
The Current

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Futures Summit

By: Rick Esner
News Editor

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, Allopathic 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 showing 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."

Emanuel Escobar, third year pharmacy student at the College of Pharmacy in the Dual Enrollment 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."



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Students and businesses interested in attending or sponsoring the event can register online at <https://pharmacy.nova.edu/futures/index.html>.

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

By: Christina McLaughlin
Co-Editor-in-Chief

On Saturday, Oct. 5, from 9 a.m. to 3 p.m. in the Health Professions Division, NSU's Dr. Kiran C. Patel Colleges of Osteopathic and Allopathic 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 Mashtura 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 the 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 predominate 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 be 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.



global news, courtesy of the current

Parliament reconvenes after court ruling

Boris Johnson, the British Prime Minister, reluctantly reconvened Parliament late last week after the British Supreme Court unanimously ruled that his suspension of Parliament was unlawfully orchestrated. Influential British lawmakers have since called for Johnson to step down, including the leader of the opposition party, Jeremy Corbyn, who said, "For the good of the country, he should go." Despite opposition, Johnson has continued to push for his plan of a hard-line Brexit, following the results of the 2016 referendum in which Johnson voted to leave the European Union. Additionally, by a vote of 306 to 289, Johnson had his seventh consecutive parliamentary defeat after Parliament rejected his request to adjourn next week while his ruling Conservative Party holds its annual conference.

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 eyes of all future generations are upon you and if you choose to fail us, I say we will never forgive you," Thunberg said, according to NBC News.

Trans man considered legal mother after giving birth

Last Wednesday, England's high court ruled that a transgender male 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 transgender 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 intrauterine 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 Pettersson, a Labor Party lawmaker, said, "It will work to reduce the harm of drugs in our community by reducing the stigma of drug use and encouraging people to seek help without fear of arrest."

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

News Briefs

get the scoop on events happening on campus

Celebrate Hispanic Heritage Month

Gumby 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/spotlight/series/hispanic-heritage/>

Research Writing Series

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 APSA citations. For more information, contact 954-262-4613 or visit lib.nova.edu/citation.

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 afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&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 5-8:30 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://app.joinhandshake.com/events/333493>.

News Anchor

Stay up to date with national events.

Official inquiry of Impeachment

Speaker of the House Nancy Pelosi announced a formal inquiry 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 in July and speaking of Biden. However, he denies the conversation included any type of quid pro quo for assistance from a foreign nation. According to The New York Times, “The president said on Tuesday that he would authorize the release of a transcript of the conversation, part of an effort to pre-empt Democrats’ impeachment push. But Democrats, after months of holding back, were unbowed, demanding the full whistle-blower

complaint 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 sees a global auto sales decline ahead and wants to bring its 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 continues to operate using temporary non-unionized workers.

Former Dallas cop trial begins

On Sept. 6, 2018, a former Dallas Police Officer, Amber Guyger, entered the wrong home and proceeded to shoot 26-year-old Botham Shem Jean, alleging to mistake Jean 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 NPR, “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.’”

NSU Students open their own businesses on campus

By: Madelyn Rinka
Co-Editor-in-Chief

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.

“They go through specific courses that help them learn how to recognize opportunities, they do survey research, they make a shark pitch on their business to get feedback to see if this business is going to work, and then they also do a shark funding 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

their training in class, participate in several meetings with executives, have Executives and Entrepreneurs in Residence, or EEiR, 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 help 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 nova.edu/razorsedge/sharkcage.

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

By: Alexander Martinie
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

prioritize removing all barriers to participation. Many members of our community love art and understand that there are important benefits [for] the community. Many people are not able to access the arts due to various restrictions, whether that be income or lack of awareness.” The Frank offers many events that allow the community to get involved with the arts no matter what. The Frank works with nationally and internationally renowned art, and the “Art for the Earth: Artists on Climate Change” event will include visual artists Lucinda Linderman and Kim Heise, readings from Clayre Benzaón and the University of Miami’s “Sinking City”

Literary Magazine, among other various multidisciplinary artists.

The “Art for the Earth: Artists on Climate Change” event is focused on raising awareness on climate change, endangered species and environmental destruction. “Kim Heise is a very talented watercolor artist. We have worked with Kim [Heise] before. She just has an incredible command of watercolors and a personal conviction for using her talents to communicate. So what we are dealing with here is not art for art’s sake, [but rather] she really wants to use her artwork as a vehicle to communicate issues that concern us all,” said

Nicoll. “For her, she is very concerned about the issues of endangered species and how changes in climate are affecting the environments in which these species exist.” Heise created the Pine Rocklands Zine to raise money and awareness about the destruction of the pine rocklands to make way for development. As Heise said, “Save it, don’t pave it.”

