NSU welcomes new dean of the College of Pharmacy

By: Madelyn Rinka
Co-Editor-in-Chief

“I’m very excited to start this new role. I truly believe in the vision and mission of NSU... I think the core values of NSU really embody what we are and have become. Our students are our best ambassadors, and my job is going to be to make the student experience within the College of Pharmacy the best that it can be.”

-Dr. Michelle A. Clark, new dean for the College of Pharmacy

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Dr. Clark emphasizes her focus on the student experience in her new role.

NSU has named a new dean in the College of Pharmacy, Dr. Michelle A. Clark, effective Aug. 24. Dr. Clark has served as the college’s interim dean, executive associate dean, interim associate dean for Research and Graduate Education and chair of the Department of Pharmaceutical Sciences since 2001. She has helped establish the college’s Ph.D. and Master of Science program in Pharmaceutical Sciences and has been a founding member and faculty advisor for the Student National Pharmaceutical Sciences Association, according to an NSU News press release.

“Having Dr. Clark continue to be part of the NSU family was the best choice we could make,” said President George Hanbury to NSU News. “I look forward to seeing where she will lead the College of Pharmacy in the future. This is an exciting time in the history of the university.”

“I’m looking forward to putting a vision together that can move the college forward, to getting us to that higher level of exposure for the university, to putting us on that top 100...” said Dr. Clark. “It’s an exciting time for us. I intend to make that be my vision, to be more known. My primary focus, though, is on the human experience — the student.” Dr. Clark added that, as students graduate, she aims to have them be excited to be an alum of the university.

Dr. Clark explained that they are in the process of making some exciting changes to the College of Pharmacy, including a curriculum blueprint that focuses on a modular class structure. The next phase to be implemented will include tracks or concentrations that will make graduates from the college stand out when they go into the field. Students can currently graduate with a concurrent degree such as a master’s degree, but for students who do not want to pursue this path, they will be able to obtain a Pharm.D. with a specialty that is reflective of the students’ interests, such as project management or research.

Dr. Clark has worked towards promoting the pharmacist’s role in healthcare by doing research and encouraging students to be advocates for their profession.

“When you ask a layperson what they think a pharmacist does, they’ll tell you ‘oh, they work at Walgreens or CVS, filling our prescriptions,’ but there’s so much more to what a pharmacist can do,” said Dr. Clark. “In particular, in the setting of healthcare, a pharmacist is an absolutely essential member of the team. The pharmacist is the guru when it comes to medication therapy management. We know the most about the drugs that our patients are taking and the interactions that can occur with these drugs.”

For students who are interested in pharmacy, Dr. Clark explained that they need to focus on two things: their academics and developing their soft skills like communication. Graduate programs require a rigorous amount of work that necessitates a strong foundation before applying.

“First, focus on your academics, make sure that you take the courses that will allow you to be successful. But the other thing I would advise is to get involved [and] show your leadership qualities because going into any health care field, including pharmacy, you’re expected to stand out. You’re now going to be the advocate for your patient,” said Dr. Clark.

While Dr. Clark has several facets of her vision to improve and develop the College of Pharmacy, she is making sure they revolve around NSU and the student experience.

NSU to host events for National Voter Registration Day

By: Christina McLaughlin
Co-Editor-in-Chief

“We think it’s important for students to be aware of the issues they are voting for, understand the implications their decisions are going to make and go out and be active and make a voice in democracy.”

- Jeffrey Hoch, associate professor in Halmos College of Natural Sciences and Oceanography

On Sept. 24 and Sept. 27, NSU student-organizations will host voter registration opportunities in honor of National Voter Registration Day.

NSU’s Green Sharks Student Sustainability Club will host the Broward Supervisor of Elections for a voter registration event next Tuesday 11:30 to 1:30 p.m. in the UC Spine. There will be electronic and paper voter registration forms available as well as an opportunity for previously registered students to check their registration status or update their information.

“College students are at an age where they can vote and many of them haven’t had the opportunity [to vote],” said President George Hanbury. “So we want to make sure that they have that opportunity. College students should represent themselves in voting because democratic policies, elected officials and the kind of issues that college students might be interested in may be different than say, our grandparent’s generation. It’s important that those views are represented in Election Day so that the government is [not only]

a) well representation of the people now but [of] what is also needed in the future,” said Jeffrey Hoch, associate professor in the Halmos College of Natural Sciences and Oceanography and faculty advisor for Green Sharks.

According to Hoch, the club became involved with helping improve voter participation after realizing decisions were being made on the local and federal level that weren’t aligned with their interests and felt they must step up to improve on the young voter “block.”

“Separated from our vision statement to live sustainable in all aspects of our lives, we believe the ballot box is no exception. The majority of students, especially those on college campuses, have been historically known for being part of the ‘Liberal block,’ but times are changing and protecting our planet is transitioning from being viewed as a party continued on page 3...
Saudi princess found guilty in assault case

Princess Hassa bint Salman was charged with assault in France after a confrontation with her contractor. According to the New York Times, “A French court on Thursday found a Saudi princess guilty of being complicit in the assault of a contractor in her Paris apartment three years ago, a case in which he had accused her of saying of him, “This dog must be killed.” The princess, Hassa bint Salman, was given a 10-month suspended prison sentence and fined 10,000 euros, nearly $11,000 — a pittance to a Saudi royal whose family is reported to be worth billions. The princess, Hassa bint Salman, was given a 10-month suspended prison sentence and fined 10,000 euros, nearly $11,000 — a pittance to a Saudi royal whose family is reported to be worth billions. The princess, Hassa bint Salman, was given a 10-month suspended prison sentence and fined 10,000 euros, nearly $11,000 — a pittance to a Saudi royal whose family is reported to be worth billions. The princess, Hassa bint Salman, was given a 10-month suspended prison sentence and fined 10,000 euros, nearly $11,000 — a pittance to a Saudi royal whose family is reported to be worth billions.

