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The Current

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NEVER FORGET
NEVER FORGET



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Remembering WWII with Movies

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By: **Alyssa DiMaria**
@Current_DiMaria

Join the Greeks in recruitment week

At NSU, social fraternities and sororities celebrate their notoriety with fall recruitment. For the Interfraternity Council, the recruitment process is from Sept. 7-11, and for the Panhellenic Council, the recruitment process is from Sept. 9-13. Greek life is a well-known aspect of the college experience. Every fall, thousands of students worldwide pledge to Greek organizations and hope to be invited to join the long-lasting bonds of brotherhood or sisterhood.

Rush Week, formally known as Recruitment Week at NSU, is a week of events that aims to show students the benefits of joining social fraternities and sororities. Social Greek life members help interested students find their best fit within the social fraternities and sororities at NSU. All social Greek chapters are governed by either the Interfraternity Council (IFC) or the Panhellenic Council (PC).

IFC is the governing body over the three nationally recognized social fraternities on campus: Beta Theta Pi, Kappa Sigma and Phi Gamma Delta. PC manages the social sororities: Delta Phi Epsilon, Phi Sigma Sigma, Sigma Delta Tau and Theta Phi Alpha.

The recruitment process began early this year for PC. Over the summer, the recruitment team reached out to some of the incoming freshman to explain what it means to be Greek at NSU and introduced them to some of the



PHOTO PRINTED WITH PERMISSION FROM NSU GREEK LIFE.
Recruitment Week is a week of events that allow students to find their best fit with the fraternities and sororities at NSU.

different sororities on campus.

Vice President of Recruitment of Panhellenic Council Blake Giroux, junior nursing major, said the recruitment team is a group of eleven women from different sororities who volunteer to drop their Greek affiliation to help transition the new class in an unbiased manner. After bid day—where new members join their sororities, each recruitment member rejoins her sisters.

“We’ve had a few events so far, like mixers and barbeques, to help transition the new women

into the recruitment process,” Giroux said.

The recruitment team will continue to table in the Don Taft University Spine throughout the day for the first two weeks of school to answer questions and serve as a support system.

Giroux said that the dates of fall recruitment are later than the timeline other universities usually follow.

“We want the women to settle into the college lifestyle and get into a routine with their classes. Education is a very large and important aspect of Greek life,” she said.

In addition to the importance placed on academics, IFC and PC prioritize student safety. All members of Greek life are required to attend a hazing workshop on Sept. 28 from 6 to 9 p.m. in the Black Box Theatre.

NSU has a zero tolerance for physical or emotional hazing in any club or organization. In a case of hazing, the incident will be reported to the Office of Student Activities and to the Dean of Administration for Student Affairs and the College of Undergraduate Studies.

Giroux said hazing is believed to be a rite of passage that creates bonds within a group and is commonly thought of as a Greek tradition, but that it is a huge misconception.

“We think of new members as equals and not as inferiors. Greeks encourage new members and work with them hand in hand with whatever they may need,” she said. “If there is ever an instance of hazing, the Greek office has an open door policy, and we encourage all to come to us immediately. There are appropriate repercussions for hazing.”

Giroux said she expects the members of the Greek system to be respectful of the processes and to wear their letters proudly.

“It is important to support NSU as an institution and their programs and events. We at NSU strive for sisterhood and to create bonds that last a lifetime,” she said.

NSU makes change to unfamiliar policy

By: **Li Cohen**
@Current_Yakira

On Aug. 28, Facilities Management was made aware of a policy regarding nighttime student access to the Don Taft University Center and is taking action to re-establish students’ rights.

Since 2010, NSU has had a policy stating that after midnight, students are not permitted to be in any part of the Don Taft University Center aside from the UC pit. Although the policy is not new, the majority of the NSU community was unaware of the rule.

Jessica Brumley, interim vice president for Facilities Management, said she was unaware of the policy’s existence and that she plans on addressing it within the week.

“I feel like it is something that Facilities Management needs to look into,” she said. “We need to be more open and understanding that students need access to the UC to socialize and study.”

According to Public Safety officers, they are not allowed to let students remain in any area outside the UC pit after midnight. NSU students

approached for this article were unaware of the policy until they were informed during their interviews.

Cara Brueggeman, junior speech language and communication disorders major, said the policy is unnecessary.

“There are good places to study in the UC besides the pit,” she said. “I know a lot of people who like to study late at night, especially during exams. Sometimes the pit gets too crowded or loud, so other parts of the UC are better to focus.”

According to the student handbook, students are not allowed to remain in any NSU building after closing hours. The policy states, “No student is permitted to enter or remain in any university building or facility, including the swimming pools, or in the academic areas of the university, after normal closing hours, unless written approval to do so has been obtained in advance from authorized university personnel.”

What the handbook fails to mention is what those closing times are and for which

buildings. The UC does not have any signifier of operating hours for the building as a whole. The only visible operating hours are for Shark Dining services, the RecPlex, Office of Student Activities, academic departments and the Shark Shop.

Brumley, along with numerous students, said they regularly see people studying and socializing on the second and third floors of the UC at night. Students commonly use the enclosed areas on the upper floors to study and work on assignments.

Emily Floria, nursing student, said she has studied on the second and third floors of the UC late at night since 2011.

The only issue Floria has experienced with being in the building at night was when she was dancing in a studio after hours. She said the officer told her she couldn’t be in the studio but that it was okay for her to remain on that floor of the UC.

Brumley said that even though Facilities Management plans on changing the policy,

students must adhere to the current rules until notified of a change.

“Students need a place to study; that’s why we pay money to come to school and pay even more to live on campus,” Floria said. “If they are telling people they can’t be in the study areas, like the second and third floor of the UC, too many people will be in the pit. It will end up causing more problems.”

The policy was originally put into place for safety measures. Brumley said that even though safety was the intent, her department is open to change and encourages a community environment.

Upon a change in policy, an update will be sent out to the NSU community. Until then, Brumley recommends that students find other areas to study and socialize so they adhere to the university’s regulations.

“With policies like this, we are certainly open to discussing what’s best for the students,” she said. “We’re trying to make this a more student-friendly campus.”

NEWS ANCHOR

Stay up to date with international events.

Taliban seizes district headquarters, two dead in separate attack

Despite U.S. efforts to push back Taliban fighters with air strikes, the terrorist group took control of the strategically-located town of Musa Qala in the Helmand province of Afghanistan. Helmand is Afghanistan's main opium production center and contains important trade and smuggling routes. The Taliban is fighting to restore full control of this region. Musa Qala fell to the Taliban after it attempted to forcibly retake the district, which was taken from them in 2007. The Taliban now has control over three districts in northern Helmand and partial control over several others. In a separate incident in southern Helmand, two U.S. soldiers were killed when a man in an Afghan uniform opened fire in the previously British base of Camp Bastion. No group has claimed responsibility for the attack.

Africa's economic growth boosted by trade project

The United Nations has begun training officials from 19 African countries in negotiating trade deals in an effort to make the African Union's free-trade zone project a success. The zone will extend from Cairo, Egypt to Cape Town, South Africa, bringing together three regional trade blocks, and will be called the Tripartite Free Trade Area. Since the agreement was signed in June, the African Union has started out slowly with only 26 of its 54 member countries participating to form the proposed trade union. The TFTA will have a population of 632 million and a combined GDP of \$1.3 trillion. Once the union is stable, other countries will be able to join, forming the Continental Free Trade Area. The project arose out of Africa's need to develop internally before free-trading with the rest of the world.

Serbia and Kosovo one step closer to peace

A European Union-arranged deal has brought the two nations closer to ending the ethnic conflict that has plagued the area of Kosovo. The disputed land between Serbia and Albania, Kosovo, has been the location of deep-rooted conflict between various ethnic groups in the area, particularly the Serbs and Albanians, because each lays claim to it. Approximately 120,000 Serbs live in Kosovo, while 90 percent of its 1.8 trillion population is ethnic Albanian. The deal proposes the creation of several Serb-run municipalities in Kosovo to promote autonomy and a northern judiciary that

would appease both groups. Deals were also made regarding energy, telecommunications and the Mitrovica Bridge, which divides the city along ethnic lines and has been a constant area of strife since the late 90s.

Colombians return to Colombia as border tensions rise

Since Venezuelan President Nicolas Maduro closed a border post and announced that Colombians residing illegally in the country will be deported, more than 1,000 Colombians have returned to Colombia. The president's actions are meant to stifle smuggling gangs. Recently, smugglers injured three Venezuelan soldiers and a civilian, prompting the president to crack down on border and immigration control. Some Colombian's have accused the Venezuelan government of forcibly removing them from their homes, which were then demolished. The foreign prime ministers of Venezuela and Colombia will meet to discuss the crisis.

Peace deal signed in South Sudan

South Sudan President Salva Kiir and former deputy and rebel leader Riek Machar signed a peace deal after facing threats of sanctions from the UN. The deal is meant to end a civil war that has lasted 20 months and displaced over two million people. After Kiir made known his reservations regarding the mediation and the deal's clauses, he signed the document, giving a speech in which he emphasized his unease. The deal's main points are an immediate ceasefire, the expulsion of military forces from the capital, Machar reinstated as vice-president, an interim government that will be in control for 30 months, elections for the new government to be held 60 days prior to the end of the 30 months and an investigation of human rights violations by the Commission for Truth, Reconciliation and Healing.

Suspect in Khobar Towers bombing reportedly captured

After nearly 20 years, the main suspect of the 1996 bombing in Saudi Arabia was reportedly captured in the Lebanese capital Beirut. Ahmed al-Mughassil, the 48-year-old suspected bomber, was then transferred to the capital of Saudi Arabia, Riyadh. A U.S. official confirmed al-Mughassil's detainment, but there has been no report from Saudi authorities. The Khobar Towers bombing killed 19 U.S. military personnel and one Saudi citizen, and a U.S. court has indicted al-Mughassil for the attack. The U.S. also blamed Iran for the attack, which it has since denied.

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3301 College Avenue
Student Affairs Building, Room 310
Fort Lauderdale, FL 33314-7796

nsucurrent.nova.edu

NEWSROOM

Phone: (954) 262-8455
Fax: (954) 262-8456
nsunews@nova.edu

BUSINESS & ADVERTISING

Phone: (954) 262-8461
Fax: (954) 262-8456
thecurrentad@nova.edu

Li Cohen	Co Editor-in-Chief	nsunews@nova.edu
Nicole Cocuy	Co Editor-in-Chief	nsunews@nova.edu
Jazmyn Brown	Copy Editor	thecurrentnews@nova.edu
Alyssa DiMaria	News Editor	thecurrentnews@nova.edu
Faren Rajkumar	Features Editor	thecurrentfeatures@nova.edu
Destinee A. Hughes	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Randa Djabri	Sports Editor	sportseditor@nova.edu
Amanda Kaplan	Multimedia Manager	nsunews@nova.edu
Carli Lutz	Chief of Visual Design	thecurrentad@nova.edu
Roger Atangana	Visual Design Assistant	thecurrentad@nova.edu
Open	Business Manager	thecurrentad@nova.edu
Open	Distribution Manager	thecurrentad@nova.edu
Emilio Lorenzo	Writer	nsunews@nova.edu
Emily Tasca	Writer	nsunews@nova.edu
April Coan	Writer	nsunews@nova.edu
Natalie Guzman	Writer	nsunews@nova.edu
Marie Ontivero	Writer	nsunews@nova.edu
Erica Rich	Writer	nsunews@nova.edu
Roddia Paul	Writer	nsunews@nova.edu
Megan Fitzgerald	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

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Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

NEWS BRIEFS

Over 100 Students Inducted into Undergraduate Honors Program

The Farquhar Honors College welcomed more than 100 new students into NSU's Undergraduate Honors Program at an induction ceremony on August 23 at the Don Taft University Center. This marked the first inducted class of the newly established Honors College, which includes undergraduate students of all majors and faculty from across the university.

Join the Take Back the Night Planning Committee

Help NSU take a stand against sexual and domestic violence by joining the planning committee for the 2015 Take Back the Night event this fall. The first informational meeting is at noon on Sept. 2 in the Rosenthal Student Center, Room 200. For more information, contact Special Events and Projects at 954-262-7494 or email lorecabr@nova.edu.

