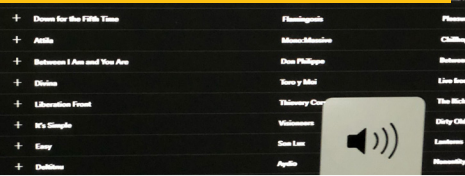


## Features



**Religious organizations on campus**  
P. 5

## Arts & Entertainment



**Solutions by K. Flay**  
P. 6

## Sports



**NSU sports synopsis**  
P. 9

## Opinions



**Take it from a senior**  
P. 11

# NSU ROTC celebrates inaugural class

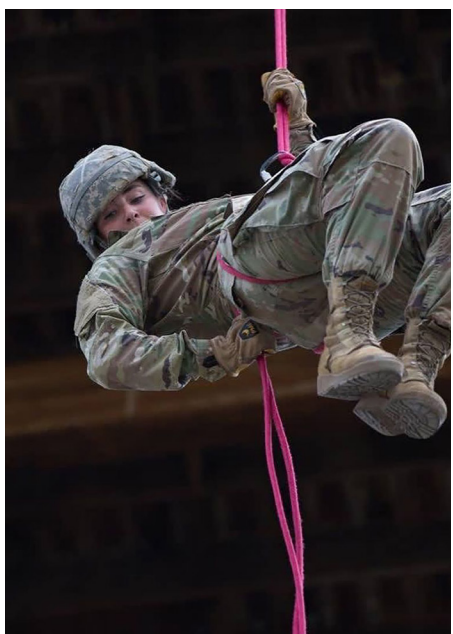
By: Christina McLaughlin  
Co-Editor-in-Chief

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With Fall of 2019 among us, NSU's Army Reserve Officer Training Corps (ROTC) have accepted their inaugural class of student cadets.

This program was introduced to the university in the winter semester and plans to bring leadership opportunities to students by offering two to four year programs with an option to add a minor in military science leadership (MSL) to their academic degree.



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"ROTC is a leadership program. We want to provide leaders at this university while they are here and after they continue onto the next evolution within their respective lives and careers. We look to enhance the leadership potential that some of the students might not realize they have until they are placed in certain situations [the program provides]. That is what we want to do," said Capt. Martin Johnson, assistant professor of military science for NSU's Army ROTC program.

All NSU students, graduate and undergraduate, are welcome to participate in this program. According to Johnson, the first two years of the program's courses do not

require a commitment to military service in the future through a commission. Students who choose not to accept a commission into military service and therefore, do not have a contract with the U.S. Army, do not have to move forward with the last two years of the program. These 1000 and 2000-level MSL courses are considered elective courses which can fit within most academic schedules and other academic programs the university provides.

"If an individual elects to participate in ROTC or join military service, awesome. If not, they still have transferable skills they can bring into the civilian sector that can make them highly competitive just by participating in the program," said Johnson.

For graduate students or undergraduate upperclassmen who are interested in adding this minor or military service into their academic pursuits, these students can attend Basic camp in place of the 1000 and 2000-level elective courses.

According to Johnson, one of the goals of this program is to be woven into the fabric of NSU's diverse community as these cadets will, based on the opportunities presented to them through the program, become ambassadors for NSU and represent NSU on a larger scale through community service work and other tasks.

"My focus is giving back to my community. It's not only to see the cadets doing military drills and walking around campus. You will see us at athletic events and see us pushing forward NSU's message as we transition outside of NSU's community. Yes, [the public] will see the Army but they will also see the NSU patch and see how [these cadets] interact with others [and their community]," said Johnson.

As of Aug. 23, 18 cadets are registered for the incoming class of 2019. The overall goal of the program is to increase enrollment by 20 percent each year. As this program progresses and students complete the program, commissions into the U.S. Army through NSU's ROTC program are to be expected by the graduating class of 2021.

"I hope to see growth. I believe that we will have committed students who will want to see the program growth. NSU is a university that is looking for growth and we are looking to match that. We are looking to be fully ingrained in NSU's philosophy of looking for the best and the brightest [students] and will eventually produce a product that will be beneficial to whomever participates at whatever capacity they decide to participate in," said Johnson.

According to Nick Pascucci, coordinator for NSU's Army ROTC program, there is a stereotype that to be involved in ROTC, one has to be a six foot, 200 lb stiff robot. But that is not the case.

"The ROTC program is here to enrich you in how to be a leader and it's one of the

strongest leadership programs in the country, maybe even in the world. ROTC wants to compel you to make decisions and be leaders and live up to the core values that the Army stands by," said Pascucci.

Overall, this program hopes to provide opportunities for leadership and options — including military service — to students that they might not otherwise have.

"There are many opportunities to align your career and academic pursuits with military service opportunities and you can achieve these goals or be put on the path during your four years at NSU. This is just a potential avenue," said Pascucci.

Students interested in learning more about this program or curious about how to add this program to their academic career are encouraged to reach out to [armyrotc@nova.edu](mailto:armyrotc@nova.edu).



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Cadets had woken up before the sun had risen to conquer the 12 mile Road March, one of the final requirements of Advance Camp.

# Letter from the Editors

## Hi Sharks!

Whether you spent your summer working, interning, travelling, taking classes or having some much needed relaxation time, we hope you're as excited for this school year as The Current is! If this is your first semester, welcome! Let us introduce ourselves.

The Current is NSU's student-run newspaper, which has been a part of the Shark community for 30 volumes. We cover almost anything; from on-campus club events and university news to pop culture topics and our favorite dorm room recipes. Our goal is to provide the NSU community with what they want to read. That's where you — the students — come in.

Being student-run, the students have a lot of say about what goes into the paper. Whether you write alongside us, get interviewed by our editors or give us ideas for articles you would like to read, we would love to hear from you! Stop by our meetings on Tuesdays, from 12:30 - 1:30 p.m. in the Student Affairs Building in room 104 — or just keep picking up our issues.

We can't wait to see all the new faces around campus. Make sure you stay organized, go to your classes, take care of yourself and keep in touch with The Current.

## Best of luck this semester, Madelyn & Christina



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FROM M. RINKA

# TheCurrent

3301 College Avenue  
Student Affairs Building, Room 310  
Fort Lauderdale, FL 33314-7796  
nsucurrent.nova.edu

### NEWSROOM

Phone: 954-262-8455  
Fax: 954-262-8456  
nsunews@nova.edu

### BUSINESS & ADVERTISING

Phone: 954-262-8461  
Fax: 954-262-8456  
thecurrentad@nova.edu

Madelyn Rinka	Co-Editor-in-Chief	nsunews@nova.edu
Christina McLaughlin	Co-Editor-in-Chief	nsunews@nova.edu
Flor Ana Mireles	Copy Editor	thecurrentnews@nova.edu
Open	News Editor	thecurrentnews@nova.edu
Emma Heineman	Features Editor	thecurrentfeatures@nova.edu
Open	Sports Editor	sportseditor@nova.edu
Kelsey Bruce	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Alexander Martinie	Opinions Editor	thecurrentfeatures@nova.edu
Open	Multimedia Manager	nsunews@nova.edu
Kathleen Crapson	Chief of Visual Design	thecurrentad@nova.edu
Open	Visual Design Assistant	thecurrentad@nova.edu
Mario Lorrimer	Business Manager	thecurrentad@nova.edu
Open	Distribution Manager	thecurrentad@nova.edu
Farhan Shaban	IT and Website Manager	thecurrentad@nova.edu
Michael Lynn	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Open	Writer	nsunews@nova.edu
Claire Lutkewitte	Faculty Advisor	cl830@nova.edu
Michelle Manley	Advisor	mmichell@nova.edu

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

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily reflect the views of the University or its officials, The Current staff or other advertisers. The Current will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

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

## News Briefs

### Shark Cage student-run business' grand openings

From Aug. 26-28, three new student-run businesses will be opening in the new Razor's Edge Shark Cage on the first level of Mako Hall. These students are all Razor's Edge Shark Cage Scholars in the Class of 2021. Their businesses include Natural Bowl, Mako Ice and Shark Bait Candy Shop, which will be serving up acai bowls, snow cones and candy.

