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NSU welcomes students into new Interfaith Room

By: **Christina McLaughlin**
Opinions Editor

Starting this fall NSU students, especially students of faith, are invited to a new space on campus for faith-based clubs and organizations. The Interfaith Room will be used as a location for organizations, faith-based gatherings and for students looking for a space to reflect. Located on the third floor of the Student Affairs Building, this space will be shared equally between all clubs and organizations with a smaller attached room specifically designed for Muslim students as a place of prayer.

The Interfaith Room was designed with the help of Erin Sicker, executive assistant to the vice president of student affairs, dean of the college of undergraduate studies Brad Williams and Michelle Manley, interim assistant dean of student development. Manley and Sicker worked together to decorate the space and create a welcoming environment.

“We tried to [create] a warm, welcoming and inviting space. We didn’t want it to be cold and sterile and we had to make sure that no one religion was represented over another,” said Sicker.

The room is outfitted with a kitchen, including a refrigerator, microwave and cabinets. There are also shelving units, cubbies and other storage containers within the room so students can make the room their own. “There are six six-foot tables and 48 folding chairs so students can use them [to accommodate] groups. All the furniture is multi-functional and will focus more on the corners of the room so students have the



PRINTED WITH PERMISSION FROM C. MCLAUGHLIN
IMAN holding a Halaqa, an Islamic lecture series led by Jamil, center, in the new Interfaith Room.

option to rearrange [the room] in any way they want,” said Sicker.

In the past, students of faith would have to reserve rooms and other areas around campus to pray and hold services like the so-called “prayer corner” in a small hallway of the library for Muslim students or the other Inter-Faith room in the HPD.

“We would pray on Fridays and have sermons and prayers called Khutbahs. So we needed to carpool over to [HPD] and it became difficult to orchestrate,” said Uzma Jamil, president of IMAN.

According to Merlee Mallat, president

of Ablaze, a non-denominational Christian organization on campus, “being dedicated to one’s faith in a secular environment can be a challenge, but it is so much easier when one has access to resources like [the Interfaith room].”

Although its intended purpose is for religious groups, this new space is open to all students, faith-related or otherwise.

According to Miriam Mahmoud, general member of IMAN, “It didn’t only open up a small room for IMAN but, it opened up a space to the student body to have a place to go. That’s why we call it the Interfaith room; where students can have somewhere on campus to go

and feel safe and peaceful.”

Throughout the process, many religious groups were able to collaborate. The Hillel Center of Broward, an organization focused on Jewish life on local college campuses, renovated the space right next door to the Interfaith room. In Jamil’s view, it brought together that community that NSU is always advertising and emphasizing in way of campus diversity. “This [new space] is NSU”.

Other clubs are also excited about this new space and the connections and relationships it can foster within NSU. “Delight is always looking for a new place to come together to foster relationships together, be vulnerable with one another and grow in our faith together, and this room provides a comfortable place to do so. We can’t wait to begin using it,” said Hannah Farley, president of Delight, a Christian women’s group on campus.

In the future, Hillel of Broward County and Palm Beach will also open a small study space open for students in the coming weeks. Both these spaces will be open to all students to study and relax in a stress-free environment.

Students interested in using the space for religious meetings and other events can do so by emailing interfaithroom@nova.edu to reserve with specified times and dates. For non faith-based students interested in using or visiting the space, the availability will be posted daily outside the main door for easy access.

NSU’s food court gets a fresh new image

By: **Madelyn Rinka**
News Editor

Beginning in August, NSU unveiled a new food court for students and staff of the university.

Breaking away from the former pay-per-plate style of dining, the new set up allows students the option to purchase an “all you care to eat” swipe during specific, designated times each day for \$10.50. The change came after NSU’s dining services spoke with students about what they would like to see in the dining hall last semester.

“The students’ idea to offer one-price dining periods required extensive remodeling, for example, but it was one that we were happy to help make happen,” said Katryna Vanande, senior director of dining. “Chartwells partnered with NSU’s Division of Business Services, Facilities Management, and Student Affairs to establish the first-ever hybrid dining solution. The a la carte periods cater to the needs of all students and visitors. The one-price dining periods cater to the needs of student residents.” The all you care to eat dining is offered for dinner Monday-Friday, 4:30-9 p.m., and Saturday and Sunday from 4-8 p.m., as well as weekend brunch from 9 a.m.-2:30 p.m..

New stations such as Create, 2.mato, Grill Nation, Home Cooking, Mondo Subs

and Rooted offer a wide variety of foods from Italian to Asian fusion cuisine. Flight Deck also has a new menu, featuring a realistic vegan “impossible” burger, fried ravioli, Pilot’s Power Bowls and much more. Einstein’s, Starbucks and several other favorites around campus have remained the same from last semester.

Students with dietary restrictions now have more options to eat on campus as well.

“Kosher foods can be found in Outtakes at the Don Taft UC. Rooted offers vegan offerings every day, as do many other stations. There are gluten ingredient-free options daily, including pre-packaged gluten free items in Outtakes,” said Vanande.

In addition, stations like 2.mato and crEATe allow for the customization of meals, which lets students with restrictions control what food goes on their plate completely. “There are options to mix and match dishes. There’s even a station that rotates between Grill Nation, Home Cooking, and Rooted for ongoing variety.” If students have questions about any menu options, Vanande encourages them to visit dineoncampus.com/nova for full menus, ingredients, and caloric information, and to report food allergies.



PRINTED WITH PERMISSION FROM C. MCLAUGHLIN
The new dining hall features new dining options for students and a redesigned dining area for students to enjoy their meals

Alexandria Gartman, sophomore Behavioral Neuroscience major said “it looks a lot more modern and how you would expect a campus dining hall to look like. The menu changes provide a much better selection than last year and I appreciate the nutritional information added at each station.”

To celebrate the new dining hall, NSU is

holding a “Name it to Win It” contest, with the grand prize of a free meal plan of \$1,495, and four other finalists will receive a \$50 gift card. All five finalists will be recognized in SharkFINS and The Current. The deadline to enter is Sept. 15, and all current students are welcome to enter. Visit nova.edu/nameitwinit to submit your idea.

News Anchor

Stay up to date with international and national events.

Senator John McCain dies at 81

Just a few days after announcing he was stopping medical treatment, John McCain passed away in his home state, AZ. Senator McCain announced in July 2017 that he was diagnosed with glioblastoma, an aggressive form of brain cancer, according to CNN. McCain was kept as a prisoner of war for more than five years during the Vietnam war. The Republican lost the presidential elections in both 2000 and 2008, but became a well respected government official. After his passing, government officials voted to have McCain lie in state at the United States Capital. McCain is the 31 person to be honored at the Capital.

Puerto Rico's death toll from Hurricane Maria officially changed to 2,975

After a study was conducted by independent researchers, Puerto Rico officials raised the death count to 2,975. The estimated count before was 64. The study done by George Washington University's Milken School of Public Health, was commissioned by the Puerto Rican government. The researchers determined that an estimated 2,975 died from September 2017 to February 2018. Researchers also found that the risk of dying in the aftermath of the hurricane was 60 percent higher for those in the poorest communities and 35 percent higher for those aged 65 or older.

Disneyland Resort to serve alcohol to the general public

Disneyland Resort in California will begin to serve alcohol to the general public in 2019. Disney is traditionally alcohol free and has not served alcohol at Disneyland Resort in 60 years, according to CNN. The addition of "Star wars: Galaxy Edge" includes a bar named Oga's Cantina. It is set to open in 2019 with the addition of a new luxury hotel.

EU to end daylight savings time

The EU Commission has proposed a plan to end daylight savings time. All 28 national governments must support the proposal in order for it to be passed. The Commission has not yet drafted details of the change, according to BBC.

News Briefs

Nominations open for Provost's Research and Scholarship Award

Nominations for the eighth annual Provost's Research and Scholarship Award are open. The award recognizes a NSU faculty's significant achievement that highlights NSU's core values. The nominations will close Sept. 14. The recipient of the award will be announced at the 2018 External Funding Recognition Reception on October 30. For more information, visit <http://www.nova.edu/academic-affairs/provost-award/index.html>.

