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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 blow-out,” said Isaiah Weber, a freshman biology major who was also on the bus.

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 road,” 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, a 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 tumpline ramp side of the 595 split. When we arrived we found one of the NSU Shark Shuttle buses parked 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 credited the driver and his partner with ensuring the safety of the passengers in this incident as it allowed him 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. 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 Alfonsio, 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: Krysyn 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 in 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 is 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 Access, 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.”
News

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 Fischer College of Education will host a Hispanic Movie Day and Cultural Shouting 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 “Viva 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. 4, 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 creative non-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 (room 2013) in the Alvin Sherman Library. Seats are limited but spots can be reserved at lbhuit@nova.edu or by calling 954-262-5477.

NSU’s Native Natives Wildflower Garden Receives an Award

The Native Natives 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).

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 Store in Aberdeen, Maryland. The suspect was 26 year old Snochia Moseley, 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 Gallier has confirmed that Moseley used a legally purchased 9mm Glock pistol and brought several magazines with her.

Judge Bert 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 Burt 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 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 Blount 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 Sept. 28, 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, scenes 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.

California limits use of plastic straws on 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 in 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 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, 2020.

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

Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief.

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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 the 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 their votes in the 2016 presidential election. We have the opportunity 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 register about 29 days before the date of the election, meaning that failure to register in advance bars you from participating in the coming election. Last year, just 21% of students on a campus we have access to a variety of resources which take the headway 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 out. 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 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.

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Promote the Vote: Voter Registration

By: Emma Heineman
Features Editor

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Gear Up: Fighting Fake News with the Alvin Sherman Library

By: Madelyn Rinka
Co-Editor-in-Chief

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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 Gannon 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 and the public can utilize to help identify fake news in the current political environment:

“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 able to identify what is accurate and inaccurate, so it’s great that the library already have all of these databases that we are able to access and use,” said Morris. “It’s better 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.”

Dr. Stefany Marcus from NSU’s Suicide and Prevention (SVP) Office- are “statements about suicide, death and dying”, “giving away prized belongings like giving away anything that has meaning to you, family, friends, travel, etc.”

The 24-hour National Crisis Helpline can be reached at 1-800-273-TALK or 1-800-Suicided.

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

By: Madelyn Rinka
Co-Editor-in-Chief

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Digitalizations, NSU’s literary magazine sponsored by the College of Arts, Humanities and Social Sciences, has begun accepting rolling admissions through 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 Kopper, associate editor. “Because sometimes a reviewer will say something like ‘this was really good and if this was different...’”

As with Digressions by following them on social media using @madophil or Instagram.

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NSU’s Digressions now accepting rolling submissions

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

By: Alexander Martinie
Section Editor

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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, someone who is not a person [who spends a lot of money going on a shopping spree or giving away very personal belongings like giving away anything that has a lot of meaning to them] is 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 Hotline can be reached at 1-800-273-TALK or 1-800-Suicided. 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 individuals, 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. Jeffrey Hoch.
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 bazaar 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 up, 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 tangle of fried sage and garlic confit, but as a

The admission committee members value 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 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 keep in touch with both offices to make into practical application. Throughout the year in which you can put your classroom knowledge to make an appointment with a Career Advisor next four years will look like. You will also want 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 audition 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
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 Merchant” 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 ships for your groceries and delivers them to you. They include shops such as CVS, Publix, Costco, Petco, BJ’s, Whole Foods and Milano’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 $75. 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 deliver 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. Not only, but 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 per 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 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 bought 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.”

Basicly, 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: Krysyan 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.

Carli DeSantis of the Carli DeSantis Building
In 1976, Carl DeSantis founded the nutritional supplement company, Revital Progund 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.

NSU has a list of buildings named after important people—here are a few of their stories.
South Florida has a lot of things to do, especially in the Miami-Dade Area. Students can enjoy a great variety of musical events at Miami’s Museum Park. Take a stroll down the 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 33131
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 beamng 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 $30 a ticket. Parking is available onsite at $8 for the first hour and $4 per additional hour. Additionally, Eleven Street Metromover Station (127 NE 11th St. Parking) offers more affordable parking only one stop away from Museum Park. For more information about exhibits and events, visit www.frostscience.org.

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 Eleven Street Metromover Station. The museum also offers free admission every first Thursday of the month. Be sure to visit www.pamm.org for more information about exhibits and events.

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 a 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 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 rapping each other out of their place for the top spot on the charts, to great artists falling into the hands of music companies from Lindt Lindor. Other foods contain another popular flavor trend, pumpkin-flavored foods are everywhere. Pop Stars like Ariana Grande and Taylor Swift have released an entire line of fall-scented candles including fragrances like Sweet Cinnamon Pumpkin, Autumn, Marshmallow Fluff, Cookie, Pumpkin Pie, 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.

