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Does Christopher Columbus deserve his own holiday?

Features
Become a ninja with US Ninja League Gym
Find the perfect coffee spot in Ft. Lauderdale
Become a ninja with US Ninja League Gym

Office of Campus Life and Student Engagement said Christina Rajkumar-Castillo, the associate director, that the colleges have both undergrad and graduate programs, as well as continuing educational opportunities for optometrists.

“We are very pleased to welcome National Vision into our growing ‘family’ of donors. This gift demonstrates their commitment to advancing the profession of optometry, helping to ensure that our students are even better prepared to serve their future patients,” explained Dr. George Hanbury, NSU’s president and CEO. National Vision Inc.’s support of the college will be renamed the NSU National Vision College of Optometry for the initial term of 10 years.

NSU’s College of Optometry was founded in 1989, and is the only optometry program in Florida, and is among the 23 colleges in the United States and Puerto Rico. The college also offers a master’s degree in Clinical Vision Research in addition to the Doctor of Optometry program, as well as continuing educational opportunities for optometrists.

The nomination form can be found on OrgSync and on the Special Projects website. For the Student of the Year Award, “each of our 16 colleges, which will include the College of Optometry, will be considered for this category. This is actually at the discretion of the dean, and out of those 16 nominees we will have one selected as NSU’s overall student of the year,” explained Rajkumar-Castillo. “[The Student of the Year] can be either an undergraduate or graduate student. Like we said, the Student of the Year is at the discretion of the college [in question], and we know that the colleges have both undergrad and graduate students, so it is whoever they select to represent that college that year. Then all of them go into the same pool to be considered for NSU’s overall Student of the Year,” explained Rajkumar-Castillo. Nominations in any category must include valid reasoning for why the nominee should be considered.

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21 Annual “STUEY’s” Award nominations are open
By: Alexander Martinie
Section Editor

Nominations for the Student Life Achievement Awards — the STUEYs — the annual event recognizing academic excellence, integrity, innovation, scholarship, research diversity and community will be accepted until Jan. 11.

“The STUEYs is our version of the Oscar’s that we hold here on campus, and it is our way to recognize the students, and staff members for many of the accomplishments that they have done throughout the year. Specifically, the accomplishments that address our core values,” said Christina Rajkumar-Castillo, the associate director of special events and projects in the Office of Campus Life and Student Engagement and the director for the STUEYs.

Any NSU staff, student or faculty member may be nominated for the following categories: Student of the Year, Executive of the Year, Administrator of the Year, Staff Person of the Year, Student Government of the Year, Graduate Organization of the Year, Undergraduate Organization of the Year, Athletic Team of the Year, Corporate Partner of the Year, Professor of the Year, Co-curricular Advisor of the Year, Alumnae of the Year and Regional campuses Student of the Year.

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”National Vision is and will always be an ‘optometrist-centric’ organization. We strive to be a place where optometrists have an opportunity to provide quality care to patients that need it most while also finding it a fulfilling place to work and advance their careers,” said Reade Fals, CEO of National Vision Inc. “In fact, of the more than 40,000 practicing optometrists in the United States, more than 2,000 — or roughly five percent — of them are practicing in the National Vision network. We believe that the best way to invest in the future of the profession is to invest in the future of optometric education, which is expensive. We are trying to do our part.”

While training in the College of Optometry, students, supervised by faculty, provide services at five south Florida locations through the Eye Care Institute. These services include primary eye care for adults and children, cornea and contact lenses, dry eye and ocular surface disease treatment, low vision rehabilitation, vision training and sports vision enhancement, glaucoma, diabetes and macular disease and more. In the past year alone, the Eye Care Institute had 28,000 visits.

“One of our most precious gifts is sight and the optometric physician is dedicated to the preservation and enhancement of this gift,” said David Loshin, dean of NSU’s College of Optometry. “We take great pride in giving our students the edge by preparing them to practice at the highest level of proficiency, integrity and professionalism when they graduate. The world of optometry has evolved with advancements in technology and innovation and with National Vision’s support, we will be on the forefront of these changes for the betterment of our students and patients.”

Photo: Reade Fals, CEO of National Vision Inc.
NSU's department of performing and visual arts has launched its 10 year anniversary exhibit: DECADE, in PVA Gallery 217. The exhibit includes pieces compiled from alumni, former visiting artists from the gallery and all current students, faculty and instructors. As those involved with the department have spread out geographically over time, the pieces come from all around the country.

“Anybody who’s interested in the arts and learning more about what kind of arts programs we have here at NSU and anyone who’s interested in celebrating the arts here at NSU [should come to the exhibit],” said Torraine Shunter, associate professor of art and design for the department of performing and visual arts. “It’s just a great opportunity to [celebrate] another milestone anniversary at this university.”

The exhibit also features a community wall—at all of the events, “a maker’s station” will be set up with paper, canvases and art supplies so that members of the community and NSU can feel like they are also part of the exhibit. As their works are completed, they can put them onto the community wall so that the exhibit grows just as the department of performing and visual arts has.

On Friday, Nov. 2, from 5-7 p.m. in Gallery 217, the department of performing and visual arts has launched its 10 year anniversary exhibit: DECADE, in PVA Gallery 217. The exhibit includes pieces compiled from alumni, former visiting artists from the gallery and all current students, faculty and instructors. As those involved with the department have spread out geographically over time, the pieces come from all around the country.

