

9-15-2015

The Current Volume 26 : Issue 4

Nova Southeastern University

Follow this and additional works at: https://nsuworks.nova.edu/nsudigital_newspaper

NSUWorks Citation

Nova Southeastern University, "The Current Volume 26 : Issue 4" (2015). *The Current*. 491.
https://nsuworks.nova.edu/nsudigital_newspaper/491

This Newspaper is brought to you for free and open access by the NSU Digital Collections at NSUWorks. It has been accepted for inclusion in The Current by an authorized administrator of NSUWorks. For more information, please contact nsuworks@nova.edu.

The Current

The Student-Run Newspaper of Nova Southeastern University • September 15, 2015 | Vol. 26, Issue 4 | nsucurrent.nova.edu

The Current

SERVING NSU FOR 25 YEARS



Quick, easy, delicious microwave meals

P. 8



Get zen with these yoga poses

P. 10



Fall wardrobe necessities

P. 13



Vote 4 Kanye!

P. 14

Hispanic Heritage Month 2015

By: **Alyssa DiMaria**
@Current_DiMaria

The Alvin Sherman Library will celebrate Hispanic Heritage Month by recognizing Latin culture through films, art and music from Sept. 15 through Oct. 15.

Vice President for Information Services and University Librarian Lydia Acosta said Hispanic Heritage Month is a time to recognize the accomplishments of the Latin culture and to honor the diversity of Hispanics and Latino cultures represented at our university.

"The Alvin Sherman Library is a community library, where we serve the needs of the Broward county residents, in addition to our students, faculty and staff. Therefore, we must determine activities that would appeal to a variety of individuals," Acosta said.

Each Sunday during September, the library will host a showing of the film series Cine Argentino, which will feature documentaries of legendary figures in the Latin culture.

During the films, a special appearance will be made by Argentinian actress and journalist, Adriana Bianco. She will introduce and provide commentary in Spanish about the films.

Over 100 people are expected to attend each film screening. Acosta said because the library expects a large audience, the film screening has moved to the Performance Theatre of the Don



PRINTED WITH PERMISSION FROM THE ALVIN SHERMAN LIBRARY

Join the Alvin Sherman Library as they honor Hispanic heritage.

Taft University Center.

The library will also host an art exhibit to showcase Argentinian and Puerto Rican work by artists: Alejandro Borgese, Marina Font, Rita Coll and more.

Acosta explained one of NSU's core values is the celebration of diversity and community.

"NSU is the number one university in the nation to provide doctoral degrees and the first

to provide professional degrees to Hispanics. This is something to really be proud of," she said. "Hispanic Heritage Month is just another wonderful example of what this university stands for."

All the events are free and open to the public. For more information, visit the library's website at nova.edu/library/main/.

Sept. 6 – Oct. 25: Diversity in Art Exhibit

Alvin Sherman Library Second Floor, Cotilla Gallery, 5 p.m.

Sept. 20: BROCHE DE ORO

A comedy film centered on retirement and life in Puerto Rico starring acclaimed actors and film director Jacobo Morales.

Performance Theatre of the Don Taft University Center, 2 p.m.

Sept. 27: TANGO BAR

A film tribute to RAÚL JULIA –the Argentine-Puerto Rican co-production highlights the subjects of music and love.

Performance Theatre of the Don Taft University Center, 2 p.m.

Oct. 4: Orchestra performance of classic salsa from the 70s and 80s.
Rose and Alfred Miniaci Performing Arts Theater, 2-3:30 p.m.

To read exclusive web content and watch a video about this year's Hispanic Heritage Month festivities, check out our website!

Pay it forward with "A Day for Children"

By: **Jazmyn Brown**

To promote children's health and social services, NSU will host "A Day for Children" for children ages 2 through 17 to learn about nutrition and receive checkups at the Alvin Sherman Library on Sept. 20 from 11 a.m. to 5 p.m.

In conjunction with NSU colleges and clinics, the H. Wayne Huizenga School of Business and Entrepreneurship and approximately 150 sponsors and vendors will provide free services for children.

NSU has 10 clinical programs that run 22 different clinics attending the event. Medicine, vision, hearing and balance, dental health, optometry, occupational and physical therapy and psychology are among the represented disciplines that will provide free assessments.

Robert Oller, chief medical advisor in NSU's Division of Clinical Operations, said the program began to bring attention to the community about the health care services provided at NSU.

"The program was originally for the promotion of these areas, but it has evolved over the years to promote services in the community

that are offered for free or at a reduced cost by non-profit organizations," Oller said.

In 15 years, the program has grown from 500 individuals and a few vendors and community organizations to between 12 and 15 thousand attendees under the direction of Chairman Ronnie Oller.

Ronnie Oller said that in addition to the health screenings and assessments, there will be free haircuts provided by Aveda and Maggie Salon and Spa, books about nutrition and bullying, a visit from Dr. Suess, two former Olympians, eight rescue dogs and puppies that can be adopted, fresh fruits and vegetables provided by Feeding South Florida and a plastic ice skating rink. 17 photographers will also attend to take family holiday portraits.

Robert Oller added that children can be fingerprinted by the sheriff's department and Crimestoppers, and there will be a teddy bear clinic in which 5,000 teddy bears will be given to the children who will then take them to the hospital's vendor area.

"The teddy bears will be examined by nurses and put through the ropes that you would

Main sponsors & vendors:
Broward Health, Broward Memorial Healthcare System, Children's Services Council, Joe DiMaggio Children's Hospital, Chris Evert Children's Hospital, Florida Blue, Florida KidCare, Kiss Radio, KidVision from Channel 2 (WPBT2), Hungry Howie's, Young at Art, PNC Bank, Florida Center For Allergy & Asthma Care, Special Olympics Florida, Light of the World Clinic, Native Village and Gator Boys and many more.

see in an emergency room so the kids learn what health's all about and are not afraid of it," Oller said.

Ronnie Oller emphasized that there is no cost for any of these things.

"All organizations support the mission of A Day for Children, which is to give to the children and their parents an education about what's offered," she said. "We want to make sure that parents know what's available for their children in county and community, which are things they are entitled to receive and will assist them in growing up."

For the past three years, A Day for Children has been named the Broward Family Favorite in Broward Family Life magazine.

"It's because of the vendors that we're able to do this and win this award; I don't think we've left a thing out for children to be a part of, and we make it a very good time for them," Oller said.

Tiffany Marchione, senior biology major, is one of two volunteer representatives participating in the event and organizing the volunteer effort for the event so that it functions efficiently.

SEE DAY FOR CHILDREN 3

NEWS ANCHOR

Stay up to date with international events.

Catholic church celebrates Extraordinary Jubilee of Mercy with unprecedented indulgences

The Catholic church is celebrating the 27th Holy Year in history, prompting Pope Francis to make several declarations. First, Roman Catholic priests around the world now have the “discretion to absolve of the sin of abortion to those who have procured it and who, with contrite heart, seek forgiveness for it” during the holy year. In addition, Francis called for parishes in Europe to shelter a refugee family from the recent migrant crisis. The pope also introduced a cheaper, quicker and easier annulment process. During the holy year, which is from Dec. 8, 2015 to Nov. 20, 2016, the Catholic church seeks to make its “mission to be a witness of mercy” more apparent.

New Ebola case in Sierra Leone

Ebola, which brought 500 new cases a week in the Sierra Leone at its peak, has yet to be suppressed by the country. A deceased middle-aged woman tested positive for Ebola after a post-mortem swab. As a result, 50 people in her village of Sella Kafta were declared high-risk and placed under quarantine. The new Ebola case was discovered after the country’s recent celebration of the release of the supposed last known Ebola patient from the hospital. Neighboring Guinea reported three confirmed cases of Ebola in August.

Turkey attacks ISIS as part of U.S.-led coalition

Turkish jets attacked Islamic State targets in Syria as part of a joint effort between Turkey and the U.S. against the group. Turkey’s increased involvement has given U.S. jets access to an important air base near the Syrian border. The Turkish foreign ministry prioritized the war against ISIS after the July bombing in the city of Suruc that killed 32.

Destruction of Palmyra’s temple confirmed by UN

The United Nations reported that a satellite image confirms the destruction of the Temple of Bel in Palmyra, an ancient city in Syria, by the Islamic State, refuting a claim that it was still intact. The image shows that the main structure of the temple was leveled, and only two columns are left standing. The United Nations Educational, Scientific and Cultural Organization (UNESCO) designated the temple, which was captured by ISIS in May, as a UNESCO World Heritage site. The main temple of the city, which housed the Palmyrene gods, was among the most important religious buildings of the East since the first century B.C.

The Current

The Student-Run Newspaper of Nova Southeastern University

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	Opinions 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
Gaby Alfaro	Business Manager	thecurrentad@nova.edu
Open	Distribution Manager	thecurrentad@nova.edu
April Coan	Writer	nsunews@nova.edu
Marie Ontivero	Writer	nsunews@nova.edu
Lakesha Pierre	Writer	nsunews@nova.edu
Megan Fitzgerald	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

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

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

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.

Latin Dance Classes
by Latin American
Student Association
@RecPlex
Multipurpose Room 1
8-10 PM

On Shore Calendar

Sharks on the Scene:
Disney On Ice
@BB&T Center
5:30 PM

Cafe con leche social
by Lambda Theta
Alpha Latin Sorority,
Inc.
@ UC Pit
5-6 PM
SEA Thursday
@ UC Spine
12-1 PM

SEPT 15

Sharks on the Scene:
Luke Bryan: Kick the
Dust Up Tour
@Perfect Vodka
Amphitheatre
5:15 PM

Island Vybez BBQ by
the Caribbean
Student Association
@Commons Pagoda
2-6 PM

SEPT 17

SEPT 18

SEPT 19

SEPT 20

STAY INFORMED

Follow us for the latest news



NSU Current
Newspaper



@TheCurrentNSU



★REPUBLICANS★

★GREEN PARTY★

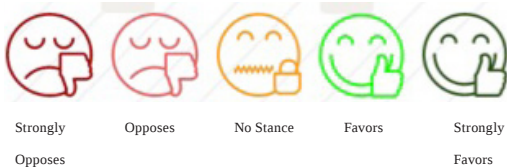
★DEMOCRATS★

Issue of the Week:
Defense & International Issues

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



	Free Trade	Military Expansion	American Exceptionalism	Peace & Diplomacy
Donald Trump	Strongly Opposes	Opposes	Opposes	Strongly Opposes
Carly Fiorina	Opposes	Favors	Favors	Opposes
Mike Huckabee	Opposes	Favors	Opposes	Opposes
Bobby Jindal	Opposes	Favors	Opposes	Opposes
George Pataki	Favors	Favors	Opposes	Opposes
Rick Santorum	Opposes	Opposes	Opposes	Opposes
Ben Carson	Opposes	Opposes	Opposes	Favors
Chris Christie	Favors	Opposes	Opposes	Opposes
Rick Perry	Favors	Opposes	Opposes	Opposes
Lindsey Graham	Opposes	Opposes	Opposes	Opposes
John Kasich	Opposes	Opposes	Opposes	Opposes
Scott Walker	Favors	Opposes	Favors	Opposes
Jeb Bush	Favors	Opposes	Opposes	Opposes
Jim Gilmore	Favors	Opposes	Opposes	Opposes
Hillary Clinton	Favors	Opposes	Opposes	Opposes
Bernie Sanders	Opposes	Opposes	Opposes	Opposes
Jim Webb	Opposes	Favors	Opposes	Opposes
Martin O'Malley	Opposes	Favors	Opposes	Opposes
Lincoln Chafee	Opposes	Favors	Opposes	Opposes
Ted Cruz	Opposes	Opposes	Opposes	Opposes
Rand Paul	Opposes	Opposes	Opposes	Favors
Marco Rubio	Opposes	Opposes	Favors	Opposes
Jill Stein	Opposes	Opposes	Opposes	Opposes



Race to presidency 2016: Know your candidates

Defense and International Issues

The following topics are related to defense and international issues—two 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. Defense and international issues pertain to all policies and relationships with other countries.