### Take a ride on the Career Cab

On Aug. 27 from 11:30 a.m. - 1:30 p.m., The Office of Career Development will host "Take a Ride on Career Cab," an informational event focused on helping students learn how to use Handshake. Students will be able to get a ride to class while playing Handshake trivia and winning some swag. For more information: call (954)-262-7201 or email career@nova.edu.

### Interfaith Prayer Lunch

NSU's Multicultural Affairs committee is sponsoring their annual Interfaith Prayer

Lunch on Wednesday, Aug. 28 from noon to 1 p.m. in the HPD Terry Building in the Chancellor's Dining Room.

### NSU's student employment fair

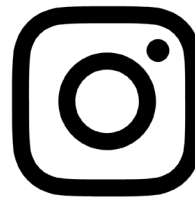
NSU's Office of Student Employment will host a student employment fair from 11 a.m. - 1:30 p.m. in the Don Taft University Center Spine on Thursday, Aug. 29. Students looking for employment opportunities on campus are encouraged to attend. Contact studentemployment@nova.edu with any questions.

### Annual Welcome Home Barbecue

The Office of Residential Life and Housing will host their annual Welcome Home Barbecue in the Mako Hall Courtyard on Thursday, Aug. 29 from 7-9 p.m. Students will be able to celebrate the opening of Mako Hall and enjoy free food, participate in games and giveaways, and listen to music.

## ARE YOU FOLLOWING

### NSU'S STUDENT MEDIA ON SOCIAL MEDIA?



@thecurrentnsu

700 followers and counting!

@sutvch96

Behind the scenes of filming

@nsuradiox

DJs? Music? Say no more

@nsustudentmedia

All of the above



The Current  
Look for this logo!



@thecurrentnsu

We could use carrier pigeons to deliver the news, but twitter is more fun

# Henderson is here: see your clinician on-campus

By: Kelsey Bruce  
Arts & Entertainment Editor

As of last week, Henderson Student Counseling Services (SCS) now offers remote counseling sessions on campus. As a response to student demands for SCS to be more accessible, the majority of Henderson's clinicians are on a rotating schedule and are available on campus and at the main Henderson building. Additionally, Henderson has remodeled its intake process. Students may now submit their relevant registration documentation online, and subsequently, SCS staff will call the student. The student may then schedule an intake appointment within a 24 hour period at their own convenience.

SCS offers NSU students 10 free counseling sessions per calendar year, as well

as medication management. These sessions may be individual, couple or family sessions as long as all participants are above the age of 12. Now, students can schedule these in whichever SCS location they are most comfortable.

Although the remote movement makes SCS more accessible, director Debra Futterman notes it is less private than traveling to the main building. The remote sessions take place in a shared suite where other confidential services take place unrelated to SCS, so students may encounter people who are not there for the same purposes. However, staff at the remote location will ask how they can help a visitor rather than who the visitor is as an effort to maintain confidentiality. SCS has also placed white noise

machines within the suite.

These precautions are there to, in Futterman's words, "afford the students the same exact opportunities that they have in the other office." Fortunately, if a student seeking services is still uncomfortable with this notion, they are welcome to request counseling solely at the main building.

Futterman encourages every student to take advantage of their counseling sessions whether they are struggling with something or not: "We're here to help you — the student — maximize your best self — academically, professionally, personally. Why not use a service that helps you do that?"

Additionally, Futterman reminded students:

"Remember that counseling is a personal experience. If you engage, and it doesn't go the way you thought, don't stop. Call us. Tell us. Every clinician has a different style, and maybe that wasn't the person for you. Letting us know helps us let you."

When in the swing of school, it's a little too easy to neglect your health, but it's important to cover all your bases and take care of your health; that should include your mental health. Call Henderson with any further inquiries at 954-888-7999 or go online to [hendersonbh.org/services/student-counseling/nova-southeastern-university](http://hendersonbh.org/services/student-counseling/nova-southeastern-university)

## News Anchor

Stay up to date with national events.

### Geneticist known for studying X-rays dies at 95

Dr. Liane B. Russel, who studied the effects of radiation on developing embryos and discovered that the presence of Y chromosomes determined the sex in mammals, passed away on July 20. However, information on her death was not released until Aug. 18. According to the New York Times, "In studying embryos, Lee Russell, as she was known, identified the stages at which specific body parts develop. She also found a pattern of when deformities would occur." Russell died of pneumonia at the age of 95 after going through treatment for lung cancer.

### Union workers' docked of pay if they did not attend presidential speech

On Aug. 13, President Trump gave a speech to union workers at the Beaver

County Royal Dutch Shell facility. Union workers who attended this speech were paid for their attendance. However, those that did not show up were docked pay. Trump used this speech as an opportunity for his reelection campaign. According to the New York Times, "At one point, Mr. Trump said he was going to speak to some of the union leaders representing the assembled workers about supporting his re-election. 'And if they don't,' Mr. Trump told the workers, 'vote them the hell out of office, because they're not doing their job.'"

### Jet crashes, all passengers uninjured

A twin-engine jet traveling from Oroville crashed after complications at takeoff. According to the Associated Press, "Firefighters were able to quickly control the grass fire, but it took more than an hour to extinguish the jet, partly because it had

just taken on 400 gallons of jet fuel, he said. A crash truck from nearby Chico sprayed the jet with foam to help extinguish the blaze." The jet caught fire, but all of the passengers and the pilots were luckily unharmed.

### Sleepaway camp introduces all-gender cabin

Camp Tawonga, a sleepaway camp near Yosemite National Park, is mixing Jewish traditions with inclusivity to all campers. This includes a cabin and campfire gathering for all genders. According to the New York Times, "While Camp Tawonga has for years allowed children to bunk in cabins that matched their gender identity rather than their biological sex, this summer the camp offered a new option: a cabin for all genders." The camp staff is also introducing other programs to be inclusive to all campers.



## global news, courtesy of the current

### Microplastics in drinking water deemed safe by WHO

In recent United Nations health reports, the World Health Organization claimed that the amounts of microplastic, plastic particles smaller than one-fifth of an inch, are not a public health hazard. According to the Associated Press, "the U.N. health agency said the minuscule plastics are 'ubiquitous in the environment' and have been found in drinking water, including both tap and bottled, most likely the result of treatment and distribution systems." The World Health Organization is still looking into the effects of microplastics on the environment and on human health.

### Displays of apartheid-era flags restricted in South Africa

Last Wednesday, South Africa's Equality Court has restricted the apartheid-era flag's display. The ruling was that the use of the country's old flag "amounts to hate speech and racial discrimination," according to the Associated Press. This is not a blanket ban on the use of the flag. The apartheid-era flag is still free to be used for journalist, artistic and academic purposes. According to the Associated Press, "In a statement, the Mandela Foundation said South Africa 'needs an opportunity to heal from the wounds of the past. ... This means looking at our history and calling apartheid a crime against humanity and a gross human rights violation. Without recognizing what has happened, we will forever be haunted by our history.'"

### Trump cancels trip to Denmark over Greenland rejection

Recently, President Trump expressed to the Danish government that he wanted to purchase Greenland. Prime Minister Mette Frederiksen stated that selling Greenland was an absurd discussion. According to the New York Times, Frederiksen said, "Greenland is not Danish. Greenland belongs to Greenland," in response to Trump's suggestion. Trump cancelled his trip to Denmark after discussions with Frederiksen. Prior to this suggestion, Trump was invited by the Queen of Denmark to visit the country.