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**The Trick to the Treat of an Internship or Research Experience**

By: Alexander Martinie  
Section Editor

The Office of Career Development and the Halmos College of Natural Sciences and Oceanography will host their seventh annual Trick to the Treat of an Internship or Research Experience on Oct. 31 in the Adelphi and Marlia Cottrell Gallery in the Alvin Sherman Library, for students interested in research, medical or other science related internships.

“We will be showcasing internships and research opportunities that current students have already completed,” explained Emily Schmitt Lavin, the department chair for the department of biological sciences.

Students will present their own experiences in biology and medicine internships. Information will be provided on why and how to apply to science-related internships and research opportunities. Presentations from last year included students who interned with the Rumbaugh Goodwin Institute of Cancer Research, Cano Health Clinical Studies, Beginning Experiment: Nanoparticle Research and students who participated in surgical shadowing in Austria. The surgical internship is a six-week shadowing program at a hospital in Graz, Austria. Students involved can have the opportunity to assist with transplant surgeries and hospital rounds.

“The tools for how to get one of these internships or the learning from a peer about how they went about finding an internship is universal [to all students, regardless of their major]. What else is really special about this is it is a collaboration between our college [the Halmos College of Natural Sciences and Oceanography] and the Career Development Office,” said Schmitt Lavin.

“It is a great avenue for students who are interested in getting their foot in the door in research or immersed themselves in an internship that is either science or health care related to figure out what it looks like,” said Emilio Lorenzo, the associate director of employer relations in the office of career development at NSU. “The first time doing an internship or research [experience] can be a little scary, but if you’re hearing it from your fellow peers [who can] tell you not just about the experience itself but how did they obtain the opportunity, what was it like starting. It gives them a lot of information about figuring out if this is the type of [opportunities] that they want to do.”

According to Lorenzo, this event will provide students with help to develop skills that they may lack that will benefit them in research and internship opportunities within various scientific fields.

“If you want to gain an edge in becoming a health care professional or moving forward in your career this is an event that will not only help you gain that edge, but it is going to help you dominate [because] you are going to understand the types of opportunities that you can immerse yourself in that is going to prepare you for these careers and give you that experience,” said Lorenzo.

**Contact Career Development at (954) 262-7201, or Emily Schmitt at (954)-262-8349 to RSVP, or register on Handshake.**

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**Special Olympics South Florida will host Sallarulo’s Race for Champions**

By: Madelyn Rinka  
Co-Editor-in-Chief

Special Olympics South Florida - Broward County will host its 13 annual Sallarulo’s Race for Champions on Saturday, Nov. 3. The event will take place on NSU’s Fort Lauderdale/Davie campus, with registration taking place at Fellowship Way between the Carl DeSantis Broward College North and the Rumbaugh Goodwin Institute of Cancer Research, Cano Health Clinical Studies, Beginning Experiment: Nanoparticle Research, Cano Health Clinical Studies, Beginning Experiment: Nanoparticle Research, and students who participated in surgical shadowing in Austria. The surgical internship is a six-week shadowing program at a hospital in Graz, Austria. Students involved can have the opportunity to assist with transplant surgeries and hospital rounds.

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Believe it or not, the holidays are less than two months away and flights will be sold out sooner than you think. Even if you are not flying, planning your trip in advance is still important unless you do not mind leaving during rush hour and sitting in traffic for hours. If you want to enjoy the holidays, avoiding procrastination is key. Check out the following five tips that will help you have a stress-free getaway.

Keep your schedule in mind
As obvious as that sounds, it is very important to check your work, class, sports and any other schedules you might have. That way, you have plenty of time to figure out when you would like to leave. Do not forget that most people leave on Wednesday for Thanksgiving and airports and highways always tend to be packed. Christmas time is different because not everyone leaves on the same day but having a plan is still a good idea.

Research
Doing research could save you a lot of money. Students use different websites to look up flight prices and compare them. Some of the most popular ones include Kayak, StudentUniverse and Orbitz. If you do not find the price range you are looking for today, try different departure and arrival dates or wait an extra day and check the prices again. Sometimes flight prices change quickly.

Pack your documents first
Bringing your ID, driver’s license, international documents (in case you are going abroad), credit cards and whatever else you may need, is extremely important. If you do not have the right documentation, you will not be able to board your flight. Always triple check your documentation and if you have any doubts, ask your family or friends. Be aware and conscious about what you need and make sure to have them readily available for security at the airport. It will save time if you do not have to dig through your luggage to find your identification.

Take snacks
Snacks are essential when travelling. You might be waiting for your flight when that feeling of hunger strikes you and you do not know what to do. The solution to your problem can be in your backpack if you take snacks.

Charge your mobile devices
Always remember to charge your devices before you leave. Whether you are flying or driving, your devices could save you if things do not go as planned. If your flight is delayed, you will need your phone to let your family know. If you have a flat tire, you will need your phone to get help. There are countless scenarios in which your phone could come in very handy. Do not forget to plug it in at least two hours before leaving.

At times, the holidays can be stressful. However, if you have a plan, everything will be fine. Remember to triple check your list of to-dos before you leave and always look up your flight status, in case you are flying. Once you are home with your loved ones, relax, enjoy and have fun! The holidays are about reuniting with your loved ones and eating holiday dishes.

By: Aldana Foigel
Contributing Writer

LGBTQ TIMELINE

April 1952: Being “homosexual” was listed as a sociopathic personality disorder by the American Psychiatric Association. Consequently, the word “homosexual” became very offensive for many years in the LGBTQ community.

