NSU has ranked 5th nationally for minorities with graduate degrees, according to “Diverse: Issues in Higher Education,” a critical news source that has been reporting on minority issues with graduate degrees, according to Arie Spirgel, Senior Research Associate of Institutional Effectiveness, “and to assisting all numbers. Regardless, the university is looking to maintain its status near the top of the list, if not improve it. It is unlikely that this rating means many alterations are in store for NSU’s graduate programs, in terms of class size or content, however. “I don’t anticipate that this means any changes are coming, it’s more an indicator of continued commitment to diversity,” said Rudawski.

This is not the only stride NSU is taking towards a diversified campus. According to NSU’s core values, diversity refers to, but is not limited to, “race, ethnicity, culture, religion, philosophy, gender, physical, socioeconomic status, age and sexual orientation.” The university frequently tries to improve its dedication to all of these concepts, according to Rudawski, and the recognition is proof of this effort.

NSU continues efforts towards diversity with new ranking

By: Madelyn Rinka
News Editor

NSU has ranked 5th nationally for minorities with graduate degrees, according to “Diverse: Issues in Higher Education,” a critical news source that has been reporting on minority issues with graduate degrees, according to Arie Spirgel, Senior Research Associate of Institutional Effectiveness. “Almost every college and university that you’ve heard of does have to report to IPEDS each year, we have to report the number of graduates.”

This is where “Diverse: Issues in Higher Education” gets their information. The data is available to everyone, vetted, and thus of the highest quality. Spirgel explained that there are extreme consequences to any invalid or inaccurate report.

As diversity is one of NSU’s core values, this rating comes as a pridelful achievement in the community. “We’re very proud of this ranking, and to be able to demonstrate to the community that we are, indeed, committed to diversity,” said Donald Rudawski, Vice President of Institutional Effectiveness, “and to assisting all of our students, including our minority students in not just enrolling, but also in completing degrees.”

Rudawski also points out that “Diverse: Issues in Higher Education”’s rating declares the quantity of degrees. While NSU would always like to improve their ranking, he explained that it’s better to focus on the quality of our programs rather than seeking to climb up a few more numbers. Regardless, the university is looking to maintain its status near the top of the list, if not improve it.

It is unlikely that this rating means many alterations are in store for NSU’s graduate programs, in terms of class size or content, however. “I don’t anticipate that this means any changes are coming, it’s more an indicator of continued commitment to diversity,” said Rudawski.

This is not the only stride NSU is taking towards a diversified campus. According to NSU’s core values, diversity refers to, but is not limited to, “race, ethnicity, culture, religion, philosophy, gender, physical, socioeconomic status, age and sexual orientation.” The university frequently tries to improve its dedication to all of these concepts, according to Rudawski, and the recognition is proof of this effort.

NSU continues efforts towards diversity with new ranking

By: Madelyn Rinka
Features Editor

NSU has ranked 5th nationally for minorities with graduate degrees, according to “Diverse: Issues in Higher Education,” a critical news source that has been reporting on minority issues with graduate degrees, according to Arie Spirgel, Senior Research Associate of Institutional Effectiveness. “Almost every college and university that you’ve heard of does have to report to IPEDS each year, we have to report the number of graduates.”

This is where “Diverse: Issues in Higher Education” gets their information. The data is available to everyone, vetted, and thus of the highest quality. Spirgel explained that there are extreme consequences to any invalid or inaccurate report.

As diversity is one of NSU’s core values, this rating comes as a pridelful achievement in the community. “We’re very proud of this ranking, and to be able to demonstrate to the community that we are, indeed, committed to diversity,” said Donald Rudawski, Vice President of Institutional Effectiveness, “and to assisting all of our students, including our minority students in not just enrolling, but also in completing degrees.”

Rudawski also points out that “Diverse: Issues in Higher Education”’s rating declares the quantity of degrees. While NSU would always like to improve their ranking, he explained that it’s better to focus on the quality of our programs rather than seeking to climb up a few more numbers. Regardless, the university is looking to maintain its status near the top of the list, if not improve it.

It is unlikely that this rating means many alterations are in store for NSU’s graduate programs, in terms of class size or content, however. “I don’t anticipate that this means any changes are coming, it’s more an indicator of continued commitment to diversity,” said Rudawski.

This is not the only stride NSU is taking towards a diversified campus. According to NSU’s core values, diversity refers to, but is not limited to, “race, ethnicity, culture, religion, philosophy, gender, physical, socioeconomic status, age and sexual orientation.” The university frequently tries to improve its dedication to all of these concepts, according to Rudawski, and the recognition is proof of this effort.

NSU continues efforts towards diversity with new ranking

By: Madelyn Rinka
Features Editor

NSU has ranked 5th nationally for minorities with graduate degrees, according to “Diverse: Issues in Higher Education,” a critical news source that has been reporting on minority issues with graduate degrees, according to Arie Spirgel, Senior Research Associate of Institutional Effectiveness. “Almost every college and university that you’ve heard of does have to report to IPEDS each year, we have to report the number of graduates.”

This is where “Diverse: Issues in Higher Education” gets their information. The data is available to everyone, vetted, and thus of the highest quality. Spirgel explained that there are extreme consequences to any invalid or inaccurate report.

As diversity is one of NSU’s core values, this rating comes as a pridelful achievement in the community. “We’re very proud of this ranking, and to be able to demonstrate to the community that we are, indeed, committed to diversity,” said Donald Rudawski, Vice President of Institutional Effectiveness, “and to assisting all of our students, including our minority students in not just enrolling, but also in completing degrees.”

Rudawski also points out that “Diverse: Issues in Higher Education”’s rating declares the quantity of degrees. While NSU would always like to improve their ranking, he explained that it’s better to focus on the quality of our programs rather than seeking to climb up a few more numbers. Regardless, the university is looking to maintain its status near the top of the list, if not improve it.

It is unlikely that this rating means many alterations are in store for NSU’s graduate programs, in terms of class size or content, however. “I don’t anticipate that this means any changes are coming, it’s more an indicator of continued commitment to diversity,” said Rudawski.

This is not the only stride NSU is taking towards a diversified campus. According to NSU’s core values, diversity refers to, but is not limited to, “race, ethnicity, culture, religion, philosophy, gender, physical, socioeconomic status, age and sexual orientation.” The university frequently tries to improve its dedication to all of these concepts, according to Rudawski, and the recognition is proof of this effort.
Cinnamon may promote weight loss

A study from the University of Michigan found that cinnamon, more specifically cinnamaldehyde, which gives cinnamon its flavor, may promote weight loss. USA Today reported that this study suggests the oil may boost metabolism, although researchers say there isn’t enough information to definitively declare cinnamon a weight loss substance yet.

Deadliest terrorist attack in Egypt kills hundreds

At least 305 people were killed and 128 injured on Friday when Islamist militants bombed and then opened fire in a mosque on the Sinai Peninsula. According to The New York Times, this is the worst terrorist attack to fall on Egypt in modern history. Although violence by the Islamic state has existed in Sinai for years, it’s usually aimed at Christian worshippers. The New York Times said that this attack may be because the mosque was for Sufi muslims, who many in the Islamic state see as heretical.

Rev. Jesse Jackson diagnosed with Parkinson’s disease

According to USA Today, Rev. Jesse Jackson announced that he has been diagnosed with Parkinson’s disease on Nov. 17. The 76-year-old civil rights leader announced it in a letter to his supporters stating that he had been diagnosed with the neurodegenerative disorder two years ago. “After a battery of tests, my physicians identified the issue as Parkinson’s disease, a disease thatusted my father,” Jackson stated in his letter. “Recognition of the effects of this disease on me has been painful, and I have been slow to grasp the gravity of it. For me, a Parkinson’s diagnosis is not a stop sign but rather a signal that I must make lifestyle changes and dedicate myself to physical therapy in hopes of slowing the disease’s progression,” Jackson added. Jackson became an important figure in the civil rights movement in the 1960s. Rev. Martin Luther King Jr. gave him a role in the Southern Christian Leadership Conference and a presence for the organization in Chicago.