Free Trade

This refers to views on international trade and agreements within the North American Free Trade Agreement and the World Trade Organization. Stances on trade take into consideration the following concepts: currency manipulation, the Trans-Pacific Partnership, the free trade area of the Americas, presidential fast-track, fair trade, trade deficits and relations with China.

Strongly Opposes—Candidate believes Americans should buy from other Americans to create more American jobs. They say trade should be restricted with any country that costs us jobs or creates a trade deficit.

Opposes—Candidate believes fair trade should replace free trade because free trade poses risks to job security, causes humanitarian problems overseas and results in environmental damage. They say globalization should focus on benefiting people instead of corporations.

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

Favors—Candidate believes free trade is in the country's best interest because it produces economic growth and jobs. They say it should only be restricted when it poses a security risk.

Strongly Favors—Candidate believes free trade is always in the peoples' best interest and that there should be open trade with every county. They say the government doesn't have the right to restrict imports and exports and that NAFTA, GATT and the WTO should be expanded.

Military Expansion

The debate on military expansion focuses on the principles and practical matters of the quantity and quality of the military. Stances on military expansion take the following concepts into consideration: military readiness, oversea troop commitment and compensation for servicemen and women.

Strongly Opposes—Candidate believes defense spending should be dramatically reduced and that U.S. troops need to be pulled out of other countries, including Japan and Korea. They say it is wrong for the U.S. to have a military as large as the rest of the world combined.

Opposes—Candidate says that money is better

spent on issues other than defense. They believe we should limit the number of troops stationed abroad and focus on their quality rather than quantity.

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

Favors—Candidate says U.S. should make careful consideration before making military cuts. They say that reducing military personnel has put pressure on employment.

Strongly Favors—Candidate believes that it is the U.S.'s obligation to maintain a strong military that is paid adequately.

American Exceptionalism

The debate over the ideology that states the United States is inherently different from other nations. Stances on this ideology take the following concepts into consideration: U.S. sovereignty from the United Nations, whether the U.S. is subject to the rulings of the International Court of Justice, whether the nation has a responsibility to be the world's policemen, isolationism and the providing of foreign aid.

Strongly Opposes—Candidate says that other countries' opinions are just as important as the U.S.'s and that the nation should use "soft power" and seek non-military solutions to issues.

Opposes—Candidate says U.S. interests are best advanced by building alliances with countries over mutual interests. They believe multilateralism is more effective than unilateralism.

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

Favors—Candidate says the U.S. military shouldn't serve under other countries, but multinational forces are acceptable under U.S. command. They believe the nation should focus on its own issues before working on other countries' problems.

Strongly favors—Candidate says the United Nations has too much power and the U.S. should withdraw.

Peace and Diplomacy

Peace and diplomacy encompass U.S. involvement in international situations where the U.S. utilizes prolonged military intervention or prolonged peace negotiations. Stances on peace and diplomacy take the following concepts into consideration: U.S. intervention in the Syrian Civil War, peace progress with Israel and Palestine, the Iran nuclear deal, the War on Terrorism and Al Qaeda.

Strongly Opposes—Candidate says the U.S. should seriously prepare for military action in Iran and other countries, including North Korea, who oppose U.S. national interests.

Opposes—Candidate says U.S. needs to prevent Iran from obtaining nuclear weapons and that troops should leave Afghanistan only when the country can defend themselves.

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

Favors—Candidate says the U.S. should stay out of Iraq and Iran and leave Afghanistan as soon as possible. They believe U.S. military is no longer needed in those countries.

Strongly Favors—Candidate says the U.S. should have never invaded Iraq and the same mistake should not be made in Iran.

CHANNEL 96 SUTV

NOVA SOUTHEASTERN UNIVERSITY

Movie Show Times: September 1-30, 2015

Phone: (954) 262-2602, Email: sharktv@nova.edu, www.nova.edu/sharksunitedtv

2015	1:30 AM	3:30 AM	6:00 AM	8:00 AM	10:30 AM	12:30 PM	3:00 PM	5:00 PM	7:30 PM	9:30 PM	11:30 PM
Sept. 1	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Unfriended	The Divergent Series Insurgent
Sept. 2	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	The Divergent Series Insurgent	Aloha
Sept. 3	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Aloha	Paul Blart: Mall Cop 2
Sept. 4	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	Paul Blart: Mall Cop 2	Adult Beginners
Sept. 5	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Adult Beginners	Vendetta
Sept. 6	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Vendetta	Unfriended
Sept. 7	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Unfriended	The Divergent Series Insurgent
Sept. 8	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Selena	Unfriended	The Divergent Series Insurgent	Aloha
Sept. 9	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Selena	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Aloha	Paul Blart: Mall Cop 2
Sept. 10	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Selena	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Eat Pray Love	Aloha	Paul Blart: Mall Cop 2	Adult Beginners
Sept. 11	Vendetta	Selena	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Adult Beginners	Vendetta
Sept. 12	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	Vendetta	Unfriended
Sept. 13	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Unfriended	The Divergent Series Insurgent
Sept. 14	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	The Divergent Series Insurgent	Aloha
Sept. 15	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Aloha	Paul Blart: Mall Cop 2
Sept. 16	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	Paul Blart: Mall Cop 2	Adult Beginners
Sept. 17	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Adult Beginners	Vendetta
Sept. 18	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Vendetta	Unfriended
Sept. 19	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Unfriended	The Divergent Series Insurgent
Sept. 20	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Selena	Unfriended	The Divergent Series Insurgent	Aloha
Sept. 21	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Selena	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Aloha	Paul Blart: Mall Cop 2
Sept. 22	Adult Beginners	Extremely Loud & Incredibly Close	Vendetta	Selena	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Eat Pray Love	Aloha	Paul Blart: Mall Cop 2	Adult Beginners
Sept. 23	Vendetta	Selena	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Adult Beginners	Vendetta
Sept. 24	Unfriended	The Silver Linings Playbook	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	Vendetta	Unfriended
Sept. 25	The Divergent Series Insurgent	Eat Pray Love	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Unfriended	The Divergent Series Insurgent
Sept. 26	Aloha	Extremely Loud & Incredibly Close	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	The Divergent Series Insurgent	Aloha
Sept. 27	Paul Blart: Mall Cop 2	Selena	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Aloha	Paul Blart: Mall Cop 2
Sept. 28	Adult Beginners	The Silver Linings Playbook	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	Paul Blart: Mall Cop 2	Adult Beginners
Sept. 29	Vendetta	Eat Pray Love	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Adult Beginners	Vendetta
Sept. 30	Unfriended	Extremely Loud & Incredibly Close	The Divergent Series Insurgent	Selena	Aloha	The Silver Linings Playbook	Paul Blart: Mall Cop 2	Eat Pray Love	Adult Beginners	Vendetta	Unfriended

Don't forget to check out last month's movies On-Demand through <https://www.nova.edu/portal/sutv/>

THAT TIME I... WON A CAR

By: **Lakesha Pierre**

Lakesha Pierre, junior biology major, was this year's winner of a free one-year car lease donated by Rick Case Automotive Group at Sharkapalooza.

The last event of the annual Week of Welcome is Sharkapalooza, which I usually go to for free t-shirts, food and to sign up for different clubs. However, this year was different.

I decided to stay until the end of Sharkapalooza to see who was going to win a free car for a year. Hours passed by, and the host of the event kept repeating the same thing: "We're giving away a free car, so be here at 9!" Finally, it was 9 p.m., and they were ready to announce the winner. They pushed the computer button to randomly select the winner, and the assistant director of activities announced the lucky person. "And the winner is Lakesha Pierre," he said.

When I heard my name, I was shocked. I couldn't believe that I actually won. I stood there and realized that I had to run over to the stage

before they decided to call someone else's name. As I was approaching the stage, I wanted to cry, but I knew everybody was watching so I held it in.

I was so excited to win that instead of shaking Rick Case's representative's hand, I hugged him. When Stan Bostic, the national director of communications and VIP programs, spoke to me, I was nervous and didn't know what to say. He said the car was only free for a year, which confused me a little, because I thought I was keeping the car forever, but hey, it's still a free car. It was the end of Sharkapalooza, and I walked outside with Stan and the people from Rick Case Honda to select one of the four cars that were parked in the Shark Circle. When we got outside, Stan told me to check the interior of each car and choose which one I wanted. Although I had an idea of which car I wanted, I decided to hop in and check the features inside each car before making the big decision. I chose the new 2015 Honda Civic mainly because of



Pierre is really grateful for her brand new car and is excited to drive it around this year. PRINTED WITH PERMISSION FROM S. BOSTIC

the dashboard view and the rearview camera.

I went to the dealership that following week on Tuesday to go pick up the car. When I got there, the car was parked outside waiting for me in front of the showroom entrance with a huge red, white and blue bow on top of the hood. I went in and filled out a few papers, and within two hours I was driving off with my new car. I couldn't believe that this would ever happen to me. I fell in love with the car as I drove home from the dealership.

I was so fortunate to win this car. I just returned back to NSU after a year-long break and my birthday was just a couple of weeks before. However, I like to think that all of my

hard work has finally paid off, and I'm finally getting what I deserve. I've always helped out my family and friends through tough financial situations, with academic assistance and by just being there in their times of need. I was never the type of person to tell somebody "No" when they came to me for help because I know that not everyone in life is as fortunate as I am to have such great and supportive parents. Many people would believe that winning the car was just luck, but I believe that when you do so much to help others, God will always find a way to reward you with a gift. I would like to thank NSU and Rick Case for giving me this car for a year. I am truly grateful.

Living in an Adderall nation

By: **Li Cohen**

@Current_Yakira

College is more than a place; it's a time that mixes the formulas for adolescence and adulthood and creates the combustible solution that we like to call life. For some people, this combustion acts as an energy surge. For others, the combustion is an overwhelming explosion of matter.

The biggest part of that struggle is figuring how to cope with it at all. Everyone seems to have advice—ask for help, ease up your workload, have a beer, just relax, take a day off—and one of the most popular ones: "Try this. It'll help you focus."

What is "this" you may ask? Well, "this" is no game. It's Adderall, and no, it is not harmless medication; it is much more than that.

According to the Substance Abuse and Mental Health Services Administration, 1.7 percent of full-time college students in 2013 used prescription stimulants, including Adderall, for nonmedical use.

Adderall is a drug often given to people who have narcolepsy or attention deficit hyperactivity disorder (ADHD). It is a combination of amphetamine and dextroamphetamine, which work to stimulate brain and nerve chemicals to better manage hyperactivity and impulse control. In other words, it prevents you from getting so easily distracted from the cats running outside, the random person singing in the hallway and the million and one thoughts running through your head.

"There's definitely a significant amount of use and abuse of Adderall," said Karl Backman, NSU's psychiatrist for NSU student counseling services. "Over the past 5 or 10 years, Adderall has become a lot more prominent due to media coverage, the internet and more access to partial knowledge about the drug itself. Pharmaceutical companies do too good of a job publicizing the medication."

According to the U.S. Drug Enforcement

Agency, it is a Schedule II substance, which classifies it as having a high potential for psychological or physical dependence. It is on the same schedule as cocaine, oxycodone, methamphetamines and Ritalin.

Nick Thompson, freshman business administration major, said he knows college students who have taken Adderall to focus on their academics. He said most of those people either bought the pills from a friend with a prescription for ADHD or they had a prescription themselves. Of those who had a prescription, he said there are only a few who didn't actually have ADHD or a similar issue.

