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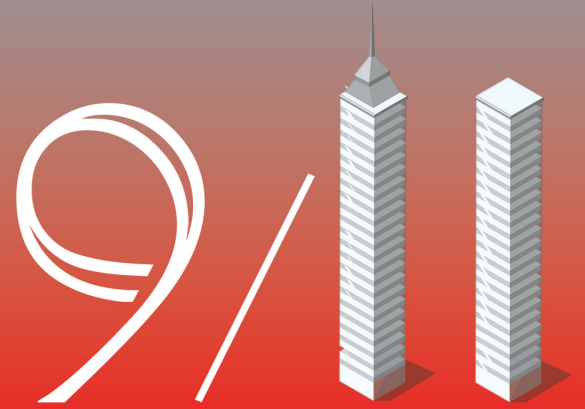
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REMEMBERING



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The Incoming Class of 2022 and future plans for recruitment

By: **Christina McLaughlin**

Opinions Editor

For this incoming class, the university set a strategic goal to accept 1,150 first time in college (FTIC) freshman. Now, those numbers are confirmed with a grand total of 1,563 including 300 transfers, and 1,271 FTIC students.

President Hanbury has told undergraduate admissions that he wants a 15 percent growth of enrolled students each academic year and for this year that percentage was surpassed at 28 percent of FTIC's, 18 percent for out-of-state and 23 percent in international students. Anthony DeNapoli, interim executive dean of undergraduate admissions, explained that as the amount of students enrolled has increased, so has the quality of the students.

Most of the students maintained high academic excellence in their high school careers and as Hanbury pointed out at the most recent convocation, this incoming class "is the highest profile students."

"I see more focused students, more community-oriented students and [they] want to

be engaged and be involved on campus," said DeNapoli.

According to Peter Littlefield, associate dean of undergraduate admissions, the more academically engaged students are continuing to choose NSU over the competition both within the state of the Florida and from other states, whether that's domestic students across the country or international students.

The philosophy undergraduate admissions is to recruit and attract students that are the right fit for NSU and help them along the way through their academic career.

"The relationship between [the recruit and admissions] is important. We encourage staff to reach out to students they've talked to. A lot of places you can go you can get lost [as a freshman]. But [at NSU] we provide students with career development, an excel advisor, and academic advisor to help them along the way," said DeNapoli.

Along with these advisors to help

students through their college experience the undergraduate admissions staff believes that the new NSU brand campaign will encourage students to make NSU one of their top choices for a college education.

"Branding is important because it also sets us apart [from other universities]. It creates a identity to explain who we are. We honestly believe that students who come here have an "edge". Which is why NSU created this brand campaign to push [that mentality]," said DeNapoli.

The programs and opportunities that NSU provides to students set the university apart as well. Dual admission, razor's edge, experiential learning and other similar programs available to all students from their freshman year is what makes the university believe they give students that edge in their future. Even though the university has gotten bigger, the class sizes are to remain the same with roughly 17 students per course.

"The intimate learning environment is integral to the learning environment to all the programs that we promote here," said Littlefield.

The first year seminar course for this year is also different. Last year, the first year seminar course or UNIV, was specialized where each class had a theme specifically organized by the professor. This year however, there have been some standardization of the curriculum in the courses but there is still an opportunity for individual faculty members to make the course more personalized. In these courses, every faculty member has a student peer leader—sophomore and junior students—teaching with them who support the faculty in the class.

Next year, undergraduate admissions plans to increase their enrollment by another 15 percent in accordance with future plans and advancements for NSU.

NSU names first Chief of Staff

By: **Madelyn Rinka**

News Editor

NSU has named Terry Mularkey the first chief of staff for the university. Mularkey has been with NSU since 2014 as the Executive Director for Development and Community Relations. In his role, he lead fundraising efforts for the university, as well as the Realizing Potential campaign, which surpassed its \$250 million goal last January, three years early, largely in part with Drs. Pallavi and Kiran C. Patel's and Ron and Kathy Assaf's donations to the university. The campaign has since surpassed \$275 million.

"I am committed to the success of NSU and excited to start my new role, helping the president take the university to the next level. There are so many things happening at NSU, and my goal is to help coordinate and deepen



PRINTED WITH PERMISSION FROM OFFICE OF MEDIA RELATIONS
Terry Mularkey has been named the university's first-ever Chief of Staff.

relationships with business leaders and other stakeholders," Mularkey told NSU News.

NSU President Dr. Hanbury, who Mularkey will be reporting to, praised his leadership qualities. "NSU has been providing an edge to its students and partners, and Terry will be in an ideal position to increase the impact NSU can have on our community. As we grow, more people want to be part of the exciting things happening at NSU and Terry is going to help me bring that to life. This is an exciting time in the history of our university."

Before joining the university, Mularkey had a successful career in the United States military, serving as a U.S. Army Officer on active duty for 21 years, retiring with the rank of Lieutenant Colonel. He also held leadership roles while

deployed or on assignments in Italy, Germany, Panama, Grenada, Turkey and Iraq. Mularkey has been awarded with the Legion of Merit, the Joint Meritorious Service Medal thrice, three Department of Defense Humanitarian Service Medals, the U.S. Army Ranger Tab, the U.S. Army Special Forces Tab, Master Parachutist Wings as well as the U.S. Army Aviator Wings. Mularkey is a graduate of Mercer University, The U.S. Army Command and General Staff College, The Armed Forces Staff College and Embry-Riddle Aeronautical University, from which he received his masters degree in Aeronautical Science.

News Anchor

Stay up to date with international and national events.

Anonymous Op-Ed published by the New York Times causes controversy in the White House

The New York Times published an anonymous opinion editorial to their website on Sept. 5. The author is said to be a senior White House official. The editorial spoke on how many people who are working with the president do not completely agree with what he does. The editorial went viral within a few days of it being published and the president was not exactly pleased. Trump tweeted "TREASON?" shortly after the article was posted on twitter. Trump also said that Jeff Sessions should do a full on investigation, while the Speaker of the House Paul Ryan said he will not have Congress look into it.

Giraffe attack leaves woman and son critically injured

Katy Williams and her three-year-old son Finn were airlifted to a hospital in Johannesburg, South Africa after a giraffe attack. Katy's husband, Sam Williams, works on the Blyde Wildlife Estate and believes the giraffe saw his family as a threat. Sam believes the giraffe stampeded his family to try and protect her young calf. Katy and Finn are

in critical but stable condition, BBC reports..

Japan's northern island Hokkaido hit my powerful earthquake, triggers landslides

At least nine people were killed after a magnitude 6.7 quake rocked the Japanese island of Hokkaido on Sept. 5. The quake follows Typhoon Jebi made landfall on Western Japan. The typhoon is the most deadly one to hit the country in 25 years. Landslides were triggered by the earthquake, damaging several homes. At least three million homes lost power after a thermal power plant was damaged. About 40 people are missing and numbers are expected to change as recovery efforts continue, according to BBC.

Ford recalls 2 million trucks due to seat belt defect

Ford Motor is recalling nearly 2 million F-150 pickup trucks due to a seat belt defect. The defect could trigger vehicle fires, according to USA Today. The National Highway Traffic Safety Administration launched an investigation in early August after receiving reports of fires caused by the defect. The recall is expected to cost the car company \$150 million.

