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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-ramming victim Heather Heyer.

The night prior, demonstrators marched through the University of Virginia calling for the government to rescind the order which made the monument unlawful. Protesters wielded torches as they yelled phrases such as “You’re the monument unlawful. Protesters wielded government to rescind the the order which made ramming victim Heather Heyer.

Between demonstrators and counter-protesters day wore on, accounts chronicling the violence between Lee’s statue. As 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-ramming victim Heather Heyer.

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 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.
MEDLIFE aims to bring alcoholism awareness with Project AA

By: Jewellena 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 implement both into Project AA.

Project AA, which is scheduled to take place in the Flight Deck Backyard on September 15 from 4:45 p.m. to 9:30 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 competing team or not. Refreshments will be served with the orchestra, whether they are part of a faculty to come out to Project AA and show their support, whether they are part of a group,” Christy Abraham, MEDLIFE vice president, said. “I feel like this kind of event is being noticed.”

“I think that alcoholism is a really big problem in our country, especially in our age group,” Christy Abrahams, MEDLIFE vice 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.

“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.”

Correction:
In the Aug. 22 issue of The Current, the article “ExEL to become a requirement for incoming freshmen” stated that students can contact ExEL advisors 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.
RadioX is now streaming online!
Tune in online every single night from 6pm - Midnight at
http://www.nova.edu/radiox/listen.html
The beginnings of fall bring to mind a number of things like pumpkin-scented latte, 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 of the Interfraternity Council or Unified Greek Council. These events can also be found at nova.edu/greeks or by contacting the Office of Student Activities. For the most part, 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.

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 Chi fraternities.

This information is important because the range in which students can register for recruitment week depends on which fraternities or sororities they would be interested in learning 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 United Greek Council are found in the United Interfraternity Council and Panhellenic Council of Unified Greek Council.

The Charities:

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. Until recently, while still offering all the beverages one might expect, such as latte and flat whites, you could only expect, such as latte and flat whites, you could only

While still offering all the beverages one might expect, such as latte 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 almajibana and a carrot and nut coffee cake. The cafe has indoor and outdoor seating for Shanks to visit their location and is open Sunday through Wednesday until 8 p.m.

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Managing your precious time

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 in 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 to 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 blinded 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 redulin 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 workspace? 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.

MS Word

Features

By: Nicole Chavannes
Copy Editor

Products every college student needs

School is officially back in session. Now that syllabus week is out of the way, student life is getting hectic. Between classroom 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 a 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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Transitioning Into College

By: Jessica McDonald
Contribution Writer

STAYING AFOAT with Tutoring & Testing

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 is 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/healthy, 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 virtually 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

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?
“Yeah, that was one of the factors. I really like traveling. It was more of a change of pace than anything.”

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

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. 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 looked over and said “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?

Acquire new skills. Advance your career. Expand your mind.

A vast online library of instructional videos covering the latest software, creative, and business skills.

Lynda.com®
A LinkedIn Company
Now at the NSU Alvin Sherman Library
lib.nova.edu/lynda
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.

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.

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 954-434-6244
- Plantation, FL 10073 Clayoquot Blvd. 954-693-8444
- Plantation, FL 33323

### Finding Fitness: Orangetheory Fitness

#### 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 thepitch.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. Playworn 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.

Lebron backs up fans that burn jerseys
In response to fans burning his jerseys after he was traded from the Celtics to the Cavaliers, James posted on Twitter Aug. 24: “What is this about? I don’t understand why people feel so passionate about burning a jersey or playing for a different team. It’s not a big deal. It’s just a piece of cloth.”

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.

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 highballing 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.

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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.

Lebron backs up fans that burn jerseys
In response to fans burning his jerseys after he was traded from the Celtics to the Cavaliers, James posted on Twitter Aug. 24: “What is this about? I don’t understand why people feel so passionate about burning a jersey or playing for a different team. It’s not a big deal. It’s just a piece of cloth.”

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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.

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Kesha came to conquer with “Rainbow”!

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 likely haven’t heard of its sequel, “After You.” 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 Kesha 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 ancestry resemblance to a figure in Lou’s past allows her to focus on helping the lost teen. 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.

Kesha’s 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 empathize 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 is it’s okay to move on from grief, and that life does, indeed, get better.
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, Corinne 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 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 baseline 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” 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”
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 “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. Yet, 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: @mynsu.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.”

I’d forgotten to tell about the change; including conference coordinators, professors and anyone who hops on the bandwagon labeled ‘change’ or the current ad@nova.edu

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 unfriendly managers playing favorites, 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 use 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.

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.

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, “I’d forgotten to tell about the change; including conference coordinators, professors and anyone who hops on the bandwagon labeled ‘change’ or the current ad@nova.edu

As a result, Madden has not been able to see the rest of his life.

“I was a once in a life-time opportunity,” said Madden “My only regret is that, with my two minutes he spent looking at the eclipse were worth not being able to see for potentially the next eclipse in 2024.”
“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.”
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New Highlights

Faster Load Times
Access data faster than before.

Simplified Navigation
Find information and services easier.

Single Sign-On
Use ONE password to access SharkLink and its apps.

Targeted Communication
Targeted content delivers relevant information for you.

Get more insight into the new SharkLink at nova.edu/oiit/sharklink