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Nova Southeastern University

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## Shark Shuttle up in flames

By: **Christina McLaughlin**  
Co-Editor-in-Chief

On Sept. 14 at approximately 9:30 p.m. the Downtown Shark Shuttle broke down on the side of Interstate 595. The bus filled with smoke and the six students on the shuttle were evacuated shortly before the bus was engulfed in flames. No students or staff members were injured according to the fire department, but there is still an ongoing investigation to determine the cause of the fire.

According to Paige Allen, a freshman art and design major who was on the bus, there was a loud pop as they entered the highway and the driver pulled over to investigate.

"It sounded like a tire blew out," said Isaiah Weber, a freshman biology major who was also on the shuttle.

Students stayed inside the bus while the driver and his partner investigated the problem. The shuttle started to fill with smoke and foul odors from the front of the vehicle when the bus driver instructed students to evacuate. Passengers exited through the front door of the bus and backed away from the rear of the vehicle. The driver and his partner used the fire extinguisher equipped with the vehicle to attempt to put out the flames that started to course from the engine.

"That small fire grew bigger and engulfed the whole bus. One police officer spotted us and called for backup and they blocked off our side of the lane," said Allen.

"After a while, it became like an inferno and the windows of the bus shattered outward due to the flames," said Blake Lind,



PRINTED WITH PERMISSION FROM DAVIE FIRE DEPARTMENT  
The Downtown Shark Shuttle went up in flames while Davie Fire Rescue responded with Capt. Colby Hooper to handle the situation.

freshman biology major.

The Davie Fire Rescue Department and paramedics responded to the incident and to the passengers involved. All those involved were checked out by paramedics and deemed uninjured.

"The fire occurred on the turnpike ramp side of the 595 split. When we arrived we found one of the NSU Shark Shuttle buses pulled over on the side of the road on 595 and the entire passenger compartment and cab of the bus were fully engulfed in flames," said Colby Hooper,

Captain with the Davie Fire Rescue Department.

Hooper and his crew credit the driver and his partner with ensuring the safety of the passengers in this incident as it allowed his team to get to work quickly.

"We were able to successfully put out the fire without any injuries or fatalities which is always our main goal," said Hooper.

During the extinguishment, this portion of the road was completely shut down with the help of highway patrol and police officers to ensure the safety of the firefighters and other vehicles.

However, during the extinguishment on the main line of 595, there was a secondary multiple car accident due to onlookers. An onlooker who slowed down on the main highway lane was struck by another vehicle which caused a cascade effect with multiple vehicles involved.

"We did have minor injuries there. This was a secondary incident we had to respond to as well as the Shark Shuttle," said Hooper.

The Davie Fire Department stressed that drivers should slow down and move over for emergency vehicles and emergency-related incidents similar to this, to prevent incidents like the secondary onlooker accident that occurred.

"We sure don't want people rubbernecking to be involved in accidents so always be aware of your surroundings," said Hooper.

Students were picked up by another Shark Shuttle and transported back to campus. Three students, however, concerned about smoke inhalation caused by the accident, went to a local hospital to get checked out. These students were unable to be contacted, but sources have stated there are no injuries in the report.

Currently, the vehicle is under investigation by the insurance company to determine the cause of the accident. At this time, there is no further information on what caused the fire. According to Daniel Alfonso, V.P of facilities management, all other operational Shark Shuttles were thoroughly inspected to ensure that they were all running properly since the accident.

## Helping hands needed for children's health fair

By: **Krysyan Edler**  
Contributing Writer

The Day for Children committee is looking for motivated NSU students to volunteer for the upcoming A Day for Children 2018 health fair. The event will be hosted on NSU's Fort Lauderdale campus on Sunday, Oct. 21 from 11 a.m. to 6 p.m. The health fair is in its sixteenth year of promoting the health of children in Broward county.

The annual event provides free health screenings for children 17 and younger. The health services are provided by NSU's Healthcare Centers. Some of the crucial services available include vision, speech, nursing and dental.

"A Day for Children is completely free for all attendees and volunteers," said Serina Shepherd, a student manager for A Day for Children. "It draws so many different cultures near to NSU's main campus all to appreciate

children. All types of vendors from across Florida come to this event all to spread the awareness of children's health, the activities children can become involved in, and even to just paint their faces for no charge because we all know children love having a cute little bear face!"

Several volunteers are needed to help the 15,000 Broward county residents expected to attend. Student volunteers will not be assisting in the health screenings but insuring the efficiency and overall success of the event. There are three shifts that include set up, assisting the vendors and cleaning up at the end of the event.

The event will also provide fun activities for the families in attendance. Storybook characters, bounce houses and face painting will be on site. Sports, games and arts and crafts will inspire creativity and get kids moving. Members

of the Miami Dolphins may even make guest appearances.

One of the crowd favorites at the event is the teddy bear clinic, which hopes to return this year and help eliminate a fear of doctors. "[The teddy bear clinic] It's kind of like when you want a child to do something, you would get their favorite stuffed animal and let them go through it first or let their older sibling go through it first to show them it's not so bad," said Abigail Aceus, a student manager for A Day for Children. "We introduce them to the concept of doctors, so they don't think that doctor means bad or the doctor means you should be scared."

The event provides student volunteers with the chance to give back to the community. The experience can also be added to their resume and serve as a networking event with the vendors in attendance. Students can sign up to volunteer

on OrgSync by Oct. 15, but the shifts are filling up quickly. Volunteers are also welcome to participate in the festivities at the end of their shifts.

"It is basically promoting and showing support for these children, their families, and allowing them to get the care they need," said Nada Belal, a student manager for A Day for Children. "Healthcare isn't cheap, so being able to give them a day where they don't have to worry about money, or any of those stresses. They can just go out, kids can play, be themselves, and parents can just enjoy watching their children having fun and getting the assessments they need. Things like that give them a stress free, money free day, where they can be [themselves] and be children."

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# News Anchor

Stay up to date with international and national events.

## Shooting at Maryland Rite Aid, 4 dead including shooter

On the morning of Thursday, Sept. 20, three people were shot and killed, before the shooter turned the gun on herself, at a Rite Aid Center in Aberdeen, Maryland. The suspect was 26 year old Snochia Moseley, who was a temporary employee at that location. A couple of minutes after she arrived at work, the police were notified about the shooting. Two of the victims died at the scene and the third died at the hospital. Three other people were also shot by Moseley, but they are expected to survive. Moseley died at a nearby hospital from a self-inflicted gunshot wound to the head. Hartford County Sheriff Jeffrey Gahler has confirmed that Moseley used a legally purchased 9mm Glock pistol and brought several magazines with her.

## Judge Brett Kavanaugh accused of sexual assault, controversy stalls Supreme Court confirmation process

On Sunday, Sept. 16, psychology professor at Palo Alto University, Christine Blasey Ford, made public accusations against Supreme Court nominee Judge Brett Kavanaugh. Ford claims to have been sexually assaulted by Kavanaugh while a friend of his, Mark Judge, watched at a party 35 years ago when they were in high school. While the Supreme Court pick has denied the allegations, Senate Republicans have called for both Kavanaugh and Ford to testify at a hearing. On Thursday Sept. 20, Ford's lawyers, Debra Katz and Lisa Banks presented the conditions under which she would be able to testify to the Senate Judiciary Committee. Meanwhile, on that same day, an NBC News/Wall Street Journal poll was released, revealing

that 34 percent of registered voters support his confirmation, 38 percent oppose [his confirmation], and more than 25 percent do not know enough to make a judgement.

## Amazon announces new series of Alexa devices

On Thursday, Sept. 20, Amazon unveiled new hardware and software at its Seattle headquarters. The hardware announced featured redesigns as well as brand new products centered around smart home technology. The redesigns include the Amazon Echo dot, Echo Plus and Echo Show. Presented for the first time were the Amazon Echo Input, Echo sub, Echo Link and Link Amp, Amazon Smart Plug, AmazonBasics Microwave, Amazon Echo Wall Clock, Ring Stick Up Cam, Amazon Fire TV Recast and the Amazon Echo Auto. As for software, Alexa will now have Whisper Mode, Routines, Hunches, stereo pairing, the Alexa Connect Kit, Amazon Wi-Fi Simple Setup, Alexa Guard, Alexa doorbell API and a Smart Screen SDK. All of the products are currently available for pre-order and most will be available in October 2018.

## California limits use of plastic straws in restaurants

On Thursday, Sept. 20, Governor Jerry Brown signed a bill to reduce ocean waste and limit the use of plastic straws in California. Formally known as Assembly Bill 1884, full service restaurants will be limited to giving out single-use plastic straws only upon request of customers; fast-food restaurants are exempted. Restaurants that violate the law could become liable to be fined \$25 per day and up to \$300 annually. In his signing message, Governor Brown mentioned how plastic waste endangers marine life and that "plastics in all forms— straws, bottles, packaging, bags, etc.— are choking our planet." The new law will go into effect on Jan. 1,

## News Briefs

### NSU celebrates Hispanic Heritage Month

This year, Hispanic Heritage Month takes place from Sept. 15 – Oct. 15. NSU plans on celebrating by having Hispanic dining options every Friday at Shark Dining during this month. The Fischler College of Education will host a Hispanic Movie Day and Cultural Sharing on Sept. 25 in the Cotilla Gallery. On Sept. 26, 7 to 8 p.m. in the Cotilla Gallery, Circle of Friends and The Florida Humanities Council is sponsoring a "Vice of Miami during the 80's" presentation by well-known author, Pedro Medina Leon. Students are encouraged to visit <https://www.nova.edu/hispanicheritage/events.html> to view all the special events NSU has planned for the month.