Support group for those with Lymphedema to take place

A support group for those affected or wanting to know more about lymphedema has been created. Lymphedema is a condition of localized fluid retention and tissue swelling. The condition is incurable and progressive. Lymphedema Connect will be meeting Sept. 13 in the Terry Building Dean's Conference Room 1201. For more information, call (954) 648-6767 or email lymphedemacconnect@gmail.com.

Sharks and Service October service trip to take place in Naples, Florida

Sharks and Service has opened applications for their October weekend trip. The service trip will take place in Naples and focus on environmental awareness and restoration. The cost of the trip is \$20 and includes food, transportation, and housing. For more information, email Andrea Dobo at ad1975@nova.edu.

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TEDxNSU calls for speaker applications for the 2019 event

By: Madelyn Rinka
News Editor

NSU will host its eighth TEDxNSU event on March 16, 2019, which is co-organized by College of Psychology associate professors Leanne Boucher and W. Matthew Collins. TEDxNSU is a locally organized TED-like event— that's what the 'x' stands for. Anyone affiliated with the university is eligible to give a talk about a variety of subjects, as long as it fits in with that year's theme. The theme for the 2019 will be "Knowns & Unknowns." In the past, undergraduate and graduate students, professors, staff and alumni have spoken at the conference under the themes of "Time," "The Inspiring Brain" and "Game Changers," among others.

"It's all about what do you know, what do you wish you knew, what do you know to be true, what do you wish were true and how do you find out your own personal truths," said Leanne Boucher, associate professor in the department of psychology and neuroscience.

Taylor Bertolini, a senior environmental science major, was the only undergraduate student to speak at the event last year.

"There was a lot of prep- months of prep in advance beforehand. Overall, I feel like it was a very rewarding experience. I would recommend it for sure."

Her speech, titled "The Power of Words" recently hit 2,000 views, nearly half a year after she spoke at the event. Bertolini encourages students to practice their speech and reach out to the organizers for help if they are interested in speaking at the event.

Anyone interested is encouraged to apply and seek out more information.

"The best speaker is one who has an idea worth spreading, that's kind of TED's motto. So if you think you have an idea that other people should hear about, any sort of idea, we invite you to apply" said Boucher.

Boucher notes they also look for charismatic, responsible individuals in their potential speakers as well.

Prospective speakers must submit their preliminary application by Sept. 30. Anyone affiliated with the university, including alumni, are welcome to apply. Decisions will be made



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Bertolini giving her speech titled "The Power of Words" at the TEDxNSU 2018 event.

by the end of October, with various deadlines for presentations and final drafts along the way. In addition, for students who do not wish to speak at the event but wish to attend, tickets to watch the talks will go on sale in the future as well. For more details and information about previous events, visit <https://www.nova.edu/tedxnsu>.

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Recruit a Shark Day to give students internship opportunities within their field

By: **Skylyr VanDerveer**
Multimedia Manager

Career Development and the Office of Student Leadership and Civic Engagement have collaborated to give career fairs a boost. Recruit a Shark Day will take place on Sept. 12 from 3:30 - 6 p.m. in the Rick Case arena. The event will combine both the career and volunteer fair. Students can find, research positions, internships and jobs and volunteer opportunities.

This event, much like past career fairs and expos, will be taking place in both fall and winter semesters. The goal of the event is for every NSU student to be able to find an internship or volunteer opportunity. Over 100 companies and organizations are expected to be present.

Emilio Lorenzo, associate director of employer relations, said that strong companies and brands will be present at the event. "We didn't just let anyone come. We were very specific on who we want in."

Lorenzo explained that this event will be the Sharkapalooza of job fairs. The entire Rick Case Arena will be filled with businesses and organizations looking for NSU students. The floor of the arena will include snacks and provide computers for students who want to do some last minute research on a company.

Lorenzo also said the event will focus a lot on the research pillar of the university. Many hospitals and not-for profit pre-health organizations will be present. A lot of science and research based opportunities will be available to students.

Professional attire or scrubs are required. Lorenzo also said to bring a few copies of your resume. For more information, contact Career Development at 954-262-7201.

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Should I be scared of the Supervolcano?

By: **Madelyn Rinka**
News Editor

Recently in the news, a number of articles and images have been circulating regarding Yellowstone National Park's "supervolcano" Yellowstone Caldera, and its possible eruption. The volcano hasn't erupted in quite a long time—the most recent being 664,000 years ago. To get a handle on how large the volcano is, according to Vox, it's estimated that the largest explosion can launch more than 1,000 cubic kilometers of ash and debris material to the surrounding areas. For reference, Mount St. Helens, one of the largest volcanic eruptions in recent history, erupted 01.-1 cubic kilometers of material. The volcano consists of 5-mile-deep magma beneath the surface of the earth, and is responsible for the various hot springs and geysers that pepper the park. But don't start

prepping your disaster shelters just yet, scientists say that the probability of eruption is very low. Regardless, the idea that there's a volcano in the US that could ravage some of the country is a source of fascination.

In 2014, a team of scientists published a paper in the journal *G3- Geochemistry, Geophysics, Geosystems*, detailing what they believed would happen in the event of an eruption based on their research. The maps they formulated show the entire country, save for a few corners in any direction, blanketed in a layer of ash, rock and glass up to three feet deep— an amount capable of killing people, plants, animals and even crushing buildings. While the areas that would receive the highest amounts of ash coverage would be greatly

harmed, even areas with low amount of debris could experience various other problems as well. Large portions of middle america and the midwest are dedicated to agriculture, which feeds the entire country. If these lands were to be covered in ash, even just a small amount, crops would suffer, and food supplies could grow dim. In addition, roadways could be clogged, sewage tunnels could be blocked, humans could experience respiratory problems, and ash has the ability to short out transformers.

Beyond that, the sulfur aerosols that would be emitted into the atmosphere could have global implications as well. When Pinatubo erupted in 1991, it cooled the planet by around 1 degree Celsius. In 1815, when Tambora erupted, it is speculated that it may have caused famines

worldwide. Both of these were relatively small events compared to what a super volcano would be capable of.

Luckily for us, geologists and scientists mostly agree that the risk of eruption is incredibly low— and at the scale that would be considered a "supervolcano," the chance is almost none. Looking at the statistics, for any given year the likelihood of an event is about 0.00014 percent, which is lower than the odds of getting hit by a civilization destroying asteroid. For more information on the volcano, visit the US Geological Survey's FAQ at https://volcanoes.usgs.gov/volcanoes/yellowstone/yellowstone_sub_page_55.html.

How to resolve conflicts at home

By: **Janai Sinclair-Bell**
Contributing Writer

Janai Sinclair-Bell is a senior communication major with a minor in visual art. She's also a commuter student who maintains a job on campus with Student Media.

Every now and then, as students we can hit a bump in the road and become frustrated about it. For many students, these bumps tend to manifest in the form of family conflicts. Conflicts are a natural part of living a family-oriented life. The way we choose to resolve those issues can have a huge impact on the things that happen around us, especially in regard to academics.

Cool, calm and collected

Resolving a conflict in a calm and easy tone will allow your family to follow by example. For example, if you plan on screaming, casting blame and acting irrational, don't be surprised when that same behavior is reflected in your

family member's behavior. Handling those conflicts in a composed manner can help to foster a strong relationship with your loved ones moving forward.

Listen before you speak

Each family member should do his or her best to listen to the perspectives of everyone involved in order to clarify the differences in the disagreement. When doing so, use phrases such as "I'm not sure I understand. Do you mean —?" This allows the other party to address concerns without feeling threatened or misunderstood.

Direct your anger away from the individual(s)

Remember that it's you and your family versus the conflict, not you against your family. Once the problem is understood, everyone can

collectively begin to work on adjustments that have everyone's best interest at heart. Everyone in the family should be heard and their angle should be recognized. Despite your differences, at the end of the day that's family and you care and love each other.

Don't let things fester...

If a conflict begins to get out of hand, it's important to get it resolved as soon as possible instead of letting it intensify. Don't allow an unresolved conflict to be a blockage in your family's relationship.