North Korean nuclear tests may have killed school children

Newsweek reported that the September nuclear test conducted by North Korea, which caused subsequent earthquakes, may have also caused the death of more than 100 children in a school building that collapsed in a village neighboring the underground tunnels of the nuclear facilities. Many neighboring villages are still unpeered after the September test. According to Newsweek, there have also been reports that the collapse of the tunnels killed 200 people in October. North Korean officials have denied these claims.

Crunch Brunch offers students a break from cramming

By Madelyn Rinka
News Editor

On Monday, Dec. 4, SEA Board will host Crunch Brunch from 9 p.m. to 12 a.m. in the University Center Pit. Crunch Brunch will serve students free breakfast cuisine like fruit, cereal, pastries, eggs and bacon as a break from studying during finals week.

Kristen Bingham, vice president of traditional events for SEA Board, explained that Crunch Brunch is a way for students to do a little relaxing instead of just studying for hours on end.

“You need that ‘you’ time in order to study effectively,” said Bingham. “It can’t just be all working, you need to take some time out of your work schedule and just relax, focus on you and have fun.”

On top of food for students, SEA Board has been looking into having additional activities that may also help students de-stress from exams. Bingham said she has been working on looking for massage therapists and potentially even an oxygen bar as fun and creative ways for students to relax, but nothing is set in stone yet.

In the past, Crunch Brunch has offered karaoke, but SEA Board is looking to omit that this year. Many students study in the UC during finals week, so SEA Board would like to inspect those who need to work and keep the noise down.

Crunch Brunch happens at the end of every semester, right before or during finals week, and has always been an NSU student favorite.

“Last year I enjoyed the Crunch Brunch last year and it was definitely needed during finals week,” said Carly Dickinson, a sophomore biology major. “It was so nice to just take a break from studying and enjoy some warm, delicious breakfast food. It really refreshed me back to life to study and retain that info.”

Crunch Brunch is free to attend for all students with presentation of their NSU i.D. or their N number. Bingham urges all students to come out for the event, even if they feel like they need to keep studying.
Dear Readers,

It seems like only yesterday we wrote the introductory letter to you in August. The past few months have been historic for NSU and it has been our privilege and pleasure to report the news to you.

We could not be more honored to help you share ideas, concerns and thoughts through our publication. This will be our last issue for the fall semester, we can't wait to return to you on Jan. 9, delivering the news, special features, sports recaps, A&E must-sees and opinions that you've come to expect. We are looking forward to it and hope that you are as well.

Next year, we plan to return with the same unwavering commitment as well as some new strategies so that we can deliver the best stories to you, our readers. As always, we invite you to voice your ideas and invite you to contribute, whether that be through penning a Letter to the Editors or attending our weekly Tuesday meetings to voice your thoughts or sign up to write an article or two. In the meantime, don't hesitate to reach out to us via email or on social media @thecurrentnsu.

We're excited to end our last issue for the fall semester, we can't wait to return to you on Jan. 9, delivering the news, special features, sports recaps, A&E must-sees and opinions that you've come to expect. We are looking forward to it and hope that you are as well.

Of course, you can access video content at nova.edu.

See you in 2018,

Jenna and Michaela

---

**EDITOR'S NOTE**

The Catholic L.I.F.E. organization, in conjunction with the Respect Life Office in Miami, will hold the Respect Life Donation Drive from Monday Nov. 27 through Friday Dec. 8.

Marta Vargas, director of Catholic L.I.F.E., said that this event “is about [supporting] with each other” adding, “in this particular case, we are walking alongside parents that need a little help as they prepare for their joyful arrival, their baby.”

The collection drive will be all around campus collecting baby items that will help these families. The Respect Life Office in Miami helps families in need, not only with material items, but also by offering classes and volunteer opportunities on and off campus.

“...it’s making a difference, being the time of advent, which is that preparing, coming alive in each other…I think ultimately it’s [standing] with each other and celebrate the gift because it’s an opportunity to gather around, to make it to a meeting but would still like to help, they can donate goods.

“We will have donation boxes throughout the university. There will be one in the Alvin Sherman Library. For those that can’t make it to a meeting but would still like to help, you can access the application at nova.edu/studentorientation/orientation-leader.html.

Applications for Orientation Leaders open Dec. 4

Applications for the student-held Orientation Leader position open on Dec. 4. Orientation Leaders are a summer position and help welcome new Sharks to the university. The first information session will also be held Dec. 4 in the Student Affairs Building 106. You can access the application at nova.edu/studentorientation/orientation-leader.html.

Outdoor Adventures in hold Spring Break to Costa Rica

As part of NSU’s Outdoor Adventures program, students will have the opportunity to go to Costa Rica from March 5th. The trip will include all meals in the country, white water rafting, a jungle hike, housing/camping accommodations and more. Students who are interested will need to pay $4625 plus airfare and register by Jan. 7. Students must have a passport to attend. To register or for more information, visit sharkfins.nova.edu/studentorientation/orientation-leader.html.

**Admission Ambassadors information sessions begin**

For students interested in becoming Admission Ambassadors next year, the first information session, a mandatory part of the application process, will take place on Jan. 11 in Hurvit room 1148. Admission Ambassadors receive partial room/board scholarship and a biweekly stipend. Applications are now open on Orgsync until Feb. 1. For more information, contact sv1732@gymnu.nova.edu.

---

**Catholic L.I.F.E. to hold baby donation drive**

The Catholic L.I.F.E. organization, in conjunction with the Respect Life Office in Miami, will hold the Respect Life Donation Drive from Monday Nov. 27 through Friday Dec. 8.

Marta Vargas, director of Catholic L.I.F.E., said that this event “is about [supporting] with each other” adding, “in this particular case, we are walking alongside parents that need a little help as they prepare for their joyful arrival, their baby.”

The collection drive will be all around campus collecting baby items that will help these families. The Respect Life Office in Miami helps families in need, not only with material items, but also by offering classes and support to parents.

This event will take place in celebration of the birth of Jesus Christ. Vargas explained that many of the parents have their set of hardships as Mary and Joseph did when they were expecting Jesus to be born.

Vargas said the purpose of the event is to “celebrate life, new life and what it means because it’s an opportunity to gather around, to stand” with each other and celebrate the gift each person is.

“The time of the event is no coincidence. It’s timed in such a way that it falls during the time of advent, which is that preparing, that time of waiting for that beautiful arrival… there’s like a parallel there,” Vargas said, adding, “We are here to make the joy, the hope, come alive in each other. I think ultimately it’s about that, it’s making a difference, being the difference in each other.”

Claudia Stevens, junior president of Catholic L.I.F.E., said that this event was created to bring awareness of the difficulties many people go through in this time of the year.

“We forget to take a minute and step back and say, ‘wow, there’s a bigger community out there who really need our help’” and instead of buying a toy, buy something that they actually need like diapers or food,” Stevens said.

All students can be involved in this event. Catholic L.I.F.E invites everyone to go to their meetings Mondays from 4:30 - 5:30 p.m. in the Alvin Sherman Library. For those that can’t make it to a meeting but would still like to help, they can donate goods.

“We will have donation boxes throughout the university. There will be one in the [Alvin Sherman] library, DeSantis and Parker buildings and the residence halls,” Stevens said.

Additionally, if a student would like to volunteer for this cause, Catholic L.I.F.E, along with the Respect Life Office, has multiple volunteer opportunities on and off campus.

---

**Final installment of National Novel Writing Month Workshops takes place Dec. 2**

The three-part series hosted by the Alvin Sherman Library for National Novel Writing Month will end on Dec. 2 when author Diane Stuckart facilitates her workshop on self-editing from 3-3:30 p.m. To RSVP, students should go to sherman.library.nova.edu/sites/spotlight/series/writing-workshops/.