"People swear that they can focus better when they take Adderall," Thompson said. "For most people, grades are really important, and they don't see Adderall as harmful if it helps them get good grades."

Based on national surveys conducted from 2002 to 2013, SAMHSA found that, on average, approximately 400 college students try prescription stimulants for the first time every day. They found that the peak months for this data is in April, November and December, with more than 500 new users a day.

Coincidentally, those are generally the months during which college midterms and finals take place. The months that mark the beginning of fall and winter terms, as well the summer months, are well underneath the national average. This data shows that as the academic term ensues, the more likely students are to take the drug.

Backman said that Henderson Student Counseling is aware of people exhibiting fake ADHD symptoms to get Adderall prescriptions. To help combat the problem, the center requires that students submit previous medical records, have significant documentation of ADHD and partake in physical exams and EKG scans to ensure they are in good health to fight off side

effects. If the student doesn't have sufficient documentation, Backman requires psychological testing.

Research has shown that Adderall is most prevalent among upperclassmen. Anthony Bufi, senior athletic training major, said he knows numerous students who have taken the drug and that he's noticed a lot more cases of Adderall use over his years in undergrad.

"The demand from academics is a lot more now than it has been in previous years," he said. "Some students may just be taking it to keep up with their course load, but I think it's definitely becoming more prevalent."

Bufi said that for the most part, the people he knows get the medication to help with their ADHD, but some people fake the symptoms to get a prescription. He believes the reason for this is the academic stress students endure as they get closer to graduation.

"Now, there are more jobs that require you to have a master's or even doctoral degree, which makes undergrad a lot more stressful," he said. "As you get more involved in your major, there's a bigger course load and more responsibilities, especially when it comes to deciding what you're going to do after graduation."

Although people report the drug does help them focus on their studies, there are numerous side effects that don't get as much attention. WebMD states that side effects of the drug include appetite loss, weight loss, nausea and vomiting, dizziness, headaches, sleeping complications and an increase in blood pressure. More serious effects include numbness or pain in fingers or toes, mood and behavioral changes, uncontrolled movements and change in libido.

Thompson said that for one of his friends, the side effects were dangerously noticeable.

"A friend of mine continuously took a large dosage of Adderall to get a lot of work done," he said. "He ended up staying awake for 72 hours.

The human body isn't meant to be up for such a long amount of time, and it kind of made him go crazy until he could finally get some rest."

Backman said that while Adderall does increase motivation and focus in the short-term, after the medication wears off people experience low energy and poor motivation and focus. He also said that the more students take the drug, the more likely they are to get addicted.

"After a while, it affects your brain so you can't focus as well as you would have if you never took it," he said. "If you haven't been prescribed, it's not a good idea to take it because there are numerous side effects, it's very addictive and it's illegal to take narcotics without a prescription."

Although life's difficulties are different for everyone, there's no denying that growing up is hard to do. The mental, emotional and physical transition into adulthood is challenging. When this transition is partnered with mastering higher-education, it can quickly seem nearly impossible to get through with your sanity still intact. The struggle is real, and so is the pressure for success.

Backman recommends that students who are, or are considering, Adderall for academic reasons attempt to make behavioral modifications first.

"There are a lot of concerns regarding the addictive potential and side effects that people are not aware of. Although you may feel like it helps you in the short term, it really doesn't benefit you in the long term," he said. "Healthy eating, proper sleep, vitamins, regular cardiovascular exercise and removing distractions from your study environment are key to helping you study more effectively."

"People just have to ask for help and be proactive," Bufi said. "If you know you're struggling, just ask for help."

GOT AN INTERESTING STORY? SHARE IT WITH THE CURRENT AND BE FEATURED IN
A WEEKLY "THAT TIME I..." ARTICLE!
EMAIL NSUNews@NOVA.EDU IF YOU'RE INTERESTED!

Sex, drugs and morning class stroll: Taming the college rebel

By: **Li Cohen**

 @Current_Yakira

In high school, we worked our butts off to ensure acceptance into a top college or university. Parents, teachers and guidance counselors all said the same thing: “If you want to be successful you need to work hard and get into a good college.” So just as good kids do, we listened. We studied until 2 a.m., became overly involved in high school activities, got a part-time job and spent countless hours on academics to make sure we secured a spot in the college of our dreams.

For those who have super-strict parents, you know exactly how important academics are because mom and dad never fail to remind you. Once you get to college, you get that first taste of freedom. Good ol’ mom and dad can’t yell at you for not studying enough, there’s no curfew, and you can really do whatever you want to on a daily basis. The feeling of independence is new and exciting, and before you know it, the college rebel has emerged from the depths of your soul. You are free to rule your own little world of academics and mischief, and nobody can stop you.

Except reality, that is. Living an independent lifestyle involves some responsibility, whether you like it or not. Sure, you can eat ice cream for breakfast and stay out until 5 a.m. the night

before you have an 8 a.m. class, but there are consequences to those actions.

This isn’t to suggest that your only options are to either have fun or to only focus on academics. The secret to taming the college rebel who’s trying to peek through is to balance your life with both fun and fundamentals. College is one of the most exciting times of your life, and you should enjoy every minute of it to truly get the most out of your experience.

Sex

Let’s talk about sex, baby. Whether you’re a first-timer or you already know what you want, there are always precautions to take. Probably one of the most important things to remember is that the Centers for Disease Control declared Florida as one of the most at-risk states for HIV. If you plan on having sex, make sure to use protection, and know your partner a little more in-depth than just his or her first name. If you don’t plan on having sex, don’t feel pressured into it because, believe it or not, not everyone in college is sexually active.

There are a lot of places on campus to go to for more information about staying safe if you choose to be sexually active. The Office of Student Activities and the residence halls

provide free condoms, and the

Student Medical Center provides STD testing and other services.

Drugs

Let’s be real, you’re in college now, and that means you’re in a new world that consists of more than going to a movie or shopping at the mall on the weekend. Drug and alcohol offers will arise, and temptations will ensue, but safety needs to be your top priority. College is the time to go out and have fun. After a long week, who doesn’t want some time to just forget about life’s numerous stresses?

Keep in mind that despite what your fake ID from some random town in Oklahoma says, the drinking age is 21. Whether you plan on drinking or not, a night out should also be a night of safety. Do not accept drinks from strangers, never take the latest pill one of your friends offers you, and always stick to your gut. These are the years to try new things and have new experiences, but you want to be able to live to tell the tales and have fun making the memories.

Morning class stroll

Ah, the hated 8 a.m. class. Sorry kids, but mom and dad aren’t there to wake you up when

you’re running late. Ideally, you should go to every class you have, but if something comes up, or it’s one of those days where seeing any signs of life will push you over the edge, take a day off. It’s okay to have time to revitalize—just make sure that you get your notes and meet with your professor during office hours to find out what was missed. Revitalization does not mean slacking.

Your undergraduate career is supposed to be the best four years of your life, and by all means, make the most of it. Such a new and different experience is exciting, but don’t let all that excitement cloud your judgment. The best way to have a good time is to be smart about it and make wise decisions. It’s not about being perfect, but it is about keeping yourself on track with your goals.

As tough as it is to remember sometimes, you are in college for an education. To be successful in your careers and to make the most out of your experience, you have to know the right times to study and the right times to take a breather. Tame yourself, little rebels, the semester has just begun.

Working smarter not harder: Tips for better time management

By: **April Coan**

Here’s a riddle for you. What is more precious than gold, but cannot be bought, earned or saved?

If you answered “time,” you are correct. In the span of our existence, time is the most precious commodity we have. When we’re younger, it seems to crawl, but as we get older, it flies by faster than a jet plane. Although many would argue that we don’t have enough time, it could also be said that we don’t use our time wisely enough. Whether you’re a full time employee, student, parent or all of the above, a good way to minimize your stress and use your time more wisely is to practice proper time management. With that said, here are a few tips to help you manage your time more effectively:

Learn to prioritize. Don’t be a drama queen. Not every task needs to be done right this second. In fact, if you take the time to assess the things you need to do, some things are probably less important than others. In order to avoid feeling overwhelmed, utilize your time wisely, and prioritize tasks by deadlines, distinct categories and difficulty level.

Get organized. Do you always misplace your keys? Do you have trouble finding your homework? Does your backpack look more like a trash bag? If you answered “yes” to any of these questions, this section is for you. Getting organized is not only helpful in the classroom, but is also a useful life skill that can help you complete all your day-to-day activities more efficiently and save you time. A good way to start organizing your life is to cut out clutter and put things back in their proper place.

Use a planner. Speaking of organizing your life, organize your time by using a daily planner. Generally speaking, there are two types of planners: the paper kind and the smartphone kind. Both have their advantages. Paper planners allow you more flexibility to customize your weekly schedule by color coding dates and adding notes and details. Smartphone planners allow you the ability to add alerts and sync your Outlook calendar or Google calendar to your phone. Try using both types of planners to discover which one is a better fit for you.

Interested in news, writing or photography? Stop by The Current's weekly meetings on Tuesdays from noon to one at Student Affairs Building Room 104. See you there!

By: **Nicole Cocuy**

 @CurrentNicole

All-nighter survival guide

College is infamous for many things—wild parties, hook-up culture and dealing with the lingering pressure to finally figure out a career path—but the one college struggle that affects nearly every student on a regular basis is the mounting workload. Regardless of how organized you are or how effectively you manage your time, it’s nearly impossible to avoid a few sleepless nights every semester. There will always be that one project you underestimated, that one paper you forgot about or that one test you really don’t feel prepared for. All-nighters can be difficult to accomplish effectively, but with practice—which you will unfortunately get plenty of throughout your undergraduate career—and if you follow these tips, pulling off all-nighters won’t cost you more than some snacks and a cup of coffee.

Take a brief nap beforehand

Staying up all night is pretty exhausting, but the peak of difficulty is in the early a.m., when you haven’t rested in almost 24 hours and your eyes refuse to stay open. Take about an hour to shut your eyes, relax and refresh before you get to work. While it might seem like a waste of precious time that you could be using to get a head start on your busy night, a short nap will actually keep you focused and help you work more efficiently. Just make sure to set an alarm, or two, so you don’t accidentally sleep through your entire evening.

Find the correct location

Your location is the factor that has the most impact on your productivity and ability to focus. If you’re surrounded by too many people or if the room is filled with too many distractions, you might be tempted to procrastinate. Equally, if the room is too quiet, too dark or too comfortable,

you might fall asleep. While the perfect working environment varies from person to person, there are some standard tricks to help you keep your study momentum. Try to find a plastic or wooden seat in front of a desk or table in a bright room that is far away from any beds or sofas. Sometimes, it also helps to work in a public study area like the University Center; it’s a lot harder to fall asleep when there are other people around. Plus, it can be nice to be surrounded by strangers in the same boat as you.

Find the best soundtrack for your evening

Listening to classical or low-tempo electronic music drowns out distracting nighttime sounds and helps you focus on what really matters: finishing your assignment. Plus, having a mellow soundtrack to your all-nighter can actually be pretty beneficial. According to Psychology Today, mellow, low-tempo instrumental music improves student performance on cognitive tasks. If you have a Spotify account, check out the whole genre of Spotify-curated playlists dedicated to focusing, particularly “Brain Food” and “Late Night Focus.” If not, go to Pandora and create a radio station for classical or other instrumental music.

Unplug yourself from all distractions

Turn off your phone, log off of Facebook, Instagram, Snapchat, YouTube, Twitter, Vine or whatever social media site you’re on right now, and get to work. Trust me, while it’s tempting at 3 a.m. to get caught in a social media-lurking cycle, finding out the relationship status of your cousin’s friend’s girlfriend’s brother is not that important right now. Fight the temptation to procrastinate, tell your friends—who really shouldn’t be awake either—that you’ll talk to them later, and focus. Remember, the less time

you waste on distractions, the sooner you can go to bed.