### Protestors form human chain across Hong Kong

Protestors in Hong Kong formed a human chain across the city in part of the month-long protest for direct elections. According to the New York Times, "Paul Au, 62, the owner of a small record store, previously participated in several protest movements in Hong Kong, including after the deadly crackdown on the Tiananmen Square protests in 1989. None of those, he said, were as large as the demonstrations that have taken place this summer." The chain covered 20 miles throughout the densely populated regions of Hong Kong Island, The New Territories and Kowloon.

## How to hack this semester

By: Madelyn Rinka  
Co-Editor-in-Chief

We've all been there — walking into class realizing an assignment was due, finding out you had a meeting that started half an hour ago or any other anxiety-inducing mess ups that. To be honest, all these mess ups probably could have been avoided had they been written down. Everyone's done it, but luckily, it can be avoided in the future. Here are a few helpful tips on how to stay organized coming into the new semester:

### Figure out what works for you

There are tons of different modes of organization: bullet journals, cork boards, expensive planners, iPhone notes, wall calendars, dry erase boards, or just plain old notebooks. It

seems like the possibilities are endless, which means you can find exactly what works for you. The rigidity of a pre-made planner might not work for everyone, but the open-endedness of a bullet journal can lead to unnecessary stress. Fortunately, you can test out different things and see what works for you. Some people love big to-do lists, others prefer to organize everything by date. Figure out what you like, experiment a bit and do some research before settling.

### Write everything down

Have a class that has an assignment that's due on the same day every week? Need to pick up your mail or grab something from the store?

Want to attend an interesting event or club meeting? Write it down. College students have to balance academics, jobs, extra-curriculars, applications, living alone and much more on a daily basis. Sometimes, little things slip through the cracks. Even if a task seems menial, writing it down ensures it won't get forgotten or swept up in everything else that's going on. Plus, at the end, that little check mark you can put down will remind you that you accomplished something, no matter how small.

### Keep things in one place

Sometimes it's just not practical to lug your beautiful planner around with you everywhere

you go. Maybe all you have in your pocket is your phone when a professor spews out the dates and times of your next field trips, or project deadlines. Find something that works for you — a planner, whiteboard, app, calendar or anything else that helps you stay organized, and stick with it. Even if you can't carry it with you at all times, make it a part of your nightly routine to update it. Personally, I write out most things on my phone during the day, then transfer it to my planner each afternoon when I'm back home. That way, you won't need to switch between three different logs and risk missing something.

## Campus resources: Don't snooze 'em, use 'em

By: Kelsey Bruce  
Arts & Entertainment Editor

When you're taking on anywhere between 12 and 18 hours of classes every week, it's easy to get lost in the details of your work. Thankfully, NSU offers its students many resources that help make life a little more manageable. All you have to do is remember to use them.

### Tutoring and Testing Center

Located in the Student Affairs Building, the Tutoring and Testing Center (TTC) is ready to help any student with their specific course needs, whether it's trouble with invertebrate biology, neuroanatomy or differential equations. Students can take a step toward being better critical thinkers and individual learners by scheduling an appointment at TTC through the GradesFirst system.

The TTC also heads the Supplemental Instruction (SI) program, which assigns SI leaders to particular classes. Students in those classes can attend weekly study sessions to help them better understand course materials and

prep for any big exams.

### Alvin Sherman Library

While the big building in the middle of our campus is a little hard to miss, some students rarely step foot in the Alvin Sherman Library. But when there are 23 study rooms, plenty of seating, specialized databases, a range of reading and media material and even a cafe, you don't want to be a student who doesn't take advantage of these resources. When you want to get your group study on, book a study room or opt to grab an open table and work in the quiet atmosphere offered at the Alvin Sherman Library. Also, be sure to check up on events going on in the library like book club meetings, author readings, workshops and more.

### Writing Center

You can't escape college without writing papers, so why not dominate each one you type up. It's as easy as making an account at nova.

mywconline.com and booking an appointment with a writing tutor. Some courses even have writing tutors who are trained to help with their particular curriculum. But no matter what, working through your writing with someone else always increases the quality of your paper and clarifies the message you want to get across.

### 3-D printing and poster printing

If you're a visual learner or you have a big presentation coming up, be sure to check out your printing resources. Located in Rosenthal, Room 201, Student Poster Printing Services offers services to students who need to print a poster for their academic or extracurricular activities. That means you can use them for anything ranging from advertising a club event to presenting your final project.

Meanwhile, the HPD library offers 3-D printing services to NSU students, as long as it is directly relevant to their academics. This is particularly useful if your taking an anatomy

or biology class that requires you to have knowledge of any three-dimensional matter.

### RAs

If you reside on campus, you might face some additional complications adjusting to college life. It's important to remember that there's always someone there to help you — and they might live right across the hall. Your RAs are experienced students who might have a few tips up their sleeves when it comes to dorm-living, succeeding academically and more. Don't forget to reach out to them if you have any problems within your living space or if you just feel like having a chat with someone.

So there you have it! While your bag of textbooks might weigh you down, nothing else has to. Remember to book those appointments, and good luck this semester.



## The Salty Donut

By: Flor Ana Mireles  
Copy Editor



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The Salty Donut, with its colorful frosting and toppings, is sure to appeal to your sweet tooth.

### The Salty Donut, Wynwood location 50 NW 23rd St #112, Miami, FL 33127

South of campus, in the heart of Wynwood at 50 NW 23rd St., there is a small artisan donut shop called The Salty Donut, whose delicious donuts will leave you salivating. The shop does not only offer regular donuts, but vegan ones as well. Not to mention, they also have limited-time donuts that are definitely worth keeping an eye out for! The price per donut is around \$3.00, but trust me, you'll want to get all the different flavors. Their year-round donut options include Traditional Glazed, Brown Butter + Salt, Maple + Bacon, Guava + Cheese, Homemade Hazelnut Chocolate and White Chocolate Tres Leches. Their seasonal donut flavors include Chocolate Chip Oatmeal Cake, Cafe con Leche, Dragon + Passion Fruit, Mini Earl Grey + Lemon, Strawberry + Lemonade and Chocolate Chip.

To celebrate the back-to-school season, The Salty Donut has brought back their Chocolate Chip Oatmeal Cake donut that is made of "oatmeal raisin cake dough loaded with mini chocolate chips, cinnamon glaze and topped with a brown sugar oat crumble."

The last time I ventured into this sweet paradise, I got a half-dozen box of Strawberry + Lemonade and Dragon + Passion Fruit donuts, a perfect way to cool down in the South Florida