This event is free to the public and will be held at The Frank C. Ortis Art Gallery and Exhibit Hall at 601 City Center Way in Pembroke Pines, FL.

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

Treatments toward mental health and those with mental illness have come a long way over the centuries. From drilling holes in patients' skulls to gaining an understanding of mental disorders at a cellular level, attitudes toward mental illnesses have changed greatly over the years. The treatment of mental disorders dates back to around 5,000 B.C.E. in Persia, modern-day Iran, where these disorders were treated as supernatural phenomenon. Early theories did not only look at mental illness as supernatural ailments. Greek physicians, like Hippocrates, treated mental disorders as ailments of the body rather than of a spiritual or supernatural nature.

According to Marc Jutras, in association with the British Columbia Journal of Medicine,

“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.

Some early theories in the field were researched not only as a criticism of Freud's work, but also as a way of bringing about the benefits of psychology and practices that improve mental health. Humanistic psychology was developed as a way to branch off from the way that psychology was practiced at the time. Most theories at that time said everything people did was predetermined, whereas the humanistic school of thought brought forth the basics of how psychotherapy is practiced today.

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



T&T Gyros

By: Alexander Martinie
Opinions Editor

Tzatziki and Tahini Gyros

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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 from 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 patties made of chickpeas and fava beans. Tzatziki and Tahini Gyros' falafels are the perfect addition to their amazing wraps, especially if you get them with their Tahini sauce. If you're not 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 pita 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

at 7750 Nova Drive, Davie, FL. 33324, 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>.

LGBTQ+ historical figures

By: Tava Boeckel
Contributing Writer

Sally Ride

Sally Ride was a world renowned astrophysicist who went on three different missions into space. She dedicated her whole life to science and became the first American woman in space before running her own scientific foundation. She was private about her life and only shared her sexual identity with some close friends. Unbeknownst to the public, Ride had a long-term partner named Tam O'Shaughnessy from 1985 until her death in 2012. This only became common knowledge after her obituary was published by Sally Ride Science, the educational program of which Ride was the CEO and President. Ride wanted her life to be focused on her mission of exploration and inspiring girls to get involved with science. She began and ended most of her speeches with the motto "Reach for the Stars," and her foundations will continue to do just that.

Bayard Rustin

There are few events as synonymous with the American Civil Rights Movement as the 1963 March on Washington. Bayard Rustin, the organizer behind the event, had been planning protests like this since the 1940s. He had left multiple organizations he was a part of because of homophobia, such as the Southern Christian Leadership Conference. Yet in 1963, when Dr. King needed an organizer, there was no one more qualified. Rustin had previously stayed in the shadows because of the largely held homophobic attitudes of the time, but bravely came out in the 1980s and strove to make it a safer place for others to do so as well. In a 1987 interview with the Village Voice, Rustin said, "I think the gay community has a moral obligation to do whatever is possible to encourage more and more gays to come out of the closet."

John Wojtowicz

John Wojtowicz was locally famous around the New York City underground for being wild and promiscuous. From forcibly kissing his homophobic arresting officer to planning one of the earliest marches for marriage equality, he lived boldly. When his second wife, transgender woman Liz Eden, was seeking sexual reassignment surgery, he wanted to help however he could. This led him to attempt to rob a bank in Brooklyn to finance his wife's surgery. He was arrested and sent to prison after a 14-hour stand-off. Eden sold their story to Sidney Lumet, who made the critically acclaimed film *Dog Day Afternoon*, in which Al Pacino plays Wojtowicz. Wojtowicz eventually left prison with a lifelong reputation of being the famous Pacino character.

Jacqueline Charlotte Dufresnoy

Jacqueline Charlotte Dufresnoy, 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 performer at a small club in Paris. She received extreme media attention in 1958 upon her return to Paris after her successful transition surgery, which she had done in Casablanca. The media swarmed the club she worked at in Paris, allowing her to gain access to larger roles and admiration. This included a hit song dedicated to her in 1959 and multiple movies throughout the early 1960s. In 1963, she had her very own stage show at the renowned Parisian concert hall Olympia. Dufresnoy used her success to fund her activism. She founded *Devenir Femme, To Become Woman*, to provide support for those looking to have sexual reassignment surgery. Throughout the remainder of her life, she worked passionately with her organizations providing support to transgender individuals across Europe.