News Briefs

NSU Shark Shuttle schedule available through NextBus

With the addition of several new shuttle routes, the NSU Shark Shuttles schedule and current locations are now available online and through the iShark app through NextBus. The two new shuttle lines are the UC Shark Express and the Campus Express. The UC Shark Express stops at Rolling Hills A and C and the UC. The Campus Express circles around NSU's campus, making stops at HPD, UPP, Maltz and Shepherd buildings, and the UC. NextBus shows current locations of Shark Shuttles and their upcoming schedules. Students can receive phone call and text alerts for the next coming shuttle. To learn more, visit <https://www.nova.edu/nextbus>.

Fischler College of Education to create E-Book in celebration of Hispanic Heritage Month

NSU's Abraham S. Fischler College of Education will be collecting Hispanic/Latin recipes to celebrate Hispanic Heritage Month. The e-book will be shared to the NSU Community at the end of

the month. If you would like to submit a recipe or have any questions, email Maria Grethel Mendez, Ed.D., at mendmari@nova.edu.

Grand Opening of the Write from the Start Writing and Communication Center to take place on Sept. 18

NSU Faculty, Students, and Staff are invited to attend the grand opening of the new and improved Writing Center on Sept. 18, from 10:30 a.m. to 11:30 a.m. There will be refreshments and giveaways. The event will be taking place in the Alvin Sherman Library Room 430.

Coffee and Communication to take place Sept. 17

The Department of Writing and Communication will be hosting Coffee and Communication on Sept. 17 from 12-1 p.m. in Mailman 129. Students will be able to meet with DWC Staff and alumni and learn more about the department. Students can RSVP by emailing dwc@nova.edu.



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NSU's branch of the AAUW to hold events in support of gender equity

By: **Madelyn Rinka**
News Editor

NSU's branch of the American Association of University Women, or the AAUW, will hold events and meetings beginning Wednesday, Sept. 12, in the DeSantis Atrium from 12-1. Students and professional men and women will have the opportunity to come and learn about what the AAUW is doing on NSU's campus, as well as get involved with leadership positions or mentoring programs.

The AAUW has been empowering women as individuals and as a whole community since 1881, according to their website. The association supports women through a variety of initiatives, including teaching them financial literacy, leveling the playing field for girls and women

in STEM, advocating for public policy, fostering global connections and much more.

"Our branch on campus mentors college women and high school girls at risk. We do other community services to promote awareness," explained Randi Sims, professor and faculty with the college of business at NSU. "For gender equity issues, we do some pay equity events on campus also. This is a national organization and there are branches across the country." AAUW NSU also focuses mainly on the issue of equal pay, and promoting the education university women need in order to properly negotiate a salary that reflects their capabilities.

On NSU's campus, the AAUW holds

an International Women's Day colloquium. The theme for last year's event was "Press for Progress," which aimed to promote awareness of gender equity within students' respective fields of study and employment. In addition, the branch also supports the Undergraduate Student Symposium with an AAUW award to honor students who have conducted research or created a film around the subject of women's issues.

Contrary to the name, not only women are invited to join the organization. "[Women] didn't become unequally treated by ourselves—we're not going to be able to correct it by ourselves," expressed Sims. "It's a long history going back hundred and hundreds of years. We didn't start

it, and we can't fix it [alone]."

Any students that would like to get involved with opportunities to promote awareness of equality across genders are encouraged to reach out. "People who are specifically interested in equity issues, learning more about promoting awareness [should join the organization]," said Sims. "Most people think that things are fine, when the research indicates that it's not."

For more information, or to join NSU's branch of the AAUW, check out their OrgSync page or <https://aauw-fl.aauw.net/branches/nova/>, or contact Randi Sims at sims@nova.edu.

Holocaust Reflection and Resource Center Tour

By: **Kathleen Crapson**
Visual Design Assistant

Whether you consider yourself a history buff or a novice, the adage "those who cannot remember the past are condemned to repeat it" is a familiar concept. While most know the quote from George Santayana as "those who don't know history are doomed to repeat it," either translation cannot stress enough the importance of knowing the signs and symbols that were prevalent prior to the Holocaust.

The Alvin Sherman Library, in collaboration with the Craig and Barbara Weiner Holocaust Reflection and Resource Center, is hosting the Holocaust Reflection and Resource Center Tour on Sept. 20th, from 10 a.m. to 11 a.m..

"On behalf of the university and the library, we appreciate the passion of the Weiners, Craig, and Barbara, for their generosity to establish this center within the Alvin Sherman Library," said

Jim Hutchens, Vice President for Information Services and University Librarian of the Alvin Sherman Library.

This center is a valuable resource to the community. Within the center are artifacts from both victims, and the perpetrators; documenting the Holocaust, through photographs, drawings from survivors, as well as historical newspapers from the era.

Lead by Craig Weiner, the tour explores all the steps that lead up to the Holocaust. "The tour essentially tells the entire story of the Holocaust, starting with how things began in the 1920's with propaganda, and terror groups that were formed under Hitler and Rudolf Höss," said Weiner. "They were originally called the Brown Shirts, and then they tried to overthrow the Weimar Republic in 1923. And we explain to students how if that group of Brown Shirts, which was

fairly small, under 2,000 [members], if the government or the people would have taken care of eliminating that group in the 1920's, there never would have been a Holocaust."

The tour also leads participants through the Holocaust, to liberation and the end of World War II. "We show proof of what America, Canada and Britain knew, because we have original newspapers that make it clear that we knew what was going on at Europe at the time. You hear the expression from people 'we didn't know,' and the truth is, we did know, but we didn't do anything about it," said Weiner. "[The tour] moves on to talk about Nazi terror, to ghetto life and conditions, and concentration camps. Then we deal with liberation, and General Eisenhower, and how much foresight he had to take all these pictures and require that records be kept, because he himself in 1944/5,

recognized that there would be people who deny this ever happened."

"By showing students what happens as the result of hate that no one does anything about, and letting them see it and touch it and feel it, they then understand better how dangerous it is to allow things like bullying, prejudice, and racism to go unchecked. We encourage young people to have the bravery and courage to stand up against all of these cancers that permeate our society," said Weiner.

This tour is open to the public. To reserve your spot, search "Holocaust Reflection and Resource Center Tour" on nova.edu or visit this link, <http://sherman.library.nova.edu/sites/spotlight/event/holocaust-reflection-and-resource-center-tour/>.

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What to look for before you get a piercing

By: **Madelyn Rinka**
News Editor

Untraditional body and facial piercings have been popping up more and more in trendy magazines and listicles recently. Whether you're looking for a bold ring or a dainty stud, piercings can be a great way to express your personal style in a mostly non-permanent fashion. But before you hop on the bandwagon, here are a few things you should know before you head into a shop.

Read up on your future piercing

There's tons of different places you can get pierced on your ears alone, some within mere centimeters of another. Knowing the actual name of your piercing will not only ensure that you actually walk out of the shop getting what you want, but it'll reassure your piercer that you're not just putting a hole in your body on an impulsive whim.

Research shops

Not all tattoo shops are created equal! Don't base your whole trip on customer reviews, because you never know who came in intoxicated, who was being rude or anything else that may have made that individual's experience unsavory. However, if you notice that a large number of reviewers are complaining of infection or malpractice, don't take it too lightly. If you have any questions, don't hesitate to call the shop, they should be more than happy to help you out.

Keep everything as clean as possible

Arguably the biggest risk to getting a piercing is getting an infection following it. When you walk into the shop, if you want to know more about their sterilization practices, be

sure to ask. Look for a shop that uses surgical steel piercings or another sterile alternative, sterile-packaged needles, gloves and fresh equipment each time a new person is in the chair. On your end, avoid putting on makeup, sunscreen or anything else that could infect the area after your piercing and bring hair ties if long hair could get in the way of the piercing site.

