. The app also has settings for the LGBTQI community. The app boasts that it has made one billion introductions so far.

Looking for love or...not: Pick the right dating app for you

By: Maha Barakat
Contributing Writer

Since 1926, Americans have been celebrating, empowering and fostering awareness about the African-American community every February in what is now known as Black History Month. This celebration has served as a way to pay tribute to all of the amazing things the Black community has done. To that point, the NSU community has come up with a handful of events that will allow students, faculty and staff to learn more about the importance of Black History Month and the achievements of its heroes.

NSU’s Black Student Union (BSU) has organized the following events:

On Feb. 17 BSU representatives will reach out to the local community to help school-aged children with homework and engage in fun indoor/outdoor activities. The event will take place beginning at 9 a.m. at the Rick and Rita Case Boys & Girls Club located at 7525 NW 33rd St, Hollywood, Fl. 33024. For additional information, or to register to volunteer, contact Jocelyn Hunter at j2635@mynsu.nova.edu.

BSU will also host a movie night on Feb. 19, in which they will feature the movie “I Am Not Your Negro” in the Commons residence hall in room 123 A/B at 7:30 p.m. This film delves into black history and focuses on the connection between the Civil Rights Movement and the BlackLivesMatter movement. It also aims to question the degrees of black representation within our society. BSU secretary Shylia Barnes said that this particular film will illustrate some of the social issues that people of color have experienced throughout time.

Later on Feb. 23, the organization will host additional events this month in celebration of Black History Month. Of the event sponsored by the Alvin Sherman Library, Cotilla Gallery from 2 p.m. to 3 p.m.

The events continue into next month with a poetry and spoken word night on Mar. 2 called “Let’s Speak Truth.” Students are invited to attend the event sponsored by the Alvin Sherman Library and listen to MC Quick the Poet, as well as other local spoken word artists and poets, present pieces during this celebration of creativity. The event will take place in the Alvin Sherman Library, Cotilla Gallery from 6:30 p.m. to 8:30 p.m.

To learn more about various on-campus Black History Month events available to the NSU community, visit nova.edu/blackhistory/ events.
Charlie Albright: The journey behind the music

By: Madelyn Rinka
News Editor

Charlie Albright has been playing piano since he was three and a half. He has a year’s worth of classical music training to develop his technique. He recommended me to my first serious teacher, Nancy Adlit. I was with her until college, for 12 years or so.

How did you realize you wanted to be a professional pianist?

“It was a long process coming. I’ve been playing piano for as long as I can remember, and I’ve always loved — well you hate it sometimes — but overall you love it, for me at least … The music career, and arts in general, I think for a lot of people, it’s so risky. How do you get to Carnegie Hall? Practice, practice, practice? No, no — know the manager, that’s how. It’s kind of a lot of along those lines. You can practice and work your hardest and do your best, but that will only get you so far. A lot of the success in a music career is a blessing, luck, knowing the right people, having the right audience at the right time, a lot of it is out your control.”

What is your favorite genre of music to play, and do you ever perform your own music?

“I don’t have a favorite. I play a lot of classical … but I do a lot of other stuff. Depending on the tunes I’m on, I’ll throw in ‘Great Balls of Fire.’ I love jazz and rock and roll and boogie woogie, it’s just fun. That’s the kind of stuff that I’ve played … before I started learning how to play music when I was seven or eight. In terms of (playing) my own music — absolutely! I love improvising. Sometimes I’ll even give an entire concert just purely improvised.”

Is there a performance that you’ve done that was particularly memorable?

“Let’s see. I have to pick one. One of the coolest ones I remember doing was, I think I was a sophomore in college. I got an email one morning from the director of the office of the arts at school, and he said, ‘Charlie, Senator Ted Kennedy is having a special honorary degree ceremony here, and we wanted to know if you’d be interested in performing for the ceremony with Yo Yo Ma.’ And I was like, ‘Well of course! So we did that, and that was my first time ever performing with Yo Yo Ma, and that was amazing.”