Food, water, coffee, repeat

Food and water will be your best friends throughout the evening. Stock up on brain food like fruits, vegetables and nuts, and snack away whenever you feel like you need an energy boost. Avoid fatty foods and carbs to avoid feeling sluggish and sleepy. Remember to wash everything down with lots of water to stay hydrated throughout the evening. While it’s tempting to chug coffee throughout the evening, just keep one double shot espresso from Starbucks by your side, and reserve it for moments of desperation and pure exhaustion. Drinking too much caffeine can make you shaky and crash in the middle of your all-nighter, so it’s advised to only use it when absolutely necessary.

Resist the urge to rest your eyes for a bit

As tempting as it is to say, “I’m going to take a two hour nap and wake up at 5 a.m. to finish the rest,” trust me, you probably won’t get up. Fight through the urge to rest your eyes and finish before you even consider getting rest. You’ll have enough time to sleep after your paper is turned in. Set up alarms at certain checkpoints, for example, two hours before you have to get up and start your day, in case you do accidentally fall asleep.

Reward yourself

That’s right, reward yourself. You just successfully pulled off an all-nighter. Once your task is complete and your day is over, have yourself a well-deserved nap. Turn off your phone, turn down the air conditioner, grab your coziest blanket, and cuddle up with some rest and relaxation.

Microwave cooking for every kind of foodie

By: **Li Cohen**

[@Current_Yakira](#)

Oh, food—the evergreen topic that’s a weakness for many and a loved by all. There are endless combinations of fruits, vegetables, meats and grains that create impeccable dishes for your taste buds to savor. Perhaps the most wonderful aspect of food is its chameleon-like ability to adapt to every individual’s needs. No matter what kind of foodie you may be, there are recipes out there that are sure to make your eyes widen, mouth salivate and stomach groan as you imagine the deliciousness.

For college students, access to those enchanting meals seems limited, but do not fret, young Sharks, kitchens are not totally necessary to create culinary masterpieces. All you need to be the next Master Shark Chef is a microwave and a hungry tummy. All recipes below were created by me during my time in the residence halls.

For the vegetarian foodie: Veggie Lover Fajitas

What you need:

- 2 cups of sliced bell peppers (your choice of color)
- 1/3 onion, sliced
- 1 jalapeno (optional)
- 3 tbsp. cilantro
- Salt, to taste
- Lemon pepper, to taste
- 2 tortillas
- ¼ cup of cheese
- ¼ cup guacamole

What to do:

1. In a microwave-safe dish, add sliced pepper, onions and jalapeno. Sprinkle with cilantro, salt and lemon pepper.
2. Cover and cook in microwave for 10 minutes on high.
3. Place guacamole and cheese on tortillas and add vegetable mixture.
4. Roll up tortillas, and eat up!

For the health-nut foodie: Steamin’ Salmon

What you need:

- 1 square of parchment paper
- 1 lemon
- 1 piece of salmon
- 1 tbsp. olive oil
- ½ bell pepper

•¼ onion

What to do:

1. On parchment paper, place thin slices of lemon. Top slices with piece of salmon, followed by pepper and onion slices. Drizzle olive oil over combination.
2. Fold the top and bottom portions of parchment paper over the fish and vegetables, followed by the sides. Tuck in loose ends and make sure all sides are folded tightly.
3. Microwave for approximately three and a half minutes. When done, cut the parchment paper with scissors or knife and serve.

For the exotic foodie: Perfect Pad Thai

What you need:

- 1 cup of water, plus more for soaking noodles
- 1 package of rice or ramen noodles
- 3 Tbsp. soy sauce
- 2 Tbsp. peanut butter
- 3 Tbsp. sugar
- Sriracha, to taste
- ¼ cup shredded carrots
- Green onions, to taste
- Bean sprouts, to taste

What to do:

1. Fill a large microwave-safe bowl with water and bring to a boil in microwave. Submerge noodles in boiling water and let soak for approximately 15 minutes.
2. In small bowl, mix peanut butter, sugar, sriracha, soy sauce, carrots and 1 cup of water.
3. Combine peanut butter mixture and noodles and cook for another five to 10 minutes.
4. Top with green onions and bean sprouts.

For the homesick foodie: Muggin’ Mac and Cheese

What you need:

- 1/3 cup elbow macaroni
- ½ cup water
- ¼ cup milk
- ½ cup shredded cheddar cheese
- ¼ cup chopped Monterey jack cheese

What to do:

1. Mix the pasta and water in a mug, and microwave it on high for two minutes, then stir.
2. Repeat two-to-four times, stopping after every two-minute interval to stir. The water should

absorb completely. If the water is not completely cooked through after four intervals, add a little more water and microwave for another minute.

3. Remove mug of noodles and stir in milk and cheddar cheese.

4. Microwave for another minute. Once done, add Monterey jack cheese and enjoy!

For the late-night sweet tooth foodie: Triple Chocolate Nut Mug

What you need:

- 4 Tbsp. self-rising flour
- 4 tbsp. white granulated sugar
- 1 egg
- 3 tbsp. cocoa powder
- 4 tbsp. Nutella
- ¼ cup chocolate chips
- ¼ cup almonds or walnuts
- 3 tbsp. almond or cashew milk
- 3 tbsp. olive oil

What to do:

1. Combine all the ingredients, excluding 1 tbsp. of Nutella, in a large coffee mug and mix with a fork until its smooth.
2. Microwave on high for one and a half to three minutes, or until cooked thoroughly. If you place a tooth pick through the middle, it should be clean when pulled out.
3. Top with remaining Nutella, and satisfy your sweet tooth!

For the carnivorous foodie: Jammin’ Jambalaya

What you need:

- 1 cup of rice
- 1-2 sausage patties or links
- 1 piece of chicken breast
- ½ cup shrimp, tailed and deveined
- Cajun or creole seasoning
- 1 can diced tomatoes
- 2 cups of water
- ¼ tsp. salt
- 1 tbsp. butter

What to do:

1. In microwave-safe bowl, combine rice with 2 cups of water and salt. Microwave, uncovered, until all liquid is absorbed—about 15 to 18 minutes.
2. Place sausage on microwave-safe plate, and cover with paper towel. Microwave on high for

35 to 40 seconds.

3. Place chicken breast in bowl. Fill bowl with enough water to cover chicken breast halfway. Cover bowl with plastic cling wrap and microwave on high for three to four minutes. Make sure chicken is not pink in the middle.

4. In another microwave-safe bowl, melt butter and then add shrimp. Cook shrimp on high power for six minutes.

5. Combine meats and rice with seasonings and tomatoes. Microwave for additional one to two minutes to rewarm meal.

LOVE THESE RECIPES?
TRY THEM OUT FOR
YOURSELF AND UPLOAD
A PICTURE OR VIDEO OF
YOUR MASTERPIECE TO
INSTAGRAM.

TAG @THECURRENTNSU!
MAKE SURE TO WRITE
#NSUSHARKBITES IN
THE DESCRIPTION TO SEE
WHAT OTHER STUDENTS
ARE MAKING!

CHANN**EL** 96 SUTV
NOVA SOUTHEASTERN UNIVERSITY

EVERY FRIDAY ON CHANNEL 96
SUTV 96 News & Sports
NOVA SOUTHEASTERN UNIVERSITY

The Leak

SUTV 96
EVERY FRIDAY ON CHANNEL 96
NOVA SOUTHEASTERN UNIVERSITY

SHARP

CHANN**EL** 96 SUTV
NOVA SOUTHEASTERN UNIVERSITY

TUNE INTO CHANNEL 96 FOR THE LATEST NEWS, SPORTS, ENTERTAINMENT & GOSSIP

Movies also available "On Demand"
Login to Sharklink & click the Community tab then click "Watch SUTV Now"

Save a child's life

By: **Alyssa DiMaria**
 @Current_DiMaria

September is Childhood Cancer Awareness Month. According to the St. Baldrick's Foundation, in the U.S., one out of every five children with cancer will not survive, and the vast majority of kids who do survive will suffer long-term side effects. It doesn't take much to spread awareness of childhood cancer, and the smallest gesture can mean the absolute world to a child who is fighting their crucial battle.

Here's what you can do to make a difference this September—and always:

Spread the word

Our world is centered around social media; spreading the word can easily be done through hashtags, images, videos and captions. Also, the color gold represents childhood cancer. Wearing gold or a gold ribbon will show support to the cause and spark curiosity. Countless individuals will follow one person's lead, and similar to a chain reaction, the message will spread. Spreading the word that childhood cancer exists and is a serious issue is a quick and effortless way to get the message across.

Donate

From money to hair, donating to the cause is one of the few ways to continue research and establish a path to a cure. Several hair donation organizations accept any amount of hair a person is willing to donate. In addition, numerous grocery stores, business and restaurants will ask customers to give a portion of its sales to the cause. Say "yes." There are also countless donation websites, such as St. Baldrick's and Children's Cancer Research Fund, where one can donate any amount of money they choose.

Volunteer

Time is one of our most precious treasures, so giving a small portion of time to help children in need can make a huge impact on their lives.

Volunteer events may include a 5K run, book readings, rope jumping and more—there is no limit to volunteering. Starting your own fundraiser is also an option, and the money raised will fund the most promising childhood cancer research.

Every day, seven children will die from cancer. Childhood Cancer kills more kids than Cystic Fibrosis, Pediatric AIDs and Asthma combined. In the last 20 years, only two cancer medications have been specifically developed for children.

To learn about Childhood Cancer and for more ways to help, visit:

American Childhood Cancer Organization
www.acco.org

Children's Cancer Research Fund
www.childrenscancer.org

St. Jude Children's Research Hospital
www.stjude.org

Cure Search for Children's Cancer
curesearch.org

Choose Hope
www.choosehope.com

American Cancer Society
www.cancer.org



HEY THERE!

want more?

Visit our website for Web Exclusive articles and photos!

nsucurrent.nova.edu

OUR FUNDS HAVE A RECORD LIKE A BROKEN RECORD.

TIAA-CREF: Lipper's Best Overall Large Fund Company¹ three years in a row. For the first time ever. How? Our disciplined investment strategy aims to produce competitive risk-adjusted returns that create long-term value for you. Just what you'd expect from a company that's created to serve and built to perform.



Learn more about our unprecedented, award-winning performance at TIAA.org/Perform

BUILT TO PERFORM.

CREATED TO SERVE.



BEST OVERALL LARGE FUND COMPANY¹

The Lipper Awards are based on a review of 36 companies' 2012 and 48 companies' 2013 and 2014 risk-adjusted performance.

¹The Lipper Award is given to the group with the lowest average decile ranking of three years' Consistent Return for eligible funds over the three-year period ended 11/30/12, 11/30/13, and 11/30/14 respectively. TIAA-CREF was ranked among 36 fund companies in 2012 and 48 fund companies in 2013 and 2014 with at least five equity, five bond, or three mixed-asset portfolios. Past performance does not guarantee future results. For current performance and rankings, please visit the Research and Performance section on tiaa-cref.org. TIAA-CREF Individual & Institutional Services, LLC, Teachers Personal Investors Services, Inc., and Nuveen Securities, LLC, members FINRA and SIPC, distribute securities products. ©2015 Teachers Insurance and Annuity Association of America—College Retirement Equities Fund (TIAA-CREF), 730 Third Avenue, New York, NY 10017. C24849B

Consider investment objectives, risks, charges and expenses carefully before investing. Go to tiaa-cref.org for product and fund prospectuses that contain this and other information. Read carefully before investing. TIAA-CREF funds are subject to market and other risk factors.

ON DECK

Men's and Women's Swimming and Diving

NSU Fall Intrasquad
NSU Aquatic Complex
Sept. 26, 3 p.m.