### Alvin Sherman Library hosts All Write 2018 Writing Workshop

On Oct. 6, NSU's Alvin Sherman Library and the Mystery Writers of America, Florida Chapter will host a free workshop open to all ages, experience and writing genres to learn the fine points of creating saleable fiction. It will cover self-editing, point of view, dialogue and narrative and short story workshops presented by professional authors. This will take place 10 a.m. to 4 p.m. on the second floor in room 2053 in the Alvin Sherman Library. Seats are limited but spots can be reserved at [lib.nova.edu/authors](http://lib.nova.edu/authors) or by calling 954-262-5477.

### NSU's Native Narrows Wildflower Garden Receives an Award

The Native Narrows Wildflower Garden on the north side of the Alvin Sherman library quad, received the Broward County's NatureScape Emerald Award. This award recognizes those who have created and maintained model Florida-friendly landscapes or completed exceptional projects. This was given for the use of 100 percent Florida native plants and the student involvement to maintain the garden and remove exotic species. This garden is guided by faculty member Paul Arena and the Nature Club. Students are welcome to visit this garden to explore the native species of Florida and admire its natural beauty.

### NSU selects Rachel Fineberg as Assistant A D for Academic Services and Student-Athlete Support

On Sept. 17, Rachel Fineberg has been selected as the assistant athletic director for academic services and student-athlete support. She brings a decade of experience in student-athlete and academic support. She has spent the past three years at FAU as director of operations and player development for the men's basketball program. Fineberg is an active member of The National Association of Academic and Student-Athlete Development Professionals (N4A) and Women Leaders in College Sports (WLCS).

# The Current

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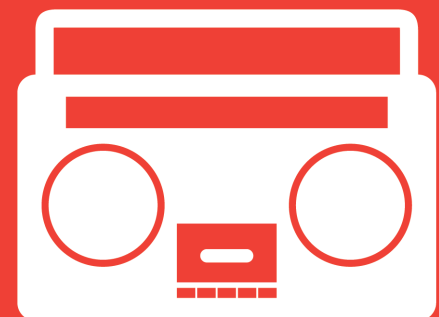
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## Promote the Vote: Voter Registration

By: **Emma Heineman**  
Features Editor

The Green Sharks Student Sustainability Club is holding weekly registration events every Monday from 12 to 1 p.m. in the UC Spine. Students can stop by their table to fill out the Florida voter registration form, apply for mail in ballots, or check their voter status if they are unsure. The table is run by volunteers from the club who want to make an impact on campus by registering NSU students to vote. The general election isn't until November which means the deadline to register is Oct. 9. Stop by the table to register any Monday from now until Oct. 8.

Young people historically have the lowest voter turnout of any age group in the United States. According to recent polls, only 50% of young voters (age 18-24) cast votes in the 2016 presidential election, and even less come out to vote on non-presidential years. With midterm elections just around the corner, these alarming small numbers bring to light an interesting problem—college aged people don't vote.

The reasons for this inactivity stems from many issues and misconceptions that young people have with the process. Many voters are discouraged to vote due to strict voter registration restrictions which vary from state to state. Here in Florida, you must be registered 29 days before the date of the election, meaning that failure to register in advance bars you from participating in the coming election. Luckily, as students on a college campus, we have access to a variety of resources which take the headache out of voting.

Class schedules, jobs, and prior commitments often create too much of a hassle for many young people to go to a voting booth which are only open specific hours in election day and mean waiting for long periods of time in line. By planning in advance and requesting a mail in ballot students can avoid this hassle and receive the ballot right to their address. The ballots with a pre-stamped return envelopes

and people voting can sit down at home and fill out their ballot to put it in the mail. There are no lines and it makes it very easy to reach their candidates and all the laws that are up for vote.

"It's a really convenient way to [vote] because you don't have to show up in person to the polling place. They just received your ballot in the mail and it goes into the count," said Jeffrey Hoch, associate professor in the Halmos College of Natural Sciences and Oceanography.

NSU will also be an early voting site from Oct. 22 to Nov. 4. That's all the more reason to get registered, because it will be so easy to vote.

Another obstacle of the voting process is a lack of civic education. If students don't know enough about the issues, they don't vote. However, this issue can easily be overcome by the easy access to voting guides from various sources. The League of Conservation Voters puts out a voter guide and the League of Women's Voters puts out a voters guide as well. These

can be found online and provide voters with a brief synopsis of current issues, candidates and laws in order to help them to make informed decisions come November. By being aware of of the issues at play, students can better make informed decisions that affect their lives.

"College students don't see the government as working for them and so they don't think that their vote is going to make a difference," said Hoch. "Things like students loans are exploding because politicians aren't interested in stepping in because college students aren't voting for the politicians that would."

Students are the most underrepresented age group in the political scheme— if they did decide to vote, their vote could change the entire focus of politics. So step up and commit to making a positive change by registering to vote.

## Gear Up: Fighting Fake News with the Alvin Sherman Library

By: **Madelyn Rinka**  
Co-Editor-in-Chief

NSU's Alvin Sherman Library will host "An In-Depth Look at 'Fake News,'" as a part of their Gear Up academic workshop series. The event will take place on Thursday, Sept. 27, in the Faculty Study, Room 236, of the Shepard Broad College of Law building from 11 a.m. to 12:30 p.m..

Speakers at the event include Dean Jon Garon of the Shepard Broad College of Law, Dr. Janine Morris of the College of Arts, Humanities and Social Sciences, Department of Writing and

Communication as well as a representative from Access World News.

Part of the workshop will highlight the Alvin Sherman Library's resources students and the public can utilize to help identify fake news in their research.

"There is a lot of misinformation, and with the way that news is so readily available, it's on us, as readers, to be able to read critically and to be able to identify what is accurate and inaccurate, so it's great that the library already

has all of these databases that we are able to access and use," said Morris. "But I think more than that, it's important that we are aware of how to read and process information so that we know how to judge it based on its accuracy."

Senta Sellers, arts and humanities subject liaison, encourages everyone to come, regardless of their fields. "I think it's a relevant topic to everyone, it's kind of why we picked it, because it's so timely," explained Sellers.

Students, faculty, staff and the public are

welcome to attend the event.

Lunch will be provided at the event. Interested persons can RSVP through [sherman.library.nova.edu/sites/spotlight/event/an-in-depth-look-at-fake-news/](http://sherman.library.nova.edu/sites/spotlight/event/an-in-depth-look-at-fake-news/), or register to attend the online session at [attendee.gototraining.com/t/434628543473287682](http://attendee.gototraining.com/t/434628543473287682). Be sure to keep an eye out for October's Gear Up session about data visualization as well.

## NSU's Digressions now accepting rolling submissions

By: **Madelyn Rinka**  
Co-Editor-in-Chief

Digressions, NSU's literary magazine sponsored by the College of Arts, Humanities and Social Sciences, has begun accepting rolling admissions throughout the fall semester. The journal's reviewers will review original artwork, photos, short stories, poems and creative essays as they are submitted until Nov. 21. Students who submit their pieces before the deadline will have the opportunity to receive feedback and re-submit one time.

"We wanted to give students the opportunity to re-submit their work at least once," explained Jenna Kopec, associate editor. "Because sometimes a reviewer will say something like 'this was really good and if this was different

maybe we would accept it' and we want to give students the opportunity to grow their piece and resubmit."

Students of any major and background, including graduate students, are encouraged to submit their works. Last year's edition included pieces from authors and artists from over a dozen majors.

"You don't have to be a creative major of any sort to submit to or be on the staff of Digressions. It is open to everybody. This journal should be a reflection of the creative minds of all our students, so the more variety there is going into it, the better," said Logan Stewart, Digressions' director.

"Historically speaking, Digressions has been a presence here at NSU that has fostered artistic and literary production in students interested in both the arts and humanities, regardless of degree or discipline," said Visiting Assistant Professor Mario D'Agostino, the journal's newest faculty advisor, along with dr. Molly Scanlon, associate professor. "The forthcoming changes to our journal were conceptualized with this very purpose in mind. We are so excited for what the future holds for the journal," D'Agostino said.

Stewart believes this change to rolling submissions gives students the opportunity to foster more creative growth within themselves

and their art.

"We want Digressions to be something that every student on campus is aware exists, and an opportunity for involvement that creative sharks can take advantage of. With every change we make this year, we want Digressions to grow. We want the submissions process to be more rewarding for students, and we want all the behind-the-scenes action to be more efficient for the staff."

Students can submit their original pieces at [nsuworks.nova.edu/digressions/](http://nsuworks.nova.edu/digressions/) and keep up with Digressions by following them on social media using @nsudigressions across Facebook, Twitter, and Instagram.

## Treat the Person, Treat the Stigma: Suicide and Mental Health Awareness at NSU

By: **Alexander Martinic**  
Section Editor

Sunday, Oct. 7 starts Mental Illness Awareness Week. Roughly one in five people in the United States are affected by mental illness, because of this, the National Alliance on Mental Illness (NAMI) is promoting this year's Mental Illness Awareness Week with the theme of "CureStigma." Stigmatization of mental illness furthers shaming, fear and avoidance of mental illness. These reactions to mental illness often lead to preventing individuals from seeking help and treatment. A 2004 study conducted by Patrick Corrigan at the University of Chicago, found that only approximately 30% of individuals with mental illnesses actively seek treatment.