NSU to Participate in Inside Out Broward Project

Inside Out, a global art project to celebrate the 100th Anniversary of Broward County, will take photographs of people at NSU on Sept. 10 from 11 a.m. to 2 p.m. on the second floor of the Don Taft University Center. The photographers from Inside Out will take black and white photos of people in a particular community as an opportunity for them to express themselves. NSU encourages students, faculty, staff and other members of the community to model and highlight NSU's diversity and culture.

The photos will also be posted around campus. Participants must bring their NSU Sharkcard. For more information about the global project, visit www.insideoutproject.net.

Student Success moves to a new location

The Office of Undergraduate Student Success has moved to Rosenthal Student Center, Room 104. Students can work with an Academic Success Coach on time management, study skills, managing stress, goal setting and navigating NSU resources. To make an appointment, call 954-262-8386 or visit www.nova.edu/yoursuccess.

Campus Card Services moves to new location

The Campus Card Services office has moved to the One-Stop Shop in the Horvitz Administration Building. Card Services provides information and services for SharkCards, NSU's official identification cards. SharkCards are used for identification, library access, vending machines, photocopy services, meal plans, building access and parking access. For questions or concerns, contact Campus Card Services at 954-262-8929 or visit nova.edu/nsucard.

On Shore Calendar

Tutoring Tuesday
@Goodwin Hall
8-10 PM

SEA Thursday
@Flight Deck
Backyard
12-1 PM

SEPT 1

Water Works
@Library Quad
8-11 PM

SEPT 3

Interfraternity Council
Recruitment Begins

Labor Day Pool Party
@RecPlex Pool
4-8 PM

SEPT 4

Volunteer Fair
@Don Taft University
Center Spine
11:30AM-1 PM

Panhellenic Sorority
Recruitment Begins

SEPT 7

Veteran's Association
9/11 Memorial
@Don Taft University
Center Spine
10AM-10PM

SEPT 9

Panhellenic Sorority
Recruitment Ends

Interfraternity Council
Recruitment Ends

SEPT 13

SEPT 11



★ REPUBLICANS ★

★ GREEN PARTY ★

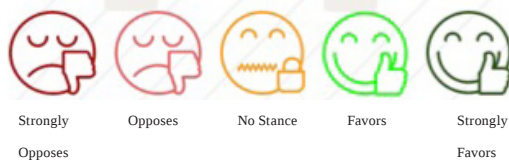
★ DEMOCRATS ★

Issue of the Week: Domestic Issues

The Presidential Campaign focuses around four main issues. Find out what the candidates stances are on the things that matter.



	Strict Punishment	Gun Ownership	Obamacare	School Vouchers	Green Energy	Drug War
Donald Trump	Strongly Opposes	Opposes	No Stance	Opposes	Opposes	Opposes
Carly Fiorina	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Mike Huckabee	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Bobby Jindal	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
George Pataki	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Rick Santorum	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Ben Carson	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Chris Christie	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Rick Perry	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Lindsey Graham	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
John Kasich	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Scott Walker	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Jeb Bush	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Jim Gilmore	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Hillary Clinton	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Bernie Sanders	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Jim Webb	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Martin O'Malley	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Lincoln Chafee	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Ted Cruz	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Rand Paul	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Marco Rubio	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes
Jill Stein	Opposes	Opposes	Opposes	Opposes	Opposes	Opposes



Race to presidency 2016: Know your candidates Domestic issues

The following topics are related to domestic issues—one of the primary concerns to presidential candidates. The stances of the candidates were determined by presidential-candidates.insidegov.com and based on speeches, press releases and public statements by each candidate. Domestic issues pertain to all administrative decisions related to the internal affairs of the nation.

Strict Punishment

This refers to views on whether stricter enforcement and mandatory sentencing is the solution to crimes. Stances on enforcement take into consideration the following concepts: “Three Strikes” Laws, which convict people with a third felony with a mandatory life sentence, “Prison-Industrial Complex,” which focuses on the increasing prison population, “Broken Windows” Laws, where police focus on quality of life issues as much as the crime itself, and the death penalty.

Strongly Opposes—Candidate believes judges and juries should decide what penalties are administered on a case-by-case basis and the death penalty should be abolished.

Opposes—Candidate believes strict enforcement of pre-determined sentencing threatens civil rights. They say police, courts and prisons should focus on effective, rather than strict, enforcement and the death penalty should be used with caution.

No Stance—Candidate has not issued an official statement regarding the issue.

Favors—Candidate believes the death penalty should be kept because it is effective. They also say that enforcement should consider rulings on special circumstances to avoid inappropriate imprisonment.

Strongly Favors—Candidate believes death penalty is crucial to keep. They believe mandatory sentencing and strict enforcement prevent judges from letting criminals off too easily.

Gun Ownership

The gun control debate focuses on whether existing laws are sufficient or if more are needed. Stances on gun ownership take the following concepts into consideration: child-safety lock efficiency, background checks and the right to bear arms.

Strongly Opposes—Candidate believes that more guns mean more killing and that the government should limit gun availability by any means necessary. They say the second amendment does not mean an unlimited right to any and all firearms.

Opposes—Candidate says gun rights pertain to self-defense, home security and personal security. They believe registration rules should tighten and that kids should not have access.

No Stance—Candidate has not issued an official statement regarding the issue.

Favors—Candidate says morality, and not guns, is the issue. They believe gun ownership should not be restricted and that to reduce gun-related crimes, moral problems and other issues need to be addressed.

Strongly Favors—Candidate believes the right to bear arms is a constitutional right and that the issue should be left alone.

ObamaCare Expansion

The debate over the Affordable Care Act is whether the expansion is socialized medicine or beneficial to society's progress. Stances on whether ObamaCare should be expanded take the following concepts into consideration: individual mandate, tort reform, mental health, patients' bill of rights, Medicaid, Medicare and euthanasia.

Strongly Opposes—Candidate says nationalized health care allows the government to take over a large portion of the economy and have access to personal medical histories. They believe the federal government should be removed from the health care industry.

Opposes—Candidate says that the concept is noble, but that further health coverage should be promoted through non-government means.

No Stance—Candidate has not issued an official statement regarding the issue.

Favors—Candidate says the government should provide coverage for at-risk groups and that it benefits society. They believe universal health insurance is a

good goal but some market methods can work just as well.

Strongly favors—Candidate says not enough people have adequate health insurance and the government should make funds available to help. They believe a single-payer system would solve most healthcare problems.

School Vouchers

School vouchers are given to parents by school districts and provide them with a discounted price to send their children to public or private schools. Stances on school vouchers take the following concepts into consideration: parents' ability to choose what school their children will attend, charter schools and failing schools.

Strongly Opposes—Candidate says public schools are important and that they should be improved with more teachers, smaller classes and more funding.

Opposes—Candidate says we should continue experimenting with charter schools but with no vouchers. They believe we need to create pressure to improve public schools rather than abandon them.

No Stance—Candidate has not issued an official statement regarding the issue.

Favors—Candidate says vouchers help people who aren't able to afford private schools. They believe subsidizing parents' school choices fosters equality and that charter schools are a good compromise.

Strongly Favors—Candidate says the government shouldn't be involved in running schools and that state-funded vouchers should pay for privately-run education.

Green Energy

The green energy debate revolves around the severity of global warming. Stances on global warming take the following concepts into consideration: greenhouse gases, Climate Change Treaty, which was signed by 183 countries in 1992, the Kyoto Protocol, which would require the U.S. to reduce its carbon emissions, and climate effects on the U.S.

Strongly Opposes—Candidate says global warming is nonexistent and if there is a problem, it won't have a significant effect.

Opposes—Candidate says the cost of dealing with global warming is higher than the potential damage and that the uncertain effects of global warming aren't evidence enough to deal with the issue regularly. They believe we should sign on to some international agreements, but only make minimal financial commitments.

No Stance—Candidate has not issued an official statement regarding the issue.

Favors—Candidate says we should establish a market-based solution for carbon emissions to solve global warming. They believe the Kyoto Protocol should require developing countries' participation.

Strongly Favors—Candidate says the overuse of fossil fuels causes serious problems and that they can be solved immediately by raising carbon taxes, raising CAFE standards, federally funding research and resigning the Kyoto Protocol.

Drug War

The War on Drugs refers to international drug crimes and drug use within the country. Stances on the War on Drugs take the following concepts into consideration: industrial hemp use, marijuana use, and the U.S. partnership with Colombia, where the U.S. provides international aid to Colombia's government in exchange for anti-narcotic activities.

Strongly Opposes—Candidate says the drug war should be ended because it has failed and has done nothing but condemn blacks and Hispanics to prison and criminal records. They believe if ended immediately, organized crime and drug-related crime will decrease.

Opposes—Candidate says regulated decriminalization is needed and medical marijuana should be legalized as part of a drug policy reform. They say the reform should include less criminal penalties and more drug abuse clinics.

No Stance—Candidate has not issued an official statement regarding the issue.

Favors—Candidate says the drug war is winnable if resources are invested. They believe more police, border patrols, intervention, prisons and prison terms are needed to do so.

Strongly Favors—Candidate believes drug use is immoral and that drugs poison society. They say the drug war should be fought with all reasonable means.

Remember the fallen

By: **Alyssa DiMaria**
 @Current_DiMaria

The Nova Student Veterans Association (NSVA) will host a memorial on Sept. 11 in the Don Taft University Center Spine from 10 a.m. to 10 p.m. to commemorate the 2001 attack. The event will include a group gathering of veterans, information about 9/11, moments of silence and a candlelight vigil.

NSVA President and United States Army Veteran, Tim Chamberlain, senior biology major, said the event is intended to honor the victims of this day.

“We want to pay our respects to the lost, those who answered the call for duty and those who continue to serve at home and abroad to ensure we do not suffer such a great loss again,” he said.

This year will be the first time the NSVA will hold its own event. In the past, the event was in conjunction with another student organization.

Chamberlain said, “The intent for this year’s memorial is not to have a loud and celebratory event, but instead a quiet memorial, along with flags placed around campus to remember the fallen.”

Chamberlain said it is important for individuals to continually honor this day

because we should never forget the sacrifice of the innocent lives lost.

“We want to remind those who no longer remember why we wear our uniforms that the sacrifice is not over when we come home,” Chamberlain said. “Those who wish to cause us harm will always exist and our nation depends on its citizens to ensure safety and survival,” he said.

Chamberlain, along with thousands of others, joined the U.S. Army in 2001 to protect the United States from harm and fight against the terrorist groups who threatened the country.

“While it was a tragic event, 9/11 brought our nation together as a cohesive and patriotic team that was determined to repel our enemy,” he said. “We continue to thank those that serve in our military and try to help them with their physical, psychological and reintegration needs.”

For more information, contact Chamberlain at tc918@nova.edu.

You asked, they listened: Shark Dining’s food options revamped

By: **Alyssa DiMaria**
 @Current_DiMaria

Chartwells, NSU’s food service, has made several changes to the Don Taft University Center food court to increase its appeal for students, based on their feedback.

The most talked about change is JuiceBlendz. It has been refreshed and expanded to offer more variety including salads, sandwiches and wraps.

Alec Mayo, sophomore biology major, said that it’s great that NSU made this change because the more food options, the better.

“I really like the new wrap options and the fact that Juiceblendz uses Boar’s Head deli meat,” he said. “It’s now easier to eat healthily on campus.”

Outtakes has also enhanced its variety by including a dispensing unit, known as “Student Grub,” which includes trail mixes, gummy bears, Sour Patch Kids, chocolate covered pretzels and more.

Flight Deck has added its most requested food item, tater tots, to its menu. There has also been increased student request for Halal food, which is now offered in numerous dining outlets across campus.

Shark Dining will also begin hosting legacy

events throughout the semester.

Shark Dining Resident District Manager Jason Fitch said the legacy events are staged as monotony breakers for students to help add variety, excitement and engagement throughout the university community.

“With legacy events, there is one charge, and customers receive a wrist band which entitles them to an all you care to eat environment for that meal period at the designation stations,” he said.

Fitch said the campus dining program will continue to make enhancements throughout the year to accommodate the needs of the students.

“We look forward to hosting many more of these events, and student feedback is always welcomed for suggestions on the themed legacy events they would like to see in the future,” he said.

Most updates for Shark Dining are posted on its social media platforms, such as Facebook, Instagram and Twitter.