Women's Soccer

Women's Soccer
vs. Embry-Riddle
Aeronautical
University
Daytona Beach,
Florida
Sept. 23, 7 p.m.

Men's and Women's Cross Country

vs. Florida Southern
College
Lakeland, Florida
Sept. 25, 5 p.m.

Men's Soccer

vs. Embry-Riddle
Aeronautical
University
NSU Soccer
Complex
Sept. 23, 7 p.m.

vs. Ave Maria
University
Ave Maria, Florida
Sept. 26, 3 p.m.

Women's Volleyball

vs. Florida Technical
College
Melbourne, Florida
Sept. 25, 7 p.m.

vs. Florida Southern
University
Lakeland, Florida
Sept. 26, 4 p.m.

Try these empowering yoga poses for National Yoga Month

By: Randa Djabri
@RNDrandal

Yoga and college have a few things in common. College is intended to harness our tremendous potential to change the world, and yoga provides the tools that teach us how to engage in the world with impact. It encourages us to focus on what we learn, broaden our horizons and find new understandings. The best part about yoga is that anyone can do it—even beginners. Give these yoga poses a try in your dorm room, a yoga class or anywhere else you find some zen.



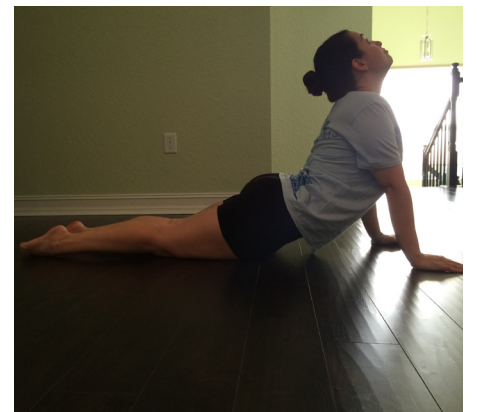
Mountain Pose

The mountain pose is just a basic standing position that helps with posture. If you choose to continue to practice yoga, mastering this pose serves as the foundation of all standing poses. It helps with stability and strength. Since the foundation of a tree is its roots, this yoga pose emphasizes the importance of engaging your feet. Lift and spread your toes to engage your shins, firm your thigh muscles, and lift the kneecaps. Slowly and deeply inhale and bring your arms above your head, then exhale and release.



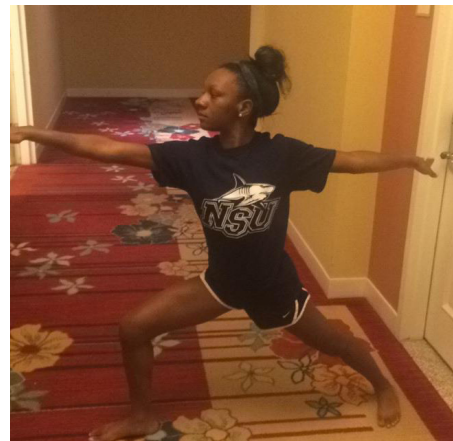
Meditation pose

The meditation pose makes a great way to start your yoga session. Using meditation as a gateway to your heart, along with taking deep breaths, can be a great way to create space in your life. Take a comfortable seat, and make sure your hips are higher than your knees. Start listening to your breath. Inhale then exhale as you focus more on the cycle of your breath. You'll find that you're calmer and your energy levels are restored.



Cobra Pose

Perhaps one of the most well-known yoga poses is the cobra pose. Slide forward on your belly, placing your hands on the ground by the sides of your chest. Keep your elbows bent. Elongate your tailbone toward your heels. Meditate on an aspect of your life you'd like to devote more of yourself to. A couple of minutes in this position will stretch your upper muscles, decrease the stiffness of your lower back, increase your flexibility and relieve your stress.



Warrior pose

The warrior pose increases flexibility in the hips and strengthens the legs, ankles and feet. In this pose, we get a twist for the spine and the opening of the shoulders. This pose is intended to strengthen your foundation by demanding involvement from every body part. As in life, without a steady foundation, you will never be able to extend to reach your maximum. This is an excellent pose to restore a feeling of power and confidence. Try this pose, and ooze with self-confidence.



Wheel pose

The wheel pose is one of the best ways to stretch your body and open the chest. Spiritually, extending backwards into the unknown helps you confront your fears. Engage all your muscles in this one move, and give your spine the maximum stretch it needs. This pose leaves you feeling ready to take on the world with refreshed energy and strength.

SPORTSSHORTS

Men's Soccer

The men's soccer team lost against the West Alabama Tigers 3-0.

Volleyball

The volleyball team closed out the first day of the NSU Sharks Invitational with a 3-0 win over East Central and for the first time in 15 seasons, the team began the year with an unblemished 3-0 record. The Sharks defeated Virginia State 3-1 Westminster 3-0.



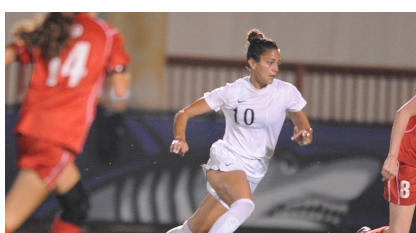
Men's & Women's Cross Country

The men's and women's cross country teams started off their 2015 season by winning the Florida Atlantic Invitational meet in Boca Raton.



Women's Soccer

The women's soccer team harvested their first win by defeating Catawba College 3-2 and finished off their opening road trip sweep by defeating Pfeiffer University 5-2.



Athlete of the Week: Kavan Thompson

By: **Randa Djabri and Max Gallner**

To Kavan Thompson, walking off the field with a clean jersey means letting the team down.

“I try to dive as many times as I can,” said Thompson, senior biology major and member of the baseball team.

Before coming to NSU, Thompson’s baseball career was split in two locations—with a two-year baseball career at Merritt Island High School followed by another two years of ball at Melbourne Central Catholic High School. In high school, he was named class 3A, District 5 Player of the Year and was selected to the All-Cape Coast First Team.

Thompson recently got the chance to volunteer in NSU’s prospect camp, where he reminisced about his time at the camp before becoming a shark. Thompson, along with nine other Sharks on the baseball team’s roster, has been to an NSU camp.

“I was very grateful for the opportunity, so I always like to go and help out when I can, and let those kids know that it is possible,” said Thompson. “I showed incoming students what NSU was all about.”

At NSU, Thompson represents his team as the third baseman. Thompson hit his first homerun as a Shark in a 18-2 win over Albany State University and his second home run in a 7-6 victory over University of Tampa.

“When I hit the home run, my mom ended up getting the ball because they didn’t know if I was going to hit another one,” said Thompson.

To Thompson, playing baseball means

taking pride in sprinting on and off the field and never having regrets about his performance.

“I go in there with the mentality of hitting the ball back at the pitcher every time,” said Thompson.

So, are you really a biology major?

“Yeah, there are no other bio majors on the team. I talked to Coach Cruz about it, and he said not a lot of people do it. I decided to do it in the end, and my GPA isn’t as high as everyone else’s, but I sacrifice social time for it because I take harder classes.”

What are you planning to do with a biology degree?

“At first, I was planning to go to med school, but I ended up changing that plan. I want to get a master’s in something business-related and do something with medical sales. So I’d have a little of the bio background and the business side from the master’s degree.”

The team had a lot of accomplishments year, aside from winning the conference championship, what was the best part of the season?

“The best moment of the season was Teft hitting two home runs. He worked his butt off, and it was great seeing him succeed. We were all so proud of him.”

How meaningful was winning the conference championship?

“It’s pretty awesome to think that there were some pretty good teams in the conference,



COURTESY OF M. GALLNER

Jacksonville native Kavan Thompson is a senior member of the baseball team.

but we were better than them.”

How cool is it to see guys who played on this team having so much success, like J.D. Martinez’s no-hitter?

“This just shows me that it doesn’t matter where you go; what matters is what kind of player you are. They have the competitive nature inside of them. It’s just a game, and they’re really good at it. As long as they keep having success, it’s a good route for them.”

What’s going to be your Halloween practice costume this year without West to team up with?

“I don’t know. I think we’re going to do Super Mario Kart characters. Something like that, or be a Pokémon or something.”

Tell me about your experience playing in

the regionals, even though we didn’t get the result that we wanted.

“That was my first time going. We had a little wind factor, and the field was pretty big, so the game wasn’t in our favor. The experience will definitely make us all want to get there again, but I don’t think it’ll make us any less anxious. In the end, it was still baseball, so that was fun.”

Last year’s team slogan was “37 hearts, one beat,” what did it mean to you?

“It was awesome because we’re 37 on the team and Teft was number 37, and he was kind of the glue that held everyone together.”

On the Bench: Student athletes are not walking dollar signs

By: **Randa Djabri**

@RNDrandal

As we go to our new classes, we’re sure to see students in athletic uniforms. Most of us can’t help but envy them for their “advantageous college lives,” but we tend to overlook their doubled commitment and halved time.

Perhaps the biggest misconception about student-athletes is that they’re walking dollar signs—that is, they’re all living off of scholarship money.

The term “student-athletes” implies that students who play college sports are engaged in a secondary activity that gives them the chance to enhance their education. Their status, as the term suggests, is essentially the same as members of the debate team or the band. As the NCAA puts it, “Student-athletes must be students first.”

“I know for a fact that many of my peers assumed that I had an athletic scholarship just because I was on the swim team,” said former swimmer Parker Sheppard, a non-scholarship-

receiving sophomore exercise and sports science major.

According to the National Collegiate Athletic Association (NCAA), only about two percent of high school athletes are awarded athletic scholarships to compete in college.

“As an NCAA Division II member, NSU’s athletic program is based on a partial-scholarship model that administers athletic-based financial aid,” said Kelley Kish, associate director of athletics.

Very few of the 110,000-plus student-athletes competing for the NCAA in Division II receive athletics grants that cover all of their expenses. Most student-athletes rely on other sources, like academic scholarships, loans and financial aid, to cover their school expenses—just like other students.

To clear up this misconception, we must consider the athletes’ time, effort and

commitment to see if they’re really getting what they deserve.

Even upon receiving an athletic scholarship, student-athletes are not guaranteed the scholarship for the full four years. Just like academic scholarships, the scholarship is conditional, and they must work hard to maintain it. Requirements include maintaining a certain GPA.

The head coach of each sport, with consideration of team needs and team size, determines the scholarship amounts for student-athletes, as long as they don’t exceed the available amount allotted to their sport.

“Our administration challenges each head coach to have a program that allows student-athletes to graduate from NSU while competing for championships and living out the core values of NSU and the Athletics Department,” said Kish.

In reality, student-athletes don’t wake up at 5 a.m. to go to practice everyday for the money they’re getting, nor do they give up their breaks to train for the reputation or the prestige. What makes the hours of practice and pain worthwhile is the chance to be a part of something big that helps these student-athletes reach their goals.

“Although I was a non-scholarship-receiving swimmer, my motive was the love of the sport, and I just wanted to be part of a team that enjoyed swimming just as much as I did,” said Sheppard.

The common perceptions of athletes in universities are very different from real life. Even though their team uniforms solve the problem of deciding what to wear every morning, the rest of their day is pretty much like yours and mine.

OUT OF THE SHARKZONE

Tyler Sash, former Giant and Super Bowl champion, dies

On Sept. 8, Sash was found dead in his Iowa home at age 27. No foul play is suspected, and the Sept. 9 autopsy found no acute trauma. In 2011 during his first season with the Giants, the same year they won Super Bowl XLVI, Sash suffered a concussion. The following year, Sash was suspended from the NFL for abusing the prescription drug Adderall, and in 2013, he was cut from the Giants. Sash was last in the media in 2014 when he was arrested for public intoxication.