Psychic fraud faces restitution and jail time

A South Florida psychic scammed a medical student out of $1.5 million over a 10-year period as a result of a faulty cause. According to the New York Times, “The Norwegian authorities [advised] dog owners to keep their pets from interacting with other dogs on Tuesdays, as hundreds of dogs were sickened by a mysterious — and potentially contagious — bowel disease that has turned deadly in a growing number of cases.” Autopsies are yet to reveal the cause of death. However, the Norwegian Food Safety Authority found two bacterial cultures in the dogs that may be the cause.

Sudden cases of death in dogs in Norway

Hundreds of dogs have become ill, and over two dozen have died due to an unknown bowel disease that is believed to be caused by either bacteria or fungi.

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NSU to host events for National Voter Registration Day continued from the front page...

**Basic Voting Registration Requirements and Information:**

- **Any US citizen that will be at least 18 on Election Day can register.**
- **Out of state students attending NSU are considered Florida residents for the purposes of voter registration and can register in Florida.**
- **Students are required to have a Florida mailing address, provide last 4 digits of social security number or present a Florida Driver's License.**
- **Last year, NSU hosted an early voting site making it easier for students to vote. Students can also request vote-by-mail ballots.**
- **Florida is considered a swing state and an NSU student vote can make a difference.**

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**News**

**NSU’s Fall 2019 Recruit a Shark**

By: Madelyn Rinka
Co-Editor-in-Chief

NSU’s Office of Career Development and the Office of Student Leadership and Civic Engagement will host the Fall 2019 Recruit a Shark on Sept. 19 from 2:30-6 p.m. in the Rick Case Arena. Attendees will have the opportunity to connect with employers and recruiters about volunteer positions, internships and job opportunities within their represented companies.

“It’s different than regular career fairs because normal career fairs just have jobs and internships. Ours has jobs, internships, research positions, volunteer work and also study abroad. It’s like your one stop shop for experiential learning, to gain experience in your field, and for research. Really, there’s something there for every major,” said Emilio Lorenzo, associate director of employer relations.

Additionally, freshman and senior students, as well as veterans, will be able to get early access to the event at 2-2:30 p.m., giving them a chance to connect and network with employers before anyone else.

Lorenzo recommends students make a list of who they want to visit while at Recruit a Shark, because there are over 100 employers that will be in attendance. “Even before you walk into the event, we have career advisors on staff that will ask ‘what’s your major, what are you looking for?’ and then guide you to the right employers.”

Rachel Sheppard, a junior psychology major who was hired by an employer from Recruit a Shark her sophomore year, advises students to utilize the resources NSU provides to prepare and to remember that the employers are there because they want to talk to you.

“It was actually easier than I thought [it would be],” Sheppard said of her attendance to Recruit a Shark. “It was super nerve-wracking being there, but it’s just like quick job interviews, it’s pretty convenient. I looked up who was going to be there beforehand because [NSU] had a list...I wrote down who I was interested in, then I went and visited those places, gave them my [resume], talked to them a little bit, and I ended up getting a job.”

Employers in several fields, including computer science, pre health and research, business, marine biology and environmental science, government and much more will be in attendance. Students can RSVP on Handshake, but it is not required for admittance to the event. For more information, visit www.nova.edu/career or log into Handshake for a list of companies expected at Recruit a Shark.

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**Marijuana retailers pull vaping products in Oregon**

Following nationwide cases of severe illnesses and deaths related to vaping products, marijuana retailers are pulling vaping products from their stores in Oregon.

According to the Associated Press, “The move came after the agency that regulates Oregon’s cannabis industry said The Associated Press on Wednesday that it will soon begin asking retailers to voluntarily review their vaping offerings and pull those that spark concern. Kind Leaf Portland, a pot retailer with the largest inventory in New York, manufactures of the compliant that were suspected of causing the illnesses were subpoenaed.

Obama-era water protections revoked by Trump administration

The Environmental Protection Agency has dropped Obama-era waterway regulations. According to the Associated Press, “The 2015 Waters of the United States rule defined the waterways subject to federal regulation. Scraping it ‘purges an end to an egregious power grab, eliminates an ongoing patchwork of clean water regulations and restores a longstanding and familiar regulatory framework,’” Environmental Protection Agency chief Andrew Wheeler said at a news conference in Washington, D.C. The repeal of this act opened up waterways to be more easily dammed.

EPA approves harmful pesticides

Beekeeper are using the Environmental Protection Agency over the reauthorization of insecticides that have been linked to a decrease in bee populations. According to the New York Times, “That chemical, sulfoxaflor, is absorbed into plants, where it can be ingested by pollinating bees. When the bees return to the hive, they can transfer the chemical to the colony. This affects the bees’ ability to breed and survive according to studies cited by Earthjustice, whose director of employer relations, Emilio Lorenzo, associate director of employer relations.

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Being a part of something larger is one of the most fulfilling experiences a person can have, and you deserve to give yourself that in any way you can. One surefire way to make an impact or to feel that covered sense of belonging is to join a club that focuses on something you are passionate about. And if there isn’t already an organization for that? You can make one.