Students now have access to Kanopy streaming service

Anyone with a shark card can now have access to over 26,000 independent, international, classic or documentary films through the Library’s Kanopy streaming. To access this, students should go to kanopy.streaming.nova.edu, click “watch now,” type “Nova Southeastern University,” click “connect now,” and enter their NSU credentials.

RecWell aims to decrease stress during exams

RecWell will host a Stress Less week which includes a variety of activities to help students stay calm before their exams. The activities will include several yoga sessions throughout the week, a Wellness on Wheels Survival Bag give out and Dog Therapy on Monday, Coffee and Pastries on Tuesday, and Free Tea and Fruit on Wednesday. For more information, go to sharkfins.nova.edu/stress-less-week/.

---

**Fresh Food with a Tropical Twist**

Located on the corner of University & Stirling

10% discount with your NOVA ID!

Tropical Smoothie Café
5780 S. University Dr., Suite #106
Davie, FL 33328
954-880-0840
www.tropicalsmoothee.com

You"TEXT FRUIT" to 35350 for a FREE Flatbread & more great weekly deals!

99¢ Any Flatbread with the purchase of 24 oz. Smoothie

99¢ Any 24 oz. Smoothie with the purchase of a Smoothie

**News Briefs**

---

**Final installation of National Novel Writing Month Workshops takes place Dec. 2**

The three-part series hosted by the Alvin Sherman Library for National Novel Writing Month will end on Dec. 2 when author Diane Stuckart facilitates her workshop on self-editing from 3-3:30 p.m. To RSVP, students should go to sherman.library.nova.edu/sites/spotlight/series/writing-workshops/.

Students now have access to Kanopy streaming service

Anyone with a shark card can now have access to over 26,000 independent, international, classic or documentary films through the Library’s Kanopy streaming. To access this, students should go to kanopy.streaming.nova.edu, click “watch now,” type “Nova Southeastern University,” click “connect now,” and enter their NSU credentials.

RecWell aims to decrease stress during exams

RecWell will host a Stress Less week which includes a variety of activities to help students stay calm before their exams. The activities will include several yoga sessions throughout the week, a Wellness on Wheels Survival Bag give out and Dog Therapy on Monday, Coffee and Pastries on Tuesday, and Free Tea and Fruit on Wednesday. For more information, go to sharkfins.nova.edu/stress-less-week/.

Applications for Orientation Leaders open Dec. 4

Applications for the student-held Orientation Leader position open on Dec. 4. Orientation Leaders are a summer position and help welcome new Sharks to the university. The first information session will also be held Dec. 4 in the Student Affairs Building 106. You can access the application at nova.edu/studentorientation/orientation-leader.html.

Outdoor Adventures in hold Spring Break to Costa Rica

As part of NSU’s Outdoor Adventures program, students will have the opportunity to go to Costa Rica from March 5th. The trip will include all meals in the country, white water rafting, a jungle hike, housing/camping accommodations and more. Students who are interested will need to pay $4625 plus airfare and register by Jan. 7. Students must have a passport to attend. To register or for more information, visit sharkfins.nova.edu/outdoor_adventures/index.html.

Admission Ambassadors information sessions begin

For students interested in becoming Admission Ambassadors next year, the first information session, a mandatory part of the application process, will take place on Jan. 11 in Hurvit room 1148. Admission Ambassadors receive partial room/board scholarship and a biweekly stipend. Applications are now open on Orgsync until Feb. 1. For more information, contact sv1732@gymnu.nova.edu.
**Staying healthy and safe during the holiday season**

By: Madelyn Rinka  
News Editor

---

**Maintaining emotional wellness**

One of the main health concerns that people face during the holidays is trying to maintain a sense of well-being. Kristin Stover, an adjunct professor for the College of Psychology, said that one of the factors that can cause stress is strained relationships.

“Many individuals find the holidays a very particular difficult time because of strained relationships with family, friends and former romantic interests. The holidays seem to bring up lots of emotion attached to relationships. It can bring a considerable amount of discomfort to individuals during the holiday season,” said Stover.

One of the tips Stover suggests for students is to look at the holiday season as a time for relaxing.

“The holidays are not supposed to be stressful. It’s during those times that we hopefully all have time to take a nap, read a book and catch up on sleep,” said Stover.

Lydia Killios, a professor at NSU’s College of Psychology, said that another factor that can trigger stress is our holiday expectations.

“Even if there’s an event that we’re really look forward to, there can be a sense of wanting everything to go perfectly or exactly as we have imagined. Real life just doesn’t always live up to our expectations of this perfect event,” said Killios.

In times of stress, Killios suggested students pause and take 10 deep breaths to help bring things back to the present.

“It’s a nice reminder that we are only really responsible for our own behaviors in the moment,” said Killios.

“Taking a few deep breaths and calming the central nervous system is a simple and powerful tool.”

---

**Traveling smart and safe**

Whether you are driving or flying, any form of travel can prove stressful during the holiday season. Three factors contributing to stress are emotional triggers, time and distribution of routine.

“Understanding your emotional triggers is very important for individuals who experience stress during traveling. That sense of anxiety or stress that we feel is often based on us running out of time. If we can build in an additional half an hour to 45 minutes into our normal schedule, we might be able to alleviate a lot of that stress,” said Stover.

Another tip Killios had was bringing something along that gives you comfort and keeps you grounded in your normal routine.

“Whether you bring your yoga mat with you or your running shoes to join your family or friends for a walk or run, aim to maintain some healthy aspect of your routine.”

---

**Eating with purpose**

Stress and the celebratory vibe can make a perfect combination for overeating. One of Stover’s recommendations for students is to avoid overindulging because it can cause problems after the celebration is over.

Killios also cautioned against overindulging and said, “though it is a celebratory time of year, we can still use mindfulness and thoughtfulness to help ourselves feel our best and our most energized.”

---

**Handling social events and learning how to say no**

Social events can also be stressful, especially when you get the urge to say “yes,” go for the wrong reasons or are simply spreading yourself too thin.

“I think it’s sometimes difficult for students, particularly students who have gone away for school, to say ‘no’ to opportunities to meet with people. Unfortunately, it is very difficult to see everyone who wants to see you during the holidays. It is important to create a list of the activities and individuals that you want to see, visit and enjoy a meaningful time.”

---

**Lean on your family and friends**

“People who struggle with psychological conditions such as depression, struggle with an anxiety disorder or even just experience heavy stress burdens, having a loving or caring friend or family member as a sounding board is very significant tool in assisting in managing their difficulties,” said Stover.

---

**Staying safe during New Year’s Eve**

While you can have fun, it can prove beneficial to have a plan of action for the night. Ride sharing services and designated drivers can help those who had a little too much get home safely. Another helpful tip to stay safe is to be aware of your surroundings.

---

**Club Spotlight: Locks for Cause**

By: Gabrielle Thompson  
Features Editor

---

With hard work, dedication and a lot of passion, Locks for Cause was selected as the Registered Student Organization (RSO) of the Month for October. Locks for Cause was founded on NSU’s campus for six years, but has since grown and adapted.

President of Locks for Cause Simran Agarwal, a junior biology major, explained that the club used to focus on one main event, which involved asking participants to cut and donate their hair to make wigs for children with cancer. Because the club was shifted to promoting cancer awareness throughout the year.

“I think Locks for Cause is really unique because it’s not like the other pre-health clubs we have on campus. We really focus toward promoting cancer awareness and raising funds for research,” said Agarwal. “Each month has a different ribbon, so we try to do events that are tailored to that month to promote cancer awareness on campus.”

Agarwal is happy to see all of the club’s planning in action.

“I think the best experience [for me] would be planning and executing events. Last year, we were more in the planning stage and this year we’re actually doing stuff on campus. It’s really great to see our name out there and people actually recognizing us,” said Agarwal.

