

9-24-2019

The Current Volume 30 : Issue 5

Nova Southeastern University

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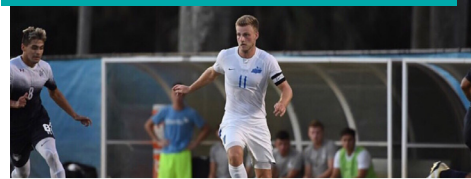
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HCA hospital hits a construction milestone

By: Christina McLaughlin
Co-Editor-in-Chief

Since the property was purchased by the Hospital Corporation of America (HCA) in 2016, NSU and HCA have been collaborating on constructing a new hospital. This semester, HCA has been working on this new project with Brasfield & Gorrie construction and now are about 50% complete with the project.

This new hospital will serve as a replacement for Plantation General Hospital as they will be closing after the completion of the Davie location. This property sits on the northside of what is referred to by facilities management as academic village at the corner of South University Dr. and Southwest 36th St. Expected to be completed by December 2020, this site will house a four-story 308,000 sq. ft main hospital building, an executive medical office building (MOB) and a seven-story parking garage.

According to Josh Rodriguez, assistant supervisor on the HCA project from Brasfield & Gorrie construction, the project is just shy of 50% completion with the majority of the buildings to be “topped out,” or the last structural pieces of the building set in place, by the end of this week.

“We will reach a milestone this week and top out the main hospital building. The central energy plant has already been completed and topped out since July,” said Rodriguez.

This central energy plant is a separate building that holds all of the main mechanical, electrical and plumbing components for the

facility and runs all the wiring and piping underground to each building. This makes it easier to maintain and locate issues in the system in case problems arise.

Currently, the HCA MOB doesn’t have a contract for the buildout of the offices. It will also be considered a cored shell, meaning the building will be completed to the bare minimum requirements to pass inspection until a contract for the interior is signed. In the near future, the existing medical clinic on this property will be tied into the HCA facilities.

“The existing E.R. will be tied in eventually. We haven’t started working on how that will work exactly, we are just [continuing construction alongside the existing E.R.] right now. It is still open and operational,” said Rodriguez.

HCA and Brasfield & Gorrie are a new relationship to the NSU community. This new collaboration has opened the door to opportunities to work with these companies and collaborate between NSU and HCA.

“We’ve got a great relationship with them [through this project]. They’ve been very cooperative. The road work they have done, they have been working through the night sometimes [to prevent closing the access roads to the university], for instance. It’s been going very well,” said Randy Seneff, executive director of design and construction for NSU.

Taking into account the university’s focus of medical research and post-graduate degree



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A look into the progress of the main entrance of the hospital, on the west side of the building.

programs in the medical field, NSU hopes to work with HCA professionally with their students.

“I do believe there will be collaboration between HCA and the Health Professions Division. I can’t speak to [the collaboration.] but [having this facility nearby] is beneficial for NSU students. There is potential for it benefitting students with a possible HCA, HPD

and the Center for Collaborative Research with some kind of link there as well,” Seneff continues. “Just in general, it will promote the development of the north half of Academic Village. This is the catalyst for the Academic Village. Now the hospital is being completed, there really shouldn’t be anything that should stop us from finishing from developing this area [of the university].”

“Suicide Prevention is Everyone’s Business”

By: Kelsey Bruce
Arts & Entertainment Editor

“The most important thing [in suicide prevention is to not be] afraid to ask.”

Scott Poland, Co-director of the NSU Suicide and Violence Prevention Office and psychology professor

Co-director of the NSU Suicide and Violence Prevention Office and psychology professor Scott Poland will be heading a discussion on suicide prevention on Thursday, Sept. 26 from 2 - 4 p.m., which will take place in the Adolfo and Marisela Cotilla Gallery located on the second floor of the Alvin Sherman Library.

As suicide is the second leading cause of death for people between ages 10-34, Poland hopes to hone in on different aspects of prevention. He broke these down into three main points. First, the audience will learn about suicide prevention, which involves detecting signs of a person who is suicidal. Second, Poland will discuss intervention or what to do once you have identified a potentially suicidal individual. Third, he will discuss the sad matter of 8: Postvention, which he described as “a

series of planned activities to help everybody in the aftermath cope with their grief and confusion.”

Beyond that, those that attend the discussion will learn about misperceptions and myths regarding suicide and resources for suicide prevention. Specifically, Poland will speak on the Means Matter campaign, which promotes the idea that taking away the available means to commit suicide will reduce suicide rates.

