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Nova Southeastern University

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On Nov. 12, NSU’s College of Pharmacy will be hosting a Futures Summit at 6:00 pm at the Rick Case Arena in the Don Taft University Center. The goal of the event is to encourage networking in the health care profession between companies and potential candidates at NSU. The College of Pharmacy, Alliopathic Medicine, Nursing and Business have teamed up to make this event possible. The summit is an opportunity for businesses to not only connect with faculty and other businesses, but an opportunity for students to meet executive personnel from various companies.

“The goal is to really engage these companies with all of our ideal candidates. It’s an opportunity for our university to attract new potential candidates to these multiple programs by letting them the magnitude of our network and the contact we have when it comes to job creation and opportunities,” said Dr. Scott Kjelson, director of student transitions and assistant professor of the College of Pharmacy.

The event will include a healthcare panel regarding the future of healthcare such as the former senior advisor to the secretary of the United States Department of Health & Human Services and the president of the American Pharmacists Association. The event will also include a company showcase where partners of the summit will present what is currently happening in healthcare.

“One of the biggest goals of this is to start connecting people on an interprofessional level so by the time people get out there, they are not searching for contacts in terms of students, and when it comes to the businesses out there, they are starting to look at our candidates first,” said Dr. Kjelson.

The event is aimed toward a multitude of students with varying majors. According to Dr. Kjelson, any student looking for a job in healthcare, technology, business or marketing can benefit from the event. The networking within the event is aimed to help students get into contact with vital informants within their desired professions.

“Direct contacts to both the people hiring in companies as well as people shining in these companies, so the people at head levels at these companies, so it’s not just HR people that are coming but actually top contacts within those industries or companies themselves that are going to be showing up to this,” said Dr Kjelson. “In terms of the students, the ability to meet these high demand contacts [and] network [is] an opportunity at a glimpse of the multiple professions being exposed.”

Emannal Escabar, third year pharmacy student at the College of Pharmacy in the Dual Enrollement program for business administration, claimed it “brought me an immense amount of benefits, not only career wise but networking. The amount of professions I was able to see, the amount of professionals that were there, the healthcare systems, all the opportunities that were in one place is something you would normally see at a big annual conference. But, it’s housed right here at NSU.”

NSU’S MD and DO student chapters to host AMWA Conference

On Saturday, Oct. 5, from 9 a.m. to 3 p.m., in the Health Professions Division, NSU’s Dr. Kritan C. Patel Colleges of Osteopathic and Alliopathic Medicine chapters of the American Medical Women’s Association are hosting the Region Four’s AMWA conference.

At this conference, attendees have the opportunity to participate in two breakout lecture periods and a panel session with provided lunch and breakfast. Each year, this annual regional conference is hosted by a different university, and this year, NSU will be hosting. According to Mahtira Hasan, second year graduate student in the M.D. program, having both NSU’s M.D. and D.O. chapters hosting this event is an opportunity with potential to impact the community.

“When we began planning this conference back in May, I knew NSU offered a unique location for us, with so many professional schools on the same campus. Our goal was to really capitalize on all of the health professional schools and undergraduate students. It is our first time hosting the regional ANWA conference and we wanted a large NSU presence from all stages of training,” said Courtney Hundinski, third-year graduate student in the D.O. program and region four director of AMWA.

This event, although catered to medical students or students interested in the medical field, is open to all students interested in networking and learning about this year’s theme “My Body and I,” which has a centralized focus on the human trafficking crisis in South Florida.

“We decided to go with this theme because South Florida has a huge human trafficking crisis and there is a really big opportunity for health professionals, doctors, physicians and even community members to be involved [and] really address these issues. We’ve invited all NSU students in hopes [of learning] from each other. There will be a lot of people with a lot of connections at this conference with individuals involved in the human trafficking crisis so if someone has a passion for this issue, this is a way to network with people in the field today. It’s really about networking and progressing the initiative that we have,” said Hasan.

According to Hundinski, this conference has unique opportunity to not only host women physicians as speakers but also individuals with PhDs in various topics, as well as the Broward Sheriff’s office, to promote strong women in medicine.

“Women have not been that predominant in medicine and these types of fields for very long. We’ve come along way from just the few women physicians who started this [association] and now we have many chapters and many branches amongst many medical schools and universities as well as the national and international branches. A lot of things you do with AMWA are advancing women and empowering and being advocates for women in this field. We’ve come along way but there is a lot more that we can do,” said Hasan.

With this conference, both NSU AMWA chapters hope the event will promote interdisciplinary action on the human trafficking crisis, as well as promote collaborations between the region’s four institutions and help get NSU recognized in the organization and in the medical field.

Hasan hopes that this event will encourage students to engage in this issue as well as other issues with women in regards to the medical field and the interactions between patients and medical care providers.

“As a physician in the South Florida community, you will have and interact with patients who have some connection to human trafficking issues. You need to understand how to react and interact with these issues and he advocates for those patients. There are those in disadvantaged environments so it would be really educational to those in the medical field and how to be advocates for the patients and make their patients feel safe in their care,” said Hasan.

For students interested in attending this conference, register online at region4amwaconference.com or on the day of the event. Attendees are encouraged to follow a business casual dress code.
Greta Thunberg delivers speech to UN
Greta Thunberg, a 16-year-old climate activist, addressed the UN last week at the Climate Action Summit. Her blunt style of speech accused world leaders of destroying her childhood with their inaction on the issue of climate change. The speech has since been referred to as “How dare you” on social media platforms and in the media. “You are failing us, but young people are starting to understand your betrayal… The world needs to change course,” Thunberg said, according to NBC News.

