

8-29-2017

The Current Volume 28: Issue 3

Nova Southeastern University

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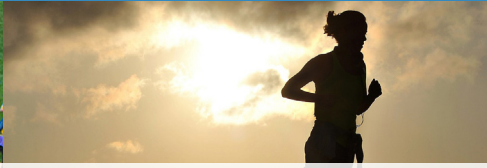
Nova Southeastern University, "The Current Volume 28: Issue 3" (2017). *The Current*. 639.
https://nsuworks.nova.edu/nsudigital_newspaper/639

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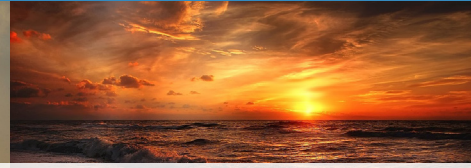
What you need to know about Greek Life and Recruitment

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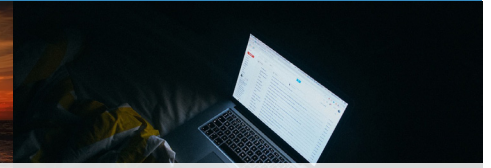
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NSU population responds to Charlottesville protests

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

On August 12, in the college town of Charlottesville, Va., hundreds of “Unite the Right” supporters gathered from around the country to protest the removal of a Confederate statue celebrating Gen. Robert E. Lee. As the day wore on, accounts chronicling the violence between demonstrators and counter-protesters began to circulate, including the death of car-ramping victim Heather Heyer.

The night prior, demonstrators marched through the University of Virginia calling for the government to rescind the the order which made the monument unlawful. Protesters wielded torches as they yelled phrases such as “You’re wearing the hood wrong,” a reference to the Ku Klux Klan.

President Hanbury, a Virginia native, offered ‘A Word of Solidarity’ to the NSU population in a memorandum distributed through email. Hanbury said that as the semester was preparing to begin, he wanted to assure the diverse student population that their safety on NSU’s campuses and online platforms took precedence. Additionally, he provided words of

clarity to those who were concerned about the atmosphere on campus.

“Our Constitution guarantees the freedom of speech to all, but our laws also protect individuals and groups who are affected when words become harmful actions ... I condemn those actions in the strongest sense possible,” said Hanbury. “NSU’s core values of diversity, community, and integrity will not be shaken. We remain dedicated to creating an environment of inclusion and diversity, and promoting meaningful and constructive dialogue, not violence and inflammatory rhetoric.”

Students voiced their disapproval of the protests and supported those harmed during the events. One student was NSU Black Student Union president and political science major Kadeem Hall, who collaborated with other delegates of South Florida-based BSUs to release a statement.

In the appeal, the representatives expressed their collective sympathies, reprovved the actions of the ‘Alt-Right’ and recognized the bravery of those who opposed the protesters. Moreover, the

“NSU’s core values of diversity, community, and integrity will not be shaken. We remain dedicated to creating an environment of inclusion and diversity, and promoting meaningful and constructive dialogue, not violence and inflammatory rhetoric.”

- **President Hanbury**

group encouraged the public to exercise their right to vote and fight for what was right.

“[We are] one nation, under God, indivisible, who strive for liberty and justice for all. So, when we discuss one NSU, one unified nation that goes against the systematic

oppressions that face so many different people, I feel that as a university, we should be looking to push change. We should innovate our messages and delve into scholarly conversations about what the issues are,” said Hall.

In an interview with NBC 6, Charles Zelden, Ph.D., a noted historian and NSU professor of History and Political Science, illustrated why so many people had taken offense to the removal of Lee’s statue.

“They’re fighting for the symbol but it’s really about what the symbol symbolizes,” said Zelden. “This is not a new fight; we have to fight in every generation. The biggest difference here is that Robert E. Lee and the other generals of the confederacy fought to break apart the United States; they fought against freedom.”

Hall said that he feels what happened in Virginia has implications for the U.S. as a whole.

“I feel like once you learn what the true issue is, then we can understand how we can respond to that,” said Hall “Because if there’s no response to that then I feel that a message of solidarity isn’t really of solidarity.”

Institute for Neuro-Immune Medicine begin monthly seminars

By: **Gabrielle Thompson**
Features Editor

The Institute for Neuro-Immune Medicine will be holding monthly seminars to showcase the research conducted by numerous professors and students. This month, on Friday, Sept. 1, assistant professor of pharmaceutical sciences at NSU’s College of Pharmacy Malav Trivedi, Ph.D. will give a seminar on his research having to do with the neurodegenerative Parkinson’s disease.

Parkinson’s disease affects the neurons in the brain, which leads to motor abnormalities -- such as shaking and problems walking -- and dementia. “There is a lot of new funding possibilities coming along with Parkinson’s disease,” said Trivedi, “being a young researcher, I try to find my own niche, so I think I am creating my own niche in this Parkinson’s field right now.”

As of right now, researchers do not know



PRINTED WITH PERMISSION FROM M. TRIVEDI
Trivedi will be lecturing at the first Neuro-Immune Seminar on Sept. 1.

exactly why the neurons in the brain are dying. “We study in the lab genetic risk factors as

well as the environmental factors that can lead someone to develop oxygen stress and then further down the line, Parkinson’s disease,” Trivedi explained. The hope is that researchers can catch Parkinson’s disease early on. During the seminar Trivedi will go into further detail as to what factors could be the causes of Parkinson’s disease, the working hypotheses and what methods are used in the lab.

Trivedi also hopes that students get more out of his presentation than just what his own research is covering. “What I really hope that students get out of this [seminar] is that [NSU] is evolving as a science and research hub,” he said. “[I want] them to see the potential the [NSU] researchers have.”

With the recent addition of the Center for Collaborative Research, Nova Southeastern University has put a lot of focus on expanding

research opportunities. Trivedi stated, “we always welcome undergraduate and graduate students in the lab... maybe they might get excited by [the research] and eventually follow that as a career.”

Amanda Palmieri, a first year pharmacy student, supported Trivedi’s statement. She said, “They [seminars] give students an idea of opportunities related to their field of study which they may not have been too familiar with beforehand.” Palmieri expanded, “in my case, pharmacy is well known for retail positions such as CVS, Walgreens and Publix, when, in fact, the scope of pharmacy extends farther beyond that.”

The seminar will take place in room 242 on the second floor of the Center for Collaborative Research from 12-1:30 p.m. Visit nsunews.nova.edu for more information.

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News Anchor

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Trump administration plans to cut funds to teen pregnancy programs

According to NBC News, the Trump administration has proposed cutting \$200 million worth of funding to the Teen Pregnancy Prevention Program established in 2010 under the Obama administration. The prevention program was renewed in 2015 for five additional years and focused on the sexual education of U.S. teens. The CDC notes that the number of teen pregnancies are at an all-time low falling 67 percent since 1991.

Toronto orchestra closes amid fat-shaming ordeal

On Aug. 21, the Toronto-based Sheraton Cadwell Orchestra emailed its singers asking that they refrain from wearing close-fitting clothing while performing if they were not “fit & slim” to hide their “dietary indulgences.” Managing staff have since apologized and resigned following the complaints of artists who had performed with the orchestra, reported BBC News. After news of the ordeal went public, the orchestra informed singers that it would be closing.