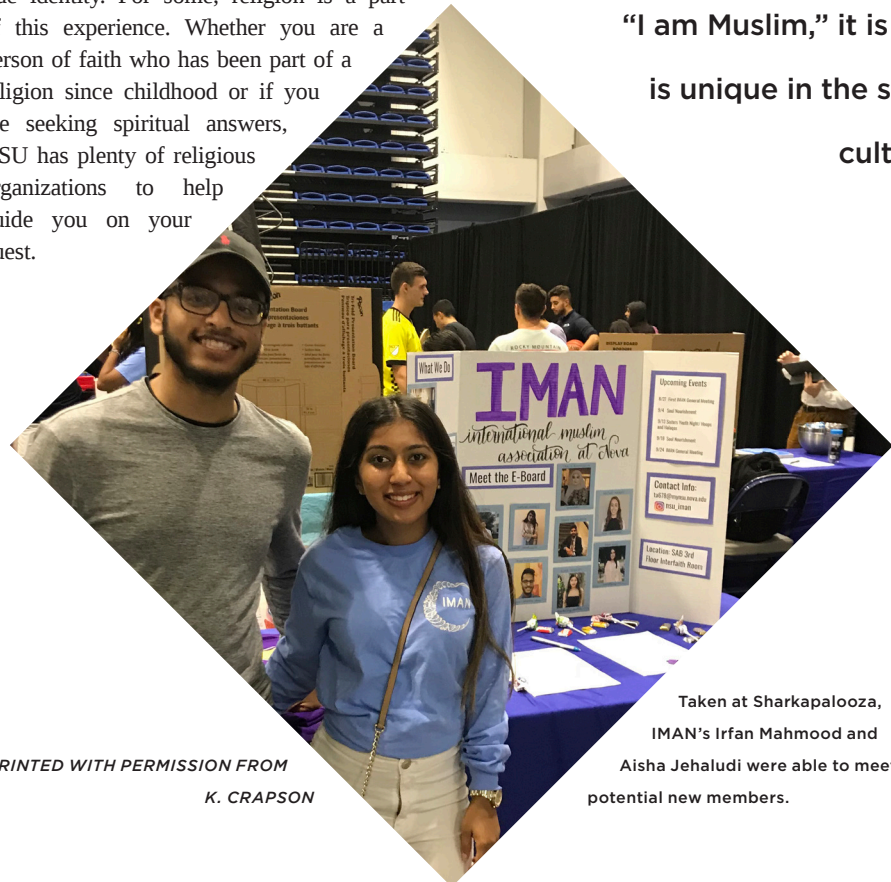
heat. The Strawberry + Lemonade donut is a vegan donut with "strawberry infused vegan yeast-raised dough, fresh strawberry and lemon glaze, topped with dehydrated strawberry dust and a candied lemon wheel." Then, the Dragon + Passion Fruit is a "brioche ring filled with a homemade passion fruit and mango curd, glazed in a red dragon fruit glaze, topped with fresh sliced raspberries, dragon fruit and blueberries." These two donuts were absolutely delicious and very refreshing. On a past visit, I also tried the White Chocolate Tres Leches, a "brioche soaked in rum and three milk mixture, button crusted with white chocolate and finished with torched meringue," which was extremely tasty and reminded me of my Cuban roots.

The Salty Donut is slowly expanding and has already opened up a second location in South Miami at 6022 S Dixie Hwy. A shop in Dallas, Texas is also in the works. Both of the Florida shops are opened Tuesday through Friday from 7:30 a.m. till sold out and on weekends open from 8 a.m. till sold out. It's great to see these delicious treats becoming more well known. While the Wynwood location, the closest shop to NSU, often times has a line, trust me, it's worth the wait!

# The guidebook to NSU's religious and spiritual organizations, part one

By: Kathleen Crapson  
Chief of Visual Design

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.



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K. CRAPSON

Taken at Sharkapalooza,  
IMAN's Irfan Mahmood and  
Aisha Jehaludi were able to meet  
potential new members.

## International Muslim Association at NSU (IMAN)

@nsu\_iman

Upcoming events:

**Soul Nourishment event**  
**The Interfaith room, September 4, at 8:30 p.m.**

IMAN meets bi-monthly. On Wednesdays, they offer Soul Nourishment events where a local Imam comes to the Interfaith Room (located in the Student Affairs building, on the third floor). While on the Islamic holy day (Friday) at 2 o'clock, they have a group prayer led by the Imam.

"[Our Imam] gives talks relevant to college students [during Soul Nourishment]. But not everything is explicitly religious, we also have chill activities, like sister youth nights and Hoops n Halaqas," said senior Taalia Azharuddin, president of IMAN.

Azharuddin explained the impact of IMAN on her life: "I moved from Michigan, and I moved into the dorms my freshman year. Thankfully, I found IMAN, and that definitely helped me. I feel like when you don't have a car, like I didn't, it's hard to go to the mosque, and have that connection with God."

## Ablaze Campus Ministry

@nsuablaze

Upcoming events:

**Ablaze Weekly Bible Study**  
**The Interfaith room, September 6, at 5:30 p.m.**

Ablaze Campus Ministry is a non-denominational Christian organization that meets weekly on Fridays for Bible studies, and are recently instituting "Ablaze After Party."

Senior Marlee Mallot, president of Ablaze Campus Ministry, said, "After our Friday meetings of bible study and a meal, we'll move onto a common room, and have board games, video games and music," in reference to Ablaze After Party.

She continued, "We have tried to build not only a community of discipleship, but reach out to people who want to get serious about becoming disciples of Christ, with serious Bible study. We want to make sure our members are grounded in the biblical doctrine of our faith. It's impossible to be held accountable to study and live the 'perfect Christian life' on your own, so it's really important to be surrounded by people

who believe what you believe, and act how you act."

## Hillel of Broward and Palm Beach

@nsuhillel

Hillel is one of NSU's Jewish organizations. They also have the added bonus of having an on-campus meeting space located across from the Interfaith Room. They host Shabbat on Fridays, as well as Lunch and Learns with Rabbi Rose.

Lauren Oback, director of Jewish Student Life for Hillel of Broward and Palm Beach said, "The students that are coming here [have] different life experiences, their own idea of Judaism. Some have grown up in a religious household, and some had limited exposure. What Hillel tries to do is expose them to as many as religious experiences as possible. We have various Shabbat experiences, and it's not like your grandma and grandpa's Shabbat."

Oback continues to innovate Hillel's programs. "This year, our eboard has said 'this is like Hillel on steroids.' We are introducing Late Night Lounges, like live game show night when the story of Noah's ark comes in October. We'll be bringing in a live animal show then," said Oback.

Unlike previous years, Hillel is trying to create a more inclusive club for both undergraduate and graduate students.

## NSU Young Jains of America (YJA)

Sophomore Miloni Shah, president of YJA and the local representative for YJA in South Florida, is from Chicago where she says there is a larger population of Jains.

"Most people are not aware of this religion. [In Florida], it has always been a struggle for me to find an outlet. So, coming from Chicago where almost every single person you know comes to temple with you, I think an outlet here really helps students to stay driven towards their religion and helps them find a little security away from home," said Shah.

According to the YJA website, Jainism is a non-theistic religion that believes in reincarnation, along with a lifestyle that is tailored to earn enlightenment and benefit the world.

Shah's goal is to help Jains find food that is within their religious guidelines, as Jains

I wear a hijab. When you go around and wear something on your head that screams out "I am Muslim," it is like a Muslim flag. It's a matter of pride and modesty. I think that NSU is unique in the sense that you will see and meet people from all types of religions and cultures. I don't feel very threatened, and I have people who look like me.

Those who don't look like me, support me.

-senior Taalia Azharuddin, president of IMAN

typically have a strict vegetarian diet along with excluding root vegetables, like potatoes and onions. "My biggest thing is giving them a dietary expansion. That's something that I really struggled with last year. The biggest thing I like to do at meetings is telling members what you can eat in the NSU cafeteria."

Paryushan, the most religious week in Jainism is approximately Aug. 26 to Sept. 2. Shah says the club anticipates scheduling transportation for students to go to the Jain Center of South Florida together. "It's a huge celebration of the birth of one of our religious leaders," said Shah.

Shah wants to expand meetings to create an open space for Jain and Indian students of other religions. "I plan on making the club more fun with things like Jain jeopardy, Jain academic board and even attending a vegan festival. I just want us to get out there and explore religion," said Shah.

The universal thread through each interview was the recurring affirmation that NSU has a diverse and respectful environment.

"[At NSU] I was afraid that I would be met with apathy towards faith. I heard previously that it was a spiritually dead campus, but I found it richly involved in faith and well-equipped to handle religious students' needs, not just Christian organizations, but Jewish and Muslim organizations," said Mallot, Ablaze's president.

Azharuddin of IMAN called it "a very woke campus." She continued, "I wear a hijab. When you go around and wear something on

your head that screams out "I am Muslim," it is like a Muslim flag. It's a matter of pride and modesty. I think that NSU is unique in the sense that you will see and meet people from all types of religions and cultures. I don't feel very threatened, and I have people who look like me. Those who don't look like me, support me."