Fitch encourages students interested in specific food options to visit dineoncampus.com/nova and click the “Be Heard” tab.



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Training your brain: Study skills survival tips

By: **April Coan**

Do you ever feel like no matter how much you study, you're just not learning the information? If this is the case, you may be a victim of PSH—Poor Study Habits. The good news is with a few small changes, you can overcome PSH and achieve your academic goals. It's as simple as training your brain to study in a more effective manner by making some study habit adjustments like the ones below:

Discover your personal rhythm. Before you plan a study session, you may want to consider your personal rhythm. If you're a night owl, it doesn't make much sense for you to plan your study sessions early in the morning. Likewise, if you're an early bird, studying late at night probably won't earn you the best

academic results. To earn the best results from studying, study during the hours in which you are naturally most alert.

Determine your learning style. There are three main learning styles: auditory, visual and kinesthetic. Discovering your learning style can help you change your study strategies and study more effectively for your next exam. For example, if you're a visual learner, instead of learning from a podcast, it would be more effective to watch a Youtube video. To discover which learning style works best for you, take a learning style quiz on the Internet. The Office of Undergraduate Student Success has a quiz available at nova.edu/yoursuccess/resources.html under the "Learning Styles" tab.

Create a study routine. Improving your academic fitness is a lot like improving your physical fitness; you must establish a routine to see results. A major benefit of an established study routine is that it ensures you're making time to study a little every day, which is more effective than an all-day cramming session. An easy way to help yourself build a study routine is to set alerts on your phone and write your study schedule down in your weekly planner. The key here is consistency. Just like working out at the gym, if you want to see results, you must push your mental muscles and stick to your schedule as much as possible.

Find a quiet place to study. Studying at home can be very distracting, especially if you're

trying to write an important paper or study for a mid-term or final exam. To improve your study sessions, try to find a quiet place with as little distractions as possible. For example, instead of studying at home or in your dorm room, you may want to try studying at the following locations:

- Alvin Sherman Library
- Resident Hall study rooms
- Second or third floor of the University Center
- Flight deck cabanas
- A quiet coffee shop
- NSU's healing and medicinal garden

It's never too late to change your study habits; just find what works for you, and you'll be on your way to better habits in no time.

THAT TIME I... LOBBIED ON CAPITOL HILL

By: **Erica Rich**

Erica Rich is a junior legal studies major minoring in philosophy, psychology and international law. She is a pro-Israel activist. In the future, Erica would like to become a criminal prosecutor and move up to being involved in politics.

America is the land of opportunity. I never would have thought that I would get the opportunity to speak to our nation's congressmen about an issue currently affecting all of the U.S. and the Middle East. In late July, I was given the opportunity by the American Israel Public Affairs Committee (AIPAC) to attend the Saban Leadership Seminar and conference, where I expanded my knowledge on what's happening in Israel and lobbied two congressmen. I learned about the controversial Iran nuclear deal and was even able to read it.

Throughout the conference, my pro-Israel stance strengthened. I learned about the in-depth relationship that the United States and Israel has, and I attended workshops to discuss how to better their relationship and what college students can do to show Congress that their constituents care about Israel.

During one session, we were given the

names of the congressmen who we would be talking to based on where we lived and what school we went to. I was assigned to talk to Debbie Wasserman Shultz and Alcee Hastings. I had never lobbied before, and one other person and I were paired to speak to them. The first time we met with them, my heart was racing, and I became very distraught. Even though I knew what I had to say, I was still confused about how to go about it.

That night, I had to do all the research that I could to find out Wasserman Shultz's and Hasting's stances on Israel and if they support or oppose the bill. Luckily for me, Hastings opposes it. Wasserman Shultz, on the other hand, was still on the fence. My biggest concerns about lobbying her were her position as the chair of the Democratic National Committee and that she sides very strongly with Obama.

At the end of a four-day conference, I boarded a bus and headed to Capitol Hill. I was so nervous, and I rushed through my notes, trying to remember all the talking points of the deal. I knew that I had one shot to get my points across and get my congressmen to oppose this bad deal.



Erica Rich, junior legal studies major, spent her summer lobbying on Capitol Hill, where her passion for pro-Israel advocacy flourished. COURTESY OF E. RICH

Stepping foot onto Capitol Hill was immediately calming. I walked into the Longworth House Office Building ready to lobby Wasserman Shultz and her team. We were finally seated in her office, and within seconds of speaking about the idea, I became nervous again. We stated that the deal is a bipartisan issue and she must not choose to agree with the deal because of her Democratic position and her strong support for Obama. We told her that she must choose a position based on her knowledge and beliefs. We were able to get our points across and leave the room feeling confident.

Next up was Alcee Hastings. At this point, I was very confident, and I knew exactly what to say. I was calm and collected. I gave my opening, and all eyes were on me. I spoke of the key problems with the deal and was even able to include some updates on recent events

surrounding the deal. I was later told that Hastings was not on board with the deal and that I, as a lobbyist, brought extra facts to him. When I walked out of that room, I couldn't stop smiling because I felt so confident that I had made a difference.

I was able to speak to our congressmen and helped inform them on why they should oppose a deal that I strongly oppose. Since then, I have been working on petitions and getting signatures to show that many of their constituents believe this deal is the wrong thing to do.

I don't have a single regret concerning my time on the Hill because it was a growing experience. It was a real privilege, and I am immensely grateful that through AIPAC, I was able to lobby against such a controversial issue. Even one person can make a huge difference, and I'm glad that I got the opportunity to do so.

Friendship balancing act: Maintaining the old and creating the new

By: **Roddia Paul**

Friends make the good times better and the bad times bearable. So what do you do when you find yourself having to juggle the friends you just met in your residence hall and the friends you played "Duck, Duck, Goose" with in elementary school?

It might be hard to imagine moving away from the friends you grew up with, but it happens. Students graduate high school and, before they know it, are spending their last summer with their childhood friends. As they enter their new home for the next four years, they wonder how they will ever make it alone. On the first day of class, everyone sits at their desks, quietly anticipating the arrival of the professor. If you're lucky, you might feel a tap on your shoulder. "Hey, do you have a pencil?" And just like that, your new best friend is born.

As the semester continues, you'll find yourself making tons of new friends, and, of course, there will be one group of friends you'll love to spend time with the most. But just because a relationship grows with one group does not mean it has to dwindle with another. Senu Chacko, freshman biology major, admitted that she sometimes worries about the distance and fears that it will make it hard for her to keep

in touch with her friends back home, but she makes sure that they do.

"I don't plan to introduce my old friends to my new ones, but instead, I'll spend equal but separate time with both," said Chacko.

Surprisingly, Chacko is not alone in that decision. Many students feel that the best way to balance their friendships is to keep them separate.

"On most weekends and during breaks, I will leave campus to visit my old friends, but I have learned that you do not try to mix old friends with new ones," said Nikolas Ujueta, freshman biology major. "It doesn't work; always keep them separate."

According to freshman psychology major Franklin Marichal, as he enters his first year at NSU, he finds himself making many new friends. But he is also losing a lot of friends he already had because he grew and matured, while many of them did not. Instead of trying to balance what he used to think was fun with the person he is today, Marichal decided a few people had to be let go.

NSU's campus is as diverse as a New Orleans jambalaya. Students come from all walks of life and are of all ages. You'll encounter people who will challenge the way you think,

you might even show a new level of maturity, and you might begin to question the competence of your previous friends. As people grow older, they often drift away from the people they were once closest with, and when it comes to trying to balance relationships, you have to know when to pull tighter and when to let go.

Please don't run to your Facebook, Twitter, Instagram or Snapchat to break up with your best friends just because you don't think you have time for them anymore. Instead, use social media sites to maintain communication and stay updated on your high school friends' lives.

While many decide to either let old friends go or simply keep groups separate, others enjoy making two separate groups a whole. Jason Shaw, junior biology major, said that he stays in contact with his friends from home as much as he can, and when it comes to visiting, he likes to mix social groups by finding shared qualities that help them mingle.

Logan Scheme, sophomore biology major, is in agreement on this.

"You have to let a few go, but for the close ones, do all you can to keep in contact. We look forward to long summer breaks, and during the school year, we keep in touch on social media and make lots of group chats," he said.

The two students even have two separate group chats to keep their friends happy, one for their new friends and one for their old group.

The thought of having to please two groups or spending more time with one group over another can seem much less stressful when both groups get along. Chantel Morgan, sophomore chemistry major, agrees. One time, one of her best guy friends came into town, and she excitedly introduced him to all of her new friends here at NSU. Just as she anticipated, they hit it off. Now they can all be a part of a group chat and friend group.

Balancing your old friends and new friends can seem lot more complicated than it should be, but ultimately, the way you choose to handle it should be the way that works best for you. Of course, we would love for all of our friends to be friends, but sometimes distance or differences in personality prevent that, and then you find yourself trying to please both parties. Scheduling different times to be with both, or even different events to attend that one might enjoy more than the other, is a great way to start. Most importantly, if you ever find yourself being friends with an old friend just because you feel obligated, do not be afraid to drop them like a bad habit. Even Beyoncé had to go solo.

South Florida nightlife safety guide

By: **Faren Rajkumar**

[@Current_Faren](#)

Whether it's your first time away from home in a new and exciting place, or you're a sunshine state native, there is so much for a college student to do on a Friday night in South Florida. Along with the after-dark adventures, there comes a bit of risk and danger with the unknown. As long you're aware and prepared, you can put all of your energy into making college memories that are fun and safe. After all, you don't want to worry your parents too much.

Travel in groups

Exploring a bustling city like Fort Lauderdale or Miami is a crazy adventure, and there are chances of getting lost, confused or even tricked into going to someplace shady.

Traveling in a group reduces the likelihood of something going awry. Even if everyone is unfamiliar with the street names and places to hang out, each person has a unique strength that will aid the group in finding their way and avoiding trouble. One person might have a keen sense of direction, while another has expert money sense, and yet another friend is the "mom" of the group and loves to take care of all her babies. All of these traits put together makes for the ideal group of night owls to travel with at night in a happening place like our SoFlo home.

Watch your drinks

Even if you're just having a glass of lemonade at a house party, never leave your cup unattended. Incidents of young people being drugged by strangers, or even peers whom they thought they could trust, occur daily. According to a study by the Health Researching Funding Organization, Teenagers and young adults, primarily individuals aged 13 to 30, are the principal users of Rohypnol, commonly

known as "roofies". It's easy for someone to slip a crushed pill into your cup without you noticing. Finish your drink before putting your cup down, or opt for a bottled drink with a cap. If you start feeling sick, dizzy or nauseated, immediately alert a friend you can trust, such as your roommate or a friend you trust. Seek medical attention, and most importantly, never leave with a stranger, even if they offer to help.

Keep your ID and cash in your pocket

Purses and wallets get lost and stolen all the time and are seldom returned. To avoid becoming utterly stranded in case your purse or wallet get stolen, keep some form of identification and extra cash in your pocket. This way, you can still pay for your dinner, a ride home or a phone call.

Don't get lost

There's a GPS on your smartphone for a reason. Before you depart for your destination, plug in the address and map out the route down to the very last turn. You'll be grateful for a bit of foresight regarding the directions because your friends will be chatting loudly, the music will be blasting, cars will be speeding past you on the highway, and you won't have time to wonder how much further until your exit. Don't rely on others to tell you where to go—be that friend who knows exactly what the plan is and exactly where you are. Using a GPS as you walk through a potentially confusing area of town, such as Wynwood or Las Olas, can also help you keep track of where you are while you enjoy the sights of the city.

Be smart with the Shark Shuttle

If you're relying on the Shark Shuttle for transportation around town, don't blindly wait

for it to pick you up and drop you off at the exact scheduled times. Delays happen and shuttles break down. Download the Nextbus smartphone app to track the location and expected arrival time of the shuttle you're waiting to catch. The app is available for both iPhones and Androids. If you find yourself waiting even fifteen minutes too long, call the shuttle's number to check its status. Most importantly, if the shuttle is running late while you're in downtown Las Olas at 2 a.m., don't keep waiting around. Call a taxi, and then be sure report the shuttle delay the next day.

