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Nova Southeastern University

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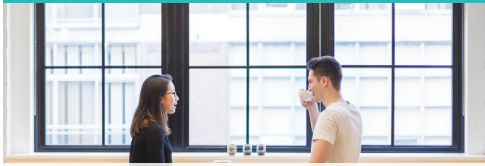
# The Current

The Student-Run Newspaper of Nova Southeastern University

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## Welcome back, Sharks!



**These tips make forming connections that much easier**

P. 5



**Meet Amanda, a new addition to NSU Volleyball**

P. 7



**Here's how to get involved on campus, artistically speaking**

P. 10



**Why you should forget about the freshman 15**

P. 14

By: **Jenna Kopec**  
Co-Editor-In-Chief

## NSU welcomes largest class of incoming students

In an effort to reach Vision 2020, the university's goal to be recognized as a premier university by the fall of 2020, NSU admitted more freshman and transfer students this fall than in previous years.

According to Dee Voss, Dean of Undergraduate Admissions, between 970 and 985 incoming freshmen and about 265 incoming transfer students are enrolled for the Fall 2017 semester.

"From the history that I have seen, this will be the largest incoming freshman class that the university has ever had," said Voss.

This enrollment puts the university on track to reach 2,020 students as part of Vision 2020.

### What this means for housing

According to Voss, about 48 percent of the incoming class are out-of-state or international students; which is a stark increase to the roughly 30 percent NSU had years ago. As a result, more students are staying on campus, causing housing to change.

Aarika Camp, Associate Dean of Student Services and Director of Resident Life and Housing, said that traditional freshman students, who are not in a Razor's Edge program, will stay in the Goodwin Residence Hall in triple bedrooms. This was re-introduced with a population increase last year.

Students living in the Cultural Living

Center (CLC), Founders, Farquhar, and Vettel (FFV) apartments will also likely have to share bedrooms; meaning two bedroom apartments will house four people and one bedrooms will house two. However, Camp mentioned that students who had stayed in the apartments prior to 2017 did not have to share rooms this year. She also said that this setup was to ensure transfer students had the option to stay on campus.

Despite the changes in housing, Camp said that she believes students will adjust well and understand the housing situation. She added that the housing department will work with students to move out of triples, if beds happen to open up.

"I think the students understand because they have friends that are in triples everywhere ... so I think they realize that at least I have a place on campus and I can make the best of it," said Camp.

Camp said that to accommodate future students, a new residence hall will be built where the practice soccer field now exists. The hall should hold around 500 to 600 apartments and is scheduled to open in the summer of 2019.

### What this means for your classes

According to Carmen Sosa, Director of Academic Advising and Retention, NSU's class sizes will not change with this larger population.

"We've added more sections. We will respect smaller class sizes which is what we [the

university] marketed and grow on," said Sosa.

Classes will now have a larger range of time slots, like 7:45 a.m. classes or evening classes, to offer students the courses which they need without raising class sizes across all majors.



PRINTED WITH PERMISSION FROM T. RICHARDS  
NSU is welcoming the largest incoming class in history, which many hope will bring life to the university

### What this means for campus life

Bobby Borgmann, Director of Campus Life and Student Engagement, and Vanessa Franco, Assistant Director of Campus Life and Student Engagement, both said they expect the campus to be livelier with the student body increase, as well as a rise in student organizations.

"There's gonna be people on campus throughout all hours of the day so that means there are gonna be events throughout all hours of the day," said Borgmann. "It means students are going to want to join organizations and create their own."

In order to help students create these

organizations and events, Franco plans on working with Sandra Philius, graduate assistant for student organizations, to promote the Student Organization Resource Center (SOURCE) office located in Rosenthal.

Borgmann and Franco also said that they've been working to accommodate organizations in terms of space, particularly with the Weeks of Welcome.

"We've tried to work everyone out as far as where they would like to go. If someone is using another space we'll be able to see how we can accommodate them best," said Franco.

### What this means for parking

Residential students will have more parking for the 2017-2018 academic year. According to James Ewing, Director of Public Safety, residential students will have exclusive use of 111 additional parking spaces located in the Mailman Hollywood Lot. According to Camp, residential students will also have the option of parking on the top floor of both the Alvin Sherman Library Parking Garage and the West Parking Garage. Ewing also said that Facilities Management received permission to build a 200-car lot next to the Athletics building, west of FFV. In the meantime, Ewing said the Mailman Hollywood Lot will be monitored to see if adjustments need to be made.

## Campus Life and Student Engagement aims to make students say WOW

By: **Jenna Kopec**  
Co-Editor-in-Chief

After last year's addition of an extra week of programming, NSU's Weeks of Welcome will incorporate more events to welcome students to, and back to, the university for the 2017-2018 academic year.

"Weeks of Welcome is an amazing opportunity for the whole entire NSU community ... to see what we have to offer on campus," said Sandra Philius, Graduate Assistant for Student Organizations for the Office of Campus Life and Student Engagement.

WOW is often seen among students as a rite of passage, particularly for freshman.

"I see it as a time that freshman can start knowing the NSU culture and community and really figure out where they want their voice to be and where they want their place here at NSU," said Frances Mejia, president of SEA Board.

All NSU campuses hold WOW events, but this year will be the largest WOW on the Davie/Ft. Lauderdale campus, with around 40 individual events put on by multiple organizations and offices over the two-week span. Philius said she hopes to draw even more student interest with additional involvement



PRINTED WITH PERMISSION FROM F. MEJIA  
Sharkapalooza is a fun experience for students to become familiar with different organizations at NSU.

from other offices and student organizations.

"We're getting more student organizations involved — we have about four organizations that are holding their own events," said Philius. "We have events ranging from convocation to karaoke nights to a water balloon battle to open expressions. We have a variety of different

events that will bring out a larger crowd."

Some events include the "Splashdown Water Balloon Battle" in the Library Quad on Aug. 24 at 4 p.m., Karaoke Night on Aug. 31 at 8 p.m. in the Flight Deck as well as the signature Labor Day Pool Party on Sep. 4 at 12 p.m.

One major change to this year's WOW is

the sponsorship of the signature Water Works event, which is now being shared between SEA Board and the Undergraduate Student Government Association (SGA).

"Now Water Works will have its own logo — something that it can go by from year to year since it's now an SEA Board event. It's still going to be on the library quad but since there's construction in the area it is going to be smaller," said Kristen Bingham, Traditions Chair for SEA Board.

Bingham said that she doesn't think the smaller area will pose a problem for the event and may even encourage students to interact with one another earlier in the event.

Bingham, Mejia and Philius all said that they encourage students to participate in the Weeks of Welcome.

"It's just an amazing time to live in the moment, be a Shark and leave your mark here," said Philius.

For more information on WOW events on the main and regional campuses, go to: [nova.edu/wow/index.html](http://nova.edu/wow/index.html)



## Editor's Note

*Hello*, to our fellow new and returning Sharks!

We're so excited and honored to journey through this new school year with you as the Co-Editor-in-Chiefs of The Current, your student-run newspaper.

In fact, as we were preparing this issue you hold in your hands, it dawned on us that the tides are changing. Yes, we know that we're only ten minutes away from the beach, but we're really referring to the atmosphere at NSU.

As you read through these pages, you'll notice that the faculty and staff have been hard at work making adjustments to improve your experience here. Among those changes include the relocation of the bookstore, creation of the GBSA lounge and the Weeks of Welcome that will have you saying WOW at every single event!

We've been making some modifications at The Current, too. We've built onto the foundation that past Editor-in-Chiefs, like Grace Ducanis and Jacqueline Lytle, have created by updating the layout and way in which we approach stories.

We did keep some things the same though, like the fact that we still want to hear from you! Join our meetings on Tuesdays at noon in room 104 in the Student Affairs building or email your letters to the editor to nsunews@nova.edu.