### The Basics

The Office of Campus Life and Student Engagement requires a few small things from students who want to start a club: a president, IOC chair, treasurer, six active members — which may include the three officers, a faculty advisor and an undergraduate population of at least 51 percent. That might seem like a lot of numbers right now, but it’s easier to find classmate who share your interests than you think. Chat around after class, and don’t be afraid to ask your professor if they are interested in being an advisor, especially if your club’s focus lies within their expertise.

### Once you’ve got all that...

Submit your club’s registration on SharkHub, and look forward to attending new club orientation, which will give you all the information you need to get your club off the ground. According to Gerard Wheeler, Director of Campus Life and Student Engagement, all your club must do to stay active is engage with the student body by hosting events and keeping track of your club members on a semester-by-semester basis. Wheeler recommended attending monthly Inter Organization Council (IOC) meetings to learn more about effective leadership, event planning and more. Clubs are also able to reach out to their IOC Ambassador, assigned based on how the club is categorized with any questions or other needs.

### So, why is starting a club worth the effort?

As stated previously, being a part of something bigger is a satisfying feeling, but really, being involved aids your personal and professional growth in more ways than you might think.

Thalia Charles, Graduate Assistant for Club and Organization Engagement, said, “The more engaged you become on campus, we like to say that you find your home away from home. For me personally, when I first came to [NSU] I absolutely hated it, but, being there. Then once I did find organizations that I personally fell in love with, I fell in love with the school, and I found some of my closest friends. That’s what we hope happens for each student — that they find what relates to them can be more involved and have that school spirit.”

Plus, Wheeler added, “On the professional side [establishing a club] gives you those skills of conflict management, running meetings, talking, and finding objectives. That’s the overall leadership skills that being part of a club provides.”

### Remember...

Starting a club doesn’t have to feel like climbing a mountain. You’ll learn more about NSU, other students and even yourself by putting that effort into your passion.

Charles reminded students, “We’ve always here to help. No organization should ever feel as if they are on their own. We love our organizations, we love what we do, we’re passionate, we get back to you as quickly as we can and we are here as a support system.”

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### Smoking kills and the lungs of the Earth are burning

The Amazon rainforest is the largest rainforest on Earth. This broadleaf tropical jungle covers close to three million square miles across nine different countries in South America. The Amazon rainforest has had a long history of deforestation to clear land for farming, building and the major sale of the native woods.

Along with deforestation, there has been a more recent threat to this natural wonder: forest fires. In Brazil alone, there has been a 15 percent increase in the number of fires in the regions of the Amazon rainforest within Brazil’s borders, according to Brazil’s National Institute for Space Research. Due to the climate of the region and the average rainfall, historically the Amazon has not been subjected to forest fires until recently with deforestation causing the ecosystem to be much drier.

Many claim that the Brazilian President, Jair Bolsonaro, is responsible for the rapid increase in the rates of forest fires in the region. According to National Geographic, “since taking power at the beginning of the year, Bolsonaro has made clear he prioritizes the interests of industries that want greater access to protected lands. His critics say he has emboldened ranchers and farmers to burn even more land by cutting back on law enforcement and signalling that his government will not impose fines for illegal land-grabbing.” Claims have been made that government assistance in stopping the spread of these fires has been hindered by Bolsonaro. According to the New York Times, “hundreds of government workers on the front lines of enforcing Brazil’s environmental laws signed an open letter warning that their work has been hampered by President Jair Bolsonaro, contributing to a rise in deforestation and and the fires sweeping through the Amazon.”

These fires are not just confined to the forested regions of Brazil but have already spread as far as Argentina and Colombia. According to the Associated Press, “French President Emmanuel Macron called the wildfires an international crisis and said the leaders of the group of seven nations should hold urgent discussions about them at their summit in France.” Macron also tweeted saying that “Our house is burning. Literally. The Amazon rainforest—the lungs which produce 20 percent of our planet’s oxygen—is on fire.”

These forest fires are endangering the lives of approximately one million indigenous people living in the Amazon basin. Advocacy groups, like Kanindé, are calling for help in these regions as well as speaking out against Bolsonaro, who they deem responsible.

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### Realizing your Potential

By: Sophia G. Perez

Career Development

Sophia G. Perez joined Nova Southeastern University’s Office of Career Development in Aug, 2018 as a Career Peer Advisor. She is pursuing her Bachelor of Science in Psychology and a minor in Behavioral Neuroscience. Sophia is excited to collaborate with students and help them meet their personal, academic and professional goals while reaching their full potential.

When meeting with an employer, there are a couple of concepts that every individual should keep in mind. Individuals should not only focus their attention on the interview, but they should also concentrate on other factors and areas that contribute to maximizing their potential and landing a job position.

What is the most important step that has to be taken in order to land your dream career? Is it preparation before an interview, the actual interview, or after an interview? The answer is all these aspects are essential to landing your dream career. You should begin to build your experiences based on your major. Experiences such as jobs, internships, research, shadowing and volunteering opportunities help build both personal and professional development.

Connecting with other professionals both within and outside of your career industry can also provide benefits. Extensive researching and preparations are necessary before you step into an interview. Deliver your points and interests effectively, voice your ultimate career goals and how you see yourself in the long-term? How can this company promote your personal and professional growth? What would be able to be contributed to this company?”

These questions can aid you to further evaluate a company or organization.

For advice on how to present yourself and continue to build your professional development in a collaborative environment. Furthermore, take into consideration other factors that you believe a company must have in order for you to be comfortable to realize your passions and interests. For instance, consider an individual who is interested in maximizing opportunities for others. That individual would potentially prefer to work in a company that reflects that interest or that provides the opportunity to collaborate on projects and create resources or services that will aid in achieving that goal.