Rutgers football players suspended after assault charges

Five football players from Rutgers University were reportedly charged with the assault of at least four people, leaving one victim with a broken jaw. The school’s athletic director confirmed that the students were suspended from the football program after they were formally charged with assault, riot and conspiracy to commit a riot.

Former USF defensive lineman murdered outside nightclub

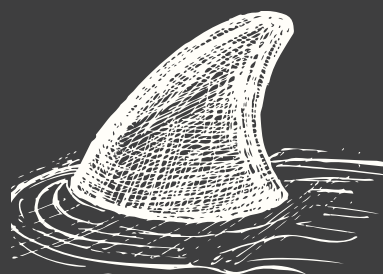
Elkino Watson, 23-year-old former DL for the University of South Florida, was stabbed and killed outside a nightclub in Ybor City, Florida. Desmond Horne, who had tried out for the USF team, was also stabbed. Horne was transported to the hospital where he was stabilized.

Terrance West traded to Titans

The Cleveland Browns traded the running back for a seventh-round pick in the 2016 draft. West, a third-round pick in 2014, did not fulfill the team’s expectations despite rushing for 673 yards and three touchdowns as a rookie.

Former North Carolina forward J. P. Tokoto signed to 76ers

Jean-Pierre Tokoto, a second-round draft pick, signed a \$525,000 year-long deal with the Philadelphia 76ers. Tokoto is the 58th overall pick out of North Carolina and played with the 76ers summer teams in Utah and Las Vegas.





MUSIC to your ears



SOUNDBITE

Ivywild by Night Beds

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.

The amazing thing about sub-genres is that one artist can do various things without being limited artistically or confined to a single box. "Ivywild" by Night Beds exercises this by mixing alternative music with R&B—a combination so delicate and unforgivably honest. The sound of this artist's second full-length album beautifully shifted from that of his first album, which was indie folk. And while an average album may contain 12 songs, Winston Yellen (Night Beds) has gifted us with a total of 16 songs filled with his memories, thoughts and longings. His soulful voice goes on to explain a relationship gone awry and the emotions that come along with the situation. It's definitely a heavy and emotional record, but it is one that we find ourselves needing every once in a while.

Sounds like: Lord Huron and The Weeknd

Recommended Tracks: "Tide Teeth," "Me Liquor and God" and "Finished"

Off Shore Calendar

Luke Bryan
@Perfect Vodka
Amphitheater
7 PM

Blues Traveler
@Revolution Live
7 PM

SEPT 20

The Neighbourhood
@The Fillmore Miami
Beach at Jackie Gleason
Theater
8 PM

SEPT 22

By: **Destinee A. Hughes**
@DestineeAHughes

The father of macabre

Horror maestro, fear connoisseur and panic virtuoso, Wes Craven, 76, died on Aug. 30 after battling brain cancer, leaving the world in a screaming nightmare of its own. Craven's slasher films set the tone for horror movies today, leading the film industry in a morbid direction. Here's his bone-chilling legacy.

Early career

Born in Cleveland, Ohio, Craven graduated with a master's in philosophy and writing from John Hopkins University. After briefly teaching at several universities, Craven soon developed interest in film production, which eventually led him to his first creative job as a sound editor. The turning point of his career began when he took on the role as a producer of the pornographic film "Deep Throat." This began decades of timeless movies.

Craven finds his niche

Craven's dark history of horror films began

with his 1972 suspense film "Last House on the Left." This movie follows two teenage girls who are tortured by a group of escaped rapists, child molesters and serial killers. The two girls suffer severe beatings, mutilations and rapes a few houses down from their home. Another one of his famous suspense films is "People Under the Stairs," which depicts a story of a young boy who becomes trapped inside his landlord's house and discovers the house has a deep, dark, malicious secret: it's filled with hundreds of captured people who live underneath the stairs of the home.

The Freddy Krueger era

While Craven continued to transform picturesque locations into horrific crime scenes, the movie that inspired insomnia throughout the world was 1984's "A Nightmare on Elm Street." The burned skin, striped sweater, brown fedora of razor-clawed, glove-wearing Freddy Krueger was a name that infiltrated our thoughts before

we went to sleep. This movie told the story of a child molester who was burned alive by irate families but was still able to wreak limitless havoc beyond the grave. In the most vulnerable state, Freddy haunted the dreams of the teenagers of Elm Street, causing them to avoid the impossible—sleep. Not only did this movie create one of the most well-known villains in horror, it also introduced a well-known actor today, Johnny Depp. Craven went on to produce a series of these films, instilling generations of terror.

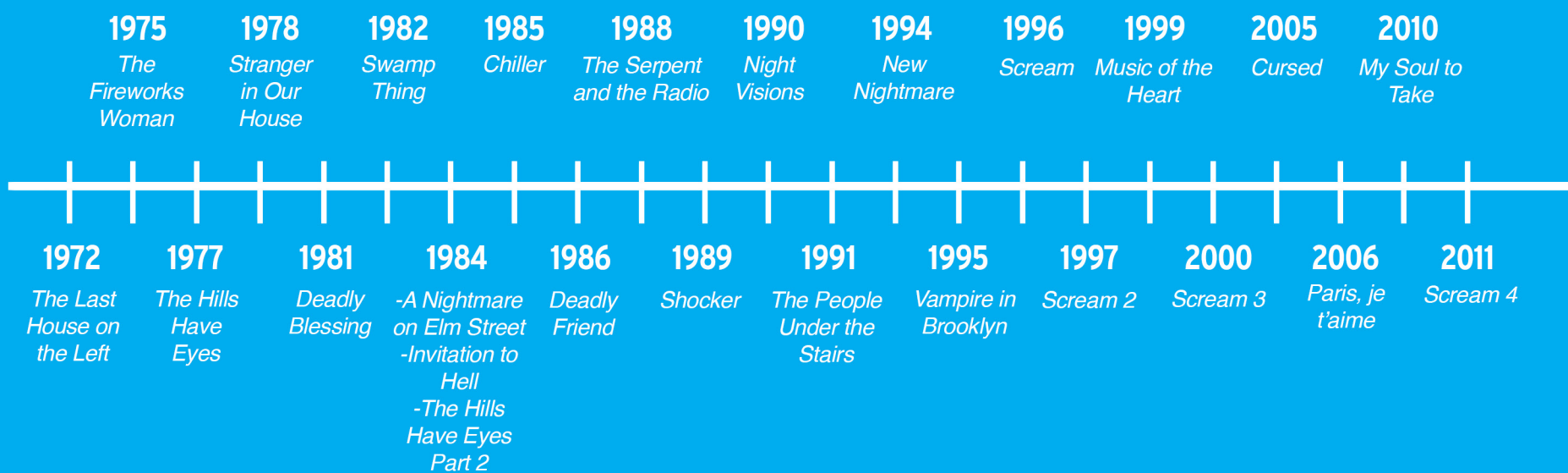
The "Scream" franchise

With Freddy Krueger being one of his most notable film series, Craven was able to match its success with the 1996 film "Scream." The whodunit mystery follows the life of several high school students who are antagonized by a mysterious ghost-faced serial killer. This movie sparked several sequels and an ongoing TV series, "Scream," on MTV. The series, which

Craven was executive producer of until his death, dedicated its 10th episode to him.

Craven's horror films had the uncanny ability of blurring the thin line between fantasy and reality. "The Last House on The Left" created that soul-wrenching fear is right next door. "The People Under the Stairs" made us question what really goes on in our neighbors houses. "Nightmare on Elm Street" gave us zero hope in feeling safe during anytime of the day, and "Scream" made us pay attention to how close our enemies really are. Craven transformed normal day-to-day activities into a macabre mayhem full of panic and suspense. Houses weren't safe, dreams were reality, and friends were complete and utter foes. Craven instilled fear in the most innocent of ways. While the world continues to crave Craven's eerily gruesome films, he leaves behind a legacy of horror that will never be matched.

A TIMELINE OF HORROR A BRIEF HISTORY OF WES CRAVEN'S HORROR FILMS



Dressing Up with Destinee: Fall fashion trends

By: **Destinee A. Hughes**

@DestineeAHughes

Ahh, fall. The season where silk scarlet scarfs wrap around our necks, camel colored coats drape over our shoulders and black booties replace our coveted summer sandals. This season has a number of trends to be aware of, and luckily they all come at an affordable price. Here are seven looks to pull off this fall on a college student budget.

Overalls

90's babies rejoice because overalls have made a comeback. These denim onesies are the go-to outfit for a lazy day, except they don't have to look lazy. Sorry mom and dad, we've found a way to convert our knock-around childhood outfit into a stylish adult trend. Whether you plan to dress them up with a chic scarf around the neck and heels or dress them down with a short-sleeved striped shirt and flats, overalls are just as versatile as they were 20 years ago.

Black Flats

Black flats are essential year-round, especially during the fall. They may not be the flashiest flat out there, but they're definitely a closet staple. It's very rare to find the perfect shoe that complements almost every outfit—

luckily, that's exactly what the black flat does. A fun way to spruce them up is to find ones with intricate, yet modest designs on them. Or if designs aren't your thing, keep it simple with a textured fabric. A little faux leather never hurt anybody.

Leather Shorts

Leather shorts are fun because they scream fashion-forward. When worn correctly, these trendy bad boys can spruce up any outfit. Picking up these shorts in fall colors are certainly for the daring individual. Emerald greens, rich burgundies and mahogany browns are all great ways to add color to your edgy outfit. Also, because the shorts are so bold, it's only right to add a feminine aspect to them with lace tops or textured tights.

Bucket Bag

Changing purses is a seasonal fashion statement, and the colder the weather, the bigger the bag. This season, it's time to retire the dainty summer cross-body and put the bucket bag on our bucket list. Its compact shape has endless capabilities—carrying lipstick, mirrors, wallets and possibly a small dog wouldn't even begin to

fill this bag. Mary Poppins' purse couldn't stand a chance. Another advantage to this fashionable bag is that it's a shoulder bag, which is amazing because it leaves our hands free to text and carry around coffee, totally college chic.

Motorcycle Jackets

Jackets are obviously a fall must-have because there's no point in being cute if you're cold. Moto jackets are the jacket of the season; they give off a tough army-like vibe but in a fashionable way. Go-to colors for these jackets would be fall tones. Black is a universal color, but a camel colored tan would look pretty dapper. Also, draping is becoming a celebrity statement, so instead of putting the jacket on, try draping it over your shoulders for an "I'm a NSU runway model" feel.

Olive Green Cargos

The word "cargo" reminds many of us of the pants kids wore in elementary school that had 23 secret pockets and compartments filled with rainbow colored bouncy balls, milky pens and Pokémon cards. Well fortunately, times have changed, and cargos are now synonymous with chic. These slim-fitting pants have about 5-7

pockets, and no, they're not filled with anything a seven year old would rob you for. Olive green is typically the go-to color for these pants, which is perfect because it's the fall version of black—they go with everything.

Oversized Hats

Nothing says fall like an oversized hat. Maybe these hats are bit much for the classroom, but for weekend getaways with friends, this hat is essential. Its sole purpose is to give all wearers the Cinderella dress effect; rags to riches here we come. Pairing a hat with any of the articles of clothing mentioned above will literally top your outfit off, not to mention the usefulness of keeping your head warm when chilly temperatures move in.

Fall fashion is all about having fun, staying warm and looking chic. With a little celeb inspiration and affordable stores like Zara, Forever 21 and Urban Outfitters, swapping out summer essentials for fall must-haves will be a breeze—a chilly, stylistic season changing breeze.

Staff picks: Press play

By: **The Current Staff**

There's only one way to describe waking up early—dreadful. Nothing ruins a morning quite like a blaring 7 a.m. alarm clock reminding you of all the responsibilities that come along with adult life. Unlike those exceptional morning people who anticipate the sound of early birds chirping, the smell of coffee brewing and the sight of the sun rising, the rest of us common-folk find it quite difficult to roll out of bed willingly. Luckily, there are certain habits many of us follow that help us start our day with a little motivation, including music. Here is a list of The Current's top five go-to songs that help us start our day on the right foot.

