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Nova Southeastern University

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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 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.

“Students who come here have 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 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

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 Dr. Pallavi and Kirit C. Panda’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 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.

The Incoming Class of 2022 and future plans for recruitment

By: Christina McLaughlin
Opinions Editor

NSU names first Chief of Staff

By: Madelynn Rinka
News Editor

The USSF needs to be more invested

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Enjoy Fall themed snacks without the pumpkin-spice

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The New York Times published an anonymous opinion editorial on their website on Sept. 5. The author is said to be a senior White House official. The editorial spoke on how many people 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.

Sam Williams and his three-year-old son Finn were airlifted to a hospital in Johannesburg, critically injured. 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 recall could trigger vehicle fines, 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, Malitz and Shepard 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 new 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 Giselle Mendoza, Ed.D., at mendoa@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 bw@nova.edu.

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

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NSU’s branch of the American Association of University Women, or the AAUW, will hold events and meetings beginning Wednesday, Sept. 12, in the DeVosfield Atium 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 hundreds 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..

“All of the history 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 Hős,” 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 ghettos 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/.
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 sexual 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. 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 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 that it is [always the case] but that 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
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 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, tripe 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 chilli 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.

**Pho 79**

6451 Stirling Rd, Davie, FL 33314
(954) 797-9700
Tuesday-Saturday: 10 a.m.-10 p.m.
Sunday-Monday: 10 a.m.-9 p.m.
Price Range: $9-$15

Who’s it named after?

**By:** Skyler VanDerveer
Multimedia Manager

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.

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**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, crab 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 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, tripe or beef flank, in addition to seafood and vegetarian pho. The

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**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 issues 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 Bolder 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.

Bennet 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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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 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. Contrarily, 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 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 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.

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**Growing an indoor garden for beginners**

By: Madelyn Rinka

News Editor

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**SOUNDBITE**

"Nation of Two" by Vance Joy

By: Madelyn Rinka

News Editor

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When most people hear the name Vance Joy, a stage name of Australian musician, James Gabriel Wanderson Keogh, they 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 syllabic 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, Vance 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 serendipitous. “We’re Going Home” starts out moody and serious, with the chords eventually building up 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 enduring 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 hits 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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**OFF SHORE CALENDAR**

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

Kathy Griffin: Laugh Your Head Off Tour  
Sept. 12 | 5 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 | 6 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 | 5:30 p.m.  
@ BB&T Center | Sunrise

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**RADIOX IS NOW STREAMING**

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**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 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 defrosted— 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.

Self-Care Awareness Month

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 you hold yourself 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 inspirational 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 “tiny bitzy” 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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**Celebrate Fall with these healthy festive foods**

By: Madelyn Rinka

News Editor

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**Arts & Entertainment**

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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 and normal student, make good grades and be fully committed on the team.”

What is your favorite thing to do after a big game?
“If my parents are here I like to go out to brunch and just spend time with each other.”

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 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.”

By: Christina McLaughlin
Opinions Editor

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 Heartly 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 | 7 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. 16 | 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

ATHLETE OF THE WEEK:
Leslie Atherton

By: Christina McLaughlin
Opinions Editor

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What is 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 push 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 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.”

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 superstitions but I like having my favorite knee pads and favorite socks, that type of stuff.”

What does your downtime look like?
“Being a transfer student from Tulsa 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 your experience at NSU been so far compared University of Oklahoma?
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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 team has always been the example set in the United States we aren’t too involved in it. Sports and the FIFA World Cup is one of the most popular events of the sports season. Yet, 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 lacks of adequate resources and grassroots support of soccer statewide, 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.

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Tattoos aren’t Taboo anymore

By: Christina McLaughlin
Opinions Editor

For most of us, the workplace environment is a battleground and we prepare our uniforms and job applications some people might want us to conceal tattoo 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 hairstyle, 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.

NSU is always trying to improve campus but one thing that’s missing is the whiteboards in the classroom. More specifically, the Car Desantis Building classrooms. All of these rooms are carbon copies of each other with desks, chairs, a projector and the all important classroom education tools that work properly? NSU will gain a competitive advance or “edge” when we can’t even have basic classroom education tools that work properly. It’s no secret that this is one of the things that make NSU the best college. Or replace the existing whiteboard space on the construction, the opening of the new M.D. Building classrooms. All of these rooms are carbon copies of each other with desks, chairs, a projector and the all important classroom education tools that work properly? NSU will gain a competitive advance or “edge” when we can’t even have basic classroom education tools that work properly.

Growing Up, For Real

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 I am old enough to drink, smoke, and the freedom of being 20 means that I can do as I please. But as I get older, I realize that there is more to life than just having the freedom to do whatever I want. I realize that being 20 means that I have to start thinking about the future and what I want to do with my life.

The Whiteboards are Imposters

By: Christina McLaughlin
Opinions Editor

For now, I’m left squinting at the board until a classroom education tools that work properly. It’s no secret that this is one of the things that make NSU the best college.

Water your thoughts

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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 I am old enough to drink, smoke, and the freedom of being 20 means that I can do as I please. But as I get older, I realize that there is more to life than just having the freedom to do whatever I want. I realize that being 20 means that I have to start thinking about the future and what I want to do with my life.
I wear whatever I want and comfortable in my own skin. "I wear my croc’s to feel stealing our culture. However, how could we do that mimics our own, we would accuse them of cornrows, or lay their edges down in a fashion white. If a white person were to get dreads, wear things like we would. Especially if they were pants and gold chains. And we, as black people, Black Culture has evolved passed the saggy members of the dominant culture. The topic of adoption of elements of a minority culture by faster than during math class. Including a padded many amenities, it will make your head spin cheese? Lucky you, they got it. They have so cheesecake, they got it. You only like the booking destinations, NSU’s new theme park is more looking up flight schedules during class or longing for a mini vacation are no more. No replace it with a theme park. Now your days of screaming on the rides at the park? Well now you can…. an actual roller coaster? Well now you can…. an emotional roller coaster that is your class to learn, why not scream on the rides at the park? We as a people have fought for equality for hundreds of years. If we continue down this road it. We as a people have fought for equality for hundreds of years. If we continue down this road 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 you guys but I am going to be preordering refund on your college education. I don’t know if you graduate before 2020 you could win a education! The best part about this prize is even karts around aimlessly for as long as you want. 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 $10 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.

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.
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Wednesday, September 19, 2018
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