Trans man considered legal mother after giving birth
Last Wednesday, England’s high court ruled that a transgender man who gives birth to a child should be legally regarded as the child’s mother. According to NBC News, the ruling came after Fred McConnell, a trans man, requested to be legally recognized as the father of his child after being required to register as his mother. McConnell was assigned female at birth, but transitioned to live as a male at age 22, undergoing a double mastectomy and testosterone therapy to complete the transition. He also changed his court papers, passport and health records to reflect his male identity. The case sparked controversy on both sides when McConnell chose to give birth via an artificial insemination fertility treatment using donor sperm and was recognized as the child’s legal mother.

Sydney, Australia legalizes recreational marijuana
After months of debate, Sydney, Australia became the first jurisdiction to legalize recreational marijuana. The choice echoes the action the United States has taken, although still considered illegal by the federal government. The new Australian law will allow residents above the age of 18 to possess up to 50 grams of dried marijuana and grow two plants per person or four plants per household. Michael Peterson, a Labor Party lawmaker, said, “It will work to reduce the harm of drugs in our community and encourage people to seek help without fear of arrest.”

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 will not publish unsigned letters except under special circumstances at the discretion of the Editor-in-Chief. The Current reserves the right to edit.

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.

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The HR Advisory Board of HCBE, in partnership with the Career Development Center, is hosting the Mock Interview Night. The event is designed to help students prepare for interviews and is free for NSU students. To register, visit https://career.nova.edu/events/mock-interview-night. For students who have already registered, the event will be held on Nov. 19 from 12:30 to 2:30 p.m. at the University Center Performance Theater. Students will have the opportunity to practice their interview skills and receive feedback from professionals.

The Arts Center of Palm Beach County is hosting an art show titled "Abstracts in Orange." The exhibit features the work of local artists and is open to the public. The show runs from Oct. 4 to Nov. 3 and is located at the Arts Center of Palm Beach County, 700 S. Dixie Hwy., West Palm Beach.

The NSU Alvin Sherman Library and the Writing and Communication Center will host workshops on research citations on Oct. 16 and 24 in Lab A on the second floor of the library. Students will be able to get help with APA, MLA, Chicago Manual of Style and APA citations. For more information, contact 954-262-4613 or visit library.nova.edu/citation.

Research Writing Series
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Register for Out of the Darkness Walk today
The 10th Annual Broward County Out of the Darkness Walk, sponsored by the American Foundation for Suicide Awareness and Lambda Theta Alpha Latin Sorority, Inc., will be held on Nov. 10 on NSU’s campus. Registration will begin at 8 a.m., and the 5K starts at 9 a.m. To register visit afgfoundationdrive.com/index.cfm?FuseAction=DonateDrive&eventID=2420 and for additional information, call (954) 262-7281.

Mock Interview Night
The HR Advisory Board of HCBE, Career Development and NSU SHRM Chapter are hosting a Mock Interview Night for NSU students on Nov. 13 from 5-8 p.m. Students will be able to get feedback on their interviews and network with senior HR executives. Professional attire is required for the event. RSVP now on Handshake at https://www.nova.edu/events/333484.

Get the Scoop on Events Happening on Campus
Celebrate Hispanic Heritage Month
Gambby Navedo Y Su Tumbao will perform Charanga Cuban music for Hispanic Heritage Month on Oct. 13, from 2-3:30 p.m. in the University Center Performance Theater. The group has performed Charanga style music around the world and has featured many different types of instruments. For more information, visit https://sherman.library.nova.edu/sites/spotlights/series/hispanic-heritage.
Research Writing Series
The NSU Alvin Sherman Library and the Writing and Communication Center will...
Official inquiry of Impeachment

Speaker of the House Nancy Pelosi announced an article of impeachment toward President Donald Trump. The inquiry is charging Trump in a breach of his constitutional responsibilities, specifically the betrayal of the integrity of elections. The inquiry is on the basis that Trump asked foreign Ukrainian President Volodymyr Zelensky for assistance against former Vice President Joe Biden in the upcoming 2020 election. President Trump admits to having a conversation with the foreign leader, and according to The New York Times, “the president said on Tuesday that he would certainly release a transcript of the conversation, part of an effort to pre-empt Democrats’ impeachment push. But Democrats, after months of holding back, were emboldened, demanding the full whistle-blower complete and other documentation about White House dealings with Ukraine...” As of now there is no official timeline of the process in place. However, Pelosi states that the process will be done “swiftly.”

General Motors strike

General Motors United Auto Workers are still on strike after a full week of protest. General Motors owns subsidiaries such as GMC, Cadillac and Chevrolet among other brands. Majority of General Motors factories in the United States make vital parts for vehicles assembled in other countries. Due to the strikes inside the U.S., assembly factories around the world were forced to shut down, particularly in Mexico and Canada. Unionized workers are fighting for better wages within the company, and according to the Associated Press, “the union wants a bigger share of GM’s more than $30 billion in profits during the past five years. But the company lures a global auto sales decline ahead and warns in bring labor costs in line with U.S. plants owned by foreign automakers.” Last Monday, the workers received their last paycheck and are now receiving $250 per week strike pay. No agreement has been reached and General Motors is using members of temporary non-unionized workers.

Former Dallas cop trial begins

On Sept. 6, 2019, a former Dallas Police Officer, Amber Guyger, entered the wrong home and proceeded to shoot 26-year-old Botham Shem Jean, alleging to mistake him as a home intruder. Jury selection started earlier this month, one year after the incident happened. The case went on trial last Monday. Guyger pleaded not guilty to the charge of murder. The case is influential in the police brutality movements, and according to NRP, “Civil Rights Attorney Benjamin Crump, one of the lawyers for the Jean family, has referred to the shooting as an example of the constant threat of a deadly violence that African Americans experience daily. ‘The family has no doubt in their mind that she shot Botham because she saw a black man and she thought, ‘criminal.’”