Our desire to serve you, the NSU student population, continues, and we relish the opportunity of being your news source.

Thank you for riding the waves with us.

With wishes for an awesome semester,

*Michaela and Jenna*



# The Current

The Student-Run Newspaper of Nova Southeastern University

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With all that's changing at NSU, we're overflowing with content! You can find our weekly reports of News Briefs and News Anchor at [nsucurrent.nova.edu](http://nsucurrent.nova.edu)

## ExEL to become a requirement for incoming freshmen

By: **Nicole Chavannes**  
Copy Editor

Although experiential learning has always been embedded into NSU's curriculum, it will now be a requirement for all incoming freshmen. Freshmen must complete six units of Experiential Education and Learning (ExEL) throughout their four years at NSU in order to graduate.

Teri Williams, director for experiential education, was hired to spearhead ExEL, which goes into effect this fall semester. Williams also developed the Experiential Education and Learning Advisory Council (EELAC), which works closely with the ExEL office to identify which ventures qualify as experiential learning.

"[ExEL] is really about exploring when you come in as a freshman. What is it you really want to do? What are your passions? What are your skills? And then how can you marry those things to create something amazing for yourself," Williams explained.

Alejandrina Matias, assistant director for experiential learning and a former academic adviser, explained, "As faculty and administrators, they [EELAC] are the gatekeepers of what gets designated as experiential." If a student has an idea for an



PRINTED WITH PERMISSION FROM T. WILLIAMS  
Travel Exploration is one of the five pillars of experiential learning students can choose from.

internship, for example, EELAC confirms that that internship will be an impactful experience the student can learn from and analyze.

Students' required UNIV 1000 course will count as one unit of ExEL, as will their required Senior Capstone project or course. Students can choose from five pillars of experiential learning to complete their remaining four units: Experiential Coursework, Faculty-Mentored Research, Travel Exploration/Study Abroad, Community Engagement/Service and Professional Growth/Internships.

While there are no new courses offered specifically for ExEL credits, there are many existing courses that have been approved

for ExEL credit because of the nature of the coursework, such as several theater, marine biology, accounting and psychology courses.

To help navigate what may seem like a confusing requirement, Matias explained that students will have assigned ExEL advisers that work together with their academic advisers to guide students through the program and units, as well as check on their overall health, happiness and immersion at NSU.

Students may also visit the ExEL office, located in Rosenthal 104, with any questions about the program.

Matias said, "Students can always come to us, although they have their ExEL advisers. They can always walk into this office and inquire about an idea ... I'll be bringing my experience and knowledge from working with EELAC ... and three years in academic advising, understanding the curriculums, the graduation requirements and the academic systems behind everything. We want to make it easy for students; make it inviting."

While ExEL units are only required for incoming freshmen and those that follow, ExEL opportunities are available to every NSU student.

"Everything is there, every student can



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Students can have their research approved by EELAC to receive ExEL hours towards their degree requirement.

participate in these experiences ... juniors, seniors come into our office. We will connect you. Unfortunately, it's not going to be the requirement but we will absolutely help," Matias said.

Williams explained the importance of viewing ExEL as an opportunity for students, rather than a requirement.

"Experiential education is really about becoming world-ready ... students are getting skills that will go beyond the workplace and make them more critical thinkers, make them more engaged citizens and help them to see the connection to the greater world," Williams said.

For more information on the ExEL program, visit [nova.edu/exEL](http://nova.edu/exEL).



## Shark Dining offers new menus and venues for the fall

By: Jenna Kopec  
Co-Editor-In-Chief

As a result of student feedback from department and Student Government Association (SGA) collaborations, Shark Dining is opening the Fall 2017 semester with new dining options.

Replacing Chick-N-Grill, Pizza Loft, Training Table and Food Bar are four new venues planned and designed by Shark Dining called Chef's Table, Roma's Italian Kitchen, World Market and Innovation Kitchen. Amidst these changes, Juiceblendz and Flight Deck will also be adjusting their menus and offering new items to students based on their feedback.

"The biggest thing we've heard is we need variety. I don't know how much we could have done before with the previous concepts that we've had with national and regional brands," said Stefanie Furniss, Director of Operations for Shark Dining.

Each of these new venues operates on meal segments that change daily. Therefore, not only will menus change at different mealtimes, but they will also vary each day. All of the changes and venues, excluding those from Juiceblendz which is an outside vendor, are created by Shark Dining. Furniss and Alex Lopez, Undergraduate Student President of SGA, both said that this was the better choice. Choosing outside vendors,

according to Furniss, meant having to commit to static menus.

"By adding Chartwells-inspired vendors onto campus, students are going to get to have control. If we hate that we have just pasta [for example] we can get rid of that and put something that costs less money and is less of a hassle," said Lopez, who, with other members of SGA, met with Furniss, Shark Dining staff and Business Services to discuss frustrations that had been communicated to them by the student body.

"They're [the students'] experience needs to feel homely. I think that's something that these concepts may convey a little better," said Harrison C. Davies, Director of Marketing and Guest Services.

Furniss said that Shark Dining staff has increased for the fall semester in both front of the house and back of the house operations. She also said that price points for meals should stay around the same for students, although none of the new venues will use the weight-measuring system used at Food Bar and Training Table.

Both Shark Dining and SGA plan on receiving and analyzing student feedback to continue adjusting dining options to meet

students' needs. According to Lopez, SGA passed legislation to create Shark Dining Ambassadors, a specific group focused on collaborating with Shark Dining to communicate the needs and wants of students.

"SGA listens and can impact campus," said Lopez. "The more students that respond to SGA surveys the more change we can make."

Davies said that his role focuses on student engagement and feedback, and he plans to have surveys and focus groups throughout the semester. Furniss said she encourages students to provide feedback to the office to help improve their experience.

"If there's a question, ask. If there's a comment, share it," said Furniss.

One way to do so is through the Text2Solve program, an anonymous communication system that lets students directly communicate any concern or question to Shark Dining administration, whether it be a shortage of napkins to larger issues such as poor service. Students can use the program by texting 954-398-5398.

**CHEF'S TABLE:** every-day favorites, traditional, home-style foods

**ROMA'S ITALIAN KITCHEN:** full Italian cuisine with pastas and original recipes

**WORLD MARKET:** international foods to represent various flavors and cooking styles

**INNOVATION KITCHEN:** dedicated to upcoming food trends with gluten-free, vegan and vegetarian options

**FLIGHT DECK:** the same atmosphere you love with new items such as jumbo butterfly shrimp, red beans and rice and chicken nuggets



# NSU Undergraduate Alumni Award

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## CAREER CORNER:

## Home is where the heart is: Navigating long-distance job searches

By: **Ashley Rizzotto**  
Contributing Writer

Ashley Rizzotto joined the Office of Career Development in June 2017 as a full time Career Advisor. Rizzotto works with current undergraduate students, graduate students and alumni to ensure the confidence and success of those she meets with.



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Prior to joining the Office of Career Development, Rizzotto held roles in Career Services, Orientation Services, and Health & Wellness Education.

Every year, newly graduated students have dreams of moving across the country and starting a successful career in busy, exciting cities such as New York, Miami, Denver, Seattle, Boston and San Francisco. This is due to demographic changes and diverse, emerging industries developing overnight. Another reason for long-distance career exploration is that a student may simply want to experience a new area that differs from their hometown or college.

However, before buying the plane ticket or packing the U-Haul, there are a few steps that students should take.

### Research the city before committing:

It's important, especially when pursuing your first full-time position, to research its financial reasonability. Look into the average salary for jobs in your industry and see how they compare to the cost of living in your potential new city. This can help with your decision making. Some items to research include: the cost of living in the new location, average starting salaries and benefits for both you and your partner/family.