Time spent at university provides an opportunity to meet new people and make friendships with students of all races and religions.

Senior Adi Eylon, president of Hillel said, "I bring my non-Jewish friends to Hillel events, and [Hillel] is a place where you can make connections, be open minded and learn about how other people perceive religion and culture."

Azharuddin encourages readers of all faiths to "reach out to your campus organizations."

Check out the next issue for updates on other religious organizations that NSU has to offer!



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Across from the Interfaith Room is Hillel's office on NSU's campus. The space serves as a gathering area for Shabbat dinners, Lunch and Learns, and general meetings.



# SOUNDBITE



## “Solutions” by K. Flay

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

In a world where it's nearly impossible to escape a regular influx of bad news, treasuring whatever makes you happy is vital. Most people find joy in their favorite people or places, and many find it in music. Truly, not much compares to the beauty of a song that somehow perfectly reflects your life, or an album that genuinely inspires you. Often, the compositions we find comfort in are poignant. They describe exactly how we feel about our insecurities, past lovers or the state of the world, but they don't always hit on the self-love we've been trying to develop, the excitement of a new personal connection or the optimism we've managed to construct.

K. Flay's album "Solutions," released in July, challenges the correlation between

sorrow and emotional depth. It's an uptempo and energetic album, with songs like "I Like Myself (Most of the Time)" and "Good News" motivating listeners to practice self-compassion and embrace life as it comes. Most impressively, these messages don't sound contrived or impersonal. Carried by K. Flay's unique, breathy vocals, every lyric feels impactful, especially when backed by abundant bass and quirky synthesized electronics.

In an interview with Carly Myers on "The Edge," K. Flay revealed that "Solutions" was largely inspired by her own self-acceptance journey, which encompassed "focusing on the actual things that give [her] life meaning" rather than her ego or the modern-day pressure

to maintain a vivacious public persona. That personal progress brings power to lyrics like "I don't think I'm perfect/But I got some things together/I see photos of proposals/That I know are empty gestures."

Still, "Solutions" isn't limited to only self-love; it also explores giving compassion, forgiveness and support to the people around you. The track "Sister" is a refreshingly platonic anthem for friendship and vulnerability, and, even better, its alt-indie instrumentals and summer atmosphere are almost impossible to resist dancing to. When K. Flay belts out, "I want to be your sister/Do you want to be mine?," don't be surprised if you feel the word "yes" leaving your lips.

Meanwhile, the melodic "DNA" explores the importance of empathy and family in sync with balanced, building drums and a harmonious, wavy rhythm. Again, this track stimulates as it explores abandonment issues, not through self-blame or contempt, but with understanding and love.

Collectively, the album is an exposition on humanity in all its imperfection. Each song challenges different negative narratives we are all guilty of in our own heads — isolationism, self-hatred, bitterness, envy and resentment. In terms of inspiration, compassion and dance-worthiness, "Solutions" hit every mark.

## OFF SHORE CALENDAR

**Yoga & Yolks**  
Saturdays | 8:30p.m. - 9:30 a.m.  
@Shooters Waterfront | Ft.  
Lauderdale, FL

**Florida Georgia Line**  
Aug 29 | 7 p.m.  
@Coral Sky Amphitheatre West  
Palm Beach, FL

**Ft. Lauderdale Artwalk**  
Aug 31 | 6p.m. - 11 p.m.  
@MASS District | Ft. Lauderdale,  
FL

**Food Truck Night**  
Aug 31 | 5 p.m. - 9 p.m.  
@11000 Cameron Courts Davie,  
FL

**Broward Reggae Festival 2019**  
Sep 1 | 4 p.m.  
@Miramar Regional Park  
Amphitheater | Miramar, FL

**LOTOS Music Festival**  
Sep 1 | 3 p.m.  
@Mizner Park Amphitheater Boca  
Raton, FL

**LOTOS Music Festival**  
Sep 1 | 3 p.m.  
@Mizner Park Amphitheater Boca  
Raton, FL

**Yellow Green Market**  
Sat & Sun | 8 a.m.- 4 p.m.  
@1940 North 30th St. Hollywood,  
FL

## Commuter commute playlist

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

When driving becomes a daily requirement, it's easy to lose sight of the relaxing leisure aspect. One of the best ways to make the most of that little chunk of me-time is to lose yourself in the melody of talented musicians. Check out these songs to get your chill on and make your drive more of a trip than a chore!

“Getting It On”

by SALES

“Oom Sha La La”

by Haley

Heynderickx

“Youth”

by Glass Animals

“Cherry-coloured

Funk” by Cocteau

Twins

“Wolfcat”

by Still Woozy

“Yam Yam”

by No Vacation

“Friday I’m In

Love” by Phoebe

Bridgers (cover)

“Obedear”

by Purity Ring

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## Join the Current

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



## STAFF PICKS:

*What's one goal you have set for this semester, and how will you reward yourself once you achieve it?*

By The Current Staff



**Madelyn Rinka, co-editor-in-chief, said:**

“One goal I have for this semester is to try to make more time for doing things I love outside of school. I have really enjoyed my classes, job and extracurriculars while at NSU, but I’ve noticed that I have a tendency to put a lot on my plate at once. I want to waste less time doing unproductive things, and take an hour or two to go outside, read, take photos, go to coffee shops or cook every once in a while. I think if I can manage to do that, that will be enough of a reward.”



**Christiana McLaughlin, co-editor-in-chief, said:**

“My number one goal this semester is to be productive, but not stress about things as much. I already have plans set in place to try and achieve this goal and if I do, I will reward myself with a pair of BIRKENSTOCK’s and a mini-vacation somewhere in Florida with some friends.”



**Kathleen Crapson, chief of visual design, said:**

“As a student who is nearing graduation in May, my goals have piled sky high. My main goal in life is to become a graphic designer, or work in some capacity in the marketing end of art. So, I want to boost my portfolio and engage in passion projects. The more I create, the more I find my artistic voice, my stylistic niche and ultimately, my identity. That’s the greatest reward I could ever request.”



**Mario Lorrimer, business manager, said:**

“My main goal this upcoming semester is to work harder than before and keep moving towards a career. I want to put my best foot forward and try to improve my everyday life. A few improvements I’m looking to make are listening to more podcasts regarding my field of interest, reading more informational resources and researching my field of choice even more so I know all of my options. I plan on diving in headfirst and immersing myself with as much as I can grab. I don’t plan on rewarding myself for achieving this, because I know that this will lead to more happiness in the long run.”



**Kelsey Bruce, arts and entertainment editor, said:**

“Recently, I’ve become invested in mindfulness and being grateful for everything I have. I’ve found that I enjoy life more when I focus on where I am; the scenery, the sounds, the people. I am an avid overthinker, so being more aware of the good relationships I have and the traits in myself that I am proud of, really improves my overall satisfaction with life. To further work on this, I plan to regularly meditate, do yoga and hike. I went ahead and gave myself an advance on my award by buying a comfy pair of Chocos to wear when doing the later two.”



**Flor Ana Mireles, copy editor, said:**

“One goal I have set for this semester is to do a better job of making sure I eat. Sometimes, when I find myself caught up in assignments and work, I forget how important it is to eat and make sure I’ve got something in my stomach. Since I am a commuter, I’m trying to avoid spending excessive money on food and eating out. Therefore, this semester I am making my own lunches and bringing snacks in a little lunch box to ensure I’m not going hungry throughout the day. The best reward I could possibly give myself for achieving this would be more food. I’m thinking a celebratory cake or some ice cream would be most appropriate.”



**Alexander Martinie, opinions editor, said:**

“My goal for this semester is to get my life together in any way, shape, or form. Over the summer, I started keeping lists and calendars as a way to keep myself organized. I intend to keep this up over the next few years. While this is a small task to get my life together, every little bit helps. As Vincent Van Gogh once said, ‘Great things are not done by impulse but by a series of small things brought together.’ Maybe I should add that to my list of favorite quotes.”