Some characteristics to keep in mind during researching would be location, company size, the culture of the company, their goals and interests and opportunities for growth. Be sure to ask yourself: “Do I see myself in this company in the long-term? How can this company promote my personal and professional growth? What would be able to contribute to this company?”

These questions can aid you to further evaluate a company or organization.

For advice on how to present yourself and highlight your goals and passions, communicate effectively, voice your ultimate career goals and follow up, visit mcurent.nova.edu for more of Perez’ expert tips.

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### September 17, 2019 | nsucurrent.nova.edu

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The transition into higher education creates a new opportunity to harness your true identity. For some, religion is a part of this experience. Whether you are a person of faith who has been part of a religion since childhood or if you are seeking spiritual answers, NSU has plenty of religious organizations to help guide you on your quest.

Interfaith and Spirituality
Embassy (INSPIRE)

INSPIRE is the only organization on campus that is not affiliated with one specific religious movement. Rather, the goal of this organization is to embrace religious diversity and foster co-existence.

“INSPIRE was born out of the observation that there have been many misunderstandings recently between religions. For instance, we have discussions about what to do if a Muslim girl’s hijab blows away. [Our goal] is not to convert, and we have people from many different religions participating. On the board, we have a few Christians, and I am Pagan. We also have some atheist and agnostic members,” said Athena Edwards, senior, president of INSPIRE.

INSPIRE is also working towards creating activities on campus for Interfaith Week, which is celebrated nationally.

If you are interested in joining INSPIRE as a member or to serve on the executive board, email a6656@mynsu.nova.edu.

Chabad

Upcoming events: Pita & Parsha, Wednesdays at noon, in the library quad; Shabbat dinner, Fridays at 7:30, in the Chabad house.

According to the president of the organization, senior Victoria Lamport, Chabad is a movement in Orthodox Judaism.

“Chabad [the club] is more on the religious side [than other on-campus Jewish organizations], it’s more of a homey feel, as we have our rabbi and rebbein [host students] at their Chabad house. “We transform their living room into a makeshift synagogue. Everyone is welcome, you don’t have to be observant. We have people in dresses and people in scrubs coming to Shabbat,” said Lamport.

The club functions more like a support network for NSU’s Jewish students and attending meetings is not a strict requirement.

“We do things for students, like a home away from home, to have a nice Shabbat dinner, to have someone to come talk to, to have a place for the holidays. Something we try to make transparent, we’re not here to make you be religious. We’re here like ‘Are you Jewish? Want to learn some stuff. Come eat some challah on a Friday night, eat some kosher food. If you need a mezuzah, we’re here for you,’” said Lamport.

Christian organizations

Catholic L.I.F.E. of NSU

Upcoming events: General meeting, October 14, Desantis 1047, room Catholic L.I.F.E. (Living in Faith Everyday) of NSU is run through a collaboration with St. David’s Catholic Church, located on University Drive and SW 39th Street. The organization also offers a carpool service to Catholic mass.

Caroline Russell, junior and president of the organization said, “Marta from Saint David’s brings [devotional] booklets. During our meetings we have food, and talk about what’s going on in prayer, and for each other and provide solutions.” Russell also mentioned planning bowling nights in the future. For more information, check out their SharkHub page and the Instagram page provided above.

Shine Women’s Bible Study (Shine)

Upcoming events: Weekly bible study, Interfaith room, Wednesdays, 5 p.m

Hannah Farley, senior and president of Shine, started the club her sophomore year. “I was struggling to find friends [as I didn’t have] the types of friendships I craved for college life. So I started our bible study group, and ever since then, I found my closest friends here.”

For those who are unfamiliar with Christianity, small group bible studies are a staple. Farley says Shine would like to follow suit, with their own “flash light” groups. “They’re mini peer-led groups, where a leader will lead four or five girls once a week, just as a way to meet new people,” said Farley.

Other activities include community service projects and special holiday get-togethers. “We have ‘glamping’ on October 18 in the Commons pagoda, and in November, our ‘friendsgiving.’ We also do community service, like collecting toys for Operation Christmas Child,” said Farley.

If you want to learn more about how to join Shine, contact shinenovasoutheastern@gmail.com.

Greenhouse Campus Ministry (Greenhouse)

Upcoming events: General meetings, Interfaith room, Thursday nights, 7:30 p.m. - 9:30 p.m

Greenhouse is both a church, and a satellite organization at NSU.

“We’re a faith-based organization, with the goal to bring students closer to Jesus and create community with each other. Everyone is welcome, and our main goal is for students to come back to Jesus and have a faith-based family,” said Mira Pacheco, sophomore, president of the organization.

Greenhouse’s mission is based on a statement of “living green,” through community, missions and worship. Weekly meetings are hosted in the Interfaith Room, on the third floor of the Student Affairs Building, on Thursday nights from 7:30 p.m. Pacheco said, “Afterwards, we usually go out to eat after, which we call fellowship.”

Students are also invited to attend church services at their “micro-church” location on Sundays at 7-45 a.m. at Western High School.

For students who want to learn more, email Pacheco at mpg224@mysnu.nova.edu for more information.
Studying can be a tiresome activity and it’s important to acknowledge that by fueling yourself up with healthy treats throughout any cram session. While we all love our carbs — or at least I do — it’s best to treat yourself to healthy fats or protein to fill up for longer. To make sure you’re nourishing your body as well as your mind, check out these fall-flavored study snacks.