To expand, Poland says, “There’s a variety of research from all over the world: you take away the lethal means, which in America most prominently is the gun, you raise the barrier on the bridge, and suicide rates go down. People talk about suicide as if it is someone’s fate or destiny, but it is a very situational problem. Most people that are stopped from committing

suicide or those people that actually survive an attempt never go on to make another attempt.”

In addition, participants will learn about mass clusters and point clusters. Mass clusters involve an increase in suicides over a cluster of time and are associated with celebrity or media influence while point clusters are geographically based. Poland shared that adolescents are especially susceptible in these cases as they are more likely to imitate suicidal behaviors.

For those that cannot attend the event, Poland advises that, “the most important thing [in suicide prevention is to not be] afraid to ask.” He said that we should avoid giving those we are concerned about pep talks or otherwise dismissing their emotions. Instead, we must focus on listening, reaching out and being there throughout an individual’s recovery process.

Poland also noted that although most mass

shooters in the U.S. have been suicidal, the vast majority of suicidal individuals never have any thoughts of harming anyone but themselves. Therefore, you should not feel afraid to approach any suicidal individual.

“I hope that we will increase awareness of the problem of suicide in our country and everyone will have better understanding of what to look for and what to do. I hope they’ll know the warning signs of suicide and the guidelines of prevention,” Poland stated in regards to his hopes for the event.

Those interested in having Poland or another member of the NSU Suicide and Violence Prevention Office speak at an event may make a reservation online at www.nova.edu/webforms/suicideprevention.



global news, courtesy of the current

Canadian prime minister's brownface accusations

Brownface accusations against Justin Trudeau, Canada's prime minister, have arisen in the wake of national elections which are scheduled to take place next month. Controversy formed surrounding the prime minister's past actions after Time magazine published a photograph from 2001 depicting Trudeau in brownface makeup at a party for a private school where he taught. Another photo depicting Trudeau in brownface as a student has also emerged. Since the photos resurfaced, the prime minister has publicly apologized, admitting that his past actions were racist. According to BBC News, Trudeau said he "deeply regretted" his actions and "should have known better." Especially since Trudeau positions himself as a champion of social justice and inclusion, a strong response has been elicited from the Canadian media and the public. A BBC reporter explained that these photos will no doubt have a lasting impact on Trudeau's bid for re-election.

Greta Thunberg speaks before United States Congress

Last Wednesday, Greta Thunberg, a 16-year-old Swedish environmental activist, spoke before U.S. Congress and warned legislators of the risks of ignoring scientists. Thunberg has devoted much of her young life to raising awareness for global climate change and holding politicians accountable for their lack of action on the climate crisis.

According to The New York Times, she called out members of Congress in the House Ways and Means Committee when she said, "This is the biggest crisis humanity has ever faced, you cannot solve a crisis without treating it as one." Thunberg first gained widespread attention in 2018 when she skipped school at the age of 15 to demonstrate outside the Swedish parliament for stronger climate action. Since then she has become a global climate activist leader and has inspired student-led climate demonstrations across the U.S. and the world.

Saudi oil facility attacked

Last weekend, a major Saudi oil processing plant and an oil field were targeted by a series of air attacks. According to NPR, images from commercial satellites released by the U.S. government showed at least 17 points of impact at the two sites. The larger of the two facilities, known as Abqaiq, are among the most important oil production facilities in the world. Following the attack, Houthi rebels in Yemen claimed responsibility for the attack and announced that they had launched 10 drones against the Saudi facilities. While the group has conducted drone attacks in Saudi Arabia in the past, evidence of the 17 points of impact have led many to believe that they did not carry out the attack. In the wake of the attack, Trump authorized the release of oil from strategic petroleum reserves in order to counter the effects on gas prices in the U.S.

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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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Border wall threatens historical sites

According to the National Park Service, 17 archaeological sites are in danger of being partially destroyed by Trump's border wall construction. According to The New York Times, "Natural and cultural resources in the Organ Pipe Cactus National Monument, 517 square miles of mountain ranges and desert land, would be put at risk from the building of the wall, the park service determined in a remarkable report that raised questions about one of the president's most cherished policy initiatives." The Old Salt Trail and Quitobaquito Springs are two of the historical sites that are endangered by the construction plans. Artifacts related to civilizations dating back 16,000 years have been found throughout the area.