Li Cohen, co-editor-in-chief, recommends:

1. "Jackie and Wilson" by Hozier
2. "Stolen Dance" by Milky Chance
3. "Maggie May" by Rod Stewart
4. "Hold Me Down" by Halsey
5. "No Faith in Brooklyn" by Hoodie Allen ft. Jhameel

These songs are not for those who get embarrassed easily. As soon as those sweet tunes make their way through the speakers, you can't help but to dance along. Whether you're a novice or a professional dancer, any one will master the art of dance. These are perfect to wake up to, and they encourage you to embrace the day. This playlist is for anyone who enjoys the alternative/indie mixes and the serenades of Ed Sheeran, Imagine Dragons, Elton John and Echosmith.

Nicole Cocuy, co-editor-in-chief recommends:

1. "Electric Love" by Borns
2. "Sister of Pearl" by Baio
3. "Cayucos" by Cayucas
4. "All Time Low" by Jon Bellion
5. "Class Historian" by Broncho

Sometimes, what you really need to start your day off right are motivating, upbeat tempos and optimistic little melodies. I need a little musical pick-me-up for morning commutes and long, rushed walks to the Parker Building before actively participating with the outside world.

This playlist, a perfect blend of fast-paced indie-folk and high-energy electronic-alternative, is catchy enough to put a smile on my face and a kick in my step, even when you haven't had my coffee yet.

Jazmyn Brown, copy editor, recommends:

1. "Another Love" by Tom Odell
2. "Scars" by James Bay
3. "My Favourite Faded Fantasy" by Damien Rice
4. "Eye of the Needle" by Sia
5. "You Should Know Where I'm Coming From" by BANKS

If you're a night owl like me, odds are that mornings are an absolute drag. I'm pessimistic, moody and cranky in the mornings, and these songs take those feelings and transmute them into gloomy yet captivating sound. This playlist is a combination of unique vocals, relatable lyrics and potent emotion that creates a symphony of feelings in which to immerse yourself. These are perfect songs to play over and over as you shower and get ready for the day, belting out each track with enough passion to rival the original vocalists. The greatest thing about singer-songwriters is their absolute rawness and often underrated talent. Crank up the volume to get the full effect of these crooners' ballads.

Destinee A. Hughes, arts & entertainment editor, recommends:

1. "Diva" by Beyoncé
2. "Independent Women" by Destiny's Child
3. "Seven Nation Army" by The White Stripes
4. "Smooth Criminal" by Michael Jackson
5. "St. Tropez" by J. Cole

Waking up early isn't the easiest thing for me to do. If it weren't for select songs on my playlist, then I'd stay in bed in forever. I need instant motivation, and this is exactly what these few songs do for me. Once I'm completely awake, mascara applied, hair done and perfume spritzed, then I'm officially ready to start my day, like the total boss I've convinced myself I am. This playlist is for anyone who's ready to take on the world in a smooth, confident,

ladylike demeanor.

Faren Rajkumar, opinions editor, recommends:

1. "Hopeless Wanderer" by Mumford & Sons
2. "Babel" by Mumford & Sons
3. "I Will Wait" by Mumford & Sons
4. "Little Lion Man" by Mumford & Sons
5. "Broken Crown" by Mumford & Sons

Mumford & Sons convey the perfect balance of severity of mind and a joyful spirit that I need to prepare myself for the day. I have never been a fan of distinctly happy music because it also feels false to me. But it does no good for the soul to listen to mournful tunes by Lana Del Rey or Adele in the morning. So I get my solemnity fix with Mumford & Sons' lyrics about despair, waiting endlessly and losing faith, but the beating drums and undeniably peppy banjo still put a smile on my face and a bounce in my step. Even though they hail from London, I feel so American and alive when I'm singing along about "painting my spirit gold."

Alyssa DiMaria, news editor, recommends:

1. "Summer Girls" by Timeflies
2. "I Choose U" by Timeflies
3. "Dazed and Confused" by Jake Miller
4. "Drops of Jupiter" by Train
5. "Crooked Smile" by J. Cole

Music should be about having a good time. Whenever I listen to a song, I need the incredible lyrics and beats to boost my mood and leave me feeling inspired. Certain music, for me, is the strongest form of magic. Just one song can transform your entire day, or even your life.

Randa Djabri, sports editor, recommends:

1. Brahms flute solo
2. Schumann violin solo
3. Chopin piano solo
4. Ravel clarinet solo
5. Wagner saxophone solo

I usually start out the day working in the office before my coworkers arrive, and during

that time, I usually put on soft background music as I dive into work. Listening to music with lyrics serves as a distraction to me because I'll pay attention to the lyrics rather than doing what I need to do. The one hour or so long piece is a combination of piano, violin, cello, flute, clarinet and saxophone. In addition to the exquisitely calming and nourishing nature of the piece, it helps me focus and brings my attention to the tasks I need to be doing.

Amanda Kaplan, multimedia manager, recommends:

1. "Fire N Gold" by Bea Miller
2. "Cool for the Summer" by Demi Lovato
3. "House Party" by Sam Hunt
4. "Cheerleader" by Omi
5. "21" by Hunter Hayes

Mornings and Amanda do not mix well. No matter what side of the bed I wake up on, I'm cranky. To help me wake up, I need music I can dance and sing to. These songs are my favorite to listen to in the mornings right now because I can scream every word into my hairbrush while I'm getting ready. If you see me dancing across campus with my headphones in, I'm probably listening to one of these five songs because I can't get enough. Give these a try in the morning, and they'll put you in a good—at least better—mood.

Roger Atangana, assistant visual designer, recommends:

1. "Dragon rider" by Two Steps from Hell
2. "Norwegian Pirate" by Two Steps from Hell
3. "Archangel" by Two Steps from Hell
4. "Strength of a Thousand Men" by Two Steps from Hell
5. Fade by Alan Walker

These tracks really help boost my morale, especially when I work out, which makes them perfect for waking up. Hopefully, it would do the same for some work-out fanatics out there, as well those who need an additional power-boost in their mornings.

Seriously Kidding

a satire column

Kanye fo' president

By: **Destinee A. Hughes**
@DestineeAHughes

Bro, if there's one person who knows how to run a country, it's Kanye West. Mr. West, America's most beloved rapper, announced at the 2015 VMA's that he will be running for president in 2020. Finally, a candidate worth voting for.

Mr. West's 11-minute rant at the VMA's left us all wondering why we never considered him as a presidential candidate before. I mean, come on, who else would put the politics in politically incorrect? The college dropout is clearly over-qualified for the candidacy run, which is why he's already trumped several of his competing colleagues, including rapper Waka Flocka Flame.

Aside from dominating polls, Mr. West already has the support of former and current presidents. Obama pleasantly refers to him as

"jackass" and his BFF Bush confesses that West contributed to one his most memorable moments of his presidency.

One could only imagine what spectacular aspects Mr. West would bring to the table while in office. He'd simplify direction. There's no need for east if we've got West. He'd teach us the importance of swag and how to have it on one hundred, thousand, trillion. He'd probably declare the re-writing of history books, replacing all important historical figures with a moniker of his own. Martin Luther Kanye, Booker T. Westington, Kanye the Great. Sorry, Jesus, it's Yeezus for now on.

The first family would surely be one of our finest. Kim Kardashian as first lady? Perfection. Pure jezebel perfection. As one of the classiest women in our society today, Kim would help

young girls conquer their insecurities by promoting plastic surgery and reinforcing the importance of "likes" on social media, and she will certainly increase the revenue in the film industry with all the sex-tapes America would be producing. Feminists, rejoice; we've finally got one of our own in the office.

Mr. West may not understand award shows, but he obviously comprehends the responsibilities of politics. While he modestly considers himself "no politician, bro," we the people think otherwise. Nothing says support like being booed by 60,000 people at a baseball game—you know, America's favorite sport.

America needs the majestic Mr. West as president. The positive impacts he would have on this country would be endless. Just think about it, we wouldn't lose any wars 'cause

Kanye always wins. He'd love his country as much as he loves himself. He'd die for artists' opinions but still remain alive to tell the story. And lastly, he'd pass the law that all awards must be given to Beyoncé, because America must respect artistry.

As an advocate for "listening to the kids," 38-year-old Mr. West trusts his fellow Millennial's opinion. This is why he'd appoint 15-year-old Iowa native and popular write-in candidate Brady Olson, a.k.a. Deez Nuts, to run alongside him during his campaign. Obama, you were right, it's time for a change. Kanye will let you finish, but know that Mr. West will have the best presidential term of all time. Vote fo' Kanye, y'all.

Got opinions? Share your opinions with The Current! Email us at nsunews@nova.edu if you want to contribute!

The music industry is dead

By: **Carli Lutz**
@Caarlirose

The music industry, as we once knew it, is dead.

That might be a harsh statement, but as time goes on, this outlook is becoming devastatingly undeniable. Music was once placed high on a beautiful, intricately sculpted pedestal, and we genuinely cared about what we listened to. These days, the very idea of music itself is tossed around, not meaning much to anybody. The music industry has turned into a place for the money hungry to devour the passions of emerging artists and turn them into cold, hard cash.

Artists like Snoop Dogg, whose most recent album, "BUSH," is a complete departure from the style of his past albums, have had to

change their sound and style in order to survive in this corrupt industry. Snoop Dogg, who was originally categorized as "gangsta rap," can pretty much be classified as pop now after the release of his most recent album, in which he sings along to poppy beats. The music industry now only accepts artists if they seem to appeal to the industry's respective demographic, brand and genre, even if the artist is putting out quality music that their fans like. In this way, the label can make money off of the artist and their releases. If you don't look like or sound like you belong on the radio, labels don't want you because you just can't make them money.

Artists like Macklemore and Ryan Lewis, who chose to go on their own path as

independent artists rather than signing to a label, are speaking out about the reputation of the music industry. In an interview with Chris Hardwick on a Nerdist podcast, Macklemore said, "Labels will go in and spend a million dollars or hundreds of thousands of dollars and try to 'brand' these artists, and they have no idea how to do it. There's no authenticity. They're trying to follow a formula that's dead."

When you walk through the music sections of, lets say, Target or Best Buy, what do you see? The number of CDs along the aisles and the space itself is shrinking, right? Well, the problem is that physical album sales are at an all time low, so the old style of buying and listening to music is going with it. Nielsen, an American

global information and measurement company, released their 2015 Mid-Year Music Sales report, and it showed CD sales were down 10 percent from last year. With iTunes and Spotify, the music industry now makes money off of individual downloads as opposed to album sales. So, the music industry sells songs, not artists and one-hit wonders and singles instead of albums.

The music business is nothing like it used to be, and that fact will lead it to its undeniable demise. Artists are taken advantage of and aren't receiving the respect they deserve. It's frustrating because so many people who have always wanted to be in this industry and are so passionate about it no longer want to be just because of how messed up it is now.

Do you want to be a DJ?
RadioX is looking for volunteers



**If interested visit us at the
Rosenthal Student Center, Room 104**



One race, many colors

By: **Jazmyn Brown**

“Are you Spanish/Latina?” No.

“What are you then?” Human. I am human. Or would alien be less confusing?

“Where are you from?” Earth, Solar System, Local Interstellar Cloud, Milky Way Galaxy, Known Universe.

“You look so...different. Exotic, maybe?”

I’m not a tourist attraction, nor am I some sort of animal species to be gawked at like I belong in a zoo.

“Is your hair real?” No. It’s all in your imagination. Seriously? Just because I have a nice head of thick, long hair does not mean that it isn’t growing out of my scalp.