What would you tell someone who is hoping to accomplish what you have in their future?

“Oh my goodness … too much to tell. First of all, you need to keep loving it. Of course you have times it’s up and down. Nobody likes their job 100 percent of the time, that’s called life. No matter how passionate you are about something, there’s times when it sucks. That’s with anything. For music, you have to maintain that love.”

Albright will be having a Salon Concert on Feb. 16 from 6 to 9 p.m., and an Interview/ Masterclass on Feb. 17 from 10 a.m. to 12 p.m. in the Performance Theater of the Don Taft University Center.

PRINTED WITH PERMISSION FROM C. ALBRIGHT

Charlie Albright has been playing piano since he was three and a half years old and says he never stopped loving it.

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“Amen” wasn’t a complete disappointment, but it wasn’t necessarily fulfilling either.

Eighteen-year-old rapper Brian Imanuel is one of the most widely known underground hip-hop artists in the community and on the 88rising record label. After growing up homeschooled in Indonesia and spending most of his time on the internet, Imanuel released a semi-serious rap song, “Dat $tick” under the moniker Rich Chigga. The song and accompanying music video went viral, launching Imanuel into the public eye and inspiring him to continue making music. After signing to 88rising and releasing a single leading up to the album and it’s features lyrics that contemplate Imanuel’s first, “Cold,” is the second track on the record of them really exemplify Imanuel’s talent. The music career, and lyrically to make it stand out.

How long have you been playing piano, and why did you start?

“I started when I was three and a half, we had a little chunky-junkie upright piano in our house, I think we got it from a garage sale… I guess I climbed up when I was three and a half on the piano and began pecking out ‘Twinkle Twinkle Little Star’ by ear. My mom heard me from the kitchen and she came out and asked who taught me that. And — I don’t remember any of it, this is what I’m told — I guess I said that nobody taught me. She said that she had a knack for it and so she taught me the little [piano] that she knew. Then I went to several teachers who taught me exclusively how to play only by ear. It wasn’t until I was about seven or eight that the jazz teacher I was learning from at that point told my parents that ‘Charlie should have a year’s worth of classical music training to develop his technique.’ He recommended me to my first serious teacher, Nancy Adlit. I was with her until college, for 12 years or so.”

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“Amen” wasn’t a complete disappointment, but it wasn’t necessarily fulfilling either.

“Amen” by Rich Brian

By: Adam DeRoss
Contributing Writer

“Amen” by Rich Brian

“Amen” by Rich Brian

Best Cuts

Over the course of the 14 track record, three of them really exemplify Imanuel’s talent. The first, “Cold,” is the second track on the record and features lyrics that contemplate Imanuel’s changing attitude and personality now that he has been thrown into the spotlight. He brings

In a lot of reliable anecdotes and sentimental stories that really push the emotional aspects of the writing. His flow is clear and concise and carries the same deep-voiced swagger that it normally does. But, depending on who’s listening, that may be a good thing or it might just be too much of the same. Either way, there is a slight disconnection between his writing and his performance. Since he carries the same flow and mannerisms that he normally would, the more emotional lyrics attached to this track lose some of their impact. The instrumental is simple but effective with its combination of electronic synth riffs and heavily modulated piano chords on top of a jittery trap percussion line. “Introvert” features fellow 88rising rapper Joji and features a smooth and calming melody constructed from ‘80s style synths and drums, almost like it belongs in a hazy disco at one time and missing some of the more private

Aspects of life before fame. While the flow Imanuel uses to deliver his lines is more or less the same as on the other tracks, he does take the time to slow down and be more deliberate with his performance, making it a bit more interesting and fitting to his writing. Joji brings a good juxtaposition to this with his usual brashy and wippy infections. “Glory Like Dat” was one of the singles Imanuel released leading up to the album and it’s one of the crowning jewels of the whole project.