June 1973: Members of the LGBTQ Community marched in the streets of New York City to commemorate a year since the Stonewall Riots. It was one of the first gay pride parades in history.

June 1979: A new flag was designed by Gilbert Baker because he wanted to create a symbol of pride for the LGBTQ community.

December 1975: This became the first openly gay police officer on the New York Police Department. He was assigned to the Gay Unit, and the New York Police Department recognized that homosexuality was not a mental disorder.

June 1984: A tennis player named Renee Richards was forced to compete in the US Open using a men’s tennis outfit and underwent surgery because of the “women-men-women” rule. She challenged the decision and took this case to court. The Supreme Court of several women in favor of that. This allowed Renee to compete in the 1977 US Open.

The Don’t Ask, Don’t Tell policy was signed into law by President Clinton.

In honor of LGBTQ History Month, here is a timeline that recaps historical hardships and progressive milestones in the last 70 years. National Coming Out Day is on Oct. 11. So don’t forget to respect others and celebrate diversity within the LGBTQ community.

By: Ethan Uzzana

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@SUTVCh196

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By: Ethan Uzzana

Before taking a scenic photo on the airplane, make sure you can get to the airport before the gate closes.

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206 - Broadway Mountain, Montana is moving featuring a gay themed sticker. It has won Academy Awards after being nominated for eight.

March 2019: Love, Simon was one of the first films to show a gay teen living an authentic life. It also became the first gay-themed film to win an Oscar.

2016: The LGBTQ community was the most diverse demographic. There were 42 deaths, and 35 injured victims, making it one of the deadliest mass shootings in US history.

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By: Ethan Uzzana

Before taking a scenic photo on the airplane, make sure you can get to the airport before the gate closes.
As industries like ranching, fuel, biofuel and factory farming have progressed, rainforests have been the brunt of the environmental destruction that is an inevitable cost of these industries. In a little over 10 years, the World Wildlife Fund (WWF) asserts only a tenth of our world’s rainforest will remain, and without rigorous conservation effort, deforestation and devastation won’t stop there.

Rainforests are crucial to our planet’s health. When lush and thriving, the great expanse of greenery absorbs dangerous greenhouse gases like carbon dioxide through their natural carbon cycle, but as rainforests are depleted at an alarming rate, these gases make their way to the atmosphere and blanket the earth, contributing to global warming. Further, rainforests are world centers of biodiversity. They house keystone species which are imperative to the survival of other species in their biome, like orangutans and agoutis whose survival is dependent on that of the forest. Notably, Sumatran Orangutans are already an endangered species. As if that weren’t enough, areas affected by deforestation are more susceptible to erosion without tree roots to hold back soil. Erosion also leaves water supply susceptible to contaminants, further damaging an area’s ecological health. Human hands have corrupted these essential elements of the rainforest. According to an 2017 article by The Independent, a study reveals tropical rainforests, especially those in Latin America, have begun emitting more carbon than they retain. This is the direct result of industrial practices including logging and slash and burn deforestation. Regarding logging, the WWF maintains that illegal logging practices are the largest threat to the rainforests, meaning restoring forests must begin with regulating and reducing logging practices. The environment is not the only carnage in the rainforest’s ongoing demise. Indigenous people living in rainforest areas are also affected as areas are cleared or repurposed. Tribal groups may be displaced entirely or at the very least forced to restructure their day to day lives due to depleted resources. Organizations like the WWF are making efforts to stop illegal logging, influence policy-makers and fund restoration efforts to save the rainforests, but without collective cooperation, these efforts may not be sufficient. People all around the globe must be vigilant in what industries they support and to what degree. Adding your voice to the movement against deforestation may just make a large enough uproar to make a difference.

What is Fairtrade and why should I care?

**What it does:**
Through fairtrade, workers are guaranteed a minimum price for their products and may even include bonuses or premiums if the product is certified organic or has other purity certifications. Labor conditions for these certified products are guaranteed to be in a safe work environment without any forced labor or poor wage practices. This certification allows direct import purchases to develop business capacity and eliminate the need for competition in the global marketplace. Environmentally, GMOs and harmful agricultural chemicals are strictly prohibited to protect workers’ health and preserve ecosystems for future use. Additionally, Fair Trade premiums support a wide variety of social and economic endeavors. Most importantly, the right to education and empowerment of young adults and women around the world. There are many other countries around the world that use these premiums to ensure public good and community engagement. According to the Fair Trade Campaigns website, four countries use the purchase premiums to support education by buying school uniforms, textbooks, computers, and other school supplies. In Ghana, the Kuapa Kokoo cocoa cooperative used these premiums to build four schools and daycare centers for the community children.

**How to buy:**
Reports from fairtradedocumented.org, shows consumers are prioritizing sustainability now more than ever, with 38 percent of consumers more likely to try products from environmentally sustainable companies. To identify fair trade products it is important to pay attention to the packaging. There are two common labels for Fair trade products. The first is the FLO label or the Fairtrade Labelling Organizations, is identical to the ying yang symbol but represents a person with an arm raised with a green section on the left and blue on the right. The Fair Trade USA label depicts a person holding a large bowl with a green, black and white color scheme. To search for products that are specifically Fair Trade visit www.fairtradedocumented.org/ products to explore desired products.