“Can I touch it?” Absolutely not. Paws off.

It really gets under my “outlandish” olive-toned skin that people assume that I’m something “other” just because of my features. When meeting someone new, it’s not at the top of my list to explain my racial make-up and where my parents are from. But to others, the go-to question—which I swear is a visceral reaction to the combination of my skin tone, facial features and hair—is always the same.

It’s an innate human characteristic to want to label things and place them into neat little categorical boxes that are fixed and well-defined. Race, culture, heritage and personal identity are some things that just don’t fit the way we want. That’s why I get the quizzical looks and awkward stares; I don’t fit into people’s preconceived notions of black, white, Hispanic/Latina or any other race.

But what is it exactly that makes someone black or white? It can’t be skin tone alone. In 2010, a white baby with blond hair and blue eyes was born to a Nigerian couple who had emigrated to London. Earlier this year, a set of twins became a sensation because one is a fair-skinned redhead and the other is curly-haired and caramel-complected. No one believes they are related because, you guessed it, our preconceived notions of black and white prevent us from seeing the bigger picture that there is one human race.

Race is a socially-constructed sorting machine born out of the human desire to label and categorize. There is no scientific or

biological basis for race other than genetic traits that manifest as eye color, skin tone etc., that definitively proves that one race is different and separate from another. We may have distinct languages, customs, religions and everything else that defines who we are in our culture, but these things don’t necessarily make us foreign to each other in the sense that we are all human. If we tried to contain each race to their own, we’d end up recreating the Holocaust or reliving the Progressive Era in U.S. prior to WWII, in which eugenics was all the rage.

No one’s skin is black or white, anyway. It’s not possible. Skin color ranges from dark, dark brown to a pale, pasty cream. And even if we were black or white, or we were orange, purple or green, we’d all still be considered human. Even so, scientists figured out that we have invisible stripes that run up and down our arms and legs, twisting around our sides, backs, heads and torsos. Blaschko Lines, named after the dermatologist who first described them, resemble tiger or zebra stripes and are only visible under UV light. All humans have them,

as they are remnants of our growth from single cells.

People have assumed I’m Dominican, Puerto Rican and even Egyptian. No, silly. I’m a walking melting pot with a dash of German here, some Jamaican and Arawak Indian over there, a dollop of Scottish, a sprinkle of Nigerian and several scoops from a bunch of northern European countries. Just like everyone else—and I dare you to admit it—I’m a little bit of everything. I can’t help what color my skin is any more or less than I can control what color the sky is. Melatonin just doesn’t work that way.

Am I incapable of having “nice” hair just because I’m not fully black or fully white? Does my complexion remind you that much of some weird species of lemur from Madagascar that I’m “exotic?” Am I something “other” than human? I think not. I’m just another piece of the beautifully intricate and complicated puzzle that is the human race.

By: **Randa Djabri**

 @RNDrandal

Let the robot do the job

When I mention robots in the work place, I’m not necessarily referring to the futuristic, five or so foot tall robot walking around everywhere. Why think that far ahead when you can go to Chili’s and pay your bill using the little tablet computer installed at your table.

It’s easy to see why robots’ efficiency is compatible with most working facility’s interests; they don’t require health insurance, they’re always on time, they can work 24-hours a day and they can basically run a factory while you’re sleeping.

For companies, the main interest is reducing cost, and as long as customers don’t care if their cars are built in assembly lines by robots and only see the final product, they can also care less. We’d be contradicting ourselves if we express how awesome technology and new advances are and at the same time complain

about the fact that it’s replacing workers.

The fear of technological unemployment isn’t new. What’s happening now is no different from the 1800s when new technology created more jobs than they destroyed. According to a study conducted by James Bessen of Boston University, two hundred years ago, approximately 70 percent of American workers lived on farms. Today, all but one percent of their jobs have been eliminated; the workers and their work animals were replaced with machines.

These displaced workers certainly didn’t have to sit jobless; the so-called machines created hundreds of millions of jobs in entirely new fields. And since then, wave after wave of new jobs has kept coming.

The same logic applies now and will apply in the future. Someone has to design, program, service and coordinate the robots and other

digitized processes. Today’s occupations will be replaced by automation, but job creation is inevitable.

Human contact is wanted and needed in places where it seems outdated. Logically, ATMs should have wiped out bank tellers. In reality, the same study by Bessen showed that the number of tellers is above its 1990 level.

The fear of technological job loss is real, but it’s exaggerated because it usually occurs after a period when deep employment losses for other reasons like financial crises and great recessions. These economic forces have made people extra sensitive to any threat to their financial situations.

It is difficult for humans to keep up with the rate of changing information, but machines adapt to change faster and more predictably and can process large sets of data in real time.

Artificial intelligence doesn’t necessarily replace people. Instead, robotics can actually empower humans with information to help them make the best informed decisions.

We have to face this vague fear that the continual advancements in technology will automate more jobs and replace people; however, jobs will always exist. Don’t feel like victims of artificial intelligence and technology, and think of all the benefits robots bring to our lives.

While a robot bartender won’t give you a freebee for a big tip, nor will it sympathize with you over your relationship problems, a robot is definitely good enough for inspecting every square millimeter of every CAT scan and detect cancer cells, so get over it.

HOW DO YOU FEEL ABOUT THE NEW COLLEGE RESTRUCTURING AT NSU?

SHARK SPEAK



“It seems like changing your major will be a lot harder now because most of the undergraduate majors aren’t under the same college anymore, and it seems like switching to another college might complicate things.”

- Kathleen Taylor, freshman marine biology major



“I like that this benefits me because my college isn’t as broad anymore and has more of a focus on my major.”

- Caitlyn Seavey, sophomore environmental science major



“I love it. It’s a much-deserved improvement to a school that’s getting older each year.”

- Gianpaolo Stasi, senior biology major



“It’s not really different for me because I’m new, but I like that undergraduate programs are in the same college as upper levels because it seems to make moving up to the next level a lot easier.”

- Katlyn Rode, freshman exercise and sports science major



“I feel like the school tends to do a lot of things without explaining why they do it. I would have loved to know the purpose of the restructuring. I would really like more information about it. Maybe this is really benefiting us, but I just don’t know why or how.”

- Ujala Ahmed, junior finance major

Help Wanted

All students should contact the Office of Student Employment Website to apply for these positions:

http://www.nova.edu/financialaid/employment/how_to_apply.html



Graduate Assistant-(1038)

Job ID: 5574

Hours: 20 hrs./week

Rate: \$12/hour

1. Assist with research-related activities (e.g. conducting literature reviews, participant recruitment, data collection and analysis).
2. Assist with ensuring IRB compliance on all aspects of research projects.
3. Assist with preparation of research and evaluation reports.
4. Assist with preparation of documents and database entry related to the academic programs within the department.
5. Assist in office practices and procedures (e.g. answering telephones, calling students, filing/organizing).
6. Assist with accurate processing and record keeping for the department.
7. Assist with the development of presentations using Powerpoint.
8. Assist with various administrative tasks required by the university and its departments as needed.

Graduate Assistant-(591)

Job ID: 4630

Hours: 25 hrs./week

Rate: \$11/hour

1. Assist in the daily operations of the America Reads/America Counts programs.

2. Assist with scheduling interviews and placing tutors at the various participating elementary schools in Broward County.

3. Email supervisors the placement of tutors once they have completed training.

4. Attend weekly meetings with coordinator of the program, the supervisors of the program and a representative from Student Employment.

5. Upload AR/AC tutor profiles into the database.

6. Keep database current.

7. Filing and other duties as assigned.

Lab Assistant-(895)

Job ID: 5570

Hours: 10 hrs./week to 20 hrs./week

Rate: \$8.75/hour

1. To make sure Lab equipment and software are functioning properly in Lab room.
2. To prepare the lab kits for each lab and to return the circuit components back to the racks after the labs are done.
3. To maintain the Lab room in order at all times, which includes chairs, computers, desk space.
4. To assist faculty members with special projects.

Marketing Assistant-(1118)

Job ID: 5449

Hours: 10 hrs./week to 20 hrs./week

Rate: \$8.50/hour

This position will provide oversight for the departmental marketing initiatives, including but not limited to: newsletter and listserv communications, social media platforms and organization of printed marketing materials students in conjunction with SLCE staff.

- Coordinate and guide departmental social media platforms (including: Facebook, Instagram, etc.)
- Serve as point of contact for marketing materials in conjunction with SLCE staff
- Must be able to work a minimum of 10 hours per week to include at least 2 hours per day
- Answering main departmental telephone line
- Other duties as assigned by SLCE staff

Graduate Student Assistant-(HPD210)

Job ID: 5555

Hours: 15 hrs./week to 25 hrs./week

Rate: \$11/hour

This Graduate Assistant (GA) position in the Office of Student Affairs (CHCS) reports to the Assistant Dean & Assistant

Director of Student Affairs and supports the mission of the College of Health Care Sciences (CHCS) and the Office of Student Affairs. The Graduate Assistant will support undergraduate and graduate professional CHCS students transitioning through their experience at NSU. The GA's responsibilities include but are not limited to the following:

1. Assist the Assistant Dean, Assistant Director and Coordinator of Student Affairs with aspects of planning and organization of student programs and services, specifically with respect to marketing and student relations to increase student attendance.
2. Assist with the execution of Student Affairs programs and services.
3. Assist Assistant Dean, Assistant Director and Coordinator with program and presentation logistics.
4. Assist with office publications, including office brochures, college magazine and website updates.
5. Work with other CHCS and campus departments to foster strong relationships with regards to programming efforts, including but not limited to:
 - a) Collaborating with various offices within and outside of CHCS to provide information to new and continuing students.

- b) Participate in University events and activities on behalf of the Office of Student Affairs (CHCS).

6. Assist with planning, organizing and implementing New Student Orientation for CHCS students.

7. Assist with development and implementation of Student Government Association meetings, development, trainings and retreats.

8. Assist the Assistant Dean and Assistant Director with internal assessments.

9. Assist the Assistant Dean and Assistant Director in maintaining data on students and faculty within the College.

10. Attend various office meetings, including but not limited to Weekly Professional Staff Meeting and Direct Supervisor One-On-Ones.

11. Assist the Assistant Dean with the Interprofessional Diabetes Education and Awareness (IDEA) Initiative, more specifically, organizing the teams, website edits, planning related events and securing dates for workshop presentations in the local community.

12. Assist the Assistant Director in the planning, promotion and execution of all Multicultural Affairs Committee (MAC) activities, including the Ethics Bowl, Intercultural Marketplace and other events.



Fresh Food with a Tropical Twist



**10%
discount
with your
NOVA ID!**

**Located on
the corner of
University & Stirling**

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

99¢

Any Flatbread

with the purchase of 24 oz. Smoothie

Offer valid at these locations only. Not valid with any other offers. Limit one coupon per customer, per visit. Present coupon at time of purchase. See store for details. Expires 12/31/15



99¢

Any 24 oz. Smoothie

with the purchase of a Smoothie

Offer valid at these locations only. Not valid with any other offers. Limit one coupon per customer, per visit. Present coupon at time of purchase. See store for details. Expires 12/31/15



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

You'll receive up to (6) messages per month from an automated system. Message and data rates may apply. To stop service at any time reply 'STOP' to the short code you signed up to (30364, 35350, or 89074). To receive help information at any time, reply 'HELP' to the short code you signed up to (30364, 35350, or 89074). Consent is not required to buy goods and services. Participating carriers are: AT&T, Verizon Wireless, Sprint, T-Mobile, Virgin Mobile, Boost, U.S. Cellular and Alltel. To view the full terms and conditions, visit <http://www.eprize.com/terms>. To view the privacy policy, visit <http://www.eprize.com/privacy-policy>.