"Keep going, Freshmen!"

By: Linh Tran
Contributing Writer

The other day, after a phone call with his mother, my roommate turned to me and said, "Bro, I somehow miss home today." His spontaneous words left a moment of silence between us for seconds. It was not an awkward silence, but a moment of unspoken sympathy. He knew how much I had been miserably thinking of my family, and now I knew he sometimes did as well. I was going to tell him something more supportive and advisory, but instead, I was just able to say, "This is what you are supposed to go through. So it's okay, just keep going."

Homesickness is not as bad as many would think; instead, it is necessary to balance the pace of life filled with assignments, exams, extracurricular, part-time jobs and parties. However, the inability to control it properly may result in stress, feeling overwhelmed and even despair, which negatively affects one's college performance as a whole. Fortunately, there is always an art of managing or lessening homesickness that can be conducted in various methods, depending on the level of the crisis. Being an international student from Vietnam in the U.S. for three consecutive years, I would say that homesickness has become my friend. The hurt it brings is engraved in every part of me.

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

Homesickness is real, and so is loneliness, pressure 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 naked 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 reminder of my roots and how much I will always be loved.

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!

Now Hiring!! Mitch's Westside Bagels

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OFF SHORE CALENDAR

Bad Suns

Oct. 1 | 1 p.m.
@Revolution Live
Ft. Lauderdale, FL

Ft. Lauderdale Career Fair

Oct. 3 | 11 a.m. - 2 p.m.
@Hilton Fort Lauderdale Marina

Rock the Block on Breakers - Community Street Party

Oct. 4 | 5-10 p.m.
@The Plaza Bistro
Ft. Lauderdale, FL

Through the Roots

Oct. 5 | 7:30 p.m.
@Culture Room
Ft. Lauderdale, FL

Miami Broward Carnival

Oct. 5 | 12-9 p.m.
@Central Broward Park & Broward
County Stadium
Lauderhill, FL

Revolution Live Sunday Jazz Brunch

Oct. 6 | 11 a.m. - 2 p.m.
@Esplanade Park
Ft. Lauderdale, FL

Dunn's Run 5K Walk & Run

Oct. 6 | 7:30 a.m.
@Deerfield Beach

Les Miserables

Oct. 8-20 | various times
@Au-Rene Theater at the Broward
Center For The Performing Arts
Ft. Lauderdale, FL

We taste tested “fake” burgers to find the best one

By: Student Media Staff

“Fake” burgers have been popping up at many fast food restaurants within the past few years, but even more so recently. Student media staff Sarah Goltsman, RadioX’s program director; The Current’s Kelsey Bruce, arts and entertainment editor; and Mario Lorrimer, business manager, tested out various frozen and fast food burgers so that we could let you know where to go when you’re having a burger craving but want to cut down on red meat. Along with their reviews, they rated each burger on a scale of 1-10 for “Would you eat it again?” “Did it fool you?” and “Is it good?” “1” meaning the burger was overall bad and “10” meaning the burger was overall good

Boca Burger \$ - without bun and toppings

The Boca Burger is a frozen burger found in most grocery stores. Boca Burgers have been around for what feels like ages and are one of the easiest to find veggie burgers. To see if they held up to their history, our staff tried the “Original Turk’y Veggie Burger,” a patty of mainly soy protein concentrate and wheat gluten.

SG: “It tasted nothing like meat, but it was pretty good. I would eat it again if I had a bun or some hot sauce. Did not fool me.”

KB: “The Boca Burger tasted like ambiguous tough something-or-other. It was pretty bland, but I think drowning it in hot sauce would help.”

ML: “The worst compared to the others. The patty wasn’t horrible, but it just wasn’t the best. It had a very sweet taste, and chewing it felt like I was eating a vegetable. The texture was coarse and a bit lumpy. My disappointment is immeasurable, and my day is ruined.”

Eat Again: 6.3

Fooled: 3.3

Good: 7

BurgerFi’s Beyond Beef Burger \$\$\$

BurgerFi’s Beyond Beef Burger comes on a bun with lettuce, tomato, onion, pickles, ketchup and mustard. Beyond Beef is also sold in stores in various forms such as crumbles, patties and sausages, all of which use pea protein isolate as their champion ingredient, along with beet juice for the meat-like color.

SG: “This burger wasn’t good at all and I really didn’t like how it tasted. It was sort of cardboard-y and needed a spice or two.”

KB: “This smells like vegetables and also weirdly tastes like those veggies they cook at hibachi places. I dig it.”