Fall into studying with these snacks

By: Kelsey Bruce 
Arts & Entertainment Editor

Trail mix
What’s easier than throwing a bunch of things you love into one big bowl and then diving in? Here’s a totally autumn concoction to try:

Ingredients
Midnight dark chocolate
Dried cherries
Pistachios and/or almonds
Pretzel sticks

Directions
Then, simply mix and enjoy.

Savory pumpkin hummus
Your diet is probably seriously lacking pumpkin goodness, so here’s a low-effort way to carve out a space for it:

Ingredients
• 16 ounces roasted garlic hummus
• 1 cup pumpkin puree
• 4 cloves minced garlic (optional)

Directions
1. Thoroughly mix all ingredients together
2. Serve with pita chips or on pita bread

Cinnamon maple pumpkin seeds
If you end up carving a pumpkin sometime this month, don’t let its insides go to waste. Make yourself a fiber-heavy, sweet treat instead.

Ingredients
• All the pumpkin seeds
• Maple syrup
• Cinnamon

Directions
3. Preheat your oven to 300 degrees
4. Wash your pumpkin seeds in a strainer and pat dry
5. Spread your seeds over a baking pan lined with parchment paper
6. Drizzle the maple syrup over the seeds, being careful not to overdo it
7. Sprinkle cinnamon on the seeds
8. Bake for 40 minutes or until lightly toasted

Florida’s wild rice salad

Ingredients
• 2 cups precooked wild rice, chilled (follow the recommendations above)
• 4 cups arugula
• 1/2 cup cranberries or pomegranate seeds, if in season
• 3-4 small peeled oranges, separated into slices
• 2 carrots, chopped finely
• 1/2 cup chopped pecans
• 1/2 cup orange juice
• 2 tablespoons agave nectar or maple syrup
• 1 tablespoon key lime juice

Directions
• A pinch of salt and pepper
Put all the ingredients for the salad in a large bowl and mix. In a blender, mix the ingredients for the dressing, or whisk in a separate small bowl and mix. In a blender, mix the ingredients for the dressing, or whisk in a separate small bowl. Pour over the salad to coat the leaves. Place back in the fridge before serving; it’s best if chilled for 1-2 hours.

Tempeh three grain soup

Ingredients
• 12 ounce tempeh (can be found near the tofu in most grocery stores)
• Just enough soy sauce or liquid aminos to soak the tempeh in, approximately 1/4-1/2 cup
• 1 tablespoon paprika
• 1 tablespoon garlic powder
• 8 cups vegetable broth
• 1/4 cup of wild rice
• 1/4 cup of quinoa
• 1 cup of brown rice
• 1 medium yellow onion, chopped
• 3 carrots, chopped
• 4 stalks of celery, chopped
• 2 sprigs of rosemary
• 1/2 teaspoon garlic powder
• 1 cup chopped assorted mushrooms
• 1/2 cup cream or non-dairy alternative like coconut cream

Directions
1. Cut tempeh into chunks and place in a shallow dish with soy sauce, paprika and garlic powder. Allow it to marinate for approximately 20 minutes before baking it on a non-stick surface for one hour at 350 degrees.
2. Put vegetable broth and wild rice into a large pot over medium heat with the lid on. Bring to a boil for 20 minutes. Remove lid, and add in quinoa and brown rice. Cook for approximately 15 more minutes. Add in the onion, carrot, celery and rosemary, and cook for 10 more minutes. Add in the garlic powder, mushrooms and cream and cook until everything is tender. Remove rosemary sprigs.
3. Take the tempeh out of the oven and carve it into smaller pieces like chunks of chicken. Stir into soup and serve with toasted bread.

Wild rice: appreciating America’s native foods

By: Madelyn Rinka
Co-Editor-in-Chief

Wild rice is one of just two frequently eaten grains that is native to North America, the other being corn, according to the Whole Grains Council. It is commonly grown in the Great Lakes regions and in California, where it has been cultivated in shallow, muddy waters for centuries. While most western-grown wild rice is harvested commercially, some regions still take a more traditional approach. The Anishinaabeg people in Minnesota harvest the grain with canoes and beater sticks. By law, true uncultured wild rice must be collected in this way, and only by those with a license.

With its rich history in North America and its significance to native cuisine, this grain deserves a lot of love. Sept. 16 - 22 is National Wild Rice week, and there couldn’t be a better time to try to incorporate the healthy whole grain into your diet. Check out some of the recipes below for some classic dishes with a more modern flair.

Cooking wild rice
Because of its texture, wild rice takes a little longer to cook than white or even brown rice. To ensure your rice is cooked correctly, the recommended ratio is about one part rice to three parts water or liquid. It will normally take between 30-50 minutes to cook. A good foolproof method is to check the recommendations on the package or follow whatever the recipe details.

1. Cut pumpkin into chunks and place in a shallow dish with soy sauce, paprika and garlic powder. Allow it to marinate for approximately 20 minutes before baking it on a non-stick surface for one hour at 350 degrees.
2. Put vegetable broth and wild rice into a large pot over medium heat with the lid on. Bring to a boil for 20 minutes. Remove lid, and add in quinoa and brown rice. Cook for approximately 15 more minutes. Add in the onion, carrot, celery and rosemary, and cook for 10 more minutes. Add in the garlic powder, mushrooms and cream and cook until everything is tender. Remove rosemary sprigs.
3. Take the tempeh out of the oven and carve it into smaller pieces like chunks of chicken. Stir into soup and serve with toasted bread.