The Razor’s Edge Shark Cage Scholarship Program has granted 19 junior and senior students the opportunity to open their own on-campus businesses in Mako Hall. The students in this program get both their bachelor’s and master’s degree in a combined four years, and as a part of their studies, they conceptualize and operate their Shark Cage businesses with the support of a yearly scholarship and a micro loan of up to $5,000.

Students take the knowledge they gain from classes in the Razor’s Edge Shark Cage Scholarship Program and put them to use before formulating their business plan. Students have to go through several steps before their vision is implemented in Mako Hall.

“arizona.edu/razorsedge/sharkcage.

The Frank host “Art for the Earth: Artists on Climate Change”

By: Alexander Martine
Opinions Editor

On Thursday, Oct. 17, between 6 and 8 p.m., The Frank C. Ortis Art Gallery, the Broward County Cultural Division and the Broward County Environmental Planning and Community Resilience Division will host “Art for the Earth: Artists on Climate Change.”

Taryn Möller Nicoll is the chief curator of The Frank C. Ortis Art Gallery and Exhibit Hall. As chief curator, Nicoll’s job entails selecting the artwork and exhibition pieces for upcoming events, planning the layout of the gallery and overseeing the cultural climate of the museum. According to Nicoll, “The Frank is really devoted to the community, we

"They go through specific courses that help them learn to recognize opportunities, they do survey research, they make a shark pitch because by now, with their coursework, they know how much money their business equipment and supplies and anything will cost,” explained Cheryl Babcock, director of the Razor’s Edge Shark Cage Scholarship Program. The pitches are then reviewed and evaluated by several members of the faculty before students can start their business.

“They have great ideas. They want to open their businesses, and they have support from the university [to do so]. They get training in class, participate in several meetings with executives, have Executives and Entrepreneurs in Residence, or EEUR, sessions and distinguished lecture series. We have our conclave meetings where they have a lot of guidance from the director, and they learn with the [other] students as well,” said Fernanda Almada, the graduate assistant for the Razor’s Edge Shark Cage Scholarship Program.

Students utilize marketing, networking and negotiation skills to get ready for the business world. Underclassmen students in the program also get out with Shark Cage, gaining experience as well.

“It really helps them build their leadership skills, their organizational skills, it kind of pulls everything together,” said Babcock. “I’m extremely proud of all the kids. I’ve seen them grow as business leaders and as charismatic and caring young people anywhere from a year to three years. It just makes me really proud of them that they’re achieving some of the goals that they had set for themselves.”

Students operate their businesses about eight hours per week, meaning different businesses will be open during different hours in the Shark Cage in Mako Hall. For a schedule of their business hours visit arizona.edu/razorsedge/sharkcage.

Visit sutv.nova.edu for access to shows and movies before they hit Netflix or Redbox.
A brief history of mental health in honor of mental health awareness month

By: Alexander Martinie
Opinions Editor

Departing from a simplistic view [centered] on supernatural causes, modern theories in the early 20th century began to recognize mental disorders as unique disease entities, and two main theories of psychodynamics and behaviorism emerged as potential explanations for their causes. With the increasing acceptance of mental illness as a unique form of pathology, official diagnostic classification systems were adopted, new avenues of research spawned, and modern approaches to treatment incorporating pharmacotherapy and psychotherapy were established.

During the early 20th century, there was an emergence of medical researchers and practicing medical doctors doing research in the new fields of psychology and psychopathology. One of the first movements in this era were psychoanalytic and psychodynamic theories. According to Dr. Timothy Razza, associate professor at NSU’s College of Psychology, “There was therapy that was being done prior to Freud’s visit to the United States, but Freud credits that visit as helping to expand the recognition of psychoanalysis. It also helped to expand psychotherapy as a useful and effective intervention.” Freud was not the first psychologist, but at the time, he was at the top of the field of both psychology and psychiatry. Freud’s influence helped to make way for future research. As Razza is fond of saying, all the theories that followed Freud were in response to Freud.

Over the years, psychology has progressed greatly, but when it comes to mental health, there is still room to grow.

Have you ever had food so good that you think to yourself, “Wow, that hits the spot?” Well, that’s how I feel every time I get food at Tzatziki and Tahini Gyros. This amazing, fast-casual Mediterranean restaurant in Davie has great food and great deals. All of the food is Halal and they have a lot of vegan and vegetarian options.

The variety of options at Tzatziki and Tahini Gyros will leave you in awe. Obviously they have gyros, but they also have wraps, bowls, salads and much more. Personally, I love their wraps — they are 12 inches long, filled with lettuce, pickles, cucumbers and sauce, plus your choice of protein. I recommend their vegan falafel, and if you have never had falafels before, what are you doing? Go out and get some; they are delicious! Falafels are deep-fried parties made of chickpeas and fava beans. Tzatziki and Tahini Gyro’s falafels are the perfect addition to their amazing wraps, especially if you get them with their Tahini sauce. If you’re a fan of vegan food, then their chicken kabobs and lamb souvlaki with tzatziki sauce are also to die for. I have never had anything at Tzatziki and Tahini Gyros that I did not like, and I’m sure you’ll be thinking the same thing. If I haven’t mentioned something that strikes your fancy, they also have Mediterranean salads with feta cheese and hummus and pitas platters.

If the amazing food hasn’t sold you yet, then their deals will. With $5 student lunch deals and other amazing specials, you will not only love the food at Tzatziki and Tahini Gyros, but your wallet will love it too.