**How it protects:**
Global Climate Change has affected farmers and other commercial production by increased droughts, diseases, carbon emissions and other environmental issues. In order to benefit from Fair Trade incentives, they must meet a variety of environmental standards such as biodiversity, limited and safe use of agricultural chemicals as well as soil, pest and waste management. Fair Trade works specifically with protecting products with large consumption use such as coffee, cocoa, bananas, sugar or tea. Through premium payments for fair trade certifications, farmers can spend time and money on environmental education, training, equipment efficiency and quality testing to ensure a good harvest for crops. This movement is an important economic and environmentally sustainable practice to ensure future generations can enjoy these natural resources and promote workers right in domestically and internationally. The Fair Trade certified website reported that millennials pursue all other generations in their desire for Fair Trade certified products. Since this generations’ attitudes are centered toward socially responsible and environmentally friendly companies and products, it provides incentive for companies to be environmentally friendly. This is not only beneficial to the environment but better for people on a global scale.
Jorja Smith

There are artists that you hear one song from and instantly know that you will listen to them forever—Jorja Smith is one of those artists. Smith is an English R&B soul whose voice has truly been blessed and crafted by the Lord himself.

Her first break out into the music industry was on SoundCloud with her song “Blue Lights” which she wrote for a song project when she was 18. According to Smith, the song is pondering the question of why have a guilty conscience when you haven’t done anything wrong. Smith, who was doing media studies at the time, was interviewing some 11-year-olds boys, mostly of color, and she asked them what they think of the police. They replied “[expletive] the police! I hate them.” She asked them why and they said “Nothing, but I hate them.” Thus, inspiring this track because she thought it was sad that there is an instilled fear of the police even if you have not done anything. You feel guilty even if you haven’t committed a crime.

Furthering her success, other artists in the music industry have mentioned or shouted her music out in interviews and on social media. “Blue Lights” received rave reviews for its songwriting from Skrilllex and Stormzy. The song following “Blue Lights,” “Where Did I Go?” was mentioned by Drake, in an interview with Entertainment Weekly, as his favorite song at the moment.

Later on in 2017, she released a track with the UK DJ Preditah called “On my Mind”, NYC music and culture magazine, The Fader, called the track “A love letter to U.K. pirate radio culture”. This single lasted 47 days at #36 on the British Itunes chart.

Comming after her 2016 EP titled “Project 12” and 2017 chart-topping single “On My Mind” with Birmingham producer Preditah, Lost and Found is her first debut studio album from English R&B singer Jorja Smith. Released on June 8, 2018, the album hit number one on the UK Independent and R&B albums chart. In addition, the album hit top 50 in both the US and Canada.

This album, a fuse of R&B, soul and hip hop, is full of her thought-provoking questions and musings all the while giving you something to groove and dance to. On her track entitled “Teenage Fantasy,” she reflects on that fact she needs to “…grow and find myself before I let somebody love me because at the moment I don’t know me,” and then mentions in “February 3” that “I’m constantly finding myself. She ponderes these life lessons and struggles which gives her listeners something they can relate to because they are going through the same issues that every young adult goes through. The album ranges from slow songs, to dance tunes and it even features a freestyle called “Lifeboats.” This album is many things, but it is not lacking in raw songwriting and good music.

Jorja Smith’s music is a must listen. She can make you cry and smile in the same album. Her career will only go up from here. Once you listen to her songs you will get lost in them and not want to be found.
Microwaves & Toaster Ovens: Convenient Baking in the Dorms

By: Flor Ana Mireles
Contributing Writer

With the holidays coming up, it’s a great time to start thinking of ways to bake sweet treats. With limited space and a lack of kitchen appliances in the dorms, it may seem difficult to bake like you would at home, but it is possible. If you’ve got a microwave or a toaster oven, here are some desserts you can test out this holiday season.

Baking in a Microwave

On Pinterest alone, there are tons of recipes for mug brownies, cakes, cookies, cobblers, muffins, cinnamon rolls, donuts and more. Apart from mug recipes, you can also make pudding, cheesecake, fudge and even Brittle. A microwave recipe perfect for the holidays, especially during fall, is mug apple pie.

**Mug Apple Pie**

**Ingredients**
- 1/4 cup flour
- 2 1/2 tablespoons apple sauce
- 1 tablespoon sugar
- 1 tablespoon milk
- 1 teaspoon baking powder
- 2 tablespoons diced apples
- 2 tablespoons st熟练 (1/2 tsp. flour, 1/2 tsp. butter, 1 tsp. brown sugar)

**Directions**
1. Mix the dry ingredients, except the st熟练 and apples, in a large mug.
2. Add apple sauce and mix until wet.
3. Add milk and diced apples and mix.
4. Cook on high in a microwave for 1 minute.
5. Top with st熟练.
6. Baking in a Toaster Oven

While microwaveable recipes are more single-serving, there are a few recipes you can make in a toaster oven and share them with others. For the most part, six-cup muffin pans fit inside toaster ovens, and with that, you can make cupcakes and muffins by following the recipe and instructions for a regular conventional oven. Toaster oven baking is not limited to just cupcakes and muffins though. You could also make cookies, s’mores, mini pies, donuts, brownies and so much more. For example, one easy, shareable toaster oven treat is S’mores Bites.