Take aftercare seriously

Listen to the professional piercer, especially about aftercare. While I got the majority of my ear piercings with a gun—which is not recommended by almost anyone, because of the high risk of infection and generally dangerous—the one ear piercing I got at a shop had similar aftercare. The advice I was given was to use saline solution or warm water on cotton swabs

to gently wash the area. Since having gone with friends to get various parts of them pierced since, I have heard similar instructions. However, listen to what your piercer tells you, as this could vary widely depending on the location and type of piercing you are looking to get.

Talk to a professional

If you have any questions at all about getting a piercing, talk to a shop (or two or three) about your concerns. This can also help you get a bit of insight as to where you might want to get yours done. Even after you get your new body jewelry, if you think anything could potentially be wrong, don't hesitate to reach out to someone you trust.

The secret world of Human Trafficking

By: **Christina McLaughlin**
Opinions Editor

Illegal crimes have always been a lucrative industry in the United States, yet one sector has proven to be an evil that has a particularly complicated arrangement. Human trafficking is defined as the action of illegally transporting people for the purposes of forced labour and commercial sexual exploitation. Labor trafficking involves the victim to be employed to perform services with the expectation of being paid, which usually isn't the case. Sex trafficking on the other hand, is defined as any type of force or coercion in order to gain a sex act from another.

According to Florida Health, "Statistics rank Florida as the third highest trafficking destination in the country, with half of all trafficking victims under the age of 18."

Adam Granit, a detective with the Davie police department, explained the reasoning for such high traffic is due to a few contributing factors, including proximity to the oceans or ports, the tourist attraction and the climate of the state.

"Florida is a transient state [in terms of changing weather]. We don't have to worry about transportation issues due to weather like in the northern states. When it comes to certain types of trafficking, they have the ability to not be confined as much" said Granit.

Traffickers target young adults typically between the ages of 14 to mid 30s, looking for people who could be easily persuaded and taken advantage of. In most cases, this tends to be women who are unemployed, struggling to make ends meet or those easily persuaded with money. These victims are usually drawn into sex trafficking through monetary needs and a promise of providing a better lifestyle.

Before this past summer, traffickers were able to use websites like backpage to sell the victims, but the FBI shut down the site in April. Since this website has been taken down, traffickers are using other applications to complete sales and keep business going.

But identifying victims of human trafficking is not cut and dry. This industry, domestically and locally, is not easy to identify—it all depends on the victim and on each case.

"Some cases there have been [a return to normal routine]. In others, there are people who are trapped and can't get away period. Others return to their normal life and at night, have to report back to the trafficker" said Granit.

There is also a physical aspect to these victims. All of a sudden, victims will act and look totally different. This all depends on the victims personalities. There can be bruising, brandings and other markings given to the victims from

the traffickers and "pimps" as a way of showing control or ownership of them.

"If their body is responding to a trauma of them being a victim [of this crime] then yes they are going to be shut down and quiet. The demeanor is going to be totally different. But, on the other side you're can see someone go from nothing to a lot, very quickly. The quickness of money to do what they want to do with [victims] bodies. Not to say that it is [always the case] but it could be" explained Granit.

According to the Broward Human Trafficking Coalition, "in 2017, the Florida Abuse Hotline accepted 149 reports in Broward County concerning allegations of youth involved in Human Trafficking and or commercial sexual exploitation".

Of those cases, 40 were verified as true circumstances of human trafficking. But the biggest issues once these cases are identified involves getting victims to be cooperative. Most victims, depending how long they have been involved, are susceptible to Stockholm syndrome, where they don't want to leave the trafficker, as it will take away a source of income or from someone they have been manipulated to have emotions for over time. In the victim's mind, it is not in their best interest to leave these situations.

"I'm the bad guy taking them away from their lucrative money that they don't even care about what they are going through. [At that point] they don't care they are getting beaten, some of them look at it as getting a lot of money and as law enforcement we are taking it away from them" said Granit.

The best advice for young adults is to be aware of their surroundings and understand that if a situation sounds too good to be true, there has to be something wrong with it. Always question those scenarios when they come along and do your research.

If you ever fall victim to human trafficking or suspect someone you know might have, try your best to come forward. There are two avenues to report crime of human trafficking: The National Human trafficking hotline run by Polaris, an organization that deals with human trafficking, and The National Center for Missing and Exploited Children.

According to Granit, "it's better to report it and find out it's nothing rather than not reporting it and it wind up being something."

If you suspect someone is a victim of human trafficking, please call the Florida Abuse Hotline at 1 800-96-ABUSE

The National Human Trafficking Tip Line: 1-888-373-7888

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Pho 79

By: **Madelyn Rinka**
News Editor

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

Take a departure from the usual coffee shop or fast food restaurant and head over to Pho 79 — a vietnamese restaurant specializing in the traditional noodle soup, pho (pronounced “fuh,” according to Huffington Post) — for a unique, filling meal.

Located in a small strip mall surrounded by several other restaurants, Pho 79 truly is a little hidden gem in Davie. Before you eat, try one of their unique drinks like soy milk, salted lemonade or soda milk and beating egg— or you can just order a coke. Start your meal off with one (or all) of their appetizers, like spring rolls, egg rolls, grilled tofu or fried shrimp.

For the main course, try any one of their pho combinations. If the names on the menu intimidate you, don't fret- the waiters will



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Pho is the perfect meal in a bowl. With rich broth, noodles, vegetables and proteins, what more could you ask for?

understand if you just order by the number next to the description. There's more traditional bowls of pho, containing various cuts of meat like eye round rare steak, tripes or beef flank, in addition to seafood and vegetarian pho. The

broth itself is delightfully warm and savory, with herbs and spices thrown in that aren't commonly used in american cuisine. Finally, pick from one of three sizes: but be cautioned, the large truly is large. You can even deck your bowl with bean sprouts, lime, fried chili or sriracha to your own personal taste. As a regular's tip, order a side of rice with your soup— the sticky white rice pairs perfectly with the rich broth.

There's something truly comforting about sitting around a table with a group of friends while enjoying a hot bowl of soup, even if it's something you've never tried before. Get out there and experience the flavors of vietnamese noodle soup for yourself at Pho 79.

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Who's it named after?

By: **Skylyr VanDerveer**
Multimedia Manager

There are a lot of buildings that NSU students go in everyday and don't even know who it's named after. Knowing the history behind each building and person really lets you in on NSU's unique history. Here are a few buildings named after some pretty cool people.

A.L. Mailman of the Mailman-Hollywood building

The Mailman family contributed much to the beginning of what we now call NSU. A.L. Mailman was a local Floridian businessman

who donated the remaining \$5,000 for the down payment on the school's land. After donating the money, Nova University named one of their first buildings after him.

Marilyn Mailman Segal of the Mailman Segal Center for Human Development

Marilyn Mailman Segal was a developmental psychologist with a focus on early childhood development. She has written several books, including a five volume series on childhood development. Although there was

already a building named after her father, A.L. Mailman, Marilyn's passion for early childhood development lead her to founding the Mailman Segal Center for human development.

Louis W. Parker of the Parker Building

Born in Budapest, Hungary, Louis W. Parker has been credited with inventing hundreds of items. Some examples include the first colored television and the modern basis for coordinating sound and picture. After graduating secondary school, Parker immigrated to the

United States and became a citizen in 1923. After Parker learned English, he began studying at the City College of New York. Parker's advanced technology skills were utilized during World War II. Louis was responsible for inventing radio transmissions for military usage. Because of his many accomplishments, Nova University honored Parker by giving him an honorary Doctor of Science Degree. Shortly after, the school named a building after him.