‘Beating Heart’ patch makes waves in medical field

Researchers are developing tiny patches of cardiac cells which may be able to cover large areas of scarred tissue and restore normal heart functions, according to NBC News. Currently, the patches are being tested in mice and pigs at Duke University, Stanford University and the University of Wisconsin. However, scientists predict that they will be able to be tested in humans within the next five years.

Farmers in South Africa coffin case convicted

South African farmers Theo Martins Jackson and Willem Oosthuizen have been found guilty by a high court judge of charges including kidnapping, intimidation and assault with intent to do grievous bodily harm, according to Al Jazeera. The pair allegedly filmed themselves forcing a black man into a coffin and threatened to burn him alive for trespassing on their farmland. Martins Jackson and Oosthuizen will be sentenced on Oct. 23.

The Current

The Student-Run Newspaper of Nova Southeastern University

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The Current serves Nova Southeastern University from its location in Room 310 of the Student Affairs Building. The Current is NSU's established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

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CORRECTION:

In the Aug. 22 issue of The Current, the article “ExEL to become a requirement for incoming freshmen” said that students can contact ExEL advisers for assistance with ExEL opportunities. To clarify, these advisers work in the Office of Career Development in the Horvitz Administration Building and can be reached at 954-262-7201.

Also, in the Out of the Sharkzone section there was a typographical error in the spelling of Marshawn Lynch's name.

MEDLIFE aims to bring alcoholism awareness with Project AA

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

With the start of a new academic year, MEDLIFE is aiming to bring their mission to NSU's Davie campus. The medical mission-focused club is introducing Project AA, an event that strives to bring awareness to the dangers of alcoholism. Education and awareness play key roles in preventing addiction; MEDLIFE will implant both into Project AA.

Project AA, which is scheduled to take place in the Flight Deck Backyard on September 15 from 4-9 p.m., is a double elimination water pong tournament. Students are invited to compete in the tournament in teams of two or three with the third member being a substitute. The cost to enter the tournament is \$20, and students are encouraged to sign their team up on the MEDLIFE NSU Facebook page. All of the proceeds from the event will go to the National Council on Alcoholism and Drug Dependence (NCADD). By hosting this event, MEDLIFE hopes to show students that you can have a good time without alcohol.

“We want to bring medicine, development and education to the local community as well as campus, and alcoholism and drug

dependency are some of the biggest problems in our country, so it's something that we feel we can really target here,” Nadia Siddiqi, MEDLIFE president, explained. “Not only do we want to focus on alcohol awareness, but also on decreasing the stigma associated with alcoholism.”

The idea for the event stems from the issues with alcohol addiction that the U.S. faces every day. MEDLIFE is looking to impact the students in a meaningful way, while still keeping the event interesting for students.

“I think that alcoholism is a really big problem in our country, especially in our age group,” Christy Abraham, MEDLIFE vice president, said. “I feel like this kind of event will draw attention to that, and it's a great way to not only have fun but also make sure that the cause is being noticed.”

MEDLIFE encourages all students and faculty to come out to Project AA and show their support, whether they are part of a competing team or not. Refreshments will be provided, as well as educational experiences for all attendees.

News Briefs

Registration still open for intramurals

Students who are interested in forming intramural teams can still register for 7v7 Soccer and Racquetball by going to imleagues.com. Students can see a complete schedule of intramurals at rec.nova.edu/intramurals/index.html. For more information, email ap2155@nova.edu or call 954-262-7303.

SEA Board to host “Taste of NSU”

As part of the Weeks of Welcome, SEA Board will hold the “Taste of NSU” event which aims to help students learn about the different nationalities that make up NSU. According to the Orgsync calendar page, students will also get to try “treats” for attending. The event is located in in the UC Spine on Aug. 31 from 12-2 p.m.

Shark Shuttle changes after student input

In an email that was sent out to students on Aug. 24, Office of Facilities Management announced that the Shark Shuttle service will extend travel to Rolling hills until 11 p.m. and add one more stop to the UPP North route. For more information on the Shark Shuttle, go to nova.edu/nextbus.

Waterworks takes place Sept. 1

The annual NSU event, Waterworks, takes place on Sept. 1 in the Library Quad from 7:30-11 p.m. The event is open to all students and features paint, water and a DJ.

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PLACES TO gill OUT

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

Juan Valdez Café

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

For local coffee buffs looking for an international taste, Juan Valdez Café is only a short trip down Pine Island Drive. The Colombian franchise offers an authentic taste of the culture's coffee; their products come exclusively from Colombian growers.

While still offering all the beverages one might expect, such as lattes and flat whites, Juan Valdez Café offers a slight twist by allowing patrons to choose the strength of brew used for their beverage — strong, medium or mild. They also offer sweet and salty snacks, many of which are Colombian favorites, like almojábana and a carrot and nut coffee cake.

The cafe has indoor and outdoor seating for Sharks to enjoy their visit and is open Sunday through Wednesday until 8 p.m. and



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The cafe offers a modern feel of larger chains, yet maintains its own atmosphere.

Thursday through Saturday until 9 p.m.

Juan Valdez Café

8751 Stirling Rd., Cooper City, FL 33328
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Price range: \$3-\$10

What is Labor Day really about?

By: **Gabrielle Thompson**
Features Editor

When thinking about Labor Day, the first things that come to mind are the numerous pool parties, barbecues and the long weekend off work. But what is Labor Day really about? Meanings can sometimes get lost when there is a tradition of celebrating an event a certain way.

From what I remember in grade school, students tend to learn a lot about historical holidays such as the Fourth of July and Veteran's Day, but teachers never spend much time discussing the reason behind or relevance of Labor Day.

Labor Day takes place on the first Monday of September, even though most people tend to celebrate the weekend before. According to the United States Department of Labor, Labor Day is "dedicated to the social and economic achievements of American workers." In simpler terms, the national holiday aims to

thank and celebrate the working class and their contributions to the U.S.

As far as holidays go, Labor Day is not necessarily the most popular or well known. However, Labor Day celebrates a vast population of United States citizens.

Labor Day is a time to recognize the people who go to work each day and contribute to the United States' overall wellbeing. Whether you are in the medical field, work as a mechanic, run a small business or operate heavy machinery in a warehouse, Labor Day aims to celebrate all the achievements and sacrifices you have made as a working man or woman. Don't just use Labor Day as an excuse to lay around the house all day and grill some hotdogs; remember that this holiday is a recognition to all that you do for the United States as a working citizen.

Forget going Dutch; Recruitment Week provides a chance to "Go Greek"

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

The beginnings of fall bring to mind a number of things like pumpkin-spiced lattes, extra large bowls of soup and gently falling amber leaves — except in South Florida of course, since we go to the beach year-round. In addition to these fall staples, there is one highly anticipated event that you might not want to miss: Recruitment Week.

Recruitment week allows for students to socialize with members and learn more about on-campus chapters of fraternities and sororities through different events to assist students with making the decision of joining Greek Life. All chapters are governed by one of three separate councils: the Interfraternity Council, Panhellenic Council or Unified Greek Council.

The breakdown:

The Interfraternity Council oversees the chapter operation of three nationally recognized fraternities: Beta Theta Pi, Kappa Sigma and Phi Gamma Delta.

The Unified Greek Council supervises the management of fraternities Kappa Alpha Psi, Phi

Beta Sigma as well as the Alpha Kappa Alpha, Lambda Theta Alpha, Sigma Lambda Gamma and Zeta Phi Beta sororities.