Locks for Cause also volunteers at Joe Dimaggio’s Children’s Hospital once a month and are working on a project for the hospital.

“We work a lot with Joe Dimaggio’s Children’s Hospital, our so we’re going to be doing some events that allow people sign on some motivational quotes. Those ornaments will go to the Christmas tree at Joe Dimaggio’s,” said Agarwal.

“Joe Dimaggio hasn’t forgotten about all the effort and hardwork that her e-board has put in, either. She recognizes the passion that her e-board has for the club, and knows that she could never do it all by herself.”

“Without their help, we would not be RSO of the month,” said Agarwal. “I would also like to thank our adviser Aaron Blair. He’s really supportive of our club and our goals.”

Locks for Cause has taken their passion and made it a driving force for the success of their club. With all their planned events to help spread awareness and education, it is no wonder why they are October’s RSO of the month.

Agarwal explained, “The best part [of Locks for Cause] is being able to share our passion for this club on campus.”

This month for “No Shave November,” Locks for Cause will be holding a fundraiser from the week after Thanksgiving for men’s health and prostate cancer. They will be selling hot chocolate and other holiday items.

The club is currently planning events for next semester, including a faculty mixer.

“We are going to have researchers coming in, doctors will be coming in and sharing their experiences with cancer and then survivors as well,” said Agarwal.

Locks for Cause meetings are open to anyone and everyone who is interested. Meetings are usually on Tuesdays or Thursdays, depending on the availability of the club’s members. The club invites guest speakers, professors and cancer survivors to attend their meetings and share their stories to promote education and awareness.
By: Aldana Foigel  
Contributing Writer

“I am going home in four weeks!” my roommate said, and I was in shock. Four weeks? How could the semester have gone by so fast? I am only three semesters away from graduating now, but I remember my first semester as if it was yesterday. If you are a freshman looking for some advice on how to make the best out of your second semester, this one is for you.

Getting laundry done
Have I left my clothes in the washing machine for too long only to find them on the floor when I went to put them in the dryer? Yes, more than once. Setting a timer on your phone should become essential when doing laundry. Keep in mind that there are a lot of people living in your building, and everyone just wants to get their laundry done as quickly as possible. If you have your clothes in the washing machine for too long, you might find them wet on the floor, and you are not going to be happy about it. Timing is the key.

Starbucks obsession
Most of us feel the indescribable excitement of having 24/7 Starbucks on campus. However, you must be careful. It could become an addiction, and you can run out of declining balance quicker than you might think. A good strategy for second semester could be limiting the amount of purchases you make per month. Managing the use of your DB is what will get you through the semester successfully. It might be about time to embrace the college-budget life.

Print out your syllabi before classes start
Walking into a new classroom can be nerve wracking, but it gets even worse when the professor starts talking about the syllabus and you feel completely lost. The syllabus not only tells you what you are supposed to do before every class, but it also gives you necessary information such as the professor’s contact information and your classroom’s location.

For your own sake, do not procrastinate on midterms and finals week
People say college is all about procrastinating which can become very stressful during midterms and finals weeks. However, these two weeks are only as stressful as you make them. Plan ahead of time, because if you don’t, you’ll cause unnecessary stress in your life.

Making mistakes is normal and it’s the only way to learn what to do and what not to do. However, not repeating the same mistakes over and over is very important. No one really enjoys failing a class or finding their laundry on the floor, so don’t be toouper if any of these things happen with you, because it is okay. Just make sure you learn from these events, and remember, college is meant to be a fun, learning experience.

Debunking the myths of Career Development services

Gabriela joined the Office of Career Development in July as a Career Adviser for Experiential Education and Learning. She believes that it is important to be student-centered and is excited to work with first-time college students on this initiative for Nova Southeastern University.

Have you ever heard the saying “Don’t believe everything you hear?” That saying is very true when it comes to Career Development Services. Below I have broken down what I believe to be the top five common myths about choosing a career.

Myth #1: Your choice of major is your career
Many individuals believe that what you choose as your major is going to transcend directly into a career. That is false. Nowadays you can go into almost any field, as long as you have the experiences to match what they are looking for. Your major is a field of study you are interested in, but just studying something in your building, and everyone just wants to get their laundry done as quickly as possible. If you have your clothes in the washing machine for too long, you might find them wet on the floor, and you are not going to be happy about it. Timing is the key.

Myth #2: A Career Adviser can tell you what career to have
As a student, it is best to remember that a Career Advisor’s role is to guide you as a student and as an alumnus. It is unethical to tell you what career you should go into. We are here to have conversations so that you can figure it out for yourself and have that “aha” moment.

Myth #3: Completing a Career Assessment will tell you exactly what you’re going to do
It is very common for students to ask to take a career assessment. If you believe that this assessment will instruct you on what to do, think again. It will, in fact, give you options based on your personality, skills and values. Once you have some options, a Career Advisor can help you to narrow them down and figure out what would be a good fit for you.

Myth #4: Being Undecided is a negative
If you are still deciding on a major or career path, don’t think that this is a bad thing. Actually, it can be a positive. Being undecided is a way for you to explore the things you like and don’t like about certain careers and fields. It is also a way for you to make sure that you are going into a field that you enjoy and see yourself staying in.

Myth #5: Career Services are only for seniors
Career Development Services start from freshman year all the way until after graduation. In fact, it is better to start early. The earlier you start working with career services the sooner you can begin working on your career goals.

Don’t just absent-mindedly believe everything you hear. It is never too late to visit career services and ask questions. Who knows, maybe the visit will open your eyes to new possibilities you’ve never thought of before.
A hands-on guide to making a Christmas tree sweater:

As college students, it can be quite hard to resist splaying out on a couch or bed during the holiday break. Attempting to make up for all of the sleep lost during the semester. However, while getting some much-needed rest is important, students should also try their best to enjoy the many events that South Florida has to offer during the Christmas season. Here are a few events to check out over the break:

**State of the art**

Sometimes going to an art exhibition can be intimidating, especially when security guards scrutinize your every move, or when you don’t have context for the artwork that you’re viewing. Enter: Art Basel Miami. One of the largest — and greatest — international art fairs that breaks the status quo of stuffy, clinical-like exhibition spaces. Rush ellows with the artists from more than 250 of the world’s top gallery spaces or join the crowd of visitors and explore the outdoor landscape near Collins Park and SoundScape Park beginning on Dec. 7. Students can buy discounted one-day tickets and find additional information about the event at baselmiami.com.

**Light ‘em on!**

Not planning to put up a tree this year but want to experience an awesome tree lighting? Or, do you just fancy watching the lights go up on an impossibly tall tree? Either way, the organizers over at Gulfstream Park have got you covered. Through Dec. 31, from 6-11 p.m., at the top of each hour, audiences can marvel at the park’s light show synchronized to loved holiday music and featuring a 50-foot Christmas tree. While waiting for rotating light shows, guests can also enjoy juggling acts and unlit walkers, train rides, live DJ entertainment and enter to win Cirque Du Soleil “Volta” tickets. For additional information, visit gulfstreampark.com/events-and-entertainment.

**Fairly entertaining**

Luckily for us, classes won’t resume until Jan. 8, which gives college students the perfect opportunity to get some last minute sightseeing in. On Jan. 6 and 7, Las Olas Boulevard will transform into a free art walk for the 38th Annual Las Olas Art Fair where more than 1200 artists will display and sell their works. Take a stroll down the boulevard on either day between 10 a.m. and 5 p.m. to see the artwork, meet the artists, learn about their techniques, chat with the curators or snap up some unique pieces. Visit artfestival.com/las-olas-art-fair-part-1 for more information.

**Looking for more holiday fun?** Check out an extended list on nscarnews.nova.edu.

---

**How to win your ugly Christmas sweater contest**

With all of the festive holiday parties coming up — and all of the mandatory ones — you may be looking for a funny outfit to spice up the party. Look no further than the ugly Christmas sweater. Whether you are a professional artist or have no artistic ability whatsoever, DIY ugly sweaters are the perfect holiday craft for you. They are meant to be ugly, after all.

