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## The Current Volume 30 : Issue 3

Nova Southeastern University

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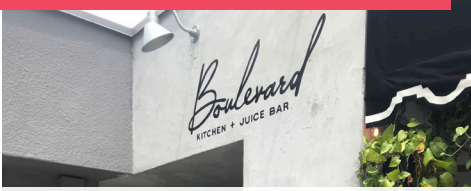
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## Remembering



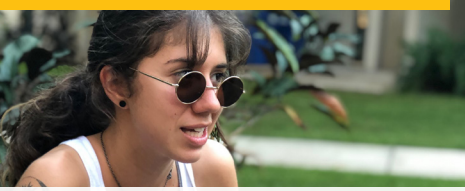
On 9/11, NSU will have a Day of Remembrance, hosted by NSU Veterans in the Flight Deck Backyard

### Features



Fort Lauderdale's newest juice bar  
P. 5

### Arts & Entertainment



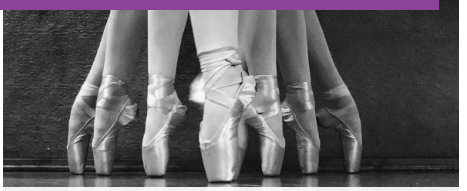
The 2000's are making a comeback  
P. 7

### Sports



Get to know Ally Ford  
P. 8

### Opinions



Ballet is more than just art  
P. 10

## “Things are underwater” – NSU students’ efforts to help the Bahamas

By: Madelyn Rinka  
Co-Editor-in-Chief

“Being an international student, NSU literally is my home, like my home away from home. You guys are my family, so seeing these people caring as much as my family really would have makes me so happy,”

*-Aaliyah Rigby, a junior political science major and an international student from Grand Bahama*

While Florida mostly avoided the dangerous effects of Hurricane Dorian, the storm battered the Bahamas throughout Labor Day weekend. The slow-moving 185 mph category five hurricane created storm surges across the Grand Bahama and Abaco Islands on Sept. 1-2; causing flooding, mass power outages and more life-threatening damages.

“The Abaco Islands are in ruins. Everyone was supposed to evacuate, and things are underwater,” explained Tamula Turnquest, a junior biology major, vice president of the Black-American Forum and secretary of CSA. “In Grand Bahama, the airport in Freeport... there was a lot of destruction. People lost their homes, they don’t have the means that they need, hospitals are trying to get people to donate blood and get supplies for anyone that needs assistance on the island.”

“We are used to storms, this is no surprise to us. However, the impact was really great. Hurricane Dorian decided to just park over my beautiful island...” said Aaliyah Rigby, a junior political science major and an international student from Grand Bahama. “They’re in need of water, toiletries and groceries. Actually, most

of the grocery stores at home are underwater. There’s a lot of things that just can’t be used.”

Rigby also mentioned that some Bahamians are in need of medical attention, as many people on Grand Bahama require dialysis. With kidney centers and hospitals functioning at a lower than normal capacity, people have been flown to other countries by the U.S. Coast Guard to get treatment.

Despite NSU’s Fort Lauderdale campus being safe from the storm, Sharks are still doing their part to help those in need of aid. The Caribbean Student Association (CSA) is hosting a Hurricane Relief for the Bahamas drive in partnership with the Black-American Forum. Students are encouraged to donate bottled water, non-perishable foods, first aid kits, medications, flashlights and other emergency supplies at the collection bin by the Campus Life Office in the University Center.

“Dorian didn’t hit us, we bought a bunch of [supplies] and a lot of people were like, ‘well I bought all this food, what am I going to do with it?’ — Give back,” said Turnquest.

Rigby is planning on purchasing cases of water, baby supplies, food and other needed



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supplies in efforts to help those affected by the storm. While Rigby is from Grand Bahama, she is making sure donations also get distributed to Abaco as well.

“Being an international student, NSU literally is my home, like my home away from home. You guys are my family, so seeing these people caring as much as my family really would have makes me so happy,” said Rigby.

Dominique Brown, a junior behavioral neuroscience major and president of the Black-American Forum, also encouraged students to reach out to their friends who may have been affected by the storm.

“Not only [participate in the drive and collections], be there for them— period. They

have family, friends, everything. Imagine losing your childhood home and the place that you call home. It’s completely underwater, everything’s washed out, nothing is there anymore. Be there for them. At the end of the day, you have somewhere to call home and they really don’t now,” said Brown.

Synergy Shipping will be taking the supplies collected at NSU from CSA to the Bahamas, while Rigby will be using Fowlco to distribute to the Grand Bahama and Abaco Islands. The drive began Sept. 4, and will last indefinitely. More information about supplies needed for the drive can be found on CSA’s Instagram, @nsucsa.

if you would like to contribute to  
*Bahamas Relief*

*visit*

[www.givecampus.com/schools/](http://www.givecampus.com/schools/)

[NovaSoutheasternUniversity/the-nsu-cares-fund](http://NovaSoutheasternUniversity/the-nsu-cares-fund)

contact

*@nsucsa*



## global news, courtesy of the current

### Boris Johnson's brother resigns from parliament

In the midst of a no-deal Brexit approaching in October, Jo Johnson, a conservative lawmaker and younger brother of the current prime minister Boris Johnson, announced his resignation via Twitter. This is not the first time Johnson has resigned. Last year, he quit in protest to Theresa May's Brexit plan, although he kept his seat in parliament. This time, he announced that it is time that someone else fill his role as a member of parliament and minister. Johnson cited his struggle between family loyalty and the national interest as a reason for his exit.

### Northern white rhinos see chance to escape extinction

Scientists in Italy fertilized northern white rhino eggs taken from the last two remaining female northern white rhinos with sperm from then-living males. The procedure represents a last chance for the species to escape extinction. According to AP News, who was granted exclusive access to the procedure, as many as seven viable embryos could be created. Because neither of the remaining females can carry a pregnancy, wildlife experts are hoping the species can survive via a surrogate birth. It will be 10 days before it is known whether the eggs have become embryos.

### Rooster's right to crow affirmed

A retired French couple lost their noise complaint case against France's most famous rooster, Maurice, after they sued him and his owner, Corinne Fesseau, for the disturbance Maurices' crowing had caused on their holiday. Thousands of people across France sided with Maurice, claiming he is a symbol of rural values that many fear are under scrutiny. The small coastal city of Rochefort ruled that the rooster was "just being himself." According to the NY Times, the judge found that Maurice has a right to crow in his rural habitat and the annoyance caused by his crowing did not satisfy the law which allows courts to intervene if a nuisance is excessive or permanent.

### Hong Kong points finger at US for protests

Many government officials claim that the United States has played an integral role in the orchestration of recent protests in Hong Kong. According to the NY Times, the claims reflect a deepening conviction that supports democratic rights in Hong Kong as part of a broader effort to undermine the Communist Party [in China]. Actions including waving the U.S. flag during protests have pointed officials towards suspicion of foreign interference.

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## News Anchor

Stay up to date with national events.

### Actress Annabella Sciorra to testify in Harvey Weinstein trial

According to Manhattan prosecutors, Annabella Sciorra, an actress who publicly accused Weinstein of sexually assaulting her in her Gramercy Park apartment in 1993, will now be allowed to testify in court about her contention. Because the incident occurred too long ago for it to be prosecuted under state law, the testimony will be permitted in court only to support charges of predatory sexual assault, not to contest her own rape. Harvey Weinstein, an influential Hollywood producer, pleaded not guilty last Monday to the new State Supreme Court indictment, claiming that his interactions with Sciorra as well as two other women were consensual. The trial is scheduled to take place Jan. 6 allowing Weinstien time to respond to the newest allegation.

### San Francisco Board of Supervisors declares the N.R.A. a 'Domestic Terrorist Organization'

A resolution to declare the National Rifle Association (N.R.A) a domestic terrorist organization was passed unanimously by the San Francisco Board of Supervisors in response to concerns caused by recent mass shootings. The resolution was introduced by supervisor Catherine Stefani after three people were killed and 12 injured in a shooting at a garlic festival in Gilroy, California. According to an article in the NY Times, Stefani shared her thoughts when she said "the N.R.A. exists to spread pro-gun propaganda and put weapons in the hands of those who would harm and terrorize us." The N.R.A. responded online via Twitter, defending their actions.