ML: “BurgerFi’s burger was decent; it had a very sweet taste to it. It also had a very similar texture to a beef patty. The patty had slightly more resistance as I chewed when compared to a normal burger. It had accents of plants, but not enough meat flavor.”

Eat Again: 6.7

Fooled: 5

Good: 6.7

Burger King’s Impossible Whopper \$\$

The Impossible Burger is just recently beginning to be offered in stores, although it’s not found very easily just yet. Right now, the best bet is to find the soy and potato-protein patty in restaurants. Burger King’s take on the Impossible Burger has been hailed as tasting just like the real Whopper — but can it stand up to the test?

SG: “This one was shockingly meaty, but in a fast food type of way. It didn’t taste gourmet, but it was pretty legit. I’ve never had a real Whopper before, but if you didn’t tell me it wasn’t meat, I wouldn’t have any questions.”

KB: “Pretty accurate naming here. I’m really not sure if this wasn’t a burger imposter. It tasted exactly like a Burger King burger, which is alright if you’re in the mood for it.”

ML: “My top choice in this comparison. The advertisements are not a lie. It tastes exactly like a normal whopper and has that nice smoky aftertaste. The texture is just right, and I am very satisfied.”

Eat Again: 8.7

Fooled: 10

Good: 10

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STAFF PICKS:

What is one consistent thing in your
life you are grateful for?

By: The Current Staff

Kathleen Crapson, chief of visual design, said:

“Throughout the years, I am grateful for my individuality. There are times where 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 where 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 sappy to say, but for me, it’s definitely my family. In hard times, during periods of adjustment or even just a casual accomplishment, they are always there for me and I, them. It’s comforting to me to know that no matter what struggle I face in my life or whatever accomplishments I receive, I will always have someone in my family that I can celebrate or get comfort from. Sometimes in life, especially in the constant changes that are going on in college, it’s important to have people or things in your life that you can rely on, and for me, that’s always been, and hopefully will always be, my family.”

Kelsey Bruce, arts and entertainment editor, said:

“Something I am truly grateful for in life

is art of all kinds — music, poetry, painting. While these things are all beautiful on the surface, to me, they’re also a clear reminder of the humanity we all share. Art makes me feel more in touch with myself and closer to others. Looking at or listening to art grounds me to the world around me because I can see that my feelings are tangible creatures that other people have held.”

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

“I’m 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 get so 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 cliché, but I am incredibly grateful for 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 the 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 remember how lucky I am.”

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 downpour 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’m here 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 you when you know you have good friends. Shout out to all my homies.”

Check us out online at
nsucurrent.nova.edu



SOUNDBITE



Girl in Red

By: **Hannah Egozi**
Contributing Writer

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 songs in 2017, it was not until recently that she began gaining notoriety on a global scale, appealing to the teenage demographic. Her music has a unique sound, but it is the message in her music that has raised her popularity.

Not unlike other artists, Ulven began her career by posting her music on SoundCloud under the username “lydiax.” 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 68 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 used

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, “Girls,” 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.

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 films you can watch: dolls, zombies, classics, monsters and more. The best of the best are the 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.

It

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 a movie about a demon clown 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 Pennywise, the movie’s antagonist clown, 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.

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.

The Nightmare Before Christmas

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 the “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.

Get spooky without spooking 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 fun 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 totally doable 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. Really embrace your inner vampire with your canines. If you’re afraid of some public ridicule, they can be easily hidden when you talk or smile and most short ones won’t invoke a lisp.

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 it 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 buns 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. Match 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 Halloween graphic tee. Target or Five Below can be your best stores to score some of these

Halloween trends if you don’t already have them in your closet.

Pins and Stickers

For the RedBubble obsessed or those who traveled down to Hot Topic from time to time, pins and stickers might be a way to really add some spook 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 and or bell sleeve. This wide open sleeve concept is reminiscent of a different age, mainly Renaissance and is a recognizable style for characters like Morticia Addams, or capes worn like Dracula. Dress this style up or down for maximum effect and set your inner bat free.

Accessorize to the max

For the low-key style icon, you can use

your eclectic collection of jewelry, socks, outerwear 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.

There are plenty of ways to celebrate this holiday season, but don’t settle for just the “week of.” Make the most of this holiday season, decor and fashion included. There is nothing wrong with going all out or going for the subtle look. So feel free to try out these style tips or try out some of your own to make the most of the spookiest time of the year.

