NSU gains preliminary accreditation for new M.D. program

By: Christina McAulughlin
Opinions Editor

On Oct. 10, Nova Southeastern University administration gained preliminary accreditation to welcome their inaugural class of 50 students for the 2018 academic year in the new Doctorate of Medicine (M.D.) program in the College of Allopathic Medicine.

This accreditation process was guided by the Liaison Committee on Medical Education (LCME), that accredits M.D. programs in the U.S. and Canada. NSU has now joined the ranks of seven other M.D. programs in Florida and will be one of 148 M.D. programs in the United States.

According to President Hasbrouck, “The accreditation decision is a transformational moment in the history of NSU which brings the university another step closer toward NSU’s Vision 2020 and its goal of becoming a nationally recognized, top-tier university of NSU’s Vision 2020 and its goal of becoming a nationally recognized, top-tier university of NSU’s Vision 2020 and its goal of becoming a nationally recognized, top-tier university of NSU.” The college will focus on research, teaching, research, service and learning.”

The new college will bring a fresh take on educating future physicians with a unique curriculum. Instead of a lecture format that most M.D. programs might include, the college will keep class sizes small and make cohort and group collaborations the main educational format. The curriculum will focus on research, technology and innovation geared towards the future of medicine and health care techniques.

“The trend of education is going from passive to active learning. An active educational means that you are asking the questions and I’m guiding you along the way. We don’t spoon feed you here,” said Johannes Vieweg, founding Dean of the College of Allopathic Medicine.

Students will learn basic and clinical skills taught in traditional schools, but they will learn them in case studies. Each week, students will be presented with a simulation or real-patient symptom diagnostic and will work together to come up with a clinical diagnosis and plan of action. They will learn through real-world experiences to use research and formulate hypotheses on managing the care of patients in a flipped classroom arrangement with a faculty member’s guidance.

Students in this program will have many interdepartmental opportunities since the college has partnered with Karolinska Institute in (Stockholm, Sweden), the Hospital Corporation of America (HCA) East Florida, NSU’s Cell Therapy Institute and newly opened Center for Collaborative Research. This is all a part of the complex and diversified curriculum the school has put forth. The students have multiple opportunities to make real world connections here in the United States and internationally, in some cases.

“That’s the beauty of NSU, we have all of these resources at our disposal,” Vieweg said.

“The students of tomorrow want to have many influences. They want to learn more than just the procedures. That is what will differentiate the college from other (colleges).” HCA will begin construction on a 200-bed hospital on NSU’s Fort Lauderdale/Davie campus which will be used for teaching and research purposes with the students in mind. Officials believe this hospital will put NSU students students of this complex and diversified curriculum the school ahead of the learning curves as they will be able to start simulated clinical rotations prior to residency. Not only will the hospital provide jobs for the community, it will also become a valuable resource to future M.D. students.

“You don’t have to travel. You can form relationships with doctors [at HCA] so you can have resources on-site. This will become an integrated community that provides students with better health care information than anybody else,” said Vieweg.

The college will focus on guidance and education in the classroom as well as help students make connections that can be used for the future. They will offer much counseling so students can explore options for their residency. Students will enter clinical rotations halfway through their second year of medical school, providing additional real-world training during their four-year program.

“Currently, we have 14 hospitals but the predominant hospitals tend to be centered more in South Florida where they have established residency programs. To have the doctor and the resident as both the educator and the mentor is very powerful,” said Vieweg.

“This new program will focus on problem-based learning centered around cohorts of seven or eight students. Officials think innovation, technology and research will provide NSU M.D. students with an experience that will prepare them to be at their best when they head to residencies and pursue their dreams of becoming a physician in the future. This inaugural class and classes that follow have to fit a strict set of criteria.

“We want students who like how we teach and what we teach. This isn’t for everyone. This is for self-starters, independent thinkers and people with leadership capabilities,” said Vieweg. “By being selective we can define the next generation of leaders in medicine.”

NSU receives bronze rating in sustainability efforts

By: Jenna Kopeck
Co-Editor-in-Chief

The Association for the Advancement of Sustainability in Higher Education (AASHE) officially gave NSU a bronze rating in its Sustainability Tracking, Assessment & Rating System (STARS) Program last week for its efforts in sustainability.

A unique aspect to this rating system is its transparency. Any one is able to see the points given to the university on AASHE’s website as well as what initiatives the university is pursuing, NSU scored the highest in the area of “Campus Engagement.”

“The recognition takes a look at how NSU is approaching [and is reviewing] their sustainability approach from a holistic perspective across all of the departments in the whole NSU community,” said Seth Mangasarian, director of the Physical Plant.

In 2016, NSU began working toward raising its sustainability after signing the Campus’s Act on Climate Pledge. By employing programs like those that raise recycling and employ green cleaning products, the university has made strides to become more environmentally friendly.

“Sustainability is basically just doing everything that you can to help the environment,” said Megan Knights, junior environmental science major and Student Sustainability Coordinator in the Office of Facilities and Management. “[NSU] is really trying to become more environmentally friendly in the future.”

Knights said that through further programming, NSU hopes to raise its bronze rating to a silver or a gold status. She said that they may be able to achieve this through eco-friendly building of the new residence halls and possibly adding a composting.

Mangasarian stressed that further initiatives are under review, but to be expected. He also said that students are the most important factor behind sustainability efforts.

“This was not achievable without the entire cooperation of the entire NSU community,” he said. “One of the main focuses [of the Student Sustainability Coordinator position is] to reach across the department and, more importantly, to ensure that we are reaching the student body because that’s where a community we’re gonna have to come together for any type of increase in the energy savings and the approach that we’re using.”