The Panhellenic Council works with the Delta Phi Epsilon, Phi Sigma Sigma and Sigma Delta Tau social sororities.

This information is important because the way in which students can register for recruitment week depends on which fraternities or sororities they would be interested in learning more about. Registration information can be found at nova.edu/greeks or by contacting the Office of Student Activities. For the most part, you should know that members of the Unified Greek Council find members throughout the year and have individual, often confidential recruiting processes. Members of the Panhellenic and Interfraternity Councils recruit one to two times per year, usually through recruitment week.

What happens during recruitment week:

Though the recruitment process differs slightly based on governing council bodies and the discretion of sororities and fraternities, there

are a few key events to note. Students interested in joining Greek Life can expect to meet with current members through more casual events like barbecues to the more traditional informationals.

According to Katherine Silver, president of the Panhellenic Council, from Sept. 7-9, students interested in joining such a sorority will be matched with a Rho Gamma, a version of a recruitment counselor, who will guide the groups to designated room for informationals regarding each sorority.

Each of the sessions over the three-night process feature a specific topic: Sorority 101, Values and Traditions, and Preference Night where students are able to rank the sororities they wish to join.

"As far as PC's recruitment, the matching process is a mutual selection process. PNMs [or Panhellenic Council Members] will rank the sororities they visit each night at the end of the night and the sororities do the same with the women who visited their room," said Silver. "Together these two lists are entered into a computer program called Interactive Collegiate

Solutions or ICS and it matches the girls up with the sororities for the following nights."

Following informationals comes Bid Day. This is the time where students will be informed about which sorority or fraternity has invited them to join their Greek organization. Upon receiving the bid, prospective new members have the option to accept or deny the invitation to join. Those who do accept are invited to attend a celebration event with their new brothers or sisters.

A word of advice:

Silver adds a word of advice for students apprehensive about going through recruitment: "I would just say to try it out. You aren't committed to joining a sorority or fraternity by going through it and if at the end you have the opportunity to join, it's ultimately your choice."

"Going through is a great way to get to know the Greek Life we have at Nova [and to] make connections," said Silver. "By going through recruitment you might even find a fraternity or sorority that fits your values and interests."

Take It From A Senior

By: **Michaela Greer and Jeweliana Register**

MG

I've enjoyed my college years at NSU. Yet, there are things that I wish someone had told me when I was a bright-eyed freshman who'd just moved up from the Caribbean to this beautiful Sunshine State. So, as seniors, we'd love to share some tidbits with you that we've learned.

JR

It's okay if you don't have your whole life planned out already. Sometimes you are going to feel like everyone around you knows exactly what they want and are making such great progress in that direction. This thought might make you feel even more lost and confused about your own path. Take a deep breath, remind yourself that you are doing awesome and that your dream will come true. You don't have to figure it all out at once, and chances are you are not the only one feeling this way.

MG

Or perhaps you're standing on the other side of this equation. Even if you have your life mapped out in its entirety, allow yourself the freedom to change your mind. As you go through college, you will learn many things about yourself, and sometimes what you thought you knew won't be the case; not to mention that things don't always go as planned. You might opt to make some simple dietary changes or decide to completely switch majors. In any event, giving yourself a little wiggle room is crucial.

JR

Homesickness is real. My first semester at college was basically just me missing home and questioning my decision to move six hours away. It's tough to venture into college classes while living in a new place. When you find yourself missing your home and your family — and if you are anything like me, your dog — try to find new ways to make NSU feel like home. Join clubs, meet new people or maybe get a job. Your homesickness will go away eventually and soon enough NSU will become your second home.

MG

Don't overload your schedule trying to stay busy. The key to your success will be to stay productive, but not at the expense of your health and sanity. Prioritize what's really important. If you have a job, choose a work schedule that allows you to pay your bills but still have time to sleep, study and relax. Above all, listen to your body.

JR

Exactly. You've probably all heard the saying "pain is temporary, but a GPA is forever." While that is somewhat true, you should never neglect your mental or physical health. If you are feeling overwhelmed, anxious or stressed, try talking to someone. Henderson Counseling offers up to 10 visits for NSU students at no additional charge every calendar year, so utilize them if you want some advice or just someone to listen. Also, as tempting as it may be, avoid eating a diet solely composed of oreos and instant mac and cheese. Always drink more water than you do coffee; your body will thank you.

MG

Speaking of food, you've probably heard of the dreaded freshman 15. What can I say? Friday night drinks with friends, a barrage of convenient, on-the-go meals and late night snacking have a way of catching up to a person. Remember that the number on the scale doesn't define you — in fact, you might even like the few extra pounds. In any event, we have access to an amazing gym and the staff at Rec Well that will help you create fitness routines so you can focus on being the best you possible.

JR

College is the perfect time to break out of your comfort zone. Whether this means taking an acting class you've always secretly been interested in or exploring a new sport, do something that scares you just a little bit. Challenges are good for you, and you never know what you will end up loving if you give it a try.

MG

Make your schedule work for you. Use that awkward gap of time between classes to hit the gym, do homework, study for an upcoming test or to take a quick nap. Also, try not to overload a few days of your week in the search of a "longer weekend." It doesn't benefit you if you're too exhausted to enjoy your days off.

JR

But, do enjoy those days off when you have them. While it may seem like a great idea to hide in your dorm and binge watch Netflix in your free time, get out and get involved. College life is better with friends, and the easiest way to meet them is to get out and find them. In addition to the friend-making aspect, involvement in clubs and organizations looks great on a resume.

MG

No matter what you decide to do, it's important to be yourself. After all, college life is what you make it. So get out there, test the waters and ride the waves to your success.

Managing your precious time

By: **Nicole Chavannes**
Copy Editor

The amount of productivity that young, hardworking college students expect from themselves is borderline insane. As full-time students, often with a part-time job (or more), an internship or two, and homework, papers and tests to study for, the pressure is on to remain social, get involved on campus, stay fit and get the right amount of sleep. With our plates so full, it can feel impossible to accomplish all of our college goals. However, with some time management, organization and little bit of faith, anything is possible.

Prioritize and plan

When making your class schedule, consider what classes are most important. If your major requires certain classes, for example, but they aren't offered every semester, speak with your academic advisor and figure out when the best times to take these classes are by mapping out your schedule. Once you have that settled, you can build the rest of your schedule around them. If possible, try to schedule classes on the same days to make the most of your days off.

Organize your thoughts

It's crucial to keep track of everything you need to do. You can go the traditional route with a physical planner or use online calendars that are user friendly and easily customizable. These planners often have mobile counterparts, which notify you about upcoming events in your schedule.

As John Casey said in an article for WebMD, the important thing is to streamline your life by reducing the clutter in it; a planner or calendar can do just that. Whatever method you prefer, make sure to log your schedule as much in advance as possible. Include everything from your classes to your gym schedule to upcoming assignments and deadlines. It's helpful to log not only the deadlines for assignments themselves, but also when you should begin working on them; that way you won't be blindsided by a notification about an upcoming test that you didn't allot time to study for.

Multitask – when feasible

Disclaimer: Do not multitask in any potentially dangerous situation. Don't text and

drive, for example.

However, if you have a tedious or mind-numbing task to complete, do it while watching TV or a movie, so you can be both productive and entertained. When on the go, College Board recommends keeping your work with you, so you can make use of any potential free time you have while waiting for an appointment or while your Uber driver gets you from point A to point B.