ATHLETE OF THE WEEK:

Michael "Trey" May

By: Cameron Pritchett
Sports Editor



PRINTED WITH PERMISSION FROM NSU ATHLETICS

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.

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.

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BOOKS & BREWS

On The Bench:

Football season has just begun and so have the injuries

By: Jacob Meshel
Contributing Writer

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-Pros 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.



THIS WEEK IN SPORTS HISTORY



By: Flor Ana Mireles
Copy Editor

October 1

Yachting begins in England

1661 marked the beginning of yachting as a sport in England. King Charles II beat his brother James, the Duke of York, when racing from Greenwich to Gravesend.

Cincinnati Enquirer published first baseball report on reserve clause

In 1879, the Cincinnati Enquirer published the first report on baseball’s reserve clause, which states that the rights of players are retained by the team upon the contract’s expiration.

October 2

Babe Ruth hits 59th homerun

Baseball legend Babe Ruth hits his then 59th homerun in a 7-6 win against the Boston Red Sox at the Polo Grounds in New York City.

October 3

First Hispanic player to appear in World Series

Cuban Dolf Luque became the first Hispanic player to appear in Baseball World Series in 1919, pitching one inning and defeating the Chicago White Sox in Comiskey Park.

O.J. Simpson found not guilty of the murder

NFL running back O.J. Simpson is found not guilty of the murders of his wife, Nicole Simpson, and Ron Goldman on Oct. 3, 1995 in Los Angeles.

October 4

The New York Giants become the first team to play in four consecutive World Series

1924 marked the year that the New York Giants became the first team to play in four consecutive World Series games winning Game 1, yet overall losing the series.

October 5

Canadian Interprovincial Rugby Football Union plays its first game

In 1907, the Canadian Interprovincial Rugby Football Union (IRFU) plays its first game. Montreal beat Toronto 17-8 at this home game.

Marion Jones admits to using steroids

Triple gold medal winning American sprinter Marion Jones admitted in 2007 to using steroids in 2000 and 2001 and also pleaded guilty to having lied to federal investigators. At that moment, the sprinter retired and her medals were returned to the United States Olympic and Paralympic Committee.

October 6

First American Chess Congress hosted

1857 marked the year the American Chess Association hosted the first American Chess Congress, a series of chess tournaments originally held in New York City.

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ON DECK

MEN’S SOCCER

@Flagler
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St. Augustine, FL



Camper Appreciation Night
v.s. Florida Tech
Oct. 5 6 p.m.
NSU Soccer Complex

MEN’S SWIM

@Rollins
Oct. 4 4 p.m.
Orlando, FL



@Florida Tech
Oct. 5 10 a.m.
Melbourne, FL

MEN’S GOLF

Shark Invitational
@PGA National Golf Club
Oct. 7 all day
Palm Beach Gardens, FL

WOMEN’S GOLF

Bubba Burger Jacksonville Classic
@Marsh Landing Country Club
Oct. 1 all day
Ponte Vedra Beach, FL

Shark Invitational
@PGA National Golf Club
Oct. 7 all day
Palm Beach Gardens, FL

WOMEN’S SOCCER

v.s. Barry
Oct. 2 7 p.m.
NSU Soccer
Complex



@Florida Tech
Oct. 5 7 p.m.
Melbourne, FL

WOMEN’S SWIM

@Rollins
Oct. 3 4 p.m.
Orlando, FL



@Florida Tech
Oct. 5 10 a.m.
Melbourne, FL

WOMEN’S VOLLEYBALL

@Tampa
Oct. 4 7 p.m.
Tampa, FL



@Saint Leo
Oct. 5 4 p.m.
St. Leo, FL

WOMEN’S ROWING

Scrimmage
@UCF
Oct. 5 TBA
Orlando, FL





Trick questions are a sure-fire way to maximize student stress

By: Kelsey Bruce
Arts & Entertainment Editor

As the semester rolls on, everyone has spent a little more time testing and a lot more time stressing about testing. After all, it's just 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 misspelling or swapping out nearly-identical terms out of context, both of which could just as easily have been typos.

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 damndest to trick you out of hours of

studying!" I've spoken with students who could essentially recite all the contents of the lecture back to you, but they get back 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?

By: Emma Heineman
Features Editor

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 passions 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 his initial opposition to the aid prompted concern

nevertheless.

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.

embrace



HALLOWEEN



Halloween is now

By: Kelsey Bruce
Arts & Entertainment Editor

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 Halloween socks from T.J. Maxx a few weeks ago, and my feet are happy everyday I wear them.