Tzatziki and Tahini Gyros can be found across the street from Pollo Tropical. While I would not recommend Tzatziki and Tahini Gyros as a spot to study off-campus, the atmosphere of the restaurant is a great place to sit and unwind after a long week of classes. Maybe take the time to stand by the counter and watch as they prep your order. Trust me, it can be quite satisfying. If you want more information about Tzatziki and Tahini Gyros, visit their website, http://tandtgyros.com/index.html.
Motto "Reach for the Stars," and her foundations inspiring girls to get involved with science. She after her obituary was published by Sally Ride in 2012. This only became common knowledge Tam O’Shaughnessy from 1985 until her death public, Ride had a long-term partner named with some close friends. Unbeknownst to the scientific foundation. She was private about woman in space before running her own life to science and became the first American astrophysicist who went on three different protests like this since the 1940s. He had left another event. He needed an organizer; there was no one king needed an organizer, there was no one more and more to do. Eden sold their story to Sidney Lumet, who made the critically acclaimed film Day Afternoon. In which Al Pacino plays John Wojtowicz. Wojtowicz eventually left prison and had a lifelong reputation of being the famous Pacino character. Jacqueline Charlotte Dufresnay Jacqueline Charlotte Dufresnay, more commonly known by her stage name Coccinelle, was a French actress and singer most famously known for being one of the first internationally popular transgender women. Coccinelle, which is French for ladybug, became her stage name in 1953 when she debuted as a transgender woman Liz Eden, was seeking transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help. But I enjoy it, or more correctly, have learned how to handle it and have turned it into an indispensable, stunning color of the portrait of my overseas study experience. I am more than willing to share my experience to whoever may need it. To talk about it is to give myself a powerful moment to reflect on the tears and smiles that I am so proud of and grateful for. Acceptance is the open gate to any solution Homeliness is real, and so is loneliness, paucity and disappointment. All we need to do is sit down, take a deep breath and face all of those realities. Life is always a matter of choice. I am so glad that at the beginning of college, instead of pushing myself to crowded places and trying to pretend that I was in the mood for socialization, I chose to call my sister back home and admit how terribly I missed our family. The two of us spoke of nothing else and cried over the phone for the rest of the conversation. That was not only a moment of sincerity and openness, but of naived, truth, relief, and acceptance. I cried so much that painful night that there have been no more tears rolling down my face since then. I accepted myself, my emotional fragility and social impotence. I accepted that things always took time, and for now, it was okay to feel homesick and lonely. When I was typing these words, suddenly, I missed my family again, but I smiled slightly because it was a beautiful moment of my roots and how much I always will love. find your way in As soon as you feel accepted and have a more positive perspective on what you are going through, you instinctively know what you need to work on or how to "build" yourself a home away from home without reluctance. There is a huge spectrum of human personality, interests and thinking; therefore, what most people enjoy doing may not be what you are interested in. Focus on yourself, do what truly makes you feel alive, and soon you will find people on the same page. Be surrounded by those people because they will be a home away from home. However, make sure to remember that once in a while, it is great to move out of your comfort zone and try new things with new people. By doing so, you may discover your new favorites. Conversation with counseling and yes, with me if desired If you are still uncertain of what you are doing, or have done all of the above but still remain hopeless, then consider going to Henderson Student Counseling Center for help. Individual, long-term psychotherapy with an expert may be the best thing that could ever happen to you. Knowing that your safety is highly guaranteed with respect and understanding by the people that are trained to assist you, you will soon find a step-by-step path that unlocks your delightful, eager and real self. I am always here for such a thing as well. Just keep in mind that you are an extraordinary change to the world whether you see it or not, and now it is time to be a change in your own life. To all of my fellow friends, this is how beautifully we are experiencing and growing as freshmen. Every moment of this land-marking year, either a blast of joyfulness or a paralyzing intensity of solitude, is worth a journey of youth that only exists once. We fall down. We stand up. We love. We are loved. We gain more than we are aware of. Keep your heads up high and your feet steady; everything that is happening to you now, happens for a reason!
Kathleen Crapson, chief of visual design, said: ““Throughout the years, I am grateful for my individuality. There are times when I doubt it, question it and try to deny even having any unique quality that sets me apart. But then, I remember that I am an “ideas” person. There have been countless times when I have been complimented on being innovative or creative. I’m grateful for those moments when I remember my worth and have kept the faith.”

Rick Esner, news editor, said: ““Transitioning from the suburbs of New Jersey to the warm climate of South Florida, I am realizing how grateful I am for my family and in particular my older brother David, who is a crucial constant in my life. Moving to Florida, the face-to-face time with my family has been limited, but in the little time I have been here, David has made a continued effort to reach out to me. He constantly calls and checks in to see how school is going and if I am having any fun. I am grateful for his consistent care and thoughtfulness toward my college career. He did so much for me back when I was home, and he continues to do so now that I am over a thousand miles away.”

Flor Mireles, copy editor, said: ““One consistent thing I am grateful for is simply being alive. With death and tragedy always lurking in the corner, it’s important to remember that you are able to breathe and go about your day and do what you want. It is important to remember that you have a life and are the one who decides how your time should be spent and what you should be doing. Whenever I am feeling down, I think about how I am lucky to be here and experiencing everything life has to offer and growing from it.”

Christina Mclaughlin, co-editor-in-chief, said: ““I know it is cliche, but I am incredibly grateful for a lot of things. Some of these things include life, health, cheese and the crippling state of the economic downturn that is America. The last one was a bit sarcastic, but I am truly grateful to be a part of this country. There are so many opportunities that are available that could be taken for granted very easily. Things may not be perfect, but at least I have the freedom to try and make them close to perfect as possible. I am also grateful for good friends. There’s just a happy feeling that resides within me as much as possible. I am also grateful for good friends. There’s just a happy feeling that resides within me as much as possible. I am also grateful for good friends.”

Madelyn Rinka, co-editor-in-chief, said: ““I am grateful to be in college. Sure, I put in a lot of work in my classes and was fairly involved in high school, but I’m also aware that, had I not had the support and opportunities I had, it might have been more difficult. Unfortunately, in America and around the world, not everyone has these opportunities, causing them to miss out on education for factors largely out of their control. A lot of the time, I try to get wrapped up in homework and tests that I forget to step back and appreciate all of the things that made it possible to be here in the first place.”