Take the time to map out a budget sheet for your anticipated expenses including monthly bills, costs related to your commute and your basic necessities. The Federal Bureau of Labor Statistics, Glassdoor.com and Onetonline.org all provide tools to estimate the minimum salary you'll need to live comfortably.

### Choose your "non-negotiables"

Create a list of your non-negotiables. Include the essential people, places and things you absolutely need to be comfortable living anywhere in the world. It's smart to keep in mind your values as you plan what you need nearby.

If one of your core values is to stay fit and active, you may want a location where hiking and club sports are easily accessible. It's a good idea to scope out the locations that will impact your day-to-day experience, from grocery stores to barber shops, to ensure you have everything you need.

Large shopping centers are one of many ways to determine how busy and populated an area is. If it's feasible, take a trip to the area or connect with locals to find out some of the pros and cons of living in the area you are considering. The combination of financial feasibility and value-inspired research will help you achieve balance while adjusting to a new home.

### Conduct the long-distance search

Once you've honed in on the areas you'd like to live in, start applying for jobs there and network to find connections in your industry. Keep in mind that if you are aiming for a popular destination like Los Angeles, New York City or Boston, local applicants are considered before out of state applicants. If you have relatives local to the area, consider using their address when filling out your applications. Don't fret if you are unable to provide a local address; continue applying and leveraging your network to reach your dream destination.

Whether you are moving across the state or across the country, it's important to keep your financial and emotional needs in mind as you begin to interview and consider job offers.

### FASTEST GROWING CITIES IN AMERICA (ACCORDING TO FORBES, 2017):

Based on population growth, economic growth and the increase of job opportunities, Forbes has determined these are the top 20 cities people are moving to in the U.S.

CAPE CORAL—FORT MYERS, FLA.

ORLANDO, FLA.

PROVO, UTAH

DAYTONA BEACH, FLA.

JACKSONVILLE, FLA.

SARASOTA, FLA.

SEATTLE, WASH.

TAMPA—ST. PETERSBURG, FLA.

PORTLAND, ORE.

SALT LAKE CITY, UTAH

BOISE CITY, IDAHO

MIAMI—FORT LAUDERDALE, FLA.

OGDEN—CLEARFIELD, UTAH

RALEIGH, N.C.

PALM BAY—MELBOURNE—TITUSVILLE, FLA.

PHOENIX, ARIZ.

LAS VEGAS, NEV.

LAKELAND,— WINTER HAVEN, FLA.

CHARLOTTE, N.C.

NASHVILLE, TENN.

## Don't blow your budget

By: **Nicole Chavannes**  
Copy Editor

Entering college is both a liberating and challenging experience. Like many students, your first venture into college might be your first taste of adulthood. As a result, college is the ideal time to learn about finances and develop good habits to take with you post-graduation.

### Identify sources of income and expenses

The first steps to financial responsibility are identifying both your sources of income and your expenses. Take into account every form of income available to you, identify the most stable of those incomes and note that some months you may make less money than others.

Next, take note of every expense you could possibly have, including food, transportation, school supplies and recurring monthly bills. Overestimate your possible expenses; it's better to underspend and have money left over than overspend and scramble for the funds at the end of the month.

### Set savings goals

Instead of living paycheck to paycheck, strive to have money stored away in a savings account. If possible, save a chunk of your income first and spend the money you have left after. Save, then spend. Even if you can only

afford to save \$20, make a conscious effort to put money away every month. Slowly but steadily, your savings account will grow, and you'll have a fund in case of emergencies or for a down payment on a car or even a house one day. As Federal Student Aid suggests on their website, think of your savings as an expense itself, and consider it untouchable.

### Prioritize everything

Rank everything involving your finances according to its importance and necessity. This includes your expenses, your spending and your savings goals. As Hitha Herzog, a consumer spending columnist and published author, states in an article for U.S. News, separating your "wants" from your "needs" is crucial in budgeting. Once you've determined whether something is necessary, you want it desperately or it would simply be something nice to have making decisions about what to spend your money on will become much easier.

### Keep track

If your go-to methods of spending are debit or credit cards, keeping track is easy; simply view your statement online. If you prefer cash, develop a system so you may keep track of

where those bills are going, and whether you should continue spending that way or be more frugal. Phone apps are helpful, but even logging your spending in a notebook works. Once you make it a habit to keep track of even the smallest expenses, it'll be less of a mystery where your money is going, and you can adjust your spending accordingly.

### Use credit sparingly and knowledgeably

It is extremely beneficial for college students to have at least one credit card. Not to rack up debt, but to build credit instead; which makes things like buying a car, getting insurance and buying a home easier and more affordable, according to U.S. News. The key is to avoid overspending and to pay it back in full. Instead of maxing out your card – whether you can afford to pay it back or not – spend less than 30 percent of your limit. This will show that you are reliable and don't overspend, which will improve your credit score faster.

### Do your research

More than anything, it pays to do your research. Find out what kind of savings account would be best for you, as well as what credit card benefits you most and how best to use it.

For school expenses, compare prices before you commit to a purchase. Shop around for textbooks and school supplies, taking shipping prices into account as well, and make the most informed and affordable decision. Most importantly, keep yourself informed and be aware of your purchases, expenses, savings and priorities. Developing these careful practices now will help you get through college affordably and prepare you for life after you graduate.

### USEFUL FREE APPS FOR BUDGETING

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# That Time I.... Spent the summer in Brazil

By: **Aidan Rivas**  
Contributing Writer

*Aidan Rivas is a junior communication studies major with a focus in digital media production and a passion for graphic design.*

If you're familiar with Hialeah, Florida, and you can use your imagination to multiply it by ten, then you can picture Sao Paulo, Brazil. The city is a sprawling mish-mash of Brazilian culture placed smack dab in the southeast portion of the gigantic South American country. The place is enormous, ranking as the world's third largest city. You could be driving for three hours and only be through a third of the city's expanse. This past summer I was there for an internship, however, so I stayed mostly in the northwestern part of Sao Paulo for the duration of my trip.

As an intern I worked for multiple companies. I worked on motion graphics at the advertising company Z+, video production at an agency called Delicatessen and sound production at a place called Satélite. Professionals were more



PRINTED WITH PERMISSION FROM A. RIVAS  
While interning over the summer for multiple companies, Rivas was able to take in the sights of Brazil.

than happy to have me since their schedules were usually jam packed with work. To them, I was like a breath of fresh air, since they got to take a break and explain what they love to do to a neophyte. I was met only with hospitality and general good vibes the whole time and it really felt like I was part of a team, regardless of any language barrier. I spent about two and a half weeks at each of these companies, while the rest of my time was spent enjoying Brazil, which was a magical new experience.

While I was there, I felt like a Pokemon Trainer who ventured into a new region because

of all the unfamiliar wildlife I was seeing. Toucans and little marmoset monkeys just stroll around among tall trees like they own the place. Often, I would forget I was in another country since it was such a huge city, but seeing unfamiliar bugs, differently colored pigeons and even uncommon dog and cat breeds would snap me right back to reality.

It was winter while I was there -- since their seasonal cycle is the reverse of ours which I'm ashamed to admit was news to me -- so it hit a nice 40 degrees fahrenheit daily. During my trip, I took small vacations on weekends to explore some excellent vacation spots, one of which was Campos do Jordão. It looked and felt like a quaint mountain village, and as you'd imagine it got even colder the higher up you went. The temperature peaked at Imbiri Peak, with a crisp 8 degrees fahrenheit at noon. From that crest I could see 15 different cities scattered across Brazil.

Going to Campos was probably my favorite part of Brazil. There was a kind of 'Oktoberfest' vibe in the town area, where everyone was

hanging around trying to beat the cold with fondue and beer. The roads were closed to accommodate the hundreds of people filling the streets while everyone waited in line at various restaurants or just laughed and had a good time. It was completely different from Rio; granted I didn't go to Rio during any huge events like the Olympics or Carnaval.