**Professional wrapper**

For this DIY, you’ll want to grab any sweater of your choice and a few dozen bows. Even though the bows can stick on the sweater when you peel off the film, I would suggest super gluing or hot gluing the bows onto your sweater to ensure that they do not fall off during the party. If you are feeling extra festive, add bows to every inch of the sweater, front and back, including the sleeves. This simple sweater idea is sure to be a hit at your next holiday gathering.

**O Christmas tree**

Grab a simple sweater, some fuzzy green fabric and a few strands of silver garland. Sew or hot glue the fuzzy green fabric over the sweater to create the tree texture. Next, glue the garland around the shirt like you would wrap it around a real tree. Hang some plastic ornaments — not glass as they could fall off and break — on the tree. For this festive look, you’ll need a brown sweater, some felt in black, white and brown, and a light up red nose. Start by cutting out two eyes — two long, white ovals for around the pupils and smaller black ovals for the pupils. Next, hot glue those together to create two deer eyes. Cut out a black oval nose and a pair of brown antlers. Lay out the anatomy of the deer on your sweater, then super glue it into place. You can choose to leave the antlers a little floppy and 3D or secure the entire thing together. Either way, your reindeer is ready to wow your fellow party goers when you light up his nose.

**Florida Christmas**

Just because it’s Christmas doesn’t mean you have to give up your sunglasses and flip flops. For this Christmas sweater idea, cut out a palm tree using green and brown felt and piece it together with hot glue. Next, attach a Christmas bulb light strand onto your palm tree. If you want to get really creative, you could also cut out some other tropical icons, like a bright pink flamingo, a fun pineapple or a beach chair. Voila, your Christmas in Florida sweater is complete.

**Spell it out**

When all else fails, there’s no shame in keeping it simple. If you are running low on time or you are simply feeling lazy when it comes to your ugly sweater creation, just grab a sweater and a fabric marker. Write out “This is my ugly Christmas sweater” with your marker and let it dry. If you want to add a little something more, consider some festive doodles of mistletoe, snowmen and Christmas lights.

---

**Not-so-classic Christmas movies to watch this season**

**“The Polar Express” (2004)**

Take a train to the North Pole for a magical experience on the Polar Express. This classic will evoke childhood nostalgia as it explores the coming of age process of a young boy in a fantasy world, while provoking the imagination and dreams of children. “The Polar Express” timeless narrative makes it a fan favorite for the entire family.

**“A Charlie Brown Christmas” (1965)**

One of the most iconic staples of holiday cinema, “A Charlie Brown Christmas” is a must-see holiday season. This film delves into the root of what Christmas is according to Charlie Brown: a magical moment where family and friends unite around a meager Christmas tree regardless of their material possessions.

**“Elf” (2003)**

An elf by the name of Buddy (Will Ferrell) discovers that he is human, and journeys from his home in the North Pole to New York City in search of his biological family. The characterization of Buddy as innocent and childish allows for adults and youths alike to view Christmas in an enthusiastic manner.

**“Bad Santa” (2003)**

Watch a grumbling man (Billy Bob Thornton) along with his colleague (Tony Cox) dress up as Santa and one of his elves in a bad Santa most definitely on the naughty list. Though dissimilar, there is one thing all Christmas movies have in common: the holiday spirit makes it a fan favorite for the timeless nature makes it a fan favorite for the entire family.

**“Home Alone” (1990)**

Few children can deny that their parents get on their nerves sometimes. Eight-year-old Kevin McCallister (Macaulay Culkin) can’t deviate from this pattern, as his wish of not having a family is fulfilled when his parents accidentally leave him home alone during their family trip to Paris. Though the plot points are fairly entertaining, the absurdity of the situation further contributes to the charm of this film as a whole. The holiday decorations throughout Kevin’s house live and intensify the film as he must protect his spirit house by himself on Christmas Eve from his local neighborhood robbers (Joe Pesci and Daniel Stern).
New York alternative hip-hop artist Billy Woods is a bit of an enigma. While he has been tirelessly active and well received in the world of underground hip-hop, both as a solo artist as well as member of Armand Hammer, he is also very elusive and secretive. This personality trait is well reflected in Woods’ music. Known for putting out dark and moody content, Woods focuses on a variety of deep thought topics in his lyrics such as prejudice and existentialism. With over 13 full albums under his belt, seven of which are under his own name as a solo artist, Woods seems to have found comfort in his style and presentation. His most recent solo album “Known Unknowns,” released June 9, is a solid and satisfying project with a whopping 18 cuts, all of which keep up with Woods’ usual visual narrative and are produced by trip-hop producers Blokhead and Anoop Rock. However, while Woods’ music usually sticks to a consistent mood or tone, there is a lot more variation and innovation on “Known Unknowns.”

Best cuts

While high praise can be given to every track on the record, two stand out above the rest. On “Taking a Few Steps,” Wickens takes a few steps off of his comfort zone right above the rest. A great example is “Wonderful,” featuring vocals from fellow underground rappers Anoop Rock and Homeboy Sandman. The instrumental is rich with diversity and flows a little differently with each of the rappers’ verses. It blends instrumentation from a variety of styles and eras including jazz piano chords, radio broadcast snippets, grungy guitar riffs and deep punchy drums to bring it all together. Each rapper takes turns making sarcastic commentary on the passage of time and regents at the end of a lifespan, making the cut highly introspective and hard to digest just with one listen.

“Strawman” marks the biggest departure from Woods’ usual style, mostly in terms of the instrumentals and tone. It mixes elements of both indie dream pop and soulful R&B, which is a strange mix on its own, but on a Billy Woods track it almost seems natural. It has moody guitar chord progressions and light tinny percussion reminiscent of a DIY track mixed with soulful, jazzy saxophone lines topped off by smooth vocals from Barrie McLain. The somber mood that these elements provide are backed up by equally somber vocals from Woods. He raps about himself being a straw man, empty and hollow. He argues internally with himself about what is right and wrong and whether or not he’s made the right choices. While Woods is already known for dark and personal lyric writing, this track may just be the most emotional track he’s ever released.

Billy Woods is already well Celebrate the holidays with family and friends by making your own custom decorations. It’s a fun and satisfying project with a few simple steps. With the holidays under way, our staff is excited to spend them with their loved ones. Holiday cheer is in the air, so check out some of our favorite holiday traditions and adding them to your holiday bucket list this year.

Sydney Stoneback, visual design assistant, said:

“Every year for Christmas my family and I travel up to Minnesota for a few weeks. My favorite part of the whole trip is that on Christmas Eve we all put together a big breakfast and we all play pond hockey. Since my family and I are the only ones that don’t live in the north, it’s pretty comedic to watch us attempt to skate around without wiping out every minute.”

Madelyn Binko, news editor, said:

“My family and I always bake a ton of Christmas cookies. We usually end up with ten or so dozen from thumbprint, to meltaways, and some color.

Tinsel tree

With the holidays under way, our staff is excited to spend them with their loved ones. Holiday cheer is in the air, so check out some of our favorite holiday traditions and adding them to your holiday bucket list this year.

Sydney Stoneback, visual design assistant, said:

“Every year for Christmas my family and I travel up to Minnesota for a few weeks. My favorite part of the whole trip is that on Christmas Eve we all put together a big breakfast and we all play pond hockey. Since my family and I are the only ones that don’t live in the north, it’s pretty comedic to watch us attempt to skate around without wiping out every minute.”

Madelyn Binko, news editor, said:

“My family and I always bake a ton of Christmas cookies. We usually end up with ten or so dozen from thumbprint, to meltaways, and some color. It’s raining snowflakes, gingerbread men and stockings. Its raining snowflakes, gingerbread men and stockings. Its raining snowflakes, gingerbread men and stockings.