Suicide accounts for roughly 45,000 deaths per year in the United States alone and has wide-reaching effects across various ages, races and genders. Suicide and suicidal ideation are often found as a result of various mental

illnesses, mainly of depression. There may also be warning signs exhibited in an individual who is contemplating committing suicide. The most common warning signs- according to Dr. Scott Poland, professor in the College of Psychology and the Co-director of the Suicide and Violence Prevention (SVP) Office- are "statements about suicide, death and dying", "giving away prized possessions", "dramatic changes in behavior" and "making out a will".

"For example, if someone is not [a person] who spends a lot of money maybe going on a shopping spree or giving away very personal belongings like giving away anything that has a lot of meaning to them are warning signs. In schools, if someone typically gets good grades, and [then] their grades are dropping that would be another drastic change in behavior," said Dr. Stefany Marcus from NSU's Suicide and Violence Prevention Office about possible

warning signs of individuals who may attempt suicide.

In addition, Lambda Theta Alpha, Latin Sorority, Inc. will host the "Out of the Darkness" walk on Nov. 11. This annual tradition started in 2009 as a way to spread awareness of suicide on campus. Last year, butterflies, a symbol of those who lost their lives to suicide, were released after the walk took place.

The 24-hour National Crisis Helpline can be reached at 1-800-273-TALK or 1-800-Suicide. The National Crisis Text line can be reached by texting HOME to 741741. All Nova students are also offered counseling sessions with Henderson Student Counseling Services. The Henderson group offers individual, group and couples counseling, as well as psychiatric evaluations. Students may participate in 10 sessions per year at no charge. However, students who go for psychiatric evaluations are charged a small fee

and they accept the school insurance. To make an appointment call 954-424-6911, they also take walk-in appointments. The Henderson group is located at the University Park Plaza 33440 S. University Drive, Davie, FL 33328. The NSU Psychological Services Center Clinic also offers counseling to students who are experiencing mental or emotional health problems and can be found in the Maltz Psychology building. "Fun fact. If you tell Siri that you want to kill yourself or if you tell google they will actually send you to the suicide prevention hotline. Siri will connect you if you do not answer. I think that [these services] speak to the generation that we're in. Ask for help, even if it's Siri, that is the message that needs to get across. It is okay to ask for help, and it is okay to not be okay," said Dr. Stefany Marcus.



## Pizza Craft

By: **Kelsey Bruce**  
Arts & Entertainment Editor

Most of the time, I try to be healthy. I eat what I know is good for me — carrots, kale, quinoa. But sometimes, the stresses of college climbs onto my shoulders, knocks away my nutritional awareness, and screams one word in my ear: “carbs!” If you are feeling the same way— whether it be because of a breakup, a bad grade on a midterm or a brazen regard toward life— a visit to Pizza Craft Artisan Pizzeria is bound to ease your qualms while satiating your stomach.

Although Pizza Craft is about a 20 minute drive from campus, planning your trip on a Wednesday will save you all the money you spend on gas and more: all pizza pies and pastas are \$10, and if you are of age, all bottles of wine are half off. Last semester, a friend and I took advantage of this deal countless times.

Our regular order was a white pie called the Bianca, and much like the name indicates, it’s a pizza topped with white cheeses, mozzarella, taleggio D.O.P., ricotta and pecorino. It already comes with fried sage and garlic confit, but as a true garlic fiend, I am always willing to spend an extra dollar to have my pizza loaded with extra, slow-roasted garlic. Sometimes, I brought along more than one friend, and we tried new but still delicious pies like the Spicy Soppresata with



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Grab a slice at this charming little pizzeria off the beaten path.

long hot peppers and torn basil or the Forager with truffle cream, truffle tremor, and wild exotic mushrooms.

After an exhausting struggle with friendship and physics this week, I decided on carb therapy at Pizza Craft. Afterall, the strong smell of garlic tends to distract from any secondary disorder in one’s life. I brought along my friend, Sarah, who had never been



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Make it your way- our a&e editor loves adding extra garlic on your pizza.

before and requested a table outside. Located on Southwest Second Street in downtown Fort Lauderdale, the outdoor tables offer a comfortable ambience complete with well-dressed strangers and friendly dogs. We tried to order freshly-squeezed lemonade but were told the restaurant was out for the day. Still, our server kept us hydrated with filtered water that she poured from a classy glass bottle. Between

tilting our heads back to look at the blush hues streaking the sky, we sipped and talked about the Rainbow Kitten Surprise concert we were going to see after, our mutual financial irresponsibility and how excited we were for our pizza to be ready. We had ordered my regular Bianca sans extra garlic, and when it arrived we happily burned the roofs of our mouths scarfing it down. I was far too focused on eating to note how long it took, but we did finish our entire pizza before the table next to us who had received their own pie several minutes before. We did not stop there. Since we did not spend money on the lemonade earlier, we diverted our funds to cannolis, Sarah ordering the nutella version and I the original. We swapped plates several times, sampling the different flavor combinations, and our sophisticated taste buds reached the same conclusion— cannolis are delicious.

After we cleaned off our plates, we were able to head over to our concert venue only one block over with satisfied bellies and the knowledge that our great night would only get better. Physics and friendship troubles forgotten, I let go of my worries with pizza, music and the reassurance that life provides comfort if you are willing to seek it.



## Career Corner



### The Six Pillars to Professional School

By: **Fransheska Pacheco**  
Career Development

Many students on a pre health track, visit the Career Development Office to look for internship opportunities. Internships offer students hands-on opportunities to work in their desired field. However, in health professions finding an internship is uncommon unless it is incorporated as part of the curriculum because of student liability issues.

Our office has developed the Six Pillars which represent six core areas pre-health students can develop in, to prepare for professional school. The Following six pillars will allow you to stand out amongst other candidates when applying to professional programs such as Medical School.

#### Pillar 1: Academic success

Pillar one is Academic success. Each program has a set standard for required GPA and test scores, academic success shows a students’ ability to handle challenges. In your first year you are going to want to build a relationship with your academic advisor to plan out what the next four years will look like. You will also want to make an appointment with a Career Advisor to learn about opportunities on and off campus in which you can put your classroom knowledge into practical application. Throughout the year you should touch base with both offices to make sure you are on track. Finally, it is important

to research the entrance requirements for your program. Maintain a high grade point average and study in advance for the entrance exams. You can research exactly what is required from each school by using Student Doctor Network, an online forum where students share details about professional school interviews, tips, and additional resources.

#### Pillar 2: Confirming your Passion

Pillar two is confirming your passion. Being able to confirm your passion is important because it will allow you to better articulate your motivation for the field or career choice and if you are a right fit. There are multiple ways in which you can confirm your passion such as shadowing or volunteering at a local hospital. The benefit of volunteering is they offer you a flexible schedule. You can also participate in the Clinical Exploration Program which puts you in a clinical setting of your interest whether it is Dentistry, Sports Medicine or Internal Medicine etc. Confirming your passion early on is important because it will keep you determined throughout your studies and allow you to gain insight about what you like most about the profession.

#### Pillar 3: Research

Pillar three is research. Research is valued

because it provides you with an avenue to immerse yourself within the knowledge base in healthcare while enhancing your critical thinking skills as well as creating a lasting influence on future goals. Research also shows a students’ commitment to continue to expand their knowledge on various topics. Considering healthcare is ever changing and direct clinical experience may not occur until professional school; research is a key selling point to your ability to stay on top of trends and knowledge necessary in the healthcare field.

#### Pillar 4: Leadership

Pillar four is leadership. Leadership is important because healthcare professionals are leaders in their industry. Taking on a leadership role will allow you to develop strong characteristics that are needed to succeed in health professions such as motivation, the ability to delegate tasks to others, creativity and communications skills. Note, you do not have to have a leadership position in an organization in order to gain these skills.

#### Pillar 5: Transferable Skills

Pillar five is developing transferable skills. Transferable skills are skills like leadership, time management and problem solving that are developed in a previous setting and can be

applied anywhere. For example, as a doctor you need to be a problem solver with your patients, similarly although done in a different setting, if you were a resident assistant on campus you probably utilized your problem solving skill which prove valuable when entering healthcare settings. As a health professional, the transferable skills you can acquire outside of a clinical setting will allow you to make your patients feel comfortable.

#### Pillar 6: Community Involvement

Finally, pillar six is community involvement. Entering the health care field means joining an industry that is focused on serving others, being involved in community initiatives showcases how your values align with that of the industry.

#### Pillars overview

The admission committee members value students who not only have done an internship, but have also taken on challenging courses and went the extra mile to make time for a summer research opportunity or completed a mission trip. Gaining experiences and developing skills from each pillar will prepare you for your next steps.

## Convenience at your fingertips: Apps that deliver

By: **Gaby Holmes**  
Contributing Writer

Online food-delivery platforms are expanding and becoming more and more convenient. They allow customers to order from a wide array of restaurants with a single tap of their mobile phone— from your couch, your bed or anywhere you desire. It is not just food related. There are also clothes shopping apps.

### Grubhub

Grubhub is one of the biggest delivery apps out there. Grubhub offers delivery from restaurants like Burger King, KFC, PF Chang's, Hibachi Grill and more. According to their website, Grubhub is a free app; however, if you opt for delivery, the restaurant charges you a delivery fee. In that case, the fee is set by the restaurant or the delivery service the restaurant utilizes and would apply even if you placed your order by phone. Grubhub also emails you a receipt and sends you a confirmation text after you place your order.