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 Fluff, Cookie, Pumpkin Pie, 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.

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 invent 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, corns, 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 petting zoo September through October.

Additionally, the Coconut Grove Pumpkin Patch Festival occurs October 15-14, where you can find a Pumpkin Food Court and a Pumpkin Beer Garden for $20 general admission.

**Feeds 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 will always be fall. One brand that rises above the South Florida heat is Tongue Tied. 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 Chertons, 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, but companies are getting creative with how they incorporate apples into the mix. Hereby 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 with 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 Fluff, Cookie, Pumpkin Pie, 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, flames, apples, colorful leaves and costumes. Despite not experiencing ‘sweater weather’ and other fall adventures, sunny South Florida still furnishes many ways to get into the fall spirit.
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 relax for the night. Similarly, being in the presence of the ocean is often “the oh! I forgot salt!” of life. Luckily, spa really like the serenity of the ocean that is obviously more enjoyable. It is sometimes enjoyable and the 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 Center. 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 admiring 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 more introverted, you will appreciate NSU’s fan of architectural acoustics — an audiological parallax to Narciouz’s lake. Just outside the Sports Medicine Clinic, bricks spiral around to the center of the pavemrent 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 constellation glowing down on you and perhaps a tad 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 take in the full expanse of 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.

**Career Goals**

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 Rinko, 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. As someone in the creative industry, sometimes you try to snap some pictures for your Instagram. 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.”

**Kathleen Crapson, visual design assistant,**

“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.

**Alexandre Martinie, 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 finning prevention. In the long run, I hope to be on Shark Week to help stop the shark finning trade.”

**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.”

**Skyler 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.”
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 healthcare. 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 health care after five years. It’s not right, but this is for all players. We don’t. We don’t have health care 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 newsworthiness traction, and should be retracted — because health care is just a normal thing to have.
Titouan Le Roux

Men’s Soccer

The Sharks dominated Flagler 6-0 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 Kirsten Russel. The Sharks lead with 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 nullified due to an offside call by the referee. In the 104 minute of the game, Heiklila shot off in the ball bounce and made a shot which ricocheted off the post before landing into the back of the net for the first and only goal of the night. This game Robayna earned a total of nine saves for her second career start. Heiklila 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 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 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 17-15. Lynn outscored the Sharks for the remainder of the set leaving it 20-25. Lynn held the reins in the second set with a 4-0 lead to start. The Sharks answered back with kills by Demyr 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. Demyr 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 Pulkownik 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.
Opinions

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It’s okay if you’re not completely okay
By: Nicole Cahill
Contributing Writer

Up until my most recent relapse, my mental health routine was much like the moccasin 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 going through the motions, only doing what was necessary to get by. Suddenly, I was being unashamed to talk about our mental health. September is National Suicide Prevention Month and I want to open up the conversation to talk about 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.

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. Referring 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 illnesses. 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 did not step forward to speak up about mental health or tell others what I was going through. 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 thinking your Flight Deck fries wondering if you are contributing to this myth, but don’t worry because you are definitely not.

I think many people need to realize that there isn’t such a thing as a ‘normal’ student. Seventeen magazine first coined the phrase. Since then, the people of the United States ran with the idea and it has been around since. People are actually running with 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 different reasons why Americans 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 freshmen don’t have all their body’s hormones in 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 newfound freedom, some people may not choose the healthiest options, and there is strong emphasis on their campuses. For the freshmen that are still worried, here are some helpful tips. Being a college student means choosing 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 just it so happens 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 switch that to 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.

For the freshmen that are still worried, here are some helpful tips. Being a college student means choosing 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 just it so happens 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 switch that to 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 forcing them to face their consequences.

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 clauses with no repercussions. Victims shouldn’t have the go to class with their attacker just because they have no other option 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 severe, pervasive and objectively offensive that it denies a person access to the school’s educational program or activity.” This definition does not explain the definition of severe and pervasive since each victim definition of severe can be different. This could mean that a student experiencing what is deemed 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 guideline?

The most shocking part of the policy change involves the court proceedings and formalities of these cases. The New York Times reported that injunctions will “only be by legally identifiable 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 sexual misconduct case would even go to court are slim. A sexual misconduct case is so slim to the point that most of these situations do not happen in the courtroom 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 puns 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 its students. According to Laura Bennett, 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 cases. This is why it’s more important than ever for colleges across the United States and all college students should stand together to prevent this policy from silencing victims.
Opinions

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 unsuspected 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 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.

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 I don’t want to go to the library because I can’t study in the library. I prefer to study 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

“We don’t have a study spot. If you want to sit at the tables and eat, you can’t study.”

- Jessica Cavalier, junior psychology 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.”

- Jasmyn Telfort, senior exercise and sports science major

Why kill off Cayde-6?

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