**Emma Heineman, features editor, said:**

“My goal for this semester is to get more involved in community service. Community service has always been a huge part of my life and was a large focus for me in high school. Last year, I was so busy with other organizations on campus and adjusting to life as a college student that I wasn’t able to focus on community service as much as I would have liked. Achieving my goal will be rewarding in itself.”

## Feel-good films for syllabus week

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

Let’s be real, the start of the semester is always the calm before the storm of some seriously long study sessions, or an overpacked schedule. That’s why it’s important to take advantage of the free-time you do have in the beginning of the semester. So before you settle into your busy schedule and mundane routines, why not settle down on the couch and enjoy some much needed relaxation time. Here are ten feel-good movies that will inspire and encourage you to start your semester on the right foot:

### “Wine Country” (2019) R

In this film, a group of middle-aged women come together to celebrate their friend’s birthday. It seems mundane, but trust me, it’s a hit. With a cast full of hilarious comedians like Amy Poehler and Maya Rudolph, this film has similar vibes to “The Hangover” or “Girl’s Trip” and is worth the watch after a long day.

### “Chasing Liberty” (2004) PG-13

This movie is perfect, if you are in the mood for a romantic comedy with some serious early 2000s vibes. Starring a young Mandy Moore and special guest star Mark Harmon from NCIS,

this film answers the question of what would happen if the president’s daughter decided to go on a self-led trip around Europe — if some artistic liberties were taken, of course.

### “Someone Great” (2019) R

For those who have gone through a horrible breakup or those who like a strong female lead, this Gina Rodriguez film presents the do’s and don’ts of a breakup. It follows a group of best friends who comfort their heartbroken friend in need with a well-deserved night out.

### “Christopher Robin” (2018) PG

If you are looking for a walk down memory lane, or even want to destress with a simple cute story, “Christopher Robin” is the film for you. Based on the classic “The Complete Tales of Winnie-the-Pooh” and the creatures of the Hundred Acre Wood, Christopher Robin, the little boy in the stories, grows up and needs his old friends to help him remember what’s important in life.

### “Thor: Ragnarok” (2017) PG-13

For a taste of action before you hit the

books, this third movie in the Thor franchise is the perfect pick-me-up. It’s got light-hearted comedy, uplifting scenes and some killer music scenes that make you say, “Yeah, I got this!”

### “4th Man Out” (2015) NR

Stories of finding yourself are always touching, but what if you were trying to come out to your best friends who happen to be semi-homophobic “bros”? Well, that’s the problem for Adam in this heartfelt comedy that truly explores the meaning of friendship and the importance of being true to yourself.

### “The Pixar Story” (2007) G

Were you ever curious about the behind-the-scenes of some of your favorite animated classics? This documentary pulls back the curtain on Pixar Animation Studios and traces their history from its origin to the processes of creating their beloved stories and the characters we all know and love.

### “The Fundamentals of Caring” (2016) TV-MA

A disabled teenager and a writer-turned-caregiver go on a road trip to fulfill their bucket

list. This film has some serious funny moments, as well as some real emotional scenes. It’s a heartwarming tale of growing up from an entirely new perspective. Selena Gomez and Paul Rudd also guest star, so it has that going for it.

### “42” (2013) PG-13

For the sport-lover in all of us, this is the perfect story for those who feel knocked down or down on their luck. This biographical picture follows Jackie Robinson’s life story as he becomes the first Black MLB player facing personal struggles of segregation and racism in the late 40s.

### “Big Miracle” (2012) PG

John Krasinski and Drew Barrymore star in this film where a TV reporter and a local activist team up to save whales that get trapped under ice in the Arctic Circle. Based on a true story, this movie has a big heart and might be a tear-jerker if you have a soft spot for sea creatures, but it does have a happy ending.

# On The Bench:

## NFL Helmets: It's their life, let them choose

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

It's no secret that concussions and safety from potential brain damage are of the utmost concern for NFL players. The NFL has been on the receiving end of public stigma regarding the safety of their players the past few years. There was even a movie released in 2015, "Concussion", that was nominated for a Golden Globe. So in 2016, when the NFL and the NFLPA agreed jointly to provide new safety protocols for concussion prevention, it seemed like a no-brainer. This season, new rules require all helmets to be certified by the National Operating Committee for Standards and Athletic Equipment. There hadn't been much pushback from players until this month. Namely, Antonio Brown, wide-receiver for the Oakland Raiders and Tom Brady, quarterback for the New England Patriots.

From both players perspectives, their main concern seems to be not only their personal safety but trust in the equipment. Brown has been playing his entire football career with his

Schutt Air Advantage helmet. Without getting too technical, Brown's helmet is too old and fails to meet NOCSAE standards, which means he must either find a new helmet or find a loophole as we've seen him try in the news. Now, he is being told he needs to find a new helmet or he won't be able to play, according to the general manager of the Raiders, Mike Mayock. For Brady, his helmet is prohibited from the league since it was deemed unsafe during testing. The issues both players are facing are from different angles but the same complaints. Brady and Brown both trust their respective helmets. They have kept them safe from hard hits, protected them from permanent damage and for Brady, it has been there for him on the road to each Super Bowl.

That level of trust placed in equipment can't be so easily replaced, especially if your life and career are on the line. It is true that both of these helmets have aged out and been deemed unsafe by the leagues new standards, but to

change something so personal, so important to the confidence and performance of the player without an adjustment period, is asking for trouble. It's great that there is new technology out there and the league is taking the safety of their players seriously, but this decision should be up to the players themselves. I can understand the reasons why the league is so strict on these guidelines due to the liability aspect if a banned helmet causes serious damage, but if they do get hurt, the league shouldn't be held liable. In fact, they shouldn't be held liable in the first place. What if these newly regulated helmets do perform well in tests but not on the field? There can't possibly be a helmet that can prevent every type of injury and every type of hit. In our world today, we can't always trust new technology. Take cellphones for instance. The Nokia phone could be dropped off a four-story building and be in perfect condition. Yet with an iPhone, you're lucky if it doesn't crack from a two-foot drop. These new and newly permissible helmets

are said to be lighter, safer and adaptable to each player. Yet one question still lingers, what is it's Achilles' heel? The older helmets were bulky and heavier, but they were dependable and kept players safe from hard hits. As it's said, newer isn't always better.

But, I think this is a little bigger than football, even bigger than regulations. If a player gets hurt in a helmet that he doesn't feel confident in wearing, he may not recover. Even worse, they might not make it home to their families. This is a potentially life altering decision. Players should have the option to experiment with new helmets or stick with the ones they have before the season or practice starts. Players should be able to research and make their own decisions. They know their position and what kind of impacts they face on the field. Their confidence in their helmet should be a careful decision they make without resistance from the league. After all, it's the player's life at stake, not a test dummy.



## This Week in Sports History



By: **Emma Heineman**  
Features Editor

### August 29 International Olympic Committee votes to include Germany and Japan

Following the conclusion of World War II in 1945, the London Olympic games were the first to take place after conflict had ended. However, while battles were no longer being fought, tension between countries was still substantial. As a result, Germany and Japan were not invited to participate in the London games. It wasn't until Aug. 29, 1952, that the International Olympic Committee voted to readmit West Germany and Japan.

### Lance Armstrong stripped of Tour de France titles

On Aug. 29, 2012, the United States Anti-Doping Agency (USADA) stripped Lance Armstrong of his seven Tour de France titles,

citing allegations that Armstrong had taken performance-enhancing drugs throughout his cycling career. Armstrong won the Tour de France, the oldest and most prestigious cycling race that takes place annually in France, in 1999, 2000, 2001, 2002, 2003, 2004 and 2005. However, after the doping investigation, he was stripped of all seven titles and banned from competing in the race for the rest of his life.