Title IX is up in the air

By: **Kathleen Crapson**
Visual Design Assistant

Currently, there has been a lot of buzz about whether or not Title IX will be altered. Given Betsy DeVos' previous commentary on the topic, speculation is not unreasonable.

Title IX is a section of the Education Amendments of 1972. The Department of Education says that "Title IX protects people from discrimination based on sex in education programs or activities that receive Federal financial assistance... Some key issue areas in which recipients have Title IX obligations are: recruitment, admissions, and counseling; financial assistance; athletics; sex-based harassment; treatment of pregnant and parenting students; discipline; single-sex education; and employment."

As President Trump's Education Secretary, Betsy DeVos oversees the Department of Education. In an article titled "New U.S. Sexual Misconduct Rules Bolster Rights of Accused and Protect Colleges," by the New York Times, there are reports that behind the scenes within the Department of Education, there are talks to propose new guidelines for how Title IX defines sexual harassment. Betsy DeVos has also criticized the process that universities use to determine whether a sexual crime has occurred. The New York Times reported that she has already "rescinded a 2011 letter prepared by the Obama administration that outlined the responsibilities... to address episodes of

sexual misconduct." Any new guidelines from DeVos will most likely encompass all the aforementioned issues: the definition of what sexual misconduct is, how schools address sexual misconduct, and how universities deal with specific cases of it.

As of right now, the Title IX alterations have not been solidified amongst those who have written the policy. The distinction is key, as DeVos and the Department of Education have not officially proposed the changes. Typically, before changes are made permanent, they are released to the public officially. After they are released to the public, citizens can read and review the policy. There is a 60 day window where the public can comment, and give written feedback to the Office for Civil Rights (information provided by Laura Bennett, Title IX Coordinator of Nova Southeastern University). "OCR then takes time to review the public's comments, respond to the comments, and finalize the new rules," said Bennett.

Bennett could not provide commentary on the unofficial national changes.

"Compliance with federal law is a floor, not a ceiling, when it comes to university policies and procedures. Ultimately, NSU must have a policy that promotes the best learning environment for all of our students," Bennett said.

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Growing an indoor garden for beginners

By: **Madelyn Rinka**
News Editor

Plants are the perfect addition to any home— they promote healthier air quality, brighten up your space and give you something to take care of. In honor of national indoor plant week, here are a few tips for growing a green thumb and keeping plants alive and well in the residence halls.

Know the basics

Everyone knows plants need a few things to survive: sunlight, water and food. While, yes, these things are important, the quantities matter just as much as they themselves do. If a delicate plant gets exposed to too much direct light, it can cause the leaves to become dehydrated and yellow. Contrastingly, overwatering a plant can be just as bad: the leaves will droop and sag, and you will have essentially drowned the plant. Arguably the worst case scenario is

over-fertilization. These plants will turn brown and quite literally appear burned, and can be near impossible to save once they fall ill. Of course, there's consequences for too little of these ingredients as well— which is why it's so important to have some basic knowledge of how to care for your plants as a foundation for your mini garden to grow from.

Pick your plants

Yes, while that bright purple orchid might look prettier than the squat succulent, that doesn't mean it would make for a good first attempt at keeping a plant alive. Remember what kind of space you have and your experience with plants: will your plant have access to full sunlight? Will you remember to water it everyday? Is there anything that could put it in danger of being knocked over or bent? Depending on your

answers to these questions, let it gauge what kind of plant you get. Most garden stores have little tags that give potential plant parents advice on how to keep it prospering. For your first try, a succulent or cactus— they can be placed on a window sill and watered infrequently.

Do your homework

Now that you've picked out your plant, do some research on your specific species. A lot of plants can go through periods of "shock" once they are transplanted or moved to a new area: is your plant prone to this? Does it go through a flowering or shedding period? Will any part of it ever change colors? How often does this specific plant need water, and how much? Think of your plant kind of like a pet. You would want to know what kinds of diseases it may be prone to, how much time outside it needs, how high

maintenance it is; after all— you wouldn't feed a dog fish food. Plants are equally as complex, and the regime for a cactus versus a flower can be completely different.

Branch out

If you're finding that your first plant or two is prospering, maybe consider picking out a more difficult plant to keep alive, like that bright purple orchid. Taking care of and growing plants is just like any hobby: you get better at it the longer you practice, and you learn tricks from experience along the way. If you're hesitant to try out something new, try talking to some of the employees at your local garden center for advice. With some trial and error, your indoor jungle will be flourishing in no time.

OFF SHORE CALENDAR

Alina Baraz

Sept. 12 | 7:30 p.m.
@Culture Room | Fort Lauderdale

Kathy Griffin: Laugh Your Head Off Tour

Sept. 12 | 8 p.m.
@Hard Rock Live | Hollywood

Scorpions with Queensryche

Sept. 12 | 8 p.m.
@ Adrienne Arsht Center | Miami

Disney On Ice

Sept. 13 | 7 p.m.
@ BB&T Center | Sunrise

Dierks Bentley

Sept. 14 | 7 p.m.
@ Coral Sky Amphitheatre | West Palm Beach

Nick Cannon Presents: Wild 'N Out Live

Sept. 14 | 8 p.m.
@ American Airlines Arena | Miami

Dread Mar I

Sept. 14 | 8 p.m.
@ Revolution Live | Fort Lauderdale

Sting & Shaggy

Sept. 15 | 8 p.m.
@ The Fillmore | Miami Beach

Sammy Hagar & The Circle

Sept. 15 | 8 p.m.
@ Hard Rock Live | Miami Beach

Florida Panthers vs. Nashville Predators

Sept. 17 | 3:30 p.m.
@ BB&T Center | Sunrise

SOUNDBITE

"Nation of Two" by Vance Joy

By: **Madelyn Rinka**
News Editor

When most people hear the name Vance Joy, a stage name of Australian musician, James Gabriel Wanderson Keogh, the immediately think of his smash hit, "Riptide," from his 2013 album, "God Loves You When You're Dancing." Since then, he had released one album in 2014, titled "Dream Your Life Away," with popular songs "Georgia" and "Mess Is Mine" breaking out— until this year.

Vance Joy's much awaited album, "Nation of Two" was well worth the long wait. The collection is strikingly intimate, string-heavy and somehow simultaneously idyllic and heartbreaking at the same time. Joy opens the album with "Call If You Need Me," which truly sets the tone for the rest of the pieces. Singing about the unconditional yearning love over a guitalele, the song swells into dramatic crescendos that can't help but put the listener in a giddy, playful and almost nostalgic mood.

Throughout all of the artist's albums and singles, Joy's knack for picturesque storytelling is always at the forefront. Lyrics like "your mother always told us we should go out to the dance" and "you were in the shower we were talking through the glass" feel warm and comfortable, like listening to a couple recount their childhood love story.

Not all of Joy's pieces for this album are as serendipitous. "We're Going Home" starts out moody and serious, with the chords eventually building to an inspiring story of feeling at home with those you care about. "If we make it or we don't, we won't be alone, when I see your light shine, I know I'm home" reminds the listener that the feeling of home can be found within individuals, and sometimes even more so than in a physical place.

"I'm With You" takes a departure from the overall vibe of the songs before it. The sorrowful theme is somewhat inconspicuous from the start,

with the usual string introduction and endearing descriptions of an assumed lover. Many of the lyrics revolve around the idea of his love being fire, like "I'll be the match to your candle, my darling, I'm ready, to burst into flames for you." As it progresses, Joy tells the story of a love that's metaphorically being drenched by an impending storm, "we stood at your front door, you looked at me and said 'baby, this rain changes everything.'" It's truly hard not to imagine the bass beats in the back of the song as the thunder putting out their flame.