**S’mores Bites**

**Ingredients**
- 6 graham cracker sheets (or as many as you wish)
- 6 large marshmallows (enough to fit your crackers)
- 12 Hershey’s Kisses, unwrapped (enough to top your crackers)

**Directions**
1. Broak graham cracker sheets in half.
2. Using clean scissors (or a clean knife) cut each marshmallow into 2 halves.
3. Heat oven to low broil.
4. Align graham crackers in the center of a cookie sheet about 1/2" apart from each other.
5. Top each graham cracker with a marshmallow with the cut/sticky side down.
6. Place marshmallow-topped graham crackers under broiler. Watch them closely as they will toast quickly. Allow them to toast until golden, rotating pan with oven mit as needed.
7. Once golden, immediately remove from oven, place 1 Hershey’s Kiss in the center of each toasted marshmallow and gently press down. For best results serve warm, just like a real S’more.

Baking treats for loved ones and for yourself is always fun and sweet. It’s a great way to get creative and let out your inner pâtissier. Don’t let limited space and equipment stop you from feeding your sweet tooth this holiday season. Try out some recipes right in your dorm.

A means to caffeine: Coffee fixes in Fort Lauderdale

By: Kelsey Bruce
Arts & Entertainment Editor

Hands shaking, fingers drumming, heart thumping at a million miles a minute, these sensations are all hallmarks of first dates, interviews and coffee houses – places where new beginnings begin. Whether diving into a fresh relationship or shooting for a career ahead, caffeine can guide you through late nights and motivate your mornings. Oct. 1 marks International Coffee Day, an occasion honoring coffee’s far-spread influence on art, cuisine and friendship. Celebrate by learning more about ethics in coffee-farming with “What is Fairtrade and why should I care?” on pg. 5 and getting a caffeine buzz at these local breweries.

**Stork’s Bakery and Coffee House**

Sometimes, the move is simply kicking back with a cup of joe and relaxing. Stork’s Bakery and Coffee House has a quaint yet cozy atmosphere that welcomes its customers to be themselves while indulging in choice treats. Their menu is expansive, offering eight different specialty coffees everyday; a range of pastries, cheesecakes, cakes and mousses; sandwiches, quicks, salads and soups, and tea and smoothies. Whether you decide to treat yourself to baklava and apple pie or just want to munch on after your down your drink. You offers quirky treats like Poptarts and tater tots instead of fries.

**Brew Urban Cafe**

Brew Urban Cafe is part of South Florida’s art scene as you sip late art at this Downtown Fort Lauderdale hangout. With one wall open to the train tracks beyond, Brew Urban Cafe welcomes all kinds of friendly customers to enjoy its espresso, and that includes dogs! Get creative with your drink and try a lavender or maple flavored latte. Then, head on over to one of Brew’s assorted easy chairs to get some work done or lose yourself in the chitchat of the shop. Frequently, Brew Urban hosts movie nights, open mic nights, live music and more after hours, so you’ll certainly have something to do with all the energy their espresso leaves you with.

**Stache Drinking Den & Coffee Bar**

Coffee shop by day, cocktail lounge by night, Stache Drinking Den and Coffee Bar inspires the feeling of a 20th century speakeasy. You’ll experience a sneaky thrill when entering the place as it’s business sign is labeled “Himmie Health Club”, all in the name of the stealth one had to maintain in the Prohibition Era. Once inside, you can order an espresso-based drink or let loose with a New Orleans Saucenac, and as you drink, you might feel like you’ve been invited to one of Jay Gatsby’s house parties. Afterall, Stache sometimes puts on burlesque shows, hosts live music and invites local DJs in to ensure you forget all your troubles in the 21st century.

**Undergrounds Coffeehouse**

Take your coffee with sugar and a used book at this hidden away cafe located at the top of a shabby staircase. Undergrounds Coffeehouse offers quirky treats like Poptarts and tater tots to munch on after your down your drink. You can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can spread out on a couch and watch television, play chess or hang over the balcony as you can
Athlete of the Week: Natalie Espinal

Natalie Espinal is a freshman international student from Tegucigalpa, Honduras. She has a career-best ITF rating of 352 and Universal Tennis Ranking of 10.56. Over the summer, Espinal played in the Fed Cup for Honduras alongside her NSU teammate sophomore Daneile Obando. 

How did you start playing tennis?

“Well my uncle taught me how to play at a young age. My dad played tennis, so I want to be like my dad. [My father] and my family support me playing tennis with him and my brothers. But time I took my racket, I loved it. So I started playing tennis with him and my brothers. But my brothers retired and I still play.”

What interested you about tennis?

“My dad played tennis, so I want to be like my dad. [My father] and my family support me in everything.”

Why did you come to Nova?

“I’m an international student, so Florida is the nearest state [in the US]. And one of my friends from Honduras is here too. I came in November and I love the campus and the team. I love everything.”

Being a freshman, how have you adjusted to college-level tennis?

“Sometimes you don’t have enough time to study or you have a lot of homework and a tournament and you have to play. Even if you have injuries.”

What is your favorite thing to do after a big match?

“If I stretch, then I take a breath, and then I eat.”

How would you describe the relationship with your teammates?

“I love the relationship with my teammates, because in the tournament, they were there to support me. They help me, and not just with tennis, classes too. If I need help with homework or something, they help me.”

What is difficult about being a student athlete?

“I love the relationship with my teammates, because in the tournament, they were there to support me. They help me, and not just with tennis, classes too. If I need help with homework or something, they help me.”

What is your pre-match ritual?

“I listen to music and spend time with my friends.”

What is advice you would give to other student athletes?