... But know when to pause for a beat

If a conflict has been blown out of proportion, it might be best to take a break, breathe and try again. Or, if that doesn't help, consider meeting with a professional. Don't try to brush the issue under the rug. Revisit the

problem once everyone has taken a breather, and is ready to develop a solution that meets everyone's needs.

See conflicts as opportunities for growth

Conflicts can be a great opportunity to enhance your communication skills, discuss problems that truly matter, create a stronger relationship with the people you truly love and most importantly for self-growth. Conflicts cannot be avoided indefinitely — they're a part of life — but they can most definitely be resolved, reconstructed and embraced as a life lesson. Conflicts teach us a little bit more about love and how to be loved. Change doesn't start with the other person; it starts with you.

That Time I....

SURVIVED A TRIP FROM HELL

By: **Mario Lorrimer**
Business Manager

Let me preface this by saying, I have always been an outdoors person. I love fishing, strolling through parks and swimming in creeks. So when I was ten years old, I was ecstatic that my family was going camping. Later, we arrived at my uncle's house to meet the rest of our family and friends.

They told me we would be camping in a place called Ituni, a forested region of my home country, Guyana. What they didn't tell me was it would take hours to get there. We also needed multiple vehicles to get there, so I was in a truck with one of my dad's friends and his son. We drove until the road was no longer paved. There wasn't a moment that went by where the truck wasn't swerving to avoid a pothole the size of a grown man. We were also blinded by mud constantly being thrown on the windshield. Driving about 60 miles an hour, while blinded, and going over bumps is the recipe for death. While swerving, the truck did two 360 spins, which I thought was our end. After I picked my heart up off the floor, we arrived at the beginning of the forest path.

We made our way to a log bridge where all the vehicles made their way across except for one. Surprisingly, it wasn't the one I was in; it was the one with my mom. This vehicle was at such an angle, I thought it was going to tip over and fall into the stream below. Everyone got out and made their way to safety as another truck attempted to pull it out.

I decided to explore the surrounding area. I came across tracks, so I showed them to my



While camping in Guyana, Mario found this farm near the campgrounds.

dad. He told me they were mountain lion tracks. Judging by their size, I knew he was telling the truth. I thought to myself, "great, now we're about to become fancy feast." I hurried back to the truck, where I stayed until we were ready to go.

Finally, we arrived at the camp. We made our way down a hill to a small wooden structure with a roof and no walls. We set up our tents and ate; shortly after, everyone went to sleep. I woke up around midnight with the sudden urge to go to the bathroom. I woke my dad and he showed me where I could go. We had a small portable toilet, which I thought was amazing. I lifted the seat and to my horror there were black ants the

size of grapes all over the seat.

The next morning, we spent the day by the creek. While we were swimming, my aunt was stung by a stingray. I found out later that not only were stingrays present, but also alligators. Swarms of mosquitoes were everywhere, but I still managed to go for a nature walk, and venture out to a neighboring farm. They allowed us to pick one fruit and keep it for ourselves. The owner of the farm also offered us a pet bunny, after his rabbit gave birth. I still regret the missed opportunity when my mom said "no."

Despite everything, I still want to go camping again one day. It has to be better than this, right?

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Avoiding the freshman 15

By: **Bianca Galan**
Contributing Writer

With all of the stress, homesickness and changes that occur when you first start college, you might find yourself snacking more often, inching closer to the weight gain known as the freshman 15. Here are six techniques to help you avoid it:

Stay active

If you don't feel like actually going to the gym and crafting a workout for yourself, take advantage of NSU's fitness classes offered throughout the day by the RecWell staff. This is a great way to plan a workout and be active for at least an hour daily. NSU also offers personal trainers for a reasonable price and you can learn how to properly weight lift and take care of your body. Visit rec.nova.edu to learn more about fitness classes, trainers and wellness specialist rates and events.

Meal preparation is key

Instead of just eating junk food every time you get hungry, take the time to plan your meals. This is a great way to avoid having cravings which will encourage you to reach for unhealthy foods all the time.

Don't forget the snacks

Instead of buying a treat every time you're hungry, stock your pantry with healthy foods like fruits, Greek yogurt, protein bars, hummus packs or nuts. Also, have treats ready to go with you on the road to avoid the need for convenient, sugar-packed foods.

Don't stress eat

This one goes hand-in-hand with having your snacks prepared. Having a new life,

environment and feeling lost for the first few weeks can make you stress eat. Stress eating causes you to eat out of anxiety. Instead, try to determine when you're actually hungry and when you're just stressed. If it's all stress, drink lots of water and do an activity to calm down. If not, eat one of your healthy snacks that you have prepared.

According to Everyday Health, breathing is a great way to avoid stress eating: "adding oxygen to your brain helps you think more clearly and make better food decisions, particularly when you're stressed." So, consider taking a few deep breaths to help lower your stress levels.

Don't limit yourself

Having a healthy lifestyle doesn't mean that you can't indulge from time to time. Be healthy,

yet open to eat those little cravings every once in a while. Set goals, and then reward yourself later. For example, if you successfully stuck to your diet for a week, consider treating yourself to a small slice of cake or ice cream cone. According to ISSA-certified fitness trainer and nutrition specialist, Obi Obadike of Bodybuilding.com, "as long as you are following 90 percent of your diet plan, you can include 1-2 cheat meals per week to stay sane. Cheat meals are meant to satisfy your taste buds, not to fill your belly at some all-you-can-eat buffet." A healthy lifestyle is more mental than physical, so give your best, but also be happy.

New NAFTA deals and what it means for America

By: **Kathleen Crapson**
Visual Design Assistant

Since President Trump's run for office, the tagline was "eliminate NAFTA." In a wild turn of events in the game known as politics, the exact opposite is now happening. Instead of cutting Mexico out of NAFTA, Canada seems to be getting the short end of the stick.

This year marks 25 years since the inception of the North American Free Trade Agreement (NAFTA). Much like the name says, it is a trade agreement between all of the countries located in North America (Mexico, the United States and Canada). In "A Brief History of NAFTA," according to a 2008 article in Time Magazine, it is defined as "[the] promoting [of] economic growth by easing the movement of goods and

services." In short, all of this jargon means that taxes and government regulations between the nations are lessened, so that there are not as many obstacles to sending and receiving goods. This does not necessarily mean that tariffs (taxes) and restrictions (government regulations) are not entirely eliminated within NAFTA. And that's where politics come into play.

There are a few major industries that will be impacted by renegotiations: the manufacturing industry, specifically the automotive industry, and the dairy industry.


The major debacle stems from President Trump's desire for Canada to ease regulations on the dairy industry. As of printing, Canada

had not agreed to terms suggested by US trade representatives. In retaliation, Trump has threatened, "to impose tariffs on Canada's exports of cars and automotive components" according to an article by the Washington Post. The cherry on top is the possibility of leaving Canada out entirely, and President Trump creating a "new NAFTA" with Mexico.

This concept is intriguing, due to how blatantly President Trump was against NAFTA, during his run for office. But, the key difference is the fact that Mexico was willing to concede to Trump's demands. Specifically, to push automotive manufacturing back to the US. It is believed that Mexico gave into these

demands in an effort to ease American tariffs on aluminum and steel. Analysts say though that this may backfire on President Trump. Domestic companies may have to raise prices to produce goods within the US as outside the US, labor is cheaper.

According to a New York Times article, "Nafta Talks Between U.S. and Canada Turn Tense as Deadline Looms," this may "create new opportunities for automobile manufacturers in Europe and Asia to have a competitive advantage in the United States."



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OFF SHORE CALENDAR

MC50 | Kick Out The Jams 50th

Anniversary Tour

Sept. 5 | 7 p.m.

@Revolution Live | Fort Lauderdale

SUICIDEBOYS

Sept. 5 | 8:30 p.m.

@The Fillmore | Miami Beach

Free First Thursdays

Starry Nights

Sept. 6 | 4 - 8 p.m.

@NSU Art Museum | Fort Lauderdale

ArtsPark Movie Night

Sept. 7 | 8 p.m.

@Arts Park at Young Circle | Hollywood

G-Eazy with Lil Uzi Vert

Sept. 8 | 6:30 p.m.

@Coral Sky Amphitheatre | West Palm Beach

Wynwood Art Walk

Sept. 8 | 12 p.m. - 3 a.m.