Historical and cultural information about Wild Rice from Whole Grains Council.
If you have ever seen the “Motorcycle Skydiving” Ram Trucks commercial or the trailers for video games “Payday 2” and “Borderlands: The Pre-Sequel,” then you have heard the very catchy song “Come With Me Now” by KONGOS, a South-African-American alternative rock band based in Phoenix, Arizona consisting of four brothers with the surname Kongos. Although “Come With Me Now” is probably their most well known song, it’s only a gateway to the musical world that is KONGOS.

“Come With Me Now” was released in 2012 as a single off the band’s second album “Lunatic,” but it was not until 2014 that the song began to receive recognition. Then in 2016, KONGOS received more praise with “Take It From Me” off their album “Egomaniac.” The band then spent the following three years touring and began their own podcast “The Front Lounge” in 2017. They also announced an upcoming tour documentary titled “Bus Call” in 2018 and released their fourth album “1929” in January.

Since then, the band had been a bit silent, but we finally know why. On Sept. 6, KONGOS released a single off their upcoming album, “1929, Pt. 2.” “We’re Almost Home” is a hypnotic and emotionally stirring look at the dualistic mode that we typically live in, and the possibility of transcending it,” said the band on social media when releasing the song. It talks about love, getting through hardships and lifting others up when they’re feeling down. It gives off a kind of circusy vibe and really hits the soul.

It’s definitely a song that reminds you that things will be okay even when it seems they won’t. “1929, Pt. 2” will be released Oct. 1 and will be the second release from the “1929” three-part album series. Guitarist and vocalist Danny Kongos told Music in Minnesota that, as the album title suggests, the series references the stock market crash that led to the Great Depression. The band will release weekly singles from the upcoming 10-track album throughout September. Danny stated that the three-part album will have a theme of “bubbling/bursting [and] finally [getting] to access a bit of reality,” which is why we see bubbles on the covers of the albums. Keep an eye out for the new songs, and check out “We’re Almost Home.” It’s a catchy tune that’s great for any occasion.
Nicole Staley is a senior engineering major from Hudson, Florida. She is the attacking center mid on the Nova Southeastern University soccer team.

What made you choose NSU?
When I was choosing schools, I was looking for a combination of I wanted to stay in Florida, obviously I wanted an engineering program and I wanted to play soccer. So, I was just looking for a school that fit all those criteria, and I narrowed it down to here.

How and why did you get into soccer?
I’ve been playing ever since I was four years old. Just kind of a family thing, my older sister played as well and since I started, I’ve always loved it so I stuck with it.

Other than soccer, is there any sport that you wanted to play?
That’s a hard question. I’ve just always played soccer and loved it so much, but I liked basketball. I played in middle school, but I wasn’t that great at it.

What has been your favorite moment this season?
My favorite moment would probably be the first goal that I scored this season. I came back from an injury from last season, so I’ve been out for about eight months now. It was a quick turn around after I had surgery and just to be able to get back into the game and score so quickly was just a great feeling all around.

How long have you been playing your position?
I’ve played center mid most of my life, but focusing specifically on attacking center mid. That was new once I got to college. Before that, I kind of just played center mid in general. Center mid is charged with trying to connect the defense and the offense, so our defenders and forwards. We’re in charge of controlling the game, where we need to check back and get the ball from defenders and try and make those passes forward and just connect the team all around.

How have you managed to balance sports and academics?
It’s difficult, but I have to use an agenda and map out my days because I’m busy constantly adding in also a job and Razor’s Edge. So, it’s difficult, but without my planner, I’d be all over the place.

What advice would you give to other student athletes?
Be proactive. If you just kind of go about your day without planning ahead of time, it will be difficult because a lot of what goes into being a student athlete is behind the scenes, like dealing with anything that’s bothering you physically or treatments or extra work.

Want to learn more about NSU student athletes?
Head to nsucurrent.nova.edu

ATHLETE OF THE WEEK: Nicole Staley

By: Alexander Martinie
Opinions Editor

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 Dodgers win 7th straight National League West title
The Los Angeles Dodgers became the first major league team to secure their spot in the playoffs after winning the NL West title on Sept. 10. The Dodgers have lead the NL West standings since April, according to ESPN, but a 7-3 win against the Baltimore Orioles gave them the considerably inevitable title. The team has never been able to clinch the title so early in the season.

Democratic presidential candidate Andrew Yang: “Football fans vote too”
Democratic presidential candidate Andrew Yang spoke up about the (Thursday) Sept. 12 debate scheduled in Houston, arguing that Thursday nights are for football, according to Fox News. Yang took to Twitter to question “Why would you have a Democratic debate at the same time as an NFL game? Football fans vote too.” The tweet had just around 7,000 retweets and 70,000 likes on the day of the debate.

Christian Yelich fractures kneecap
Milwaukee Brewers’ outfielder Christian Yelich suffered from a fractured kneecap in a game against the Miami Marlins on Sept. 10. Yelich fouled a pitch off of his kneecap in the top of the first inning, and left the game, according to ESPN. The Brewers announced the diagnosis immediately after winning the game 4-3. Yelich is expected to be out for the rest of the season, but won’t require surgery, according to Sports Illustrated.

California’s clash with the NCAA
California lawmakers have sent a bill that would allow state collegiate athletes to hire agents and get endorsement deals, according to NBC. The bill would stop the NCAA and universities for punishing students who participate in said exchanges. However, it also creates a clash with the NCAA, with their Board of Governors stating the bill would stop California colleges from participating in NCAA competitions. The bill will move onto Gov. Gavin Newsom for further action.