### Michigan State to pay record fine after Nassar scandal

Education Secretary Betsy DeVos announced on Thursday that Michigan State University will pay a record \$4.5 million in fines for failing to protect students against sexual abuse by convicted sex criminal, Lawrence G. Nassar, the former doctor for the American Gymnastics Team. An extensive investigation was done after the university's response to sexual abuse allegations against Nassar. According to the NY Times, "that investigation found that the university did not adequately respond to complaints against Mr. Nassar and Mr. Strampel, had subjected students to a sexually hostile environment, and had repeatedly failed to take appropriate and prompt action when notified of complaints."

### Another death linked to vaping

In Oregon, a second death has been attributed to a severe lung disease which developed after vaping. Only one other death has been recorded to have been linked with vaping, but the second case underscores the widespread concern over the increase in vaping-related illnesses. According to the Center for Disease Control and Prevention, more than 200 cases in 25 states of severe lung disease contain possible links to vaping, and the numbers continue to increase.

## News Briefs

### New tutoring services available at the Tutoring and Testing Center

New tutoring services are available at NSU's Tutoring and Testing Center. Students can now receive help in several subjects such as accounting and taxation, economics, Spanish, science courses and more. For additional information, visit [nova.edu/tutoring-testing](http://nova.edu/tutoring-testing) or call (954) 262-8350.

### Pan-SGA's Professional Development Grant

Pan-SGA's Professional Development Grant applications close on Thursday, Sept. 12 at 11:59 p.m. The program could potentially award a successful applicant up to \$1,000 to use towards an academic, professional development opportunity such as registration, hotel and travel. Students can access the form via SharkHub at [nova.campuslabs.com/engage/submitter/form/start/317466](http://nova.campuslabs.com/engage/submitter/form/start/317466). For more information or if you have any questions, email Giancarlo Onorati at [go217@nova.edu](mailto:go217@nova.edu).

### JCPenny's SUIT-UP Event

NSU's Career Development is partnering with JCPenny to bring current students and alumni a "SUIT-UP" event on Sept. 15, from 6 - 9 p.m. at Broward Mall in Plantation. Attendees will have the

opportunity to purchase career apparel at a 30 percent discount in addition to other sales and promotions. There will also be prizes, giveaways, free mini makeovers and hair consultations.

### Sharks Abroad Fair

Students interested in studying abroad are encouraged to attend the Sharks Abroad Fair on Tuesday, Sept. 17 in the University Center Spine from 11:30 a.m. - 1:30 p.m.. Attendees will be able to meet with organizations and learn how they can volunteer, intern or study in other countries. For more information, visit [www.nova.edu/sharksabroad](http://www.nova.edu/sharksabroad) or email [sharksabroad@nova.edu](mailto:sharksabroad@nova.edu).

### Fall 2019 Recruit a Shark

Career Development will host the fall 2019 Recruit a Shark event on Thursday, Sept. 19 from 2:30 - 6 p.m. in the Rick Case Arena in the University Center. Students will be able to network with employers recruiting for volunteer positions, internships, research positions and jobs in various fields. Business professional attire or scrubs are required for admittance. For more information, visit [nova.edu/handshake](http://nova.edu/handshake), call (954) 262-7201, or email [career@nova.edu](mailto:career@nova.edu).

## Renovations to the library coming to a close

By: Alexander Martinie  
Opinions Editor

Last semester, it was announced that the Alvin Sherman Library would be building new study rooms and rearranging the second floor to feature more seating and study areas for students. Students requested additional study space and, after months of renovations, the library is nearing the end of its construction.

According to Jim Hutchens, the vice president for information services and university librarian at the Alvin Sherman Library, "We are putting more space, more collaborative space similar to what we have on the third floor in the [Alvin] Sherman Library so students can work together in a non-quiet environment. What we are doing is we are moving all of the books from the second floor to the fourth floor in some undeveloped space along the fourth floor east."

The journals from the Martin and Gail Press Health Professions Division Library will be stacked with the rest of the academic journals on the fourth floor of the Alvin Sherman Library. Hutchens said, "Because we are moving the books from static stacks, unmovable stacks, to movable stacks, we put more books in a smaller physical footprint. We are going to end up with almost 350 more seats in the Alvin Sherman Library. We also took on some books from the [Martin and Gail Press Health Professions Division] Library."

Eight more study rooms on the second floor with six seats each are being built on the second floor. The continued renovations happening at the library are expected to last approximately a month, with the library staff hoping that these new study rooms will be functional by Sept. 15. Due to the transition from static shelves to the moving shelves that are present throughout the Alvin Sherman Library, the construction was delayed, as the necessary parts for the new shelves had not been delivered as early as expected. According to Hutchens, the renovations are about a month behind schedule. The area on the second floor west, where the academic journals were housed, is being converted into a collaborative study area that is modeled off the Circle of Friends Collaborative Study Room that is on the third floor of the Alvin Sherman Library.

"I would really like to recognize the staff that helped move the journals from the second to the fourth floor, and the staff from the HPD Library. We did it in two weeks to keep our project and the timeline relatively on track. I just think this type of work is indicative of staff throughout all the libraries. We are invested in the success of students at NSU, and being student-centered is something we appreciate," said Hutchens.

## An update on parking and renovation projects on NSU campus

By: Christina McLaughlin  
Co-Editor-in-Chief

As of April 2018, NSU broke ground on the joint effort of Mako Hall and the new residential parking garage. Now the 32,000 sq. ft., 209 room residential hall and 1,320 spot, seven-floor parking structure is open to student use. With a resident-specific parking structure new to campus, new or returning students might not be aware of updates to the designation of parking lots and structures on campus. Students have, in the past, voiced their concerns about the Alvin Sherman Library parking garage and its tendency to be at or near capacity. According to Marco Bravo, manager of special events and parking services, students shouldn't worry about this issue this academic year.

"Based on our studies, the [Alvin Sherman Library] garage does not get filled on our regular field operations between the hours of 9-5. In case the garage does get full, [students have access to] the Horvitz or Mailman parking lot and the AC tan lot, which is right across from the library garage, northwest corner. It also has about 110 spaces. There are other options farther away such as the HPD garage, the [baseball field] lot on 75th Ave. and the upper left side of the West Garage," said Bravo.

In cases where the university holds special events, Bravo explained that students are notified through a mass email to inform them of the usage of the parking areas, making it easier to plan accordingly.

Another significant update to NSU's parking policies is that students, faculty and staff are prohibited from "backing" into a parking space, which began being enforced on Sept. 1. Unless a vehicle has a dual license, meaning a license is displayed on both sides of the vehicle, drivers on campus will not be able to back into parking spaces. This is part of a security provision to ensure parking stickers can be in view and to make it easier to catch parking violators.

"We are working on warnings [to drivers] for now, but once all the [signage is displayed in all parking areas] we will be able to fully

enforce [this new policy]," said Bravo.

For guests visiting the university, they also have designated parking areas in which they can pay for their parking spaces in various locations across campus and by the "pay-by-phone" app.

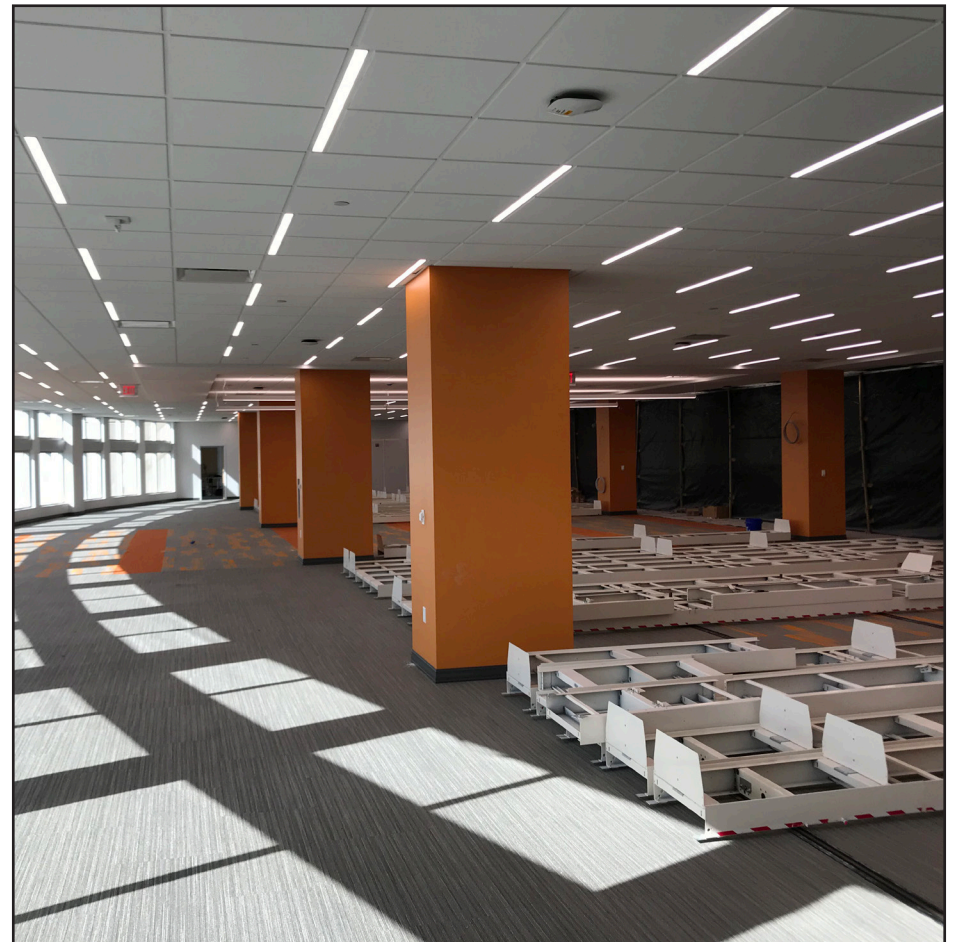
"The [Pay-by-Phone feature] will be enacted in the next few weeks for guests and patrons to the Alvin Sherman Library in addition to parking meters. We added 14 meters around campus; the [Alvin Sherman Library] garage has two and there will be 12 additional meters at other locations around campus," said Bravo.