Factor in your preferences

Never forget to take into account what works best for you. Are you a night owl or an early bird? When do you feel most productive? Do you respond best to bright colors and an organized mess or monochromatic tidiness in your workplace? Does working out wake you up or tire you out, and when should you work out as a result? Taking control of your life by way of these seemingly inconsequential details can drastically alter your mood, energy level and productivity throughout the day.

Treat yo'self

When mapping out your time, give yourself something to look forward to. Whether you enjoy reading a good book indoors or prefer a healthy dose of Vitamin D, set aside some time in your schedule to devote to your favorite hobby. If there's something in your schedule you're really dreading, schedule a reward for yourself afterward. That can mean a tasty treat after a difficult exam or an hour of Netflix after a workout; just make it something that you can look forward to within your week. Also, never underestimate the importance of down time and sleep. Factoring both into your schedule will keep you productive long-term, according to Frances Booth, a contributing writer for Forbes and consultant for major organizations such as Lloyd's of London.

While college is a trying time full of new responsibilities and busy schedules, is also the perfect time to learn about yourself. Learn when you're most productive, how you are able to work best and what your limits are. Most importantly, if you feel overwhelmed, learn that it is perfectly fine to ask for help.

Products every college student needs

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

School is officially back in session. Now that syllabus week is out of the way, student life is getting hectic. Between classwork and extracurricular activities, the last thing we want to do is make our lives harder. Check out some of these products that will help you embrace your laziness in the most efficient way.

A 10-foot phone charger

Attempting to reach your phone cord from the outlet to your bed is a thing of the past. If you are sick of struggling with your phone while it's plugged in, you should add this cord to your shopping list. These cords are sold online and in most stores for a low cost. Not only are these phone chargers great for using in your dorm, they are ideal for other areas of campus as well.

A bed tray

No nightstand? No problem. While it may

be difficult to find the space for a nightstand in your dorm, bedside trays conveniently clip onto the edge of the bed. These trays are useful for holding your water or food when you are snacking, or for other items that you want to keep close.

Portable charger

A full day of classes can leave your phone battery low. To avoid a dead phone halfway through the day, keep a portable phone charger in your backpack. Not only will you be able to avoid searching for an open outlet in the UC, you will also be able to charge your phone anywhere you go.

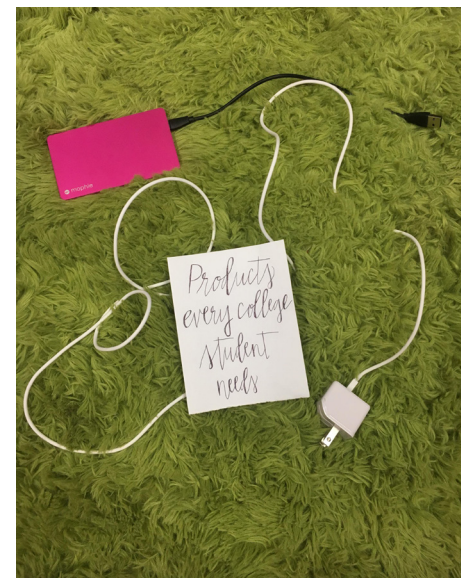
Power strip

While this seems like a no-brainer, power strips are super important and often overlooked.

These can triple the amount of items you can have plugged in at a time, which is helpful when your roommate is also using the same outlet. There are many different kinds available for low prices, so you can find the one that works best for your technology needs.

Laptop table

If you find yourself working on assignments, scrolling through Twitter, and watching Netflix on your laptop in bed, a laptop table is essential. In addition to helping the ventilation of the computer, the laptop is raised up a little higher than normal so that you do not have to strain your neck by looking down at the screen. It's a win-win situation and a must-have for college students.



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The college essentials go way beyond just your materials for class.



Transitioning Into College

By: **Jessica McDonald**
Contributing Writer

Jessica is an NSU doctoral student in the Clinical Psychology Program. She currently works as a writing tutor at the Testing and Tutoring Center.

College isn't always easy; you will be challenged in new ways, and that doesn't always lend to the best academic performance. Here are some things you can do/keep in mind to make sure you are happy and healthy enough to take on anything.

Find "Your Person"

Having someone to hear you out when you're having a bad (or a good) day or to help you problem-solve is actually a huge part of academic success. Studies from Pepperdine University have shown that support from peers

leads to better academic performance and higher life satisfaction among college students.

The best way to find a solid support network in a college environment is to figure out your interests and join clubs, organizations, or activities that match them. You might even try to talk to a new person every time you attend class for the first couple of weeks—in fact, make it a personal challenge to step outside of your comfort zone at least once a week and talk to a stranger. You never know which relationships will be life-long.

Self-Care Is Important

At the risk of sounding like a mom, make sure you are taking care of your body. Eating well/enough, drinking plenty of water (especially in Florida's heat and humidity),

exercising frequently, and sleeping well have huge impacts on your brain's ability to function at its fullest potential. These may sound like chores, but there are plenty of resources on the internet to help you keep track of your health. Just remember, if your body is struggling to keep up with your lifestyle and you aren't giving it enough of what it needs, it is possible that areas of your life (school, work, etc.) are going to suffer as a result.

Balance Is Key

Finding balance is probably one of the biggest challenges that students face. Juggling school, work, and life is something that we all have to learn to manage; it's an ever-changing process. Luckily, you have control over the areas of your life and you can make adjustments along

the way until you find the best system for you. Make it a habit to check in on your priorities and decide if you are giving enough attention to what is most important to you.

Stretch Those Resources

Whether you need help studying for a test, or you need someone to listen to some issues you've been having with your family, there is nothing wrong with asking for support when you recognize that you need a hand. Your roommate, your friends, and NSU faculty are excellent places to start. You can also always reach out to on-campus resources like the NSU Testing and Tutoring Center for academic support, and the Henderson Student Counseling Center or NSU Student Mediation Services for your more private affairs.

ATHLETE OF THE WEEK:

Michelle Bauer

By: Jenna Kopec
Co-Editor-in-Chief

Freshman international business major Michelle Bauer has had plenty of adjustments to make during her first week as a Shark student and athlete on the women's cross country team. With the FAU Invitational coming up, I sat down with her to find out how she got here, how her transition has been going and how she's preparing for the meet.

I did read your bio online and I saw you're from Pennsylvania. What made you want to come to NSU?

"Well, I really started looking more [for a school] in the south because I wanted more of the business [opportunities] and I really wanted to focus on the international part. There's a lot of culture down here. It wasn't unheard of for me to come down here because my sister goes to Embry Riddle, which is in Daytona Beach. So, now we're still in the same state."

So, why do you want to have this focus on international business?

"I really like traveling. It was more of a process of elimination for what I want to do as a job in the future. I knew I couldn't do anything with blood or anything in the health field."

You said your sister goes to Embry Riddle. Was that a big factor in deciding to come to South Florida?

"Yeah, that was one of the factors. I could've looked anywhere around the world, really, for a culture shock. But, having her down here was definitely part of the decision to come."

How did you get into cross country?

"I started doing 5K's. It was my cousin really who inspired me to run. We did this 'Frosty Fun Run' right before Christmas. It was my first run ever ... my time was 24:19 when I finished. So, my cousin and I put it up on our wall and our goal was to do it again next year and see if we'd improve. That really started me running and I just kept on going."

How old were you?