Avoid late night swims

It might be tempting to hit the beach on a moonlight night and venture into the water for a daring adventure. After all, the beaches are one of the best aspects of life in Florida. But even if you swim like a fish and love the ocean, no one can be prepared for sharks, a rip current or a huge wave that could drag a swimmer out too far or knock them over. Even more importantly, there are no public beach lifeguards on duty after sunset, so if you or a friend were to get into trouble in the water, help wouldn't be close. During the day, waves are hardly a danger. But at night, everything becomes even more scary and overwhelming because it's hard to see.

From the beach to trendy restaurants and outdoor malls, Fort Lauderdale, Miami, Hollywood and so many other South Florida cities have so much culture, art and adventure to offer a college student. The best way to enjoy these beautiful cities is the safe way—making smart decisions and preparing a little before your next nighttime outing. Devoting some preparation time will ensure the best memories can continue to be made for years to come.



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Journey to you: How to explore your major and career

By: **Emilio Lorenzo and Emily Tasca**

Emilio Lorenzo is a Career Adviser in NSU's Office of Career Development. He graduated from NSU with a Master of Science in College Student Affairs and a concentration in conflict analysis and resolution. Emilio understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advisement team in NSU's Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels to ensure that each individual is supported throughout his or her career exploration and planning process. She earned a Bachelor of Arts in Communication Studies from the University of Rhode Island with a focus on interpersonal communication and a minor in psychology.

If only finding your passion and deciding on a major was as easy as choosing a meal from a restaurant menu. Deciding on a career path can seem scary if your friends seem to already have had their lives planned out from day one of college. But a career journey is never a straight shot to the finish line, and each student should approach it in their own strategic manner with informed decisions. In the beginning of your career journey, there are a variety of steps and techniques you can follow to illuminate your overall passion and find a major that best fits you.

The first step in this journey is learning more about yourself, which includes evaluating your overall interests, personality and skill sets. You know yourself better than anyone; think back to the classes you enjoyed in high school

Tips for exploring your major and career:

- Evaluate your interests, personality and skill sets
- Take a formal assessment like the MBTI, MyPlan and StrengthsQuest to get an objective evaluation of your strengths and weaknesses
- Participate in clubs and organizations
- Take on an internship and meet with an expert in a field of interest for an informational interview to gain better insight of that career path
- Don't be afraid to change your major if it leads you one step closer to finding your passion

and the activities you participated in before college. It's also important to ask clarifying questions about these interests, such as "What did you enjoy most about these classes?" and "What skills were needed to be successful in such activities?" In addition to your interests, it's important to identify the values that were embedded within these past experiences and to ask yourself if such values are needed in your career to be happy. Values can be anything from finding a career that provides a service to others, utilizing communication skills and other key strengths you've identified or a multitude of other themes you deem significant. Values can spark the fire that ignites your overall career passion.

Sometimes, it's difficult to be objective when evaluating yourself, which is why engaging in more formalized assessments, such as the MBTI, MyPlan and StrengthsQuest, can also be useful in collaboration with your own self-exploration. Assessments provide an inside into your personality strengths, weaknesses and your overall approach to decision-making and problem solving. With assessments, there are more grounds for interpretation than just reviewing a Scantron test result, which is why it's important to focus on the essence of your results. By the end, you want to be able to say,

"Now I know a little bit more about myself." You wouldn't buy a car without knowing the full details of what's under the hood. People are just like cars in this way. The more you know about yourself, the easier it will be to see how all of your working parts align with a certain career or industry.

Now that you know yourself better, you will apply theory to practice. There is hardly a better way to do that than participating in internships, clubs and organizations or even engaging in informational interviews with professionals in your field of choice. An informational interview is a strategic way of gaining valuable information about a profession while networking with employers. At this point in your studies, you are still exploring your options, which is why talking to people in industries you are currently considering can be a useful tool in solidifying your decision. However, speaking to a professional and experiencing hands-on work within that field are two different approaches in your career journey. This is why internships can be so valuable, as they provide an avenue to develop skills needed within the profession while also helping you uncover if you truly enjoy the field as a whole.

Deciding on a major during your career journey should not be rushed or influenced



COURTESY OF E. LORENZO
Emily Tasca and Emilio Lorenzo work at NSU's Office of Career Development and offer career advice to students.

by classmates who seem to have it all figured out. Each one of us has our own personality, interests, values and a unique perspective on how we make sense of our passions. For these reasons, we need to follow a path of exploration that is entirely our own, and these tools can be a guide in finding that path. Changing your major is a common occurrence, and as long as you have taken the proper steps to explore the next chapter of your career interest, the process is only another road to finding your true passion. Self-exploration and experiential learning, such as interning, can provide light to this path when it seems winding and dark. Do not fret because once you do find that passion, you will feel like a ship captain who has finally found the island he or she has been seeking.

Meet The Current staff

By: *The Current Staff*

Welcome back to a new school year from the editors, designers and managers at The Current. We hope you'll learn and laugh a lot because of our newspaper and become familiar with our names and faces throughout the year!



Nicole Cocuy, co-editor-in-chief

I'm a senior communication studies major with a minor in international law. I am an honors advocate for the Farquhar Honors College and am a member of the Alpha Chi, Lambda Pi Eta and Delta Epsilon Iota academic honor societies. As co-editor-in-chief, I work with our editors, designers, multimedia manager, advisors and writers to find ways to achieve The Current's weekly and long-term goals. My fellow co-editor-in-chief and I also serve as the final set of eyes for each article that gets published in the paper.

What I like most about working at The Current:

My favorite part about working at The Current is the staff. While we are all so different and are a little wacky, we all get along so well and have a family-like environment.

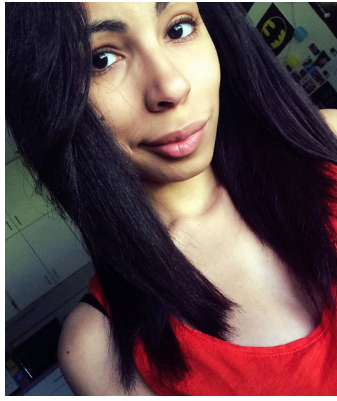


Li Cohen, co-editor-in-chief

I am a junior communication studies major, minoring in international studies and wanderlust. As co-editor-in-chief of our fabulous paper, a job which entails writing, editing and getting to know you lovely people who make NSU what it is. I'm also a writer for Elite Daily, Immortal News and Taylor Magazine, so if you ever have a question about life, writing, Netflix or food, make sure to let me know.

My hidden talent:

Not many people know this, but I'm extremely skilled in the art of singing in the shower. I have performed numerous concerts, covered various songs and have mastered the art of performance. This past season, I won an award for "Best Performance," "Greatest Recovery After a Fall" and "Best Lip Sync Battle."

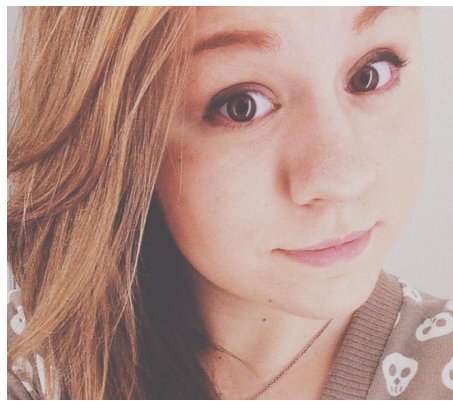


Jazmyn Brown, copy editor

I am a junior English major. My job with The Current entails editing and providing feedback for each article that goes into the newspaper. I'm in the honors college and the academic honor society Delta Epsilon Iota. I am also the public relations VP for NSU's Residential Student Association, a committee member on NSU's Relay for Life committee and a junior editor for the sports news website, The Sports Quotient.

What I like most about working at The Current:

With The Current, it's amazing to be able to watch your own writing adapt. As a lover of the English language, it's pretty cool to switch from one style and tone to another and back again.



Carli Lutz, chief of visual design

I'm a sophomore majoring in arts administration and minoring in graphic design. I oversee the design of the whole paper and come up with ways to display the content of the paper in a visually appealing way.

My hidden talent:

Well, I am the queen of the font world. And yes, my friends do actually call me the font queen. I can typically identify fonts on almost everything, thanks to my library of typography books and years of being grossly obsessed with type. It was never just a phase, mom.



Roger Atangana, visual design assistant

I am a senior majoring in art with a concentration in graphic design. In the near future, I hope to become a visual designer for a marketing or publishing company. I am a member of the Nova International Student Association and Delta Epsilon Iota academic honor society. As visual design assistant, I help solve visual design problems, like layouts and image treatment, to name a few.

My hidden talent:

Though my forte is in anything related to visual design, one of my hidden talents is

mountain biking.

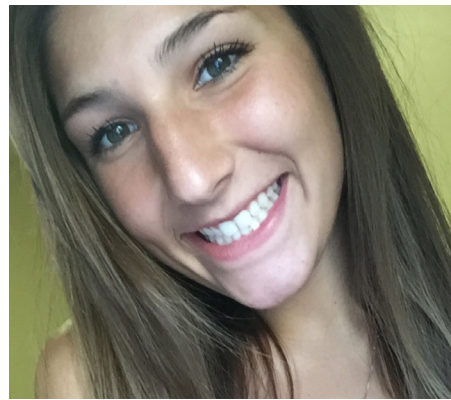


Amanda Kaplan, multimedia manager

I am a senior communication studies major. I'm originally from New York. What being multimedia manager really means is that I get to update all of our social media accounts and The Current's website. I help put a face to our stories with pictures and videos. This year will be my first year as a writing fellow, and I am also a part of the communication honor society, Lambda Pi Eta.

Where I see myself in 10 years:

In 10 years, I see myself hopefully working as an event planner or working for a wedding magazine. Even though it might seem cliché, I love weddings, romance and love. I also see myself having two dogs named Pluto and Stitch because I am still a kid at heart.

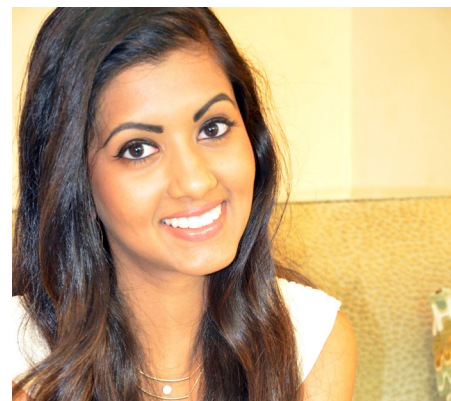


Alyssa DiMaria, news editor

I am from a very small town in Oakville, Connecticut and traveled to NSU three years ago to pursue my dream of becoming an elementary school teacher. I absolutely love being around children; their outlook on life truly inspires me. I also have a passion for writing, which allowed me to become the news editor of The Current. I am very grateful for this experience and can't wait to see what the future holds.

What I like most about working at The Current:

I have the amazing opportunity to interview and meet faculty and students, while also editing and writing breaking news that occurs on and off campus. I love the feeling of seeing my work published. The feeling of accomplishment is incredible.



Faren Rajkumar, features editor

I'm a senior English major who loves to write and read just about anything because words are my drug. As features editor, I do my best to shine a spotlight on the stories of NSU students and professors and also highlight the aspects of our university and community that make them

so unique. I'm also the editor-in-chief of NSU's Digressions literary magazine and a writing fellow tutor, and I hope to someday write novels and poetry while living the dream in my beloved NYC.

My hidden talent:

I can list every character ever mentioned in the Harry Potter series in under 15 minutes. That's about 200 characters, all with wonky names like "Wilkie Twycross" and "Mundungus Fletcher." I think it's something to be proud of.

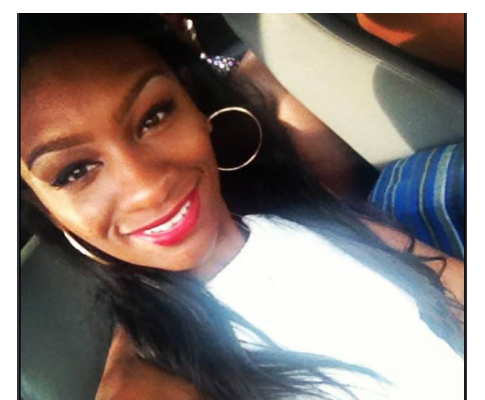


Randa Djabri, sports editor

This is my second year working as sports editor for The Current and my first year studying optometry in the Health Professions Division. My job with The Current entails writing and editing for the sports section and working with students who choose to write for sports as well. As an undergrad, I majored in biology. I've been at NSU for five years, and by the time I graduate, a whole decade will have passed.