@Wynwood | Miami

Davie Pro Rodeo

Sept. 8 | 7:30 p.m.

@Bergeron Rodeo Grounds | Davie

Jazz in the Park

Sept. 9 | 7 - 9 p.m.

@Gulfstream Park | Hallandale Beach

Take Advantage of Miami Spice

By: Farhan Shaban

Contributing Writer

When the tourists leave and the school year is back in session, from August to September the beautiful city of Miami promotes an event called Miami Spice. A series of the very best eateries all over Miami-Dade County that feature a three-course meal with their signature dishes fashioned by world-renowned chefs at a low cost.

How it Works: The participating restaurants feature the Spice menu on specific days of the week and offer the menu for brunch/lunch or dinner. Reservations are highly suggested. Be sure to check out the individual websites for more information about their menus.

Lunch/Brunch: \$23 per person

Dinner: \$39 per person

Babylon Mediterranean Kitchen & Bar
| South Beach

560 Washington Ave.

Miami Beach, FL 33139

(786) 216-7230

Babylon is a Mediterranean restaurant surrounded by greenery that gives off a relaxing vibe. Enjoy the indulging flavors of traditional Mediterranean cuisines and live entertainment featuring belly dancers. The location of south beach is always fun and great place to experience a different side of what

South Florida has to offer. Featured dishes: Falafel, Turkish Beef Kavurma, and Baklava with Ice Cream.

Serafina Miami | Aventura

19565 Biscayne Blvd.

Suite 944

Aventura, FL 33180

(786) 828-6804

Located in Aventura Mall, Serafina is a organic Italian kitchen that gives off a more refreshing environment with ivory modern decor. The dishes are comprised of the most organic and fresh ingredients handpicked by the chefs. This restaurant also provides gluten-free,vegan, and vegetarian diets. Featured dishes: Rollatini, Farfalle limoncello, Pannacotta.

Moon Thai Organic Kitchen | North
Miami Beach

3455 NE 163rd St.

North Miami Beach, FL 33160

(305) 974- 5129

From tile geisha wall mural to the intimate colored lights, this restaurants is filled with little trinkets and decor that give off a taste of Thailand and Japan. Owner Chef Punma prepares only with the freshest ingredients and handpicks everything that comes in and out of the kitchen. Featured dishes: Tuna Tataki,

Seafood Pad Thai, Thai Donuts with Ice Cream.

Seaspice| Downtown Miami/Brickell Area

422 NW North River Dr.

Miami, FL 33128

(305) 440-4200

This waterfront restaurant provides freshly sourced seafood paired with the most delectable ingredients that miami has to offer. Customers can emerge themselves inside this seaside lounge and watch the ships go by on the Miami River. During the evening, the restaurant has live music and provides some of the best views of the city. Featured dishes: organic filet mignon, summer corn chowder, and a carrot pistachio parfait.

Meat Market Miami Beach | South Beach

915 Lincoln Rd.

Miami Beach, FL 33139

(305) 532-0088

Right in the heart of South Beach lies this contemporary steakhouse. Located on a Miami's shopping hotspot, Lincoln Road, this market has modern spin when adding to classic steakhouse dishes. Featured Dishes: Niman Ranch BBQ Beef Ribs, Smoked Wagyu Brisket, Warm Cinnamon Raisin Bread Pudding



SOUNDBITE

"Expectations" by Hayley Kiyoko

By: Farhan Shaban

Contributing Writer

Expectations is the first debt full-album by former disney star, singer, director, and songwriter, Hayley Kiyoko. Released on March 10, 2018, this rising star hit top 40 chart in Ireland, United Kingdom, New Zealand, and the United States. Kiyoko told Hot Topic in an interview that she chose the name "Expectations" for the album because she felt it was her biggest stretch and her biggest weakness,"

This queer artist whose fans have entitled her as the "lesbian Jesus" of this century have been escalding to success since she has dropped this album. Since she dropped the album, Kiyoko has shown visual representation of the relationship and affection between women.

In the LGBTQ+ community, this seemed revolutionary for someone to be so open and unapologetic about their sexuality, which made other realize that they should not hide their identity and the people they love.

Kiyoko wanted to make this able for those who had trouble expressing themselves for who there are as being a part of the LGBTQ+ community. Giving her fans her perspective about this world and her feelings about the same-sex. Going through those questionable thoughts and experiencing them for the first time.

One of the most popular songs on the album, "What I Need", featuring Kehlani, which marked one of the most powerful songs between

two gay queens. Kehlani commented "Marry me" on one of Kiyoko's Instagrams, and became friends. Once they finally linked up in the studio, it only took four hours to make this poppy piece of art.

Kiyoko directed the music video to "What I Need" and structured it almost like a short film. It started out as Kehlani fighting with this mother figure as she packs her back to leave her childhood home. Kiyoko waiting for her in the car outside as the mother continues to yell and try to stop Kehlani from running away with the nature of Kiyoko and her platonic relationship. Later, the "couple," get into a predicament where the car runs out of gas. Instead of going

to get help, Kehlani decides to hitchhike with a random guy who takes a liking for her. Kiyoko gets nervous as Kehlani runs away with him and leaves her behind. A few moments go by and Kehlani returns as she running down the highway just to land in Kiyoko's and give her that movie moment kiss.

Expectations embodies a modern representation of expressionism. Kiyoko gained her fame through her beliefs and perspective of what love should be like. The expectations of being in love and being a powerful female songwriter, singer, and director.

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The Student-Run Newspaper of Nova Southeastern University





Turtles All the Way Down

By: **Maha Barakat**
Contributing Writer

After the success of John Green's *The Fault in Our Stars* in 2012, the literary world has been waiting for his next move. He hinted at the progress of his newest piece of work through social media repeatedly, heightening the anticipation. After a long five years of waiting, Green fed his fans with exactly what they needed: a realistic fiction novel that addresses mental health issues. While his work may be described as cliché and even childish, *Turtles All the Way Down* manages to describe OCD amongst adolescents excellently.

The novel opens on the thoughts of the protagonist, Aza Holmes. Her fears dig so deep into her mind, that she cannot help the thought

of a fatal infection taking over her body. While the outside world may be addressing her, she remains too busy picking at the raw callus on her finger in an attempt to drain out bacteria in her body. The intricate details of her anxious and obsessive thoughts show the insight Green has into this sort of mental struggle. Whether he has had his own experience with mental disorders, or he spent his time researching emotions one feels when such a struggle is present, the irrational fear he describes is precise.

As the novel progresses, more of Aza's personal life is revealed. Her best friend, Daisy, seems to be impulsive and to the point. This contrast to the protagonist's personality helps

to emphasize how unstable Aza's mind truly is. One day Daisy pressures Aza into reconnecting with one of her old friends, Davis, to try and find out more about his missing father. Through this, Daisy hopes to gain access to a \$100,000 reward if the pair find him. While Aza is uncomfortable, she goes along with it, simultaneously trying to disregard her doubts and fears.

The storyline of an extremely rich high school boy living in a mansion equipped with amenities alone seems very unrealistic, but all the while Green still manages to draw the audience in. He allows for any reader to feel a certain sense of connection, no matter the situation his characters are in. He draws people

in through pop culture references, such as *Star Wars*. He triggers the reader's memories by adding hiccups to the Aza's and Daisy's friendship. After experiencing a romantic spark between Davis and Daisy, the loss of Davis' parents, and the trail of clues all the characters have to follow to reach the conclusion of the story, one thing is clear. Green has managed to tap into the audience's emotions once again. We have all experienced loss, whether it be the loss of Davis and his brother endured when their parents passed away, or when Davis moved to Colorado away from Aza. The sole emotion I was left with once I finished this book, was wanting more, as I am sure everyone else was.



STAFF PICKS: MAJORS

By: **The Current Staff**

With NSU welcoming its largest incoming class yet, we asked our staff to reflect on their earlier years in school and explain "how did you know that your major was the one for you?"

Madelyn Rinka, news editor,

"I came into school as a communication major which is completely different from my current major of environmental science. I didn't really feel like my classes were interesting, and doing my homework was a chore. Now, I love going to each of my classes, and I get excited to learn about the subjects they cover. Also, I think having a minor or two is a great opportunity to study things that might be outside your major, if you have other interests as well. My minors in GIS and anthropology allow me to take a break from my environmental science class and learn about other things I'm passionate about."