School shooting outfits cause outrage

Bstroy, a New York street wear company, released hoodies last week that have sparked outrage from the survivors of school shootings. According to The

News Anchor

Stay up to date with national events.

New York Times, "The backlash began immediately after the company posted photos on Instagram of the bullet-hole-riddled hoodies with the names of schools where dozens of students have died in mass shootings: Columbine, Sandy Hook, Marjory Stoneman Douglas and Virginia Tech." The company has not responded to the outrage.

New Mexico plans free college for residents

Last Wednesday, the government of New Mexico announced a plan to waive tuition fees for all state residents, regardless of socioeconomic status, at public state colleges and universities. According to The New York Times, the proposed program "requires legislative approval [and] would apply to all 29 of the state's two and four year public institutions. One of the poorest states in the country, New Mexico plans to use climbing revenues from oil production to pay for much of the costs." Officials believe this plan will reduce the dropout rate.

Opportunities to serve with SLCE

Sharks and Service

By: Madelyn Rinka
Co-Editor-in-Chief

NSU's Office of Student Leadership and Civic Engagement's (SLCE) Sharks and Service (SAS) trips for winter will take place in New Orleans, Louisiana, and Houston, Texas, on Dec. 7-14 and Dec. 8-14, respectively. Both trips will focus on relief from damages left by Hurricanes Katrina and Harvey.

"It's going to be interesting because we're going to have both of them go out at the same time and then have the same reorientation process. We're hoping to do those two groups together," said Alisha Nelson, the graduate assistant for service initiatives. "The one group going to New Orleans will talk about what hurricane relief looks like even 15 years later and same with Hurricane Harvey, what it looks like two years later."

Students who go on the SAS trip to New Orleans will also be partnering and working with NSU undergraduate public health students for half of the week.

Both trips require education and some amount of manual labor, and Nelson said not to really think of them as "breaks," although students will have at least a half-day to explore the area.

"We make sure our basic needs are met, which means you'll have a bed of some sort, you'll have a roof over your head but it's nothing like hotel living, it's not a five star resort. It's a cost-effective type of trip where we're learning and growing together," explained Nelson.

There are fees associated with both trips, although Nelson said they try to keep the domestic trips under \$400, which can be paid in payments. It has not yet been decided if the Houston trip will require airfare, therefore the exact price of the trips has not been determined. SAS will have several different fundraising opportunities to help cover costs as well.

Students can apply for either trip beginning Oct. 1 on SharkHub.

Service in the City

By: Emma Heineman
Features Editor

The Office of Student Leadership and Civic Engagement (SLCE) will host a series of service trips through their community service outreach known as Service in the City. Service in the City is one of the many opportunities available to students that focuses on community engagement and volunteer work. On the NSU website, the SLCE Office states their mission is "committed to empowering students with leadership and service-based educational opportunities that promote critical and creative thinking and inspire action."

Service in the City trips run on either Tuesdays or Thursdays throughout the year and are generally held between 5 and 8 p.m. Upcoming trips for the Fall 2019 semester will take place on Thursday, Sept. 26, Tuesday, Oct. 8, Tuesday, Oct. 22 and Thursday, Nov. 21. Students who attend will be working with Hope South Florida, a non-profit organization in the Fort Lauderdale area that provides emergency shelter, housing assistance and support services to thousands of homeless families, veterans and individuals. Students will be assisting with meal

service for homeless individuals in Broward County. Transportation to and from the event will be provided.

Emily Konicki, a Programming Assistant with the Office of Student Leadership and Civic Engagement and a masters student at NSU, highlighted the benefits of attending these trips. She said, "You definitely feel more connected to your community and in my opinion you can feel more connected to yourself as well because you see the small things you volunteer with can have the biggest impact. [You can also] make relationships with individuals you meet at these events. You learn so much, it's hard to say what you'll learn exactly because it depends on the site, but every trip and every student comes back and wants to do more."

Students can sign up for any of the upcoming trips on SharkHub. Deadlines vary per event, but students can always check SharkHub for available spots.

The SLCE Office can also work with an organization to document service hours if at least two members of the organization attend.

For more information:

visit nova.edu/studentleadership/service/service-trips,
email slce@nova.edu or
call (954) 262-7195.