Where I see myself in ten years:

In ten years, I see myself as a practicing optometrist, most likely working in a clinic. My ultimate dream is to start my own practice.



Destinee Hughes, arts and entertainment editor

I'm majoring in communication studies and minoring in dance. This is my last semester as a NSU shark—wipes tear. I'm the arts & entertainment editor, which entails covering pop culture news, restaurant reviews and art around NSU's campus. Oh, I'm also a proud member of Beyoncé's Beyhive.

Where I see myself in 10 years:

I see myself as the editor-in-chief of a luxury South Florida publication, reminiscing about the days I cheered on the Miami Dolphins Football players as an MDC Cheerleader. I'll also be enjoying my life as the wife of one lucky professional baseball player.

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By: **Li Cohen**

@Current_Yakira

The truth about depression

I have never considered myself weak or dependent on others. No matter what struggles I've had to face in the past, I always found a way to get through it by myself. After 20 years and a slap in the face from reality, I learned that independence does not mean that I'm Wonder Woman; it means that while I like to venture on my own, I am still a human who does need help sometimes.

Between adjusting to a new environment, trying to manage courses, surviving another day of work and dealing with all kinds of personal problems, college is a stressful time. There's so much activity happening at all hours of the day that, at times, it feels as though you truly don't even have a few minutes to dedicate to your own well-being.

As time goes on, all of your tasks, problems and obligations feel as though they are building a large ceiling of pressure above your head. It gets to be too much, and eventually, you can't seem to remember what it was like to feel at ease with your life. Before you know it, depression sets in, and you slip farther and farther into it. You feel as though you're becoming weak and that you're losing any sense of who you are. The scariest part is the feeling of being alone. After all, who else could possibly understand how you're feeling, right?

Wrong. While many people have the preconceived notion that depression is detectable by a certain look or attitude, it most certainly is not. Depression is a feeling that doesn't fit into a conceptualized box; it looks and feels different for every individual. According to the National Institute of Mental Health, 30 percent of college students report feeling "so depressed that it was difficult to function." Even though you can't automatically tell when someone is in the same boat as you, it is more common of an issue than you would think.

As common as it is, those who suffer, including me, still have the wrong idea of what depression actually is, its prevalence in the community and how much help is available.

When you're going through an ordeal that has as much power as depression, help seems unattainable, and the unrealistic assumptions about depression make the process seem insufferable. Daniel Gelpi, NSU student counselor, said that individuals often go into the clinic with negative assumptions about their mental health but that they need to be aware that those thoughts are just side effects of their depression. For all of those who are now going through—or have gone through—depression, there are several things you need to remember:

Depression is not a sign of weakness

Suffering from depression affects you mentally, physically and emotionally. It will wear you down, but it doesn't have the power to destroy you if you don't let it. It takes time, but when you finally overcome your depression, you are stronger than you ever were. Once you survive something so daunting, you are prepared for more than you ever thought possible.

You are not alone

College is a time in life where people come and go into our lives faster than we get through a bowl of ramen noodles. As much as it feels like people don't understand where you're at mentally, someone does, and they are closer than you think. It could be your best friend, your classmate, the random person who you ran into in the UC or a counselor.

"Reaching out is a sign of strength," Gelpi said. "It doesn't mean you're crazy; it means you're attending to your mental health as you would your physical health. By dealing with your depression, you'll be a better student and, ultimately, better in anything you're looking to do."

The point is, this is not a taboo feeling, and it's not something you should be ashamed of. Human beings are not equipped with the ability to be completely independent 100 percent of the time, and you do not have to go through this alone.

There isn't an overnight cure, but there is an everyday treatment

Once you identify that you need help, you need to realize that there is no magic button that will make the feeling go away overnight. The rise from your fall will take a while, but it will happen. Every day is a step in the right direction as long as you do the activities that truly help you raise your spirits and overcome the negative mindset. You can go to the gym, visit the beach, have lunch with a friend, see a movie or even take a walk around the library quad, as long as you're taking time out of your day to truly focus on you and your well-being.

Your potential in life isn't dependent on one failed aspect

College is a very stressful time. We're forced to balance school and work, feel overwhelmed to do exceptionally well in all of our endeavors, live a life of service and leadership and dedicate four years to be the better version of ourselves. As if that isn't hard enough, social lives have their own pressures—to drink, have sex, go out and party and refrain from being the person who works all the time. The college experience has a lot of stressful factors, but the important thing to remember is that just because you think you "fail" at one of these aspects, it doesn't mean you have failed at being successful. Success is about adapting to change and a willingness to grow into the ideal person you want to be. As long as you learn from your mistakes and keep an open mind about the direction you are taking in life, you are set for success.

5. Life isn't supposed to be easy 100 percent of the time

If life were easy, it wouldn't be worth living. Going through depression is going through a time in your life when things are down, but they're not broken on the floor. We go through the bad times so that we can learn to appreciate the good; we experience sadness so we can enjoy happiness. When situations seem

to pull you back, life is just preparing you with the tools to propel you forward.

If you went through depression, then chances are you have come to these realizations just as I did. If you are currently in the process of overcoming depression, then just understand that each realization takes its time. There is no rush to overcome this struggle. The first, and most important, step is to reach out to your friends, loved ones or professionals for help. This is definitely the hardest part of the process, but it makes all the difference. Nobody is alone in the struggles they face, and solace can always be found.

"Don't go it alone," Gelpi said. "While depression is something that seeks to make students do things from a certain negative perspective, that is not the only perspective to have in life."

Depression is able to be overcome; you don't have to let it win. Suffering does not make you weak, but it creates a strength that you never knew was possible. Emotions are a side effect of living, and even though there are times where they can overwhelm you, they always lead to insight and wisdom that you wouldn't have learned otherwise.

Even superheroes need support. You have the power to get through anything life throws at you.

If you or anyone you know is suffering from depression, do not be afraid to take that first step. Call Henderson Student Counseling at (954) 424-6911 or the National Suicide Prevention Lifeline at (800) 273-8255.

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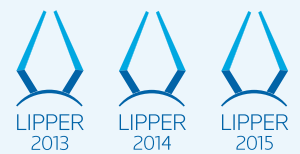
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Stretch into something new—It's National Yoga Month

By: **Faren Rajkumar**
@Current_Faren

Everyone is trying to live a healthier lifestyle. Young people in particular are always on some sort of new fitness or diet kick, and now more than ever, yoga seems to be one of those trends. It's hip, college-aged girls love it, and it's an almost artful way to get in shape. But if you aren't already doing yoga, or if you got into it just because your friends dragged you to their classes, chances are you aren't aware of the many benefits that yoga can provide. September is National Yoga Month—what better time to learn that this fitness fad is actually a brilliant way to improve your wellness?

Diversify your workout

Not everyone's body is built for dead lifting weights or running marathons. But everyone's body needs to be toned up, re-energized and worked out from time to time. Yoga is arguably one of the most diverse forms of exercise because even if you're not flexible enough to touch your toes, there are countless poses to experiment with. The squeezing and releasing motions encourage blood and hormone flow to the muscles, relieve unwanted tension and even reverse damage to overworked parts of the body. Whether you're sitting, standing, kneeling or bent over backwards, there are guaranteed to be a more than a few poses that will benefit your muscles with a good stretch.

Make a sweet escape

The daily grind: classes, work, commuting, laundry, studying and fulfilling social obligations. It takes its toll, not just on the body, but also on the mind. The brain can only keep running on

full speed for so long before it crashes. A quiet form of exercise like yoga allocates an hour or two for pure, unadulterated personal time. The pressures of school, work and your social life disappear while you bend and stretch and deeply breathe. Even if you're someone who knows they like to relax with music, with friends, by the pool or with a good book, you may find that this type of silent reprieve is exactly what you've been missing.

Connect your body and soul

Whether or not you believe that our bodies contain some kind of eternal cosmic energy, there is no denying that being physically fit and mentally sound leads to a holistic sense of satisfaction and self-fulfillment. Yoga is derived from the ancient Hindu practice of connecting one's body and mind with the soul. Heavy emphasis is placed on the alignment of the chakras, or the scientifically-proven centers of energy lined up along the spine. With every deep breath and conscious motion, one is synchronizing the many working parts of his or her body and recharging his or her energy. So, however you define "the soul," yoga can only be good for it.

Put down those boring weights

The repetitive heaving up and down can be tedious, and, for some, it sucks all the fun out of exercise. Some people really get a sense of satisfaction from weight-lifting. But others who prefer something more dynamic and seek an entertaining way to get fit will get hooked after they try their first yoga class. You can

attend alone or with a group of friends. Pushing yourself to attempt every single pose is a fun and possibly laughable adventure. Just as weight lifters check out their muscle growth from week to week, yoga enthusiasts measure their progress in improved flexibility and ease of practice. If you can't touch our toes on the first day, you'll be surprised and satisfied to find that you're suddenly able to after week two.

Get hooked on a gateway "drug" to a healthy lifestyle

Yoga isn't just for sorority girls and hippie weirdos. It's an ancient practice that has been utilized by both genders and people of all ages. The most important aspect of yoga is the way it encourages a holistic sense of fitness. It's no secret that many yoga practitioners also practice meditation, eat healthy and have a firm grip on mental stability. Every advertisement for a yoga class is full of pretty, smiling people who look totally at peace. This doesn't mean that yoga is only for these kinds of people; it means that once you become a frequent practitioner, you'll feel the same way they do. The healthy habits of the people in your class might start to rub off on you, and you might find yourself practicing deep breathing and meditation for more than just the ten minutes programmed into your class.

There are 30 days of National Yoga Month—30 days to unroll that yoga mat in the back of your closet or try out a free class at the RecPlex with your friends. When you feel the difference, you just might make it part of your regular routine.

OUT OF THE SHARKZONE

100-meter world champion

Jamaican sprinter Usain Bolt became the 100m world champion after beating his rival Justin Gatlin by 0.01 seconds last Sunday at the World Athletics Championships held in Beijing.

IndyCar driver Justin Wilson dies

The 37-year-old Verizon IndyCar Series driver died last Monday night from a head injury when a piece of debris struck him at Pocono Raceway. After his death, Wilson donated six of his vital organs, saving six people.

Court rules that sports betting still illegal in New Jersey

New Jersey's last-ditch effort to expand its gambling economy by allowing sports betting failed 2-1 in the 3rd U.S. Circuit Court of Appeals. In a failed attempt to bolster its casino and racetrack industries, New Jersey sought to challenge the federal ban on sports betting in all but four states (Delaware, Montana, Nevada and Oregon).

Dallas Cowboys CB Orlando Scandrick out with ACL injury

Scandrick is out for the season after tearing the anterior cruciate ligament and medial collateral ligament (MCL) in his right knee. The injury happened during practice when he collided with rookie receiver Lucky Whitehead.

ON DECK

Women's Soccer

vs. Florida Memorial College
NSU Soccer Complex
Sept. 8, 7 p.m.

vs. University of North Alabama
NSU Soccer Complex
Sept. 11, 7 p.m.

Men's Soccer

vs. University of West Alabama
Livingston, Alabama
Sept. 7, 7 p.m.

vs. St. Thomas University
NSU Soccer Complex
Sept. 16, 1 p.m.

Women's Volleyball

USC-Aiken
Tournament
vs. Belmont Abbey College
Aiken, South Carolina
Sept. 11, 1 p.m.

vs. University of South Carolina
Aiken
Aiken, South Carolina
Sept. 11, 3 p.m.

vs. Lees-McRae College
Aiken, South Carolina
Sept. 12, 10 a.m.

vs. King University
Aiken, South Carolina
Sept. 12, 2 p.m.

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Fitness for beginners

By: Randa Djabri

@RNDrandal

As we enter a busy semester with big plans and high expectations, a healthy lifestyle doesn't always fit into our hectic schedules. With the crazy schedules, family and friend obligations and jobs, it might be cruel to add another commitment to our tiring days.

Whether you're a new student or a returning student, if you think of fitness as a social outlet and a way to get involved on campus, implementing a workout schedule will be a more achievable goal.

Valerie Valenti, RecPlex yoga instructor said, "Schedule an hour or half an hour and make it a date with yourself, it's so important to give yourself that time to disconnect from school and life in general so you can be able to go back and fight and work hard the following day."