Tinsel tree

With the holidays under way, our staff is excited to spend them with their loved ones. Holiday cheer is in the air, so check out some of our favorite holiday traditions and adding them to your holiday bucket list this year.

Sydney Stoneback, visual design assistant, said:

“Every year for Christmas my family and I travel up to Minnesota for a few weeks. My favorite part of the whole trip is that on Christmas Eve we all put together a big breakfast and we all play pond hockey. Since my family and I are the only ones that don’t live in the north, it’s pretty comedic to watch us attempt to skate around without wiping out every minute.”

Madelyn Binko, news editor, said:

“My family and I always bake a ton of Christmas cookies. We usually end up with ten or so dozen from thumbprint, to meltaways, and some color.
Women's Swimming

Aloha from the Swim Team

By: Aldana Foigel
Contributing Writer

Originally from Ambler, Pennsylvania, freshman Jenna Johns started her first season as a Shark by naming three SNC Swimmer of the Week awards. Driven, passionate and excited about her first year at NSU, Johns is preparing for the big events that the spring season has in store. The Sharks dominated at conference last year, and Johns is hoping to have a good performance and planning to give her best to her team.

How old were you when you started swimming?

“I started swimming when I was five. I was at our summer pool and one of the men ran really late, and I was watching them, and I was like ‘Hey mom, I wanna try that.’ So she signed me up for the swimming team; I have been doing it since then.”

So, you have been swimming for 13 years now. Do you ever feel like you get tired of it?

“I do, but then I think how it has been so rewarding at the end, and how I love all my teammates. So, it is definitely worth it.”

What are your feelings towards coach Hewitt?

“My mom used to swim. She did lacrosse and field hockey as well. I did all three growing up but I stuck with swimming.”

What is your favorite thing about NSU?

“It is really nice because in college you can get lost; there are so many people. You have to make all new friends, but coming as a student-athlete, you know you already have that instant family. You always know that there are people you can go to, if you need help. I know that bunch of the girls (in the swimming club) help us with homework and staying organized academically and what not. The second part is getting to know all the student-athletes. It’s really cool how we are all like a little community. I would mainly say that you have an instant group of friends and family that you can rely on. That was the most beneficial thing.”

What is your favorite thing about NSU?

“That’s hard; I like a lot. Obviously, the weather and the campus is beautiful. I feel like it’s a good size [college campus] and I really like the class sizes because, at those big [Division I] schools, you’re just another number. Here you get to actually know your professor, who could potentially write you a letter of recommendation for a job or grad school or something. That’s definitely the main reason why I love it down here.”

Do you have any hobbies outside of swimming?

“I do graphic design and photography. I may or may not be designing our conference shirt; I am still working on it. I did four years of photography in high school and I did AP photography and graphic design my senior year and I just love it, it’s so much fun… I love doing sports and action shots.

Men’s Basketball

The Sharks beat the Lynn University Fighting Knights 87-81 on Nov. 15. It was their first win against Lynn in an away game since January 2014. NSU brought the energy early on in the game, leading 28-9 by minute 7:21. In the rest of the first half Lynn caught up, though the Sharks maintained the lead and ended the first half with a score of 50-44. The second half saw more of the same ‘cat and mouse’ chess, though the Fighting Knights never surpassed the Sharks. With a tenacious two-point lead and 1:23 minutes remaining, senior Gerard Tarin came up with a left-handed tip in to keep it a two-possession game.

Women’s Basketball

On Nov. 15, the Sharks of the women’s basketball team also saw a win with a 70-66 win in a game against Lynn University. Though Lynn came out with the early lead, the Sharks took a quick time-out and caught up quickly, maintaining their lead into the second half of the game. The second half saw the Fighting Knights temporarily regain the lead until a three-pointer by sophomore Cheray Saunders, put NSU back on top a minute later. The fourth quarter remained close, with NSU’s lead 67-66 with less than a minute left. However, Senior Amanda Tienius and Saunders ensured the win with free throws.

Women’s Swimming

NSU’s women’s swimming team had its second straight Sunshine State Conference road win against Lynn University on Nov. 17. The Sharks wins in the 400-medley relay with a time of 3:52.10. Freshman Emma Suntuljed and sophomore Abigail Hartley had two individual victories each, and senior Sydney Panzarino and freshman Jenna Johns had wins in the 50 and 100 freestyles. The Sharks won the 200-yard freestyle relay with a time of 1:36.70, missing the standard by three seconds.

Women’s Volleyball

The women’s volleyball team fall 3-0 to the 20th ranked Florida Southern College Moccasins on Nov. 17. The Moccasins had momentum on their side in the first set, finishing 25-13. Though the Sharks held their own in the beginning of the second set with an ace by junior Samantha Blasiko and a kill by junior Demryn Tyler-Palmer, the Moccasins closed out the second set with a score of 25-22. The third set began with the two teams being “neck and neck,” but again the Moccasins were victorious, ending the set with a 25-18 score.
Opinions Editor
By: Christina McLaughlin

30-Day Challenge

Pros

30-Day Challenges were created for the workaholic, which fits the category that most college students fall under. It might be hard to find time in our busy schedules to head down to the gym for a workout, but you can still maintain a healthy weight or other fitness-related goal. After the first few weeks of January go by, the gym is left bare again as many give up. This type of workout regime, however, is a great stepping stone to achieving a healthier lifestyle. Constantly being in the public eye while struggling to lift a weight can be intense for some people, but these exercises diminish that fear. Challenges are often advertised in newspapers and on social media, which shows you the exact steps you need to take to prevent injury and public embarrassment. Another complaint at the gym is that people feel that they aren’t advanced enough to work out. This is totally inaccurate and the challenges address that fear, too. Most challenges are set for your standards, with most of them offering beginner sections and easier manipulations in the first week and then prepare you for the more difficult activities.

Cons

The one major con to this trend is you will never get the results you want. Most of these challenges are built for the general population and not all of us fit those specifications. The intensity of one workout might be too high for one individual and low for another. That is where personal adjustments must be made to ensure that you are working out and strengthening your body in the safest way possible. Even though it is a challenge, it’s important to do what you are capable of and not force your body to accomplish something it’s not ready to do since it may cause serious injury. These challenges are often advertised by mass media to be all-encompassing and promise for desired results, but this isn’t always true. It’s important to remember that diet and exercise go hand-in-hand and you must maintain a diet of healthy foods to ensure that the workouts are benefiting your body in the best possible way. These challenges might advertise drastic results, but you can’t expect your body to change overnight. However, that doesn’t mean you can’t get the ball rolling with a challenge to push yourself to reach a goal.

“30-Day Challenges should jump start you into making realistic dietary and fitness changes you can stick with long term,” said Erin Palinski-Wade, registered dietitian, on everup.com.

Overall these challenges may prove to be ideal when tackling New Year resolutions. They can open up the doors to a healthy new year and challenge you to push yourself, both being quintessential tasks for improving your quality of life. But, just like anything else in this day and age, you need to approach it carefully, safely and follow guidelines to sustain the effectiveness of the challenge.

30-Day Challenge

As each New Year arrives, gyms and other fitness institutions are jam-packed with new wellness hopefuls who wish to maintain a healthier weight or other fitness-related goal. After the first few weeks of January go by, the gyms are left bare again as many give up those goals after realizing the time and dedication some of these fitness programs require. According to U.S. News & World Report, nearly 80 percent of New Year’s resolutions, fail. People tend to want fast results with minimal exertion or exercise on their part, which is not always possible. As such, a new fitness trend, 30-Day Challenges, have become mainstream.

There are countless apps, magazines and other outlets that are advocating for this new fitness regime. There are many pros and cons to this type of workout regime but when you look at it in a general perspective, 30-Day Challenges are a great stepping stone to achieving a healthier life.