Christina McLaughlin, opinions editor,

"When I came to campus last year, I was a marine biology major. But after the first semester and creating my four year plan with my professor in UNIV I discovered that I really wanted to be an environmental science/studies major. The course were more in line with what I wanted to learn about and what I wanted as a future career option. My best advice to freshman or anyone else deciding on their major is to really

sit down and think about what your passion is. Find something that you would love to do and you're willing to deal with the consequences that come with it because it's something you are passionate about."

Carli Lutz, chief of visual design,

"I didn't know immediately that my major was the one for me. From freshman year to just about the middle of my junior year, I was an arts administration major, but now I am art & design major. I was pretty close to finishing the bulk of my major requirements while also taking graphic design classes as that was my minor at the time and I realized that graphic design was something I'd rather be doing because I had a lot more fun doing it and it was something I was genuinely good at. Since I was little, I've had a weird obsession with color and with fonts and I felt like I was just kicking my true passion to the side as an arts administration major."

Mario Lorrimer, business manager,

"In my junior year of high school, I decided to take ProStart, a culinary class. Broward College had a joint program with Atlantic Technical College, where I got my Associates in Culinary Management. One thing that stuck with me was what a teacher said. She said that just because you are in culinary school, it doesn't

mean you have to be a chef. If the culinary side didn't work, I could always fall back on business. Now I am getting my Bachelor's in Business Management, and one day I want to own a restaurant. There are a variety of paths that you can take just by opening one door. Remember, there are no dead ends, only side streets."

Skylyr Vanderveer, multimedia manager,

"I ended up stumbling into my major by taking an elective in high school. The class had us students work behind the scenes of our student TV station. I immediately fell in love with the process. When it was time for college applications, I knew I was going to be a communications major. I then struggled to pick the focus of my degree. I loved all three tracks offered. I loved editing, writing and public speaking. I wanted to do everything! After taking some PR focused classes, I knew it was the right track for me."

Kathleen Crapson, visual design assistant,

"To be honest, I am still on a path of discovery. Growing up, I wanted to be an author. Looking back now, I realized that I occasionally would get in trouble for focusing on the fonts on my assignments, rather than creating content. I went through a journalism magnet program in high school that also focused indirectly on

design. During that time, I fell in love with drawing, art history, graphic design and writing. It was like having my own renaissance. Allow yourself to have your own renaissance; where you are learning as much as you can about yourself and the world around you."

Farhan Shaban, It and social media manager,

"When I first started here at NSU I wanted pursue a career in dentistry. Freshman year was experiential year for me and as I was study all the science courses I was thinking 'is this all this really worth it?' So, I decided to talk to my biology professor about the process of becoming a dentist and what dental practices look like today. As she was explaining to me all this information, it overwhelmed me and I decided to change my major to marketing and a minor in digital media production. My reasoning behind this path is because of a tv show called "Mad Men". "Mad Men" is show about an advertising firm in the 1960s and the one thing that stand out to me were the creative designer characters. They worked and implemented their art and design to what the customer wanted and at that moment I said to myself 'that's exactly what I want to do!'"

Insatiable is sending the worst kind of message

By: **Sarah Goltsman**
Contributing Writer

Netflix's "Insatiable" is a new dark comedy that follows Patty Bladell (Debby Ryan) through her revenge story after an adolescence of bullying. It leads with an overweight and acne ridden Patty struggling through gym class, asking a boy out and difficulty accepting herself in her body. This changes when she gets her jaw wired shut after a homeless man punches her in the face and she comes back to school traditionally beautiful. She then enters the pageant scene with her coach, Bobby Armstrong, who was wrongly accused of molesting a former client of his in an attempt to make a comeback story for them both. From there, the plot touches on Patty's best friend's homosexuality being discovered, Bobby's potential bisexuality, exorcism, healthy body image and, of course, how being "pretty" affects day to day life.

However, while all these topics are relevant, the show's use of fat and assault jokes is heavy handed and mindless. To put a thin woman in a fat suit for the sake of some laughs and to portray her life as miserable until she looks like a Hollywood actress and wears a full face of makeup every day is destructive to the audience this show panders to. It follows a seventeen year old high schooler, and it is marketed to high school age people, and now, those viewers get twelve episodes telling them that they are not beautiful at a size 16. Moreover, Patty lost that weight by not eating any solid food for three months. Medical leave is not a weight loss regimen, and advertising this "jaw locked shut" miracle is critical throughout the show as to what defined Patty— even after Patty lost weight, the jokes continued, with Patty regularly

say that even though she's beautiful now, there's still a "Fatty Patty" inside of her.

Along with fat jokes, the show regularly included jokes about assault as well. Bobby Armstrong, Patty's coach, was facing a lot of heat for his accused assault of former beauty pageant contestant, Dixie Sinclair. Bobby takes Patty as his client to try to shake this reputation from his name, but Patty uses it as a chance to seduce Bobby, saying that if he has had relations with a minor once, he can do it again. Dixie Sinclair's mother engages in a statutory rape-type scenario with Bobby Armstrong's son, and that is made into far more of a joke than an issue. What tries to be satire is just heavy handed and cringe worthy in characters that are so unlikeable that getting through the show's dialogue could be an immense struggle.

"Insatiable" tries to push the envelope. The jokes are extreme, and they touch on both being fat and fat shaming, sexuality, assault, Christianity and so, so much more, but to individually cover every piece of that show that was unsavory would take far longer. Satire is difficult, and "Insatiable" took twelve episodes to miss the mark. Its edginess was crude and it's humor was unintelligent, and the thread weaving it all together was the promotion of weak body image and the toxic mindset that "skinny is magic." For the sake of the viewers' sanity, *Insatiable* does not need a renewal any time soon, or at least, not until the long, long list of criticism is pared down enough for this show to be stomachable.

Finding Fitness: 9Round

By: **Christina McLaughlin**
Opinions Editor

In college, it can be hard to balance your schedule and social life. Student's are bound to get stressed out and for most, exercise is an outlet. 9Round, a unique franchise-owned kickboxing gym, is perfect for the stressed out college student on the go. According to Aswand Cruickshank, a trainer at 9Round, "As a student, you don't always know what time you're going to be available so this can easily fit into your schedule. If you have 30 minutes, you can get in here and get your punch on."

The gym is specially designed to not only fit everyone's fitness goals but to challenge members at every session. The gym is segmented into 9 stations called fittingly, "rounds" where members will read a board that will explain the activity and exercise they are about to do. Each round lasts for about three minutes and the trainers will remind you when you have 30 seconds left. Then before you transition to the next round, a trainer will give you an exercise to keep you moving. 9Round is formulated so that

members don't have to wait for a class time or a schedule. Members can just come in and within three minutes they can get started.

"The fact that it is 30 minutes in and out no class times is pretty life changing because it accommodates everybody's schedule." said Shea Pucci, three-year member of 9Round and graduate from NSU.

The boards at each station are also changed everyday to keep the workout interesting for members and to challenge members fitness goals from beginner to advanced skill set. The gym offers a free first workout to "test drive" their gym and make sure it is a good fit to match one's fitness goals. Trainers are available to customize workouts to match skill levels and there is no shame in taking your time. In Cruickshank's words, "I've trained at six other gyms and this is better. We get to deal with group fitness content but we get to work with people one on one so we get the best of both worlds."

All equipment necessary for the workout



An inside look into 9Round's layout.

PRINTED WITH PERMISSION FROM A. CRUICKSHANK

is included in the membership price which students can sign up for after their first free session. 9Round is a franchise with locations in Plantation, Hollywood, Pembroke Pines as well as a new location opening in Davie.

Students interested in learning more about 9Round can visit www.9round.com to find more information and schedule an appointment for your free session or walk-in to a location near you to get started on the first session.