This album is many things, but it is not lacking in raw human emotion. The songs are reminiscent of the energy Joy has given off in his previous works, but don't feel recycled or stale. Joy has again provided his fans with several bops in one album— but let's all hope they won't have to tide us over for another few years before his next piece of work.

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TO ROCK OUT WITH US!

Celebrate Fall with these healthy festive foods

By: **Madelyn Rinka**
News Editor

With autumn coming right around the corner, it's easy to fall into the trap that is everything pumpkin spiced. Unfortunately, many of these themed treats are usually calorie, fat and sugar-laden. Try some of these healthier alternatives for a refreshing departure from the usual vibrant orange junk foods.

Celestial Tea's Fireside Vanilla Spice

When pumpkin spice lattes just aren't your thing, this herbal tea can really hit the spot. It's warm and cozy, and it doesn't contain any caffeine, making it the perfect drink after a late night of studying. While the main notes are definitely more cinnamon, ginger and cardamom than vanilla, as a fan of chai tea, I welcomed the flavor. Finishing it off with a bit of coconut milk and a dash of sweetener is a great replacement to actually sitting in front of a fireplace on a crisp September evening.

Amy's Organic Butternut Squash Soup

I have to admit, I've had this soup before, which is why I knew it needed to be included in this round up. Almost all of Amy's soups are delicious and filling, but the Butternut Squash flavor always hits the mark. The soup is barely sweet, with garlic and onion hinting at the back of the first few bites. It's best served warm with a thick piece of bread to dunk and scrape the soup off of the bowl. Also, the fact that it's a canned dish makes it incredibly easy for college students to crack it open and have a full meal ready within a few minutes.



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Students don't have a lot of free time as is. These fall foods are the perfect option for the festive college kid on the go.

Honest Tea Iced Cinnamon Sunrise Herbal Tea

While South Floridians can put out pumpkins and scent their homes with cinnamon as much as they want, there's no escaping the fact that it's still probably swelteringly humid and hot outside. That's why this iced cinnamon sunrise tea is the ideal drink for anyone living in a sub-tropical climate: it's still warm and cinnamon-y, but cool enough to be refreshing on a hot day.

Nature's Path Maple Cinnamon Waffles

I'm normally not a big fan of frozen waffles—I prefer to make them myself and I usually can't get over that inevitable freezer

flavor. These, however, truly hit the spot. Smothered with a bit of syrup and a sprinkle of cinnamon, these waffles make for the perfect breakfast. Just pop them in a toaster oven or microwave, get set for the day, and they'll be piping hot and ready. Also, as they cook, they're sure to fill up your apartment or room with a great fall scent.

Bobo's Maple Pecan Oat Bar

I really am a sucker for anything maple flavored, which is why this was right down my alley. This is another great breakfast option—and the fact that it's prepackaged and doesn't require any preparation whatsoever makes it incredibly convenient for rushed mornings. It



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Tempt your taste buds with some of these healthy, delicious and pumpkin-spice-free foods.

has a fair amount of healthy carbs and fiber too, so you won't be feeling starved by lunch the way most other bars do.

Rising Moon Butternut Squash Ravioli

If you don't want something hitting your sweet tooth but you're still in an autumn mood, these premade raviolis are perfect. They come frozen in their package, but as soon as they're thawed you wouldn't know they weren't fresh. While I'll admit that I did eat a few without any sauce at all, they were great tossed in a little bit of olive oil, crushed garlic, sage and black pepper.

Self-Care Awareness Month

By: **Gaby Holmes**
Contributing Writer

Self-Care Awareness Month is dedicated to reminding us to take care of ourselves. It all started because self-care is majorly neglected in our lives and it helps us maintain positivity and boosts our self-esteem. It is also important for our mental and physical health because self-care assures that we stay sharp and healthy. Stress is a major factor in students' lives today. According to a study conducted by Chadron State College, more than 40 percent of college students feel more than the average amount of stress. Self-care awareness month was created to help people take the time to get help or obtain tactics to help handle the stress.

Feeling Guilty

There's a problem with self-care: it seems selfish. Because it feels selfish, we in turn

feel guilty. However, if we don't take care of ourselves, it is harder to take care of anything or anyone else. We have a tendency to put everyone else's needs before our own which leads to feelings of exhaustion, frustration, resentment and guilt. We get frustrated as we're exhausted and feel as we never have enough time for ourselves, but then we feel guilty because we start to resent all things we do and the people we do it for. We just have to remember that taking care of ourselves does not mean we don't care about anyone else, or that we are selfish. It just means that we know in order to take care of everyone else, we have to set aside time for ourselves.

Self-Care Tips

Self-care takes on many different forms.

Self-care can be purely physical. It can be as simple as scheduling a manicure or getting a massage. It can also be mental; for instance—you could schedule a meeting with a counselor or you could simply schedule thirty minutes to take a nap or relax. Self-care can include working out, as it is both physical and mental. There are other ways to care of ourselves. Instead of rushing to your car to get to school or work as soon as your alarm goes off, take a second to breathe, eat a good breakfast and spend some time mentally preparing for the day. Self-care is not meant to be a chore. It is, however, a way to help us in becoming healthier and happier.

30 Day Self-Care Challenge

There are dozens of 30 day self-care challenges that can help. The 30 day self-care

challenges are there to help you introduce self-care into your daily routine past the month of September. In addition, the challenges can help hold you accountable and give you more ideas. Luxy Hair has one that ranges from hair care to telling someone you care about them. Popsugar's challenge focuses on fitness, eating music and volunteering. Some challenges center solely on meditation. Others are all about listening to motivational speeches or affirmations.

In honor of Self-Care Awareness month, let's take care of ourselves. Just remember, self-care does not have to be big acts. Even the "itty bitty" acts of self-care that might not seem like much, add up. So, celebrate the month and use it as practice to integrate acts of self-care into your daily routine.

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ATHLETE OF THE WEEK:

Leslie Atherton



By: **Christina McLaughlin**

Opinions Editor

Leslie Atherton is a graduate student pursuing a masters degree in public health. She is a transfer student from Tulsa, Oklahoma where she played volleyball at The University of Oklahoma the last four years.

How did you start playing volleyball?

"I have been doing this basically my whole life. My older sister was a volleyball player so before I picked any sport I was always at her practices, in the gym and tournaments, so I sort of just fell into [volleyball] because I wanted to do what she did. So I've been doing it on a team competitively since I was 10 years old."

What interested you about volleyball?

"I liked the team aspect of it. In high school I did high jump which is an individual sport. There are pros and cons to both but I definitely like the team aspect of volleyball and the friends at the community that comes with it."

How would you describe the relationship with your teammates?

"I love this team. They are super nice girls who are so welcoming. Since I'm the new girl on the team they have definitely brought me in and made me feel like I've been here for forever. My roommate, Sydney Lemon, has done the best job of getting me integrated into the team."



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What is difficult about being a student athlete?

"I think it's the balance. Finding the balance between volleyball, school and social time. Sometimes you feel like you are drowning in one of those and letting down another. It's really hard to try and balance that and be a happy normal student, make good grades and be fully committed on the team."

What is an important thing a volleyball team needs?