Although there isn't one solution for everyone's workout situations, these tips should help get you going for the semester.

Make a plan

When it comes to personal fitness, the most important thing to do at the beginning of the semester is to make a plan. No matter how bad you want to work out every day, if you don't plan it out, you're less likely to work out. By planning your schedule ahead of time, you'll have the chance to plan out your workouts ahead of time so that you don't get sick of running the treadmill every day. Will you take your bathing suit to your afternoon class and head to the pool after class? Or, will you be biking to and from class?

Anita Taylor, Zumba-certified instructor,

emphasized the importance of planning workouts ahead of time and reminding ourselves of the benefits and ultimate outcome.

"The point is to get moving," she said. "It doesn't matter if you master the moves to your workout or not."

Get hydrated!

At this age, we all know how important water is. But, knowing is one thing and applying what you know is something else. Whether you're a competing athlete or just someone who runs on the treadmill for half an hour every day, staying hydrated is extremely important. Water regulates your body temperature and lubricates your joints. It also helps transport nutrients throughout your body to give you energy and keep you healthy. If you're not hydrated when you exercise, your efforts are going to be wasted because your body isn't performing at its highest level.

"Water, water, water," Valenti said. "I can't stress enough how important getting hydrated is, so just drink about 10 ounces of water every 10-20 minutes while you're exercising."

Take a walk around campus

You don't really have much of a choice when it comes to walking to class, so make it a choice and take longer walks. Whether you decide to take the long way to class or walk around campus in the evening when you're done with all your classes, this is a great way to stay fit. If you follow this calorie-burning routine, even if you skip the gym for a day or two before

exams, you won't feel as guilty. And, while you're at it, don't push that elevator button. There are plenty of staircases to choose from around campus.

If you don't feel like doing any of these and you're busy around your apartment or room, do what Anita Taylor does.

"As I listen to music and do chores around the house, I like to do squats when the chorus is singing," she said.

Don't be intimidated by the pros in the gym. The muscular people in the gym and those that memorize fitness class workouts can be a little daunting to beginners. To overcome this fear, remember that these individuals were once beginners, too. They didn't walk in the gym the first time looking like this.

"You have to remember that there's one common goal, which is being healthy and staying fit," said Valenti. "Think of them as part of the encouraging gym environment."

Nutrition

Just because you work out doesn't mean you can eat whatever you want. Of course, if you want to look better than average, you have to eat better than average.

"You have to plan to eat correctly just like you plan your working out schedule," said Michael Davis, certified personal trainer and spinning-certified instructor in the Recplex. "The best way to do that is to keep junk food out of your fridge and plan your meals ahead of time."

We're not talking about a strict diet here,

but rather smart food choices. Eating healthy not only makes you feel good, but you also have to put into your body what you expect out of it. Healthy eating equals more energy, junk food equals fatigue—it's this simple.

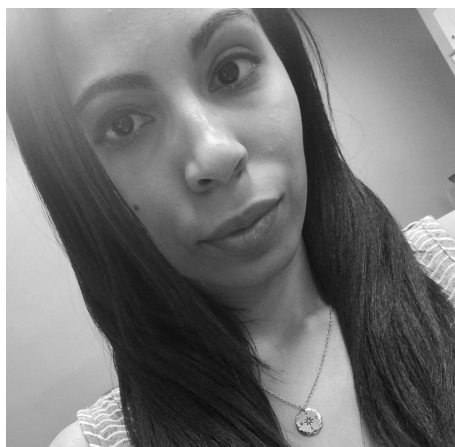
Break the rules and cheat

Skip the gym or fitness class, grab a slice of pizza or grab a big bowl of ice cream and treat yourself once a week. It's been proven that cheat meals don't affect the overall fat-burning process, and, in fact, they help you lose weight and stay in shape.

"It's important to treat yourself to something special every once in a while so that you don't feel like you're depriving yourself," said Taylor.

These cheat days provide you with the mental break from working out and dieting, and they get your metabolism going. The hardest part can be going back to your healthy routine the next day, but after a couple of weeks, you'll appreciate the breaks even more, and you'll definitely be looking forward to them.

Whether you run the treadmill, attend fitness classes or walk outside, the ultimate goal is to be healthy and stay in shape. The best way to achieve this goal is by listening to your body and doing what makes you comfortable. Remember that the most difficult part of working out is that one push to go to the gym. Once the sweat starts dripping, you'll find that it's totally worth it.



On the Bench: Good job, at least you tried

By: Jazmyn Brown

general laziness, fatigue and protest, feelings of attack or discomfort and looking for praise and validation when required to perform ordinary tasks such as chores or having a job. Please seek medical attention immediately if you think your child is growing up with a misguided sense of entitlement. Complications include unemployment, starvation and even death.

Participation trophies are merely a physical representation of the child's sense of entitlement. There's a difference between telling a child that he can do or get whatever he wants and telling him that he has to work for what he wants. There's a difference between being handed a trophy and earning one.

In response to Harrison's post, a Times Union writer argued that trophies for participation actually encourage children to be active and play a sport and that there is an inherent "value of simply participating in youth sports." He said that Harrison's actions reflect the belief that everything is about winning and losing, when, in reality, we should be teaching kids the opposite.

The flaw in these arguments is that feeding into an entitled attitude isn't a good way to motivate children to play a sport. If that was the case, we'd give children A's on all of their homework assignments and tests just for participating and filling in the answers; instead of rewarding students who actually work hard to get an A, we'd pat them all on the back for trying.

How then would we differentiate between an A-student and a D-student? The same applies in sports. The thought process behind participation trophies is that athletes who go above and beyond get awards like MVP, Most Improved, All-Star or any variation thereof, while everyone else gets a participation trophy that essentially says, "You did it! You showed up!" The player could have missed every practice and spent less than one minute on the field or court, and they're automatically given a trophy for something they get for none other than existing and coming to the game.

Participation trophies can be seen as a token of appreciation for coming out and having a good time. But, it's easy to see why a professional athlete like Harrison would spurn such an idea. Yes, admittedly, Harrison's 8- and 6-year-old sons are nowhere near a professional caliber—their athletics have to be just for fun at this point—but it's very hard to disagree with a parenting style that denies the automatic I-deserve-this-privilege attitude all too common in today's children, adolescents and young adults.

But, here comes the plot twist: according to SB Nation, an online sports news outlet, the trophies weren't just for participation; the inscriptions on the trophies read "Best of the Batch" and were from Charlie Batch's Best of the Batch Foundation, specifically the Next Level Athletics Track Club. According to its

website, the club aims to "motivate student-athletes to aspire to achieve leadership, self-discipline, sportsmanship, integrity and a sense of teamwork." It can't be said that Harrison's sons were just handed the trophies because, in order to get into the program, participants had to attend mandatory tutoring. But the fact still remains that giving participation trophies to everyone who isn't a winner validates losing and tells kids, "Hey, at least you tried."

The great thing about sports is that, with practice, it's possible to improve. That's the ultimate idea behind any game: to strive for greatness. And, a quote from the Bible neatly sums up the goal of parenting: "Train up a child in the way he should go, and when he is old, he will not depart from it." Mix these two concepts together, and you avoid entitlement like the plague that it is.

You will have children with enough athletic potential to be good but just haven't reached peak performance yet. But, what better way to help them develop their skills than to take a silly participation trophy away and tell them to aim for the best? How is doing that detrimental? As the saying goes, not everybody's varsity.

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Athlete of the week: Quannisha Allen

By: Randa Djabri
@RNDrandal

If you have experience with running through the humid Florida air, you know how suffocating it is. Born and raised in St. Augustine, Quannisha Allen had to deal with that intensity.

Allen ran for the first time during her first year of high school after joining St. Augustine High School's track team. In addition to running track, she played volleyball all four years and basketball for two years.

"I only ran because my dad ran in high school," said Allen, legal studies major and Spanish and psychology minor.

To her surprise, the sport was harder than she ever imagined, but after her first race, she fell in love with running.

"That was when I realized that I wanted to continue to run for myself, not for my dad," said Allen.

Although she enjoyed the sport, Allen wasn't quite sure she was ready to run in college.

"I thought to myself that I'm not going to be running around in a circle for the rest of my life," she said.

That was the case until she was recruited by NSU, but even then, she was still skeptical about the decision. The atmosphere of NSU and its track team were what eventually won her over.

"When I came here and toured the campus, I liked everything about the school and the team environment," she said. "Everyone on the team is close together."

During her career at NSU, Allen has been recognized many times. She was named to the Peach Belt Conference Track and Field All-Academic team for two years in a row. She



Quannisha Allen is a senior legal studies major and a member of the cross country team.

COURESTY OF J. PINEDA

earned All-Region honors for her performance at the prestigious Drake relays, where she participated on the 4x400-meter relay and placed eighth. She was also nominated for the Tony Segreto Scholarship award and won the Track and Field Coaches Award.

Allen placed third in the 400-meter dash with a time of 57.63 at the Peach Belt Conference Championships. In addition to setting a career-best time in the 800m run at 2:25.86 at the UCF Invitational and taking 14th place overall during her junior year, Allen placed 9th in the 200-meter dash with a time of 25.93.

I got the chance to sit down with Allen and ask her a few questions to get to know her better.

How did you decide to switch from track to cross country?

"I started out with just doing track and

I wanted to get better at the 800s, so I needed more endurance and decided to take it to cross country."

Do you plan on continuing to run after college?

"If I can, I'll definitely continue to run. If not, then I'll just be going to law school."

Do you have any special rituals before a meet?

"I just pray; we get together as a team and pray."

Are you involved in any extracurriculars at NSU?

"Yes, I'm in Phi Alpha Delta, a prelaw fraternity, and the Student Athletic Committee."

What do you like to do in your free time?

"Outside of school, I like to go to church and help package and distribute food to the less fortunate."

How do you balance between running and school?

"It takes a lot of time management and planning out, and I have to write everything down or else I would forget it. I value my planner so much."

What's the most special thing about being part of a team?

"I think it's being able to spend time with other people, and we're all doing this one thing that we love—it's what brings us together."

Did you have a coach that influenced you the most?

"My senior year of high school, we got a new coach, and his name was Quinterrance Cooper. He was in charge of sprints, so he really worked with me and helped me. When I first started, I didn't think I'd be good enough to run at a higher level, but he truly believed in me and told me to keep going even when I wanted to give up."

What motivates you the most?

"Knowing that God is there with me. I appreciate the precious gift He gave me."

Coach's Corner: Jordan Fee

By: Randa Djabri
@RNDrandal

In one Instagram post, Steelers linebacker JSome men are lucky enough to teach the game they love as a career and some kids are lucky enough to be talented and play the game they love. Sometimes, the men lucky enough to coach are also lucky enough to have sons who are talented enough to play the game.

The athletes lucky enough to play for their fathers are the luckiest of them all—men's assistant basketball coach Jordan Fee is one of them.

"I love the game so much that if my father wasn't a basketball coach, I would've found my way to it at some point," said Fee. "I can't imagine my life without it."

Fee grew up in Pittsburgh, Pennsylvania, and his father was the basketball coach for Grove City High School. He played under his father's coaching for all four years of high school and further developed his inherited talent.

After his year at the Air Force Academy Prep School, Fee played two seasons at the Division I school, University of Detroit Mercy. Fee then transferred to West Liberty University in West Virginia, and played two more years for a Division II school before ending his collegiate basketball career.

Fee's first real application of basketball skills was at the University of Clarion, near

Pittsburgh, where he served as a graduate assistant for a year.

"I really got my feet wet and got a chance to do a lot on the court stuff," said Fee.

A year later, Fee went back to the University of Detroit to become a graduate assistant and finish his master's degree in athletic leadership. This was not just another opportunity for Fee, but rather served as one of his best coaching experiences so far.

"Getting to coach with a coach that I was able to play with as a collegiate athlete was one of the best experiences," said Fee. "We had a different dynamic as a coach-and-coach than coach-and-player, and that certainly benefitted me a lot."

For Fee, coaching is not a nine-to-five job, it's a lifestyle. He comes to NSU with a coaching philosophy that revolves around strong coach-athlete relationships.

"Coaching is all about relationships—how you deal with people and how you treat people," said Fee.

He goes about building these relationships by getting to know his players.