### Postmates

Postmates offers a wide variety of restaurants near your area. Their delivery fee ranges from \$1.99–\$3.99, but only for their

“Partner Merchants” which are the restaurants with a green check by their name. All other merchants’ delivery fee ranges from \$5.99–\$9.99. In addition, depending on the restaurant you order from, Postmates will charge a small cart fee. A small cart fee of \$1.99 for Postmates is charged when your order does not reach twelve dollars. According to the Postmates help site, one way to avoid this fee is by signing up for Postmates Unlimited. Postmates Unlimited is their subscription service which costs \$9.99 a month or \$95.88 per year. You can also get free delivery on orders over \$20. Postmates also delivers groceries.

### Instacart

Delivery platforms do not only deliver food from restaurants; they also deliver groceries. Instacart is an online and mobile app that shops for your groceries and delivers them to you. They include shops such as CVS, Publix, Costco, Petco, BJ's, Whole Foods and Milam's Markets. The delivery fee depends on the size of your order and the time it takes to deliver. In addition, at times of high demand hours, a busy pricing fee may be charged to your delivery fee. If your

order is late, and you paid for busy pricing, then you will get a refund. Instacart Express is a way to avoid a delivery fee. Instacart Express is a subscription service that costs \$149 a year and offers you free delivery on orders exceeding \$35. However, there is still a service fee. Also, depending on the area they are delivering to, a sales tax may be applied.

### Amazon Prime

Amazon Prime Pantry will also delivery groceries. This service is for Prime members in select regions. Prime members can pay an additional monthly Prime Pantry membership fee to receive free shipping on all orders of \$40 or more. If not, they can pay a flat \$7.99 shipping fee for each order placed. The quantity of items in the order or the number of boxes does not affect the flat \$7.99 fee per order. Since Amazon bought Whole Foods last August, you can also order your groceries from Whole Foods through the Amazon app. If you already have an Amazon Fresh account, there is no need to sign up for a Prime Pantry membership. Unlike Instacart, Amazon does not deliver that day. Orders may take 1-4 business days to arrive during which

deliveries are only made in the hours between 8:00 a.m. and 10:00 p.m..

### Dote Shopping

The delivery market has expanded to clothing as well. Dote Shopping is an app where you can shop hundreds of stores all in one place. Instead of creating multiple accounts, you create one account on Dote and shop from multiple retailers. They have over 103 stores including Revolve, Forever 21, ASOS, American Eagle, Sephora, Brandy Melville, and more. Return policies and prices are exactly the same as the information found on the retailer website. A bonus is that the payment is not immediately collected. Dote does not take money until the package is shipped from the store. Dote also allows you to save clothes for when they go on sale, and you can follow your friends or social media stars on Dote to see what they brought on their Dote page.

## Let's talk about sex

By: **Jenna Kopec**  
Contributing Writer

Romantic relationships in college, whether they be serious or casual, can be fun.

Whether you're looking for the one or a one night stand, you need to understand that when it comes to sex, you're always going to need to have consent.

### What exactly is consent?

NSU's Title IX website and sexual misconduct policy says the following about consent:

“Informed, voluntary and mutual agreement to engage in a sexual activity. Consent must be sought by the initiator of each act and can be withdrawn at any time. There is no consent when there is force, expressed or implied, or when coercion, intimidation, threats, or duress is used. Whether a person has taken

advantage of a position of influence over another person may be a factor in determining consent. Silence or absence of resistance does not imply consent. Past consent to sexual activity with another person does not imply ongoing future consent with that person or consent to that same sexual activity with another person.

If a person is mentally or physically incapacitated or impaired so that such person cannot understand the fact, nature or extent of the sexual situation, there is no consent; this includes impairment or incapacitation due to alcohol or drug consumption that meets this standard, being asleep or unconscious, or being under the legal age to give consent.”

Basically, consent is permission to have sex without anyone having to force or persuade you to do it. It might sound simple — or not —

but consent entails a lot. According to Desmond Daniels, deputy Title IX coordinator, the basic thing you need to understand about consent is respect.

“Consent isn't just a simple definition, it can be pretty complex,” said Daniels. “What we like to do when we talk about consent is talk about respect. If I'm creating forced coercion or participation, then I don't respect my partner enough and that's a concern.”

### How do you get consent

You can receive consent by asking for it, but sometimes that is easier said than done. As Laura Bennett, Title IX Coordinator, explained:

“We live in a society that already really doesn't teach people how to talk about sex in healthy and appropriate ways and so now

we suddenly have lots of students who are living in the same area and school, trying to navigate relationships to have those kinds of conversations.”

In other words, talking about sex makes a lot of people uncomfortable which leads a lot of people to avoid the topic as much as is possible, or altogether. For that reason, it's important to understand that consent and communication is a healthy part of sexual relationships.

Communicate with your partners about what you like, what you don't, what you're comfortable with and what you're not. That way both partners are safe, valued and respected in the relationship. If you're old enough to have sex, you're old enough to talk about it.

## The stories of NSU's namesakes

By: **Krysyann Edler**  
Contributing Writer

The Fort Lauderdale campus of NSU is marked by the luminaries of the community. These individuals are now memorialized through the named buildings and facilities on campus. Their legacies will last for generations. Few students are aware of the lives behind the names that adorn the buildings. Read on to learn about a few of the individuals that have contributed to Nova Southeastern University's history and success.

### A.D. Griffin, Sr. of AD Griffin Sports Complex

A.D. Griffin dedicated his life to serving his hometown of Davie, FL. The World War II army staff sergeant co-founded the Griffin Brothers Co. landscaping company. Griffin was involved in several community organizations and served as a member of the Davie Chamber of Commerce, American Legion, and Broward Drainage Board. Today, the NSU softball team calls the AD Griffin Sports Complex home. In the spring of 2018, renovations included new dugouts, backstop and scoreboard. The recently renovated facility was named in honor of the civic leader who passed away in 2013.



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NSU has a lot of buildings named after important people- here are a few of their stories.

### Carl DeSantis of the Carl DeSantis Building

In 1976, Carl DeSantis founded the nutritional supplement company, Rexall Sundown Inc. In 2000, the company sold for \$1.8 billion. His experience in the retail drug store industry spans over 18 years and includes time with Super-X Drug Stores and Walgreens. DeSantis is now the proud owner of the Gulfstream Hotel in Lake Worth, Fla., a

95-year-old hotel on the National Register of Historic Buildings. Today the Carl DeSantis building houses the H. Wayne Huizenga College of Business and Entrepreneurship, the Terry Stiles School of Real Estate Development, the College of Engineering and Computing, and the H. Wayne Huizenga Sales Institute. The Einstein Bros. Bagels is also located on the first floor and is a student favorite.

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## South Florida Tourist Spots for Non-Tourists

By: **Farhan Shaban**  
IT and Social Media Manager

South Florida has a lot of things to do, especially in the Miami-Dade Area. Students can enjoy the phenomenal museums at Museum Park. Take a stroll down the most southern point of Miami Beach to enjoy the best scenic view of the Atlantic Ocean. Get a thrill by the Miami River and enjoy some of Miami's local restaurants and live music. All adventures start here in South Florida, so why not take the time and appreciate it.

### Phillip and Patricia Frost Museum of Science

1101 Biscayne Blvd.  
Miami, FL 33132

Mon. - Sun.: 9:30 a.m. - 6 p.m.  
Fri. Lazer Shows: 7 p.m. - 12 a.m.

Explore, learn and create at the Phillip and Patricia Frost Museum of Science. Located in Downtown Miami's Museum Park, the Frost Museum is separated into four buildings: the Frost Planetarium, the Aquarium and the North and West Wings. This six story abstract structure is filled with interactive showcases that will fill any day with fun, but the museum makes two Fridays of the month extra-entertaining with a laser show. Under Frost Planetarium's 67-foot dome, you can rock out to Daft Punk or go crazy hearing the Stranger Things soundtrack as beaming light visuals coincide with the beat.

Student Tickets are \$26 with a valid student ID for access to the museum and planetarium show. Laser Fridays are \$10 a ticket. Parking is available onsite at \$8 for the first hour and \$4 per additional hour. Additionally, Eleventh

Street Metromover Station (127 NE 11th St. Parking) offers more affordable parking only one stop away from Museum Park. Be sure to visit [www.frostscience.org](http://www.frostscience.org) for more information about exhibits and events.

### Pérez Art Museum Miami

1103 Biscayne Blvd.  
Miami, FL 33132

Sun. - Tue. 10:30 a.m. - 6 p.m.  
Thu. - Sat.: 10:30 a.m. - 6 p.m.

Off the waters of Biscayne Bay lies the modern and contemporary Pérez Art Museum. Although an entry fee is required for interior artwork displays, the outside area surrounding the museum offers plenty of free amenities and gorgeous views for those who wish to spend less. Some of these accommodations include miniature gardens, interactive art, and paved walkways with stunning sights of the ocean. Dining is available at a small café overlooking the water.

Visitors can explore the museum for \$12 with a student ID. Pérez is also located at Museum Park, so parking is available onsite or at the Eleventh Street Metromover Station. The museum also offers free admission every first Thursday of the month. Be sure to visit [www.pamm.org](http://www.pamm.org) for more information about exhibits and events.



The front entrance of the wharf. Perfect for an Instagram moment.

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### South Pointe Park

1 Washington Ave.

Miami Beach, FL 33139

24 hours a day, 7 days a week

Watch the ships go by or simply take a walk by the water to enjoy the serenity of Government Cut, the stunning turquoise man-made channel lining the coast. Located at the most southern tip of South Beach, South Pointe Park is the perfect hot spot to see the sunset, do some yoga, lie on the beach, and much more. The park features famous steak house Smith & Wollensky, which serves prime steaks that are hand-butchered and dry-aged on site. The design and greenery of South Pointe provides an escape from all the craziness of the Magic City. Parking is available on site for \$4 an hour.