For more information on the STARS rating, go to stars.aashe.org/institutions/nova-southeastern-university-
display-report/2017-05-08/.
More than 600 missing, death toll rises due to California wildfires
Wildfires across Northern California continued to grow as of Oct. 12, marking day four since the chaos started. According to USA Today, more than 3,500 homes and businesses have been destroyed, causing thousands of people to evacuate. The cause of the fires has yet to be determined, and authorities claim that the weather has complicated their fighting efforts. Severe winds worsened the fire on Oct. 11.

Trump calls NBC fake news
The US president criticized NBC after the network reported that he has plans to increase the country’s nuclear arsenal by nearly ten times. Additionally, BBC reported that White House representatives also announced their annoyance with NBC for claiming that the Secretary of State Rex Tillerson called the president “a moron.” After Trump welcomed Canada’s Prime Minister to Washington, he commented on the NBC allegations, stating that “With all of the fake news coming out of NBC and the networks, at what point is it appropriate to challenge their license?” His statement suggesting NBC’s broadcast license be challenged caused a number of journalists to question President Trump’s commitment to the First Amendment.

Spanish Prime Minister pressures Catalan leader for clarification on independence declaration
According to BBC, Spanish prime minister Mariano Rajoy issues that the country's 40-year-old democracy is undergoing one of its most critical moments. He told Catalonia’s separatist leader that he had five days to explain whether he had “declared independence or not.” The election for Catalonia’s independence was disrupted by anti-independence voters, and irregularities were reported by the authorities. Catalonia’s president declared independence on Oct. 11, after signing the declaration in Barcelona, which was quickly suspended to allow for discussions with Madrid. The Spanish prime minister urged for the immediate clarification on any acts deemed disrespectful of Catalonia’s situation.

Fans protest during national anthem in Hong Kong
Hong Kong citizens, worried that Beijing’s influences were becoming too strong in their territory, protested on Oct. 11. According to the New York Times, fans hooved and showed their middle fingers when the Chinese national anthem was played at the Asian Cup qualifier. They also displayed “Hong Kong, Independence” signs during other sporting events. The protest goes against Chinese law that forbids any disrespectful behavior during the anthem.

Military flies bombers, tension grows between the U.S. and North Korea
The U.S. military flew two strategic bombers over the Korean Peninsula on Oct. 11, causing tension between the two countries. According to USA Today, two American aircrafts were on a training mission with “military allies from Japan and South Korea.” This mission demonstrated the alliance between the three countries and their commitment to protect the Indo-Asia-Pacific area. North Korea’s leader, Kim Jong Un, claimed he would not retract his nuclear weapons program.

Hurricane Irma and Hurricane Maria have left Puerto Rico devastated. The U.S. territory has been impacted in a multitude of ways, including loss of power and limited supplies and the people of Puerto Rico are still working to get life back to normal. With this in mind, NSU Undergraduate Student Government Senator Zaidi Fearon is working to pass legislation that can help with relief efforts. With classes at the NSU Puerto Rico regional campus still canceled, USGA aims to find a way to help get these students back into the classroom.

“NSU values community and that is a part of our community. This is something that I feel should resonate with a lot of people and hopefully they will see it the way I do,” said Fearon. SGA is looking to make a difference in some way, whether it be through working with the university to offer these students housing or through tuition reduction and payment plans. Fearon discussed the possibility of funding efforts that would provide funds to get the students to Fort Lauderdale to resume classes here.

While the legislation has not been presented in front of the senate yet, Fearon talked about the importance of student support for this project. Alex Lopez, USGA president, also explained how students can get involved in this process. “The main thing is that if students see with these surveys, which we will be pushing heavily, please fill them out. Not only fill them out but also share them with students who aren’t as involved but go to this campus,” Lopez said. “Survey (results) are in the numbers. If you’re telling me that a large number of the student body believes in an initiative, it kinda makes it a little harder for the university to say no.” These senators are passionate about helping out fellow Sharks. Fearon mentioned that even if the request for housing is denied, there are still many things that can be done to offer relief. So, what can students do to support this movement, other than showing their support through surveys?

“Think the most crucial part of this is raising awareness. We can’t change something if we don’t know that there is a need for change. So, raising awareness and really helping people to understand the severity of what is going on there and the idea that we are capable enough to help them enough with the little bit that we can give.” - Zaidi Fearon, Undergraduate Student Government Senator

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. Editorsials, 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.
NSU and Patel Family Foundation send relief efforts to Puerto Rico

Following the devastation in Puerto Rico caused by Hurricane Maria, the NSU community and the Patel Family Foundation partnered to deliver more than 2,500 pounds of supplies to the island nation. With the loan of the Patels’ plane, goods such as batteries, water, flashlights and canned foods were delivered to NSU’s Puerto Rico campus. Students and faculty who wish to donate to the program may email nsucares@nova.edu.

Call for homecoming court applications

Students are invited to submit their applications on Oct. 20 for the 2017-2018 homecoming court. Applications must be submitted via OrgSync and the application window will close on Oct. 27. For more information, students can email Emmie Swegle at es1416@mysnu.nova.edu.

Romer Ocanto, chair of CDM’s department of Pediatric Dentistry receives honor

Last month, Romer Ocanto, chair of the CDM Department of Pediatric Dentistry was awarded a certificate of presentation for the best poster at the International Conference on Dentistry and Oral Health in Valencia, Spain. Beginning in 2007, Ocanto has raised more than $8,058,231 toward improving dental care access to children with Special Health Care Needs (SHCN).

