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Nova Southeastern University

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# SENDING



OCTOBER IS  
BREAST CANCER  
AWARENESS MONTH

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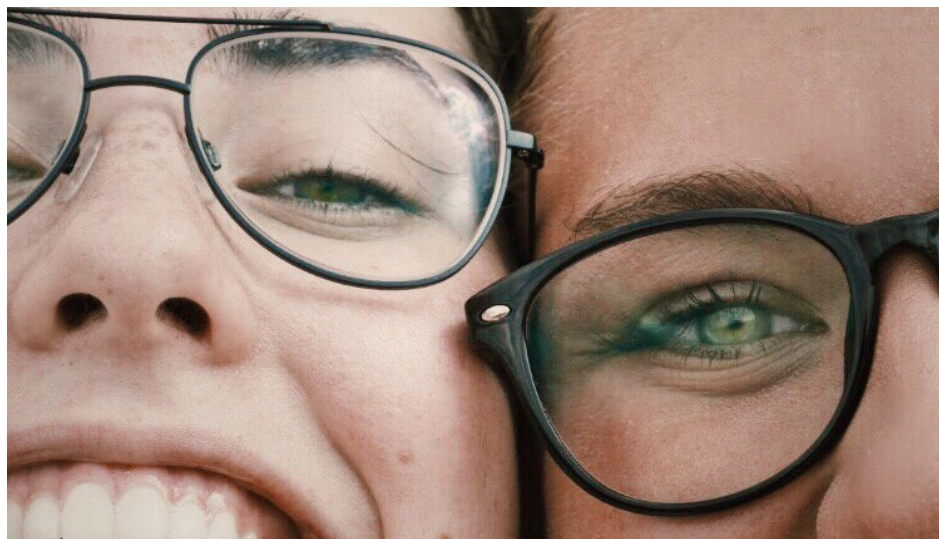
## NSU's College of Optometry receives new name

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

Nova Southeastern University's College of Optometry has received a philanthropic gift from National Vision Inc., one of the nation's leading corporations in the industry. The gift will go to support student scholarships, faculty research and increased community service. Additionally, 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.

"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 university is not new — the corporation donated a Binocular Indirect Ophthalmoscope (BIO) simulator to the College of Optometry's training lab in 2015, and has sponsored numerous student



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At National Vision Inc. it is believed that vision is central to quality of life and that people deserve to see their best to live their best, no matter what their budget. They hope to make eye care and eyewear accessible to every American.

events over the years.

According to their website, National Vision Inc.'s mission is "that vision is central to quality of life and that people deserve to see their best to live their best, no matter what their budget. Our mission is to make quality eye care and eyewear affordable and accessible to all Americans. We achieve this by providing eye exams, eyeglasses and contact lenses to cost-conscious and low-income consumers."

"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 Fahs, 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 more 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."

## 21 Annual "STUEY's" Award nominations are open

By: **Alexander Martinic**  
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, Alumnus of the Year and Regional campuses Student of the Year.

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 Allopathic Medicine this year, 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.

Nominators should consider how a potential nominee goes "above and beyond to provide service or opportunities and following through with the core values [of NSU]," said Rajkumar-Castillo. According to Rajkumar-Castillo, they are looking for hosts and talent for the ceremony, "as the night progresses, there will be awards given out, there will be performances in between and that is the essence of the show". Since last year was the 20 anniversary of the awards, the ceremony focused on the awards from years past.

The 21 annual "STUEY's" will take place on April 16 in the Rose and Alfred Miniaci Performing Arts Center.

# News Anchor

Stay up to date with international and national events.

## New allegation against Judge Brett Kavanaugh

On Tuesday, Sept. 25, senate investigators were told of another sexual misconduct allegation against Judge Brett Kavanaugh. This new allegation was sent to a GOP senator, who then sent the letter to the Senate Judiciary Committee. The allegation came in the form of an anonymous letter. According to NBC News, a transcript of the phone call between the Republican senate investigators and Kavanaugh was released, in which Kavanaugh denies the new allegation and says, “we’re dealing with an anonymous letter about an anonymous person and an anonymous friend. It’s ridiculous. Total twilight zone. And no, I’ve never done anything like that.” Although Kavanaugh has denied the contents of the anonymous letter, which describes him sexually assaulting a woman while he was intoxicated in Washington D.C., 1988, the Republican senate investigators are not exactly ruling this letter out of the investigation.

## Fortnite Season 6

Darkness Rises has arrived in the gaming world. On Thursday, Sept. 27, Fornite released their new theme along with major changes within the game. Some of the new things players can look forward to are pets, new possibilities with the Battle Pass, and the functions of Shadow Stones. There are two new skins available to players once they purchase the Battle Pass. Additionally, there are three pets available to choose from named Camo, Scales and Bonesy. Another addition to this update is the new map. According to Epic, there are places like the Wailing Woods, a haunted castle and even a corn field.