Emma Heineman, features editor, said: ““I know it’s cliche, but I am incredibly grateful to the consistent support my parents have given me over the years. I have never known what I wanted to do with my life, but my parents have always supported me with unconditional love and encouragement in everything I do. From paying for my ridiculous number of hobbies I have taken up over the years to always cheering me on and allowing me to make my own decisions, I am the person I am because of them. I grew up surrounded by friends and peers that lacked supportive parents, and it makes me feel very lucky.”

Mario Lorrimer, business manager, said: ““I am grateful for a lot of things. Some of these things include life, health, cheese and the crippling state of the economic downturn that is America. The last one was a bit sarcastic, but I am truly grateful to be a part of this country. There are so many opportunities that are available that could be taken for granted very easily. Things may not be perfect, but at least I have the freedom to try and make them close to perfect as possible. I am also grateful for good friends. There’s just a happy feeling that resides within me as much as possible. I am also grateful for good friends.”

Check us out online at nsucurrent.nova.edu
Get spooky without spoooking the neighborhood

By: Christina McLaughlin
Co-Editor-in-Chief

It’s the first day of October, and you know what that means. Time to bust out the Halloween classics and get in the spooky mood. For me, I love everything about Halloween: from the costumes to the decorations and the culture of it all. I always get spooky for the whole month to get into the holiday spirit, and some of you might, too. Still, I have found that it’s difficult to go out in public for class or work without looking like a long-lost member of the Addams Family. So here are some fashion tips that can get you into the holiday spirit without breaking the bank — or your reputation as a functioning member of society:

Wear some fangs
Alright, hear me out. This is usually disable without most people noticing. Head to a local Halloween store, amazon or even make some at home following a YouTube video. Invest in some short — or long — fangs that can go over your canine teeth. Some people naturally have pointy canines, but for those with a need of some prosthetic help, take advantage of this month.

Character-bound
This trend is usually based on Disney characters, but it can also be used with any fictional or reality-based persona. Basically, you try to dress up as a character from popular culture in a fashion-forward or exact way. You might decide to challenge yourself to do this for the month, and this is a very subtle way of adopting your favorite character’s personal style. Wear a button-up shirt and combat boots for Indiana Jones, wear a white dress with space bombs for Princess Leia or a bodycon dress for the Kardashians. Really, it’s all up to your imagination.

Wear Signature Colors
The go-to colors for Halloween are black, orange, green and purple. Try doing a monochromatic or dramatic look with what you already have in your closet. March your green shorts with a purple top or your orange sweater with your black jeans. Maybe even go for the Beetlejuice or Addams Family look with tight-striped black and white items. Mix and match patterns and designs or go for the typical skeleton or ghost pins to your jacket or stickers pins and stickers might be a way to really add some spooky factor to your daily items. Add some skeleton or ghost pins to your jacket or stickers to your laptop and reusable water bottle. Pins and stickers are just one way to express yourself year round without compromising your personal style or your bank account.

Wing out your sleeves
Creative and unique sleeves have been having a moment in the fashion industry, and one of the most common sleeve patterns that have hit the racks is the vampire, bat or bell sleeve. This wide open sleeve concept is reminiscent of a different age, mainly Renaissance and is a recognizable style for characters like Merticia Addams, or caps worn like Dracula. Dress this style up or down for maximum effect and set your内在 buzz free.

Accessorize to the max
For the low-key style icon, you can use your eclectic collection of jewelry, socks, overwear or hair ties to add some spooky items into your life. The good thing about accessories is that you can add them to your daily wardrobe without much struggle or major change to your personal style. Even something like a simple orange hair tie or some fancy socks can really update your shoe game and your holiday spirit.

Rep your favorite films
For the Halloween movie and TV special fan, check out stores like Urban Outfitters, Hot Topic, Box Lunch and other online stores for options to represent your favorite holiday classics. Wearing a “Hocus Pocus” sweatshirt or other themed merchandise can really jazz up your October, and as an added bonus, you can wear it all year round.

Films you should watch this Halloween

By: Ashley Diaz
Contributing Writer

It’s almost Halloween, and it’s time to prepare to get scared out of your wits. This Halloween should be celebrated with trick or treating, dressing up and watching horror films. There are all kinds of horror movies that you can watch: dolls, zombies, classics and monsters. More than the best of the are films down below.

The Exorcist
The Exorcist is in the top 10 of classic horror movies of all time. It’s about a child being possessed by a demonic spirit. The film was released in the year 1973, so the graphics were well done for this film’s time period, even if the movie is not as frightening as it would have been if it was made more recently. While it’s not as scary as it could be, it’s the perfect classic movie to start your Halloween movie marathon.

This film comes from the first half of one of Stephen King’s novels, and was released in 2017. The sequel, “It: Chapter 2,” was released on Sept. 6. “It” is about a movie demon child that sucks the souls out of children every few years. The intro was quite memorable: a little boy, Georgie, plays with his paper boat while it rains in the street, and the boat gets stuck down a storm drain. Then Pennebys, the movie’s antagonist, shows up to offer Georgie his boat and a red balloon. It all goes downhill after that, which is perfect if you want a good scare this Halloween. Get spooky without spoooking the neighborhood

With her angelic voice and relatable folk-style music, Marie Ulven, who goes by the stage name Girl In Red, is a breakout 19-year-old Norwegian singer and songwriter. Although she began making music as a child and producing music on SoundCloud by posting her music under the username “Ydyx.” In 2018, Ulven debuted her song “I Want To Be Your Girlfriend,” which was ultimately listed as number nine on the New York Times list of “The 75 Best Songs of 2018.” Ulven shared that her newest release, “I Need To Be Alone,” was written on a night she felt frustrated. It’s one of the many songs that her fans emotionally connect to.