HPD begins dinner service

As of Oct. 9, the HPD Cafe in the Health Professional Division began to serve dinner as requested by the student body. The dinner service runs from 5 to 7 p.m. and is being offered on a trial basis. Visit dineoncampus.com/nova for more details.

NSU celebrates Hispanic Heritage Month

The Office of International Affairs, Latin American Student Association and the Office of Career Development have collectively organized an event scheduled for Oct. 24 in celebration of Hispanic Heritage Month. Students are invited to join in the festivities for free food, games and dancing from 12 to 1:30 p.m. room 309 in the Mailman-Hollywood Building. Visit nova.joinhandshake.com or call 954-262-7201 to RSVP for the event.

NBC6 to visit NSU for College Week

On Oct. 17, NBC6 will be reporting live from the Don Taft University Center from 4 to 6:30 p.m. in celebration of “College Week.” NSU students are invited to join Razor, the NSU Sharkettes as well as friends and colleagues to show their Shark pride with original signs and through their Shark spat. For more information, visit sharkfins.nova.edu/college-week-with-nbc6.
importance since its founding, and today is
Political Science, said “The UN has grown in
intentions of its architects. "

What does it do?
As a major inter-governmental organization,
the United Nations has many functions. Jessica
Faieta, assistant secretary-general and UNDP
director for Latin America and the Caribbean,
said the organization has two sides. For one,
it serves as a convening organization where
countries come together to form a consensus on
key issues such as climate change, human rights,
environmental laws, etc. It is also a technical
organization with specialized agencies, funds
and programs that work on specific matters
necessary for dire circumstances facing some
countries.
The creation of such agencies ensure
the UN’s effectiveness in situations that need
immediate response, such as disaster-relief.
Faieta is directly involved in supporting small
islands in the Caribbean as they recover from
damaging hurricanes. As part of her work,
she directs and provides logistics for those who
seek food, water and shelter while cooperating
with non-governmental organizations to repair
hospitals and roads.

Who is involved?
Whatever the issue may be, the UN marks its
presence in 193 nations. Its Security Council
permanently houses five global powers: the
United States, the United Kingdom, Russia,
France and China. Meanwhile, the other 188
recognized member states form part of the
General Assembly with two observers: the
Vatican and Palestine.

The UN does what?
“The UN has grown in importance since its founding,
and today is involved in peacekeeping missions,
humanitarian aid, promoting a version of international
human rights, and probably most importantly, providing
a forum for nations to discuss issues of pressing
global concern.” - G. Nelson Bass, professor of international
relations in the Department of History and
Political Science

What are the criticisms?
Much of the criticism toward the organization
lies in the influence of the Security Council and its
controversial veto power. Others undermine its
legitimacy as they look at the UN’s historical inability to provide
humanitarian intervention in genocides, ethnic cleansing and
debilitating wars. However, does much fault
lie within the organization or the member states
themselves? Faieta called attention to the fact
that “the UN cannot solve anything if members
do not reach an agreement on impending issues
facing Syria, for example.” The UN ultimately
functions when member states are able to settle
disputes on pressing global concerns facing humanity.

It’s likely that the UN won’t go anywhere
anytime soon, which may be a good thing. As Bass
pointed out, the world could use a way to
come together and fix its problems.
“Given humans’ predilection, at the
moment, to clash ourselves in nationalism,
the UN provides a forum where humanity
can meet as equals to discuss our common future,” said Bass,”and offers a way to overcome
the imaginary barriers that separate us.”
October 17, 2017 | nsucurrent.nova.edu

Features

Winding down after midterms

By: Madelyn Rinka
Contributing Writer

Whether you’re a seasoned senior or a fledgling freshman, midterms can be pretty stressful. Here are some tips on how to wind down after acting your tests.

Catch up on sleep

This one may seem obvious, but it’s even more important after exams. If you’re guilty of late-night, caffeine-fueled cramming, you’re probably going to feel a little under the weather. With heightened stress causing a weakened immune response and a lack of sleep, midterms are just a cold waiting to happen. Once all is said and done, hit the hay a little early. Turn your phone off and maybe skip that party; you need your sleep to stay healthy.

Do something for yourself

After all the hard work you’ve put into studying and taking your midterms, there’s no shame in treating yourself. Maybe you want to get your nails done, buy something that would make you happy or go to a place that keeps popping up on everyone’s Instagram pages. You don’t have to break the bank; something as simple as going for a walk around a nature preserve or having a picnic can be rejuvenating.

“I always go to the beach,” said neuroscience major Shelby Laye-Montilla. “We’re lucky enough to be only about 20 minutes away. That’s how I kind of reset my life.”

Whatever it is that will make you happy: go ahead and do it; you deserve it.

Spend time with friends

It’s no secret that between tests, cramming and writing papers, you’re lucky if you get in enough time to eat and sleep. Midterms don’t really spare a lot of time for being social outside of study groups. After everything is handed in, ask your group to hang out. It’s important to be social and have fun, especially after a lot of stress. Plan a fun outing, go out to dinner, watch a movie or just enjoy the company of your friends. Spending time with your pals is a great way to relax and enjoy yourself.

Burn off your stress

Physical health can be just as important as mental health. With the RecWell offering a wide variety of activities to partake in, there’s sure to be something for everyone.

“I usually take classes like yoga, or spinning or zumba,” said sophomore speech language pathology major Angeline Melrino.