By: Carla Elizabeth

NSU Aquatic Complex
Dec. 2 | 12:30 p.m.
Woman’s Swimming

ON DECK

ON DECK

MEN’S SWIMMING
vs. Tampa
Dec. 2 | 7:30 p.m.
NSU Aquatic Complex

WOMEN’S BASKETBALL
@Florida Southern
Dec. 2 | 5:30 p.m.
Lakeland, Fla.

vs. Grand Valley State
Jan. 2 | 1 p.m.
NSU Aquatic Complex

vs. William Jewell
Jan. 2 | 1 p.m.
NSU Aquatic Complex

WOMEN’S SWIMMING
vs. Tampa
Dec. 2 | 10 a.m.
NSU Aquatic Complex

vs. William Jewell
Dec. 2 | 1 p.m.
NSU Aquatic Complex

vs. Grand Valley State
Dec. 2 | 1 p.m.
NSU Aquatic Complex

OUT OF THE SHARKZONE

UCLA shopping case resolved

According to ESPN, UCLA’s men's basketball freshman players LiAngelo Ball, Cody Riley and Jalen Hill were accused of shoplifting sunglasses from a Louis Vuitton store in Hangzhou, China on Nov. 7. During President Trump's two-day visit to Beijing, he asked Xi Jinping, president of China, to look into the case. After a week of investigations, the UCLA freshman were released. returned to Los Angeles on Tuesday Nov. 14 and have since gone back to the university campus. However, following the boys’ release, media personality LaVar Ball, a father of one of the athletes, stated that President Trump did not have as much to do with their release as held like Americans to think. Later, on Nov. 19, President Trump iterated his disclaim for Ball’s comments by tweeting that he “should have left them in jail.” The Hill reported that on Nov. 25, Ball fired back at the leader stating that he would offer President Trump some shoes so that he could “calm down a little bit.” According to the Washington Post, as of Nov. 15, the athletes have been suspended from the team.

Carlos Beltran announces retirement after 20-year career

On Nov. 13, Carlos Beltran, outfielder for the Houston Astros, announced his retirement in a blogpost on The Players’ Tribune. Throughout his career, Beltran was a nine-time All-Star and hit 435 career home runs. He played for seven professional teams including the Astros, Kansas City Royals and New York Mets. Beltran wrote, “...I am blessed to be a champion. But, now my time as a player has come to an end.”

Danica Patrick announces her retirement from NASCAR

NASCAR’s best female driver Danica Patrick announced in a conference she is quitting after five full season in the racing circuits. According to The Washington Post, the 35-years-old driver said in between tears that there were some “nudges” that led her to this decision. One of them being some sponsorship issues she faced earlier this year. "I definitely faced situations at the beginning of the year that I’ve never faced before,” Patrick said in her conference. “It made me think about things.” However, she also announced she won’t be fully retired until next year since she is set to participate in the Daytona 500 and Indianapolis 500.

Papa John’s apologizes for recent NFL anthem criticism

On Nov. 13, a representative for Papa John’s pizza responded to the recent interpretations of the company’s opinion regarding the NFL’s management over the anthem debate. The company released an informative apology on Twitter stating that, “they believe in the right to protest inequality and support the players’ movement to create a new platform for change.” They also iterated their hopes to work with players and the league to find a positive way to move forward. This was all in response to their recent statements where the company’s CEO, John Schnatter stated that he felt they negatively affected their recent profit margins.
By: Miguel Gonzalez
Contributing Writer

We enjoy holiday shopping to such an extent that it has become more important than the holidays themselves. No matter how crowded the malls get or how much time we sacrifice with our loved ones, we still love shopping, even if it’s during uncommon times like 11 p.m. or 6 a.m. But the problem is, there is a group of people who are affected by the popularity of holiday shopping: the retail employees.

Retail employees are the ones forced to sacrifice time with family during the holidays to work with millions of people who literally fight between one another to “cucp” the last pair of shoes or the last jacket on clearance. Employees are also forced to stay at work into the wee hours of the morning to close the stores and help clean up. Personally, as a retail employee that worked during the holidays before, I was finally able to go on my phone and see all I’ve missed, as well as messages saying, “Your wish you could’ve made it to dinner.” Here is where the emotions get involved for a retail employee, and this is one of those personal aspects that not everyone thinks about. Yes, retail employees do have feelings when they know they missed seeing their loved ones on such an important date.

Although, the holidays are a great opportunity for workers to make more money since some companies offer them “time and a half” or higher commission, there are memories that are made on holidays that sadly, many of these employees miss and are irreplaceable and hard to recreate. I think that a great solution for everybody to be happy is to reopen stores a day or two after the holidays, and offer sales then. That way, the employee can both earn money and spend time with their loved ones.

Hopefully, this changes some perspectives about shopping during the holidays. Please be respectful to any associate that is helping you, because they might be losing more than what they are earning.

**Opinions**

**Retail employees should enjoy the holidays too**

By: Clarisse Khouri
Contributing Writer

I'm hiking up the steps that separate the dichotomy of Montmartre and the Basilica of Sacre Coeur in Paris. Sure, the latter is breathtaking. But looking closely, you may notice the reality of the place: it is centuries old. I look around the old buildings and residential apartments where, interestingly, many prominent 20th century artists lived. Then, something catches my eye and my attention is directed toward a rundown building with an odd-looking figure that does not blend with its environment. It's a spray-painted image of a little girl running across the building's roof, and I realize it's graffiti. This graffiti then becomes a topic of discussion for my family and the tourists around us who disapprove. My heart lightens at the power that graffiti possesses in creating an atmosphere that publicly admires the anonymous artist's work. As you've ever stepped foot into the outside world, you've probably noticed various spray paint forms that are on concrete walls in bustling cities or even in the playgrounds of your local community that are, at times, indecipherable. Graffiti is prevalent, and sometimes, inevitable. Therefore, any graffiti crackdowns over the years and the police in big cities have issued fines of more than $250 for such “crimes.” Some say that this type of vandalism destroys the urban landscape and others believe it deteriorates public property. But, could graffiti be used for the public good?

Graffiti, for the most part, allows those with artistic motivation to create unforgettable possibilities that inform the public through timeless works of art. Instead of creating art for galleries, they showcase their work to any person that walks through the streets. Also, graffiti grants these artists the ability to alter the grim setting cities or suburbs may have. Banksy, certainly proves to be the epitome of this aspect. For instance, a continuous figure, he travels around the world to create intricate displays of art in murals and walls that always provide social messages through simple tools: stencils and spray paint. Whether it is on the technological revolution/down or “Black Lives Matter” movement, his graffiti vividly illustrates these issues in satirical, and often times poignant, ways. Recently, he went all the way to the West Bank to contribute to the graffiti on the wall that separates Israel and Palestine, painting a dove wearing a military jacket with a target, and a rat holding a sling shot. Although controversial, these pieces of art speak on issues that, for many, can be too taboo to mention openly. He has revolutionized the true meaning and purpose of graffiti.

It is true that graffiti can be used as a mode to deface architecture or buildings in cities. However, there are numerous instances where graffiti artists have gone to the streets to beautify slums in urban communities and areas that seemed inconceivable for the public eye. As an anonymous figure, he travels around the world to create intricate displays of art in murals and walls that always provide social messages to onlookers or tourists, graffiti can have the ability to lighten the mood of those who come to dinner. Here is when the emotions get involved for a retail employee, and this is one of those personal aspects that not everyone thinks about. Yes, retail employees do have feelings when they know they missed seeing their loved ones on such an important date.

Although, the holidays are a great opportunity for workers to make more money since some companies offer them “time and a half” or higher commission, there are memories that are made on holidays that sadly, many of these employees miss and are irreplaceable and hard to recreate. I think that a great solution for everybody to be happy is to reopen stores a day or two after the holidays, and offer sales then. That way, the employee can both earn money and spend time with their loved ones.

Hopefully, this changes some perspectives about shopping during the holidays. Please be respectful to any associate that is helping you, because they might be losing more than what they are earning.

**For High School and College Students**

NSU students, staff and faculty, community leaders, and media professionals.