## New York launches mental health courses grades k-12

New York has become the first state to introduce courses revolving around mental health as a requirement in their school systems. The new law originally took effect on July 1 of this year. The state of New York has concluded that courses concerning mental health will start from kindergarten to grade 12 this fall. Students will be taught how to recognize the various spectrums of mental health, such as treatments and the different severities that untreated mental illnesses can cause. When asked about the intent of this new law, John Richter, director of public policy for MHANYS told NBC News, “The intention is to give students the knowledge they need to recognize in themselves and others when they need help, and also make sure they know where to go to get help.” This is a milestone for the state of New York and can possibly influence other states to get on board.

## Adultery in India is no longer a criminal offense

A 158-year-old colonial-era law was ruled no longer a crime by India’s top court this week. The law declared that women be treated as male property. This particular law also enforced jail time for adultery. It was considered a felony for any man to have intercourse with a married woman, without the permission of her husband. Therefore, the woman who participated in adultery will not be punished but the man who were found guilty of adultery were imprisoned. BBC News asked the Indian supreme court justices what they thought of the situation. Chief Justice Misra responded, “husband is not the master of wife. Women should be treated with equality along with men.” This comes shortly after India recently decriminalized gay intercourse. According to BBC News, there is no record of prosecutions under this law of adultery thus far.

# The Current

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Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.

## NSU PVA’s Exhibit “Decade”

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

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 see the exhibit],” said Tennille Shuster, 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 will hold a free reception to celebrate the event. Afterwards, attendees are encouraged to visit “Dance Works,” a performance by NSU dance students, in the Performance Theatre at 7:30 p.m., on Nov. 2 and 3. General admission is \$15, and for students the price is \$7.

“It’s our 10 year anniversary, so it’s going to be really exciting. I think [attendees] would be really surprised about how much dance is going on at NSU. We have quite a few students, probably about 30 or more, that are involved that have been working really hard,” explained Elana Lanczi, associate professor of dance in the department of performing and visual arts. “We always have a great show, and it’s different every year, so they should come and support.”

DECADE will close on Nov. 9. For more information about the exhibit, visit [cahss.nova.edu/departments/pva/perf-exhib.html](http://cahss.nova.edu/departments/pva/perf-exhib.html), and to learn more about Dance Works or to buy tickets, go to [cahss.nova.edu/departments/pva/](http://cahss.nova.edu/departments/pva/).

## CALENDAR OF EVENTS

WEDNESDAY, OCT. 3,  
5:30-7 P.M.

### Art and Design Alumni Roundtable

Hear from industry professionals who are successful graduates of the Art & Design program.

WEDNESDAY, OCT. 10, 4-6 P.M.  
**The Power of 10**

Drop in for stress relief from midterms by practicing meditation, yoga and more while enjoying the Gallery’s latest exhibit.

WEDNESDAY, OCT. 17, 12-4 P.M.  
**Decade Detective**

Drop in anytime between 12-4 p.m. to participate in the art scavenger hunt of the DECADE! Free pizza while supplies last. Prizes for the winners!

WEDNESDAY, OCT. 24, 4-6 P.M.  
**Student Media Takeover**

Drop by while Radio X, The Current and SUTV take over Gallery 217!

FRIDAY, NOV. 2, 5-7 P.M.

### DECADE: Art & Design Tenth Anniversary Exhibit Reception

followed by Dance Works at 7:30 p.m. in the Performance Theatre.

## News Briefs

### NSU's women's tennis team advances to singles at ITA South Regional

On Sept. 23, the team played at the ITA South Regional Championship in Lakeland. Though it was a tough competition, senior Ana Navas will represent the Sharks in the singles finals.

### NSU graduate is the new Executive Director of BELTRAIDE

NSU graduate '11 Leroy Almendarez was recently appointed as the new Executive Director of BELTRAIDE. He officially began working on Sept. 17. BELTRAIDE believes that Almendarez's position "makes him well-positioned to lead us in forwarding their mission to enhance Belize's prosperity by fostering investor confidence, entrepreneurship, business growth, and innovation."

### NSU alumni named new deputy superintendent for Brevard public schools

NSU alumni '94 Beth Thedy has been named the new deputy superintendent and chief operating officer for Brevard schools. She will be responsible for leading a team of professionals from different departments.

# 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 Adolfo and Marisela Cotilla 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 immersing 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 [opportunity] 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 those 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.

## 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 Building and the Rose and Alfred Miniaci Performing Arts Center, beginning at 8 a.m..

Sallarulo's Race for Champions is Special Olympics South Florida - Broward County's largest event of the year. All proceeds from the race will go towards the organization in order to support its mission—arranging training and athletic competitions in a variety of Olympic-like sports for children and adults with intellectual and developmental disabilities. The organization currently supports more than 6,000 athletes in 23 sports. Participants are given continuing opportunities to develop fitness,

**"One of the things that we would like to do on this day is to show everybody the abilities of our athletes, include everybody and show everybody how we're more similar than we are different."**

**Linda Mills, director for Special Olympics South Florida - Broward County**

enjoy exercising and demonstrate courage with other Special Olympics athletes and the community.