Exercising can lead to increased confidence, focus and self-esteem, which are just a few things that may need boosting after a long week of exams.

Be mindful

Lastly, be aware of yourself and how you feel. Don’t dwell on what you could’ve done or what you should’ve studied, but resolve yourself to prepare more next time. It’s not worth your energy to dwell on your performance or how you think you did; rather try conversing with your professor to get their advice for improvement. Overall, it’s important to take care of yourself. If you’re feeling a little more blue than normal, even after tests have passed, don’t hesitate to reach out and talk about it.

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Royal Pig Pub

PRINTED WITH PERMISSION FROM M. GREER
A trip to the Royal Pig Pub isn’t complete without ordering the almond lace basket filled with raspberry sorbet, seasoned berries, crushed almonds and lavender sprigs. Your tastebuds singing with joy so I’d suggest chasing your scrumptious meal down with a cup of their in-house nitro coffee.

Whatever you decide to order will have your taste buds singing with joy so I’d suggest arriving hungry and prepared for a culinary adventure. Consider taking a friend because the portions are quite substantial. If you decide to eat it all, I highly doubt that anyone would blame you.

Royal Pig Pub
350 E. Las Olas Blvd.
Fort Lauderdale, FL 33301

$5 Monday – Thursday from 11-12 a.m.
Friday and Saturday from 11-2 a.m.
Sunday from 11 a.m. – 11 p.m.

Winding down after midterms

By: Michaela Greer
Co-Editor-in-Chief

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

Midterm exams can definitely take a toll on your mind, body and eating habits. After a week filled with caffeine, energy drinks and junk food, it’s only expected that students will want to “pig-out” on a hearty celebratory meal. The Royal Pig Pub is one place that can satisfy those cravings.

Las Olas Boulevard is typically bustling with activity, so seekers of this gem will need to keep a keen eye out for it since it occupies a suite space and looks like a little storefront from the outside with its signature logo emblazoned on the door frame. Once inside, guests can choose to sit at one of the tall, leather-covered booths or on a wooden high chair at the bar with an unobstructed view of whatever game is on TV. On an exceptionally nice day, visitors can choose to dine al-fresco, allowing them to take in the activity on the street.

The menu offers something for everyone, though diners who count calories may want to avert their eyes from items like the RPP Bacon Mac & Cheese which boasts three different types of cheese. Instead, those who are eating on the healthier side can opt for the Pan Seared Organic Scottish Salmon or the Petite Prime Rib Tenderloin with a side of their choice.

If weekend brunches are more your style, the Royal Pig Pub’s breakfast-lunch-crossover menu will not disappoint. Try their Royal American Breakfast that comes with two eggs, bacon, cheddar-jalapeno grits and mixed fruit with a honey ricotta topping. Feeling especially hungry? Order their Womlette that’s paired with cornbread waffles and maple syrup. Perhaps you’re wanting to enjoy all of the spice the season has to offer, minus the pumpkin. The Royal Pig Pub has a Gingerbread Bacon Waffle Sandwich with a sunny side up egg that will chase any residual midterm blues away. Then chase your scrumptious meal down with a cup of their in-house nitro coffee.

Wherever you decide to order will have your taste buds singing with joy so I’d suggest arriving hungry and prepared for a culinary adventure. Consider taking a friend because the portions are quite substantial. If you decide to eat it all, I highly doubt that anyone would blame you.

By: Gabrielle Thompson
Features Editor

As one of the newest organizations on campus, Delight Ministries is open to all college women who are hoping to grow or strengthen their relationship with God and find friends who have the same ideas and beliefs that they do.”

Farley came up with the idea to bring the organization to NSU’s campus after seeing an Instagram post from Delight.

“Last year I was a freshman, and I hadn’t really heard of many Christian clubs on campus, so I thought it would be cool to bring it here,” said Farley.

Farley looks forward to Delight becoming a well-known organization on campus. For those interested, Delight will be hosting a kickoff party on Oct. 18 from 4:30 to 6 p.m. in Commons 123. The kickoff party is a great way to get to know more about Delight Ministries and what their plans are for the year. Snacks and beverages, such as cotton candy and pink lemonade, will be provided.

“Basically, the kickoff party is just going to be an introduction to Delight, who we are, what we’re going to do and just a little social get to get to know everyone,” said Farley. Delight will also be holding weekly Bible studies on Wednesdays from 5 to 6 p.m. “Any [woman] who is interested, thinks they might be interested or isn’t really sure, should either come find me or one of our leadership members, come to our kickoff party or email us,” said Farley.

You can contact NSU Delight by emailing Hannah Farley at hf263@mynsu.nova.edu or by following the organization on Instagram at @delight_nova.
On The Bench:
Baseball is dying, but why?

By: Christina McLaughlin
Opinions Editor

Baseball was once considered America’s favorite pastime, but times have changed and compared to other sports leagues, some consider baseball outdated. A typical baseball game has many perks such as ballpark food, “kiss cams” and lively music to keep people entertained. Even though baseball might be taking a bit of a backseat in the sports world, it should not become obsolete. Baseball has a rich history in American culture and as many can remember, it opened up the world to new cultures and ideas during the civil rights movement and even immigrants in general. Jackie Robinson, Lou Poill and numerous other diverse players have changed the dynamic of society just because in the 60s, baseball was considered the “nation’s pastime and if baseball can be inclusive, so should we.