OFF SHORE CALENDAR

Mardi Gras Party
Feb. 13 | 8 p.m.
The Funky Biscuit

Hump Day Food Truck Collective
Feb. 14 | 5 p.m.
@Tamarac Recreation Center

Sierra Hull
Feb. 15 | 8 p.m.
@Amaturo Theater

Hollywood ArtWalk
Feb. 17 | 7 p.m.
@Comfort Zone Studio & Spa

Sunday Outdoor Movies
Feb. 18 | 10 p.m.
@Dada Restaurant & Lounge
As a struggling college student, there are two things I enjoy immensely: free stuff and live music. Combine these and you can get great entertainment that costs you nothing at all—except for the obvious, like transportation, food and drink. If you’re looking for a musical escape that won’t break the bank, read on for some local spots to hear live music and art events every month. These events are perfect for nighttime picnics with friends or trying out various food options as you listen to live music.

Gulfstream Park offers live music of varying genres every Saturday night, and features recurring artists Benji Rafaeli and Travis Bridges every Tuesday and Sunday night, respectively. flamingo Gardens hosts First Friday Food Trucks every third Friday of each month until April. For a daytime equivalent, visit Fort Lauderdale Riverwalk’s Sunday Jazz Brunch, which features live music on three different stages on the first Sunday of every month.

Enjoy a meal and a song
Sometimes lounging in the grass or walking around for your food doesn’t sound too appealing— but never fear, there are plenty of sit-down spots that offer both standard service and live entertainment.

Rock Bar in Fort Lauderdale beach features a live DJ every Thursday through Sunday night, as well as an oceanfront dining experience—though admittedly, the menu can be a bit of a splurge for the college student on a budget. For a more affordable meal-and-music combo for any time of day, try Nick’s Bar & Grill on Hollywood beach, which features delicious seafood and local musicians, as well as the occasional karaoke score.

No matter what your musical or atmospheric preferences, South Florida’s got an abundance of options to choose from in the way of free, live entertainment. Don’t hesitate to get to know the area more and browse some of its musical and artistic offerings; you’re bound to find something that suits you.

Justin Timberlake’s “Man of the Woods”

On Friday, Feb. 2, Justin Timberlake released his fifth-studio album titled “Man of the Woods,” two days before his Super Bowl LII halftime performance. This album includes 14 solo tracks along with two collaborative songs with Alicia Keys and Chris Stapleton. In the album’s promo video, Timberlake walks through the woods knee-deep in snow drifts, bathes in the river, burns bonfires and watches herds of horses. Prior to the release of “Man of the Woods,” Timberlake’s last studio work was in 2013, when he released “The 20/20 Experience” and “The 20/20 Experience: 2 of 2.” During his 20-year career, Timberlake has dabbled in various genres and become an icon for all of pop culture. “Man of the Woods” is a collection of everything Timberlake has done musically over the years, which is why the album’s music varies between the styles of Country, R&B and hip-hop.

Jenna Kopek, co-editor-in-chief, said:
“Don’t Worry, Be Happy” by Bobby McFerrin. In the single “Flabby,” Timberlake uses techno and heavy robotic space funk sounds. The song “Wove” arranges sounds that demonstrate the Caribbean reggae style. “Sauce” is a funky rock in the spirit of late Prince. With its harmonies, the song “Higher-Higher” reminds us of Stevie Wonder, and the name clearly refers to one of his famous songs, “Higher Ground.” Along with “Breeze off the Pool.” “Higher-Higher” represents pop-soul style. In this album, Timberlake shows his talent as a songwriter and manages to provide a different style of music for his fans that include catchy beats.
When did you start playing soccer?

“I didn’t start playing soccer until I was 11. I grew up playing basketball and I accompanied my friend to a [soccer] tryout and they threw me in goal because they didn’t have a goalie. Ever since then, I’ve loved it and played it.”