**Registration**

Free for NSU Students. $10 for non-NSU students

Open December 7, 2017 – January 19, 2018

Visit www.nova.edu/leadmediaconference for more information.
World AIDS Day Seminar

12/1/2017 – Jonas Auditorium
3:30pm – 5:00pm

Dr. Bindu Mayi and the College of Medical Sciences are pleased and honored to present two prominent HIV researchers in a talk about AIDS/HIV. RSVP by November 30 (ahathaway@nova.edu) so we can be sure to have enough refreshments. This activity has been awarded 1 hour of AOA Category 2-A Credit.

Dr. Stephen O’Brien is a Professor in the Halmos College of Natural Sciences and Oceanography at Nova Southeastern University. Dr. O’Brien’s scientific career has been a model for integrative collaborative cross-disciplinary translational research. His decision in the early 1980s to enter long-term collaborations with AIDS epidemiologists to search for AIDS restriction genes, human gene variants that influence the outcome of HIV exposure and infection, culminated in the discovery of CCR5-Δ32, which protected homozygous carriers from HIV infection. That discovery led to novel FDA-approved entry inhibitors for HIV therapy, to the “Berlin Patient” stem cell transplant, the first ever cure for AIDS using a homozygous CCR5-Δ32/Δ32 marrow donor, and to the use of CCR5 entry inhibitors to ablate GVH rejection of bone marrow transplants to lymphoma patients.

Dr. Shannon Murray is an Assistant Professor in the College of Allopathic Medicine and the Cell Therapy Institute at Nova Southeastern University. Dr. Murray’s research transverses the areas of viral and cancer pathogenesis, genomics, and immunology. Dr. Murray’s laboratory studies what components of the immune system control the size of latent viral reservoir during HIV infections; and why many chronic viral infections increase cancer risk, including why HIV-infected individuals have higher rates of certain cancers than the population at large. Dr. Murray’s lab is a recipient of a State of Florida Institute of AIDS and Emerging Infectious Diseases Pilot Award. Dr. Murray has authored research publications in the field of HIV pathogenesis and a chapter in the Encyclopedia of AIDS.
Sorry, but the Victoria’s Secret Fashion Show gets it all wrong

By: Jenna Kopee
Co-Editor-in-Chief

Throughout history, women have often been shamed for being sexual beings, but there’s been much progress made on that front since second-wave feminism happened in the 60s and 70s. On a more important note, there’s a difference between sexuality and sexual objectification. Nothing about the Victoria’s Secret Fashion show, at its core, shares a message that women hold any agency. Instead, these women dress up in beautiful million dollar bras, train for months to be as thin as possible and strut on stage for everyone to look at them. That’s right. Victoria’s Secret’s secret is that women are still objects to be looked at rather than people who do things.

Even the concept of the angels reverts back to the antiquated desire for women to be pure rather than autonomous, as Jill Filipovic, lawyer and political and gender writer for Cosmopolitan and The Guardian, stated. As these incredibly beautiful women strut for show, the label of angel gently reminds the audience that these women are still “good girls.” Filipovic argues that this does the exact opposite of embracing female sexuality.

But the worst part of the show? The females that model are one body type. There’s nothing wrong with being thin, but Victoria’s Secret, like the majority of the modeling industry, ignores the existence of other body types which can be so damaging to the self-esteem of young girls.

What’s worse is that now the models are sharing their workouts routines — which by the way, are equal to that of an athlete — and somehow that means that it’s okay to only represent one body type as long as they work really hard at it. But if you can’t afford the Velashape III treatments that People magazine reported the models receive, or if your body just isn’t set up to look that way, it still sucks that your body type isn’t considered desirable.

NSU to cancel final exams because of effects caused by Hurricane Irma

In an email sent to faculty and students on Nov. 17, NSU informed the community that they were cancelling each final exam for every course this fall semester on all campuses. The decision was made after a meeting with President Hanbury which occurred on Nov. 15.

“These types of storm are very unusual in Florida,” Hanbury stated. “We weren’t able to predict that this hurricane was going to hit us this way.”

Administration has determined that Hurricane Irma is a very class behind, and that catching up before the finals week would be impossible, according to Vice President Jordon Hamencon.

“The faculty members are feeling as much stress as students do on a daily basis,” said Hamencon. “We can’t let them go through that.”

The meeting started with Hanbury who began describing all of the damages Hurricane Irma caused to its campuses. With the aid of a PowerPoint presentation, he showed graphs which measured the high stress levels of students and faculty members. It was then decided that final exams would be canceled. Additionally, faculty members will be offered personalized yoga classes through the end of the semester to deal with the overwhelming stress.

Many faculty and staff members have already shown their support regarding this decision.

“Many of my students were very happy to hear this news. Some of them starting crying,” he added.

However, students like Brian DeMarco, sophomore communication major, voiced his discomtentment with the decision.

“It’s so unfair for many of us, I was supposed to do well on the final in order to pass biology and now that I won’t have a chance to bring my sem grade up, I guess I’ll have to take biology next semester as well … Thanks Irma!” said DeMarco.

Finals week will be early vacation for all. Hamencon suggested that students and faculty enjoy their vacations a week early to make the best of the situation.

Opinions
November 28, 2017 | nsucurrent.nova.edu

For me it was mostly time management because I’m a student athlete — I run track — so trying to find a balance was hard. I’m taking 18 credits this semester so balancing that and the sports has been difficult.

Next semester, I’ll make more schedules to get my work done on time so I can go to sleep at a certain time so I’d have enough rest for practice so that’s what I’ve been working on.

– Aminokhiya Bryant, freshman political science major

“Well, I’ve been working a lot — I’d say that’s an obstacle. I guess to combat that you have to really organize and manage your time well because you don’t have as much free time to study and stuff.”

– Daniel Wilson, junior biology major

“The biggest obstacle was getting used to the area, getting used to being in grad school, and transitioning from a large institution like Mississippi State and coming to NSU which is a small, private institution. I just had to really get used to it and think about all the positives being here, like being at a smaller institution I’m closer to my professors. I’m able to build that connection and get that extra help outside the classroom. I tend to know more people as I’m walking across campus and that created a sense of belonging. I just see the beauty now of being at a smaller institution and that’s how I overcame it.”

– Adonis McCullum, first-year college affairs student

“Sleep. Sleep is something that I need to improve on for sure. It’s my first semester here so I’m trying to figure out where I should put my naptime at, and when I should stay up and where I shouldn’t stay up until one or two in the morning staying up and doing assignments. So I need to work on time management.”

– Maria Pusateri, freshman behavioral neuroscience major

“This semester, the problem I had was waiting until the last minute to do assignments. So next semester, if I ever encounter this type of situation again I will know how I am, and that other people are different and not to be brought down by it but to embrace the difference.”

– Nicole Olson, third-year osteopathic medicine student

“I’m in the medical school here and I was [stationed] in surgery last month and I had a preceptor who has a completely opposite personality than I do and the personality differences were causing communication and performance conflicts in the rotation. I guess I was struggling with the decision of changing the way that [I] act to be more like him or just stay how I am and try to reason with myself that it’s okay to be different. So, I think that next semester, or if ever encounter this type of situation again I will know how I am, and that other people are different and not to be brought down by it but to embrace the difference.”

– Diego Galvez, Sports Editor

Serious Kidding
A satire column.

What obstacles have you experienced this past semester? How do you plan to overcome them next semester?

“I’m in the medical school here and I was [stationed] in surgery last month and I had a preceptor who has a completely opposite personality than I do and the personality differences were causing communication and performance conflicts in the rotation. I guess I was struggling with the decision of changing the way that [I] act to be more like him or just stay how I am and try to reason with myself that it’s okay to be different. So, I think that next semester, or if ever encounter this type of situation again I will know how I am, and that other people are different and not to be brought down by it but to embrace the difference.”

– Nicole Olson, third-year osteopathic medicine student