### The Wharf Miami

114 SW North River Dr.

Miami, FL 33130

Thu. - Sat.: 12 p.m. - 2 a.m.

Sun.: 12 p.m. - 12 a.m.

Come enjoy indulging in the local, dynamic eateries that this venue has to offer. The Wharf is an open space free to the public that features eight vendors and a bar. With rotating chefs and fresh seafood, it aims to present the local culinary arts and cultural scene that Miami has to offer. Its genuine, hip atmosphere ensures the area is an invitation for patrons to sit back, relax, and taste the world around them. Be sure to visit [www.wharfmiami.com](http://www.wharfmiami.com) for more information about the vendors and events held.

## "First Words" EP by Tongue Tied

By: **J. L. Glasthal**  
Contributing Writer

2018 has been an interesting year in music. From the explosive pop scene, with artists ripping each other apart for the top spot on the charts, to great artists falling into the hands of gun violence, substance abuse and unsuccessful album releases. As listeners, we hold onto the edge of our seats waiting to see what happens next. However, amidst the chaos, an occasional gem rises above the music industry's superficiality and releases a strong project. That is what alternative-rock band Tongue Tied has become.

Hailing from South Miami, Florida, Tongue Tied released their first EP this year called "First Words EP". "First Words EP" is a four-track project laced with powerful vocals, electrifying guitar solos, melodic bass and hard-hitting drums. The band comprises of eccentric individuals who formed into one collective in 2016: lead vocalist Alex Alfonso, guitarist Danny Collazo, bassist Molly Fox and drummer Erick Carcamo.

The EP's lyrics are impactful and evoke not only pathos, but a sense of relatability. "Keeping

Up With You," speaks from the perspective of someone who has been hurt by love. In contrast, "Returning Alive" has an uplifting atmosphere, depicting one's struggle to rise back from ashes. The choruses of each song on this EP are not only rich in style—they are unforgettable.

Moreover, the instrumentation behind the lyrics bring the songs to life. Tongue Tied is no stranger to rhythm: the drums on songs "Possibilities" and "Jokester" are both dynamic and robust while the bass builds a vigorous foundation throughout the duration of the EP.

As for guitar, the ferocity Collazo puts into each solo is reminiscent of the best in its genre.

Tongue Tied continues to create powerful music and to play shows all over Miami and Broward county. They also released a cover of Korean R&B single "Half Moon" by DEAN in July. This first EP is only a taste of Tongue Tied's potential, and they will doubtlessly continue to prove themselves. See them break through with other local musicians Foolish Habits, Nico Raimont and Jodye Colliaye Sept. 29 at Undergrounds Coffeehaus.

## How to celebrate fall where it is summer year round

By: **Flor Ana Mireles**  
Contributing Writer

Living in South Florida, it seems that we are in a never-ending hot summer. Given that, we do not get to truly experience the other seasons nature offers. We do not experience fall's adventure of seeing leaves change color, picking apples and feeling air that's not too hot or too cold. Still, this does not mean you cannot invest into the Fall spirit. South Florida offers quite a few ways to celebrate autumn:

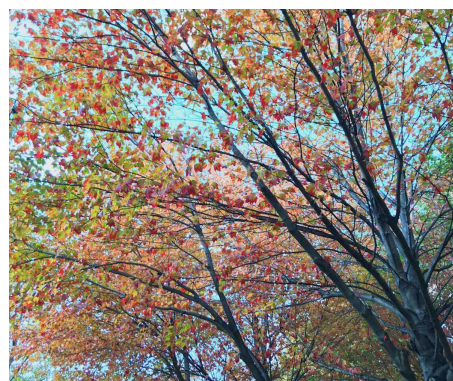
### Festivals & Events

September 22 marks Fall's commencement, and though we do not experience climate differences, you can attend celebrate with festivals and events. Flamingo Gardens hosts the Fall Harvest Festival every weekend in October with themed events each day. The festival is from 9:30 a.m. to 4 p.m. and features free hayrides, contests, bounce houses, games, crafts, music, food, and even a pumpkin patch. Concerning pumpkin patches, South Florida provides more than one. Batten's Farmers Market in Davie supplies not only naturally grown produce and pumpkin patches but hosts a fall festival and a petting zoo September through October.

Additionally, the Coconut Grove Pumpkin Patch Festival occurs October 13-14, where you can find a Pumpkin Food Court and a Pumpkin Beer Garden for \$20 general admission.

### Foods to Eat

When thinking of Fall foods, two common ingredients spring to mind: apples and pumpkins. Thus, many companies release autumnal sweets and treats that might make you believe it is all with one bite despite the South Florida heat. One celebrated and well-loved fall flavor is pumpkin, so pumpkin-flavored foods are everywhere. Pop Tarts has released a 'Pumpkin Pie' flavor, Dairy Queen a 'Pumpkin Pie Blizzard', WholeFoods came out with 'Pumpkin Pie Cheesecake Sandwich Cremes' and Ben & Jerry's 'Pumpkin Cheesecake' ice cream. On the same tangent, we see Pumpkin Spice Lattes at Starbucks, Pumpkin Spice Cheerios, Pumpkin Spice energy bars from RXBAR and even Limited Edition Pumpkin Spice Milk Chocolate Truffles from Lindt Lindor. Other foods contain another common fall ingredient: apples. Two common apple treats are caramel apples and apple cider,



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The leaves may change colors in the North but there are plenty of changes in South Florida.

but companies are getting creative with how they incorporate apples into the mix: Hershey released Caramel-Filled Milk Chocolate Apples, Talenti now has Caramel Apple Pie Gelato, Hot Tamales came out with Cinnamon Apple Candies and Werther's Originals put Caramel Apple Soft Caramels on the market.

### Ways to Celebrate at Home

There is nothing better than coming home

from a long warm day to a cozy, fall-inspired space. The easiest place to start maybe with candles. Bath & Body Works has released an entire line of fall-scented candles including fragrances like Sweet Cinnamon Pumpkin, Autumn, Marshmallow Fireside, Pumpkin Pecan Waffles, Leaves, Pumpkin Apple, and much more. Another way to bring fall in your home is with decorations. Target has already started getting into the autumn spirit with decorative pumpkins --both plush and ceramic -- along with pumpkin LED string lights, wreaths, and even more fall-scented candles. The season also calls for the start of holiday films like "Hocus Pocus", "Addams Family Values", "Dead Poets Society", "Good Will Hunting" and all the Harry Potter movies.

Of the four seasons, autumn represents the preservation of life and preparation for winter. It is celebrated with pumpkins, flannels, apples, colorful leaves and coziness. Despite not experiencing 'sweater weather' and other fall adventures, sunny South Florida still furnishes many ways to get into the fall spirit.

## OFF SHORE CALENDAR

**Full Moon Kayak Tour**  
September 25 | 7 p.m.  
@Oakland Park

**Christina Aguilera: The Liberation Tour**  
September 25 | 8 p.m.  
@Seminole Hard Rock Hotel & Casino

**The Australian Pink Floyd Show**  
September 26 | 8 p.m.  
@Seminole Hard Rock Hotel & Casino

**Thrice**  
September 27th | 6:30 p.m.  
@Revolution Live

**Port Chicago 50**  
September 28 - 29 | 3 p.m.  
@Dillard Center For The Arts Theater

**FATVillage ArtWalk**  
September 29th | 7 p.m.  
@FATVillage

**Andy Grammer**  
September 30 | 7:00 p.m.  
@Revolution Live

## Hidden gems on campus

By: **Kelsey Bruce**  
Arts & Entertainment Editor

Sometimes, the familiar is comforting. After a long day, a homey dorm room or your favorite Starbucks drink might be just what you need to settle in for the night. Still, redundancy is often the “oh no! I forget salt!” of life. Luckily, spicing up life at NSU is plausible with a sense of adventure and the knowledge of a few secret spaces on campus.

### Plant Your Feet in New Soils

For a new source of serenity, let your feet carry you to the campus NSU Native Narrows Wildflower Garden and onto the Healing and Medical Garden beyond maintained by NSU’s Nature Club. Here, you can sit back at the salt stone seating areas that branch off from a trail lined with wildflowers and exotic plants. Search hard enough, and you will find a partially concealed pathway leading to a wooden gazebo decorated in years worth of student graffiti. When you are done feeding your soul handwritten etchings of love, loss, and late night adventures or adding your own verse, you can nourish your soles walking over the Reflexology Pathway, inspired by principles of wellness in Eastern culture.

### Talk to Yourself

Some people love hearing themselves speak, but even if you are a bit meeker than those, you will appreciate NSU’s feat of architectural acoustics — an audiological parallel to Narcissus’s lake. Just outside the Sports Medicine Clinic, bricks spiral around to the center of the pavement leading to a light circle marked with a shark. Stand on his fin and pray to the heavens, and you will hear a voice from the sky: your own! The circle is designed to bounce back any sound captured. You can use it to practice pronunciation for your language class, to hear yourself give a monologue, or on

nights when you just want to hang out with “me, myself, and I.”

### Read Your Sources at the Source

NSU moved its bookstore to campus last semester, and some students do not yet know to take advantage of the nice cement stretch between the Parker Building and the UC. Several tables and chairs lay waiting for students determined to do all of their readings, and luckily, if you forget a pen, a highlighter, or even your mascara, you can walk into the air conditioned building to stock up on school supplies. Going here later in the day or early in the morning to catch the sun rise or set might make your studying a little less stressful.