What made you start playing soccer?

“I thought to myself “okay I’m really good at this sport, I might as well run with it.” For a long time I played both [soccer and basketball] and when I got to high school, I chose to focus just on soccer because I found I was having better opportunities for travel and I was getting more looks from scouts.”

Favorite memory of being on the team?

“This year, we did the best in NSU women’s soccer history and we were first in the conference and we are going to receive rings. That has been my favorite memory of soccer all together; it’s a huge accomplishment. We were seventh in the conference my freshman year and I’m glad I could see [our team] go from seventh to first while I’ve been here. I’m glad I could see that unravel before me.”

Favorite thing to do after a match?

“Eat. I’m always starving [after a game]. It’s a four or five-hour period that I haven’t eaten so I like to go out and get food. This season, a lot of the time, my family and I went to Ale House after a game. I’m a spicy-food person so that’s my go-to.”

What are you planning to do after your bachelor’s at NSU?

“Hopefully staying at NSU. I’m in the process of sending in my video interview to the occupational therapy program and I won’t hear back till March. I’m waiting on two other schools as well and I know I will definitely get in somewhere and I’m hoping it will be here.”

What would you be doing if you didn’t play soccer?

“First off, I wouldn’t be here. No offense to NSU but, [without a scholarship] tuition could be expensive and I’m so glad that I do play soccer. If I wasn’t playing soccer, I’d probably be at a big university and also playing sports like clubs or teams. I still would be participating in sports of some kind because I can’t not; I’ve done it so long.”

What is your favorite thing about NSU?

“The family aspect of NSU — I can walk around [the athletic building] and everyone says ‘hi’ to you and is willing to help you out. The community — there’s a beach close to campus, we have the best library in the area and I love to read so that’s a plus … there’s downtown, there’s concerns all the time. At NSU, I feel like everybody fits in their own niche and that’s important to me.”

What is the key to success?

“Putting everything in my calendar. Thank God for technology because if I didn’t put assignment due dates or meeting times in my calendar then I would forget something. People forget to do things and in life … you’re not able to forget anything so being organized is definitely the key to success.”

How has being a student athlete prepared you for the future?

“The first thing I learned was time commitment. I learned quickly that school was more important than soccer. I learned about time-management and motivation. Teamwork helps a lot and it’s important to me. If I get into a practice in the future and I can’t get along [with my coworkers] then I won’t be successful. Being a student-athlete definitely helped me with that.”

If you needed or wanted a reason to love Sports Illustrated’s infamous annual Swimsuit Issue, they provided one. In a misguided effort to support the #MeToo movement, the magazine hosted a photoshoot where models posed nude with words painted on their bodies in place of their typical Swimsuit Issue which will debut Feb. 7.

According to USA Today, this was all a contradictory attempt at empowerment. Yorker, called the photos that have been released “a student-athlete definitely helped me with that.”

Singer Kaya Jones took to Twitter on Feb. 7 to describe her disappointment in the Sports Illustrated photoshoot. Jones, a singer who has experienced sexual assault and harassment, tweeted on Feb. 13 that she was disgusted by the magazine’s releasing models to the world with words painted on their bodies in place of their typical Swimsuit Issue which will debut Feb. 7.

“The women’s basketball team suffered a loss against Saint Leo with a score of 50-52 on Feb. 7. The Sharks took an advantage early on led by Sophomore Maria Bardeeva and Freshman Skyler Oseola. However, the Saint Leo Lions pushed through the third and fourth quarter, which ultimately gave them the win.”

The Sharks won with a score of 91-77 against Saint Leo on Feb. 7. Junior David Dennis filled up the scoreboard with 27 points made overall followed by Freshman Nick Smith who scored 18 points overall.

The Sharks brought home an astonishing 9-0 win against Southeastern University on Feb. 8. Freshman Alex Yeardley had her first collegiate win at the NSU Tennis Complex. In both doubles and singles matches, the Sharks took a victory with a score of 9-0.