“They need to work hard in classes and athletics, and they have to be strong [to play college-level tennis].”
ON DECK

MEN’S SOCCER
@ Barry
Oct. 7
Miami Sharks, FL

NSU Aquatic Center
Oct. 5-6
Shark Invitational

CLASSIC @ DISNEY CROSS COUNTRY

WOMEN’S VOLLEYBALL
V.S. Florida Southern
Oct. 6 7:00 p.m.
NSU Soccer Complex

MEN’S GOLF
Shark Invitational
Oct. 8 All Day
PGA National Golf Club
Palm Beach Gardens, FL

WOMEN’S VOLLEYBALL
V.S. Florida Southern
Oct. 7 7:00 p.m.
NSU Soccer Complex

MEN’S CROSS COUNTRY
@ Disney Cross Country Classic
Oct. 6 7:40 a.m.
Orlando, FL

WOMEN’S CROSS COUNTRY
@ Disney Cross Country Classic
Oct. 6 7:40 a.m.
Orlando, FL

MEN’S SWIMMING
Shark Invitational
Oct. 5-6
NSU Aquatic Center

WOMEN’S SWIMMING
Shark Invitational
Oct. 5-6
NSU Aquatic Center

Sports

For fans of tv show “American Ninja Warrior” and those always looking for an intense workout, look no further than the Ninja League Gym in Deerfield Beach. This first-year startup company provides a challenging obstacle course and two full weight rooms to members and guests in the community. According to Richie Daggs, owner and chief executive officer of US Ninja League, the gym is specifically designed for ninja warrior-type training yet diverse enough to be open to all fitness levels, ages and even those who just want to have some fun. For those new to this style of training, there is a couch always on the floor to guide and encourage customers to complete sections of the course. This style of fitness also provides health benefits that extend through numerous physical and psychological effects. “All exercise is going to have great psychological benefits. [There is] positive feedback from [this gym, which can help customers] get out of depressive and anxious tendencies by having those endorphins running through the body,” said Emily James, director of operations. This unique fitness style allows for all types of athletes from all sectors to challenge themselves and meet new fitness goals they haven’t experienced before. The gym has created a competitive environment that is not belittling to an athlete’s strength or existing skills and encourages them to achieve their goals. “Whatever you thought you weren’t capable of or could not do, in 10 to 15 minutes you overcome that feeling. It builds confidence,” said Daggs. US Ninja League is not only for novices, but also the breeding ground of a training environment for a sports league they created called the “US Ninja League” where athletes in the community can compete. This league provides a ranking system through the webscorer application and opportunities for competitors to earn prizes and gain a competitive edge in their community. College students are encouraged to participate and join the gym. According to Daggs, college is competitive atmosphere and the gym provides a platform for students to express themselves to have fun, hone their athletic ability and de-stress from their busy schedules. “The students can benefit and expand their sense of community amongst themselves and break down barriers that exist within the college community,” said Daggs. There are many options to participate in the gym through one class, freestyle open gym sessions and personalized training sessions. A few classes they offer are a cargo core which involves core exercises on a cargo net and intro to ninja class which teaches beginners how to feel comfortable with the equipment and learn technique. A popular class they offer is pump andump where guests work with weights in the gym to “pump” and move over to the obstacle course to “jump” for a high-intensity workout. Guests can participate in a day visit which costs $40 per hour or $25 per half hour. Those who plan to become members of the gym can sign up for their $49 monthly membership program. In the future, the gym hopes to franchise and enhance the success of the league by hosting their own competitions in their facilities and in fitness expos starting next year. There will be multiple configurations of the course which will be released on a quarterly basis to keep the classes competitive and challenging for members and competitive athletes part of the US Ninja League. Those interested in checking out the gym for a session or class can visit usninjaleague.com or call (754) 227-5453. US Ninja League Gym 3630 SW 10th St Deerfield Beach, FL 33442 (754)227-5453

Finding Fitness:
US Ninja League Gym
By Christina McLaughlin Co-Editor-in-Chief

US Ninja League Gym

MEN’S SOCCER
On Wednesday, the Sharks faced off against the Panthers in a 3-1 victory. Early on, the Panthers had control over the Sharks. When the Panthers threatened again it was blocked by freshman goalkeeper Natalie Robayna made a two-handed save. Midway through the half, Robayna saved the Sharks yet again with an amazing kick save. The game’s first goal was from sophomore Adanna Edwards when a low liner into the left corner of the net 42 minutes into the game. In the 55 minute, the Panthers had a opportunity to tie the game back up, but yet another impressive block by Robayna prevented that. In the 81 minute, senior Jemma House had a defensive steal that resulted in another goal, leading the team with five goals for the season. Florida Tech came back with a single goal in the 83 minute to prevent a shutout, but 57 seconds later, junior Emma Heikila shot a right-footed strike from 30 yards out, bringing the final score to 3-1. Women’s Soccer
On Wednesday, the Sharks faced off against the Panthers in a 3-1 victory. Early on, the Panthers had control over the Sharks. When the Panthers threatened again it was blocked by freshman goalkeeper Natalie Robayna made a two-handed save. Midway through the half, Robayna saved the Sharks yet again with an amazing kick save. The game’s first goal was from sophomore Adanna Edwards when a low liner into the left corner of the net 42 minutes into the game. In the 55 minute, the Panthers had a opportunity to tie the game back up, but yet another impressive block by Robayna prevented that. In the 81 minute, senior Jemma House had a defensive steal that resulted in another goal, leading the team with five goals for the season. Florida Tech came back with a single goal in the 83 minute to prevent a shutout, but 57 seconds later, junior Emma Heikila shot a right-footed strike from 30 yards out, bringing the final score to 3-1.