Ulven is also vocal about her sexual orientation and uses it as an inspiration that is noticeable in her music. She tries to use her music as a platform to encourage other artists in the LGBTQ community and help them embrace their individuality. Ulven has said that she to wake up to dreams about yearning for the love and affection of other girls. She initially thought, based on perceived societal “norms,” that she had to suppress these feelings until she “came out.” She later learned to realize that there was nothing to “come out of” — she was born gay and that is truly something to embrace. She hopes to help others feel the way she does through her music.

Her breakthrough and most popular video on YouTube, “Gifts,” receiving almost 1 million views, is an upbeat pop song about her love for girls. When asked to explain her musical identity, Ulven described herself as a gay girl who writes both upbeat and sad songs. While Ulven is based in Oslo, Norway, she just embarked on her first North American tour opening for artist Conan Gray. Through this experience, she hopes to spread her ideas further and appeal to even more teens globally. Ulven not only wishes to spread her perceptions in the LGBTQ community, but also to connect with common struggles among teenagers. She tries to help others overcome hurdles young adults commonly faced by writing about heartbreak, loneliness and depression.

The Babadook
The 2014 film begins with a single mother coping with a “weird,” hyperactive child. One day, the family of two find a book called “Babadook” about a creature who turns children crazy. The whole film, the mother believes that everything that happens in the book will come true and is worried that her child will become a crazy, murderous monster. Watch the film to find out what really happens.

This children’s movie is not scary at all, but it is the perfect movie for the love of two holidays. If you want to start Christmas early, but it’s still Halloween season, this movie is the one for you. You know the movie will be simultaneously creepy and wonderful because it is directed by Tim Burton. Other than his name being all over this marketing, you can tell by the big eyes almost every character has. Released in 1993, this movie contains songs about Halloween, with everyone’s favorite being “This is Halloween.” “The Nightmare Before Christmas” is about Jack Skellington, who is tired of being the “Pumpkin King” of Halloween, and instead wants to do something else with his eternity. Jack then finds himself in Christmas Land and wants to take over Christmas and try something new. This movie is truly spectacular.
Michael “Trey” May

Michael (Trey) May III is a freshman from Orlando, FL and a cross-country athlete studying finance. This past tournament in Gainesville, Trey ran the best time of any NSU runner in the 8K posting a time of 28:02.36.

When did you start running cross country?
Originally, my dad was trying to get me to run cross-country my freshman year, but I kind of veered away from it. I started playing basketball and then took a gap year just to focus on my academics. My junior year, I decided to go to an interest meeting; I realized cross-country wasn’t all that bad and I started doing the summer training, I went to the practices and ever since then, I’ve started to grow a passion for it. It also helps me with my asthma; I had asthma my whole life and running cross-country has helped my lungs get stronger and cope with the symptoms.

What’s your favorite part of running cross country?
Well, obviously the races. There’s so much that goes on in the races. People think you’re just running but it’s so tactical. You have to break it down by mile. My racing strategy is when I want to pass somebody, I stay behind them and let them take away the wind resistance so when it’s time for me to kick it, I can veer past them.

Who is your biggest role model?
Right now, it’s my dad. He got me into the sport, and he’s just a very wise man.

Before running cross country, did you ever consider playing another sport?
I played basketball and still sometimes play recreationally and I wanted to get into football at a young age but my parents were worried about injuries. I tend to just focus on cross-country now.

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What does your diet look like as an endurance athlete?
I focus on my carbohydrates and protein. When you run, you work your muscles at all times and burn so many calories. You have to focus on carbohydrates and have to replenish what you burned off at the meet. I eat a lot of vegetables and try to diversify my vegetable intake. The night before a race, I always eat a chicken caesar salad with parmesan cheese. It helps me feel good the morning of the race, and because when I feel well, I do well. The morning of a meet, I eat something light. Usually I’ll eat peanut butter toast with a banana.

As an NSU athlete, what are some of your goals this season?
I want to be able to quicken my time and become faster. My main goal is to place top 10 and make regionals if not this year, then next year. I have to also continue building my body and getting stronger.

What is your favorite thing to do post meet?
Post meet, I love to splurge out a bit. My mentality is “I ran hard that race, I think I deserve it.” I sometimes eat a bunch of candy and go a little too hard. I also like to go hang out with my friends and go downtown and just hang out and have some team bonding.

What is your favorite thing to do when you’re not training or studying?
Whenever I’m super bored and have all my homework done, especially in study hall, I love to draw. Whatever is on my mind, I like to express it on my paper.
The National Football League (NFL) season has officially kicked off and teams are already ravaged with player injuries. The New York Jets were decimated first when their third overall pick from the 2019 draft, Quinnen Williams, and their four time pro bowler, C.J. Mosley, both went down Sunday with significant injuries while playing the Buffalo Bills. Williams suffered an ankle injury while Mosley injured his groin. Week two could not have gone worse for the high flying Jets as their backup quarterback, Trevor Siemian, suffered an ankle injury midway through the second quarter. They were forced to rely on their unproven third string quarterback Luke Falk. Their starting quarterback, Sam Darnold, was previously declared inactive with infectious mononucleosis. The Jets, with Falk at the helm, lost to the previously winless Cleveland Browns 23-3.

The Kansas City Chiefs were also hit by the injury bug when three-time pro bowler, Tyreek Hill, was rushed to the hospital after slamming his shoulder into the ground causing what doctors have called a “sternoclavicular joint injury.” The All-Pro Hill is expected to be out of action 4-6 weeks and will be badly missed by the Chiefs, who currently have the most explosive offense in the NFL.