The beaches of Ipanema and Copacabana were the cleanest, brightest, and largest I have ever seen. Those beaches look just like a postcard and it's hard to believe even standing there. Of course, it was still 40 degrees out during this trip as well, so swimming was out of the question, but taking in the sights and digging a seven foot hole in the sand also have their merits.

Brazil is absolutely a beautiful place and while I was there on business, I highly recommend taking a trip, whether it be to Sao Paulo, Campos do Jordão or Rio. I, for one, am really hoping that one day I can return solely as a tourist.

## A guide to being more outgoing in college

By: **Gabrielle Thompson**  
Features Editor

Even though my Myers-Briggs results say I am an extrovert, I still have problems when it comes to talking to people I have never met before. Starting a new semester with new classes can be stressful, especially if I know that none of my friends will be with me.

Each semester I promise myself that I will go out of my way to be a little more outgoing and make more friends. Luckily, I have been able to finish each semester with at least one new friend from every class — so basically I've learned a thing or two. Here are a few tips to help you put yourself out there.

### Make a good first impression

When you walk into class, pick a seat right next to somebody else. Yes, there will probably be a lot of seats open, but this is an easy way to get out of your comfort zone and be a little more social. If you sit next to somebody and introduce yourself, you're already coming off as more outgoing and friendly. You're also letting the other person know that you are willing to get to know them.

### Utilize group conversations

Don't be afraid to join a conversation. If a group of people in class is talking about their favorite TV show, they probably won't be mad if you join in. Group conversations are the easiest to navigate because you don't always have to be the one talking. You can chime in when something pops into your head, but you don't have to worry if you can't think of anything to say.



PRINTED WITH PERMISSION FROM J. KOPEC  
Sometimes putting yourself out there can be challenging in college, but that doesn't mean that you can't overcome.

### Don't think about it too much

A lot of times people get anxious because they are thinking too much about how to start a conversation or what to say next. If you're too focused on what to say, you might miss a good opportunity to expand on the conversation because you weren't actually listening to what the other person was saying. Listening to the other person is the best way to keep a conversation flowing.

### Take it step by step

If you're a shy person, putting yourself out in the open can definitely be a daunting task. A little nervousness is normal, but don't push yourself too hard to where you feel extremely uncomfortable. Take small steps and build yourself up to where you want to be. The more you do it, the more confident you will become.

Becoming a more outgoing person is something that takes time and effort. You can't expect to become a social butterfly in just a couple of days. The important part is that you continue to work at it and, of course, have fun. Good luck out there.

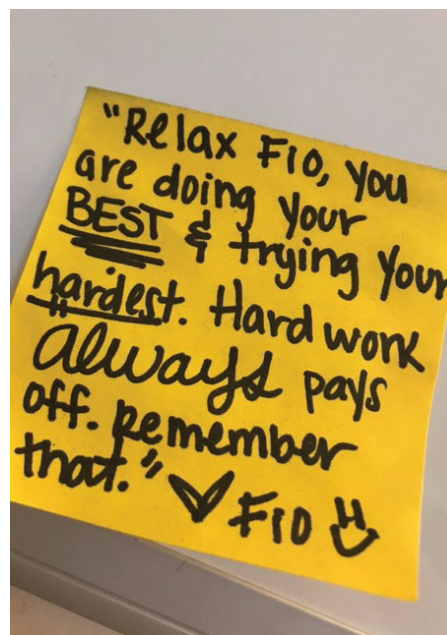
## Using mental health as a gateway to physical fitness

By: **Fiorella Marquez**  
Business Manager

We have all heard the typical advice that everyone gets: "Eat your veggies, make sure you meal prep, wake up thirty minutes earlier and run or do some at-home exercises." It's easier said than done.

Staying physically healthy in college can be one of the hardest things to do. We must juggle work, class, studying and home responsibilities. How on earth can we find time to work out and eat right in such a hectic life?

Staying fit and eating a healthy diet are extremely important, but there is another type of health that we usually take for granted... mental health. Believe it or not, taking care of your mind will even help you reach your physical health goals.



PRINTED WITH PERMISSION FROM F. MARQUEZ  
Write yourself sticky notes with positive messages that will keep you motivated throughout your day.

### Mental and physical health are connected

Why is it so important to take care of ourselves mentally? The answer is simple -- just like a car breaks down, we do, too. According to the American Psychological Association, stress is linked to six leading causes of death. Stress can bring illnesses, disorders, relationship problems and mental breakdowns — which can lead to lower grades and a decrease in school performance. We burn out without even realizing it.

Apart from mental health causing physical symptoms, it can also affect our daily motivation and mental ability to conduct daily responsibilities, according to the American Psychological Association. .

For example, dealing with a break up, being broke or having an insane amount of homework can lead to depression, which may cause you to sleep in longer than you need to or end your day earlier than usual, cutting your available time off. Your mood is off so you feel heavy and it's a struggle to do a simple task. This can have a negative domino effect, keeping you from that work out. Instead, you'll stuff your face with ice cream and pizza.

So, how do you fix that? Taking care of your mental health first can lead to consistent motivation that will help you make time to get that 30 minute workout in. Here are some simple things to do that can help your mental health:



PRINTED WITH PERMISSION FROM F. MARQUEZ  
Creating a vision board is both creatively liberating and therapeutic.

### Create a vision board.

**Write positive messages.** The Mayo Clinic says that changing negative thoughts to positive ones can help fight depression. I have found that posting sticky notes with positive messages around me to look at throughout the day helps to do this. It can be on your mirror, car, study/work area, laptop, refrigerator or anywhere else you can think of.

**Don't be too hard on yourself.** It's alright to make a mistake and not be okay, we're human. Take a step back and find solutions. Don't beat yourself up about it. Keep moving forward.

Allow others to help you. If a stranger, friend or family member is offering you help, accept it. We're here to help each other. Don't let pride get in the way.

**Take a mental health day.** If you need to take a day off to recuperate, do it. Take the day to do yoga, meditate, exercise, read or whatever de-stresses you and puts you in your happy place.

**Seek help.** There is someone out there willing to listen. There is always the Henderson Student Counseling Center. NSU students receive 10 free mental health counseling sessions. Contact the center at 954-424-6911.

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

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# A GLIMPSE AT THE future OF NSU

A special thanks to Sharks United Television for providing the following photos



Shark Culture 101: Fins Up!



Several incoming freshmen participate in a Lip-Sync Battle; an NSU orientation staple.



Did you know that Sharks can jump?



Orientation is the start of memories at NSU. Many students remember the address that Brad Williams, Vice President of Student Affairs and Dean of the College of Undergraduate Studies, gave to their class.



This photo is a small snapshot of student life as it begins.



Orientation groups who dine together stay together.



Small victories are victories nonetheless.



It's important for new Sharks to know that there are plenty of upperclassmen to help them navigate these waters.



## Row for NSU!

**Open tryouts - no experience necessary**

**Info meetings 8/20 & 8/23 at 4 pm Athletics Building 2nd floor**

**Contact Coach Anna [alindgrens@nova.edu](mailto:alindgrens@nova.edu) for more information**





ATHLETE OF THE WEEK:

Amanda Pultorak

By: **Michaela Greer**  
Co-Editor-in-Chief

Freshman pre-nursing major Amanda Pultorak joins the NSU volleyball team this fall all the way from Hinsdale South High School in Darien, Ill. I sat down with the new Shark, who has a recorded .552 hitting percentage and 102 total blocks behind her name, to learn more about her transition from the Windy City to the Sunshine State.

**When did you first get started in volleyball?**  
“Third grade - it was actually my third grade teacher. Her mom owned the club First Alliance Volleyball and they invited me and a couple of my friends to try volleyball because they said that it was super fun. So, I started and I played there for my entire life because I just loved it there -- she’s who got me started.”