WOMEN’S VOLLEYBALL
On Friday, the Sharks faced off against the Lions and won after four sets. During the first set, NSU scored the first two points, but Saint Leo stayed close behind. When the Sharks were up 6-4, the Lions got a 6-0 run. The Sharks caught up, getting one behind before the Lions went on a 7-1 run to a seven point lead. For the rest of the set, they kept bouncing back and forth, until the Lions had set point. The Sharks tried to come back, but the Lions got the opener. The two teams were tied 10 times by the time both teams reached 11 points. Leo got another 3-0 run, bringing the score of the second set to 21-19. The Sharks responded with four in a row to take their first lead of the set. Senior Denvyr Tyler-Palmer finished the Lions off with a kill for a 25-23 victory. The third set started with a 4-1 and 7-4 lead from the Sharks. The Lions tied it up at 7-7 and 9-9. That sparked something within the Sharks, who went on a 7-1 run for a seven point lead. Leo came back with three points, cutting down the lead to four points. The Sharks pushed it back to seven, the final score being 25-19. At the beginning of the fourth set, the Sharks were down 3-2, but got a 6-2 run lead. The Lions fought back to get a lead of 11-10, before they tied at four times. The Lions had a lead of 16-14, before the Sharks got the score up to 17-16, and Leo brought it back up to 18-17. The Sharks finally pulled through and went on a 7-1 run to give themselves a match point. Senior Maddie Ullk scored the game’s final kill to get the win.
By: Lindsey Spina
Contributing Writer

New dining hall to go in the Alvin Sherman Library

Have you wanted to get Chick-Fil-A, McDonald’s, Wendy’s, Taco Bell or Chipotle on campus? Well the wait is officially over. The first floor of the Alvin Sherman Library is being converted into a dining hall with all your favorite fast-food restaurants!

By the end of this semester, you will finally be able to binge eat your favorite nuggets, tacos, and burrito bowls while only being a few feet away from the perfect place to study and do homework. School can be stressful and wanting to simply eat one of your favorite comfort foods but not being able to unless you go off campus can add to your stress. Thankfully, the Alvin Sherman Library has agreed to have the first floor of the library go under construction to provide students with their favorite foods. Do you want a 6-piece nugget meal and a milkshake to go with your biology homework? How about a burrito bowl with a side of guacamole to accompany your UNIV readings? How does a breakfast burrito sound before your 8:00 a.m. class? Well, ladies and gentlemen, you only have a few months left until the wait is over.

The construction crew is working with the library to only work on the weekends to not disrupt studying during the week. The first floor of the library will be closed after 6:00 p.m. on Fridays and all day on Saturday and Sunday. The other four floors will be open during these hours but I recommend going somewhere else to study due to the noise. This might upset some students but it’s a compromise to get Chick-Fil-A, McDonald’s, Wendy’s, Taco Bell, and Chipotle onto this campus.

The Alvin Sherman Library will be having a grand opening for this brand-new dining hall on Dec. 1, which is just in time for finals. During this grand opening, there will be promotional sales in each of these restaurants. If your GPA is 3.0 or higher Chipotle and Taco Bell will give away one free meal. Chick-Fil-A will be giving away free milkshakes if you are in two or more clubs. McDonald’s will give away a free McFlurry if students show up before 4:00 p.m. (we will keep you updated if the ice cream machine is broken or not.) Last, but not least, Wendy’s will be giving away free Nugget the entire day.

In just a few short months, the first floor of the library will be filled with fast food favorites. Having to go off campus just to come back and fight for a parking spot will finally be over.

Opinions

By: Business Manager

Fuel doesn’t only burn in the engine, it also burns a hole right through my wallet. According to the AAA website, gas prices are cheaper now than they were last month. You might see this as a good thing, but it is not. The AAA website also states that gas prices are generally 27 cents more than what they were at this time during the previous year. You might say that’s silly, that’s only slightly over a quarter. Well it adds up with each gallon, especially if you’re driving a larger vehicle.

With all the costs commuter students have, gas is the most pressing. The fluctuating prices don’t help either. Due to marketing costs, crude oil costs, refining costs and if the local government so much as looks at it funny, gas prices change. With all these factors in play, it’s not looking good for wallets. There are alternative fuel vehicles, but they’re generally more expensive. Some of these alternative fuel vehicles include but are not limited to hybrids, electric and hydrogen. Thus, in order to save a lot you have to spend a lot and as a student, funds aren’t easily accessible.

There’s this feeling of freshly fueling up and then driving two miles down the road only to find another gas station that is 20 cents cheaper. Google does post gas prices if you search gas stations, but they are usually behind. One gas station may be cheap one day but the next it’s not. So it’s pretty much a scavenger hunt every time you get gas. I could download Gas Buddy, but who has space for yet another business. From every fundraiser that is held on the front page of the site, the most popular one million is $344,827.59. This statistic may sound pretty good, but overall, it is most certainly an easy way to make a few dollars. That’s a lot of money, but a lot of the time it goes directly to the person who needs it, but on the rare occasion, it is just a fraud. GoFundMe needs some changes to its policy against fraud and maybe lower it’s processing percentage, but overall, it is most certainly an easy way to make a few dollars.
Opinions

“The roads in front of the Commons and Goodwin buildings. I want to make sure that the parking situation [right now] is a problem. Finding parking on campus can be difficult especially with the construction. I’ve gone to the commuter lounge a few times and it is a neat idea but it is hidden. It’s not advertised as much as it should be.”