But these were not the only updates to campus over this past semester. The 24-hour Starbucks on campus was renovated through co-funding by the Starbucks corporation and NSU. According to Daniel Alfonso, vice president of facilities management at NSU, "It's a better feel. It's a more sleek modern [look]. It's a more open space and inviting to students. I feel we met our goal [of an update renovation] with [Starbucks]."

Over the winter semester, NSU also renovated the Mailman-Hollywood Building. According to Alfonso, the goal of this renovation was to consolidate all the faculty members and staff for the College of Arts, Humanities and Social Sciences into one building as well as a refresh the look of the building.

"The [Mailman-Hollywood Building] is one of the original buildings on campus and it needed a refresh. So we put in new carpets, repainted the walls, exchanged the furniture and the lighting. We had to harden the building in case of natural disasters and we needed to ensure that the windows were impact resistant and the roof was redone. So, it's all brand new. It was time. When [students visit] the building now, it should feel like a newer, cleaner facility, [whereas] before, it was kind of tired and beaten down," said Alfonso.

Over the next few years, NSU plans to "refresh" multiple buildings around campus as well as extend the lives of the roofs of



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There have been many improvements and construction projects on NSU's campus.

multiple buildings as they reach their 20-year milestones.

"[President Hanbury] has given [facilities management] the task of establishing this multi-year capital plan for the university. We are considering maintenance and repair work of surface parking lots and roadways, a refresh of the furniture in the [Carl Desantis building] and the [Maltz Psychology building]. There are challenges, but this is a 300-plus acre campus and [construction and maintenance] is expected," said Alfonso.

Another construction project on the

horizon for NSU is the current location of the Miami Dolphins training facility. The Miami Dolphins have broken ground on their new training facility in Miami-Dade county and are expected to move in 2021. According to Alfonso, the space that the Miami Dolphins currently own and operate will be left to the university for NSU-based developments.

"We are currently discussing what are we going to put in that nearly 80,000 sq. ft facility. There are some thoughts being passed around but nothing final yet. But I can say, it will be for NSU growth," said Alfonso.

# Your cup of coffee comes with cortisol

By: Kelsey Bruce  
Arts & Entertainment Editor



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C. MCLAUGHLIN

*While coffee provides an extra kick to your momentum, it comes with a cost.*

Jumping into a new semester, we all need our coffee. Most of us probably don't think too much about why coffee wakes us up, we just know it does. In reality, caffeine directly affects our nervous system function by mimicking a compound we naturally create: adenosine. According to the National Sleep Foundation (NSF), this little compound pretty much tells us it's not time to sleep, meaning that the more coffee we have, the more our brain tells our body to wake up and stay that way.

To explain a little more, the nervous system monitors adenosine levels constantly, and as the level begins to recede, it signals the body to sleep. So if you're running low on adenosine and consume caffeine, then the caffeine binds to adenosine receptors in the brain and signals the nervous system that it's not quite time for rest.

Unfortunately, this is all caffeine does. Your body needs sleep to perform regular maintenance on the brain and keep you functioning properly. If you aren't getting enough, caffeine doesn't

change that. However, if you consume caffeine, it stays in your system for several hours. The NSF claims that the time it takes your body to process all that caffeine depends on the person, but no matter what, if you're drinking coffee or soda later in the evening, it will still stimulate your nervous system into the night, making sleep more difficult.

Additionally, a 2008 study, "Caffeine Stimulation of Cortisol Secretion Across the Waking Hours in Relation to Caffeine Intake Levels," provides that caffeine increases rates of glucocorticoids, including cortisol, and catecholamines, which helps to regulate heartbeat and breathing. With that said, caffeine has significant potential to interact with your circadian rhythm (disturbs your sleep) and trigger your stress response (stresses you out). While the study proved that cortisol response to caffeine eventually reduces with regular, consistent use, it is not ever eliminated, and if you increase your intake, then cortisol levels

may rise further.

As with any substance that changes your physiological functioning, the body builds up a tolerance to caffeine over time, meaning you'll need more caffeine to bind to adenosine receptors to keep your body believing it is awake. As stated by the NSF, caffeine withdrawals start as early as 12 hours after you've consumed caffeine, which is why you crash. It's also why many people are dependent on coffee or soda — if your body is getting synthetic adenosine, it's not producing enough without caffeine's help and will take some time to return to equilibrium if you decide to go cold turkey.

Next time you go for that cup of the new Nitro Cold Brew or accidentally-on-purpose replace your water intake with soda, think about the habit you're creating for yourself. While you're not dooming yourself to ill health, if you drink caffeine regularly, you should still treat it with caution.

## Advice for new students

By: Mario Lorrimer  
Business Manager

Jumping into new experiences in college can be daunting, but it doesn't have to be a difficult process. As a new or transferring student, you are starting fresh and may not know much about the campus or surrounding area. Everyone's experience is different, but I know I was overwhelmed when I transferred. So, to ease your stress and help you find your way, here are a few tips.

### Meet with advisors

First, your advisor is your friend. Navigating classes, knowing where to go and how to organize yourself are all difficult at first. Your advisor can help you navigate school-related obstacles and may even share some wisdom on your classes along the way. Come up with your own questions and try to get as much information from them as possible.

### Join a club

Join a club that interests you and helps you bond with others over common interests. From saving the oceans to anime and video games, we have it all at NSU. Find where you belong and make connections and friendships along the way. Go to SharkHub to browse clubs and find out more about what might interest you.

### Network

Always put your best foot forward and network as much as possible. There are many wonderful faculty members and students, each with their own unique experiences you can learn from. Get out there, introduce yourself and gain nuggets of their wisdom. You never know, the connections you make now could help you get that internship you've always wanted or land your dream job and benefit you greatly in the future. Check out LinkedIn, Handshake and the

many opportunities available to us.

### Participate in events

Keep an eye out for all the on-campus events. This is something that I can't stress enough. On-campus events are a great way to meet new people and businesses in the area. Along with fun activities, there are also job fairs and numerous speaker panels where you can ask the speakers any questions you may have in mind. These are a great way to learn more about the industry you plan to work in and what they look for in employees. Find out more about these events as they happen through The Current or the numerous NSU related social media pages.

### Get an on-campus job

JobX is a great resource to find all open on-campus positions. Working at NSU provides students with great connections and can provide

you with much needed experience for a future career you want to pursue. I have made countless friends and consider comradery key to a fun stay at NSU.

### Read The Current

Finally, continue to read The Current. We are always publishing interesting news, features, arts and entertainment, sports and opinion articles. While reading, also make sure to check out our ads — we have local businesses advertising with our paper that offer special deals to students. These deals can range from food discounts to car washes. If you want to save some money on food or other services in the area, keep an eye out for amazing deals and recommendations in NSU's No. 1 informational resource: the student-run newspaper.