The Women’s basketball team suffered a loss against Saint Leo with a score of 50-52 on Feb. 7. The Sharks took an advantage early on led by Sophomore Maria Bardeeva and Freshman Skyler Oseola. However, the Saint Leo Lions pushed through the third and fourth quarter, which ultimately gave them the win.

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Pirates catcher’s mother kidnapped in Venezuela

NOW THAT the semester is in full-swing, resulting in a tight schedule for most students, it can seem almost impossible to find a way to squeeze in a workout at the gym. Or perhaps you’ve simply grown tired of trying to use the crucial equipment sitting in front of the mirrors where the “social media gym-stars” have clamored. Whatever the reason, working out away from the gym may just be more ideal for you. Enter: high intensity interval training (HIIT) workouts; an incredible combination of exercises you can do anywhere without the need for any equipment.

What are HIIT workout regimens?

High-intensity interval training workouts refer to regimens which alternate between vigorous bursts of activity and short periods of rest. According to Shape magazine, the intense spurts of energy push your body’s repair cycle into “hyperdrive,” effectively burning more calories than traditional methods of exercising such as a long run.

Benefits of HIIT workouts

A 2011 study conducted by the American College of Sports Medicine showed that two weeks of HIIT workouts improved participants’ aerobic capacity as much as six to eight weeks of endurance would have. People continue to do HIIT workouts simply because while they are challenging, they are also highly effective. Furthermore, according to Shape magazine, studies have shown that you will burn more fat, lose weight instead of precious muscle, increase your metabolism and build a healthier heart through HIIT. Of course, as mentioned above, there is the added bonus that these exercises can be done anywhere, no equipment necessary.

Try it yourself

I first learned about these types of workouts from my younger sister who has been increasingly interested in personal fitness. I’ll confess that when she told me that there were only five exercises in this particular workout regimen, I didn’t even expect to really break a sweat. Without describing my state after this workout, it was simple to get in a planking position, clapping your hands together in front of you. Jump forward twice and then shuffle sideways three paces, bringing your knee toward your chest for the last movement. Repeat this motion, moving in the other direction.

Walking lunges to knee raises

Stand with your hands on your hips to provide balance. Take step forward, bending at the knee to complete the lunge. Using the other leg, step forward and move into a standing position. Jump forward eight times, bringing your knees as high as you can.

We did each exercise for a total of 40 seconds each, resting for 20 seconds between. Then, we repeated the entire process for a second time. Spans of exercise and periods of rest can be adjusted based on your individual levels of fitness. However, it is important not to extend the rest time too much, as this will defeat the purpose of the HIIT workouts. My words of advice: Keep a towel and a bottle of water handy while in this position, bringing your right leg toward your left elbow.

Return to the planking position, alternating the leg movement four times.

Front jumping squats with “hut, hut, hike”

Place your hands in front of you and jump forward twice, bringing your knee toward your chest for the last movement. Repeat this motion, moving in the other direction.

Walking lunges to knee raises

Stand with your hands on your hips to provide balance. Take step forward, bending at the knee to complete the lunge. Using the other leg, step forward and move into a standing position. Jump forward eight times, bringing your knees as high as you can.
The 2018 Winter Olympics are just around the corner starting with the opening ceremony on Feb. 9 in the capital city of South Korea. This city is best suited for Winter Olympics, not only because mountains cover more than 80 percent of the terrain, but also because it attracts winter enthusiasts with its pristine skiing conditions. The city’s largest resort, Alpensia Ski Resort is fully prepared to welcome the world.

Despite this, there seems to be a lack of interest in the Winter Olympics. This might be because the venues and countries participating are not as varied as the summer games. However, the Winter Olympics are awesome in their own right. Some of the countries involved are from tropical climates, which means that they had no access to the climate their sports are involved in—nations like these come from regions like Africa, Oceania, the Caribbean and Central and South America. These countries don’t medal in their sports, but the fact that they reached the Olympic level and had the courage to participate against experienced opponents is commendable.