Three weeks into the NFL season, the quarterback position has been the worst. Jacksonville Jaguars’ Nick Foles was supposed to be the answer at quarterback this season; instead, he exited his first game with a broken left clavicle. The former Super Bowl most valuable player (MVP) is now set to undergo surgery and is expected to miss at least eight weeks. Incredibly, New Orleans Saints quarterback, Drew Brees, and Pittsburgh Steelers quarterback, Ben Roethlisberger, both future hall of famers, are also out of action. Brees suffered a right hand/finger ligament injury while Roethlisberger went down with an elbow injury. Both franchise quarterbacks will require surgery; Roethlisberger’s injury is considered season ending while Brees is expected to be back by week 8. The Saints, who were expected to be a top 5 team this year, have plummeted in the NFL power rankings. Pittsburgh, who despite losing All-Pro Le’Veon Bell and Antonio Brown, were still considered to be in contention for the playoffs. However, with the loss of Roethlisberger, big old No. 7, the future for the 2019-2020 Steelers’ season now appears bleak. The loss of an elite starting quarterback like Brees and Roethlisberger can often signal the beginning of the end for an NFL franchise’s playoff or Super Bowl hopes; for the Steelers, things appear very uncertain. As for the Saints, they will need major help from their backup quarterback, Teddy Bridgewater, in combination with a speedy recovery from Drew Brees if they want a chance at the postseason.

The long and rigorous NFL season teaches us each year that only the most healthy, durable, resilient and tenacious teams make it to the next level. The injury bug often changes the trajectory of an NFL season, and specific injuries to certain players can result in a team’s entire season coming to an abrupt end. This only becomes accentuated if that injury is the most important position on the field (quarterback). Inevitably, injuries to almost all players happen; however, as injuries continue to pile up each week, it will be the teams that have learned to adapt and have planned for these changes that will have the best chance to make the playoffs. However, the ones that don’t can kiss their postseason hopes goodbye.
Opinions

Let your inner kid out this Halloween

As the semester rolls on, everyone has spent a little more time stressing and a lot more time doing almost nothing. After all, it’s just really awesome to know that you could spend hours learning material inside-out, only to fail a test where the professor decided the best way to test your knowledge of specific subject material was by sneaking in a misOptional misspelling or swapping out nearly-identical terms out of context, both of which could just as easily happen to you. Seriously, professors who use trick questions should make page one of any test into a big red sign that says, “I’m going to try my darndest to trick you out of hours of studying!” I’ve spoken with students who could essentially recite all the contents of the textbooks for me, but then get mediocre grades on their tests all because the professor thought it was more helpful to subvert expectations of questions rather than simply evaluate whether the student understands the material.

Professors need to acknowledge that everyone learns and tests differently, and tricking students who know the right answers into giving the wrong ones is a system that ignores effort and makes students expect failure.

The Amazon is burning, did you forget?

So if the leader of Brazil isn’t willing to take action against the Amazon fires, and the major following of online conservationists and nature enthusiasts has died out, then who will? The answer is unclear. Unless an organized opposition to a crisis like this can be formed, the situation will continue to spiral out of control. The Amazon fires are only a small piece of the looming threat of climate change that faces world leaders. As Greta Thunberg said in her address to the U.K. Parliament, “We have to start treating the crisis like a crisis.” In the meantime, our world leaders need to stop assuming that inaction will fix anything. It won’t, and it’s time to stop pretending that it will.

The news of the Amazon fires spread across social media like... well... wildfire. People posted pictures of the devastating flames with comments condemning the governments that have allowed the forests to burn, angry at the media silence surrounding the event and fired up about stopping the fires and preventing new ones. However, while the fires in the rainforest rage on, the panic it sparked quickly died out. Nearly a month later, the fires in the Amazon continue to burn at unprecedented rates. According to the National Institute for Space Research (INPE), space satellites have detected more than 74,000 fire hotspots in the Amazon region between Jan. and Aug. with over 9,500 forest fires detected in a single week at its peak.

These numbers dwarf the figures from previous years where a total of 40,000 were recorded in 2018 for the same time frame. The practice of starting fires to clear forested regions of the Amazon for agriculture and development has occurred for much longer than the studies on these fires have been conducted, but it is clear that these fires are different than any that have been recorded. According to a National Geographic article, Crystal McMichael, an associate professor at the Institute for Biodiversity and Ecosystem Dynamics at the University of Amsterdam, said that “what’s important is that the ancient burning isn’t used to justify modern fires.”

One major factor contributing to this is the recent rollback of legislation protecting the forests. The Brazilian government has instead allowed and even actively encouraged a large increase in agricultural activity and industrial development and has reduced their focus on cracking down on illegal deforestation. Jair Bolsonaro, the President of Brazil, along with his administration has been blamed for the fires, after photos of the smoke darkened skies over Brazil prompted an international outcry. Bolsonaro further complicated his position on the fires when he angrily rejected $22 million in Amazon aid that was pledged by various countries at the G7 Summit. He later agreed to accept $12 million in aid from Britain, but the initial opposition to the aid prompted concern nevertheless.

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It’s really never a bad time to have fun and do what makes you happy, which means you can start celebrating holidays whenever you want. If you want to carve out jack-o’-lanterns in mid-September, then you can absolutely do that. If stores are putting out decorations, and you want to buy every single bat, ghost and spider around, then spend to your heart’s content. I bought them. To be fair, I only bought 66, 16 or 26 years old. I put together more than one costume? Why just one? Pennywise the Dancing Clown or a fairy on October 1st when you could also be Pennywise the Dancing Clown or a fairy on October 1st? When we place all these arbitrary restrictions on festivities, we really drain the fun out of them. When people go out of their way to criticize how other people choose to live their lives, those people gain nothing except the title of “buzzkill.” Some people say if you start celebrating too early, you’ll get bored of it. However, while you might be seeing ghosts for a month doesn’t mean you won’t look forward to dressing up on Halloween and getting out of being yourself. After all, holidays all boil down to being present in the world you live in, and however you choose to do that is completely up to you.