SEXUAL ASSAULT  
AWARENESS

## Boundaries

By: Kelsey Bruce  
Arts & Entertainment Editor

Socializing and college life are inseparable, but there's one essential part of interacting with other people that we often forget: boundaries. As Assistant Title IX Coordinator Desmond Daniels said, "One thing as a culture we have failed to do is talk to each other about the things we want and need," but it's never too late to do so. In fact, college is a prime time to figure out those things for yourself, and if you're not so sure how to get started, just read on.

It can be hard to really define what you want — platonically, romantically, familiarly or otherwise. Daniels advises students to start investigating their boundaries by thinking about what they need, what they want and what they value. All of that can vary from person to person and setting to setting, but looking inside yourself for those things is likely to be a rewarding venture in self-exploration. In all honesty, if you don't know what you want or need, it's difficult for the people you bond with to help you get what you want and respect what you need.

In terms of identifying and then enforcing

your boundaries, Daniels suggests that you "internally articulate what those boundaries are so you can share them with others." Similarly, it could help to sit down with pencil and paper and brainstorm all your wants and needs, whether that's in general or in a particular relationship.

Once you have that down, Daniels said, "Have a conversation in advance about things that matter to you — before letting them become an issue. Find an organic way to bring [your boundaries] up, and be assertive without feeling guilty. When it comes down to [enforcing established boundaries,] you don't owe anyone an explanation."

Furthermore, articulating your boundaries is a huge help in clarifying whether your relationships are healthy or whether they need some work. Once you communicate your boundaries, you can expect people who respect you to make a serious effort to respect them. If they don't, you might realize that you are not compatible with people.

As Daniels mentioned, boundaries really

relate to self-care. They are "the things you need to feel good, safe and happy." Given that, it's a good idea to direct your energy towards people who are willing to give you those things.

Moreover, understanding other people's boundaries can feel a little tricky, so it's best to just ask. When you're entering into a new relationship — platonic, romantic or professional — you can always ask about boundaries that typically vary amongst people such as personal space, physical affection, nicknames/titles and humor. When relationships get more intimate, people tend to have more complex, less obvious boundaries, so you and the people you become close to have a responsibility to communicate boundaries on both sides.

Daniels shared a great example of evaluating boundaries that also involved paying attention to social cues like darting eyes, no eye contact, disinterested responses or a blocked off stance. Say you want to give someone a hug, and you notice them back away or see their eyes dart off. Instead of remaining unsure and

risking crossing a boundary of theirs, simply say, "I noticed that when I go in for a hug, you tend to shy away. Are you not a big hugger?" If the person says they aren't, then you know to respect that, and you learned a little more about how to express yourself to them.

That said, boundaries are still sometimes challenging to navigate. People view the world differently, and sometimes other factors complicate things, but that's not a reason to shy away from them. As Daniels said, "The university experience is meant to be a place to explore. I encourage each and every member of the NSU community to identify where boundaries exist, what they look like and how you go about communicating them."

If you want to maximize the respect in your relationships, be sure to check out resources such as NSU's Title IX office, Henderson Student Counseling Services or other community resources.



## Boulevard Kitchen

By: Kathleen Crapson  
Chief of Visual Design

### Boulevard Kitchen + Juice Bar

701 E Broward Blvd Suite F, Fort Lauderdale, FL 33301

(954) 530-1793

Blvd-kitchen.com

Price: \$6 - \$20

NSU is a unique and lively campus, but that doesn't mean that Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Located right on Broward Blvd. hence the Boulevard Kitchen moniker, Boulevard Kitchen + Juice Bar is a tiny but mighty restaurant. "Eat well, drink with the purpose" is the catchphrase of this new brunch locale. Since May of this year, when it first opened, it has been an artsy and quaint spot for a unique meal.

The greater part of their menu is dedicated to their various juices, smoothies and refresher options. Fresh pressed juice recipes come with funky names, like "Beets by Dave," a mix of beets, apples, ginger and flaxseed oil or "The Glow Up" with carrots, turmeric, pineapple, pear and chia seeds. Want something unique? Craft your own concoction, and they'll make it! Refreshers can be spicy like the "Sweet Heat" with ginger, lemon, cayenne, honey and grapefruit or sweet like the "Peace, Love & Matcha" refresher with matcha, aloe, cucumber,

apple and alkaline water (which sounds like a spa in a bottle). They have three options for wellness shots, too: "The O.G." (wheat grass), "The Healer" with turmeric, honey, ginger, apple cider vinegar and black pepper or "Black Magic" with activated charcoal, alkaline water, maple syrup and lemon.

I sampled their specials: the sunshine banana smoothie and the free range rosemary grilled chicken avocado on multigrain. The sunshine banana smoothie has "normal" ingredients for a smoothie: strawberry, banana, coconut milk and ice, but had an added kick of hemp seed oil. And that's not the only option to include in your smoothie; Boulevard Kitchen also offers collagen, bee pollen, raw aloe, cacao and probiotic boosters.

The rest of their menu is devoted to breakfast and lunch options, with a variety of vegan and vegetarian choices. For the carnivores, there's the option to add in free range chicken breast, grass fed steak, gulf shrimp or local fish. Feeling like a trendy bowl dish? Try the acai, quinoa or tuna poke bowl.



ALL PHOTOGRAPHS ARE PRINTED WITH PERMISSION FROM K. CRAPSON  
Boulevard Kitchen is a quaint little spot next to the Wilder on Broward Blvd.

## What's the real beef with fake meat?

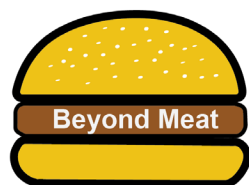
By: Madelyn Rinka  
Co-Editor-in-Chief

If there's a time to start cutting animal products out of your diet, it's now — plant-based meat alternatives have been popping up at popular chains such as Burger King, KFC, Del Taco, Qdoba, White Castle, Dunkin' Donuts and so many more, offering omnivores a realistic meal to eat in place of meat. But what exactly are these alternatives? Are they safe? Do they really taste like meat? If you're like most people, you have a lot of questions about these products suddenly infiltrating previously herbivore-hating menus. Luckily, there's some answers.

There are two meat alternative brands that seem to be the most popular: Beyond Meat and Impossible Foods. According to the ASPCA, Beyond Meat is pea-protein based and Impossible Foods is based in wheat, potato and soy protein. While these ingredients seem like anything but meat, a variety of strategies, such as soy leghemoglobin or beet juice, make the products look and (subjectively) taste like the real thing — so much so, that strict, long-time vegans have expressed online that the flavor and texture actually makes them uncomfortable.

Unfortunately for many plant-based or vegan nutrition junkies, these burgers aren't necessarily the healthiest options on the menu.

Nutrition Facts	
Calories.....	250
Fat.....	18g
Saturated Fat .....	6g
Sodium.....	390mg
Cholesterol.....	0mg
Carbohydrates.....	3g
Fiber.....	2g
Protein.....	20g



Nutrition Facts	
Calories.....	240
Fat.....	14g
Saturated Fat .....	8g
Sodium.....	370mg
Cholesterol.....	0mg
Carbohydrates.....	9g
Fiber.....	3g
Protein.....	19g



Nutrition Facts	
Calories.....	287
Fat.....	23g
Saturated Fat .....	8.6g
Sodium.....	Depends
Cholesterol.....	80mg
Carbohydrates.....	0g
Fiber.....	0g
Protein.....	19g



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\*According to Nutritionix. Actual nutrition may vary depending on preparation

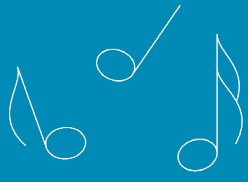
Neither burger contains any cholesterol, but the rest of the nutrition facts aren't that far off from a regular burger. What's important to remember is that these burgers were created to look, taste and feel like meat. With that said, it's usually not advisable to eat fast-food beef burgers for every

meal, and it's probably not the best to reach for these all the time, either.

Even if these fake meats aren't the new superfoods, they still don't contribute to factory farming, animal slaughter and the slew of other downsides to eating meat. For people who are

just looking to reduce their animal product consumption, these alternatives may be perfect. With accessibility booming, cutting meat out of your diet has never been easier or more convenient. Gone are the days of ordering soggy side salads or a plate of fries for your vegan meal — now you can get an entire burger just like the rest of your friends. However, if you're a vegan looking to get a taste of these burgers, remember to do some research or ask the restaurant whether or not the preparations are vegan. While the burgers themselves are plant-based, the toppings, bun or cooking methods used at each individual location may not be. Also, be forewarned: many restaurants that offer Beyond or Impossible burgers charge more for the plant-based burgers than their beef counterparts.