"This is a day to promote inclusion—to make our athletes a part of the community, and to give the community a chance to see the abilities of our athletes rather than focus on their disabilities," said Linda Mills, director for Special Olympics South Florida - Broward County. "One of the things that we would like to do on this day is to show everybody the abilities of our athletes, include everybody and show everybody how we're more similar than we are different."

NSU students, staff and faculty are encouraged to sign up to be runners, walkers or virtual runners for the 2018 race. With the code "NSU," anyone from the university who wishes to take part will be given free entry. "We love to have NSU included—it's our home, here on campus," expressed Mills. NSU is the only private university in the country with a

local Special Olympics chapter on its campus, now permanently residing in the Noël P. Brown Sports Center. This was made possible with the help of Don Taft, who was committed to supporting special-needs children and young adults. In addition, Paul Sallarulo, creator of Sallarulo's Race for Champions, is a member of the NSU Board of Trustees.

Free breakfast and lunch will be provided for participants, and they will also receive a t-shirt and medal upon registration. The Miami Heat Dancers and several forms of entertainment will be at the event as well. Anyone who wishes to sign up or volunteer for the event can visit [sallarulosraceforchampions.org/](http://sallarulosraceforchampions.org/), or [specialolympicsflorida.org/broward/](http://specialolympicsflorida.org/broward/) for more information about the organization.

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## 5 things you need to know before travelling during the Holiday Season

By: **Aldana Foigel**  
Contributin Writer

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, Student Universe 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



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

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 don't 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.

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## LGBTQ TIMELINE

In honor of LGBT History Month, here is a timeline that recollects 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 NSU community.

BY: ETHAN LOZANO

**APRIL 1952:** Being a "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 LGBT community.

**JULY 1961:** Homosexuality was decriminalized in the state of Illinois after the sodomy laws were repealed.

**JUNE 1970:** Members of the LGBT 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.

**1974:** This was a successful year for the LGBT community in politics! The City Council in Ann Arbor, Michigan elected Kathy Kozachenko who became the first openly LGBT American to be elected to any public office. Then, Elaine Noble was elected to the Massachusetts State legislature. This was a historical moment in state office because she became the first openly gay candidate to be elected.

**1978:** The rainbow flag was designed by Gilbert Baker because he wanted to create a symbol of pride for the LGBT community.

**SEPTEMBER 1996:** President Clinton defined marriage as a "legal union between one man and one woman." This led to the signing of the Defense of Marriage Act, which banned same-sex marriage.

**APRIL 1953:** An executive order by President Dwight D. Eisenhower prohibited gay men and women from working for the government on the grounds that they would be detrimental to U.S. security.

**JUNE 1969:** Police raided the Stonewall Inn in New York City, leading to riots and protests. This is known as the catalyst to the LGBT civil rights movement.

**DECEMBER 1973:** The American Psychiatric Association took a vote, and the majority agreed that homosexuality was not a mental disorder.

**1976:** Tennis player Renee Richards was banned from competing in the US Open after she had gender reassignment surgery because of the "women-born-women" rule. She challenged the decision and took this case to court. The Supreme Court of New York ruled in her favor. This allowed Renee to compete in the 1977 Women's US Open.

**NOVEMBER 1993:** The "Don't Ask, Don't Tell" military policy was signed by President Bill Clinton. This policy forbade any openly gay or lesbian individuals from serving in the military, but also forbade any harassment towards anyone that is not open about their sexuality.

**APRIL 1997:** Ellen DeGeneres came out nationally in Time Magazine. Within the same month, her character on her show "Ellen" also came out as a lesbian.

**APRIL 1998:** Coretta Scott King (the widow to Martin Luther King Jr.) urged civil groups to assist in putting a stop to homophobia.

**SEPTEMBER 2011:** The gay community was allowed to openly serve in the military after the "Don't Ask, Don't Tell" policy was repealed.

**JULY 2014:** Laverne Cox was nominated for an Emmy for her role as Sophia in "Orange is the New Black." This made her the first openly transgender actress to be nominated.

**APRIL 2015:** During an interview with Diane Sawyer, Caitlyn Jenner came out as being transgender. Caitlyn Jenner later appeared in Vanity Fair to debut her new name.

**JUNE 26, 2015:** Same-sex marriage was legalized nationwide. It was a 5-4 decision by the U.S. Supreme Court.

**JUNE 2016:** A mass shooting took place at Pulse Nightclub in Florida. The LGBT community was the club's main demographic. There were 49 deaths, and 53 injured victims, making it one of the deadliest mass shootings in U.S. history.

**MARCH 2018:** Love, Simon was one of the first movies to come from a major Hollywood Studio that discusses gay romance at an adolescent age.