These sports are specific to the season, and so there are some popular sports that can only be done in the Winter Olympics, such as ski-jumping and snowboarding. Moreover, for the 2018 Pyeongchang Winter Olympics, the International Olympic Committee added some new events such as freestyle skiing, big air snowboarding, main start speed skating and mixed double curling, making the games even more exciting.

Even if you are not a winter sports enthusiast, watching the skiers’ performances of aerial flipping and spinning or the figure skaters spinning three times in the air should make anyone feel joyful. Much of the Winter Olympics take place in the air: ski-jumping, slopestyle, aerials and figure skating jumps. The aerial acrobatics are some of the best parts of any Olympic Games because those are not scrupulous about detailed formality. Results are unpredictable, so every event is suspenseful until the end.

These sports are quite dangerous too, which adds some thrill to the whole event. According to the International Olympic Committee report, the athletes who competed in Winter Olympics have been injured more than any other athletes. If you have ever seen a photograph of an athlete who tumbled down the hill, you might have experienced pain just by watching. Nonetheless, people are still watch the games, whether it’s because of the thrill or because of the vicarious achievement.

Apart from danger, the Winter Olympics host artistic beauty and grace in events like figure skating. Danger and grace seem like oil and water, but it is an intriguing and emmiserating mix. It’s interesting to see athletes defy the norm, like when ski-jumpers remain Remarkably graceful as they land jumps on an ice chute at 80 miles per hour.

Besides the games themselves, the two-hour opening ceremony is sure to be enjoyable with a parade incorporating all 93 participating countries, an artistic program featuring an assortment of visual and musical performances unique to South Korea and, of course, the lighting of the Olympic torch. There will be virtual reality programming to enjoy; the NBC Sports VR app will feature over 50 hours of virtual reality. In short, the Winter Olympic Games are sure to offer excitement and joy in the next few weeks.

The Winter Olympics should be appreciated

By: Susvina Daryanami
Contributing Writer

Stand up against Photoshop

Have you used Photoshop for your portrait pictures? Would you do, but do you have any limitations to the amount of retouching you do on your photos? Altering models bodies and faces is easy enough with the software that we have today, but why put unrealistic images? It is understandable that you may want to remove small imperfections such as acne or red eyes. However, recently several models and actresses have complained that published pictures of them in magazines or news articles do not look like them. Overeditting edits and retouching photographs only cause unrealistic portrayals of an image, and we should know when to draw the line.

In the consumer world, there seems to be an abundance of “perfect-bodied” men and women. This influence has something to do with regard their lifestyle choices, since their preferences are altered with the influence of digital media. DIY photography posted a recent article about retouching and editing:

“As with everything in life, in retouching it’s also important to know where to draw a line. If we remove personal traits off of someone, we can often feel insecure and feel bad about ourselves. Not to mention that, if we excessively retouch a photo of a client, they might feel unsatisfied with the results. And they have the right to feel that way, because it’s not really them in the photos.”

Ads and promotions sell more than products; they sell beauty, value, sexuality and normalcy. We should discontinue the altered advertising; it is not necessary for companies to promote such negativity for models, celebrities or anyone portraying them in a magazine or any type of advertisement.

Zendaya, Lady Gaga, Keitra Knightly, Lorde and several other celebrities have all publicly protested against the use of Photoshop. Most recently, after posing for the cover page on the Modeline magazine, Zendaya felt outraged that the company manipulated her body skin. This 19-year-old actress took to stand to express her frustration on social media. Later, when Lady Gaga was published on the front cover of Vogue magazine, many people complained that the photo portrayed a vast difference from what she really looks like. Lady Gaga addressed this issue on Instagram by questioning the editors as to why they enhanced a good image into a fake image.