"I think they need chemistry more than anything. Volleyball skills can be taught, practiced and refined. The attitude on the court is something that's just inherent and comes from

the girls and that's very important. I think effort is also something hard to be taught. I want [to work with] the six hardest working, most positive out on the court and the [success] will come from that."

How has your experience at NSU been so far compared University of Oklahoma?

"Well there are palm trees outside so that's been really cool. I'm constantly walking outside and just thinking 'how can I not be happy that I'm here'. It's been great so far, I have a lighter schedule in the masters program but it's been awesome. I like my professors and my classes so I really like it [at NSU]."

What are some of your plans for the future?

"Right now I'm in the masters of public health so hopefully finish that. The ultimate goal is to go to occupational therapy school and become an occupational therapist. But my ultimate goal is to be a mom someday."

What is your favorite thing to do after a big game?

"If my parents are here I like to go out to dinner with them. The girls will sometimes go out and eat dinner, hang out together and keep bonding. Usually sleep, I'm pretty tired after a long game."

Do you have any pre-game rituals?

"It's usually just dancing in the locker room

and playing some 'pump-up' music. I'm not crazy superstitious but I like having my favorite knee pads and favorite socks, that type of stuff."

What does your downtime look like?

"Well here in Florida we go to the beach as much as we can. Just hanging out with the [team]. We are really good friends so we like to hang out with each other, go to the beach, get brunch and just spend time with each other."

How has it been being away from home?

"My family is my biggest support system. Definitely could not have done any of this without them. I'm from Tulsa so I went to my state school and my parents came to every home game and it was great for four years. My mom is having a little bit of a hard time when she leaves [NSU]. But it's great they've been down here and they've seen a home game so they love it. They are excited to see me pushing forward and moving on with my career."

What is advice you would give to other student athletes?

"Make sure you fit with your team. First and foremost, have fun and love what you do. Really soak in the time you have [being a student athlete]. The time goes by really fast and take advantage of the this experience and enjoy it while you have it. Your fortunate to have [this opportunity] so always try to find the love in the game."



SPORTS SHORTS



Men's Soccer

The Sharks defeated Ave Maria 1-0 on Sept. 6. NSU outshot Ave Maria 31-1 but only a late strike by senior Darwin Lom assisted by junior Ignacio Goya and freshman Aleks Berg secured the game win. The sharks now move forward with a 5-0 all-time series against Ave Maria. This game-winning goal marks the second goal by Lom for the season.

Women's Soccer

On Friday, the Sharks suffered a loss against No. 5 Columbus State 3-1. Columbus started out with an early goal in the 3 minute of the game. A save by sophomore keeper Shannon Hearty kept Columbus off the board in the beginning of the second half but not for long. Columbus scored again in the 57 minute and again on the 60 minute mark. A shot on target late in the game by freshman Emily O'Connell put the Sharks on the board but Columbus held strong.

Women's Volleyball

On Sept. 7, the Sharks fell to the visiting Barry 3-0. In the first set, the Sharks started with a kill by senior Denvyr Tyler-Palmer. But Barry quickly responded with two points. At 23-15, NSU used a kill by Tyler-Palmer and an ace by senior Megan Burns to spark a rally but fell short with errors which gave Barry 25-17. In the second, the Sharks started with an ace by junior Caylee Cox and a kill by sophomore Maya Patterson. In the set, there were four ties before a three-point run by Barry. Barry stole the set 25-23. In the final set, the team exchanged rallies until Barry took the lead 20--13. Three errors by Barry put NSU in a position for a comeback but Barry went on to outscore NSU to finish the game 25-18.

ON DECK

MEN'S SOCCER

@ Embry-Riddle
Sept. 12 | 6 p.m.
Daytona Beach, FL

Vs Tampa
Sept. 15 | 6 p.m.
NSU Soccer Complex

WOMEN'S SOCCER

@ Barry
Sept. 12 | 7 p.m.
Miami Shores, FL

@ Tampa
Sept. 15 | 6 p.m.
Tampa, FL

Vs Florida Memorial
Sept. 16 | 7 p.m.
NSU Soccer Complex

WOMEN'S VOLLEYBALL

@ Florida Tech
Sept. 14 | 7 p.m.
Melbourne, FL

@ Embry-Riddle
Sept. 15 | 2 p.m.
Daytona Beach, FL

On The Bench:

The USSF should take it seriously

By: **Christina McLaughlin**
Opinions Editor

In countries around the world, association football or soccer is one of the most popular sports and the FIFA World Cup is one of the most popular events of the sports season. Yet, in the United States we aren't too involved in it or at least the U.S.S.F, the United States Soccer Federation makes it seem that way.

Last year, the United States men's national team faced a huge upset for the 2018 World Cup when they lost a big game against Trinidad and Tobago 2-1. This eliminated the United States from the competition which hasn't happened for more than three decades. But this wasn't only an upset for fans and players.

According to Time magazine, "The U.S.'s failure to qualify for the World Cup also marks a setback the country's efforts to elevate the most-watched sport in the world in America."

Even though the women's national team has three championships under its belt, the men's teams has always been the example when it comes to funding and global perception involving the relationship between a nation and the sport. Some believe that because of the

United States lack of adequate resources and grassroots support of soccer stateside, the team has come to this fall. But I think it has to do with a little more than that.

In the United States the most popular sports have always been American Football, Baseball and Basketball. If you haven't noticed from that list, not only is soccer not on it, but all of these sports are mainly exclusive to the United States. The reasoning for this is unclear but, it seems like the United States is more focused on spreading the popularity of exclusive American sports rather than trying to appease to worldwide sports like soccer or cricket. In 2016 alone, the United States hosted three regular season NFL games in England with two of the games at the popular Wembley Stadium in London and sent American coaches over to train international league teams.

But it doesn't matter what they do with American football, even if it gains worldwide interest it will still be "America's game" where the competition will have the NFL league at the top of the totem pole. With sports like soccer

however, the United States definitely has a lot of work ahead of them to boost their status as a force to be reckoned with.

A good start would be to hire a coach or manager for the men's national team. Yeah that's right, as of now there is no active head coach for the national team. This is mainly due to the fallout of the Trinidad and Tobago match. The team has spent the past 10 months looking for a coach and they still haven't made a decision. Which means that for the beginning of the season with some high-profile teams like Brazil and Mexico, the U.S is being run by Dave Sarachan, an interim manager until this hiring process is completed. Which according to ESPN, might extend well past November or even December.

This process has been delayed due to a few factors but a big contributor involves the USSF president's focus on bidding to host the 2026 World Cup. As of now, the United States has placed a bid to host this upcoming World Cup and the impacts of this could help make the United States invest financially and socially into soccer.

Think of it this way, during the Olympics all eyes are on the host country. The culture, sponsorships and most importantly, how many medals the "home team" wins. Same goes for the World Cup. Host teams in the past not only provide a sense of national pride in hosting but it boosts the host team's morale during the tournament. But what is the point of hosting the tournament if you don't qualify or even have a manager for your national team?

If the USSF is really trying to make a name for itself in the soccer community they need to commit. Invest in the team, get strong sponsors and most importantly, get a coach that can lead the team. Then, they can look into hosting a future World Cup tournament. But if they aren't invested and are just trying to make a little money, quit while you're ahead. It's not fair to string along the national team when you could be spending more time growing international American sport leagues. Stick to what you know or get your head in the game.

OUT OF THE SHARKZONE

Eagles' Carson Wentz not to play until "he is 100 percent healthy"

After suffering a major knee injury last season, the Eagles do not plan on putting Carson Wentz on the field unless he is 100 percent healed. Wentz tore both his ACL and left LCL in December and recently had knee surgery. Although the quarterback is eager to get back on the field, the Eagles will continue to start Nick Foles until Wentz is cleared.