### Bask in the Sun ft. Iguanas

Sometimes you have to create your own heaven! But palm trees and the Florida sky sure do help. Invest in a hammock or lawn chair and appreciate the beauty of NSU’s lake while jamming to your favorite tunes or meditating. You are bound to have campus critters like iguanas or ducks join you in sunbathing during the day, and at night, all the company you will need is the constellations glowing down on you and perhaps a toad or two.

### Get As High As the Sky

While some might prefer to avoid anything more to do with parking, the NSU Library and Student Parking Garage always has a space on the roof for you to lean over the rail and enjoy our stunning campus. Whether you want to look at the exquisite architecture, ample greenery or pattering people, the top of the garage will feel like the top of the world. You make even want to bring a friend along to enjoy the view or a camera to snap some pictures for your Instagram.



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## STAFF PICKS: CAREER GOALS

By: **The Current Staff**

The Current has spent the past week welcoming some brand new staff members— get to know the names behind the articles a little better by finding out what our career goals are after we graduate from NSU.

### Madelyn Rinka, co-editor-in-chief,

“I’m not exactly sure what I want to do in the future. Right now, I’m a sophomore environmental science major, and I have minors in anthropology and GIS. I’m really interested in natural resources, photography, geology, archaeology, writing and more. I don’t know if I’ll find a way to combine everything, but I’m planning on using up the rest of my time here at NSU to hopefully find out what I want to do for the rest of my life.”

### Christina McLaughlin, co-editor-in-chief,

“My future goals are not fully set in stone. I’m a sophomore environmental science major with minors in international law and writing so there are many venues I’m exploring. I would be interested in writing for National Geographic or another similar science based magazine. But, I do have a strong interest in educating the public about conservation and making changes in policies that can help the environment in the future. I’m not exactly sure where those interests land me in terms of a career path but for now, I’m exploring my options and as long as I can be involved in the environment and promote

change for the better, I’m happy.”

### Mario Lorrimer, business manager,

“My ultimate goal one day is to be a business owner. That is why I am getting my bachelors in business management. I want to spread love and compassion through my business. I believe everyone should be treated fairly. I want to build a business that equally cares for their customers and employees. A company that understands the daily struggles of the average person, while providing an environment of growth and encouragement. It is my dream that one day people can see past hate and work together for a brighter future.”

### Carli Lutz, chief of visual design,

“I really want to be an art teacher and an art professor down the road— preferably focusing on graphic design, which is my major— and illustration. Ever since I was little, I’ve wanted to be a teacher. I’d set up my stuffed animals and teach them lessons about drawing and making crafts. I want to be able to teach art because I looked up to my art teacher in elementary school a lot and I’d love to be like her one day and inspire a whole new generation of young people to make art that means something to them.”

### Alexandra Herlihy, sports editor,

“As a marine biology major, my future career will obviously be related to the ocean.

Since my freshman year of high school, I have always wanted to study sharks. It wasn’t until junior year at a college visit where I found out I wanted to do shark tagging. I want to tag and study Shortfin Mako sharks specifically, with my studies going towards shark conservation and fining prevention. In the long run, I hope to be on Shark Week to help stop the shark finning trade.”

### Emma Heineman, features editor,

“I am currently a freshman political science major here at NSU. I hope to pick up a few minors or even a double major. In the future, I plan on attending law school and pursuing a career in a law related profession; however, I have lots of other interests and plan to use my time here at NSU to explore new and exciting things.”

### Kathleen Crapson, visual design assistant,

“As someone in the creative industry, sometimes people try to stifle you into a box. Your only two options seem to be: get your degree in education so you can be an art teacher, or become a graphic designer because that’s where the money is. So, I did what any sensible artist does, and became a graphic design major. Art history and art administration were also part of my curriculum, and I found myself wanting to make that my career. I am intrigued by the

intersection of creativity, art history and business. After graduating, I want to work in a museum. Most importantly, I want to do something that I love, and manage to make a living out of it.”

### Alexander Martinie, editor,

“For years, I knew that I wanted to go into some graduate programs. For a while I thought that I would choose the law school, but medical and scientific studies are more in line with my interests. I am a freshman biology major, and after undergrad, I plan on going to medical school. After medical school, I will do my residency with a specialization in psychiatry.”

### Kelsey Bruce, arts and entertainment editor,

“Wherever my life ends up, I want helping other people to be part of it. As a communication sciences and disorders major, I intend to become a speech-pathologist, and I will focus my work on providing either transgender patients or developmentally delayed children with voice therapy.”

### Skylar VanDerveer, multimedia manager,

“As a communications major, there are plenty of choices when it comes to jobs. I would love to be able to do crisis management public relations. It seems like it would be something different everyday, which I know I would love. I get bored easily so doing something different everyday would be more than ideal.”



# On The Bench:

## Hall of Famers should receive healthcare

By: **Scott Black**  
Contributing Writer

Roger Goodell, Commissioner of the NFL, received a letter from high-profile Hall of Famers stating that they will not attend their annual induction ceremony until they start receiving health care. Players who sacrifice their bodies throughout their NFL tenure and risk irreparable damage do not receive preventive medical care. It is unthinkable that players who risk concussions and early physical damage are not receiving medical management. The letter to Goodell states: "To build this game, we sacrificed our bodies. In many cases, and despite the fact that we were led to believe otherwise, we sacrificed our minds. We believe we deserve more right to at least deserve health care...the time has come for us to be treated as part of a

fame we have given so much to."

As the momentous annual induction date approaches, the players will continue to boycott and voice their dismay. It is unfathomable to the fans of football who witness players exit the game early because of injury to not have health protection after they retire. They are exploited and put their bodies on the line every week for seven months out of the year. We have witnessed gurneys on the field escorting spinal cord injuries and head on collisions off the field. Football players receiving mild concussions and returning to the very same game. More medical precautions need to be mandated on and off the field. The repercussions are NFL retirees that are in poor physical health.

Retired NFL players, after five years, similarly, do not receive health care. The goal is for all retired NFL players to receive continual health protection. By starting their health care boycott with the Hall of Famers, a trickle-down effect should enable all players to receive a universal wellness program. They put their bodies on the line for the sport of game and are in physical distress after they retire, as life after football has the shortest longevity than any other sport.

"People think we have this great pension. We don't. We don't have health care after five years. It's not right, but this is for all players. And, we have to start with the Hall of Famers to get this off the ground," Eric Dickerson,

Chairman of the Hall of Fame, told ESPN.

As a group, the NFL is struggling with severe health problems. To build this game, the players sacrificed their bodies and their longevity after the game. A plethora of Hall of Famers will continue to voice their consolidating opinion and boycott Hall of Fame ceremonies. The letter sent to the NFL commissioner, Goodell, signed by High-profile players, with the intention to boycott annual ceremonies, is gaining newsworthy traction, and should be retracted — because health care is just a normal thing to have.

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## OUT OF THE SHARKZONE

### US Men's National Soccer Team gets win Against Rivals

On Tuesday, Sept 11, the USA Men's Soccer team played in a friendly match vs. Mexico at Nissan Stadium in Nashville, Tennessee. The two teams' historic rivalry only looked different on the surface, with many of the old players being replaced by younger faces. A few minutes after Mexican forward, Angel Zaldivar, was sent off from a red card, 19-year-old Tyler Adams for the US scored the American's only goal of the night by shooting low and to the left. Over 67 meeting between the two countries, Mexico still leads the series 34-19-15.

### Vontae Davis Retires at Halftime of Bills vs Chargers

At halftime of Sunday's Chargers vs Bills game, the Buffalo Bills veteran cornerback pulled himself out of the game at halftime, put on his travel clothes, and reportedly retired from football. With his team down 28-6, the two-time Pro-Bowler made the bold decision to call it a career.

### Vikings vs. Packers Ends in Odd Tie

After the full game and overtime, the Green Bay Packers and Minnesota Vikings game ended deadlocked in a tie, 29-29. The two NFC North teams will have a monumental rematch later on in week 12 when they play each other again, for what many would see as the deciding game for playoff contention. After last week's tie between the Cleveland Browns and Pittsburgh Steelers, this is the first time since 1973 that there have been two ties in the first two weeks of the regular season.

## ON DECK

### MEN'S SOCCER

@ Florida Tech  
September 26 | 7 pm  
Melbourne, FL

Vs No. 25 Rollins  
September 29 | 6 pm  
NSU Soccer Complex

### WOMEN'S SOCCER

Vs Florida Tech  
September 26 | 7 pm  
NSU Soccer Complex

@ Rollins  
September 29 | 7 pm  
Winter Park, FL

### WOMEN'S VOLLEYBALL

@ Saint Leo  
September 28 | 7 pm  
Saint Leo, FL

@ Florida Southern  
September 29 | 4 pm  
Lakeland, FL

### MEN'S GOLF

@ Griffin Invitational  
September 25 | All Day  
TPC Tampa Bay/Lutz, FL

### WOMEN'S GOLF

@ Jacksonville Classic  
October 1 | All Day  
Marsh Landing Country Club/  
Ponte Verda Beach, FL

# ATHLETE OF THE WEEK:

## Titouan Le Roux

By: **Emma Heineman**  
Features Editor

Titouan Le Roux is a junior Communication and Digital Media Production double major. He played soccer for three years at A.J. Auxerre Academy in France and spent two seasons at the University of California at Santa Barbara, where he earned the Spring 2017 Dean's Honor. He was selected out of 2,000 candidates to enter the I.N.F. Clairefontaine Academy, one of the best soccer institutes in France.

### How did you start playing soccer?

"Well, it was something that I fell in love with when I was a little kid. My dad used to play soccer. He was a goal keeper as well, so he was my first goalkeeper coach. I don't really have an explanation for it, it's just something I was really into right away."