Whether you're curious or you've sworn off meat, you might find a new fast-food go-to when you're in a hurry, out with friends or just looking to treat yourself a bit with these products. If you're interested in reading more on either burger, finding a location where you can try them or seeing the rest of their ingredients, visit [beyondmeat.com](http://beyondmeat.com) or [impossiblefoods.com](http://impossiblefoods.com).



# SOUNDBITE



## “Modern Animal” by Magic City Hippies

By: Flor Ana Mireles  
Copy Editor

Lo-fi hip hop beats, popular on YouTube channels like ChilledCow, have slowly become more common on platforms such as YouTube and Spotify. Exemplifying this upcoming genre, Magic City Hippies' new album “Modern Animal” is a great album for any occasion. Whether you're listening in on a road trip, while doing your work or in the shower, this album offers great vibes.

Magic City Hippies are an indie-funk band from Miami, FL and have been releasing music since 2015 with their debut EP titled “Hippie Castle EP.” Some of my favorite and well-known songs from this album include “Fanfare,” “Bull Ride” and “Brnt.” The best way to describe their music is infectious; their style is definitely something you could vibe to. The band characterizes themselves as a “Miami based indie-funk band, dusted with a taste of hip hop and baked in an oven of soul,” and I certainly agree.

According to the band's website, “Modern Animal” “[explores] the liberation of open relationships through an irresistible Tame Impala[-esque] rhythm and a safari of synthesizers.” Magic City Hippies absolutely has a unique sound that I have yet to hear from another band. Drummer-producer Pat Howard



says, “I’m proud of that — any song could be a single.”

“Modern Animal” consists of 11 songs, all of which are great. My absolute favorite songs of the album include “Indiana,” “Franny,” “SPF” and “Spice.” Songs like “Franny” and “Gunslinger” were released as singles in 2018, but it is good to hear them featured in the latest album. Their songs are undeniably feel-good tunes with a sultry energy that will transport you to another dimension. Their lyrics and beat are hypnotic and incredibly easy to jam out to.

If you would like a chance to see Magic City Hippies live, they will be coming to Florida in the upcoming fall season. They will be performing at the Miami Beach Pop Festival on Nov. 8. If indie-alternative music is your cup of tea, I assuredly recommend checking out Magic City Hippies. Trust me, all their music is pretty rad.

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F. MIRELES

*Modern Animal's new album cover is an Art Deco dream*

## This is “It Chapter Two”

By: Kelsey Bruce  
Arts & Entertainment Editor

The best kind of horror uncovers the fears you store in the depths of your brain and then hangs them out to dry on your back porch. That is to say, it's personal. It's insightful. It chills your blood from the inside out until your hands tremor and your eyes squeeze shut. If you don't remember the feeling, just rewatch “It” (2017), and you'll have no trouble identifying what horror films can do to you when they're genuine and original. Plus, prepare for Pennywise's return in “It Chapter Two” now in theaters.

There's a reason “It” was so successful in it's story, and much of that has to do with delivery. The Current interviewed Director Andrés Muschietti, who certainly brought his own personal flare when adapting Stephen King's story. Knowing just how to get inside his audience's mind, Muschietti revealed much of his inspiration came from those things that scared him in his youth. In fact, the painting scene in “It” was inspired by a painting in Muschietti's childhood home. It seems Muschietti instilled his

own scare-tactics into the infamous Pennywise, who baits his victims by intuiting their greatest insecurities and twisting them horrifically.

Muschietti described his tactics as having “a touch of bizarre” rather than sticking to intentional horror, saying that, “it's most real” that way. Indeed, as absurd as many of the scenes in the first chapter were, they were almost made to stick in your mind, just real enough for you to be unable to look at the mundane the same for a few days.

In this next chapter, viewers can expect much more of Muschietti's craft, especially since he had a bigger budget, and, in his own words, got “to have more fun.” Knowing that the elements he focused on in the first film, such as Pennywise and The Loser's Club, were met with such success, Muschietti said he was really able to throw himself into other details in “It Chapter Two.” While his work in the first chapter was more true to his planning, he felt his experience directing the second installment

was more relaxed, as he was able to work with different elements that came with his cast of talented actors.

That said, Muschietti also mentioned that working with kids in the first film was a bit easier because “they're kids, so they want to play. It's more a game for them and the immediacy. For adult actors, it's a little more complex. They're committed.” For Muschietti, that meant more effort to get on the same page with all his actors, handling last-minute calibrations and recognizing what the actors themselves brought to the table.

Of course, the actors brought more than just their ideas to the film, they brought their talent. Part of convincing the audience of their character was mimicking behaviors and mannerisms of the child actors in the first film while still staying true to their own ideas and portrayals.

Muschietti said shooting the Jade of the Orient restaurant not only exemplified the

actors' talent but was incredibly fun to watch: “It was a confirmation that the group had chemistry, that it was credible that these guys are the same characters. Everyone's drinking and toasting, so you assume that they're a little tipsy and the good memories start flowing. It was super gratifying because I saw that group of losers finally taking off and it was very rewarding and relieving that they give into improvisation.”

One can infer that with more collaboration and different ideas, “It Chapter Two” is bound to be both rounded out and refreshing. It will have similar style and satisfying creepiness just like the first installment, but it will also be lush with new talent and further exploration of just what “scary” means.

Muschietti shared he is happy with how the movie came to an end and believes it's “a more intensified experience. If people liked the first [film], they'll enjoy the second one very much.”



Join the  
Current

We meet Tuesdays,  
12:30 p.m. to 1:30 p.m.,  
in the Student Affairs  
Building Room 104

## OFF SHORE CALENDAR

### Disney on Ice

Sep 12 | 7 p.m. - 10 p.m.  
@BB&T Center | Sunrise, FL

### Food In Motion: Street Food & Shopping Under the Stars!

Sep 13 | 5-11 p.m.  
@Peter Feldman Park | Fort Lauderdale, FL

### Full Harvest Moon Paddle Party

Sep 13-14 | TBA  
@George English Park | Fort Lauderdale, FL

### Full Moon Beach Meditation

Sep 14 | 7:45 a.m. - 9 a.m.  
@South Pointe Beach | Miami Gardens, FL

### 2019 Miami New Times' Burgerfest

Sep 14 | 7-11 p.m.  
@Haulover Park | Miami Beach, FL

### Naked Feet 5k

Sep 14 | 8-11 a.m.  
@Fort Lauderdale Beach Park | Fort Lauderdale, FL

### 10th Annual Florida Marine Flea Market and BBQ Festival

Sep 14-15 | 9 a.m. - 5 p.m.  
@Expo Center at the South Florida Fairgrounds | West Palm Beach, FL

### Miami Dolphins vs. New England Patriots

Sep 15 | 1-4 p.m.  
@Hard Rock Stadium | Miami Gardens, FL

## Vintage trends on a sustainable budget

By: Madelyn Rinka  
Co-Editor-in-Chief

*2019 has been the year of comebacks — with music, television shows, movies, hairstyles and especially fashion. Unfortunately, many fast fashion brands are hopping onto the bandwagon, leaving consumers with cheap, low quality products that aren't necessarily great for human rights or the environment. If you want to avoid these brands, you might face a hefty price tag — but it doesn't have to be that way. Follow these tips to stay sustainably on-trend and on budget this semester!*

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M. LYNN

Flor Mireles, copy editor, was repping all three of these trends.



### Graphic t-shirts

Vintage-esque shirts with catchy sayings and pictures never really went out of style, but they're having a moment lately. Whether you got your inspiration from a television show or just like the options dotting Target's shelves, it's hard to turn down something that's just perfect for your style. However, if you're looking to avoid fast-fashion, head over to a thrift shop and peruse the aisles. You'll usually find better deals and true vintage designs. Don't be afraid to hit up the smaller, local shops too. Bigger stores are more convenient, but the mom and pop shops may have more niche fashions.

### Scrunchies

Scrunchies are the perfect accessory — they're versatile, functional and come in a wide variety of colors and patterns. Unfortunately, they're often made with unsustainable fabrics and processes or by people being paid below a fair wage. As a more environmentally-friendly alternative, find some articles of clothing at a thrift store (especially ones with fabric you like), search for a scrunchie tutorial on the internet (there's tons of easy instructions to follow) and viola — you have your very own DIY scrunchie. If you don't want to waste a piece of clothing, consider just taking a few inches off the hem of a shirt. Now, you have a matching crop top, too.