ON DECK

MEN'S SOCCER

Vs Ave Maria
September 6 | 6 pm
NSU Soccer Complex

@ St. Thomas
September 8 | 12 pm
Miami Gardens, FL

WOMEN'S SOCCER

Vs No. 12 Columbus State
September 7 | 7 pm
NSU Soccer Complex

Vs Johnson & Wales
September 8 | 1 pm
Bristol, Tennessee

WOMEN'S VOLLEYBALL

2018 Shark Invitational
Vs Barry
September 7 | 7 pm
Fort Lauderdale, Florida

@Palm Beach Atlantic
September 8 | 4 pm
West Palm Beach, Florida

MEN'S CROSS COUNTRY

@ Florida Tech Invitational
September 8 | 7:30 am
Melbourne, Florida

WOMEN'S CROSS COUNTRY

@Florida Tech Invitational
September 8 | 7:30 am
Melbourne, Florida

OUT OF THE SHARKZONE

United States Tennis Association under fire after Alize Cornet code violation

US Open organizers have expressed "regret" for serving a code violation to French player, Alize Cornet. Cornet, who was taking the 10-minute heat rule break, realized she had accidentally put on her shirt backwards. She quickly went to fix it and was served a code violation for doing such, according to CNN. The United States Tennis Association responded to the outrage on social media by stating, "We have clarified the policy to ensure this will not happen moving forward. Fortunately, she was only assessed a warning with no further penalty or fine."

Seahawks WR Tyler Lockett to sign three year extension

The Seattle Seahawks and Tyler Lockett have reached an agreement that will keep Lockett as the team's wide receiver for at least three years. The agreement will add a three year extension to his contract. The base value of the deal is worth \$31.8 million. The new contract will make him the 16 highest paid receiver in the NFL.

Documents show that Ohio State had concerns about Zach Smith in 2015

Ohio State's investigation into Urban Meyer's handling of Zach Smith's domestic abuse allegations has led to the finding of several documents that indicate people having knowledge of this as early as 2015. Documents including handwritten notes, divorce papers, and police reports show the former assistant coach in an unfavorable light.

South Korean Premier League player faces possible military draft

South Korean Premier League Player, Son Heung-Min, has the possibility of being drafted for the Korean military if he does not win his games, according to USA Today. South Korean laws state that young Korean men must serve the military for a mandatory 21-month period. By the time Son is 28, he must report to the military. If he helps his team secure gold medals, he would not have to report immediately.

On The Bench: NFL Cheerleaders deserve a better work environment

By: **Christina McLaughlin**

Opinions Editor

During a NFL football game most of the attention is dedicated to the players on the field. But, during the breaks and commercial time, all eyes are set on the teams' cheerleaders to entertain the crowd. Currently, there are 26 NFL teams with cheerleading squads. According to a report from Forbes Magazine, NFL cheerleaders bring in an annual revenue of around 1 million to the team that is cost-effective and rich in profits. Through calendar sales, summer camps, and merchandise the team is able to take these profits and keep most of it for themselves. Even though cheerleaders make money for each team and for the league, the actual NFL cheerleaders work in a sexist and at times, morally flawed work environment.

To start, these women who aspire to make it onto the squad range between the ages of 18 to 25 years old. For most of these young women, this can be a stepping stone in their career or a dream they always wanted to live out. But with that dream comes consequences. Following a

rulebook with a strict code of conduct, pay lower than minimum wage and sexual objectification are just a few of the issues that these women face once they make it onto the team.

Over the past few months, the New York Times and other news sources have been following this trend as there are now four pending lawsuits against teams and the league revolving these conflicts. On May 21, a former Houston Texan cheerleader filed a lawsuit against the team and the cheerleading director for improper compensation, verbal harassment and inadequate protection from abusive fans. In June, a Washington Redskin cheerleader stepped forward claiming sexual exploitation and objectification during a Costa Rica photoshoot in 2013. Closer to home, a former Miami Dolphin cheerleader filed a discrimination lawsuit against the team due to her faith.

Which raises the question, why are women still facing these problems in a workplace environment? These young women do not

deserve to be subjected to these kinds of behaviors especially since at face value, these uniforms and the traditions of these teams are already cause for objectification. For example, the legendary Dallas Cowboy cheerleaders uniform which consists of a top fashioned as a bra and western belt attached to shorts which might as well be worn as underwear. But at least their getting paid well, right? Well actually most of these girls would actually be better off working at a Hooters or Twin peaks as these restaurants pay their employees more than NFL teams.

According to an article written on Money.com, pro cheerleaders earn roughly somewhere between \$75 to \$100 per game or less. Most teams refuse to layout the payment information but, some of the teams stated that this is only a part-time position and they must work another full-time job to even be considered. A former cheerleader explained to Money that, "I really felt like I had two full-time jobs during the

season and our season never really ended, we had a little break in February."

Another cheerleader suing the Houston Texans told the New York Times that they were expected to work no more than 30 hours a week but were expected to answer their phones after-hours. So if it was only a part-time position, then why did they have to work in the off-season and respond or work off the clock? It doesn't make sense and it is unfair to not financially compensate employees for work done while on off time.

There are many facets to these lawsuits and we still might not have all of the answers until these lawsuits and litigations are finalized. What we can understand now though is that these women work incredibly hard for the team and contribute a lot so they shouldn't be belittled or exploited while they are at work and they should be properly compensated for their time and energy spent to the league.



Men's Soccer

The Sharks suffered a loss to the Mississippi College in the season opener on Aug. 30. Sophomore Sebastian Loibl scored his first goal as a Shark in the 63 minute of the game. The Sharks outshot Mississippi College by a 20-14 margin with Loibl and graduate student, Bradley Fountain, recording three shots on goal to lead the offensive.

On Sept. 1 the Sharks beat Delta State 5-1. One minute and 46 seconds into the game, Loibl scored to give the Sharks a head start. Moments later, freshman Aleks Berg, earned his first career goal as a Shark to lead the Sharks 2-1 in the first five minutes of the game. Later, Liobl bagged another goal followed by Fountain and senior, Darwin Lom. Lom recorded his first goal of the season with an assist by freshman, Michael Lawrence.

Women's Soccer

On Aug. 31, the No. 23 Sharks suffered a loss 3-2 against Tusculum in the season opener. Tusculum came out the gate with two goals in the first 15 minutes of the game. In the 41 minute of the game, junior Hannah Christophe passed to junior Anetra Byfield who scored the first goal for the Sharks. Approximately 15 minutes later junior Alexys Nowak scored herself a goal to settle the score 3-2.

The Sharks secured a knockout win against King on Sept. 1. Two minutes into the match senior Jemma House stole a pass and scored the first goal for the Sharks. Moments later, freshman Dejah Holman answered with her first career goal with the Sharks and fellow freshman Morgan Masters followed suit to lead the team 3-0. Right after halftime, Holman earned her second goal of the match. House then added the final score of the night at the 80 minute mark securing a 5-0 win for the Sharks.

Women's Volleyball

Last Friday, the Sharks fell to Missouri S&T at the opening match of the 11th annual Shark Invitational. In the first set, a kill by senior Sydney Lemon gave NSU the biggest lead of the match at 22-12. Seniors Denvyr Tyler-Palmer and Kim Blasko scored their own kills which left NSU with its only win for the match.

The Sharks earned the first win of the season against Babson on Sept. 1. In Set 1, kills by Tyler-Palmer and senior Samantha Blasko led the sharks to a 25-17 win. In the second set, the Sharks scored a game-high of 21 kills. Tyler-Palmer and senior Kim Plasko kept the lead of 17-9. NSU earned three kills by Tyler-Palmer, Sam Blasko and graduate student Leslie Atherton to finish the set ad 25-20. In the third, NSU caught an early 6-1 lead. The sharks earned it's largest lead of the set with a block from Sam Blasko and senior Maddie Uilk to take the match with a final of 25-17 to win the match.

Later in the afternoon, the sharks swept again on the final day of the Shark Invitational against Texas A&M International. The Sharks started the set until a kill by Kim Blasko to give 12-7 lead finishing off on top at 25-13. In the second set, NSU fell behind but it didn't last long as Tyler-Palmer and errors by Texas put the Sharks back on top 15-14. Texas ended up taking the set 25-19. In the third set, the Sharks fired back with kills by Tyler-Palmer, sophomore Maya Patterson and Blasko giving the Sharks a lead 15-12. Later the sharks put together four straight points to finish the set with a 25-22 win. In the final set the Sharks started an early 10-5 lead. After a service error and Texas gaining back a few points NSU finished the match off with a 25-12 win, outscoring them 14-5.