### What interested you about soccer?

"I like the game, especially the position of goalkeeper. You play with your hands and with your feet. People always talk about the forward strikers who score the goal, they don't really look at goalkeepers when they make an important save and help the team to win the game. I was very curious and interested in this position."

### Why did you come to Nova?

"I've always been [pursuing two paths] in life: academics and athletics. I think it's very important to have a good education on your side, because you never know if you are going to get hurt in your career and your career just stops. You have to have something on the side and I don't want to forget about my studies."



Le Roux rolls out a ball during a game.

### How has soccer helped you adjust to being so far from home?

"I left my home when I was 12 years old, so very early. I left because I went to a soccer academy back in France, so I had to be autonomous and mature very early. I had to take care of myself without the help of family or the help of anybody. I would say that soccer made me grow up very fast, compared to ordinary people."

### How would you describe the relationship with your teammates?

"It's going very well. We got along very quickly. We are a lot of foreign guys so it also helps a lot in terms of adaptation because we know what we've been through. A lot of us are Europeans, so we have the same culture in terms of soccer and lifestyle."

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### What is difficult about being a student athlete?

"Obviously the time management, because you have practice everyday, have class, and sometimes, especially when you are in season, you play away so you travel a lot. You have to be able to manage your time very well and very efficiently."

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

"I like to celebrate with my teammates, like we always go to someone's apartment and just talk and enjoy the victory together. I'm not very crazy after a game, I like to recover. I spend time with my teammates and then I go back home and go to sleep."

### Do you have any pre-game rituals?

"I always tie my left shoe before my right

shoe. Right before they kickoff the game, I like to touch both of my posts and maybe say like "the boys aren't going into my net tonight," but usually I just [get ready] and listen to some good music."

### What does your downtime look like?

"I like to hang out with my friends a lot. I live on campus, so I get to hang out with a lot of friends. Besides that, I like to do a lot of graphic design. I'm actually in touch with the media department and I work with them. I am learning how to play guitar [currently]."

### How is playing soccer here different than playing in France?

"I would say that the biggest difference is in terms of tactics and in terms of soccer interlegions. The soccer culture is different here because it's not the main sport in the US, although it's in development. Technically and tactically I think there is way more quality over there, but I realize that the US is really improving. They are very good physically, better I think, than Europeans because they are more prepared. There is the training coach that is here everyday with us to help us get better. A few years ago there was a big difference [between both cultures], but today they are really improving. I think in a few years they can be as good as many teams in Europe."

### What is advice you would give to other student athletes?

"Keep working hard because it always pays off. Never give up. I think that is the most important thing. You've got to stay respectful of everybody that works with you because without them, you wouldn't be there."



## SPORTS SHORTS



### Men's Soccer

The Sharks dominated Flagler 5-0 on Tuesday. The first goal of the night was by Darwin Lom in the 25 minute of the game. This marks the fifth goal for Lom of the season. In the 30 minute Sebastian Loibl landed the second goal of the night assisted by a corner kick by Jan Luca Ahillen and Lom. Later, Titouan Le Roux saved a potential goal from Lynn to keep the Sharks momentum on the offensive. Assisted by Lucas Dessoliers in the 61 minute, Loibl earned his second goal of the night. Loibl showed no signs of slowing down with a hat trick assisted by Aleks Berg, moments later. The final goal of the night was by Curtis Thorn with an impressive first goal as a Shark to give the Sharks a 5-0 lead and the final goal of the match. This marks the sixth straight win for the Sharks and an 18-8-1 all-time series over Flagler.

### Women's Soccer

On Wednesday, the Sharks hold off Embry-Riddle into double overtime for a 1-0 victory. Freshman keeper Natalie Robayna saved five potential goals for the Sharks with no points on the scoreboard entering overtime. In the first overtime Adanna Edwards scored a goal which was nullified due to an offside call by the referee. In the 104 minute of the game, Heikkila shot off in the ball bounce and made a shot which ricocheted off the post before landing into the back of the Eagles net for the first and only goal of the night. In this game Robayna earned a total of nine saves for her second career start. Heikkila is now considered one of the five Sharks with at least three goals for the season.

On Sept. 21, NSU defeated the Florida National University 3-2. In the 20 minute, Hannah Christophe hammered her second goal of the season and the first goal of the night, assisted by Kirsten Russel. Moments later, Dejah Holman led the Sharks to another goal assisted again by Kirsten Russel. The Sharks extended their lead in the 68 minute with a foal in an empty-net by Holan for her second goal of the night. Florida National pushed forward with two goals. The Sharks were on the defensive and won their final non-conference match of the season.

### Women's Volleyball

On Sept. 18, the Sharks fell to Lynn 3-1 in the four set match. The first set was close before Lynn took a six point run for a 10-5 advantage. A kill by Samantha Blasko brought the Sharks 14-10 and later, Maddie Uilk added another kill to put the Sharks 17-15. Lynn outscored the Sharks for the remainder of the set leaving it 20-25. Lynn held the reigns in the second set with a 4-0 lead to start. The Sharks answered back with kills by Denvyr Tyler-Palmer but it still left the score 13-9. Leslie Atherton sparked a 3-0 run to bring the score to a 13-11 lead. The Sharks again narrowed the lead by four but Lynn eventually took the set 25-17. The Sharks fell behind in the third with a 13-6 lead, but NSU exploded with a 7-1 run to catch up 14-13. NSU took advantage with five unanswered points later on to earn a 22-18 lead. An error by Lynn gave NSU the win to advance to the fourth set. Unfortunately, in the fourth set NSU fell behind early with a 12-6 lead by Lynn. Kim Blasko and Tyler-Palmer pushed the Sharks forward with four points but Lynn took over with a 10-2 run for a 22-10 lead over the Sharks. Tyler-Palmer added 14 kills and 19 digs to this match while Atherton added six kills and four blocks.

On Saturday, the Sharks fell to No. 4 Tampa 3-0. Denvyr Tyler-Palmer started off the match with back-to-back kills with three consecutive points for the lead. There were three ties in the set before a 9-8 lead by Tampa. Later on, Gabby Bauch used a kill to push a three point consecutive lead to 19-16. The first set ended with Tampa outscoring the Sharks 6-3 for a final score 25-19. In the second set, the Sharks rallied with a kill by Kim Blasko and blocks by Amanda Pultorak and Maddie Uilk to tie the game 7-7. NSU stayed within two points throughout the set but Tampa took over 20-19 and closed out with a 5-0 run. In the third set, NSU took the lead with a kill by Uilk and five service aces by Megan Burns for a 6-0 lead. At 9-6, Tampa pushed with a 14-2 run for a 20-11 lead. Later, the Sharks put up three consecutive points to make it 20-14 but Tampa eventually took the lead with a 25-17 win.

## It's okay if you aren't completely okay

By: **Nicole Cahill**  
Contributing Writer

Up until my most recent relapse, my mental health routine was much like the reoccurring homework reminder I had set up on my phone. Every night at 6 p.m. the notification reminder would pop up. I would hit "Remind me in one hour," until I could no longer push it off. I would go through the motions, only doing what was absolutely necessary, and push off everything else.

Upon finishing, I'd tap "Mark as completed," and go to sleep. Suddenly, I was three days into the 2018 winter semester when I had to take a serious step back and assess where I was at. I had spent the past month with absolutely no motivation, sleeping 12 hours a day, and was the most miserable I had ever been. I was too ashamed to ask for help because I had been doing so well. I didn't know exactly what to do, but I knew I had to make a change.

Almost 20 percent of adults in the United States will experience a mental illness, according to National Alliance on Mental Illness. Let's make that an easy number to visualize: one in

five of us will be plagued with a mental illness. To go even further, young adults are more likely than any other age group to experience a mental illness, according to NAMI. Although not everyone will deal with a mental illness, we all have a mental health to nurture. A positive mental health is vital for success and until we break down the stigma surrounding it. Many will suffer silently for fear of being perceived as attention-seeking, crazy, or weak. This stigma is no one person's fault. We can all be more mindful when it comes to the way we think and talk about mental health. September is National Suicide Prevention Month. Let's work toward being unashamed to talk about our mental health. It will literally save lives.

Last semester, speaking up saved mine. I hadn't seen my depression coming. It was like a light switch: I was adequately managing and then, without warning, I found it impossible to function. I took some time off to regroup and decided that I needed a higher level of care. This meant medically withdrawing from school

and work and entering a facility that could help me in ways I couldn't help myself. This was, without a doubt, the hardest decision I had ever had to make.

After reaching rock bottom, I am not ashamed of the past eight months. There is no part of me that regrets taking a semester off to ensure that I would be alive for the next one, and many more after that. That decision was the first step forward in my recovery. I have done so much work on myself since then. It was harder than anything I had ever done but, in hindsight, it has been so worth it.

If you're reading this and you can't really comprehend what it's like to fight against your brain every second of the day, please be thankful. Although you may not personally be affected, you can take steps to help those who are. Start by lending a genuinely compassionate ear to a friend in need. You can also think about the words you use every day. Do you throw around diagnoses like they're adjectives? Too often I hear people say "The weather is so bipolar!"

or "I'm so OCD!" Disorders are not passing feelings and should not be thrown around lightly. We also need to take a look at how we talk about suicide. Referencing death by suicide as "committing suicide" is harmful. Someone "commits murder" or "commits sexual assault." Death by suicide is not a crime. Let's all start thinking about mental illnesses the way we think about cancer, diabetes, or any other physical illness. Changing your words and the context you use them in is a step in the right direction toward diminishing stigma.