Unlike the aforementioned companies, other well-known companies have gradually stopped using Photoshop and when they do use it, they make the public aware that the image is “retouched.” Modcloth, Seventeen Magazine, Aerie and Darling Magazine were the first four companies to completely cut out retouched photos.

In fact, on Aerie’s website, before you browse through their clothing, images or updates, you’ll find this quote: “Some girls wear makeup. Some girls don’t. Some girls still put on jeans & some in flats. Long hair, blue hair or maybe none of that. No matter your choices, let’s be clear, you won’t find retouching on any our for your. Simply stated, we made a deal. Trends may come and go but We Will Always Be Aerie Real.”

Companies are slowly reducing the amount of editing done on celebrities and models’ pictures. Changing facial features, body shapes or skin color are all unrealistic representations of actual people. Why promise imaginary and unrealistic photographs of already beautiful people?

Social media challenges need to be stopped

It’s pretty safe to say that everyone reading this article knows about the famous “Cinnamon Challenge” that ruled the internet six years ago. It was a really bad challenge that people still do sometimes. This challenge consisted of pouring any kind of liquid into a 12-year-old child. This challenge is dangerous but it is. People who dare to do this have reached some sort of sick thrill. If the last thing you think of when someone mentions “Cinnamon Challenge” is dangerous, you have a monster of a challenge.

One example of a controversial and idiotic challenge is known as the “Passing-out Challenge.” The premise for this challenge, as stated by some, requires that the participant choke or hold their breath until they pass out. The challenge has lead to many unfortunate consequences, including the recent death of a 12-year-old child.

Lastly, the “ Tide Pod Challenge” has made front-page news because of how unbelievable it is. People who dare to do this have reached a new level of stupidity. Why would you put your life at risk by eating a pod full of laundry detergent? Why would you justify this by saying that it looks tasty? Yet, here we are, warning you about the dangers of eating poison. For all I know, this may be today’s version of natural selection. Either way, we need to put an end to these dangerous, viral social media challenges.

Did you ever have a day when you wake up in a great mood, eat an amazing breakfast and happily drive to class? Has your day ever been ruined by finding out that you have a $40 parking ticket for an old decal? I’ve gotten two parking tickets, which in my opinion are useless. Getting a parking ticket from Public Safety means paying $30- $40 dollars or trying to appeal the ticket by having to fill out long form and having to appear to court. Aside from the the amount of money you have to pay for something as simple as an old decal, you have to spend time actually going to court to try save this money.

Public Safety, just give us warnings. The first time I got a parking ticket was because I had a 2017 decal instead of 2018, which mind you, we were still in 2017. How did they expect me to know that I had to change my decal a year before? In situations when not everyone knows about something, warnings should be given first. If Public Safety finds that someone ignored the warning, then they should give the actual parking ticket. It is totally unfair for us to have a million things to do and work hard for our money, only to then get a ticket for something that we didn’t even know about. One more time: give us warnings instead of $40 tickets.

Parking Tickets

By: Blanca Galan
Contributing Writer
NSU debuts social media platform Sharkchat

By: Marti Bennett
Contributing Writer

The popular social media platform, Sharkchat, has taken NSU by storm. The app allows individuals to send completely private pictures to their acquaintances for up to 10 seconds and even incorporates a news section to boot. On NSU’s campus, it is common to see students so engrossed in their “Shark-chating” that they sometimes walk straight into trees or poles as a result. Although the concessions are slightly uncomfortable, the adoration students have for this social media platform is awe-inspiring.

Another feature that Sharkchat fills is the need to be connected with others 24/7 on and off campus. Thank goodness most people have the contents on Sharkchat, along with all social media sites, are 100 percent private. 

Sharkchat is also an important tool in measuring the trust of a friend. This is evident in the case of Millie Hayes, a sophomore communication major. Hayes’s “ex-best friend,” Maybe Uppe, described the situation that caused their friendship to go downhill: “Millie saved all of our secretive conversations and screen-shotted photos of me showcasing my multiple chins,” said Uppe. “Thanks to Sharkchat, I now know Millie is not to be trusted.”