Halloween is now

Halloween has no age limit. So, bring out the candy corn and tune in to all the scary movies and Halloween soundtracks. It is one of the best times of the year, and I’m sure if you let yourself get into it, you’ll definitely have a blast.

Let your inner kid out this Halloween

Halloween is a time to let out your inner child. It’s also the time to transform yourself into someone or something else and play out your own thing. I think the reason that so many of us dial down our Halloween spirit is because we’ve grown up and forgotten the fun that comes with it. No matter how much is focused on all the responsibilities we have to let loose and enjoy the one night a year where it’s okay to let your crazy out. Some people are entirely against celebrating Halloween because of personal reasons and that’s okay too. This however does not mean it’s okay too bash those who go all out for the holiday. Once again, Halloween is a time to be wacky and have fun, than don’t judge others for celebrating. I always say, as long as you’re not harming others in any way, go for it and do you.

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Disney give it a rest

By: Lauren Do Nascimento
Contributing Writer

You may have noticed that in the past few months there are new Disney movies every time you go to the movie theater. That’s because Disney has been launching a new tactic of recreating their famous classics with live-action movies. This may sound fun and exciting but are these movies really worth your time and money? Did “Aladdin” live up to its amazing musical vibe? Did “Dumbo” knock it out of the park with its reboot? And did “The Lion King” complete the circle of success with its enormous reputation? Not exactly, according to fans and critics.

The live-action “Aladdin” had fans excited to see one of their favorite princes with his funny monkey sidekick and blue friend. They were even intrigued about hearing that Will Smith would be featured as the genie himself. They were even more excited about hearing that Beyoncé involved in production. Critics also gave it a rest for now. From what I’ve seen, it’s better if Disney just puts these live-action movies on hold. The three movies above, which all have been negatively commented about how the movie was made and in comparison to its original, which was already not a fan favorite. Only some of the audience enjoyed that this movie didn’t have much to do with the plot and that it was not as breathtaking as a Disney movie should be. This negative feedback even extends to the ever-famous “The Lion King.”

The “Lion King” had received a lot of positive feedback after its trailer dropped. As the months went on after its release, the movie still seemed to live up to its name. Although this isn’t necessarily the case if you look at what viewers and critics are saying. Multiple viewers agree that the playful nature of this movie was not present although it looked much more professional and had amazing actors like Beyoncé involved in production. Critics also agree with the audience, saying that although the production was very professional, the final production and transition from animation to live-action was boring and lacked its original charm.

With so much negative feedback, one would think that Walt Disney Pictures would take a break from their remake projects, but this is far from over. Disney has confirmed they will be remaking more classics like: “Lady and the Tramp,” “The Little Mermaid” and “Maleficent: Mistress of Evil.” All of these movies, with the exception of “The Little Mermaid” that has yet to be determined, are scheduled to be released this fall. This is a very short time span from the previous remakes above, which all have been released in the spring and summer of this year. From what I’ve seen, it’s better if Disney just gave it a rest for now.

We accept being queer, get over it

By: Christina McLaughlin
Co-Editor-in-Chief

Before I jump on my soapbox, I must explain that I identify as a cisgender heterosexual female. But, that doesn’t change the circumstances or significance of my opinion or the ability to have an opinion on this topic. Let’s face the facts. This generation, meaning those individuals who were born after the baby boom, accept the fact that gender identity and sexuality are more than just black and white. There are many shades of gray and colors of the rainbow in which people identify with, which is going to happen whether or not we accept it as a society. However, times are changing and I feel it’s for the better. The fact that introducing yourself with your preferred pronouns when meeting new people has become part of societal norm, is refreshing and a representation of progress in our society. We are more open to expressing ourselves honestly, in places of work, with new social relationships and even with random strangers. By being open to those in our social circles and even those outside of our circle, we are opening the door to understanding. Understanding that we are all unique and can’t exactly be placed in a box that we are accustomed to.

There is a large population of our society, mainly those of the older generation, that are in positions of power such as government and business who are against this sort of bluntness when it comes to exploring our sexual and gender identities. But, I feel that has more to do with how people were raised than anything else. My parents don’t agree to this gender expression but they have always taught me to be open in exploring ourselves and the depths of our thought process. I think our generation is more open in exploring ourselves and the depths of our interests — sexual and otherwise — than previous generations. This self-exploration process is what has changed us as a society and sure, the previous generations may be a little upset about the change, but come on. Some grandparents are upset that women are wearing pants. They’ll get over it.

Midterms are right around the corner. What is your strategy to prepare for midterms, and do you think the school provides enough resources/services to help you?

"I will study a little bit every day for an hour or so. Besides professors’ lecture notes, I usually go to YouTube to find supplemental materials. Specifically, I watch the channel Crash Course for my anatomy and physiology courses. Regarding how the school offers resources, I feel that with the STG sessions and the Tutoring and Testing Center, the school does prepare you well. So sometimes I ask [my friends in the tutoring office] for help and they are very helpful."
-Nicolette Schneider, freshman nutrition major

"I will definitely [study] with friends that I have similar courses with. We will work together and do the best we can. Repetition always works for me because I am very visual so writing things down really helps. NSU has enough resources and databases to help us [gather] our thoughts and [provide the] information we need."
-Nicollette Schneider, freshman nutrition major

"Instead of cramming for one or two weeks to study, I am always continuously studying throughout the semester, looking back to my old notes to refresh my brain. I believe that NSU does prepare us in some aspects by providing D [supplemental mental instruction] Sessions and allowing office hours to be open for the professors to answer students questions."
-Denise Leak, sophomore biology major

"My plan is to schedule out times a week before the midterm [and] dedicate those times to each specific class depending on how much I need to review. I think the school has enough resources such as the library, technology and the tutoring center. But it is really up to the students to look for and take advantage of these resources."
-Joel Lacy, senior business marketing major

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