OUT OF THE SHARKZONE

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A controversial bill in the California legislature is set to reach the desk of Governor Gavin Newsom in the coming weeks, bringing to the surface a long disputed debate about whether student athletes should be paid.

The legislation, termed the Fair Pay To Play Act, was passed in the California Assembly by a vote of 72-0. A version of the bill passed the California Senate by a similarly decisive vote in May and is set to take effect in January of 2023 if signed by the governor. Contrary to rumors, the bill does not allow schools in California from playing a large role in drawing in new students. However, despite support for the bill, a 2013 survey conducted by American sports broadcaster John Dennis found that 69% of the public opposed paying student-athletes. Many argue that among the cons to paying student athletes, compensating students would fundamentally alter the academic atmosphere of colleges and universities.

For one thing, if payments were involved, athletes would automatically be drawn to commit to colleges or universities who offer the highest payments. Furthermore, payments could decrease the stability of college sports teams if students consistently have the incentive to transfer to another school with an even higher offer.

Additionally, rather than promote academics alongside sports, bringing compensation into the picture would shift students’ focus away from academics, which are reinforced by scholarships and other financial rewards. Instead, they are still in college—which is a privilege in itself—while pursuing their dreams of playing a sport. While the bill to allow students to profit off advertisements and endorsements is a good way to recognize students’ efforts, I think the direct payment of student athletes is contradicts to academic ideals for it to be seriously considered.

By: Emma Heineman
Features Editor

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**THIS WEEK IN SPORTS HISTORY**

September 17
Reggie Jackson wins 500th home run
On Sept. 17, 1984, Reggie Jackson, five-time baseball World Series champion and two time World Series MVP, became the 13th player in Major League Baseball (MLB) to hit 500 home runs. At the end of his career, he had hit a total of 563 home runs, placing him sixth highest amongst MLB players. Jackson also became the first of 563 home runs, placing him sixth highest amongst MLB players. Jackson also became the first player in history to hit 100 home runs for three teams, a feat that he accomplished with the Athletics, Yankees and Angels.

September 18
Baseball adopts first baseman rule
On Sept. 18, 1848, the rule requiring first basemen to tag the runner for an out was overruled and replaced by a rule that allowed the base to be tagged instead of the runner. This rule shaped the rules of baseball we know today.

Sept. 20
Billie Jean King beats Bobby Riggs
The match between Bobby Riggs and Billie Jean King was nicknamed the “Battle of the Sexes,” after Billie Jean King, a woman, gender equality advocate and tennis player, accepted a challenge to play a match against Riggs, the number one men’s tennis player in the US at the time. The match gained worldwide attention, drawing in 50 million US viewers and an estimated 90 million worldwide. King beat Riggs in straight sets, 6-4, 6-3, 6-3, and won the winner-take-all prize of $100,000. However, the match was about more than the money. According to billiejaneeking.com, Billie Jean’s victory, together with the passage of Title IX, is often credited with both igniting a boom in women’s sports participation and empowering women to advocate for equal pay in all sectors of the workforce.

Sept. 23
Gary Muhrcke wins first NY Marathon
The first New York Marathon was organized in 1970 with courses through the five boroughs of New York City. The marathon is now the largest in the world, boasting a massive 52,000 finishers in 2018. However, in 1970, when it first began, only 127 runners participated. On Sept. 23, Gary Muhrcke, a 30-year-old fireman running for the Millrose Athletic Association, was the first to cross the finish line in Central Park with a time of 2 hours 31 minutes and 38.2 seconds.

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**ON DECK**

**MEN’S GOLF**
The Jay Jennison Cup @The Palencia Club
Sept. 23-24 | all day
St. Augustine, FL

**MEN’S SOCCER**
v.s. Florida Memorial
Sept. 20 | 7 p.m.
NSU Soccer Complex

**WOMEN’S SOCCER**
v.s. American International
Sept. 22 | 11 a.m.
NSU Soccer Complex

**WOMEN’S VOLLEYBALL**
v.s. Palm Beach Atlantic
Sept. 20 | 7 p.m.
Rick Case Arena

@Barry
Sept. 21 | 4 p.m.
Miami Shores, FL

v.s. Lynn
Sept. 24 | 7 p.m.
Rick Case Arena
Don’t be afraid to speak your mind

By: Christina McLaughlin  
Co-Editor-in-Chief

I catch people doing it all the time: you ask them a question when you want an honest opinion and you see them hesitate to tell you the truth. In some conversations, it’s best to “nag-us-craft” your opinion to avoid hurting someone’s feelings, but sometimes I just want honesty, brutal, unfiltered honesty. When I see people take a pause on the first thought that runs through their head, I feel like what is actually said is a lie and is not truly the way they feel about the subject. Sometimes, that is the opinion that is needed. We tend to finish our inquiries with “be honest,” but who is to say that they are actually being honest. If I’m asking you a question, I’m asking it for a reason. Usually, because you are a person I trust or you hold a position in my life, and therefore, your opinion is of value to me.

Now, there is always a time and a place for this unadulterated honesty. If I’m asking your opinion about my outfit, go for it. But if I’m asking you about something more serious, I still want the truth, maybe with a slight filter. You don’t have to be rude about it. You don’t want to say “That decision was trash,” but maybe say something like, “That wasn’t the greatest decision you could have made.” I feel there are so many miscommunications and a general lack of communication between people as it is. Holding back your true feelings about the little things isn’t really making it any better. It just snuds you of an opportunity to express your true thoughts and the ability to speak your mind openly and honestly.