The app can also help students find out who their best friend is. The name at the top of the list is the individual’s best friend, and if you are also their best friend, then a yellow heart will appear by both of your names. 

Freshman exercise science major Alexandrea Hinge claimed, “Although I thought my best friend was my neighbor since second grade, now I know it’s the random guy who Sharkchats me daily in order to ‘get to know me better,’” said Hinge. “We even obtained a yellow heart.”

Although she might not know where her newly designated counterpart lives, she later said that she was grateful to have found her real best friend.

In Sharkchat’s Discover page, the news stories on the top of the section are the most relevant and important. Last week’s headline, “NSU freshman Suzy Gerber and NSU senior Tommy Lewis seen sharing a smoothie bowl at Delicious Raw,” were found at the top of the page. Less pressing issues such as The State of the Union speech were found near the bottom. If you want to read a message but do not want the sender to know you read it, Sharkchat’s technology has a loophole just for you. Users simply have to slide their touchscreen two-thirds of the way to the right in order to read a message without sending a read receipt, thus avoiding the pressure of having to reply.

“One time I used the two-thirds method to see a chat from my boyfriend,” said freshman Lisa Brennan. “He wanted to break up with me. Due to this loophole, I have yet to open the chat from two months ago and am still a part of that relationship to this day; crisis averted.”

A final feature of Sharkchat is the big open arrow present after someone opens but does not reply to a message. Receiving this symbol is a clear sign that you do not warrant the efforts of a reply. Ouch. But at least Sharkchat allows you to block this person to avoid such terrible humiliation in the future.

So far, the general consensus of the NSU student population is that Sharkchat is here to stay; yet another success story for NSU. It’s left to be seen how NSU will top this flourishing venture in their future endeavors.

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SHARK SPEAK

HOW WELL DO YOU THINK NSU CLUBS, ORGANIZATIONS AND ADMINISTRATION RUN HOLIDAY-SPECIFIC EVENTS?

“I think NSU is very organized when it comes to those things and they have a lot of attention grabbers and students who persuade people to [go to these events]. There are a lot of attractions.”
-Saba Ansari, sophomore biology major

“I think they do events pretty well. They have a lot of events to choose from. I know a lot of the athletes are going to the basketball game and then there are events in the actual dorms, like Commons and Goodwin. There are a lot of events to go to. It just depends on who your friend group is and where your friends are going. I go home for most holidays because I am from Rhode Island, but my friends that go to Peers have been shown to measure the validity of a friendship.

Sharkchat is also an important tool in measuring the trust of a friend. This is evident in the case of Millie Hayes, a sophomore communication major. Hayes’s “ex-best friend,” Maybe Uppe, described the situation that caused their friendship to go downhill: “Millie saved all of our secretive conversations and screen-shotted photos of me showcasing my multiple chins,” said Uppe. “Thanks to Sharkchat, I now know Millie is not to be trusted.”

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-Jaylyne Thomas, freshman speech language pathology major

“The events I have been to have been run well and they are really good. It is just that [I don't know about] holiday-specific ones. I did not know that we had the Super Bowl [event]. I didn't even know we had one for that.”
-Janai Moodie, freshman business management major

“They probably run it really well. I just do not know about any of them because they do not really put it out there as well as they could. I live on campus so they should put it out more and add more posters and stuff like that.”
-Jessica Clinton, freshman human development and family studies major

“I went to the Super Bowl [event] and it was good. There was a lot of food and beverages and I had a really great time.”
-Yandi Augustin, graduate MBA student

“NSU’s campus is the combination of the three things that I care the most about, which are basketball, music, and food. I went to the Super Bowl [event] and it was good. There was a lot of food and beverages and I had a really great time.”
-Yandi Augustin, graduate MBA student
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