**2006:** Brokeback Mountain, a movie featuring a gay romance, won three Academy Awards after being nominated for eight.

**MAY 2012:** Barack Obama became the first president to support same-sex marriage while in office.

**OCTOBER 2014:** Tim Cook, the CEO of Apple, opened up about his sexuality in Businessweek. He was openly gay for a long time, but he had never made a public announcement about it.

**JUNE 2015:** Chris Mosier became the first openly transgender athlete to join the U.S. national team for duathlon.

**JUNE 2016:** Transgender individuals could now serve in the military after the Pentagon lifted the ban.

**AUGUST 2016:** There were 41 openly gay, lesbian, or bisexual athletes in the Olympic Games in Rio de Janeiro. This is the highest amount the Olympics games have ever seen.

**SEPTEMBER 2018:** India's Supreme Court repeals sodomy laws that were directed towards the gay community.

## Tree-huggers unite: Save the rainforests

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

As industries like ranching, fuel, biofuel and factory farming have progressed, rainforests have born 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



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Countries like Costa Rica make protecting their forests a priority, which also supports their local economy.

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?

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

The United States represents five percent of the world's population and consumes 25 percent of the world's resources. Since there is a high demand for consumption of resources in the U.S., the global market has lowered their standards on wages, safety conditions and, in hopes of conserving those resources for future generations and improving the livelihoods of farmers around the globe, the Fair Trade movement was created.

According to fairtradecertified.org, "Today's global market enables — often encourages — compromise at the expense of farmers, workers and fishermen. People stand with [this movement] to demand higher standards for everyone."

### How it works:

There are thousands of Fair Trade products on the market including coffee, tea, chocolate, grains, apparel and more. Through a certification process for products, fair trade seeks to improve economic development through fair trading and production partnerships. Third-party certifiers develop standards with frequent audits to ensure standards are met. This way, consumers can be assured that the products they use are grown, crafted and traded to protect the environment and the producers. According to the standards development and revision procedure by Fair Trade, the procedure ensures transparent standards to allow opportunity for engagement in line with the International Social and Environmental Accreditation and Labeling (ISEAL) Code of Good Practice for setting social and environmental standards. The primary certifiers in the U.S. are Fair Trade USA, Fairtrade America and IMO's Fair for Life label.

### 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 fairtradecertified.org, shows consumers are prioritizing sustainability now more than ever, with 58 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 Organization, is identical to the ying yang



PRINTED WITH PERMISSION FROM M. RINKA  
Supporting the global economy and human rights doesn't have to be an enormous undertaking-- look for fair trade symbols on items you buy to take part in the movement.

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.fairtradecertified.org/](http://www.fairtradecertified.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 stands 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 outpace 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 better for the environment but better for people on a global scale.

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## SOUNDBITE

### Jorja Smith

By: Adam DeRoss  
Contributing Writer

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 have they done anything that caused the hate 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 Skrillex 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.

Coming after her 2016 EP titled “Project 11” 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 ponders 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 human emotion 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.

## Book Shell-f

### “Diary of a Vampeen”

By: Taylor Murphy  
Contributing Writer

In 2005, “Twilight” took American teenage girls by storm. The series twisted traditional ideas on nocturnal vampires from eating young girls to dating them. After the series ended, many readers felt empty without vampire romance, but they won’t be disappointed for long. The “Diary of a Vampeen” series was made for former Twilight fans.

The author, Christin M. Lowell, alludes to “Twilight” with her characters. “Diary of a Vampeen” is a fictional young adult story about a relatable character named Alexa (Lexi) Jackson. Although she is a normal fifteen year-old girl bullied by the stereotypical high school antagonists, Lexi isn’t your normal size-zero protagonist unaware of her beauty. Instead, she suffers at the hand of bullies who make fun of her because she is plus-size. However, Lexi isn’t alone. By her side, she has her trusty, bubbly and super hilarious best friend Mel. Along with her slightly obsessive boyfriend Matt, Lexi thought she had all that she needed in the world. That was until she met Kellan. Tall and tan with glimmering emerald eyes, Kellan was a mysterious dream to Lexi. Though Lexi was loyal to her boyfriend, something about Kellan

entranced her, and on the days leading up to her 16th birthday, she began to realize exactly why.

Lexi is easily my favorite character because I relate to her. She starts off as a slightly introverted plus-size girl who finds her prince charming only to find that he is a little more bite than bark. She faces many hardships; she isn’t the stereotypical perfect heroine that can do no wrong and is victimized to garner sympathy from the reader. Lexi makes mistakes frequently - especially when it comes to her love life. Still, she tries to learn from them. While she is only 15 years-old, her life forces her to mature quickly to stay alive. As I read, I found myself getting frustrated with her because she would make regrettable decisions with awful outcomes later on. While that may get aggravating for the reader, it makes the book more loveable because it proves how human Lowell made her characters.