**How did you decide to move away Chicago to study at NSU?**  
“Obviously the weather down here is perfect and I’m somebody that hates snow -- I can’t even deal with it -- so I knew that I wanted to go south. So, when the head coach contacted me, I came out and I fell in love with the campus ... everything kinda just fit together. Everyone here was super nice, so I just felt like I was at home; like I belonged here.”



PRINTED WITH PERMISSION FROM M. SHATTUCK  
Amanda Pultorak joins the NSU volleyball team after being named MVP and earning All-Conference honors.

**What has it been like transitioning from a Hinsdale Hornet to an NSU Shark?**  
“In the Midwest we do it [volleyball] so much differently than down here. Like for the last two days I’ve had to really work on my whole blocking technique and footwork transitions ... I’m used to swing blocking and here they don’t swing block; I’m used to step crossovers to block and they do more of a run and jump. They open up different ways when they transition off the net ... it’s basically like I’m relearning the game of volleyball, but it’s almost a relief for me here because coach King’s coaching styles are a lot more relaxed so I’m not stressed and I know a lot of the girls here and the freshman.”

**What motivates you to keep going?**  
“It’s more that I just love playing the game and I really wanna be a starter here so that’s what’s motivating me. Then lifting wise, I look at all of the juniors and seniors and they have those nice big muscles and I’m like, ‘I wanna have muscles like that ... I want my body to look like that’ so that’s what motivates me.”

**Are there any athletes in particular -- professional or otherwise -- that you look up to?**  
“I look at Katie [Pyles] and Denvyr [Tyler-Palmer]’s leg muscles -- those two girls on the team have muscles that are so big and I want to be like that! But, I haven’t really had a volleyball idol.”

**What do you think that your biggest accomplishment has been so far?**  
“I think that it would be just being able to be live the dream of being a college athlete and getting a full-ride scholarship to a great university ... and I got it. I’m here. This is it!”

**What advice would you give to someone who is in your position?**  
“I would say to just be really open to everything and make sure that you listen to what your coaches say. Be patient with yourself. Don’t get frustrated; it’ll all click together.”

ON DECK

**MEN’S AND WOMEN’S CROSS COUNTRY**  
  
@ FAU Invitational  
BA South County Regional Park  
Sept. 1, 6 p.m.

**MEN’S SOCCER**  
  
@ Mississippi College  
Clinton, Miss.  
Aug. 31, 4:30 p.m.  
  
Vs. Delta State  
Clinton, Miss.  
Sept. 2, 2:30 p.m.

**WOMEN’S SOCCER**  
  
Vs. North Alabama  
NSU Soccer Complex  
Sept. 1, 7 p.m.

**WOMEN’S VOLLEYBALL**  
  
Vs. Post  
Rick Case Arena  
Sept. 1, 2 p.m.  
  
Vs. Minnesota Duluth  
Rick Case Arena  
Sept. 1, 7 p.m.  
  
Vs. Lenoire-Rhyne  
Rick Case Arena  
Sept. 2, 2 p.m.  
  
Vs. Tusculum  
Rick Case Arena  
Sept. 2, 7 p.m.

On The Bench:

Requesting a trade is selfish, but a luxury athletes have a right to

By: **Michaela Greer**  
Co-Editor-in-Chief

Last month, when it was announced that Kyrie Irving had requested a trade from the Cleveland Cavaliers, fans were outraged. To be fair, the petition was a little baffling given that the team had won its first championship just 13 months prior and things seemed to be progressing pretty well.  
Many sports fans took to social media to bash the basketball star and voice their displeasure after hearing the shocking news. Actually, I think that if you look hard enough you can still find a parody of Eminem’s “Stan,” featuring LeBron James and Irving, floating around somewhere on the interwebs.  
In recent years, it appears as though a trend has begun of athletes asking to be traded;

often before their contracts are up. Some may recall that a month prior, shortstop Asdrubal Cabrera requested that his agent arrange a trade from the Mets, citing reasons such as lack of communication and the team’s losing streak.  
It can be argued that athletes should have a level of loyalty for the teams which they play for. That only seems right given that sports fans are often fiercely loyal to one team and even ingrain that same passion into the generations that come after them. Naturally, it stings when your favorite player asks to leave the team that you love so dearly.  
However, as fans, we should bear in mind that these players are still businessmen who have to consider their careers. If they aren’t being

treated fairly, or are not given opportunities to grow while on that team, athletes must seriously weigh the pros and cons of joining another team versus sticking it out for the remaining time that they signed for.  
I dare liken this decision-making process to any doctor, lawyer or artist who has to make the difficult choice of resigning from a position they love, but which seems like a dead end. Yes, the staff is nice, the location may be perfect, but if you picture yourself in the same spot years down the road and that’s not where you want to be, you have the right to reconsider your options. I might even add that the pressure of making such a decision may be greater for an athlete, given the fewer years they have to make

it as a legendary star or risk retiring quietly and relatively unknown. Let’s be honest, no one wants to see their life’s work go unnoticed.  
So, we’re passionate about our sports teams; and that’s understandable. Yet, we shouldn’t let that fire assist us in dehumanizing the athletes that we claim to love so much. The fact of the matter is that they have important career decisions to make just as we do. Thus, while we may not always be thrilled or even pleased by the outcomes of the choices they make, we should at least respectfully acknowledge them and keep our focus on the teams we faithfully root for.

OUT OF THE SHARKZONE

**Red Sox owner works to rename Yawkey Way**  
According to ESPN, John Henry, owner of the Boston Red Sox is working with the mayor of Boston to rename a street called Yawkey Way. Named after the owner before him, Henry feels that the street gives glory to the Red Sox racist past. According to ESPN, the team was the last in the MLB to integrate under ownership of Tom Yawkey.

**Marshon Lynch chooses not to explain not standing during the National Anthem**  
In a preseason game against the Arizona Cardinals, Marshon Lynch of the Oakland Raiders sat during the national anthem. According to USA Today, Lynch evaded questions about this decision during a press conference on Aug. 17. Lynch is not the only player to not stand during a national anthem; Michael Bennett of the Seattle Seahawks also chose to sit during a preseason game, according to USA Today.

**Car crashed into Bulls’ training center**  
On Aug. 18, a van crashed into the Chicago Bulls training center, known as Advocate Center. A driver did not obey a red light and therefore caused the crash, according to USA Today.

**Patriots’ pick may be out for the season**  
According to ESPN, Derek Rivers, the New England Patriots’ defensive end who was drafted in 2017, may be out for the season with a knee injury. Rivers was set to be part of the regular rotation for the defensive end position, one of the Patriots’ “thinnest” positions, according to ESPN.





# EXEL AT NSU

As a new NSU Shark this fall, you have the unique opportunity to participate in NSU's Experiential Education and Learning (ExEL) initiative. Through ExEL, you will be exposed to a world of hands-on opportunities that enrich your academic life while helping you reach your professional and personal goals. At NSU, you can ExEL in various ways:



## Faculty-Mentored Research

Conduct research with your faculty members for deeper connections with your studies. Available across all majors and within your areas of interest.



## Professional Growth/Internships

Gain the knowledge, contacts, and hands-on experience you'll need to secure the professional roles you seek after graduation.



## Experiential Coursework

Learn more and dive deeper into your coursework to go beyond the lecture hall and into our STEM labs, the field, and performing and visual art studios and theatres. connections.



## Community Engagement/Service

NSU has received national recognitions as a community engaged institution, and you can be a part of that by participating in various community projects.



## Travel Exploration

See and experience a new culture and location while earning credits toward your degree program and fulfill your ExEL requirements at the same time!

Contact us to learn about the ExEL offerings and requirements.