- Anthony Robreno, sophomore, paralegal studies major

“I live in North Miami Beach and I take Uber to school everyday and it’s a large financial strain on me. It would be amazing if one of the Shark Shuttles could go out to the community if I wanted to take public transportation [now] I would have to take two buses and that’s not so reasonable.”

- Doniz Turkmenilli, junior biology major

“More parking. As a student athlete, I get off the field at 4:15 p.m. and I have weights at 4:30 p.m. There is very little parking spots near the weight room. Yesterday, I parked in the grass and I got a ticket. They told me to park in the west parking garage. That’s too far from place I need to be and that will make me late which would get me in trouble with my team.”

- John Leane, sophomore, exercise and sport science major

“I think they should provide more events, or more locations where people can socialize instead of [just] the cafeteria, because we depend on the cafeteria to meet friends and talk, and we can’t do that in the library. Also, club [meetings] can’t be at the same time.”

- Jodi Ho, freshman biology major

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“How could NSU better support commuter students?”

“Want to write for us? Come to our meetings every Tuesday from noon to 1 p.m. in Desantis 1054 to learn more. (Yes, we have free food.)

THE CURRENT

Study Hall for Athletes

By: Chandler Donckers
Contributing Writer

Upon walking into the academic resources room, my teammate and I had bought our dinner from the UC to-go. Once we get in, we were curtly told that no food was allowed and we had to eat it on the floor in the outside hallway. We had come to make a dent in our mandatory six hours of study hall per week on that Tuesday evening but instead, spent a chunk of it scarring down our dinner with our precious time ticking away. As freshmen athletes, we are required to log six hours of study hall every week. Last year and years prior, the requirement was a meager two hours per week. And if you achieved a certain GPA, you were excused from study hall in the second semester. Those reasonable rules have been sacked and instead replaced with unfair and time-consuming regulations.

In these first few weeks of school, I personally haven’t had six hours of homework to do and have wasted an excessive amount of time walking to the opposite side of campus simply to cross some shows off of my Netflix list. This week that I have received, it could easily be finished in the comfort of my own room instead of a crowded and hot room where food is illegal. When my workload inevitably gets harder, going across campus to do my work will just become a pain and a waste of time.

I don’t understand why the athletic department decided to make the jump from two hours to six a week. Regardless of their motives, the feelings among all of the athletes are pretty similar in that no one is happy with it. The bottom line is that it’s an inconvenience, doesn’t increase productivity, and creates difficult deadlines to meet for people who already have a time-consuming activity going on. I could go on with this rant but I have to go to study hall.

Columbus didn’t “discover” the New World

By: Emma Heineman
Features Editor

Each year on the second Monday of October, Americans celebrate the explorer accredited with the “discovery” of the New World. While it was unofficially celebrated as early as the 18 century in various states and cities, it didn’t become a federal holiday until 1937. For most people, Columbus Day means nothing more than a day off from school or a bonus of [just] the cafeteria, because the explorer Christopher Columbus and his crew, when the Spanish arrived in the islands of the Caribbean, they subjected the natives to harsh labor, slavery, and brutal treatment. This was an enduring tradition of slavery and violence which didn’t end until hundreds of years later.

Europeans arrived in the Americas. The lure of fortune and gold lead to the perception that the indigenous people were just an obstacle on the way to European prosperity. The people Columbus wrongly referred to as “natives” suffered greatly in the years following the European arrival due to the violence they faced at the hands of Columbus.

Religion, in addition to slavery, was also imposed violently upon the natives. They were killed or beaten if they refused to convert to Christianity. The “convert or die” was a motto adopted and used to justify the treatment of the natives. Furthermore, although it was inadvertent, the spread of disease became an effective form of biological warfare which wiped out native populations in massive numbers. Without immune systems that were used to common European diseases such as smallpox, indigenous people were virtually wiped out by the time colonization began in the Americas.

At some point in time we have all heard the rhyme, Columbus sailed the ocean blue in 1492, But did he? If there were already native peoples living and thriving on the lands that he discovered, is it truly discover? This idea has caused upset in many areas about the celebration of the day. In some Latin American countries, the day has been renamed to celebrate indigenous origins and resistance to European rule. In the United States, Alaska, Hawaii, Oregon and South Dakota have officially replaced Columbus Day with Indigenous Peoples Day, as have cities like Denver, Phoenix and Los Angeles.

Whatever your opinion is on the Columbus controversy, the holiday continues to be an important way for Americans to examine how history impacts the ways we live today. But maybe the veneration of a man responsible for the deaths of thousands of people isn’t the best way to do that.
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INTERNSHIPS AND RESEARCH CENTER

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Get involved in a real-life business situation and challenge yourself to think like a Marketing professional.

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U Health IT Internship: Part-Time Internship

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Chewy: Art Internship

Behavioral Aid Solutions: Psychology Internship

It’s A Wrap: Marketing & Design Intern

Shariff Wittmer, Kurtz, Jackson & Diaz, P.A.: Audit Intern

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All events, internships and job opportunities can be found on handshake.com

NSU Career Development @954-262-7201

Locations: Horvitz Office (1st Floor of the Horvitz Building, Room 152)

Desantis Office (Carl Desantis Building, Room 1042)