Halloween season is really the time of year to indulge your inner child. While it might not be practical, letting yourself buy some toys while snacking on sugar is just plain fun. It's the season to literally smack a hat over your insecurities and forget all responsibility. Embracing the whimsical makes each day go by a little faster and softens the blow of any heavy-hitting life situations. Life itself is stressful, and Halloween can be seen as a time to destress. No wonder people want to participate in it as long as possible.

And hey, if you want to leave those decorations up until December, then that makes absolute sense. You're getting your money's

worth and having really sophisticated home decor while doing so. The entire season of fall might as well be Halloween. With all the movies to watch and rewatch, the spooky confections to bake and quality time to be had, you need as much time as you can muster. Plus, have you really celebrated Halloween if you haven't put together more than one costume? Why just be a witch on Oct. 31 when you could also be Pennywise the Dancing Clown or a fairy on other days?

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 the holiday at hand, but that's not really true. Just because you've been 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 chose to do that is completely up to you.

Let your inner kid out this Halloween

By: Flor Ana Mireles
Copy Editor

With the month of October now among us, it is officially the start of spooky season. The question, however, is the following: Are we ever too old to celebrate Halloween? Well, the answer is quite simple, no. Halloween is a holiday that should be celebrated whether you're 6, 16 or 26 years old.

Despite trick or treating being an activity targeted towards children, there is nothing wrong with putting on a cool costume and walking around the neighborhood with a pillowcase full of candy as an adult, and while your dentist might disagree, nothing's quite as satisfying as filling your mouth with sweet or sour candy and chocolate. Halloween is a time to have fun, be creative, and be weird. It is also the perfect time to incorporate spooky and kooky themes into your day. Whether this means scary things is entirely up to you, but there is nothing wrong with letting yourself get scared during this time of year. Personally, I avoid anything horror related, but when Halloween rolls around, I doggy paddle into those scary waters. Perhaps this year, however, I'll let myself swim a little deeper and get more scared because, at the end of the day, it's all about having fun and getting

your adrenaline pumping.

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. We're too 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 for personal reasons and that's okay too. This however does not mean it's okay too bash on those who go all out for the holiday. Once again, Halloween is a time to be wacky and have fun, thus 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.

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.

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. However, after watching this remake, many fans were disappointed. Although they expected the final production to be worse, fans were still expecting it to be lively and from a fresh, new perspective. They didn't receive any of that but rather a flashier and commercialized version of their childhood favorite. The critics were much nicer in their overall evaluation than the viewers. However, they heavily criticized Smith's acting in comparison to the legend, Robin Williams. Overall, audiences were not impressed by this "cash grab" made by Disney. But let's look at how "Dumbo" did.

"Dumbo" hasn't really been a fan favorite due to its original movie being released in 1941. However, the trailer with the beloved actor, Danny DeVito, grabbed audiences' attention. This attention was due to the idea of this movie being remade, revisiting the work of Tim Burton and seeing actors like Danny DeVito take the

stage again. But the hype for this movie was short lived. Viewers and critics had nothing but negative comments 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 heartwarming 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 animated 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 three movies 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 treat others with respect, and I think that is the same for most of my peers. So, the older generation acknowledges that there should be a level of acceptance and teaches that to the next

generation but doesn't actively follow the lessons they preach. Interesting, but nevertheless, we do and have made a point of that in our workplaces, our friendships and our general interactions.

Think of it this way. It used to be a big deal for an actor to be out as gay or any other gender or sexually-based identity. But now, we have trailblazers in that field who are known more by their work and less by their personal lives. In fact, it's an afterthought. That's the same in general society as well. When people my age meet each other and discover that their friends don't identify with what is considered gender normative pronouns or identities, it's less of an "Oh My" and more of an "Oh, cool." Yes, it may take a moment for us to adjust the perspective you have of that person and that is the same with any new information you learn about a person. But, it doesn't mean that we would end the relationship or the interactions with that person, as it meant in the past. I mean I would be lying if I say I haven't truly sat down and thought to myself that maybe I don't strictly sit in the "box" that I was accustomed to. I can say that if a person I were to date or interact with, was transgender or didn't identify to gender norms, I wouldn't be totally against that idea, if the stars align. I also don't feel I'm alone in that 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 with the change, but come on now. 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?



"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 SI [supplemental instruction] Sessions and allowing office hours to be open for the professors to answer students questions."

-Denise Leak, sophomore biology 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."

-Nicolette Schneider, freshman nutrition major



"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 SI 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!,"

-Dario Altamirano, junior chemistry 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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