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News Briefs

get the scoop on events happening on campus

Family Weekend

From Sept. 27-29, NSU's Undergraduate Student Government Association (USGA) will be bringing back parent weekend. The weekend is designed to give students the opportunity to share their unique NSU experience with their parents and family members. The itinerary for the weekend includes a plethora of activities that are planned to engage students and their families in student life. Activities will include campus tours, student and director panels, an organization fair, movie night, a beach day and much more. Tickets are \$25 for ages 17 and up, \$10 for ages 5-16 and free for any children under the age of 4. The cost of the ticket will cover Family Weekend t-shirts (while supplies last), Friday night dinner, Sunday morning breakfast, and a RecPlex gym pass. For more information, students can contact USGA at usga@nova.edu.

Innovation Leadership Experience (ILE)

The Office of Student Leadership and Civic Engagement is hosting a 10-week workshop series designed to help students identify how they thrive in different areas and give them opportunities to build networks, engage with professionals and more. All sessions will be held at Rosenthal Student Center, Room 200 from 5-6 p.m. The first of the workshops will focus on clarifying values and will take place on Sept. 30. Future workshop topics will include collaboration, interpersonal relationships, multicultural competency and leadership development. Students can sign up on sharkhub.nova.edu by searching "InNOVative Leaders Experience." Students can also contact Chandler Lackey at cl1678@nova.edu or (954) 262-8459 with any questions.

Regional American Medical Women's Association conference

On Saturday, Oct. 5, Nova Southeastern University's Dr. Kiran C. Patel Colleges of Osteopathic and Allopathic Medicine chapters of the American Medical Women's Association will host the Regional AMWA Conference in the HPD/Terry Building from

Drink Up: The importance of staying hydrated in the South Florida heat

By: Flor Ana Mireles
Copy Editor

According to a Harvard Health study, “a healthy person needs 30 to 50 ounces (about 1 to 1.5 liters) of fluid per day.” Drinking fluids is extremely crucial to our health for multiple reasons: fluids carry nutrients to our cells, prevent constipation and even flush bacteria from our bladders. Given that our bodies are made up of about 60% water, they depend heavily on water, specifically, to function properly.

Living in South Florida, we oftentimes deal with extremely hot temperatures, causing people to experience dehydration. Environments with hot or humid weather also typically mean that people should drink more water. Warning signs of dehydration frequently include headaches, less frequent urination, urine that is dark in color, fatigue and dry mouth. Dr. Julian Seifter, a kidney specialist and associate professor at Harvard Medical School also states “it’s important to stay hydrated gradually, throughout the day,” and recommends drinking water at various points throughout the day rather than all at once. Drinking water also helps our bodies to maintain their temperatures. Over the summer, multiple news sources warned viewers and readers about the increasing numbers of individuals experiencing dehydration. The Walt

Disney Parks were also advising guests to stay hydrated and telling visitors where they could find free water in the parks.

Dehydration, or the loss or removal of water in the body, can lead to swollen feet, headaches and even life-threatening conditions like heat stroke. While drinking water may be a challenge for certain individuals, beverages containing electrolytes, like Gatorade or Powerade, can also help ward off dehydration. Coffee and other caffeinated drinks help us to stay hydrated too, but oftentimes, these beverages cause us to urinate more frequently and be more jittery.

While some people tend to drink water or other fluids when feeling thirsty, others might need to be drinking fluids at multiple times throughout the day. A good way to determine if you are drinking enough water is to look at the color of your urine. If you are well hydrated, your urine will tend to be colorless or light yellow. However, if you see that your urine is amber or dark yellow, you might be dehydrated.

It’s one thing to know you should stay hydrated in the heat, but it’s another thing to actually make sure you are drinking enough fluids. Here are some tips on how to stay hydrated:

Don’t wait until you’re thirsty to drink water

According to the American Heart Association, “feeling thirsty indicates that you’re already dehydrated.” They suggest sipping something regularly or drinking a glass of water before and in between meals.

Carry a reusable water bottle with you

Sometimes you forget to drink water simply because you don’t see water in front of you. Having a reusable water bottle might make it easier for you to drink water, especially when you have a bottle with a cool design.

Drink water before, during and after exercising

Fluid escapes your body when you sweat. Therefore, it is important to get those fluids back into your body after working out. It is also important to make sure to drink extra water or beverages with electrolytes to keep yourself healthy while working out.

Eat more fruits and vegetables

Fruits, like grapes and watermelons, and vegetables, like lettuce and celery, contain a lot of water and eating them is a great way to ensure you’re staying hydrated without having to drink water directly.