"Sixth grade? I'd say probably around 12 or 13."

Wow, that's pretty young. I also read in your bio that you coached a basketball team or were involved in it?

"Yeah, I've been doing basketball as well since fourth grade. Also, in summer times, or whenever I wasn't in cross country or track season, I'd go down to the middle school and elementary school and do a lot of helping out with the younger girls and teaching them the skills."

Would you say that you prefer one over the other?

"I prefer basketball but I'm only 5 foot 3. It's kinda not an option for me to play that."

What was it like coming to NSU's cross country team and meeting your new teammates?

"It was really nice when I came because I came for a visit last February and right away the whole team made me feel welcome. I was walking to my dorm one day and I passed under one of the common rooms or something and I



PRINTED WITH PERMISSION FROM J. KOPEC
Bauer has been adjusting well to the running mileage, but says the humidity has been a challenge.

just heard my name shouted from above. They were so hospitable that they already knew my name and were interested in actually meeting me. It wasn't like we were just there to run against each other. So, that was when I decided to come to the school. It's been nice to have them here. Especially because when I run now, it's been a transition. In Pennsylvania we have, like, no humidity...so it's been nice getting used to that and having them cheer you on."

Would you say that the humidity is the biggest adjustment you have to deal with?

"Oh, yeah. I've run a lot of miles in my summertime training so adjusting to the mileage here isn't bad at all; it's just the weather. Getting up in the morning it is really humid but if you wait until the middle of the day it'll just be really hot from the sun. So, you can't win either way."

So, you'll be competing for the first time soon; September first at FAU. Are you excited? Nervous? A little bit of both?

"I'd say a little bit of both. I'm definitely excited because it's going to be the first big race, especially coming from a small town in Pennsylvania, we don't really have huge meets like this until you go to the state meet. I've only had three or four state meets and big races but now in college every meet is a big meet. But, I'm also nervous because I'd like to do well and I'd like to show the coach what I am capable of doing."

Do you have any pre-race rituals?

Not really. A lot of my teammates do. [For me,] it's not every race, but a lot of the time I'll just eat a pre-race chocolate.

Why chocolate?

It started with one of the girls on our track team back home and we were in the middle of a meet. She thought she was finished with one of her events and wanted a snack and I said 'Oh, I'm finished too.' So we went over to the snack bar and they were giving out chocolate bars and so we each downed our own chocolate bar. Literally less than five minutes later, the coach looks at us and says 'You're running in the four-by-four at the end of the race,' and we both just looked at each other because we knew we had just eaten that chocolate bar. Our team actually won. Then, after that the girl would bring chocolate and we'd still eat chocolate beforehand.

Do you think you're going to eat chocolate before this race?

Probably! I mean who doesn't like chocolate?

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On The Bench: Marshawn Lynch, are you “bout dat action” or not?

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

During the customary rendition of the national anthem before the Oakland Raider’s exhibition opener against the Arizona Cardinals, running back Marshawn Lynch leisurely sat on a cooler. He proceeded to play with his team until their 20 - 10 loss, and quietly left the stadium immediately afterward without so much as a word.

Now, I’m sure you have your opinions about Lynch’s protest and whether or not you support or are offended by it. I have my own thoughts, but that’s neither here nor there. What I do take issue with is Lynch’s complete silence and lack of action since his motto mentions being “bout dat action.”

I’m all for persons taking a stand for

what they strongly believe in as is outlined and established by our First Amendment Right. As onlookers, we may or may not agree with the message or the way it was presented, we still have the duty to allow others to peaceably voice their grievances and opinions. However, I struggle to find the identifiable message in Lynch’s protest.

When former San Francisco 49er Colin Kaepernick knelt during the national anthem, he boldly told us why and took the backlash that came with it. Through tweets, press conferences and other statements, he did and continues to relay his thoughts to the American public so there could be no confusion as to why he did what he did.

Whether you agree with him or not, you have to admit that it took courage. Furthermore, as the 2017 football season starts without Kaepernick being signed to a team, it’s evident that it was also a risky move that may have cost him his career.

The point is that he said something. Lynch’s lackadaisical objection was followed by hightailing it to locker rooms before any fans or reporters even had the chance to speak with him. Later, when reporters tried to address the “elephant in the room” during a press conference, he gave some analogy about the relationship between mice and elephants without ever addressing the question or taking a stand. I scrolled through his Twitter page all the way to

the beginning of the year, and he says nothing that gives anyone a clue about how he allegedly feels — a stark contrast to Kaepernick’s. Meanwhile, protesters and activists are out rallying and marching, literally screaming to have their voices heard.

Lynch, you got our attention, and instead of using your platform to talk about something real, you simply walked away. If you’re going to protest something, have the nerve and zeal to talk about it. Shout it out for the people in the back who didn’t hear it the first time. Otherwise, your act of defiance is just that, and a headlining action that could have made change, does absolutely nothing.

Finding Fitness: Orangetheory Fitness

By: **Gabrielle Thompson**
Features Editor

Fitness is an individual journey for everyone. Sometimes what works for one person, doesn’t work for someone else. Finding fitness means learning your options and deciding what works best for you.

If you’ve been looking for a gym, you may have seen the option for Orangetheory Fitness and wondered what it’s all about. From the outside looking in, it can seem like every member is an expert as they travel between stations, almost as if they’ve been doing it forever.

What is Orangetheory?

Orangetheory is a workout that utilizes Heart Rate Based Interval Training. When you arrive at the class, you are provided with a heart rate monitor that shows your specific heart rate zones. According to the Orangetheory website, the goal is to reach at least 12 minutes of an intensity that is 84 percent of your own

maximum heart rate. The workout is tailor-made for you, so you don’t have to worry about feeling overwhelmed and keeping up with anybody else.

What are the benefits of Orangetheory?

According to the Orangetheory website, the one-hour workouts are designed not only to burn calories while exercising, but also continue burning calories and increase your metabolism for over 24 hours. These effects are appealing for those who do not want to have to go to a gym every day, or just want to get a little bit more out of their workout.

What should I expect?

Orangetheory is meant to keep your heart rate up and work out your whole body. Since you are working your full body, you will definitely be sore the day after your class. You should expect a hard workout that gives you a sense of accomplishment once completed. After all, the best part of working out is making it to the end.

How do I sign up for Orangetheory?

The class schedules can be accessed with little difficulty online. The schedule will show you the times and days available and the trainer’s name. All you have to do is find the nearest location and search for their schedule. And the best part? Your first class is completely free.

Nearby Orangetheory Locations:

Cooper City, FL
5874 S. Flamingo Road
Cooper City, FL 33330
954- 434-6244

Plantation, FL
10073 Cleary Blvd.
Plantation, FL 33323
954-693-8444

ON DECK

WOMEN’S CROSS COUNTRY

@ Florida Tech
Sept. 9, 8 a.m.
Melbourne, Fla.

MEN’S SOCCER

vs. St. Thomas
Sept. 7, 7 p.m.
NSU Soccer Complex

vs. Ave Maria
Sept. 9, 6 p.m.
NSU Soccer Complex

WOMEN’S SOCCER

vs. Felician
Sept. 3, 10 a.m.
NSU Soccer Complex

vs. Johnson & Wales
Sept. 4, 7 p.m.
NSU Soccer Complex

@ Palm Beach Atlantic
Sept. 5, 7 p.m.
West Palm Beach, Fla.