With the title of America’s pastime no longer applicable, it’s time to look into reasons why. The demographics of viewers and fans of baseball has not changed much over the past few decades. A demographic study on the 2013 season of Major League Baseball showed that fans are 70 percent male, 83 percent white and 50 percent ages 55 and up. That doesn’t scream the same level of diversity as baseball might have represented during the 70s. Most millennials and young adults today enjoy the diversity and inclusiveness of other sports, such as basketball, soccer or football, that baseball tends to lack today. Time magazine considered baseball to be the “whitest and least diverse sport.” This might be true, but don’t forget, we might not be where we are today in terms of acceptance of other cultures in our daily life if baseball hadn’t taken the wheel.

Baseball is considered a “thinking man’s game,” involving a lot of strategy, rules and carefully considered decisions which tend to take some time. In today’s age of fast-paced video games and action sequences, most young people don’t exactly find a profound interest in things that require hours of concentration with only short bursts of self-gratification. The most common complaint is the length of an average game. The games usually last about three hours and can have many lulls in between turnovers, pitching changes and preparation of the players. This makes the game extremely tedious. Most popular American sports, like football or basketball, center around high-intensity and constant action with little to no break periods. Baseball doesn’t have that, which might be why people are starting to lose interest.

Baseball players also don’t have the same celebrity status as other professional athletes. Many baseball players have a more hometown, approachable quality than other athletes and tend not to live scandalous or lavish lifestyles. Most players don’t have recognizable qualities unless they are involved in the community and push themselves to a celebrity status like Derek Jeter has.

In general, baseball relies on the interest of children in the sport to bring up the next generation, but there are less and less little league teams and a general interest of children in the sport. ESPN’s Sports Poll found 18 percent of 12-17-year-old Americans describe themselves as baseball fans. Over the past 12 years, the number of kids participating in Little League Baseball has dropped, causing many towns to create multi-city teams. Most baseball clubs have tried to keep the interest of kids by lowering or even making memberships to the fan rewards programs free like the Red Sox program, “Kids Nation,” which took away their membership fee of $30 for fans 14 and younger.

This way they can get special perks such as free tickets, memorabilia and other fan favorites to keep the interest in the sport and keep them coming back. This may help the current problem but in the long run, it might make the situation worse.

Baseballs are hiking up the prices on tickets for batting practices and general in-season and postseason games. Decrease seat prices have risen in recent years, making it difficult to enjoy the game. You might not have the budget to fit a baseball game into your roster of activities, especially if you weren’t that interested in the game to begin with.

Baseball is a sport that is rooted in history and family entertainment. But now, it’s become the sport of America’s past and that doesn’t interest younger generations. The MLB, and baseball in general, have a long way before they can end up back on top. Maybe taking some small steps like waiving fees, lowering ticket prices and shortening the duration of the game might peak the interest of the public again.

On Deck

MEN’S CROSS COUNTRY
@ Sunshine State Conference Championship
Oct. 17 I 8 a.m.
Boca Raton, Fla.

WOMEN’S ROWING
vs. Head of the Charles
Oct. 21 - 22
Boston, Mass.

MEN’S SOCCER
@ Tampa
Oct. 17 I 6 p.m.
Tampa, Fla.

WOMEN’S SOCCER
vs. Eckerd
Oct. 21 I 7 p.m.
St. Petersburg, Fla.

MEN’S SWIMMING
@ D2 Showcase
Oct. 20 - 21
Melbourne, Fla.

WOMEN’S SWIMMING
@ D2 Showcase
Oct. 20 - 21
Melbourne, Fla.

MEN’S SWIMMING
vs. Tusculum
Oct. 20 - 21
Melbourne, Fla.

WOMEN’S CROSS COUNTRY
@ Sunshine State Conference Championship
Oct. 21 I 8 a.m.
Boca Raton, Fla.

WOMEN’S VOLLeyball
@ Tampa
Oct. 20 I 7 p.m.
Tampa, Fla.

@ Florida Southern
Oct. 21 I 6 p.m.
Lakeland, Fla.

Mike Pence walks out of Colts game

Vice President Mike Pence attended a football game between the Indianapolis Colts and the San Francisco 49ers at the Lucas Oil Stadium in Indianapolis on Oct. 8. However, he left or protest of the 49ers who knelt during the national anthem. He then took to Twitter to express the motives behind his actions in which he stated that he would “…not dignify any event that disrespect our soldiers, our flag or our national anthem.” According to The Guardian, Pence flew to Indiana from Las Vegas, then to Los Angeles, after protesting the kneeling protest. Many people raised concerns that Pence utilized taxpayers’ money to make a statement. These speculations were made after learning that President Trump requested that Pence leave any games where the players knelted in protest.

Jemele Hill suspended for two weeks over NFL tweets

ESPN announced through a statement that reports, Jemele Hill will be suspended for two weeks because of her tweets aimed at Dallas Cowboys owner Jerry Jones accusing him of walking players, especially black ones, choose a side in the ongoing NFL protests. This suspension comes weeks after Hill was involved in another controversy surrounding tweets in which she called President Trump a “white supremacist.” Many took to Twitter to express their outrage over ESPN’s decision to suspend her.

Jemele Hill was suspended for two weeks after she criticized Vice President Mike Pence.

Joel Embiid and 76ers reach $148 million five-year extension deal

According to ESPN, 76ers center Joel Embiid made a deal for a five-year $148.5 million extension. The Kansas player has already appeared in 31 games since the 76ers chose him as the No. 3 pick in the 2014 draft. ESPN reported that this exception allows Embiid “to earn a higher percentage of the salary cap — potentially millions of dollars more — if he meets criteria over the course of the deal” which includes winning the Defensive Player of the Year or MVP, and making All-NBA teams. In that case, Embiid could make as much as $178 million. However, the team has a “salary-cap protection,” so if Embiid suffers another serious injury as the one he sustained with his feet and back in years prior, Philadelphia has the option to release him from his contract.