If you’re are like me, you missed vampire-love-triangle action. You missed staying up late at night reading fanfiction and maybe even writing some of your own. You missed drooling over vampires. “Diary of a Vampeen” offers all that and more! Don’t miss out.

# 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
- 1/4 teaspoon baking powder
- 2 tablespoons diced apples
- 2 teaspoons streusel (1/2 tsp. flour, 1/2 tsp. butter, 1 tsp. brown sugar)

#### Directions

1. Mix the dry ingredients, except the streusel 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 streusel.
6. Baking in a Toaster Oven

While microwavable 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)



PRINTED WITH PERMISSION FROM C. MCLAUGHLIN  
Mug Pies are paired perfectly with some fun mugs and a friend to enjoy it with

- 6 large marshmallows (enough to fit your crackers)
- 12 Hershey's Kisses, unwrapped (enough to top your crackers)

#### Directions

1. Break 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 mitt 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 advance, 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, quiches, salads and soups; and tea and smoothies. Whether you decide to treat yourself to baklava or a macaroon with your coffee, you can lose track of time sprawled on the sofa of their fan-cooled outdoor patio. Get to know yourself or someone else a little better at this snug Wilton Manors escape.

### The Alchemist

If you're more in the mood for adventure, Wilton Manors still has a haunt for you. The Alchemist is a coffee shop that mixes fine ingredients, precise technique and a bit of magic to make the most of its beans. Located on the outskirts of a neighborhood, the cafe offers an idiosyncratic beauty to explore. On a path leading away from their patio, you can pass by the Wander Shop to restock your wardrobe with a new hip fit or Wild Elements for handmade soaps and candles. Venture a bit further on the path, and you'll see a plethora of street art, an abandoned trailer and a cobblestone path — all perfect for a photoshoot with friends. Plus, your iced coffee will never water down no matter how much time you take exploring thanks to the magic of coffee ice cubes.



PRINTED WITH PERMISSION FROM K. BRUCE  
Brew Urban Cafe's recent Karaoke night is a fun way to wind down after a long week

### Brew Urban Cafe

Become part of South Florida's art scene as you sip latte 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 posh place as its 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 Sazerac, 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 Coffeehaus

Take your coffee with sugar and a used book at this hidden away cafe located at the top of a shabby staircase. Undergrounds Coffeehaus 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 reflect on the various old books stocked on shelves all around the store. Away from the food, Undergrounds has a room reserved just for local artists to wow you with more words encased in beats instead of books.

## OFF SHORE CALENDAR

### Kali Uchis

Oct. 3 | 7 p.m.  
@Revolution Live | Ft. Lauderdale

### Dire Straits Legacy

Oct. 4 | 8 p.m.  
@Parker Playhouse | Ft. Lauderdale

### Phil Collins

Oct. 5 | 8 p.m.  
@BB&T Center | Sunrise

### Sirius XM Hair Nation Tour 2018

Oct. 6 | 7:30 p.m.  
@Revolution Live | Ft. Lauderdale

### Nothing But Thieves

Oct. 6 | 7:30 p.m.  
@Culture Room | Ft. Lauderdale

### Thompson Square

Oct. 7 | 7:30 p.m.  
@Parker Playhouse | Ft. Lauderdale





# ATHLETE OF THE WEEK:

## Natalie Espinal



By: **Samantha November**  
Contributing Writer

*Natalie Espinal is a freshman international student from Tegucigalpa, Honduras. She has a career-best ITF rating of 532 and Universal Tennis Ranking of 10.56. Over the summer, Espinal played in the Fed Cup for Honduras alongside her NSU teammate sophomore Daniela Obando.*

### How did you start playing tennis?

“Well my uncle taught me how to play at the country club with my brothers and the first 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



PRINTED WITH PERMISSION FROM SHARK ATHLETIC DEPARTMENT  
Espinal smiles for the camera during NSUs Media Day

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 being a student athlete in college?

“It’s hard, it’s very tough, but I like it. If I

didn’t have tennis, I don’t know. But just being a student is not me—I have to be playing tennis.”

### 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?

“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?

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

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

“I warm up with the team and we have a little speech about being supportive and a team [that we chant before every tournament].”

### What do you enjoy doing in your free time?

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

### How is playing tennis here different than playing in Honduras?

“Well here, we work harder. In Honduras, I go to school first and then I practice for one hour in the afternoon. Here it’s two hours and we have to do weights, so it’s harder. Here it’s too humid [sometimes].”

### 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 The Bench: Soccer won't be the next NFL, but it's on the rise

By: **Emma Heineman**  
Features Editor

Baseball has historically been known as America’s pastime. It is played devotedly by American youth and supported by a large fan base. In recent years however, declining youth involvement in baseball programs paved the path for American football to take the lead in capturing America’s attention. Audiences tune in for weekly games, updates and interviews. The wide coverage of players on and off the field creates a sense of connection between the players and the fans, something soccer has yet to accomplish here in the United States. Although soccer started small here in the US, statistics of youth involvement as well as increased fan turnout show that soccer could be on the rise.