Why we need Representation on the Big Screen

By: **Christina McLaughlin**
Opinions Editor

When I think of one of my favorite teen comedies, “John Tucker Must Die”, I’m filled with feelings of joy and a little disappointment. To say I’m a movie critic is an understatement, but I can’t help to notice a big problem Hollywood seems to have: accurate representation of characters. For example, in “John Tucker Must Die” the title character Tucker is supposed to be an 18 year old high school senior but is played by Jesse Metcalfe, who was 28 years old at the time of filming. This isn’t the first time Hollywood has cast someone in their twenties to play a minor. TV shows like “Riverdale,” “Pretty Little Liars,” “Gossip Girl” and “13 Reasons Why” casted actors in their late to early twenties to play their high school-aged counterparts. In an article Teen Vogue wrote about this topic last year, a casting agent explained that this is mainly due to the logistics of what it means to hire an actor as a minor and the scheduling conflicts and time constraints they legally need to work between.

This isn’t the only pitfall of Hollywood representation. Movies and television shows also fall behind in race and sexuality. Movies and shows like “Dallas Buyers Club,” “The Danish Girl,” “3 Generations,” “Prince of Persia,” “The Lone Ranger” and “Death Note”

all have characters exploring both transgender and cultural experiences— yet they are played by straight or cisgender actors, or they “whitewash” cultural identities in characters. Now I understand that these actors are just doing their jobs, but I think people tend to forget how much mass media, like movies and television can affect society.

Take teenage movies for example. Most movies labeled for teen audiences are marketed towards 11 to 19 year olds. The target audience for these movies consists of extremely impressionable young adults and can affect how real life teens behave, represent themselves and even see their bodies. According to an article on Slate.com “It’s the more conventionally sexualized parts of adult bodies—breasts, hips, upper body musculature—that can give teenagers unrealistic points of reference for their own development.”

I remember in middle school how girls would dress like the women in the show “Pretty Little Liars” or wear push-up bras and heavy makeup just like the actresses. Not to call myself a saint, I remember many times looking in the mirror hoping to look something similar to some of these characters I saw on the screen playing my age. But if I only realized back then that wasn’t

the reality, maybe I wouldn’t have struggled so much body image wise. Hollywood, knowingly or not, is inadvertently affecting these young minds that are already going through the mental and emotional warfare we call puberty.

Body image isn’t the only effect on young adults here either. Having actors who don’t represent that specific culture or ethnicity can also cause a slippery slope to a young minority mind. The Huffington Post wrote an article that said, “For the underrepresented, seeing a character who looks like them can have a limiting effect if that character is restricted to behaving only in certain ways, which don’t reflect the breadth of their life’s experience”.

Think of it this way— how would you feel if you went to see a movie about your culture and see it represented by people who don’t even understand or resemble those you know and love? Add on some type-casted stereotypes like the smart asian kid or the troubled black or latino kid and mentally, these children who fall into those categories are at risk of developing a poor self-esteem and questioning their identities and heritage.

That’s why I applaud TV and movies like “Shameless,” “Sense 8,” “Crazy Rich Asians,” “The Fosters” and “Eighth Grade”. Transgender

characters are played by transgender actors, Asians played by Asians actors and Eighth graders played by eighth graders. All of these projects are successful in many respects like ratings and in cult followings of fans. Which I think has a lot to do with how the audiences see these characters being portrayed. When someone watches a performance of an actor, it is an extension of that actor. You are supposed to believe that actor is truly feeling that emotion and having that experience. It can be hard to believe that, if the actor themselves hasn’t experienced those issues or emotions in their personal lives, because how can they understand if they haven’t experienced it themselves?

These characters, no matter what form of entertainment they are presented, have a duty to depict accurate details of the real people they represent. What we enjoy in the entertainment world is a reflection on how we see the world and how we see ourselves. Regardless of if these shows are successful or not, Hollywood has the obligation to allow these characters and storylines to connect to audiences in a way that’s real and authentic. The characters and storylines may be fake but what the character represents doesn’t have to be.

Judge, Jury, and Executioner: The impact of past posts on your present.

By: **Julian Glasthal**
Contributing Writer

Social media is utterly one of the most powerful tools of the twenty first century. Not only does social media have the capability of developing a business or creating a career, but it has the power of destroying a career as well. What social media started as and what it has become are two separate entities. It was created to connect like-minded individuals and create networking opportunities for professionals. However, in this new age of expression, the purpose of social networks like Twitter, Facebook and Instagram become bigger than anyone could have imagined. Personal opinions, social movements, and personal attacks against public figures over posts on social media have defined a new era in the internet. An era of judgement that can very well precede our

present and affect our future.

Take the James Gunn situation for example. James Gunn, director of The Guardians of The Galaxy, was fired from the role of director with the discovery of his offensive tweets found prior to him getting the job. These tweets, satirical in nature, made comments on rape, the 9/11 attacks, pediphelia, etc. This forced the hands of Disney and Marvel to release him. The interesting aspect about this situation is that these tweets were made before he started working for Disney and Marvel and yet it affected his current status. A move like that can be very questionable, not in the sense of what he said but in the sense of whether or not his past tweets should’ve really had such an impact on his present.

From a professional point of view, it

makes sense. Before you get hired at most professional businesses they screen your social media accounts, to make sure you align with the company’s core values. Starting at the inception of your account, there should only be posts that represent an appropriate representation of yourself. However, from an opposite standpoint, who you were ten years ago generally shouldn’t reflect who you are now. If the democratic party was a person and we were able to see what that person would’ve tweeted prior to the 13 amendment, I don’t think anyone would be too happy with what they find. Still, it wouldn’t be reasonable to judge who they are now over who they were 100 years or so ago.

Verdict: If you wouldn’t say something out loud and stand by it wholeheartedly, don’t say it

at all. People can be easily offended and not only can words be taken out of context, but we live in a society where what was okay to do or say five years ago is not okay anymore. Therefore, unless you plan on standing by every single word you publish on any network at any point in time, you have to be prepared to be judged. Be prepared for the world’s media to look at you and make a scapegoat out of you when you do something worth creating controversy over. In the past or present. It’s no longer a question of if people should be judged for the things they posted in the past. It’s a question of whether people are willing to back themselves up on the things they post, and if they aren’t? Then stay off social media, my friend.



Seriously Kidding A satire column.

Codename: INSECTOIDS

By: **Taylor Murphy**
Contributing Writer

If you are a freshman and you live on campus, for some of you this is your first time ever staying with another person and sharing such a small space. However, if you are a resident in Windoog Hall, you are sharing your dorm room with more than just your roommates. It is confirmed, people. Windoog residents are sharing their dorms with sugar ants and roaches.

A resident in Windoog who lived on the tenth floor stated, “They are literally everywhere! I even got bit by the sugar ants five days ago, and it hurts now.”

I assured her that she had no need to worry about the bite since these are not radioactive insects. However, they are not just any kind of roaches and ants. These insects have an

agenda in mind. They were made to spy on us. Our sources say these insects are from a government funded confidential file codename: INSECTOIDS.

“Insectoids are an experimental tool used to collect data.” Says Faculty Board Investigator, Charles Ingram Andrew. “Their sole purpose is to keep an eye on whoever the subject of the investigation is. And right now, their focus is on you.”

The government released these Insectoids to collect information for a study of the human mind. It is an ongoing study on how adolescent minds work and predict our actions. This is an effort to predict outcome of our decisions of the foreseeable future.

“Our investigators have also found another feature of these INSECTOIDS is their bite. The bite of these tiny spies inserts temporary trackers under the first layer of the skin for data collection. To the naked eye, it looks like an ordinary bug bite that eventually goes away and with it, the tracker dissolves.”

They could use this information for anything like advertising, behavior analysis, mind control, or even to predict our future as a nation.

As to what their end game is... it’s hard to say. All I know is that the I will watch my words around any insects in the near future. If the rest of you know better, then you would do the same.