OUT OF THE SHARKZONE

Miami Dolphins players agree with new policy regarding the National Anthem

The Miami Dolphins’ new policy that states that players will stand during the national anthem or stay inside the locker room or tunnel has been well received by Polynesian players. According to Michael Thomas, Dolphins safety, this new policy will leave no room for ambiguity. “Now players aren’t wondering ‘OK, who is it going to do what?’ or what not.” Thomas said. “That’s the team rule. Respect.”

Joel Embiid and 76ers reach $148 million five-year extension deal

According to ESPN, 76ers center Joel Embiid made a deal for a five-year $148.5 million extension. The Kansas player has already appeared in 31 games since the 76ers chose him as the No. 3 pick in the 2014 draft. ESPN reported that this exception allows Embiid “to earn a higher percentage of the salary cap — potentially millions of dollars more — if he meets criteria over the course of the deal” which includes winning the Defensive Player of the Year or MVP, and making All-NBA teams. In that case, Embiid could make as much as $178 million. However, the team has a “salary-cap protection,” so if Embiid suffers another serious injury as the one he sustained with his feet and back in years prior, Philadelphia has the option to release him from his contract.
Finding Fitness:
Don't knock yoga until you try them all

BY: Aldana Foigel
Contributing Writer

About five years ago, I decided to take my first yoga class. At first, I did not feel too excited about it, but my mother convinced me to go so I gave it a shot. I must admit that the first few classes were boring, but after two weeks I started loving it. There are multiple kinds of yoga and a seemingly infinite list from which you can choose your favorite, or favorites.

Yoga is not just a way to exercise, it is also considered a lifestyle. According to the Yoga Alliance, the largest nonprofit association in the yoga community, “Yoga is a system, not of beliefs, but of techniques and guidance for enriched living.”

Yoga welcomes all kinds of students: whether you’re a beginner, intermediate or advanced yogi, you are free to choose the toughness level you prefer.

Marilyn Gordon, a yoga instructor at NSU, explained that students shouldn’t worry about choosing the wrong class for their level of expertise because there is something for everyone in each class.

“Here at the university, we don’t really have classes labeled as beginner, intermediate and advanced. As the instructor, you would have to assume you have all levels and you need to teach to all levels,” said Gordon. “Even if it is your first time in a yoga class, you should not be afraid to take part since classes at NSU are adapted for any student.”

NSU offers four different kinds of yoga, from Monday through Sunday, at various times.

Yoga Flow “connects from pose to pose to pose” as the name suggests. This class is a constant transition from one pose to another, focusing on movement and breath. Yoga Flow is available on Thursdays and Fridays from 6:45 to 7:40 p.m.

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Here are some brief descriptions of each class, according to Gordon:

- **Yoga Stretch**: is a good opportunity if you are looking to gain flexibility and enjoy an hour of relaxation at the same time. This class often attracts beginners and athletes and is offered on Mondays and Wednesdays from 5:30 to 6:30 p.m.

- **Yoga Flow**: is a system, not of beliefs, but of techniques and guidance for enriched living. Yoga Flow “connects from pose to pose to pose” as the name suggests. This class is a constant transition from one pose to another, focusing on movement and breath. Yoga Flow is available on Thursdays and Fridays from 6:45 to 7:40 p.m.

- **Zenergy Yoga**: a title created by Gordon, is thought of as a stretch class for the first 30 minutes. “We stretch primary the lower back, which needs to be tight in the morning,” Gordon said. Then, for the remaining 30 minutes, this class becomes more of a Yoga Flow class, which tends to have an invigorating effect on people. Zenergy Yoga is a perfect example of how yoga teachers can give yoga classes their personal touch, and is offered from 6:15 to 7:15 a.m. on Tuesdays and Thursdays.

- **Hatha Yoga**: a class offered every Sunday from 9 to 10 a.m., is more of a stationary-style yoga class. Poses in this class tend to be very static. However, according to Gordon, yoga teachers can tweak their classes based on what they want to teach and based on their students.

Medical conditions are an important factor to keep in mind for anyone who wishes to try a new exercise or sport. Gordon insists that it would be a good idea for those who have sustained any injuries in the past to approach the instructor and explain their condition. The instructor might recommend certain poses during a yoga class for you to do, or those to avoid. Do not hesitate to communicate with the instructor, especially if it is your first time in their class.

Although you might already have a yoga class that you completely love, it is always fun and exciting to try new classes with new instructors. If you are unsure about trying yoga, I suggest that you give it at least one try. Who knows, you might find your next favorite hobby in a yoga class.
It's almost Halloween, and with that comes the elaborate costume parties and spooky campus activities. If you are not looking to purchase a costume, or you just need to throw together a simple look for an event, check out these makeup looks that will be sure to turn heads.

(Seamless art)

If you are a fan of comics, this makeup is for you. For this look, you’ll need black and white face paint or eyeliner, as well as a red lipstick and brightly colored eyeshadow of your choice. Starting with the eyes, fill your entire lid with the color of your choice, then outline it in black liner or pencil. Finish off the eyes by drawing dramatic lashes on or adding falsies. Moving on to brows, overdraw your brows with the black liner in the shape of your preference. Then, contour your nose, cheekbones, jawline and collarbone with the black paint or liner by using straight and curved lines. Finish off the look by dotting white dots over your face a few centimeters apart.