### August 30 Babe Ruth is thrown out of a game for 5th time

Babe Ruth, an American Hall of Fame baseball player, achieved impressive statistics during his 22-year career, earning him the nickname "The Great Bambino." However, as spectators and sport fans would agree, 1922 was not his best year. During Ruth's first game of the season, he struck out twice, popped out and

grounded out. Disapproval from the crowd and tension among the players resulted in a turbulent season for Ruth. Occasions of aggressive interactions with umpires landed Ruth various fines and suspension from games. On Aug. 30, 1922, he was thrown out for the fifth time. However, despite Ruth's rough season, he managed to come back in 1923 as the team's MVP.

### September 1 First all Black/Latino starting nine

Twenty four years after Jackie Robinson broke baseball's color barrier, the Pittsburgh Pirates became the first team to feature an all Black and Latino starting nine in MLB history. Although their lineup in previous years had included many minorities, it was not until Sept. 1, 1971, that the starting nine was entirely made up of men of color. According to "The Undeclared," former player Al Oliver told

Fox News, "It wasn't maybe as big as Jackie Robinson breaking into the major leagues [in 1947], but it should be up there as far as baseball history is concerned. I think it's a day that really should be celebrated."

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for...  
**. more about sports history**  
**. the inside scoop on**  
**NSU sports**  
**. profiles on our student**  
**athletes**

## OUT OF THE SHARKZONE

### Cedric Benson dies at 36

Former running back for the Texas Longhorns, Cedric Benson died on Aug. 17 in a motorcycle crash in Austin, Texas. According to the New York Times, "The police responded to a crash in Austin, Tex., involving a motorcycle with a man and a woman on it and a minivan around 10:30 p.m. on Saturday," said Officer Marcos Johnson, a spokesman for the Austin Police Department." Tom Herman, the head coach for the Texas Longhorns, tweeted, "It's an unbelievably sad day with the news of the passing of Dedric Benson. We lost a true Longhorn legend."

### Sportscaster dies at 95

Emmy-winning broadcaster, Jack Whitaker, died on Sunday, Aug. 18 in Devon, Pennsylvania, at 95 years old. According to his obituary in the New York Times, "Whitaker was a thoughtful white-haired figure who covered just about every niche in the sports world — from the first Super Bowl to Secretariat's victory in the Belmont Stakes, as well as baseball, golf and the Olympics. In 1961, he became the host of the anthology series "CBS Sports Spectacular," and he began covering the P.G.A. Championship and the Masters in the early 1960s."

### Unsafe Arsenic levels at Beckham stadium site

Recent environmental reports at the site of David Beckham's Major League Soccer stadium showed toxic levels of arsenic. The analysis of the site showed that the arsenic contamination was over twice the legal limit. According to the Miami Herald, "The analysis found arsenic contamination reaching more than twice the legal limit and hazardous debris in surface-level soil samples at the Melreese golf course, where people have played for more than 50 years. The 131-acre (53-hectare) site is being considered for a sprawling \$1 billion commercial and stadium complex that would be home ground for Beckham's MLS team, Inter Miami." Beckham's team is now planning on spending \$35 million to fix this issue.

### 1000-Kilometer Mongolian horse race won by 70-year-old man

After winning the Mongol Derby, Bob Long became the oldest person to complete the world's longest multi-horse race at 70 years old. According to the New York Times, "It costs about \$13,700 to enter, which includes a custom-made saddle, access to a medical response team and veterinarians to care for the horses, among other expenses." Long rode on 28 different horses over seven and a half days to complete the race, beating 43 of his competitors.





# The Rundown on the Sharks



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

A major part of the college experience is to experience the fantastic sports teams on campus. At NSU, we have 17 men's and women's sports teams that you can cheer on from the bleachers or the sidelines. Here is a breakdown of all of NSU's sports teams and everything you need to know about them:



## FALL

**Women's Soccer**  
Season: Sept. - Nov.  
Record: 13-7-1  
Accolades: 6 NCAA Tournament Appearances

**Men's Golf**  
Season: Sept. - April  
Accolades: 17 NCAA Appearances

**Women's Golf**  
Season: Sept.- April  
Accolades: 2018 Sunshine State Conference Champions

**Men's Cross Country**  
Season: Aug. - Nov.  
Accolades: 3 NCAA Championship Appearances

**Women's Cross Country**  
Season: Aug. - Nov.  
Accolades: 3 NCAA Championship Appearances



**Tennis**  
Season: Sept.- May  
Record: 22-5  
Accolades: 2019 Division II Tennis Championship Appearance



**Men's Swimming**  
Season: Oct. - March  
Record: 5-2  
Accolades: 2018-2019 Sunshine State Conference Champions

**Women's Swimming**  
Season: Oct. - March  
Record: 7-2  
Accolades: 11 NCAA Appearances

**Rowing**  
Season: Oct.- May  
Accolades: 12 NCAA Appearances



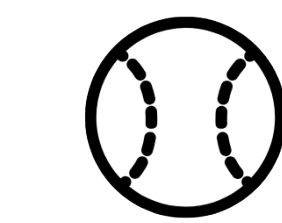
## WINTER

**Men's Basketball**  
Season: Nov. - March  
Record: 29-4  
Accolades: Reached 2019 NCAA DII Elite Eight

**Women's Basketball**  
Season: Nov.- March  
Record: 21-12

**Men's Baseball**  
Season: Feb.- May  
Record: 34-17  
Accolades: 2016 National Champions

**Women's Softball**  
Season: Feb. - April  
Record: 30-20



**Men's Track and Field**  
Season: Feb. - April  
Accolades: 6 NCAA appearances

**Women's Track and Field**  
Season: Feb. - May  
Accolades: 6 NCAA Appearances



**Men's Soccer**  
Season: Aug. - Nov.  
Record: 12-4-1  
Accolades: 2018-2019 Sunshine State Conference Appearance



**Women's Volleyball**  
Season: Sept. - Dec.  
Accolades: 3 NCAA Appearances

Advertisement

**Research study, to be conducted on Nova Southeastern University's Davie, FL campus, seeks male and female college seniors, who enrolled in college directly from high school.**

- **Seniors must be English-speaking;**
- **must self-identify as a spiritual person;**
- **must self-identify as a moral person;**
- **may be non-religious or religious; and**
- **must be willing to share experiences.**

The purpose of the study is to explore the meanings of spirituality and moral development in the lived experiences of traditional college seniors (18-24 years old). The study involves an in-depth interview for 60-90 minutes.

*No compensation is provided for this study. However, the researcher will make a donation to a local charity in appreciation of each participant.*

For more information please contact:

**Christopher Newton, Doctoral Candidate (University of Phoenix, Department of Education)**

**Phone: 754-777-2834**

**Email: spiritualityandmorality@gmail.com**

**Principal Investigator: Christopher J Newton**



## You can't spell happiness without "I"

By: **Flor Ana Mireles**  
Copy Editor

Happiness can be seen as a subjective and elusive state of mind. It is completely dependent on your perspective and how you see things. Therefore, it is up to you to determine what makes you happy and what does not. Given that we are constantly exposed to the beliefs and opinions of other people, it is easy to be reactive to different things we hear and read. The goal, however, is to not let things get to you.

All emotions are meant to be felt and let go, even happiness; if there were sunshine all the time, we would be living in a desert. It is important to allow yourself to understand that having sad moments are okay too and rainy days could cleanse of any negative thoughts that could've popped into your mind. In fact, without unhappy moments, it would be very

difficult to distinguish the moments that are happy.

As college students, we are exposed to a variety of different experiences and elements that could affect us both positively and negatively. The only person who can determine how things affect you and your day is yourself. You are the one in charge of your own happiness and therefore, it is up to you to make the best out of every situation that you find yourself in. What might make one individual happy may not have the same effect on another, and it's important to realize this too. Nonetheless, you have the ability to feel happy every single day, even if just for a passing moment. You are the one that holds that power, thus make your day and yourself what you want.