NFL lockout in 2021 is "going to happen" according to players

Claims of a possible NFL lockout—where players remain in the locker room instead of going on the field—in 2021 have been confirmed by 49ers cornerback Richard Sherman and Bengals tackle Eric Winston. Sherman stated to his teammates that the lockout "is going to happen so it's not like guys are guessing on that one," according to USA Today. "Honestly I don't care and I don't think the guys in this locker room care whether this thing's going to be around in 20 years because none of us are going to be playing," Winston said according to Sports Illustrated. The current collective bargaining agreement, that has drawn major criticism for keeping money from players, runs through the 2020 season. When the agreement is up, many players have stated that they do not plan on playing until a suitable agreement is made.

Serena Williams to compete in US Open final

Serena Williams has secured her spot in the US Open finals. After returning from having her first child, Williams has managed to be back on her game, delighting many fans around the world. Although she lost to Angelique Kerber at the Wimbledon final in July, prospects of another Williams win are looking good.

Lawsuit claims Kevin Garnett's former accountant stole \$77 million

According to an AP Report, retired NBA star Kevin Garnett sued his former accountant who allegedly helped a wealth manager steal \$77 million. Garnett filed the lawsuit on Sept. 5. The lawsuit states that Kentucky-based accountant, Michael Wertheim, helped steal money from the former power forward. Banks has been sentenced to four years in prison for defrauding former Spurs star Tim Duncan.

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Tattoos aren't Taboo anymore

By: **Christina McLaughlin**

Opinions Editor

For most of us, the workplace environment is on the horizon and as we prepare our resumes and job applications some people might warn us to conceal tattoos too. It's been commonplace to call tattoos "unprofessional" but what about tattoos constitutes un-professionalism? In the end, tattoos are just another form of self-expression like clothing or a haircut, just permanent. There are various perspectives on this but society is changing and the people who are in it — including those who have tattoos— are switching up the rules in the workplace.

According to the Pew Research Center, about 20 percent of all American adults and 40 percent of millennials have tattoos. So maybe it's not common for the baby-boomer generation to have tattoos but the millennial generation is changing that. By doubling the percentage, it's safe to say that the ideology of tattoos is changing. There has always been a stigma with tattoos.

An article in the journal of social psychology titled "Tattoo or Taboo?" wrote

"people view tattooed individuals as possessing a number of negative character attributes, including being less inhibited, less competent, having worse character, being less sociable and being more sexually promiscuous".

These characteristics might be okay in a personal life but in the workplace, these characteristics become a huge downfall. But it is still a stigma. Just because someone has a tattoo that doesn't mean they exemplify these qualities, if anything, people with tattoos are anything but. No matter an individual's reasoning to get a tattoo be it self-expression, religious reasoning or cultural representation, this shouldn't limit them from getting a job. As long as an employee follows company rules and complete desired tasks, is it really important what ink is on their skin?

Most companies sight the reasoning for such strict discrimination at work based on the perception from customers. In the past, maybe that was a strong enough reason to turn away potential employees but with today's

understanding of tattoos, it's not necessary.

An article written in the journal of human relations wrote, "tattoo discrimination was perhaps more prevalent during earlier decades when tattoos were less common, but the overall level of prejudice has attenuated over time."

Still, having tattoos and the impact that can have on employment also depends on the type of employment. If it's a entry-level job or a more laid back company or field such as writing, field research or any of the arts, the question of having a tattoo might not even come up. But for the professional careers like business and the medical field, it may become more of a problem. With that, there are loopholes as well. It's fine in most companies to have tattoos as long as they aren't visible to customers, clients or patients in normal interactions. In that case, an individual could be covered head to toe— save for the neck, face, wrists and hands— and no one would know, not even employers.

In general, this is just another sign of changing times. The current generation is known

to push the envelope and make changes in social stigma, whether that be tattoos or otherwise. As long as self-expression doesn't prove offensive towards customers or towards the company, there shouldn't be a reason employees shouldn't take charge of their self expression. Companies tend to forget that although employees represent their brand and image at work or even outside of work, they also want to represent themselves when they clock out. As much as people are at work and involved in the respective companies, their personal life should be left personal and not be the difference between a career and the unemployment line. They have a right express themselves outside of work as long as it doesn't negatively affect the representation of the company. So feel free to get tatted, just save some areas for business attire or don't, in the end it's up to the employee to represent themselves the way they choose.

The Whiteboards are Imposters

By: **Christina McLaughlin**

Opinions Editor

NSU is always trying to improve campus but one thing that's missing is the whiteboards in the classrooms. More specifically, the Carl Desantis Building classrooms. All of these rooms are carbon copies of each other with desks, chairs, a projector and the all important whiteboard also known as a dry-erase board. But there is one issue with these boards, they don't work. All of my classes this semester are in Carl Desantis and consequently, this involves my professors writing on this imposter board. After the first dry erase mark, these boards become a mess of faded ink and blotchiness that overtime, becomes a challenge to decipher what is being written. So now, students are distracted by the mess rather than what the words and figures are actually trying to explain in regards to course material.

It's not only students, I've watched plenty

of professors rub furiously at the board and to no avail. This is usually followed by a string of sighs and shaken heads. The school provides a spray bottle full of an unknown solution and paper towels yet it has a very minimal effect. Professors are left with two decisions: either take time away from class and constantly clean the board or just stick to powerpoints and most choose the latter. For those professors who don't, it becomes a frustrating chore for class. As a student, I come to class to learn and be a part of lectures and when teachers have to constantly stop lecturing or teaching to clean the board, it can be incredibly frustrating.

Funnily enough, if you take a closer look at these boards they don't even have a similar texture to a dry erase board. They have bumps and ridges and seem porous rather than a smooth texture that most boards I've come across have.

Which leads me to believe that they aren't white boards at all. I think they are some sort of canvas base with a few layers of paint layered on top to prevent staining. This can explain why there are signs in every room that clearly state that you can only use dry erase markers. This wouldn't be a problem if they were the right surface for dry erase yet professors still try with all their might to make it work.

However, this isn't a problem in other buildings where classes are held like the Parker Building. Parker has easy to use, fresh-looking dry erase boards in every room and surprisingly, they work. It's no secret that this is one of the oldest buildings on campus. But if that's the case, than how does one of the older buildings have the better equipment? At this point I'd rather have chalkboards. Chalkboards are always easy to erase and if the school can't outfit every room

with this amenity, there are plenty of cheaper options like chalkboard paint. It works just as good as the real thing and it can go right on top or replace the existing whiteboard space on the walls.

It seems like NSU is always working on improving the university for the better. With residential housing and parking garage construction, the opening of the new M.D college last semester and the new brand campaign which claims students who attend NSU will gain a competitive advance or "edge" in their field. Well how are students supposed to gain an "edge" when we can't even have basic classroom education tools that work properly? For now, I'm left squinting at the board until a better option comes along.