[nova.edu/exel](http://nova.edu/exel)



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## SOUNDBITE

By: **Adam DeRoss**  
Contributing Writer

## “Big Fish Theory” by Vince Staples

California rapper Vince Staples has been on a significant rise in the underground hip-hop scene since his debut in 2010. The 24-year-old first appeared as a featured artist on popular tracks from the now mostly defunct Odd Future group, with rappers such as Earl Sweatshirt and Tyler, The Creator. Since then, he released four mixtapes, two EP’s and his second studio album on June 23, “Big Fish Theory.” The majority of his releases have garnered positive reception from critics and fans alike, especially his 2015 album “Summertime ‘06” and last year’s EP “Prima Donna.”

“Big Fish Theory,” however, is a result of Staples taking a much more experimental approach to his production that doesn’t always fully deliver. Staples has always taken most of his songwriting inspiration from his experience growing up in a city heavily permeated by the violence and chaos of gang culture. He has written many strong verses on this subject throughout his career with many stories left to tell. Still, seven years is a long time to write about the same subject, and as a result some of the tracks on this record come off as stale, low effort and redundant.

### Best cuts

The record’s second track, “Big Fish,” is the strongest from the album’s first half. Staples delivers contemplative verses on his involvement in the music industry and whether it has actually affected him in any significant way, peppered with his usual references to his neighborhood and old gang. While his delivery is just as frigid and unforgiving as ever, there is a greater sense of charisma and confidence on this track that builds a lot of steam for the listener. The instrumental produced by Christian Rich is a stark departure from the usually dark and foreboding beats that drive Staples’ verses. Instead of guttural and rattling sounds, the beats are more contemporary and “pop-ish,” filled with watery synth riffs and crisp, clear snares that really reinforce the song’s focus.

“Yeah Right” is reminiscent of Staples’ older tracks but with an even more jagged texture. The instrumental put forth by experimental electronic producers SOPHIE and Flume features erratic and staggered percussion with bass so distorted and vicious it could shatter glass. Staples lays down a few charged verses of how skeptical he is about most rappers

actually living the lives that they brag about and is backed up by an additional verse from fellow rapper, Kendrick Lamar. This cut is the most interesting and layered of the whole record and Lamar’s flawless verse is icing on the cake.

### Worst cuts

“745” has one of the funkier and catchiest instrumentals on the record, produced by Jimmy Edgar. It takes the jazzy synths and bass of the G-funk genre and mixes it with some rolling hi hats and snares to give it a little trap influence. However, the lyrics detailing Staples’ struggles with a girl on date night and the redundant hook are like expired chocolate chips on top of the instrumental’s delicious ice cream.

Similarly, the track “SAMO” suffers from uninspired songwriting as well as another SOPHIE instrumental that is a little too repetitive to be interesting for more than 20 seconds.

### Final thoughts

It’s clear that Staples has not lost his ability to provide brutally honest and clever songwriting driven by his unique circumstances and personality. However, he takes a lot of risks on



PRINTED WITH PERMISSION FROM A. DEROSS  
In “Big Fish Theory”, Vince Staples experiments with production, lyricism and sound, although not always successfully.

“Big Fish Theory” that muddy an album which would otherwise be a crystal-clear EP. While there are some shining examples of Staples’ talent on the record, “Big Fish Theory” comes off as a half-baked endeavor that ultimately leaves a lot more to be desired.

### HONORABLE MENTIONS

BEST: “Party People”; “BagBak”; “Homage”  
WORST: “Alyssa Interlude”; “Love Can Be...”; “Rain Come Down”

By: **Ben Underhill**  
Contributing Writer

## Getting involved with the arts at NSU

With the beginning of the school year upon us yet again, the hunt for ways to be involved on campus begins. The Department of Performing and Visual Arts’ (PVA) auditions are among the many back-to-school activities. The auditions for the 2017-18 performance season range from theatre to dance to music, as well as submissions for visual art.

### Theatre

The theatre department at NSU boasts multiple shows every year, and any person with a SharkCard is eligible to audition. Auditions for the musical “Man of La Mancha” take place on Thursday, Aug. 24 from 4 to 7 p.m. with callbacks on the following day from 5 to 7 p.m. Actors are asked to prepare 16 bars of music and provide the sheet music to a song that demonstrates their vocal abilities. Any questions about this audition can be emailed to Bill Adams at wadams@nova.edu.

PVA will also offer opportunities to audition for “A Dog’s House,” “Improv Jam: A Night of Comedy presented by Stage2 Productions,” “House of Blue Leaves,” “Broadway Bash” and “The Mayfly: A 24hr Theatre Project presented by Stage2 Productions.” Specifics about these auditions and information regarding the dates will be released as they approach.

### Dance

Although dance does not have as many performance opportunities as theatre, the possibilities are still there. Auditions for “DanceWorks,” NSU’s annual dance showcase, are on Saturday, Aug. 26 from 1 to 3 p.m. For audition requirements and more information, email Elana Lanczi at lanczi@nova.edu.

The dance program also offers workshops for Dance Awareness Day which is on Oct. 25 from 9 a.m. to 2 p.m., as well as the “Student Choreography Showcase” on April 27 and 28 at 7:30 p.m. Audition information will be

announced for the “Student Choreography Showcase” as the date draws near.

### Music

For those who are musicians at heart, the PVA’s Music Concert will take place on Jan. 23 at 7:30 p.m., and information for it will be released as the date approaches. Students wishing to be involved in a full band are able to do so with Ensemble I (MUSC 3301), also known as the Mako Band. The band performs with PVA shows such as “Improv Jam” and “Broadway Bash,” among other events.

Have you always wanted to learn an instrument or brush up on existing knowledge of one? Never fear, the PVA offers various music lessons in voice, piano, drums and more. Email Alyiece Moretto-Watkins at moretto@nova.edu or Bill Adams at wadams@nova.edu to make sure students are eligible and lessons are available, as some instruments require the student to be a major or minor in music.

### Visual Art

If your inner artist demands attention, then explore the visual arts at NSU or at the NSU Art Museum in Fort Lauderdale. All NSU students receive free memberships. Additionally, Gallery 217 on the second floor of the University Center and the Adolfo and Marisela Cotilla Gallery on the second floor of the Alvin Sherman Library house multiple exhibits throughout the year. Moreover, students that have taken at least one ARTS prefix class during the academic year are eligible to submit their work to the annual “Juried Art Exhibition,” which judges student works and offers prizes.

Even though NSU boasts its well-deserved status as an excellent research campus, students do not have to worry about their performing and visual art dreams being halted while studying here.

By: **Jeweliana Register**  
Arts & Entertainment Editor

## School supplies you actually need for college

It’s that time of year again: back to school. Whether it is your first year or final semester, you may be wondering what supplies you will need to aid your academic success. If you are finding yourself lost in the sea of Pinterest perfect office supplies or frantically searching the picked over school supplies aisles of Walmart, check out these back to school items that you actually need.

### The perfect planner

If you are an organized person, you will understand the importance of this back to school essential. If you are aiming to stay sane and avoid an information overload, consider purchasing a planner that can help you keep track of every homework assignment, test and project that your professors throw your way, as well as any professional or social events that you may need to add to your calendar. Finding a planner that works for you is key, so spend some time deciding which one you like best.

### Lots of writing utensils

While this may seem like a no brainer, some of us – especially the seniors – will often find ourselves sitting in class with no writing utensils. Aim to always be prepared with a few pens and pencils. Your peers will thank you.

### A reliable laptop

Laptops are essential back to school items. You will need a laptop for one thing or another every single day, so it is a good idea to always bring your laptop with you, whether you live in the residence halls or commute. If you have some free time before your next shift at work or if you have a gap in your schedule, utilize your time by working on a homework assignment or completing a quick discussion board post on Blackboard.

### Comfortable headphones

Speaking from personal experience, the day you forget your headphones will be the one day you need them. Whether you want to hit the gym before your morning class or you need them to

watch a video before a lecture, headphones will come in handy.