One of the main disadvantages soccer has with becoming a major sport in the US is the perception that soccer is a “foreign sport.” Because soccer, formally known as fútbol in

non-American settings, originated from Europe and has garnered widespread support throughout South America and Africa, the idea of soccer seems alien to many Americans.

It also does not help that only a select few of the star players of the sport are American. Only four goals were scored by players from Major League Soccer in the last World Cup while the rest were scored by popular players from England, Germany, and other major countries who compete for the title. Until more support for American players can produce athletes who represent the US in the way that foreign players do, our attention will continue to be diverted overseas, while American football holds the spotlight.

It is hard for soccer to compete for the Americans’ attention when the people they cheer for on football and baseball teams are

people from their hometown, the city they went to college, and the location where they settled down. This sense of identity that fans create with teams and players is often based off of geographical location and detracts from soccer’s popularity.

In recent years, however, the increase in youth involvement in soccer programs shows a promising future for soccer in the US. Only basketball leads soccer in its numbers of youth participation. The support began with the World Cup of 1994 which was held in the US. Despite being a minor sport in America at the time, it was a huge success, and marked a big step in establishing soccer’s identity as a sport. Americans came to the World Cup to support the American team in unprecedented numbers. Average numbers of NBA and NHL viewings haven’t seen the support that people showed for

the World Cup. Even though the hype eventually died down, it created a stir that let people know that soccer was here to stay.

While being a foreign idea disadvantages the popularity of soccer in many ways, it also has its benefits. Support for the sport has grown as the result of globalization, the process by which businesses or other organizations develop international influence and start operating on an international scale. The global nature of soccer makes it a sport that everyone can relate to. Whether you live in the United States, France or Mexico, soccer has the ability to be a connecting factor across cultural boundaries.

The future of soccer is promising. While it’s probably true that it will never replace football as an American favorite, it’s successes in the past years pave a road of growth and prosperity. It may not be number one, but it is here to stay.

## OUT OF THE SHARKZONE

### Carson Wentz Returns to Philadelphia Eagles Starting Lineup

On Sunday Sept. 23, the Philadelphia Eagles went up against the Indianapolis Colts, ending in a hard fought victory. Starting quarterback, Carson Wentz, made his long awaited return to the Eagles starting lineup, getting a standing ovation from the crowd as he ran onto the field. The Eagles started out strong with a connecting pass from Wentz to rookie tight end Dallas Goedert that ended in a touchdown. The Colts were quick to retaliate when Andrew Luck tossed a 5-yard touchdown pass to Ryan Grant, tying the game with 24 seconds left in the first quarter. The game was tied again during the third quarter at 10, when kicker Adam Vinatieri got a 35 yard field goal. The Colts scored again early in the fourth with Vinatieri’s third field goal, bringing the score to 16-13. Later in the fourth quarter, the Eagles went on a 17-play drive spanning just over eleven minutes, resulting in a touchdown run by Wendell Smallwood, bringing the final score to 20-16, with three minutes left in the game.

### Baltimore Orioles and Boston Red Sox Record Making Game

The Boston Red Sox and the Baltimore Orioles had a record-breaking game this past week. On Monday, Sept. 24, the Red Sox broke their franchise record of the amount of wins in the regular season with 106 wins. The record was originally set all the way back in the Red Sox’s first season in 1912 with 105 wins. This outcome had the Orioles match the franchise record for the most losses in a regular season, which was set by the St. Louis Browns in 1939 at 111 losses. This game was also the first time since 1939 that teams separated by 60 wins faced off against each other. The Red Sox were the first on the scoreboard, scoring four runs in the second inning from back to back doubles from Steve Pearce and Brock Holt, an RBI single from Christian Vazquez, and a two-run homer from Mookie Betts. This was Bett’s 32 home run of the season, a new career high. Fast-forward to the fourth inning, and Red Sox Benintendi got another run in from an infield RBI single. Later in the inning, Xander Bogaerts added another RBI single to round out the score to 6-0. In the next inning, the Orioles finally scored a run when Tim Beckham came in on Eovaldi’s wild pitch. The last run of the game was scored by Adam Jones on a sacrifice fly, bringing the final score to 6-2.