Growing Up, For Real

By: **Samantha November**
Contributing Writer

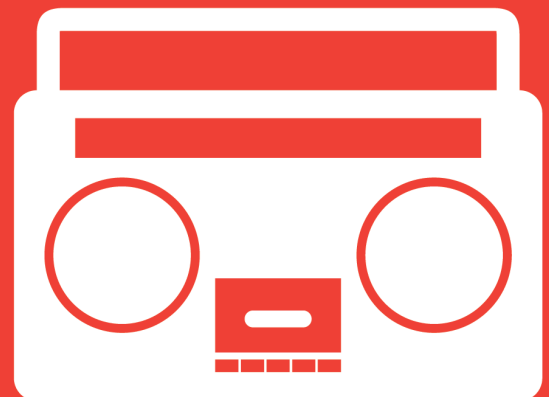
On Sept. 17, I'll be turning 20 years old. While I am excited about being an age that doesn't have the word "teen" in it, that is also why I'm apprehensive. Being 20 means that it's finally time to grow up, for real. All of the uncertainties that casually got pushed aside and out of mind since my freshman year of high school are now beginning to pop up one by one, like forgotten yet familiar faces from the past. What are my plans post-graduation? I don't know. What do I want to do for the rest of my life? I don't know. Where will I be in five years? I don't have any idea. Who will I be in 10 years? I honestly have no clue.

The truth is that growing up is hard.

Figuring out how to be a full-fledged adult isn't easy. Anyone who senses your nervousness from a mile away will tell you "you still have plenty of time." But if they honestly believed that, would they ever ask you about what jobs you'll apply for once you've finished school? No. But like I said, I am excited about turning 20. I am also hopeful about the unknown future, and I'm even more optimistic about becoming my own person. I can't wait to finally be able to answer those questions that I currently avoid answering at all costs. In the end, it's okay to not have it all figured out right now, because eventually you will and that's what matters.

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NSU theme park in the works?!

By: **Mario Lorrimer**
Business Manager

Have you ever wanted to go from the emotional roller coaster that is your class to an actual roller coaster? Well now you can... at least in the future. Thanks to some hardcore investigative journalism, we can now confirm that NSU plans to remove the high school and replace it with a theme park. Now your days of longing for a mini vacation are no more. No more looking up flight schedules during class or booking destinations, NSU's new theme park is a one stop beauty.

You like comdogs, they got it. You like cheesecake, they got it. You only like the cheese? Lucky you, they got it. They have so many amenities, it will make your head spin faster than during math class. Including a padded room for hissy fits, extra strength Tylenol for

any headaches acquired from studying, a gator wrestling ring to fight out your frustration, be the next "Florida man" with the VR simulation and more! With over eight major attractions, NSU's new theme park will rocket its way into your heart. Instead of screaming while attempting to learn, why not scream on the rides at the park?

Here are a few rides you can expect; the Shark Shuttle Overdrive, the Rolling Hills Wheel, the Deadline and the Parking Garage. The Shark Shuttle Overdrive is a multi-person ride that goes around the theme park at 80 miles an hour. I wonder if it will be on schedule. The Rolling Hills Wheel is a ride we all know and love; the Ferris wheel! However there's a twist, the ride operator is required to fit as many people as possible into each cart. I guess they're

bringing you up just to bring you down. The Deadline is said to be the fastest roller coaster the world has ever seen. It is said to go just as fast as the deadlines for your assignments. Finally we have the Parking Garage, but don't let the name fool you, because there is no place to park. It's an open track where you drive go-karts around aimlessly for as long as you want.

Tickets start at \$50 and the first 150 students to preorder their tickets are entered into a drawing. The grand prize is a free college education! The best part about this prize is even if you graduate before 2020 you could win a refund on your college education. I don't know about you guys but I am going to be preordering my tickets for the grand opening in 2020 today.

Is it Cultural Appropriation or Inclusion?

By: **Taylor Murphy**
Contributing Writer

Cultural Appropriation by definition is the adoption of elements of a minority culture by members of the dominant culture. The topic of culture has been quite the hot topic for years. Black Culture has evolved passed the saggy pants and gold chains. And we, as black people, are quick to lash out at anyone who would do things like we would. Especially if they were white. If a white person were to get dreads, wear cornrows, or lay their edges down in a fashion that mimics our own, we would accuse them of stealing our culture. However, how could we do

such a thing when you see more black girls with long straight wigs more than natural hairstyles? I've seen black women with long straight blonde hair and blue contacts instead of the curly afro they were born with more than I've seen white people with braids or dreads.

While I am not knocking weaves, I just find it hard to believe that we feel we have the right to say they are stealing our culture when we don't even use it ourselves. Until I see a white person purposely putting on black face makeup, I cannot find it in myself to call them out on

it. We as a people have fought for equality for hundreds of years. If we continue down this road of false accusations, we are undoing the work of our ancestors before us. We wanted inclusion. We wanted equality. We wanted to break the boundaries put between us and everyone else of other cultures. Now that we have made progress, we want to go back on our word? Honestly, this doesn't make us any better than them. When I hear someone who is a minority talk about how they hate white people or don't like them for whatever reason, I honestly feel sorry for them.

Just because of how one person acts, you judge the entire race on someone else's integrity. Now, you are no better than their ancestors. You are no better than the whites during Jim Crow. You are no better than the Americans during WWII. You are no better than the men you swear oppress us or the policemen who have slaughtered us. You are no better because just like them, you are wedging gaps and building barriers where there should be bridges.



"I wear my croc's to feel comfortable in my own skin. I wear whatever I want and croc's are [something] I like,"

- Megan Knights, senior environmental science major



"I exercise and I listen to podcasts. I find distracting my mind helps me sort out things,"

- Aisha Abdool, freshman behavioral neuroscience major



"I remember that I am made that way I am supposed to be,"

- Haley Watters, sophomore exercise and sports science major



"I usually go to the pool because swimming is like an escape for me whenever I'm feeling down,"

- Rafi Chambasian, freshman business major



"I hang out with my sisters in [Delta Phi Epsilon] and I go to the gym. It helps me gets into a good headspace,"

- Hannah Sulo, sophomore exercise and sports science major

INTERNSHIPS AND RESEARCH CENTER

Recruit a Shark Day

Are you looking for an internship, job, research or volunteer opportunity?



NSU Recruit a Shark Day
Wednesday, September 12, 2018
 3:30 p.m.–6:00 p.m.
 The Rick Case Arena at the Don Taft University Center
Connect with employers recruiting for:
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 JOBS INTERNSHIPS
 Business professional attire or scrubs required
 NOVA SOUTHEASTERN UNIVERSITY **NSU** Florida
 For more information, visit nova.joinhandshake.com
 (954) 262-7201 careerfair@nova.edu
 This event is hosted by Career Development and the Office of Student Leadership and Civic Engagement

INTERNSHIP OPPORTUNITIES

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

- Marine Environmental Education Center at the Carpenter House: *Marketing Intern***
- Broward County: *Grants Intern***
- Fratarcangeli Wealth Management: *Finance Intern***
- EisnerAmper LLP: *Accounting Intern***
- Debbie's Dream Foundation: *Curing Stomach Cancer: Event Planning Intern***
- TCG Capital LLC: *Software Developer- Intern***

RESEARCH OPPORTUNITIES

Computational Biology/Bioinformatics

Student Participation: Undergraduate students interested in computational biology/bioinformatics research to run software analysis of drug-protein and protein-protein interactions.

Time Commitment: 10 hours + per week Fall/Winter semesters; summer hours may be available.

Minimum GPA & Major: 3.0 GPA/ Any STEM major

Skills/Experience: Programming experience (experience in MATLAB and Python is a plus); Physics, Chemistry and Molecular Biology courses preferred; and previous research experience preferred.

Genomic Research

Student Participation: Undergraduate students interested in genomic research to analyze large datasets.

Time Commitment: At least 10 hours per week

Skills/Experience: Programming experience in R language (experience in Perl and Python is a plus); Genetics and Cell Molecular Biology courses preferred; and previous research experience preferred.



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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