WOMEN’S VOLLEYBALL

Saint Leo Invitational

vs. West Texas A&M
Sept. 8, 11 a.m.
Saint Leo, Fla.

vs. Truman State
Sept. 8, 3:30 p.m.
Saint Leo, Fla.

vs. Montevallo
Sept. 9, 9:30 a.m.
Saint Leo, Fla.

vs. Sioux Falls
Sept. 9, 1 p.m.
Saint Leo, Fla.

OUT OF THE SHARKZONE

Lebron snaps back at ‘fans’ that burn jerseys

Lebron James took to Twitter Aug. 24 to weigh in on fans burning jerseys of basketball players who get traded or choose to go to different teams, according to ESPN. Several Celtics fans have posted videos on social media burning their Isaiah Thomas jerseys after Thomas was traded from the Celtics to the Cavaliers. James posted several tweets defending his teammate and admonishing fans for blaming the players and never the teams.

Yankees and Tigers brawl leads to eight ejections, four suspensions

Miguel Cabrera and Austin Romine, who play for the Tigers and Yankees respectively, got into an altercation during their game on Aug. 24, according to ESPN. Tensions ran high throughout the game, as there were three separate altercations, eight total ejections and four suspensions due to several Tigers’ pitches intentionally hitting Yankees players. Among the ejected were Cabrera and Romine, as well as the Yankees manager Joe Girardi and Tigers manager Brad Ausmus. Suspended players include Cabrera and Alex Wilson of the Tigers and Romine and Gary Sanchez of the Yankees.

Seth DeValve first white NFL Player to kneel during national anthem

Seth DeValve, Browns tight end, took the knee during the national anthem on Aug. 21, according to USA Today, and became the first white NFL player to do so. His wife Erica Harris DeValve, who is African-American, responded in an article for theroot.com on Aug. 24. While she acknowledged the importance of DeValve’s gesture, she pointed out that Colin Kaepernick remains unsigned, likely as a result of doing the same thing.

Revolutionary shoulder pads become popular among NFL players

XTECH has recently designed the X2 Shoulder Pad, which is more lightweight and flexible than standard shoulder pads, according to USA Today. Players like New York Jets defensive tackle Steve McLendon praise the pad because it provides protection, absorbs impacts and allows greater range of motion and line of sight. XTECH caters to NFL, college and youth football players.

Book Shell-f



Jojo Moyes' "After You"

By: **Nicole Chavannes**
Copy Editor

You're probably familiar with Jojo Moyes' charming best-seller "Me Before You," or at least its film adaptation starring a quirky Emilia Clarke and a quietly handsome Sam Claflin, which was released last May. The tragically sweet story of Louisa "Lou" Clark and the melancholic Will, whom she falls for, was an instant success. The film grossed over \$18 million in its opening weekend, and went on to gross over \$200 million worldwide.

While you may be familiar with "Me Before You," due in no small part to its successful film adaptation, you likely haven't heard of its equally fascinating sequel, "After You." Where "Me Before You" dealt with the complexities of living life to the fullest, and how that doesn't necessarily mean the same thing to different

people, "After You" examines the difficulty of getting through life while grieving.

"After You" finds Lou estranged from her family and living in a small apartment in London that feels more like a place to spend her time than an actual home. She's working yet another dead-end job, feeling lost in the wake of recent loss and heartbreak, and she struggles to live her life boldly, as she once promised Will she would. Though the storyline is not as exciting as its predecessor's, "After You" manages to depict the complicated emotional turmoil that follows a personal tragedy.

After a freak accident, Lou is forced to reunite with her family, who are subsequently convinced she is unhappy and suicidal, while Lou contemplates the emptiness she feels. She

joins a support group and receives an intriguing job opportunity. But she ultimately doesn't begin opening up to people again until she meets the headstrong but lonely Lily and becomes a sort of surrogate mother to her.

As Lou struggles with the guilt of past decisions, she finds it difficult to share any of those experiences with the people she meets. However, Lily's uncanny resemblance to a figure in Lou's past allows her to focus on helping the lost teenager. While she provides Lily with a place and atmosphere to call home, Lily urges Lou to live her life more fully and enjoy the small things. In the end, each young woman helps the other, and both characters learn to view life from new perspectives. Lou learns the slow and painful -- yet natural and rewarding -- ability

to move forward after grief and heartbreak.

Moyes' characters remain as relatable and complex as "Me Before You" fans have come to expect. While "After You" is less of a feel-good story throughout, it remains simultaneously funny and sad and complex and distinctly human. Moyes creates a strong and likable voice for Lou, allowing the reader to sympathize as well as empathize with her; the reader rides Lou's emotional rollercoaster throughout the novel, and while it's not always pleasant, the ride is undoubtedly worth it. "After You" emphasizes the hard-to-believe truths that it is okay to move on from grief, and that life does, indeed, get better.

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

Exploring South Florida

Now that you are acquainted with campus, you may be looking for some fun off-campus activities and ways to spend your weekend. Between the beautiful beaches and the exciting nightlife, Fort Lauderdale and Miami have some great spots to check out in your free time.

Wynwood Walls

Known to most people as a very Instagram-worthy spot, Miami's art district Wynwood Walls is a great place to visit. Wynwood offers cool wall murals and setups that are ideal for getting the perfect photo. Plus, there are fun shops and delicious restaurants to experience well. The trip down to Miami is totally worth it when you step into the creative space and gain some much needed inspiration.

South Beach

If you are dreaming of palm trees and beautiful blue water, South Beach is the way to go. Aside from actually spending the day soaking up the rays on the beach, South Beach offers many great restaurants, shops and activities. Rent a bike to exercise and explore,



PRINTED WITH PERMISSION FROM J. REGISTER
Enjoy an evening stroll down Las Olas where you can find great food and fun activities.

or take a stroll down the street and find a new dining option to try. South Beach is also known for its nightlife and Cuban coffee, so be sure to check those out.

Las Olas

Located close to campus, Las Olas is a fantastic place to shop, dine and experience what Fort Lauderdale has to offer. Take a water taxi ride down the river to learn about the history of the area and get from one spot to another. Try out

some of the bakeries and chocolate shops for a well-deserved treat. Visit the NSU Art Museum and explore the exhibits on display. The options are endless in this Fort Lauderdale area.

Sawgrass Mills Mall

If you are looking for some retail therapy, look no further than Sawgrass Mills Mall. This mall is the 10th largest mall in the U.S. and has hundreds of shopping options. The mall offers outlets like Kate Spade, Coach and Michael Kors, and the indoor mall has stores like Forever 21, Marshalls and Victoria's Secret. The mall also provides a food court as well as other dining options like The Cheesecake Factory and Johnny Rockets.

Miami Zoo

The Miami Zoo is famous for its exotic animals, water areas and beautiful gardens. In addition to experiencing the exhibits and watching the animals from afar, there are also opportunities to feed giraffes, camels and parrots. So many animals to see, so little time.



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The walls all around the Miami neighborhood are covered with inspiring art.

FAT Village

Often called the Wynwood of Fort Lauderdale, FAT Village hosts an ArtWalk on the last Saturday of every month. The event features talented performers and amazing creativity, and the shops and galleries open their doors to the public for the night. Food trucks also make an appearance at the event, providing delicious snacks for event goers. Between the artsy feel, the great food and the fun entertainment, ArtWalk is definitely an experience you will not forget.