# ON DECK

## MEN'S SOCCER

@ Barry  
Oct. 3 | 6:00 p.m.  
Miami Shores, FL

@ No. 18 Florida Southern  
Oct. 6 | 7:00 p.m.  
Lakeland, FL

## WOMEN'S SOCCER

V.S. No. 6 Barry  
Oct. 3 | 7:00 p.m.  
NSU Soccer Complex

V.S. Florida Southern  
Oct. 6 | 7:00 p.m.  
NSU Soccer Complex

## WOMEN'S VOLLEYBALL

V.S. Palm Beach Atlantic  
Oct. 2 | 7:00 p.m.  
Fort Lauderdale, FL

V.S. Eckerd  
Oct. 6 | 4:00 p.m.  
Fort Lauderdale, FL

## MEN'S GOLF

Shark Invitational  
Oct. 8 | All Day  
PGA National Golf Club  
Palm Beach Gardens, FL

## WOMEN'S GOLF

Shark Invitational  
Oct. 8 | All Day  
PGA National Golf Club  
Palm Beach Gardens, FL

## 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

# Finding Fitness: US Ninja League Gym

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

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 coach 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 a] positivity 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 type 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 athletes 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



PRINTED WITH PERMISSION FROM NINJA LEAGUE GYM  
The course offers many different options to test strengths like upper body, core work, balance and even endurance. Photo permission by US Ninja League Gym.

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 destress 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 hour classes, freestyle open gym sessions and personalized training sessions. A few classes they offer to guests are 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 and jump 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 courses 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 [www.usninjaleague.com](http://www.usninjaleague.com) or call (754) 227-5453.

**US Ninja League Gym**  
3650 SW 10th St  
Deerfield Beach, FL 33442  
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## SPORTS SHORTS

### Men's Soccer

The Sharks played a record-breaking game against the FIT Panthers this past Wednesday. It was the first time in nine years that the Sharks defeated FIT and the first time in 11 years that the team has won seven consecutive matches. The first shot of the night was from the Panthers in the third minute, but junior goalkeeper Titouan Le Roux blocked it. Less than 10 minutes later, graduate student, Bradley Fountain arched the ball into the upper left corner of the net from outside the box for the game’s first, and only goal. At the 23rd minute, Le Roux had another impressive save. The second half of the game was more aggressive, getting six yellow cards combined in a span of 25 minutes. The Panthers had three more attempts on the goal between the 79 and 82 minutes, but the shots were high, blocked, and wide, respectfully. The game ended 1-0 Sharks.

### 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 freshmen 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 Gemma 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 Heikkila 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 on 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 Uilk scored the game’s final kill to get the win.

THIS ISN'T ALL OF THE NSU SPORTS NEWS! READ THE REST OF SPORTS SHORTS AT [NSUCURRENT.NOVA.EDU](http://NSUCURRENT.NOVA.EDU)



## Seriously Kidding

A satire column.

# New dining hall to go in the Alvin Sherman Library

By: **Lindsey Spina**  
Contributing Writer

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, McDonalds, 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 nuggets 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.

# Gas prices are the worst

By: **Mario Lorrimer**  
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 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 my wallet. 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 app? I keep my space open for important apps, like Pokemon Go. On a serious note, I would advise downloading Gas Buddy, it has helped on occasion. Any money saved is always good.

Usually gas prices also affect the prices of pretty much every product. What do those big trucks that transport produce to stores run on? If you answered gas, you're correct. So if gas prices decided to suddenly do a backflip sky high, then the price of my Oreopop-Tarts go up. If food prices are going up then I would need to make some sacrifices.

It's not only food costs but it could virtually be anything. It could be factories that run on generators or construction equipment that uses fuel or even landscaping companies. Nothing is safe from the power gas prices have. Now you know why that landscaping company keeps raising the price on you. It may not be because they want to but because they have to, in order to continue turning a profit. This just goes to show that the economy is a very fragile game of Jenga and gas is usually always the piece that topples everything.

# Is "GoFundMe" really fair?

By: **Alexandra Herlihy**  
Sports Editor

The popular crowdfunding site, GoFundMe, is well known for people raising money for surgeries, trips, or charities. Just on the front page of the site, the most popular fundraisers were all about helping other groups of people, whether it was a family struck by tragedy or an entire population needing help. The people who make these fundraisers want to help people in need, but a lot of the time, people don't want their money to be handled by a third party organization because of lax monitoring and potential opportunity for fraud.

Third party organizations could improve their policies. The companies mean well and they do help a lot of people, but with a lack of strict guidelines about starting and holding fundraisers, it can lead to instances of fraud. GoFundMe's guidelines are among those that are really simple, and when it comes to money, that's not necessarily a good thing. Someone can make a fake fundraiser and just collect the funds for themselves. This doesn't usually happen, but recently a couple did not donate the money

they raised from their GoFundMe. The couple created a fundraiser for a homeless veteran in Philadelphia after the woman's car broke down and the vet helped her. The GoFundMe raised over \$400K for homeless man to get back on his feet, but only \$200K went to the man. The couple had to go to court over this, and the issue is still going on. Stuff like that, however, is very rare, since most people who decide to raise money, raise money for important charities and heartbreaking surgeries.