"The more questions I ask these guys, the more they understand that I am interested in them," said Fee. "Being young certainly helps, too, because I'm able to understand what they're



PERMISSION GRANTED BY J. FEE
As a coach, Fee enjoys being able to influence his players in the most pivotal time of their lives.

going through, having just gone through it myself."

Although instantaneous respect is gained by Fee after his first few encounters with the team, he believes that it's a matter of time, wins and losses before he gains the team's sincere respect and trust.

With his good character, professionalism and integrity, Fee hopes to present his athletes with the blueprint of how a college basketball

career can be transformed into a great life.

"I try to teach them this by motivating them to strive for their goals and reach their high potentials," said Fee.

Although Coach Fee never gets tired of coaching basketball, he prefers playing the game because he likes to have real control of the ball instead of coaching from the side of the court.

"Both sides of the game are very fun and rewarding in different ways," said Fee. "I still play whenever I can."

Although coaching can be very demanding, Fee says he loves the outdoors and always tries to make time for golfing, fishing and reading.

With his ultimate goal of creating champions in life, Fee hopes to win a national championship here at NSU and fulfill his dream of becoming a head coach by the age of 30.

"I'm 27 now. I'm certainly content where I am," he said. "But if it happens, then great, if not, I'll continue working hard for it."

In the midst of Fee's busy life, support from his father remains the most significant aspect of his life.

"My father being proud of me is the most important thing. I'm closest to him, and we always shared the same passion; it means everything to me," said Fee.



SOUNDBITE

Yuck by Alpine

By: **Marie Ontivero**

Interested in independent music, emerging artists and new album releases? DJ Marie, music director at Radio X, will keep you updated every week in *The Current* on what's new in the world of music. You can catch her on Monday nights from 6 to 9 p.m. on 88.5FM, bringing you new music you're sure to love.

From the moment you listen to the album "Yuck" by Alpine, you'll find yourself singing their songs. With their catchy lyrics and fun sound, this is the kind of music your friends will ask about when you're blaring it in the car. Alpine, a rather large band from Australia, consists of six members, including two female lead vocalists whose voices complement each other better than milk and cookies. "Yuck" is Alpine's second studio album, and it spent five weeks in the Australian charts, peaking at #16. Alpine was one of *College Music Journal's* top five international artists to watch in 2013. It's hard to believe they have not received more recognition in the states; however, they did manage to be guest performers on "Jimmy Kimmel Live!" back in 2013. Alpine is rather



Album artwork for "Yuck" by Alpine. ALBUM ART VIA NPR.ORG

young, having formed in 2009, and is definitely still building their fan base. One thing is for sure: with its strong yet delicate female vocals and relaxed pop beats, you will most definitely not think "yuck!" when you listen to this album.

Perfect if you like: Phantogram & Yeah Yeah Yeahs

Recommended songs: "Up For Air," "Crunches"

Celebrate women on International Literacy Day

By: **Jazmyn Brown**

International Literacy Day, celebrated on Sept. 8, is a day devoted to raising awareness of the need for universal literacy. Considered a basic human right, literacy is the ability to read, write and communicate effectively. According to the United Nations Educational, Scientific and Cultural Organization (UNESCO), nearly 17 percent of the world's adults are not literate, two thirds of which are women, and approximately 122 million children are illiterate, 60.7 percent of which are female.

Use this International Literacy Day to exercise and advocate for the ability to read and write—a valuable gift that everyone, including women, is entitled to. Appreciating female authors and reading about international women's issues is a great way to honor International Literacy Day because illiteracy affects so many of the world's women. By celebrating international female authors and the books that illuminate their perspectives, we also acknowledge the need for literacy across the globe. For those who cannot read or write, literacy is the key to a joy that's hard to replace. Literacy is the means to the end that is education; education is the means to the end that is innovation and progress.

If you want to read some international books aside from the classics—like "Frankenstein," "Wuthering Heights" and "One Thousand and One Nights"—here are a few books either written by women or tell stories about strong female characters who face adversity in a world that seems against them.

1. "A Thousand Splendid Suns" (2007) by Khaled Hosseini

Hosseini's "A Thousand Splendid Suns" focuses on two women in Afghan society brought together by fate and their struggle to protect the people they love. Spanning from the 1960s to the 2000s, this novel tells the story of Miriam, an illegitimate child, and her difficult childhood and adult life; she is mistreated as a child because of the conditions of her birth and is later on forced into a marriage with an abusive husband. Laila, born a generation later, is brought into Mariam's life after tragedy strikes, and the two women form a strong bond. "A Thousand Splendid Suns" explores the oppression of

women in Afghanistan while examining familial ties and the powerful friendship that lasts more than just one generation.

2. "The Bonesetter's Daughter" (2001) by Amy Tan

"The Bonesetter's Daughter" deals with the tumultuous relationship between an American-born Chinese woman, Ruth, and her immigrant mother, LuLing. Ruth worries that her mother is succumbing to dementia and turns to Lu Ling's life story, which is written in Chinese, to discover why her mother is acting so strangely once she is diagnosed with Alzheimer's disease. Upon translating the story, Ruth uncovers the truth of her mother's birth and life in China, changing Ruth's attitude toward family and the mother-daughter relationships across three generations. Tan's most famous novel, "The Joy Luck Club," also explores the bond between mother and daughter.

3. "The Other Side of Paradise: A Memoir" (2010) by Staceyann Chin

Chin bluntly reveals her life story in this memoir; raised by her illiterate grandmother after being rejected by her mother and absentee father at birth, Chin bounces from one home to the next after being separated from her grandmother and older brother. "The Other Side of Paradise: A Memoir" is about finding identity; Chin's memories of her first home in the slums of Montego Bay, Jamaica, her coming out, the different homes she lived in and the search for her father are presented candidly with equal parts humor and poise.

4. "The House of Spirits" (1982) by Isabel Allende

Allende's debut novel "The House of Spirits" won Best Novel of the Year in Chile the year it was published and has been translated to more than 30 languages. Originally written in Spanish, this story reveals the history of the del Valle family through Clara del Valle's journal while addressing the aftermath of death, the celebration of new life, class differences, women's rights, the supernatural and the importance of the written word. The past, present and future collide as Alba, Clara's clairvoyant granddaughter, uses the journal to navigate her family's past 50 years after it was written.

IMMERSION

A retreat to romanticism

By: **Natalie Guzman**



COURTESY OF N. GUZMAN

Caption.

Every other week, *The Current* will feature an excursion to a different South Florida location within South Florida that's a little off-the-beaten-path. Every adventure is tailored to college students, so they'll be reasonably priced and extraordinarily awesome. From old-as-Earth natural landscapes to hip and fresh locations, our hope is to get everyone a little more immersed in the local community by checking out some of South Florida's hidden treasures. Get out there, explore, and quench your thirst for adventure.

This day and age is full of get-togethers and busy plans focused around cell phones. As convenient as it is to have your entire world in front of you on a little screen, occasionally, a retreat to a simpler lifestyle is needed.

I chose to explore the great outdoors to see if nature really is as alluring and relaxing as it appears on those Netflix shows. I tried my luck at Oleta River State Park in Miami—a place known for its expansive 1,043 acre woods in the middle of urban Miami Beach. The park is open all year round, is only \$6 per vehicle and offers a variety of activities, such as mountain biking, canoeing and paddle boarding. I decided to enjoy my surroundings in the most natural way possible by hiking.

When venturing through the park, don't rely on your map; the trails are easy to find and are all marked with their difficulty level. You should, on the other hand, beware that hikers share their routes with mountain bikers. If you are the adventurous type who thinks your skill

is beyond the trail most taken, don't be so quick to judge. You have to stick to the designated paths at this park since there is virtually no way of getting through the underbrush. From little openings to mangrove inlets to vistas of the Oleta River to limestone inlets to the bay waters, all of the trails provide wonderful rewards throughout your journey in the form of beautiful views.

Before your trip, make sure you have the proper equipment. You may be hiking in Florida and not the Appalachians, but a properly-packed bag makes your day a lot better. To prepare, pack your backpack with sunscreen, a towel and two giant re-useable water bottles. Your regular gym attire is appropriate for the excursion and is actually a great choice, considering that the humidity within the park is relentless. Keep in mind that you may get the urge to jump into some of the beautiful waters. I brought a swim suit, but when the opportunity arose to jump into the cool water, I just took off my socks, shoes and backpack and dove right in.

Although I got caught in a massive rain storm, almost got lost on one of the trails because I tried to cross a tree bridge and was occasionally plagued by spiders, it was truly incredible to be out in nature. It made my day to finally see a glimpse of the elusive fiddler crabs that burrow all around the park and to see the strange hues that mangrove trees turn water when they overgrow. It was way better than spending another Saturday doing the same monotonous activities. For more information on rentals, pricing and activities, visit <https://www.floridastateparks.org/park/Oleta-River>.



Off Shore Calendar

Motley Crue
@American Airlines
Arena
7 PM

SEPT 2

Lady Antebellum
@Coral Skies
Amphitheater
7 PM

SEPT 6

Ed Sheeran
@American Airlines
Arena
7:30 PM

SEPT 9

Chris Brown
@American Airlines
Arena
7 PM

SEPT 3

Miami Dolphins vs. Tampa
Bay Buccaneers
@Sun Life Stadium
7 PM

SEPT 11

Sushi & Stroll
@Morikami Museum and Japanese Gardens
5:30 PM

Palm Beach Seafood
Festival 2015
@South Florida
Fairgrounds
All day

Margate Under the Moon
@NW Corner of Margate
Blvd and 441
5 PM

1st Annual Food Truck
Face off
@Delray Beach Center for
the Arts
4 PM

SEPT 12

WWII movies worth your tears

By: Jazmyn Brown

If there's one thing in Hollywood that's been milked dry, it's the WWII movie genre. As we come upon the 70th anniversary of the end of the war, it's important to take note of the tear-jerker movies that depict WWII because each adds an emotional facet to the war that goes beyond what we read in textbooks.

Here's my top five WWII movies based on acting, portrayal of the war and Rotten Tomatoes ratings. Rotten Tomatoes is an online film review and news site known for its high standards and harsh critiques. Ratings are representative of the percentage of positive critic reviews from professional reviewers.

1. "The Cranes are Flying" (1957)

Rotten Tomatoes rating: 95%

Cast: Tatyana Samoilova, Aleksey Batalov, Vasiliy Merkuriev

Synopsis: In the Soviet Union, Veronika has plans to meet her lover Boris near a river where they watched cranes fly overhead. Boris, who is drafted into the war after he enlists—despite Veronika's protests—never makes it to the river, and Veronika waits, sending letters until her house is bombed and she is forced to move in with Boris' family.

War portrayal: It's credited as the Soviet Union's first movie portrayal of the tremendous loss of life that accompanies war, as well as draft avoidance and the greediness of war profiteers.

What made it great: It's a minimalist movie with a story told by dramatic music and landscapes instead of dialogue. Its cinematographic effects that emphasize the cruelty of the war and the emptiness that it leaves behind have remained its sticking point almost 60 years after its debut.

2. "Grave of the Fireflies" (1988)

Rotten Tomatoes rating: 97%

Cast: Tsutomu Tatsumi, Ayano Shiraiishi, Akemi Yamaguchi, Yoshiko Shinohara

Synopsis: Set in Kobe, Japan, this tragic animated film follows a teenaged boy named Seita and his younger sister Setsuko as they struggle to survive during the latter end of WWII. Separated from their parents, the siblings solely depend on each other to find shelter and food and face the harsh reality of a war-torn Japan.

War portrayal: The war tears apart Seito and Setsuko's family; their father is fighting in the war, and an air raid kills their mother. The children are left to fend for themselves, and

they find shelter in a bomb shelter after leaving their cruel aunt. As it is set at the end of the war, millions are dead, and the children watch the fireflies dance above the smoldering ashes of their country.

What made it great: Told from the unique perspective of children clinging to life, this movie captures the stark desolation and destruction of the war, despite the fact that it is animated. Dubbed one of the most depressing films ever made, this story boldly and relentlessly illustrates the after-effects of the Second World War.

3. "Schindler's List" (1993)

Rotten Tomatoes rating: 96%

Cast: Liam Neeson, Ralph Fiennes, Ben Kingsley, Caroline Goodall, Jonathan Sagall

Synopsis: A greedy and pragmatic businessman named Oskar Schindler sets up shop in Kraków, Poland at the beginning of WWII, hoping to make a big profit. He staffs his factory with Jewish workers until the Nazi Party begins exterminating the Jews in a nearby ghetto. To keep his factory running, Schindler protects his workers but comes to realize he is doing it to save lives.