### Mom jeans

Mom jeans endearingly refers to the vintage "fit" that many moms were sporting in the 80s and 90s, and they were onto something. Usually high waisted and a little looser than the trendy skinny jean, mom jeans look great on everyone and are a comfy, stylish addition to just about any outfit. Rather than going to Urban Outfitters or Forever 21 for a pair, ask around for a pair — a mom, an aunt or a friend might have a pair or two stashed away that they'd be willing to give up. Or, of course, look around in vintage stores. If they're not exactly your size or style, consider making them into shorts, distressing them with holes, adjusting the waist or aging them in the sun or with dyes.

## Mermaid antics on an ocean campus

By: Kelsey Bruce  
Arts & Entertainment Editor

If you tell me you haven't wanted to be a magical creature at one point, then I think you're a huge liar, and in our little South Florida haven, what better magical creature to be than a mermaid? While I don't have a full-proof way to initiate your transformation, you can take some tips from these classic mermaid movies and shows.

### "H2O: Just Add Water"

According to this Australian television show, you can earn your tail by being in a magic moon pool on a full moon. Once you locate one of those along our beaches, be very careful around water. As soon as your skin gets wet, your new tail will come out — but no worries. You're super cool ice, heat and water controlling powers will help you get out of showing off your tail.

If you need more advice as to how to

avoid rain, deal with the strong pull of regular full moons and escape fishing nets, watch promermaid trio Cleo (Phoebe Tonkin), Emma (Claire Holt) and Rikki (Cariba Heine) on Netflix.

### "Mako Mermaids"

Operating on the same mythology as "H2O," "Mako Mermaids" plays a little more with moon magic and with full-time mermaids. If you're interested in developing a tail, a mysterious island might just help you to sneak past mermaids Sirena, Nixie and Lyla and into the classic moonpool. If your experience is anything like man-turned-merman Zac's (Chai Hansen), you'll probably spend some time getting close to a few cast-out mermaids trying to figure out why their home island chose to change your human legs into tail.

To get the scoop on how mermaids adapt to

land and what a high school dude does when he suddenly gets superpowers and merman status, watch "Mako Mermaids" on Netflix.

### "Aquamarine"

So she wants to know what love is, but you want to know more about mermaids. That can work out, right? When you meet a runaway mermaid named Aquamarine who's trying to prove to her powerhouse merman dad that love exists, there's only one thing to do: go shopping! You'll learn about cute accessories like starfish earrings, and that if you help a mermaid, you get a wish. Be sure not to mention to anyone that you totally wished for your own tail, or it won't come true.

Find out if Aquamarine figures out love and how to acquire your own pair of ego-fluffing starfish earrings on HBO Now.

### "The 13th Year"

Every child is totally anxious as to what turning 13 will be like. Before you hit that milestone, be sure to ask your parents if you're adopted, because puberty might not be the only thing that surprises you. If you're like Cody Griffin (Chez Starbuck), your teenage years will start off with a little bit of acne and a few scales. Your birth mother mermaid is out there waiting to meet you, and maybe she'll even give you a few tips for your upcoming marine biology exam.

Watch this intriguing Disney film by renting it on Youtube or Amazon Prime.

So, there you have it. There are quite a few ways you can totally transform your college experience into a magical one. In all seriousness, when it comes to stress, sometimes it's great to just forget yourself, dive into nostalgia and play pretend.



# ATHLETE OF THE WEEK:

## Ally Ford

By: Christina McLaughlin  
Co-Editor-in-Chief



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SHARK ATHLETICS

*Ally Ford is a graduate student pursuing her masters degree in counseling with a concentration in substance abuse and a redshirt junior on NSU's women's volleyball team. Ford is a transfer student from the University of Tennessee at Chattanooga and is from Leesburg, Virginia.*

### What got you into playing volleyball?

"I started volleyball in sixth grade. My mom made me do it. She played volleyball and made

me go to a camp and I came back thinking this is the worst sport in the world. But, she made me try it again and keep with it and I [learned to love it] so I just kept going."

### What do you find interesting about your sport?

"I love it because it's really fast-paced and energetic, but you also get breaks. So not only is it fun for me, but it's fun for the spectators too. Every ball you touch [on the court] is different and the levels change. You can play at a very basic level or you can play at a very complex level, and when you play at a complex level, the smallest change can alter the whole setup and system, which I find very interesting."

### What made you decide to come to NSU?

"It's a funny story. I graduated with my [bachelor's degree] early in three and a half years. I started to work in the "real world" and one day in my cubicle I said to myself, 'I'm not doing this forever' so I am going to graduate school and [NSU] is where I am going to go.' The next day, I sat in my cubicle and songs from my playlist during volleyball came on and I thought to myself 'maybe I'll play volleyball again'. So the next day I signed my transfer forms."

### How has volleyball impacted your life?

"My dad passed away when I was in seventh grade and I was on the court a week later. That

was big for me. Having my teammates and friends around me [during that time] gave me so much community and it gave me a lot of confidence. Being a young girl and losing my father, [my] confidence and self-esteem was shaken and that is what volleyball gave me from a young age. As I got older, it's just one of those things that you grow deeper into and you get better at and slowly, your love grows."

### What are some of your future goals?

"I want to graduate and get my masters degree. I want to become a licensed counselor and I'm not sure exactly what I want to study yet but I'm really excited to start my career."

### What do you hope to see from this season?

"I would say that my goal for this season is to win a national championship, obviously, but my focus is more on the [Sunshine State Conference] games. We play about 20 conference games. If we can win 15 of those games, then I feel that is a realistic goal."

### What do your pre-game rituals look like?

"I love to dance. Anything that gets you riled up, that's me. I like to over-caffeinate. I love to drink a lot of coffee right before a game. I like to walk on the court a little jittery, which is weird because a lot of people hate that but then, after the first point, it turns into focus adrenaline."

### How have you acclimated to NSU?

"It's been interesting in South Florida. I don't like the iguanas. I really hate the iguanas. My program is mainly online right now, but I try to get myself on campus as much as possible because I'm so extroverted. For NSU in general, it's been great so far. The facilities are amazing and everyone in the athletic department has been so accommodating. It's more that I can ever ask for."

### What is your favorite thing about your team?

"Everyone is so different, personality wise. It's fun to be on a team. You're playing with people from different [backgrounds] and somehow you're all friends. My teammates know everything and they remind me of my sisters sometimes. Every day you get smiles and you feel loved by at least someone."

### What is the most challenging thing for you in volleyball?

"Mentally, this season, I have to get used to playing six rotations again because last season I only played three. Physically, I've had a lot of injuries in the past so I need to make sure that I'm staying in rehab, taking ice baths every day. Really knowing my body is a challenge, but I find volleyball to be a safe space for me. Maybe it wasn't always, but now that I'm older and went into the workforce and came back out, this is just fun. [It's] where I thrive and where I want to be."

## On The Bench:

# Lloyd could be the first and she won't be the last

By: Christina McLaughlin  
Co-Editor-in-Chief

During a recent joint preseason practice with the Philadelphia Eagles and Baltimore Ravens during preseason, Carli Lloyd, a soccer player on the U.S. women's soccer team and Sky Blue FC, found herself on the field and successfully kicked a 55-yard field goal. While this field goal was really just for fun and games, it was only a matter of time before the video went viral and this became a true topic of speculation. On Monday, Aug. 26, Lloyd was offered to kick for an undisclosed NFL team during their preseason game but she declined the offer as she had her own game with the U.S. Women's national soccer team the same night. So the timing wasn't exactly right but this idea isn't entirely off the table. Lloyd has expressed great interest in the possibility of kicking for an NFL team since the video and is open to discussion with offers. It has been discussed that logistically, we won't see any new potential

kickers so close to the season opener because of the limited preparation time, but that doesn't mean we can't see a female kicker for the 2020 NFL season.

To me, this sounds exciting. I mean can't you just picture it? A two-time Olympic gold medal-winning soccer player kicking field goals for your favorite team. I mean it makes sense in the abstract. Soccer players are great kickers. I mean that's their job as a soccer player. So why wouldn't an NFL team recruit someone to kick for their team who has real professional experience with a ball, namely a different type but still a ball, to make some of these hail mary kicks we see on the field? Most kickers on NFL teams either have past experience playing soccer at the high school or college-level and professional soccer players are just the next step.

But as always, with all this positive encouragement towards Lloyd and her ambition

to play in the NFL, there has been some opposition.