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Is Breastfeeding in public really an issue?

By: **Christina McLaughlin**
Opinions Editor

Since 2012, women have started to take advantage of gender equality in society. There have been many social campaigns, like #Metoo, #HeforShe, #ItsOnUs and #FreetheNipple, but what about Breastfeeding? According to an article in Time Magazine, wet nursing—the act of breastfeeding and caring for someone else’s child—actually was a visible occupation until the 1920s in the United States. So what changed? Why in today’s society are we so modest about feeding infants the nourishment they need from nature’s most honest source?

If you look around the internet and even your surroundings, women aren’t so eager to breastfeed their children in public. Many mothers are afraid of the consequences like strangers calling them names and belittling them or even becoming aggressive. Even though there are products like nursing covers to conceal the whole process, there are still videos and other sources online that you can find where women

get berated for feeding their children. People who feel this strongly about breastfeeding believe that these mothers should find an empty room or hidden corner to conduct these feedings—but not all mothers have that luxury.

My cousin is a new mother and from observing these feedings, I can tell you newborns and infants eat a lot. A feeding session can happen at times every hour or every few hours with no warning of when the next one will be. What if the mother is a working mother or needs to run to the store or even take the baby for stroll in the park? The World Health Organization recommends breastfeeding up to six months of age with continued breastfeeding along with appropriate complementary foods up to two years old. It’s unrealistic to expect a woman to hide in a room all day to feed her baby for up to two years. That’s unhealthy for both the mother and the child’s wellbeing.

Yet it seems that even though people can

have strong opinions about this topic, it seems the opinions have started to turn the corner towards acceptance. SummerStyles a private national marketing survey that annually collects health-related opinions of men and women ages 18 or older. Over the past 19 years they have asked subjects if they agreed that women should be able to breastfeed in public places and the responses have definitely evolved. In 1999, 2,600 respondents were asked and 49.9 percent agreed while 28 percent disagreed. Fast forward to 2015 and of the 4,121 respondents, 57.75 percent agreed while 19.12 percent disagreed to public breastfeeding. It seems like that this change has taken a while for people to catch on but, any decision can take a while in the case of public opinion.

Most of this change in social understanding could be due to the millennial generation. According to an article written by The Brookings Institution, the generation gap

between millennials and baby boomers is credited for the gaps in change to social issues such as the legalization of marijuana and millennials’ approval of same-sex marriage. Since millennials now contributing to factors in our society and the baby boomers are starting to take a back seat, this could explain why progress on this topic is being seen.

Whatever the reasoning might be, it’s good that acceptance is on the rise. In the end, women can dress and act in any way they choose but breastfeeding has always been a topic people felt was inappropriate in public. Yet, society had no problem with the #FreetheNipple campaigns showing their breasts in full display but that’s a subject for another day. Let’s just hope that the millennial mindset takes over and these mothers can have a little bit of a break and provide their children with the sustenance they need without judgement.



Save your drama for drama class

By: **Carli Lutz**
Chief of Visual Design

As an introverted person who comes from a very loud and dramatic family – there’s one thing that irks me to my core and its people that are over dramatic. Since I was little, I’ve always tried to be the complete opposite of everyone in my family so when I see someone who flails at even the tiniest inconvenience in their life it drives me absolutely bonkers.

Everyone around me lately, it seems, fits into the category of overdramatic. People will cause drama whenever they think seems fit and it’s totally not okay. I’m talking about yelling over stuff for no reason, causing unnecessary drama within their lives for no reason whatsoever just so that they’re seen, and whining and complaining constantly over nothing.

Oh no, your professor gave you a “B+” on your paper instead of an “A” ... please continue to complain about it and cry for the next week instead of trying a little bit harder for an “A” or by just shrugging it all off because things happen y’know. These over dramatic people just seem to be overdramatic on purpose to get a reaction from everyone else now to possibly collect some sympathy points. These people always act like there’s a camera following them around everywhere and they’re on their own reality show. I wish that they’d come with a mute button so that whenever they decide to overreact, we can just tune them out for a bit or just avoid them entirely.

Honestly, can y’all just calm down? You’re mentally draining.

SHARK SPEAK

HOW DO YOU FEEL THE NSU COMMUNITY ACCEPTS STUDENTS FROM DIFFERENT BACKGROUNDS AND SOCIAL CLASSES?



“I think NSU is pretty good with diversity. There is a lot of acceptance pushing towards the acceptance. I feel like teachers are pretty good. As I am visibly Muslim, there is a pretty big Muslim club here. I think that is really nice, but I know it took a while to get there, it’s a nice privilege to have.”

- **Hasiba Ahmed**,
Sophomore Biology major



I can see that there is a lot of diversity here and being in the twenty first century we are more accepting no matter what. I think everyone [here] is more open-minded when it comes to meet new people and becoming more culturally sensitized because of the diversity that [NSU] has.

- **Alexa Tardio**, Freshman
Marine Biology major



“I think that NSU is great at accepting students from different backgrounds. However, I feel like the students separate themselves into groups and are not very inclusive with each other. [NSU] does a great job at accepting students, but not at a very good job at integrating and connecting people from different backgrounds and cultures.”

- **Carina Grand**, first year
Masters Student



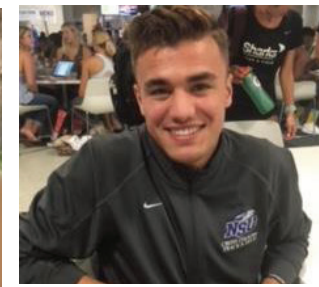
“I have heard some people say “fag”[on campus] a lot. I’ve heard that word a lot from some fraternity brothers. I also heard them used the word autistic and “retarded” too, in a derogatory way. I don’t know if that is a Northern thing, but that’s a really ugly word.”

- **Aryanna Chang**,
Freshman Elementary
Education major



“I feel like NSU is a very good at accepting students. They have a lot of clubs and organizations that are representative of the different religions and [cultural backgrounds] on campus. I personally haven’t had any problems being a Hispanic student. I feel welcome here.”

- **Maria Jose Reyes**,
Sophomore Psychology
major



“I am European, so I think that NSU has a really interesting [in that] way as I have made lots of friends here and the professors have been really kind to me. I feel like people appreciate me [as an international student] a lot. I feel like they are more kind to me being as I am European.”

- **Inigo Cillero**, Freshman
Business and Finance
major

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NSU Recruit a Shark Day
Wednesday, September 12, 2018
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 The Rick Case Arena at the Don Taft University Center

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 (954) 262-7201 careerfair@nova.edu

This event is hosted by Career Development and the Office of Student Leadership and Civic Engagement

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Gain an edge this fall by finding your dream internship! Career Development is here to help. Find a few internships below...

- Vitas Healthcare: *Health Care Intern*
- Florida Panthers: *HR Intern*
- Focal Point Data Risk: *Financial Audit Intern*
- NSU Library: *Technology Support Intern*
- Junior Orange Bowl: *Event Marketing and Public Relations Internship*
- Premia Global Advisors: *Wealth Management & Marketing Intern*
- TCG Capital LLC: *Software Developer Intern*

RESEARCH OPPORTUNITIES

Dental Medicine Research

- Student Participation:** College of Engineering and Computing interested in helping create a virtual patient that will be used as a teaching tool for future students.
- Time Commitment:** 5-10 hours per week; summer hours may be available.
- Minimum GPA & Major:** 3.0 GPA/ College of Engineering/Computing
- Skills/Experience:** Candidates for this project are ideally creative, great problem solvers and able to code the program we will be creating.

Marine Biology Research

- Student Participation:** We are looking for undergraduate students interested in assisting with the collection of scientific papers and journal articles pertaining to the 30+ non-native species of fish found in Florida marine waters.
- Time Commitment:** 10 hours per week; summer hours may be available.
- Minimum GPA & Major:** 3.0 GPA/ Any STEM major
- Skills/Experience:** Biology and Marine Biology



All events, internships and job opportunities can be found on nova.joinhandshake.com

NSU Career Development (954) 262-7201
 Locations: Horvitz Office (1st Floor of the Horvitz Building, Room 152)
 DeSantis Office (Carl DeSantis Building, Room 1042)

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