War portrayal: Instead of bombarding viewers with images of fighting, this movie portrays the effects of WWII on the Jews living in Poland. The fear, desperation and horror are made vividly clear by the film's jarring depictions of the persecution of the Jews during WWII.

What made it great: As with anything directed by Steven Spielberg, this movie accomplishes the ultimate goal of making the audience feel every emotion under the sun; from anger to sadness to joy to pain to fear and back again, you'll feel every emotion sharply as the story makes its poignant statement about the human spirit in the face of evil.

4. "The Pianist" (2009)

Rotten Tomatoes rating: 89%

Cast: Adrien Brody, Thomas Kretschmann, Frank Finlay, Ed Stoppard, Maureen Lipman, Emilia Fox

Synopsis: A Polish Jew named Wladyslaw Szpilman, who happens to be an extremely skilled pianist, plays for the local radio in Warsaw, Poland until the station is bombed at the beginning of the German occupation of Poland. Immediately afterwards, conditions for

Jews in Warsaw rapidly deteriorate, and while the rest of his family is gathered and en route to Nazi Labor camps, Wladyslaw escapes, and he witnesses first-hand the pain and suffering of the Jews.

War portrayal: This movie depicts the agony of knowing your family was sent to a concentration camp, the horror and desolation of ghettos and labor camps and Warsaw and Warsaw Ghetto Uprisings in vivid detail. The gritty reality of WWII is not pretty or romantic, as other movies would have you believe.

What made it great: Based on the autobiography of Wladyslaw Szpilman, this movie manages what few others have done: presenting the tragedy of WWII in a hyper-realistic fashion. Accompanied by an exquisitely gripping soundtrack, this film lays out Szpilman's memoir through sounds, images and emotion, seeking out and grabbing the most tender parts of your heart.

5. "The Book Thief" (2013)

Rotten Tomatoes rating: 46%

Cast: Sophie Nélisse, Geoffrey Rush, Emily Watson, Nico Liersch

Synopsis: Narrated by Death, this is the story of Liesel Meminger. While traveling on a train with her mother and younger brother, her brother dies, and she picks up the copy of "The Gravedigger's Handbook" that is left on his grave. Because her mother is communist, Liesel is taken to live with foster parents, Rosa and Hans Hubermann. Liesel befriends the boy next door, Rudy Steiner, and the two are inseparable. Once Hans finds out Liesel cannot read, he teaches her, and what follows is the harrowing tale of WWII Germany and the destruction it leaves in its wake.

War portrayal: Loss is a major theme of this movie, which makes sense considering that it occurs in Germany during WWII. Each major plot point of the movie is directly influenced by the war, from the losses Liesel experiences to the book burning—and Liesel's resulting fascination with books and reading—to the Jewish refugee she befriends and helps conceal.

What made it great: Do not be fooled by the way below-average rating. The film's uniqueness lies in its narration by Death; the designation of such a narrator makes the commentary on human nature that much more heart-wrenching.

Recipes to host your own Labor Day party

By: Alyssa DiMaria
@Current_DiMaria

Labor Day is a time to celebrate and relax as we recognize the dedication of American workers. The South Florida community is filled with thousands of workers who provide countless individuals with a pleasant atmosphere to live each day. Here's to those people – enjoy a well-deserved day filled with delicious food for your Labor Day.

Georgia Peach Trifle

Serves: 8

Ingredients:

6 large ripe peaches, peeled, pitted and sliced
1 tablespoon fresh lemon juice
2 (8 ounce) containers vanilla yogurt
1 teaspoon lemon zest
1 (10 inch) prepared angel food cake

Directions:

1. Combine peaches in a large bowl, and mix with lemon juice.
2. Put one cup of peaches in a blender, place remaining slices into a blender and blend until smooth, almost ice-cream like.
3. Place yogurt into a bowl; stir in the peach puree and lemon zest until well blended.
4. Slice the angel food cake into squares and place half in the bottom of a glass dish.
5. Spoon half of the peach slices over the cake. Cover with half of the yogurt mixture.
6. Take the remaining cake squares and place over the yogurt.
7. Top with peaches, reserving five or six slices for garnish. Cover with remaining yogurt mixture. Garnish with peach slices.
8. Refrigerate until ready to serve.

Refreshing Watermelon Salsa

Serves: 8

Ingredients:

4 cups seeded chopped watermelon
2 tablespoons lime juice
1 tablespoon finely chopped red onion
1 tablespoon minced fresh cilantro
2 teaspoons finely chopped jalapeno pepper
1/8 teaspoon salt

Directions:

1. In a large bowl, combine all the ingredients.
2. Cover and refrigerate for at least one hour before serving.

A Labor-Less Recipe

Serves: 1

Ingredients:

Cranberry juice
Blue Gatorade

Directions:

1. Add cranberry juice to the bottom of the glass; fill about 1/3 of the way.
2. Add ice to the top of glass.
3. Very slowly pour the Gatorade and fill the rest of the way.

Garlic and Buttered Infused Corn

Serves: 4

Ingredients:

4 ears corn, husked
4 garlic cloves, minced
2 tablespoons butter
Basil, for serving

Directions:

1. Heat grill on medium-high.
2. Place the corn directly on the grill, and grill for about ten minutes until charred on all sides.
3. While corn is grilling, mix warm butter and garlic together in a skillet on medium heat.
4. As the butter starts to smell nutty and garlicky, turn off heat and remove skillet from stove.
5. Serve corn with garlic butter and sliced fresh basil.

Seriously Kidding

a satire column

Over a dozen people tragically die due to car defects

By: Jazmyn Brown

Thirteen people have died in incidents involving built-up volumes of the odorless and colorless carbon monoxide gas in their garages, prompting a class-action lawsuit. The carbon monoxide was released when the car owners walked away from their cars with the key fobs in hopes that the cars would turn themselves off, when, in fact, the cars were left running. The gas was then able to seep into their homes.

Dudley Smoak, one of the lawyers pushing a lawsuit against this fatal feature, said that the car developers and manufacturers are at fault.

“It just doesn’t make sense,” Smoak said. “If you’re going to introduce a feature that simplifies the driving experience, in this instance, keyless entry and keyless ignition, why not give the cars the ability to turn themselves off after the fob is a certain distance away?”

The suit targets major car companies, including BMW, Ford, General Motors, Honda, Hyundai, Nissan, Toyota, Mercedes-Benz, Volkswagen, Acura, Infiniti, Mini Cooper and Lexus, because their vehicles’ engines don’t shut off automatically—a disastrous and deadly “defect.”

“I mean, just because the push-to-start button reads “START STOP ENGINE” does not make the drivers responsible for this careless and broken feature,” Smoak added.

Smoak and the rest of the plaintiffs, which total 28, assert that the automakers knowingly sold keyless fobs “without instituting adequate safeguards, warnings or other safety features,” including audible alerts that the engine is still running or an “auto-off” feature, in which the engine turns off if left unattended.

“Of course, when you introduce this type of innovative technology, people will assume that it will exceed their expectations,” Smoak said. “When you take the traditional key away and revolutionize driving with a keyless fob, people will forget to shut their cars off. Automakers knew this would happen and took no steps to correct it.”

“Even though an auto-off feature can be implemented without significant effort or cost, the automakers have refused to act,” the suit proclaims. It also states that automakers declined to include warnings in car manuals and sales brochures and “continue to conceal” the defect from the public. It is a largely kept automotive secret that a car’s engine must be manually shut off. Those in the car industry could have never imagined a world in which drivers would step out of their cars without first shutting off the engine.

“Simply put, cars should be shutting themselves off now,” Smoak said. “It’s the 21st century.”

Some automakers have already implemented the “auto-off” feature in their newer models, so make sure to go and purchase the newer, safer version of America’s most beloved transportation. If you own the older model, practice and go over the steps to shutting off the engine good and proper prior to exiting the car, especially if you park in your garage.

By: Alyssa DiMaria
@Current_DiMaria

To have and to hold—I love you, NSU



COURTESY OF NSU'S TWITTER

NSU is an extraordinary university; students need to start acting like it is.

I’ve had enough with the constant hatred and negativity aimed at NSU. The people I’ve met here, especially the professors, have made a tremendous impact on my life. Each person I’ve come across showed me a different piece of myself that I didn’t know existed. Their views on life, how they strive to become a better version of themselves, the intelligence they embrace and, most importantly, how they treat others—with the utmost respect and dignity—have all made me a better person.

I came to NSU three years ago as an intimidated freshman who was honored to be accepted into this university. The pictures in the college catalog became tangible; I saw the smiling faces of students all around, energetic professors, beaming sunshine and, of course, the gorgeous scenery. Being over 1,000 miles away from home, NSU offered me a sense of comfort. NSU was my first choice of colleges, and when people put our university down, I feel disrespected and, to be honest, very insulted. Many students act as if NSU isn’t good enough for them.

Not every single aspect of NSU has been perfect for me, but that doesn’t give me a reason to feel hatred for the university. My first year at NSU was the most difficult time of my life, but it was also the most rewarding. I was forced to find myself. To say the least, I was bullied by the one person I thought I could trust the most at this school, a person who I thought was my best friend. I had no other choice but to be strong and get through

the situation. Without the support of professors, advisors, friends, family and the overall encouraging atmosphere NSU provides, I am not so sure I would’ve made it through this challenging time. For all of those who chose to go out of their way to make sure I not only got better, but stronger—thank you. Instead of giving up hope, you encouraged me to keep my head held high and your support made me fall love with this university even more.

It frustrates me when I hear students talk negatively about this university, and I never understand their reasoning. The food options aren’t healthy enough? The gym isn’t open later? The tuition is too expensive? Or there aren’t enough activities/parties?

Not a single one of these ‘justifications for hatred’ matter in the grand scheme of things. NSU has done an excellent job with keeping up with students’ needs. There are various healthy food options for all, including improved JuiceBlendz Café that now offers healthy breakfast options and wraps. The gym has altered its hours countless times to fit the needs of students, per their request. Concerning the tuition, all students know how much it costs to attend this university before they choose to enroll. Lastly, there are plenty of activities happening on campus all the time, and if that doesn’t please you, Miami, one of the biggest party cities in America, is only a half hour away. We live in South Florida, for

crying out loud! At the end of the day, none of these silly and pointless “complaints” matter. What is important is every single NSU student is getting a quality education from the most intelligent, passionate and caring professors. We have professors who care deeply about their students and want to see them succeed, who believe in the importance of providing quality education and are passionate about what they do. What more can a student ask for?

I am tired of constantly hearing “NSU sucks.” I am extremely proud to be a Shark, and you should be, too. If you aren’t, then please transfer. It is a privilege to attend this university; there are thousands of students who do not get accepted each year. If you are a Shark, stand up and defend our university. Life is the most important opportunity we have, but we have one shot at it. You only graduate from college once, unless you plan on getting multiple degrees. Don’t remember your experience at NSU as one filled with constant negativity from the ones around you.

Thank you, NSU, for everything you’ve done for me thus far; you’ve inspired me to think differently and be proud of the person I am. Most importantly, you have shown me the true meaning of life. The saying goes, “find what it is that makes you happy,” and NSU, to me, you’re it.

HOW DO YOU FEEL ABOUT THE NEW FOOD OPTIONS ON CAMPUS?

SHARK SPEAK



“I like how there’s a lot of variety and a lot of healthy options. You can get grilled food or fresh salads, whatever you’re in the mood for.”
- Erica Mallarve, freshman biology major



“I think there’s more to add. They need to get rid of Chick-N-Grill and replace it with a Chipotle. I’m glad Flight Deck Pub brought the tater tots back, though.”
- Jared Portnoy, junior biology major



“I think the new additions to the University Center food court are a step in the right direction.”
- Erin Herbert, junior communication studies major



“The university still needs to keep going to get where they want to be health-wise.”
- Sierra Herbert, senior biology major



“I’m happy with the new options, but there is always room for improvement. There should be more healthy options and maybe more mainstream things like Chick-fil-a or Chipotle. They should also improve the quality of the pizza.” - Jake Bence, sophomore chemistry major

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