If I could give my past-self one piece of advice, it would be that you are not alone. I struggled silently for too long because I thought I was the only one feeling the way I did. I am dedicated to speaking up about mental health in order to break down stigma. It's not weak to ask for help. Mental illness is not a personal failure. Asking for help might be the most difficult step, but it's the first and most important step on your road to recovery.

## An open letter about the Freshman 15

By: **Ethan Lozano**  
Contributing Writer

Dear Freshmen,

There have been many famous myths like the Loch Ness Monster and the Chupacabra, but there may be one myth that is even more infamous; the freshman 15. Ever since I started the process of searching for colleges to attend, I've been told numerous times by family members to be careful of the freshman 15. At that time, I had never even heard of it. But, once I started freshman year it was heavily discussed amongst my peers. To the new freshmen reading this: you may be sitting there staring at your Flight Deck fries wondering if you are contributing to this myth, but don't worry because you are definitely not.

Most people worry about their weight to some extent. So, the stress that surrounds the topic of freshman 15 is completely valid.

I think many people need to realize that there isn't much scientific evidence that supports this theory. According to Huffington Post, the phrase freshman 15 has been used since 1989 when Seventeen magazine first coined the phrase. Since then, the people of the United States ran with the expression and it has been around since. There are reasons why Americans passed down this expression all these years. There are certainly chances of you gaining weight in college, but it isn't because you are a freshman. There are many reasons why someone could gain weight in college, but there are also many chances of why people lose weight in college. For one, weight fluctuations are normal in college because most people are coming in at 18 and their bodies are in the transition of becoming an adult. So, some people may gain weight, or some people may

lose weight. Second, in college you gain a lot more control over your own diet. With this new-found freedom, some people may not choose the healthiest choices. Being a college student comes with a busy schedule and this can be a large influence on your eating habits. So just remember, you're not going to gain weight just because you are a freshman. It is because there are many factors that are happening once you start college.

For the freshmen that are still worried, here are some helpful tips. Try your best to choose healthier options, and there is strong emphasis on the word healthier. Don't pick food that you don't like just because it is healthy. Eat something that you enjoy, but it just so happens to be that it is healthier. Every morning try your best to eat something for breakfast even if it is as simple

as a small bowl of cereal. For the pumpkin spice latte fanatics out there, try to switch out the condensed milk for something healthier like almond milk. During midterms and finals week, we are all going to have an all-nighter at least once. So, during those times, try to go towards high protein foods, which will give more energy to power through the night. Also, don't go overboard with the coffee, don't be afraid to swap that with a tea. Another important part of a healthy lifestyle is to be active. Try to fit the gym in your schedule and take advantages of the fitness classes that are offered through RecWell. The most important tip is to try your best to get as much sleep as you possibly can.

Finally, don't worry too much about your weight. Just try your best to enjoy college and do well on your academics.

## Proposed changes to Title IX are Irresponsible

By: **Christina McLaughlin**  
Co-Editor-in-Chief

Title IX is a federal civil rights law that protects students from sexual discrimination and misconduct in the school environment. Betsy DeVos, the education secretary of the United States, is planning to put forth new guidelines and rules to the Title IX which may greatly affect the victims of these instances.

These new rules haven't been officially proposed but there has been information released through the New York Times and other reputable news sources. According to the New York Times, the proposed rules "narrow the definition of sexual harassment, hold schools accountable only for formal complaints filed through proper authorities and for conduct said to have occurred on their campuses." If passed, this policy change is unfair to victims of sexually involved incidents and will prevent victims from confronting their attackers and following through with their cases.

With these new guidelines, if an act of sexual misconduct or harassment occurs at a fraternity party or off-campus housing, the university does not have to be accountable. In turn, the accuser and accused can by definition, take the same classes with no repercussions. Victims shouldn't have to go to class with their attacker just because technically, it didn't happen on campus property. The student should be the priority and if this affects them off campus it is still going to affect them on campus, period.

This will also change the definition of sexual harassment to mean, "unwelcome conduct on the basis of sex that is so severe, pervasive

and objectively offensive that it denies a person access to the school's education program or activity." This definition does not explain the definition of severe and pervasive since each victims definition of severe can be different. This could mean that a student experiencing what is defined as a minor harassment case will not qualify for these protections. Title IX is supposed to protect all students in all of these situations, not just pick the most severe cases and basically ignore the rest. What if these seemingly minor cases turn serious and the university wasn't there to protect those students before the situation escalated because of this new definition?

The most shocking part of the policy change involves the court proceedings and formalities of these cases. The New York Times reported that institutions will "only be held legally responsible for investigating formal complaints and responding to reports that school officials have 'actual knowledge' of happening."

It is hard enough for victims of these crimes to step forward about their experience, now they have to file a formal complaint for the victim to be heard. Even worse, the chances that a school official has actual knowledge of sexual harassment is low. Most of these situations do not happen in the classroom setting and even if they do, it is in such a public setting that it can be easily deterred from occurring.

These new rules also encourage universities to use mediation strategies to reach resolutions

and allow both parties to cross-examine each other. Mediations are a great option if both parties are trying to salvage a relationship, professional or personal, but that's not usually the case in these instances. Victims don't want any further contact with their attackers. Plus, why would they want their attacker or their attackers lawyer cross-examining their claims of sexual harassment or assault? That defeats the whole purpose of the investigation into the claims and puts the victims in an extremely uncomfortable and traumatic position than these situations can already be on their own.

Luckily, these rules have not been officially proposed yet and there is a 60 day comment period where the public can review and provide feedback for consideration to the Office for Civil Rights (OCR), which is the branch of the Department of Education that enforces these rules.

No matter the outcome of this policy, NSU plans to go above and beyond for students. According to Laura Bennet, NSU's Title IX Coordinator, "compliance with federal law is a floor, not a ceiling". Even though NSU students are protected, that doesn't mean we shouldn't care about these new guidelines. This will affect colleges across the United States and all college students should stand together to prevent this policy from silencing victims.



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## Why kill off Cayde-6?

By: **Mario Lorrimer**  
Business Manager

Have you ever had an attachment to a fictitious character, only to have it ripped away through their untimely death? Well, that's how I feel at the moment. Those of you who are familiar with the video game Destiny, know of a sarcastic, gung-ho and all-round wonderful hunter called Cayde-6. He was always the life of the mission, from misquoting sacred texts or simply mispronouncing the names of terrifying enemies.

I was not a part of his faction, the "Hunters," but I developed a great liking for him. In the first Destiny there wasn't that much dialogue and cutscenes, but it got better with

the "The Taken King" downloadable content and all other content moving forward. More cutscenes and more dialogue meant more chances for Cayde-6 to "express" himself. Cayde-6 and I were fighting and saving lives, Memories were made and conquests were conquered, life was great. Then that fateful day came: Destiny 2, the "Forsaken" downloadable content.

The game opens with Cayde-6 doing what he does, being sarcastic while stopping a prison riot. You're tasked with assisting him. Long story short, he jumps into an abyss only to be swarmed by enemies and then finished

off by an unexpected prisoner. You arrive to the dying Cayde-6 and swear revenge. But all that's left is a hole in your heart, and an empty spot at the "Tower" with his pet chicken, Colonel.

I kept wondering if the developers made a good choice on eliminating such a loved character. Are they going to try to replace him? Will he surprisingly come back to life? Will his chicken be able to move on? All these questions and more float around my brain and heart. It's never an easy process when your favorite character is "killed" off. There's always that small hope that they're

secretly alive. This is the hook that keeps you entangled. All you can hope for is not being strung along, only to have what little hope you had crushed.

"I guess there's one good thing about me being stuck on the vanguard. You get to have me for a mentor. Yeah, you're welcome," this quote from Cayde-6 echoes in my heart. He was more than a mentor, he was a friend, a partner and a force of nature. Rest in peace Cayde-6.

# SHARK SPEAK

DO THE NEW HOURS OF OPERATION FOR SHARK DINING, SPECIFICALLY THE ONE-PRICE DINING, CATER TO STUDENT NEEDS? WHY OR WHY NOT?



"Personally I definitely like the buffet option, but sometimes you just want something small and you don't want to spend \$10 on it so the UC is just not an option. I feel like places should stay open later because I have club soccer practice and we end at 10 p.m. so the only [place] open is Flight Deck."

- Leon Ribotta, sophomore sports management major



"I would say no, because I'm a commuter student so I can't study after class in the pit because I get kicked out at 4:00. If you go upstairs in the UC everything is full, and if I don't want to go to the library because I can't study in the library I prefer to in the pit and I have been studying there for the past three years. I feel like if someone is there if they want to eat for the buffet it is fine but for the people who don't want to eat and just want to study, that is fine as well."

- Jasmyn Telfort, senior exercise and sports science major



"I understand why they would do the one price dining and the hours because they want to get more revenue, but having one price dining on the weekends all day is something I don't agree with. That is one of the main study spaces so they should at least cut it down to the same time as on weekdays. The collaborative study room is a good idea but it's small"

- Brandon Fratianni, sophomore biology major



"I don't think they do, because the UC is a huge study spot for people and it's very inconvenient to not be able to be in the pit. Also if you are in [the pit] studying before those hours start, you get kicked out, so it's a little annoying."

- Samantha Burgess, junior marine biology and environmental science major



"For people who need to study in the UC, they do not cater to our needs. Mostly because the pit is normally used for studying at these times and there are definitely ways the eating area can be sectioned off where students who pay can eat, and others can still study and come through here."

- Jessica Cavalier, junior psychology major

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