## RADIO X

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TO ROCK OUT WITH US!

## Is my college experience as a commuter valid?

By: **Mario Lorrimer**  
Business Manager

If you are like me, then you get up bright and early every day, get ready, sometimes miss breakfast because you might be late and make your way to school. There's a special word we call ourselves: commuters. After a long day at school, we either go home or go to work. Sometimes we miss the fun events on campus because we don't have time or are too tired. Does this mean our college "experience" is invalid? Of course not. College is what you make out of it.

Missing events is not a bad thing, but it doesn't hurt to make time to stop by one. I think, with all of our hustle and bustle, we need to take

time to relax every now and then. I know it can be stressful to be going back and forth between school, home and work, but events are a great way to meet other students and make friends.

You are in charge of your own college experience. Not everyone has the same personality or enjoys doing the same things, so choose how you want to spend your time at college. If you want to spend it on campus just doing your courses and then leaving and finding solace elsewhere, do that. It's your choice. Don't let anyone force you to do anything you don't want to do. However, keep an open mind to attending events. You might be surprised at how

fun they are.

Another problem with feeling that your experience is invalid, is feeling like your voice heard. There are thousands of students that attend NSU. That is an intimidating number, especially to us shy folks. Therefore, it might feel like our thoughts or concerns can't be heard. Well, you can voice your concerns or compliments to President Hanbury directly. How? By attending Town Hall meetings throughout the year. It's a great way for students to express their ideas for a better school experience.

Aside from keeping an open mind about on-campus events, there are a lot of resources

available on campus as well. If you're into fitness, we have a gym. If you're into fitting a burger in your mouth, we have food. We even have a swimming pool, basketball court and ping pong tables. We also have a commuter lounge located in the Student Affairs Building, in room 105. All these resources are at walking distance from our classes. One thing we commuters try to limit is driving. It really can be annoying to have to drive for too long. Look into everything you can do on campus instead of having to go to too many places. Make your experience what you want and make it as efficient and fun as possible.

## Please get your vaccinations

By: **Alexander Martinie**  
Opinions Editor

Last semester, I wrote a Water Your Thoughts on the measles outbreak that had reemerged due to children being unvaccinated after the disease was declared eliminated in 2000. Even though the majority of children eligible for vaccinations are getting their vaccinations, it is still not enough to have herd immunity in the population for a highly contagious disease like measles. According to the National Institute of Health, "vaccination rates of 96 percent to 99 percent are necessary to preserve herd immunity,[ or a form of indirect protection from diseases that occur when a large percentage of the population are immune],

and prevent future outbreaks." The vaccinated population is nowhere near the necessary rate to provide herd immunity, making individuals who cannot be vaccinated due to a pre-existing medical condition at a vastly increased risk of being exposed to these completely preventable diseases.

According to the Center for Disease Control and Prevention, "More than 75% of the cases this year are linked to outbreaks in New York and New York City. Measles is more likely to spread and cause outbreaks in U.S. communities where groups of people are unvaccinated."

According to the New York Times,

"Lawmakers in New York, the epicenter of the nation's measles outbreak, voted to end religious exemptions for immunizations, overcoming opposition by vaccine skeptics and others who said the measure infringed on religious and constitutional rights. Calling it a public health emergency, Gov. Andrew M. Cuomo immediately signed the bill, adding New York to a small handful of states that do not allow exemptions on religious grounds, including California, Arizona, West Virginia, Mississippi and Maine."

While religious freedom is important, when the religious beliefs in question put

others at risk of getting a highly contagious disease. But I digress because the argument for religious exemptions to mandatory vaccinations is nonsense given that major faith leaders of several religions support and even say children should be vaccinated.

So, I urge you, if you are able to be vaccinated, please do. Vaccines do not cause autism, but they will prevent you from dying from a completely preventable disease, and I can't believe that I have to say this, but papaya is not an alternative to getting the measles vaccine.

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TAKE IT FROM A



SENIOR

Freshmen should get involved in Weeks of Welcome

By: Michael Lynn  
Contributing Writer

*Michael Lynn is a senior communications major, with a minor in theater. He serves as the Station Manager of Sharks United Television (SUTV), NSU's streaming and video creation services.*

Aside from dinosaur-like iguanas and hundreds of students clapping into "fins-up," nothing is a better staple for NSU than Weeks of Welcome (W.O.W.). You may feel lost in the shuffle as a freshman trying to find your way to class— or even in getting used to the Sunshine State. The truth is, there are hundreds of others who may feel just as lost as you do. Luckily, NSU offers many events to find new friends at your new home away from home.

Two of NSU's core values are diversity and community. NSU will be hosting the International and Multicultural Mixer on Saturday, Aug. 31 and is a great opportunity to meet other students and learn about different cultures. It may seem a bit scary to be surrounded by hundreds of unfamiliar faces, but this is a great opportunity to make new friends and to be a part of the NSU community. This is also a wonderful experience to learn about different

backgrounds and an experience that I wish I had when I was a Freshman myself.

This sense of belonging is important for an incoming student. By being engaged, you won't have to face the challenges of a new area alone or the multitude of struggles a freshman may find themselves dealing with. Even with courses like UNIV 1000 teaching you about NSU and its assets, it may still be a challenge to get situated to a new area with completely new people around you. The key piece of advice I can give is to take a chance and emerge yourself in social gatherings, like the Welcome Back Barbecue this Thursday at Mako Hall.

On-campus jobs are also available to you as a strong opportunity for both developing skills for your major and creating connections early on. The Student Employment Fair, occurring Thursday Aug. 28 from 11 a.m. to 1:30 p.m. in the UC Spine, is open to students who seek employment on campus or would like to learn more about other NSU departments. Working at Student Media, for example, has been one of the best decisions I have ever made and where I have learned more than any course would teach gaining endless amounts of hands-on experience and life lessons.

Experiences like these are critical for a

first-year student to get comfortable and engaged. Not only are these events fun and worthwhile, but they can help you create connections to make the best out of your college experience. Personally, without Student Media and my colleagues, I would be a completely different

person. My slice of NSU's community is what motivates me towards my personal goals and ambitions on a daily basis.

These are just a couple of events from the lengthy list of activities that occur throughout Weeks of Welcome. Not only is there a new event each day, but the best part is that they're all free! This two-week event is geared

towards new sharks the most and celebrates their transition to NSU.

In the words of just about every old timer, don't blink. Before you know it, you'll be a senior wanting to do everything all over again.



Michael Lynn, pictured at right, was a driver for Student Media's Mash Mash event.

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SHARK SPEAK

*With the recent renovations to campus, what could NSU do to better accommodate students?*



"As a student who lives in CLC, would like some renovations to happen there. The stairs are extremely nasty looking, they need a fresh coat of paint. Mako hall gets all the nice amenities and yet CLC continues to look like the ugly stepsister."  
**-Maya Nunez, sophomore, biology major**

"Honestly everything at NSU is just fine as it is. I don't see anything extra that is needed. I wish NSU had a football team. It'd be pretty cool to have amazing home games like other schools do."  
**-Marie Joseph, freshman, biology major**

I don't have any personal issues with Nova, the only thing is that they should introduce more ethnic foods in the cafeteria. So lots of people don't have a lot to eat in there since the variety isn't as great, I know they tried to implement some of that but I think we could go a little bit more with it."  
**-Shirdeen Wallace, junior, biology major**

"More shark shuttles, because the thing is a bunch of sophomores that had been moved to Rolling Hills to make sure they get to class on time they are kind of dependent on the shuttles, but that's just my opinion on it. The only way to know when one is coming is to use the app. It's based on the distance of the bus not the actual time, the time is just an estimate."  
**-Olin Roux, sophomore, sports management major**

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