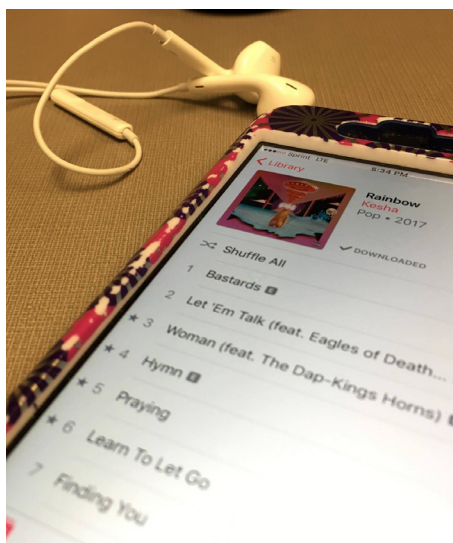
Kesha came to conquer with "Rainbow"

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

No matter how involved you were in the long legal battles and #FreeKesha movement that came after the singer accused music producer Dr. Luke of physical and emotional abuse, according to The New York Times, you'll want to listen to her newest album "Rainbow." Though there are still legal ties between Luke and Kesha, the album is untouched by Luke and offers fans a very close look into the woman Kesha has become.

While many might expect "Rainbow" to be a dark, sad collection chronicling her journey, it instead presents a wide array of emotions and experiences with an overarching message of strength. Kesha does powerfully reference the troubles that she faced, such as on the single "Praying," but she also speaks about the importance of being able to move on from hardships and not being beaten by hardships, ideas that are communicated in songs like "Rainbow" and "Learn to Let Go."

For individuals who weren't a fan of the pop music Kesha produced before, don't be put off. "Rainbow" focuses heavily on experimentation, particularly with rock and some country sounds, and Kesha's raw vocal talent. While she obviously has songs on the album that will fit



PRINTED WITH PERMISSION FROM C.LUTZ
Kesha is reborn again on her new album "Rainbow", something fans and critics will love.

perfectly on the charts, many of the songs on the record are unconventional and show the singer's growth. "Woman," a song done in collaboration with The Dap-Kings Horns, is a nice example of this. With Kesha's still sassy attitude, she proves how well she can sing, yet there are parts of the song where you can hear Kesha laugh and even

speak in the background, making the audience feel as if they're there in the studio with her.

The album, on the whole, is a nice balance between the silly Kesha that debuted in 2010 with a unique outlook on the world and the mature Kesha with a lot to say and a powerful way to say it. "Rainbow" is a must listen for those who have followed Kesha's journey or any music lover.

MUST LISTENS: "Bastards";
"Rainbow"; "Finding You"

SURPRISING COLLABORATIONS:
"Old Flames (Can't Hold a Candle To You)" Feat. Dolly Parton, "Boogie Feet" Feat. Eagles of Death Metal"

CLASSIC KESHA: "Godzilla";
"Hunt You Down"

OFF SHORE CALENDAR

Ed Sheeran

Aug. 30 | 7:30 p.m.
@American Airlines Arena

MIAMI short Film Festival Monthly Screening

Aug. 30 | 8 p.m.
@Cinepolis Cocowalk

Grunge Fest!

Aug. 31 | 7 p.m.
@Revolution Live

"Pay What You Choose" Freestyle Painting

Aug. 31 | 7 p.m.
@Arts and Crafts Social Club

Kendrick Lamar

Sept. 2 | 7:30 p.m.
@American Airlines Arena

Grenday

Sept. 3 | 7 p.m.
@Perfect Amphitheatre

SOUNDBITE

“Flower Boy” by Tyler, The Creator

By: Adam DeRoss
Contributing Writer

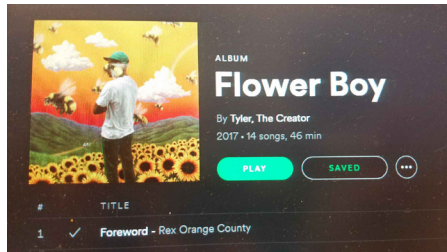
Frontman and co-founder of the Los Angeles based hip-hop group Odd Future, Tyler Okonma, better known by his stage name Tyler, The Creator, is well known for his controversial lyrics and public persona. Okonma first gained popularity with the dark and depressing subjects he rapped about on his 2009 debut mixtape “Bastard” and his first studio album “Goblin” released in 2011. Since these two records launched him into popularity, Okonma has released three more studio albums, the latest of which, “Flower Boy,” was released on July 21.

While Okonma has previously been praised for his unique personality, lack of a filter and for producing all of his instrumentals himself, he has also received some criticism for unrefined songwriting, inconsistent production and his shift in focus from the darker content of his earlier releases to superficial topics like jewelry and cars on his more recent records. “Flower Boy” is a milestone in Okonma’s career that not only fixes all of the problems seen on his previous records, but also shows his audience a more mature and introspective side of himself.

Strongest cuts

The record as a whole features soulful, syrupy instrumentation that is a far cry from the abrasive and obnoxious tones that permeated Okonma’s earlier releases. A perfect example of this is “Boredom” featuring supporting vocals from Rex Orange County, Corrinne Bailey Rae and Anna of the North. The instrumental places heavy emphasis on dreamy surf guitars, vibrant summer synths and mellow drum riffs that accentuate Okonma’s verses about a boring and lonely summertime. This track specifically is one of the strongest indicators of the record’s theme overall with Okonma musing not only on the point of life and the time he has left with it, but also his desire to find someone to spend that time with.

This is further exemplified on “911/ Mr. Lonely,” a two part track that tugs at the heartstrings. The first part of the cut features similar vibes to “Boredom” with funky jazz organ chords and airy synth riffs. This mellow and relaxing instrumental is juxtaposed with the hollow and almost desperate lyrics of Okonma giving out his number as 911 and urging people



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“Flower Boy” presents a unique look into the life and thoughts of Tyler, The Creator.

to call him and save him from his loneliness. This transitions into the latter half of the cut that replaces the bright and cheerful tone from with a buzzing and distorted bassline that Tyler frantically raps over with lyrics detailing his fear that the comfortable life he is leading will somehow go wrong if he can’t find someone to share it with.

“Garden Shed” is the crown jewel of the whole record, not only because of its sound but because of its significance to Okonma himself. Okonma has often been accused of being homophobic in the past due to some of his lyrics and comments on social media; however,

Garden Shed is an ironic breakout moment for Tyler. The instrumental is slow and melancholy with echoing surf guitars, stuttering percussion and misty synths that builds up for almost three minutes before concluding with a single verse from Okonma using the idea of him being in a garden shed, a fact his friends and fans seem to be oblivious to, as a metaphor for being trapped in the closet and keeping his sexual orientation concealed. However, “Garden Shed” also represents the only weak point in the album in the sense that it comes too early. It seems it would be more fitting to have it be the final track rather than having it smack dab in the middle of the record.

“Flower Boy” is the most consistent and thoughtful record that Tyler, The Creator has ever produced. The instrumental themes and tender lyrics Okonma presents on the record not only represent his immense growth as a producer and rapper, but also as a human being.

Other great cuts

“November”; “See You Again”; “Who Dat Boy”; “Glitter”



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

Changing Sharkmail was a bad call

I'll admit it. I'm not one of those people who hops on the bandwagon labeled 'change' the first time it rolls around ... or the second time for that matter. In fact, it takes quite a bit for me to be convinced about making an adjustment; especially if the old method seems to be "working just fine; thank you."