In the long run, GoFundMe is still a business. From every fundraiser that is held on the site, GoFundMe takes 2.9 percent of profits for transferring funds, and another 30 cents for each donation that is made with a credit or debit card. That doesn't sound too bad until you realize that since it's online, almost every donation will be with a card. Also, for example, many fundraisers have a goal of a million dollars. That's a lot of money, but a lot of the time it's needed for like surgery. 2.9 percent of one million is \$344,827.59. This statistic may

The screenshot shows the GoFundMe website interface. At the top, there's a search bar and navigation options like 'Discover' and 'Fundraise for'. Below that, the main heading is 'The leader in online fundraising'. Six key features are listed in a grid:

- Donor protection guarantee:** GoFundMe has the first and only guarantee in the industry.
- Simple setup:** You can personalize and share your GoFundMe in just a few minutes.
- 0% platform fee:** With a 0% platform fee, you get to keep even more of your money.
- Mobile app:** The GoFundMe app makes it easy to launch and manage your campaign on the go.
- Social reach:** Harness the power of social media to spread your story and get more support.
- 24/7 expert advice:** Our best-in-class Customer Happiness agents will answer your questions, day or night.

A large green 'Start a GoFundMe' button is centered at the bottom of the feature grid.

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GoFundMe is marketed as a budget friendly website to host charitable donations but at what cost?

discourage people from donating in the first place.

Donating is such a noble action, especially if it's to strangers that you don't even know. GoFundMe provides an easy access to donating to strangers that need it. Most 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 its processing percentage, but overall, it is most certainly an easy way to donate.

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## 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 got 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 scarfing 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. The work that I have received, 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.



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## 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 passing memory of history class in high school. But for others, the depiction of Columbus as a venerated hero comes as a great shock and even disgust.

The controversy surrounding this memorialized day stems from the cruel treatment many indigenous people suffered at the hands of the explorer Christopher Columbus and his

crews. When the Spaniards arrived in the islands of the Caribbean, they subjected the natives to harsh labor, slavery, and brutal treatment. This began an enduring tradition of slavery and violence which didn't end until hundreds of years later.

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 European arrival due to the violence they faced at the hands of Columbus.

Religion, in addition to slavery, was also impressed violently onto the natives. They were killed or beaten if they refused to convert to

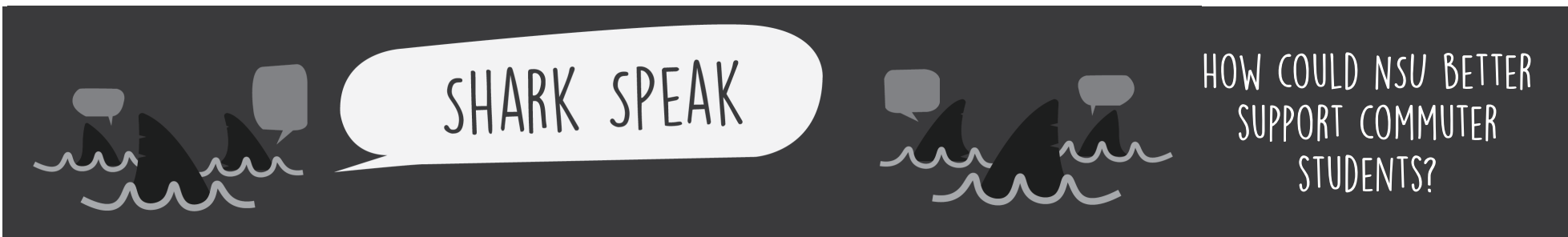
Christianity. The "convert or die" was a motto adopted and used to justify the treatment of the natives.

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.



### SHARK SPEAK

### HOW COULD NSU BETTER SUPPORT COMMUTER STUDENTS?



"The roads in front of the Commons and Goodwin buildings. I want to actually use them, because I'm tired of them being closed and only one entrance being open for commuters. So I'd rather have more roads that lead to the opposite side of the school."

- **Vladimir Grammont**, freshman biology 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, [since now] they're all at the same time."

- **Jodi Ho**, freshman biology major



"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."

- **Antony 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 can 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."

- **Deniz 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 Leone**, sophomore exercise and sport science major

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**It's A Wrap: Marketing & Design Intern**

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

## RESEARCH OPPORTUNITIES

### Psychology Research

**Student Participation:** The Trauma Resolution and Integration Program (TRIP) research team is currently seeking NSU undergraduate students who have an interest in understanding the systemic, interpersonal, and intrapersonal impacts of psychological trauma.

**Time Commitment:** At least 5 hours per week

**Minimum GPA & Major:** 3.0 GPA/ Any STEM major

**Skills/Experience:** Familiarity with the research process; basic understanding of psychological concepts; completion of core psychology courses; and previous research experience and knowledge of SPSS preferred.

### Marine Biology

**Student Participation:** We are looking for undergraduate students interested in assisting with the collection of scientific papers and journal articles pertaining to the 30+ non-native species of fish found in Florida marine waters.

**Time Commitment:** 10 hours per week; summer hours may be available.

**Minimum GPA & Major:** 3.0 GPA/ Any STEM major

**Skills/Experience:** Biology and Marine Biology courses; and experience collecting data and scientific literature review

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