IF YOU ARE FINDING YOURSELF LOST IN THE SEA OF PINTEREST PERFECT OFFICE SUPPLIES OR FRANTICALLY SEARCHING THE PICKED OVER SCHOOL SUPPLIES AISLES OF WALMART, CHECK OUT THESE BACK TO SCHOOL ITEMS THAT YOU ACTUALLY NEED.

### Loose leaf paper and colorful notebooks

You probably already assumed that you will need loose leaf paper, but while you are stocking up on college ruled notebook paper, consider grabbing a pack of printer paper as well. Plain, unlined paper is great for writing creative class notes, and sometimes you will have creative class projects that you will need it for. Picking up a few fun notebooks will keep your notes from class all in one place and can be helpful when it comes to packing your bag every day. You can never have too many notebooks, right?

### Colored binders, divider tabs and folders

Organization is key. To effectively separate your class work, try purchasing a different notebook for each class in different colors, or purchase divider tabs to separate the work from all of your classes. This simple organizational tip will make a big difference. As for folders, a good tip is to get a few folders for your desk or to keep in your bag. Label them on your desk for papers that you feel can be separated, or use them in your bag to throw papers in that would otherwise get lost in the sea of items in your backpack.

### Textbooks

Not the most fun back-to-school items – and certainly not the cheapest – but essential nonetheless. When it comes to required textbooks, you will need to purchase them eventually. Consider your options for where to purchase and think about renting versus buying if you feel like you will not need to keep them after the semester is over. Books are important to your success in the class, so don’t skimp out on them.



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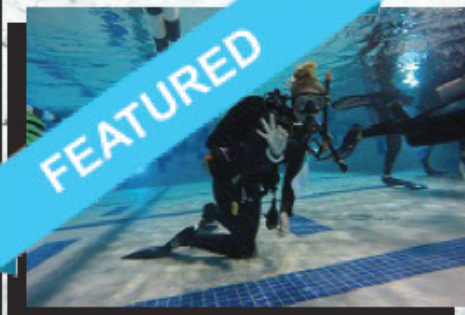
### FITNESS & WELLNESS



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Aug 23: 10PM-12AM  
Whole Foods in Davie

**Fresh & Fit Bash**  
Sept 6: 12PM-1PM  
University Center Spine

### AQUATICS & SCUBA



**Discover Scuba**  
Aug 28: 6PM-10PM  
Aquatic Center Pool

**Open Water Diver**  
Begins: Aug 28 (6 weeks)  
Aquatic Center Pool

### INTRAMURAL & CLUB SPORTS



**Intramural Field Day**  
Aug 26: 2PM-5PM  
Bill Gessner Field

**Extreme Dodgeball**  
Aug 30: 7PM-11PM  
RecPlex Courts

### OUTDOOR ADVENTURES



**Keys Snorkel & Kayaking**  
Sep 16 w/Beyond the Map  
Florida Keys

**Springs Camping Trip**  
Sep 30-Oct 1 w/Beyond the Map  
Florida Springs

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## STAFF PICKS: Get to know our staff

By: **The Current Staff**

We may be a little biased, but we think our staff is the best. Take the time to learn a little more about our work family that brings you a hot-off-the-press issue of The Current every Tuesday morning.



**Jenna Kopec**

Jenna is a junior communication major with a concentration in journalism and a minor in gender studies. She is the co-editor-in-chief at The Current. Her favorite drink is a black cup of coffee with honey lavender tea coming in at a close second. When she isn't enjoying warm beverages, she's probably watching "The Office" or forcing her friends to accompany her to a new local restaurant.



**Michaela Greer**

Michaela is a senior double majoring in visual art and communication studies with a minor in writing. She joins The Current team as the co-editor-in-chief, and pairs with Jenna as her #partnerinjournalism. Wow, you're still reading? Okay, well she moves every three years on average, has an embarrassingly large collection of mugs (nerd – we'll say it for you) and uses Post-Its with quotes scribbled on them like wallpaper.



**Nicole Chavannes**

Nicole is a senior majoring in English and minoring in writing. She is the copy editor of The Current and editor-in-chief of Digressions: The Literary Magazine. Her Hogwarts house is Ravenclaw, her patronus is a black swan and her wand is made of elm wood with a dragon heartstring core, according to Pottermore. When she isn't taking Harry Potter-themed personality quizzes, Nicole enjoys reading fantasy novels and binge-watching TV shows.



**Jeweliana Register**

Jeweliana is a senior communication major with a passion for journalism, public relations and social media. Jeweliana serves as the arts and entertainment editor at The Current and is interning for the Department of Writing and Communication for the fall semester. Most of her time is spent writing, but she loves to find new ways to utilize her creativity. You can usually find her catching up with friends over iced coffee, looking at cute dogs on Instagram or planning her next adventure.



**Gabrielle Thompson**

Gabrielle is a junior communication major and marketing minor, and is very proud to be this year's features editor for The Current. She is also the Vice President of Programming for her sorority, Sigma Delta Tau. When she's not on campus, you can probably find Gabby re-reading a Jane Austen book, attending concerts or obsessing over dogs.



**Danielle Pucillo**

Danielle is a business administration major with a minor in communication. She is the multimedia manager for The Current, which means that she handles the social media platforms for the paper as well as any digital content the staff produces. Danielle is also a wildlife photographer and practices strength training in her spare time. She is interested in several areas of business, including project management and business ethics.



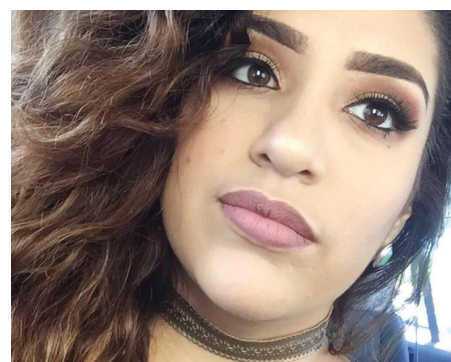
**Melissa Boneta**

Melissa is a senior English major with a minor in journalism. She works as the news editor for The Current, and is also a photographer for Life365 Portraits. She is a member of Sigma Delta Tau Sorority as the Director of Scholarship and Ritualist. She has been working for The Current since March of 2017, but has been a contributing writer since November of last year. Melissa loves going to the beach, being active and spending time with her favorite people.



**Carli Lutz**

Carli is the chief of visual design at The Current aka the Design Queen. She is a senior graphic design major with an obsession with fonts and color. Something kind of rad about her is that she is lowkey internet famous for her vector art of electronic music producers and has gained a following online from her cool art. She also really likes chicken nuggets and corgis make her cry like a baby.



**Fiorella Marquez**

Fiorella is a graduate student in the Mental Health Counseling Master's Program and is serving as the business manager at The Current. Due to her passion to help others, she chose to pursue a career that solely helps others with their struggles. In her free time, Fiorella likes to give back to the community, sing, color and spend quality time with her loved ones. Fiorella is a huge advocate for human rights and proudly considers herself a feminist. You can probably find Fiorella humming "Beauty and the Beast" songs and learning about what makes other people happy.

## OFF SHORE CALENDAR

### Open Mic Tuesdays

Aug. 22 | 7 p.m.  
@ ArtServe, Inc.

### ArtWalk

Aug. 26 | 6 p.m.  
@ FAT Village Arts District

### Social Distortion

Aug. 26 | 7 p.m.  
@ Revolution Live

### Out of Many, One, Art Exhibition

Aug. 28 | 8:30 a.m. - 5 p.m.  
@ Studio 18 in The Pines

### Vibe

Aug. 29 | 8 p.m.  
@ Arts Garage

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## Seriously *Kidding*

A satire column.

By: **Michaela Greer**  
Co-Editor-in-Chief

### FreeDumb Reigns

With three weeks to go before the start of the Fall 2017 semester, most college students had begun to purchase school supplies and order textbooks. FreeDumb, the online organization responsible for leaking digital copies of college textbooks, had other plans. The perception of the group changes depending on which circle you stand in, with some calling the band “digital buccaneers.” Others simply know them as heroes.