So, anyone can imagine that in March, when we initially broke the news that NSU was planning to modify the email addresses of students, faculty and alumni over the summer break, I was, you guessed it, not a happy camper.

If you're new to NSU, this change probably hasn't and won't affect you. But, for those of us who have been here, the shift has made a significant impact. I happened to have been

taking classes and working over the summer vacation when the switch took place on June 2.

An email I received a few days prior, mentioned that we might not be able to access our accounts for up to 24 hours. "Fine," I thought. "I could use a reason to unplug anyway;" except I wasn't able to log into my account for an entire three-day period. I missed crucial and time-sensitive emails from employers, conference coordinators, professors and anyone I'd forgotten to tell about the change; including dear ole Blackboard since I stopped getting his emails too.

Then, when I was finally able to access my email account, I was prompted to change my password. Yes, this can be deemed a minor

inconvenience; but it also meant that I had to use additional precious grey matter to memorize yet another password, just to be able to go about my normal daily routine.

Can we also take a minute to appreciate how less 'professional-sounding' and lengthy this new email address really is?

Moreover, since I am both a student and an employee of NSU, I now have two email addresses to manage; @mysu.nova.edu and @nova.edu respectively. As a senior Visual Art and Communication Studies senior, who is simply trying to get through her final semesters in one piece, daily conversations have ironically been flooded with phrases like "No, I never got that email from you" and "I never saw it."

While I can appreciate the fact that NSU values the experiences of its faculty, staff and alumni, I struggle to feel as though this change was for the betterment of the average NSU student who makes up the bulk of its infrastructure. Sure, it may have made life better for whoever it is who manages these accounts. However, for the typical student, communication between advisors, employers, faculty and peers has become more strained if not complicated.

Nevertheless, what's done is done. I will have to accept that. Still, I can only hope that as we move toward our 2020 goal of being "one NSU," that the experiences of all parties involved will be viewed and weighed as equally important.

By: **Nicole Chavannes**
Copy Editor

The beauty of customer service

When you think of any customer service position – be it working in a store or in food service – it's probably not something you aspire to do. Of course, all work is noble, but oftentimes working customer service is done more out of necessity than passion. However, everyone should work at some kind of retail or customer service establishment at some point in their life.

Even if you've never worked customer service, you've probably heard horror stories about it – from unfair managers playing favorites to angry customers yelling obscenities. However, you shouldn't let these stories deter you, because you can learn some valuable things from working retail.

Patience is a virtue

Angry customers are a given; usually they're upset about something that is out of your

control or wasn't your fault. Dealing with them can be disheartening, especially if you're not used to it. Good customer service, however, means interacting with those people, keeping your emotions in check and taking care of the next customer like nothing is bothering you. Though this may seem difficult, patience is a valuable attribute to learn, and you will learn it whether you like it or not if you work retail.

Most people are actually nice

While rude customers are common, nice customers are even more so. Most people you interact with are friendly, accommodating or, at the very least, don't cause any trouble. Most customers are understanding and forgiving, especially if you're new to your job, and they will be patient with you. Customers like that will get you through your day, and if you focus on them rather than the jerks, you'll

breeze through your shift in no time.

HOWEVER, YOU SHOULDN'T LET THESE STORIES DETER YOU, BECAUSE YOU CAN LEARN SOME VALUABLE THINGS FROM WORKING RETAIL.

You can demand respect, no matter your position

Customers aren't the only people who can give you a hard time. Sometimes, the people you work with won't be your favorites. Retail teaches you how to work with difficult people, be they co-workers or customers. No matter how "low" your position may be, you can demand respect

from your coworkers and authority figures.

If you feel disrespected, know that there is always another position out there for you that will treat you with the human decency you deserve. Similarly, if you feel you deserve better compensation or more benefits, you can always ask for it. If you do your job well, your higher ups won't want to see you go, and will likely accommodate your wishes.

Though customer service jobs don't seem like the most glamorous, there is something to learn in every situation. It's important to know how to work with all kinds of people and how to react in stressful situations. Whether you need the job or not, retail can teach you those valuable lessons.

HAHAHA LOL

Seriously Kidding
A satire column.

Local man says losing eyesight after eclipse was "worth it"

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

When Ray Madden heard about the solar eclipse that occurred on Aug. 21, he knew that this was a once in a lifetime experience he did not want to miss.

"The news barely covered the event, so I was incredibly lucky to see a hoard of people lining up outside by university," said Madden, a student at the University of Nescience located in Miami.

What Madden didn't know, blaming again a lack of news coverage, was that he would need special glasses to look at the solar eclipse. While many of his peers tried to warn him and even share their glasses with him, Madden looked directly at the solar eclipse.

"Everyone around him tried to tell him, ya know, not to do that. But I think he was just swept up in the beauty of it all," said fellow eclipse-watcher Sheila Sampert.

As a result, Madden has not been able to see since Tuesday, Aug. 22. Madden said his vision has been so blurry that he can't even make out large figures and he feels a pain behind his eyes.

Dr. Lee Sanchez, an optometrist practicing in Delray Beach, worries that these symptoms will plague Madden.

"Unfortunately, we don't know what will happen with Mr. Madden's sight. It's likely that if he had watched a segment on the news or listened to his peers, he wouldn't have this



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What Ray Madden lost his eyesight for.

problem at all," said Sanchez.

Despite all of this, Madden stated that the two minutes he spent looking at the eclipse were worth not being able to see for potentially the rest of his life.

"It was a once in a life-time opportunity," said Madden "My only regret is that, with my lost eyesight, I won't be able to see the next eclipse in 2024."

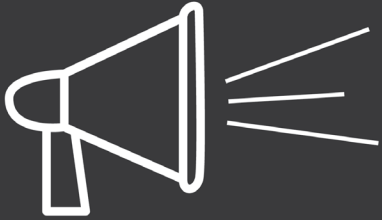
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HOW DO YOU FEEL ABOUT THE CHANGES TO THE FOOD MADE ON CAMPUS?

SHARK SPEAK



"I think it's a good starting point for making the changes but there is definitely still room for more improvement."

- Cheryl Joseph, sophomore biology major



"I really like the food changes this year because there is more variety and the food rotates more often. It seems that everyone likes it more this year."

- Rosibelle Hiraldo, sophomore business administration major



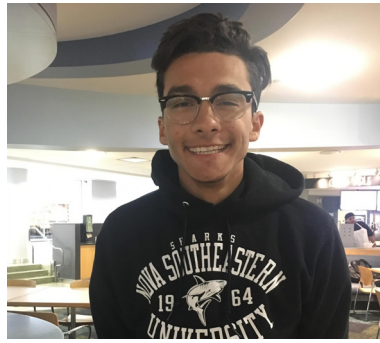
"I think it's good that they are switching the foods up so that it doesn't get old too fast. The fact that the places are switching up their menus so often is great."

- Casey Carotenuto, junior criminal justice major



"The food quality is better than last year but there still needs to be improvement. I think that the quality of food needs to improve more and more options on campus would be better than eating the same food over and over again."

- Natasha Anselmo, sophomore marine biology major



"I haven't noticed the change since I'm a freshman, but I do see quite a variety. Flight Deck is my favorite because it offers the best food in my opinion. I would appreciate a restaurant with a more consistent, set menu."

- Rade Jibawi Rivera, freshman biology major



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