Keenan Allen, wide receiver for the Los Angeles Chargers commented on Twitter saying, "'Sound sweet til somebody block the kick and all of a sudden she on defense. Would be like the stampede scene in the Lion King movie.'"

It's an obvious statement and a serious question that challenges allowing women to play in the NFL. What happens when they get tackled and they get hurt? I can understand the hesitation that you don't want women, who typically tend to have a smaller stature than men, to get hurt or overpowered in high-intensity sports like football. However, most current NFL kickers aren't exactly the strongest men on the field either. A woman, with the right training and enough time to build muscle, would be more than able to handle themselves in that capacity, especially since kickers usually aren't

a part of the heavy action during the game. There are those occasions where a kicker gets tackled to the ground or pushed back by the opponents, but in those instances, no one really fairs well. But if you think about it, a player really only uses as much force as they think is required to take down their opponent. So if they're trying to take down someone half their size, they're not going to bulldoze them down the same way they would with someone bigger than them, at least in theory.

So what's the problem here really? If she can do the job and train properly, there is no reason that she, or any other soccer player— male or otherwise— shouldn't be able to become an NFL kicker. Carli Lloyd might be the first to entertain this idea, but I can assure you, she won't be the last.

Visit [sutv.nova.edu](http://sutv.nova.edu) for access to shows and movies **before** they hit Netflix or Redbox!



# OUT OF THE SHARKZONE



### Nadal wins against Schwartzman in US Open and advances to semi finals

Spanish tennis player, Rafael Nadal, advanced to the semi finals of the U.S. Open after beating Diego Schwartzman of Argentina. According to the Associated Press, it “took more than two hours just for those two sets. Eventually, both were claimed by Nadal. And so, ultimately, was the match and a berth in a 33rd Grand Slam semifinal for Nadal, who prevented Schwartzman from reaching his first by winning 6-4, 7-5, 6-2 after 12:30 a.m. Thursday in Arthur Ashe Stadium.” Nadal’s next match is against Italian player Matteo Berrettini.

### Ex-hockey player breaks public silence

After being named as one of the US Hockey Hall of Fame class of 2019, former goaltender for the Bruins, Tim Thomas broke his several years-long public silence. According to the Associated Press, “Thomas, eight years ago, became the oldest player to win the Conn Smythe Trophy as playoff MVP and is a Boston sports hero for his role in the Bruins’ first championship since 1972. He said last season’s playoffs were the first he had watched since retiring because the Bruins were doing so well. He brushed off the idea of returning to his old home arena.”



### US World Cup team passes by Japanese team 98-45

In their first round of games at the Basketball World Cup, the US team scored 98 points against the Japanese team. According to the Associated Press, “The U.S. is headed to a pair of second-round games in Shenzhen, China — with the first one Saturday against Antetokounmpo and Greece. The Greeks claimed the 16th and final second-round berth with a win Thursday night against New Zealand.” The Japanese team is set to play the New Zealand team next, while the U.S. team is set to play the team from Greece in the second round of games.



## THIS WEEK IN SPORTS HISTORY



By: Flor Ana Mireles  
Copy Editor

### September 10 Cleveland Rams play their first NFL game

The Cleveland Rams, now renamed the Los Angeles Rams, played their first NFL game on Sept. 10, 1937. At the time, the Rams were under heavy competition from the NFL’s “big four”: the Chicago Bears, Green Bay Packers, New York Giants and the Washington Redskins. The team lost their first game with a score of 28-0.

### September 11 Franco Harris becomes the third NFL player to rush 11,000 yards

In 1983, Franco Harris, running back for the Pittsburgh Steelers, became the third NFL player to rush 11,000 yards during a regular-season competition against the Green Bay Packers. At the time, Harris accumulated 12,611 yards, surpassing Jim Brown as the leading rusher in NFL history.

when 16 support beams randomly snapped. The beam crashed onto a walkway causing the stadium to close for 94 days. Luckily, no one was hurt.

### September 12 White Sox win their 90th game

1954 marked the year that the Chicago White Sox won their 90th game against the Boston Red Sox with a score of 5-3 at Comiskey Park.

### September 13 55 ton concrete beam falls in Montreal’s Olympic Stadium

On Sept. 13, 1991, a 55 ton beam crashed to the ground at Montreal’s Olympic Stadium

### September 14 First Latin American fighter to challenge for the world Heavyweight title

Argentine boxer, Luis Angel Firpo, nicknamed “El Toro de las Pampas,” challenged Heavyweight boxing champion, Jack Dempsey, for the Heavyweight boxing title. Dempsey won with a knockout victory at the 57-second mark of the second round. The fight was one of the defining fights of Dempsey’s career.

### September 15 Football Hall of Fame quarterback, Dan Marino, is born

Pro Football Hall of Fame quarterback Dan Marino was born on Sept. 15, 1961 in Pittsburgh, Pennsylvania. Marino, now 57 years old, holds dozens of NFL records in association with his quarterback position and is even recognized as one of the greatest quarterbacks in American football history.

## ON DECK



**CROSS COUNTRY**  
@ Lenoir-Rhyne  
Sept. 12 | 7 p.m.  
Hickory, NC

@Wingate  
Sept. 14 | 12 p.m.  
Wingate, NC



**WOMEN’S SOCCER**  
v.s. Johnson and Wales  
Sept. 11 | 7 p.m.  
NSU Soccer Complex

v.s. Tusculum  
Sept. 15 | 12 p.m.  
NSU Soccer Complex



**WOMEN’S VOLLEYBALL**  
v.s. Valdosta State  
Sept. 13 | 2 p.m.  
Rick Case Arena

v.s. Southern New Hampshire  
Sept. 13 | 7 p.m.  
Rick Case Arena

v.s. Grand Valley State  
Sept. 14 | 12 p.m.  
Rick Case Arena

v.s. Belmont Abbey  
Sept. 14 | 5 p.m.  
Rick Case Arena



## RADIO X

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TO ROCK OUT WITH US!

# Ballet is a passion, not a punch-line

By: Emma Heineman  
Features Editor



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*Ballet is an art form that does not discriminate against gender.*

A little girl dresses in a tutu and ballet shoes for a dance recital and the world applauds, but when a boy does the same, the cultural penalties are swift and harsh.

Amid the controversy that has arisen in the past few weeks surrounding Good Morning America host, Lara Spencer's mockery of young Prince George's study of ballet, a clear stance has emerged: there is a problem with people's perceptions of ballet, not ballet itself. Spencer openly laughed when she explained that among other subjects, the young prince's education would include ballet. She further commented "I have news for you, Prince William, we'll see how long that lasts."

As someone who has danced classical ballet my entire life, the sentiments expressed by Spencer, are anything but unfamiliar.

Throughout my years as a dancer, I danced with countless young girls and women, but only had the opportunity to dance with a small handful of male dancers.

Before one can understand the small-minded comments made by Spencer, it is important to briefly understand the background of the stigma around boys in ballet. According to the Huffington Post, "There are 3.5 million children studying dance in the United States today, and of the ones who take ballet, only 10 percent are male. However, beyond making up only one-tenth of ballet dancers, male dancers face opposition from almost every angle— from their peers, parents, the media and more. In a study conducted by dance sociologist Doug Risner, a professor of dance at Wayne State University, only 32 percent of male dancers

say their fathers support them dancing, and nearly 96 percent of all boys who dance have faced verbal and/or physical assaults from their peers. The teasing, ostracism, name-calling and physical abuse are motivated by false perception that ballet is only for girls.

This idea is intensified by the glorification of athletes that is ingrained into the social fabric of American culture. We swaddle infants in team blankets, push boys towards involvement in sports from an early age and surround young men with images of sports players— all in an effort to dissuade them from pursuing interests that society deems "unmanly." We have somehow established that manhood is defined by involvement in masculine activities rather than the pursuit of one's passions. What many people seem to overlook when they criticize

male dancers is the commitment ballet requires. Like athletes, dancers sacrifice their time, effort and even their bodies to their art, with countless hours of concentration, practice, and performances.

We are told that doing what we love in life is the way to achieve happiness, but children are constantly pushed away from their artistic passions because of the fear of ridicule and harassment by their peers, parents and apparently TV hosts. This double standard needs to change. Gender norms serve the sole purpose of constricting human expression, and it's time we break them down. In 2019, there is no reason a child's artistic passion should become the punch-line of a joke, and there's no reason kids can't be free to choose what makes them happy, whether its football or ballet.