Lying in marketing is pretty common. Stickers on products that claim to be environmentally friendly may be misleading. If you read the fine print, you may learn those products actually use sulfates that destroy the environment. But companies wouldn’t lie about products that go into people’s bodies, right? Well, that couldn’t be further from the truth. This is especially true in the tobacco and nicotine industries. In particular, JUUL lies in their advertisements saying that their products are 99% safer than cigarettes, “totally safe” and “a safer alternative to smoking.” What’s even worse is that these flagrantly incorrect ads are being marketed to teenagers and placed in places younger children are exposed to.

According to the New York Times, “The F.D.A. also said it was especially concerned that testimony before Congress indicated that company representatives had appeared at schools, telling students that its e-cigarettes or ENDS (electronic cigarette delivery systems) were safer than tobacco products. ‘Our concern is amplified by the epidemic rate of increase in youth use of ENDS products, including JUUL’s products, and evidence that ENDS products contribute to youth use of, and addiction to, nicotine, to which youth are especially vulnerable,” agency wrote in the letter.”

According to the New York Times, “The state of New York, where 34 people have become ill, said on Thursday that vaping illnesses related to vaping and Juuls, and five confirmed deaths. The company that makes these incorrectly labelled “modified tobacco products” are still claiming the products are safe even though they have not been thoroughly researched. An illness caused by vaping is causing flu and pneumonia-like symptoms and sending individuals to emergency rooms all over the country. One patient in Utah had to be hooked up to a machine that supplied oxygen directly to their bloodstream since their lungs had failed with fluid containing a mixture of adipose tissue and white blood cells due to the break down of the inner lining of the lungs caused by vaping.

Vaping has become a major problem now, and enough is known about it for people to claim that is is safe. Before companies make false claims about the safety of their products, they should be thoroughly researched. Remember, it was just a few decades ago that people didn’t realize just how bad smoking was. I still want the truth, maybe with a slight filter. You don’t have to be rude about it. You don’t want to say “That decision was trash,” but maybe say something like, “That wasn’t the greatest decision you could have made.” I feel there are so many miscommunications and a general lack of communication between people as it is. Holding back your true feelings about the little things isn’t really making it any better. It just snuds you of an opportunity to express your true thoughts and the ability to speak your mind openly and honestly.

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September 17, 2019  | nsucurrent.nova.edu

Opinions

Endangered Sub Saharan animals are friends, not trophies

By: Alexander Martinie
Opinions Editor

Some humans are truly the worst creatures. We cause so many problems in the environment and are destroying the Earth. We can stop killing the planet, but first, we have to substantially decrease endangered species populations. Why? Because hunters are the worst, that’s why. People who hunt large game exploit the rarity of these animals for capitalistic gains. According to the Big Cat Rescue, “Trophy hunting is the practice of killing animals in the wild or in ‘canned hunts’ for the purpose of making a trophy out of them. Canned hunts refer to the practice of breeding animals to be hunted in an enclosed area; these are also called caged hunts. Trophies include displaying a head on the wall, a rug by the fire or a photograph of the hunter with his ‘prize.’ It is a despicable practice, regardless of the species, but is an even more egregious practice when it comes to big cats because of the damage done to the ecosystem.” This disgusting practice is a disgrace to the efforts conservationists have made to keep these animals from extinction. To use these animals as sources of entertainment for the rich really is a tragedy.

While people will claim that the funds raised from trophy hunting are useful for funding more conservation efforts for Sub Saharan endangered animals, think of all the money that could come from safari trips to see these animals. If they weren’t being killed, then more people would be able to see them and more people on these trips means more money. I get it, conservation efforts need the income. But, there are much more renewable ways to make money from the tourism industry that has grown out of these animals. In the long run, they could potentially make more money off of safari tours than by getting paid by some rich bully to shoot at them for a prize like some kind of sick and twisted carnival game.

The U.S. based Safari Club International— an organization “whose primary mission is to protect the freedom to hunt”— is one of the worst. This group not only supports the murder of animals— and yes, even greatly endangered ones— but also rewards its members for these heinous crimes. This group ridiculously claims to love the environment and animals. The Safari Club has made millions of dollars from its members, and could be using those funds to help these animals get off the endangered species list, but no. Instead they choose to support caged hunting and the breeding of endangered animals just to be hunted.

Many will claim that trophy hunting is beneficial to the preservation of these Sub Saharan endangered animals. But, in what weird alternative world does killing animals save animals?

I think it would be cool if NSU had a mini fall festival by the cabanas with pumpkin painting activities and some pies for food.”
- Alyssa Antuna, senior biology major

“As a law student, I will definitely do more studying outside and enjoy the cool weather. It is much more comfortable than the heat of the summer. And I am honestly just looking for some time off when the holiday comes around.”
- Donna Coard, 2L, law major

“I think a good way to celebrate fall on campus is to have events that celebrate Thanksgiving, or thankfulness themes in general. Since Florida does not really have all four seasons, maybe we can have fake colored leaves on the floor and some picture booths. We should offer some free giveaways because I remember at the beginning of the school last year, they did a lot of such things, but for some reason, there are not a lot this year.”
- Christine Tran, sophomore biology major

“I’d really like to have some clubs or some activities around to do with my friends so that everyone can get immersed into the campus life and enjoy the cool weather. I am also excited to go back to New Jersey to visit my family, eat some [home-cooked] food, and receive some presents when it comes to the holiday.”
- Sebastian Cuadrado, freshman legal study major

“Autumn is approaching so closely. How do you want to celebrate this season on the campus?”

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