Spook with simplicity this Halloween

By: Jeweliana Register
Arts & Entertainment Editor

October 17, 2017 | nsucurrent.nova.edu

If you’re an android-user, this article is probably going to make you angry. But, if you’re an avid and loyal Apple-user like I am, you won’t mind me saying that the iPhone 8 is probably the best phone that I’ve ever had. Cue eye-rolls, I know — but it’s true. Not only is it beautiful, but it’s camera quality, battery life and software capabilities are out of this world. Keep in mind, I upgraded from a 16 GB iPhone 6, so the differences are a little more dramatic for me than they might be for those who currently hold the iPhone 7s. Either way, here are the highlights of the phone that I’ve experienced so far:

Design

This is the first phone that Apple has made with a glass face and back, with a more durable product than ever before. And it’s stunning. According to Apple, the glass is supposed to be resistant to breaks, water damage and dust, but honestly I was sold just by looking at it.

Camera quality

Any iPhone user knows that Apple produces the best cameras for mobile devices, but the iPhone 8 brings quality to a whole new level. Can you say HD? This 12 MP camera is the nicest that the company has ever released at the end of the day.

Screen colors

Apple also promised and delivered on the viewing experience on the iPhone by adding features like True Tone Display and Wide Color Display, making colors on the phone look more vibrant whether you’re watching videos, browsing the web or reading on an app. The screen’s also designed to adjust itself based on the lighting of your environment.

The one downside

Still, Apple has a funny way of adding new “features” to its devices and then charging customers more for it. Remember when they got rid of the headphone jack and you could buy wireless earbuds for around the same price as a kidney? The iPhone 8 not only carried on that tradition, but added the option for a wireless charger, which costs around a extra $60. Living on a college budget, I can’t tell you much about it other than that. My guess is that it works about as well as any other wireless charger and it’s not quite a necessity.

In all, the iPhone 8 has been a more than satisfying purchase in the short amount of time that I’ve had it. Sorry, android advocates, but I’m never switching sides.

#Noregrets: Why I love the iPhone 8

By: Jenna Kopec
Co-Editor-in-Chief

Oh deer!

Bambi meets modern day Halloween. For this look, you’ll want to fill in your eyebrows with brown powder, then contour your nose with the tan powder, connecting it to your brows. Create a deer nose by painting the tip of your nose black with eyeliner. Give yourself two wings, bringing the inner corner wing out. Fill in the space under the eye with white liner to give wings, bringing the inner corner wing out. Fill in your top lip with black liner as well, connecting it to your nose by drawing a black line. You can amplify your look by adding false lashes, glitter lids or fun lipstick.

I’d rather be a mermaid

Adulting is hard — I’d much rather be a mermaid. Embrace your inner sea creature with a few ocean tones, fishnet stockings, highlighter and rhinestones. For this look, grab fishnet stockings and spread it out over your face. Dust blue, green and purple eyeshadow over the net to create the scale-like effect. Create a sea-inspired eye look using similar colors and pop on some lashes for added drama. Dust glitter over the lashes for an extra pop. Apply a pearly pink highlighter to your cheekbones and any other spot where the sun would naturally hit your face, and pop on rhinestones and glitter as you see fit.

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Irish electronic music producer Seamus Malliagh, better known by his moniker Iglooghost, is steadily shaping up to be a breakout star in the experimental electronic scene. Malliagh debuted in 2014 with his “Tremendum” EP on Flying Lotus’ Brainfeeder record label alongside titans of the industry like Mr. Oizo, TOKiMONSTA and Flying Lotus himself. In just four short years, Malliagh has built up a sizable discography with four more EP’s and the recent release of his first full-length record, “Neo Wax Bloom,” on Sept. 29. The record is a marvel of a project from both a technical perspective as well as an innovative one. It is an aggressive, textured and complex experience that rarely dips below 150 BPM. The entire record is masterfully mixed and each song flows into the next perfectly with no delay or any indication that the track has changed.

Best cuts

“Solar Blade” is a magnificent cut from the first half of the record that fully delivers everything that fans of Iglooghost have come to expect from one of his featured singles. It takes all these sounds and throwing them into the blender together probably would not yield the best results. However, Malliagh does not sacrifice melodic structure and rhythmic integrity for overkill on the quirkiness. The cut features clearly defined patterns and breakdowns that reveal new components of their complex layers with each new listen.

“Infinite Mint” featuring Japanese pop singer Cauchie lives up to its name. As the only track on the album that has any semblance of chill, “Infinite Mint” is a long-lasting and refreshing cut that blends thick syrupy bass and airy vocals of Cuushe. Malliagh really displays methodically stuttering percussion with the thin, airy vocals of Cuushe. Malliagh really displays his penchant for surprising his listeners with the amount of variety and complexity he can fit into a single five-minute track. Just when it seems like the track is over, Malliagh brings it back from complete silence with a fresh, jivemy drum fill that restores the whole cut very nicely and makes it impossible to get the full experience from just a single listen.

CLOSING THOUGHTS

Iglooghost is a producer that understands what it means to be unique and innovative while still incorporating the tried and true conventions of the genre. “Neo Wax Bloom” is a breathtaking experience from start to finish that never lets itself become stale. With only one full record release under his belt, Seamus Malliagh is already shaping up to become a unique and enigmatic producer. “Neo Wax Bloom” is a top contender for the best electronic project of 2017.

Other great cuts

Puuna Choken; Super Ink Burnt; White Gum; God Grid.