## A rose is a rose, and Harvey Weinstein is a rapist

By: Kelsey Bruce  
Arts & Entertainment Editor

It is bewildering to me that testimonies of sexual harassment and sexual assault from dozens of individuals have not negated the need for me to express my opinion that Harvey Weinstein is a serial sex offender who deserves to be imprisoned for the rest of his life, at the very least. Since Oct. 2017, journalists have written article after article about the most recent claims against the power-abusing film producer, the most recent of which cover two new charges of sexual assault.

According to The New York Times and the National Review, the new indictments have moved the trial back to January and will allow Annabella Sciorra and three other witnesses to testify. Sciorra has publicly shared that Weinstein raped her in 1993, but cannot press charges because her case falls outside of the statute of limitations, and the same is true for the other three women, although the specific offenses were not identified.

CNN reported that Weinstein is facing five felony charges in total: one first-degree rape, one third-degree rape, two sexual assault charges and one first-degree criminal sexual act. If the two new indictments are duplicative, the case would move forward with the new charges instead of the older ones.

In response to these developments, Donna Rotunno of Weinstein's defense stated, "the case itself is weak," but Gloria Allred, representing

Sciorra, makes a more valid point: "Why [is the defense] so afraid of having additional witnesses testify?"

If multiple women coming forward with disturbingly parallel stories all perpetuated by the same man is something considered weak, then society should really redefine how it perceives strength, and if Weinstein gets away with all the pain he has caused, then we as a society will have failed to hold him accountable for his actions.

Afterall, the seven total charges are only the current legal aspect of Weinstein's transgressions against women. The New York Police Department has even captured Weinstein admitting to groping Ambra Battilana Gutierrez on tape in a sting operation, in which he stated he was "used to" perpetrating such acts. The New Yorker interviewed several survivors who shared experiences of Weinstein masturbating in front of them, assaulting them, blackballing them in response to being turned down and more horrifying abuses of his power.

There really shouldn't be any debate as to whether dozens of women are lying about their experiences. Weinstein has traumatized these women through coercion and outright force, and if you find yourself questioning that, maybe you should question why you want a rapist to get away with being a rapist.



## Let's talk about mental health

By: Alexander Martinie  
Opinions Editor

Mental health is a topic that is discussed pretty frequently in the media nowadays, but it is not talked about in the right way. The way that mental health and mental illnesses are talked about today is, in its own right, inherently stigmatizing.

This week is suicide awareness week and stigmatization of mental health is a major factor in raising awareness. Challenging stigmatization of mental health is a way of encouraging people to seek treatment if they need it. In years past, mental health and mental illness were something not talked about and were even seen as something shameful to bring up in conversation, but today we know better. We know that mental health isn't

something that will go away if we just leave it locked away and try and forget about it.

In my experience and in my discussions with other people about mental health, being open about your mental health is something very difficult to do because many people don't understand it. Personally, I've had family members tell me that mental illnesses aren't real or the classic, "It's all in your head," but these comments are actually terrible for a person's mental health. Comments like these just make people reluctant towards getting treatment. If the reader or anyone else needs help or just wants to talk through something, then there are plenty of resources out there.

*If you are in crisis, please call Henderson's  
crisis service hotline: 954-424-6911*

## You can try but you really can't censor media

By: Christina McLaughlin  
Co-Editor-in-Chief

We see it all the time, a “click here to view content” pop-up, or a “you must be 18 years or older to view this content” message. They are all over our social media platforms. Youtube, Facebook, Twitter and Instagram are just a few of the platforms with these particular capabilities and it's a good idea but in execution, it's not that perfect. People can still post graphic images or videos from tragic events and it still takes a few hours for it to get flagged and for a content warning to be placed. Yet, by the time that content is protected, thousands of people have shared, downloaded or seen these posts. So can we really censor anything?

Here's my theory: if things are posted online or even seen in any version of media, it cannot be censored. Now, I think there are certain lines that shouldn't be crossed or fully

available to public access, like videos of graphic violence, but those things still tend to show up on my feed— censored or not. Even when it's censored, my curiosity is piqued and I feel the need to figure out what it is, which makes me click it. So either way, I'm still seeing the content, even if it's not something I'd prefer to see.

Now Twitter and Facebook and other similar platforms aren't the only ones facing this censorship. Netflix and other streaming services are dealing with censorship issues too and if anything, it's more evident. When it happens on platforms like Twitter, no one really talks about it. We just consume the content and move on from it without really bringing up what we've seen on our phones to others. But when it happens on a television show or in a movie,

it can end up making national headlines. For instance, Netflix has been in hot water recently about their original show, “Thirteen Reasons Why,” which is full of controversial topics and scenes such as rape and graphic depictions of violence. They do, however, add trigger warnings at the beginning of the episodes. One episode in particular, in season two, had a warning that really didn't mentally prepare you for what you were about to see.

That's the real problem with censorship. Yes, you are censoring content but censorship, I would say, in some ways is subjective. Some people would deem a semi-nude picture or scene as censorable material while others wouldn't bat an eye. There was even a video that went viral on Twitter of a man attempting to catch his bunny and it was censored, but to me there was

nothing graphic or violent about it.

To me, that is the danger in censorship, the fact that you don't know what people would consider sensitive or graphic material. Now for movies and television, there can be clearer guidelines such as R-ratings or at least a consensus of opinions as to what is appropriate before things are posted. But for social media, it's an open field. The posts usually go through one line of thought before they are posted and then it's open to the world's interpretation. Since social media is a global version of communication and people are free to post whatever they choose in whatever medium, I don't think we will ever see a fully sanitized media, but hopefully the censors we do have can protect against some of the more intense instances.

## You are your own compass, own your college experience

By: Flor Ana Mireles  
Copy Editor

With the school year in full bloom, there have been pop up lists from a variety of sources that fall along the lines of “23 Things Every College Student Does” from BuzzFeed or “10 Must-Do's as a Freshman” from Pinterest. The truth is, all these lists do not need to define your college experience; your college experience should be what you want to make it and you should not feel pressured by peers or by social media to do anything your heart or mind doesn't want to.

Don't get me wrong, college is definitely a time to find yourself and try new things. It's a time to discover what you like, like to do and

want to be. But, it's important to note that these ideas and values should be your own. In high school, it's fairly easy to fall into the crowd. College, however, is the time to start fresh and figure yourself out.

Steve Jobs once said, “Don't let the noise of other people's opinions drown out your inner voice.” This doesn't just apply to college, but to life in general. Let college and everything that happens throughout those years shape you into the person you were meant to be and help you become the best you can be. Remember to also keep working on yourself after graduation as you begin a new chapter of your life.

No matter what, mistakes are inevitable, whether they're mistakes you make throughout your college experience or just in everyday life. It's important, however, not to take your mistakes too harshly out on yourself. Instead, learn from them. It's often times not about the mistakes themselves, but how you handle them and go about them that really make all the difference.

As a junior, I definitely feel college has been flying by. I find myself trying my best to explore and learn all I can before graduation comes crashing down on me. With that said, I am especially trying my best to let my inner

voice shine and always be true to myself. Trust me, there is no other feeling as strong as knowing that you are standing your own ground and standing up for your beliefs

Regardless of where you are in your college career, remember that you are your own compass and you can do all you strive for. Listen to your heart, let it be your guide and surround yourself with people who motivate and inspire you to make the best out of everything. Life is what we make it and I know we got this.

### SHARK SPEAK

How do you keep a positive mindset on gloomy days?



“I guess I just think about my parents or people that I love and the goal that I'm going towards. Today might be a bad day, but tomorrow's going to be a better day and I need to work for what I want.”  
-Samantha Arrieta, freshman forensic psychology major



“Well, gloomy days usually start off with bad weather, but the way I keep a positive mindset is usually by going around, hang around with friends, talking to them and trying to just be busy.”  
-Arsh Jain, sophomore computer science major



“I just try to put positive vibes out there and think about happy thoughts. I try not to think negative thoughts. I just try to go with the flow and make every day count.”  
-Regina Garcia, junior dance major



“The way I keep a positive mindset is by thinking, ‘it could be worse.’ There's always someone in a situation that's worse than you. Think about the other people who are struggling too. You're not the only one going through it. I try to think of the positive things in the situation, not only looking at the negative, but also the positive.”  
-Caitlyn Khan, sophomore, journalism major



“I just think about how far I've come and how thankful I am to be where I am. In the world, there's always people who have it worse than you.”  
-Adit Selvaraj, senior, strategic communications major

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