The coterie have reportedly stolen and amassed a collection of more than 50,000 digital copies of textbooks for distribution to college students fed up with having to pay tuition and for the cost of school materials to get that education. Among the companies to cite losses are Barnes

and Noble, Amazon and Chegg.

In an exclusive statement provided to CNN, the group indicated that they were enrolled in traditional four-year colleges and have had enough of “corporations draining their pockets of everything including the twenty-five cents reserved for their Ramen noodle dinners.”

“Students already have it hard enough having to leave college with thousands of dollars of debt,” read the statement. “So, we decided to make these copies available to college students on our website for free.”

This, of course, was true until Aug. 18 when the group was forced to take down their website due to an IP address compromise. In a tweet on a since deleted page, FreeDumb

said that the decision was made to protect the location of their headquarters as the glitch could have exposed their whereabouts to authority figures seeking to apprehend them. Although, they noted that students would still be able to download materials through a link provided on their server’s backchannel: freedumbreigns.org.

Authorities are urging persons who have any information which could lead to FreeDumb’s arrest to come forward. However, the majority of the public seems to be against turning in the group’s members, as seen in responses like:

“Let FreeDumb (b)ring ... me free textbooks!” - stay\_rollin\_dough

“Whoever turns in #FreeDumb will have made a ridiculous amount of enemies ... #justsayin” - whatitdo

“I’m a parent of three college students, I fully support this movement. Fight the power, #FreeDumb!” - backinmy\_day

As a college student, it’s hard not to see this as a little victory; even if I’m still trying to find my way into that backchannel to access my free downloads. Here’s hoping that companies will see this act of rebellion more as a distress signal from penny-pinching college students.

By: **Nicole Chavannes**  
Copy Editor

### Loving yourself, and your ‘freshman 15’

One of the most overemphasized changes you might encounter as you enter college – or might still be encountering in your second, third or fourth year of it – is the dreaded “freshman 15.” This term refers to the 15 pounds you may gain upon beginning college due to unhealthy eating habits, a lack of exercise and a general increase in stress levels. What people often fail to take into account, however, is that these same circumstances can often lead to losing weight as opposed to gaining it – which can be just as upsetting – and the importance of remaining body positive in the face of disorienting change.

Whether you’re a commuter student still living at home or you live in a residence hall hours away from where you grew up, you’re probably spending a majority of your time on campus in class or studying. As a result, you’ll probably want to partake in the food offerings



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Gaining weight in college can sometimes make you self-conscious, but you should never let a number define you. You’re perfect.

on campus, which, though fine in moderation, will catch up to you if you eat them every day. Factor in the likelihood of finding free food at different events on campus and conveniently placed vending machines, it’s no wonder our weight fluctuates.

#### Your mental health matters, too.

While it is vital to maintain your physical health, your mental health is just as important. Beating yourself up about a few extra pounds won’t help you lose them any faster, and worrying about losing weight will stress you out further, which could cause even more weight loss. Instead of fixating on the number on the scale, concentrate on your assimilation into college life.

#### You don’t need to compare yourself.

Avoid comparing yourself to others, whether they’re your classmates, people you follow on social media, or that fit stranger you envy at the gym. Life is about constantly working on yourself and improving where you can. By comparing yourself to others, you’ll always find someone that is better than you are at something,

and you will never be satisfied with yourself. Your mental health and self-esteem will suffer as a result. As long as you work to be a better version of yourself, however, you’ll see progress you can truly be proud of.

As you find your personal rhythm that gets you through your college years, and work to reduce stress in your life, your physical health will fall into place. For some, this takes longer than it does for others. No matter how long you’ve been struggling with the infamous freshman 15, though, you should love yourself, flaws and all. College is about learning about yourself and what you want for your future; I promise that once you leave it, the number that used to appear on your scale won’t even cross your mind.

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# Embrace the change

By: **Gabrielle Thompson**  
Features Editor

College is an exciting place filled with new experiences around every corner. But, as with any big change in life, it can be a bit nerve wracking. Feeling comfortable in an unknown place that you suddenly have to call home isn't exactly the easiest. Luckily, everything gets better with time.

Chances are, everybody is going to be feeling the exact same way you do. This includes your roommate, who just happens to be the perfect person to help you get acclimated. Having a friend to explore the campus with definitely makes it an easier and less frightening task. Not to mention, you get to spend more time with your roommate, which could result in making a new best friend. My roommate was a lot more outgoing than me, so going to new places and meeting new people seemed a lot simpler with her by my side.

Relying on a set schedule is what helped me adjust the most to my new life on campus. If you're doing the same thing over and over again, it quickly becomes another everyday routine.

YOU CAN NEVER TRULY BECOME COMFORTABLE IN A PLACE UNLESS YOU FULLY IMMERSE YOURSELF.

After a couple weeks of class, I started to feel more comfortable with my surroundings. Once I knew how to get around campus, I felt more confident and focused on exploring more and becoming comfortable with the whole town.

You can never truly become comfortable in a place unless you fully immerse yourself. The more you do it, the better you'll feel. Pushing yourself outside of your comfort zone is hard, but it is extremely rewarding once it's over. Going away to college is definitely a life-changing process, but if you can make your new home here, you can do it anywhere.

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MANY CHANGES WERE MADE IN PREPARATION FOR THE FALL 2017 SEMESTER, BUT IF YOU COULD SUGGEST ONE MORE CHANGE TO THE NSU ADMINISTRATION, WHAT WOULD IT BE?

# SHARK SPEAK



"As of right now, I truly believe that Nova is at its peak point. The only thing that I might have complained about before was the food and now that they changed it -- I don't want to say that the food is great because I haven't tried it, yet -- but I truly believe that Nova's great with all of the clubs, greek life and people in general so right now I wouldn't change anything."

- Oriana Lopez, sophomore international studies major



"Currently in HPD they have the study spaces out in the hallways and it gets really loud and it echoes, so maybe adding more study spaces in the Alvin Sherman [library] -- not necessarily study rooms but study spaces -- would be helpful."

- Marissa Jimenez, first-year optometry student



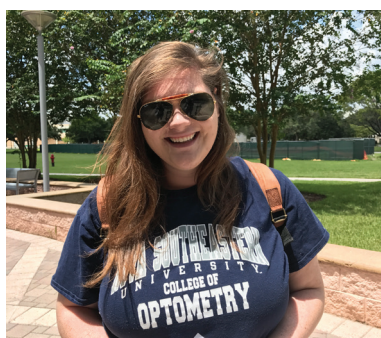
"I would like to see more diversity of majors on campus because like with me, they phased out the PK/primary education program. So, now you're either doing elementary ed or special ed and I think that they should reimplement it because if you're not majoring in those areas then you just don't go here."

- Danielle Pierce, senior education major



"From what I've seen so far on the campus -- it's definitely a lot bigger than where I went to do school for my undergraduate career and it seems like they have all their bases covered ... it's a beautiful campus; it has tons of resources so I really can't think of any suggestions at the moment."

- Alexandra Barth, graduate marine biology student



"More study rooms and study places in general. We have study places in HPD but they're remodeling so we don't really have anywhere at the moment to study, so we're having to come over to Alvin."

- Jessica Stone, first-year optometry student



"For me, personally, I feel like I haven't been able to get that complete student experience because I'm a commuter student -- it's more like people who live on campus that get that and I feel like I'm missing out on that part."

- Kemely Romero, senior environmental science major



"I would personally like to see a change in the menu options on campus. There are a lot of students here that come from different ethnicities and different cultures and I feel like we should cater more to our vast student population; not just in the UC Pit but all over campus."

- Andy Pierre-Louis, senior communication major





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