Writer Alan Moore and artist Dave Gibbons worked together to create “Watchmen,” a graphic novel that broke conventions and stereotypes when it was published in 1986. Carla Gugino, who starred in its 2009 film adaptation as Sally Jupiter (or the original Silk Spectre), went so far as to call it “the Citizen Kane of graphic novels.” It was the first of its kind to win a Hugo Award in 1988, as critics rarely regarded graphic novels as “literature” back in the day. Now, “Watchmen” is largely considered a classic and a recommended read even for those who have never read comics.

While the film has its critics, especially those who are unfamiliar with its source material, the novel itself is a work of pure genius. In terms of the plot, it stands the test of time — in fact, it’s eerily relevant today, as it takes place in an alternative reality 1985 in which the tension between the U.S. and Russia is at an all-time high and World War III is imminent. Superheroes exist as well but not in the same sense as more mainstream DC comics. Moore’s novel realistically explores its characters’ ambitions and the implications of being a superhero. It asks uncomfortable questions like what it takes to be a hero and what compels someone to don a costume and fight crime in the dark, as well as explores the effects of doing that for an extended period of time.

The storytelling is compelling, as the story shifts back and forth between the ’60s, ’70s and ’80s, and explores several different perspectives. Through its shifting perspectives, it also explores mediums to express them. The novel also features a fictional comic interlaced within the plot, which is symbolic of one of the character’s journey — though I won’t say whose. It also has excurses from a memoir, academic papers, newspaper articles illustrating opposite views of the political spectrum, letters between characters and magazine articles that all move the plot along and reveal more about the characters and their motivations.

The ease with which Moore uses those devices to tell the story fluidly, though nonlinearly, is mind-boggling, to say the least. His ability to transform his writing not only between mediums but between characters is part of what makes the novel so interesting to read. The unconventionality of the novel makes it impossible to get the full experience from just a single listen.

Alan Moore’s graphic novel “Watchmen” is a recommended read even for those who have never opened a comic book.
Opinions

NSU alert voice changes due to student interest

By: Christina McLaughlin
Features Editor

NSU has a fantastic alert system put in place to warn students about occurrences such as lightning strikes from impending storms and for general emergency alerts, but some students want change.

Stacy Speakeasy, a member of the Voice of the People club, said, “The sit-in voice of the alert system is too jaded-sounding and overall fuzzy. We want something lively to let us know when we have an emergency. Someone with a little ‘umph’ in their voice is what we need.”

Speakeasy and her club have petitioned for this change since early September and the advisory board of Recorded Voice at NSU finally budged. Jacob Strayng, head advisor of Recorded Voice, held an anonymous ballot for the new alert system voice on Oct. 6 with a variety of responses including: Jack Nicholson, ballad, sitcom, guns screaming and Sir Patrick Stewart.

After days of dispute in the cutting room floor of the advisory board, it has been decided that Lewis Black, comedian and actor known as “Anger” in the recent Disney movie “Inside Out,” will be the new voice of the emergency alert system beginning in the spring.

“It will take some time for Lewis Black to come into the studio to record his voice due to time constraints in his schedule,” said Strayng. “He only agreed to be the new voice if he could write his own lines which has become a bit of a problem.”

One of Black’s current lines for the fire alarms is, “Congratulations kid, you burnt your pizza! Now we have to evacuate! Great job smarty-pants!”

Strayng and his team are working with Black to make his lines more instructional and in turn, make evacuations and other emergency broadcasts simple and easy to understand.

Halloween in the UC needs to change

By: Gabrielle Thompson
Features Editor

NSU has truly done a good job keeping up the holiday spirit on campus, especially during Halloween. With the haunted house in Commons Residence Hall, there is no shortage of fun and spooky events. However, there is one Halloween event that crosses the line. Having people dress up as clowns, put on crazy makeup, walk on stilts and come running up to you in the UC is not okay.

As with all scary things, there should be an option to either put yourself in the situation or avoid it. I think the Commons haunted house is the perfect example of that. You can participate if you choose, but you can stay away if you don’t like to be scared. But in this case, you can’t necessarily avoid the UC. If you live on campus and you want to eat dinner, you will have to go to the UC. If you’re walking back to the residence halls or to the commuter lot by the Student Affairs Building, you would probably walk through the UC too. The UC is always busy no matter what time of day it is and it’s probably on everyone’s route to and from class. It isn’t easily avoidable.

For some people, including myself, it’s not fun or exciting to have to walk by people dressed up in terrifying costumes just to go get a sandwich from Subway. It gets even worse when they approach you or follow you outside. Honestly, it makes me feel trapped, panicked and unsafe. When I really have to think about if I want to eat dinner for the night or skip out so I don’t have to be put in that position, it’s a problem. You would never force somebody afraid of heights to go skydiving, so I don’t think it’s appropriate to put students in the same type of situation.

Another flaw I see in the event is that there isn’t really a good way to tell the people dressed up to leave you alone. The only way you can tell them “no” is when they’re already coming up to you, and then it’s kind of too late. If there was some sort of signal or red card that you could carry around that let the people know to stay away, maybe people would feel more at ease.

That way, the people who love Halloween and want to be scared can still have fun, but those who aren’t into scary things can go about their business in peace.

I feel like I’m not the only one who avoids the UC like the plague when I know this is going on. I’m not saying to completely get rid of it, just revamp it to make it more student friendly. As long as students have a choice to participate or skip out, it’s fine by me. I just never want to have to be in an uncomfortable position like that on my own college campus.
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