Track your water intake

Apps, like Drink Water Reminder and My Water Balance, are interactive and efficient ways to keep track of how much water you drink throughout the day and make sure you are reaching your water intake goal.



Phenomenom Nitrogen Ice Cream

By: Nabeeha Nuba
Contributing Writer

Located just about a mile away from NSU, Phenomenom Nitrogen Ice Cream is situated inside the Tower Shops at University Drive. Whether you are craving a sweet treat or looking for a place after a hot day of shopping, Phenomenom Nitrogen Ice Cream is the right place for you.

Entering the place, you will be welcomed with a radiant looking sign that says Phenomenom Nitrogen Ice Cream. Hanging on the wall, the colorful menu is ready for customers to view before placing an order. For convenience, the cash register and display of the cookies are placed right beside the menu for easy and fast ordering. A cashier is either present in front of the cash register or helping in the back to prepare an order. So, don’t hesitate to call out when you are ready to order. Sitting at any table, you are able to have a good view of your nitrogen ice cream being prepared. Furthermore, multiple single chairs are placed along the entrance of the shop for customers who placed an order to go. Thus, the overall atmosphere appealed to me as a jovial place where I will be able to enjoy ice cream to my heart’s content.

The menu provides a variety of reasonable options that will most definitely fit in your budget and satisfy your cravings. In a Cup gives the customers an option to customize their ice cream, from their choice of flavor to their choice of blend-ins and toppings. Phenomenom Nitrogen Ice Cream serves about 11 different flavors along with 25 blended noms and 8 topping noms. Nom-Noms is a fancy way of describing the add-ons to the ice cream that depict a playful and fun ordering process. If you like to be adventurous, I would suggest trying out different flavors with different nom-noms.

Aside from In a Cup, they also offer five types of gigantic cookies, five types of sundaes, and three types of waffle bowls. Furthermore, they recently added the option to enjoy pickle ice cream. You can already tell it is hard to get bored of this place!

I ordered the M&M oreo cookie sundae which consisted of a humongous M&M oreo cookie, nitrogen chocolate ice cream and whipped cream. The order was delivered within five minutes. So, if you are ever in a rush, you know where you can go to quickly grab a sweet bite. The sundae was truly mouthwatering! The taste was unique and refreshing. The cookie was soft in the middle and crunchy on the outside, which suited my preference. The sundae had two scoops of nitrogen chocolate ice cream that had an extra creamy texture topped with delicious whipped cream. Overall, the texture and the taste of the sundae gave me great satisfaction, and I know I will go back for more of these delicious treats.

Phenomenom Nitrogen Ice Cream has flexible hours throughout the week. From Sunday-Thursday, it is open from 12 p.m. to 10 p.m., and from Friday-Saturday, it is open from 12 p.m. to 11 p.m. This shop is a great place to spend quality time with friends or some quality me time by treating yourself to a delicious ice cream. Either way, you won’t be disappointed. If you are planning to have a fun weekend and go shopping at

Tower Shops, you can always visit Phenomenom Nitrogen Ice Cream. Their cups and bowls allow you to easily carry them around and enjoy your treat even while you are on the go. The top covers for the ice cream cups are placed where you will pick up orders, and if you

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have a bowl, make sure you ask the cashier to give you the top beforehand. With a limited wait time, a friendly atmosphere, and

a varied menu, I would highly recommend Phenomenom Nitrogen Ice Cream. It is, in my opinion, truly phenomenal.

How to adapt to college life like a PRO as an international student

By: Valeria Ravachi
Contributing Writer

Being an international student, it can be hard to adjust. The cultural shock may be hard, and you might feel as if you are all alone. Trust me, I've been in that situation, but don't worry. These tips and tricks will help you succeed—I know they did for me!

1. Always carry something that reminds you of home. A picture, a necklace, perfume - anything works. This will make you feel as if you're always home. See it as a reminder; if you ever feel homesick, you will always have that one thing that will remind you of where you came from.

2. Be open-minded and go to all the events on campus. It might seem intimidating at first, but breaking out of your comfort zone will make you feel empowered and confident to meet new people.

3. Remember, you are not the only one going through this phase. Talk to other international students and make them feel included. Who knows? Maybe you can make a great group of friends!

4. Join clubs! They're a great way to meet new people and learn new things along the way. You find people with similar interests, and

there will always be a conversation!

5. Breathe. It's okay to take a day for yourself and relax. Do a spa day, go out and see a movie or even shopping. This will clear your mind and distract you if you feel overwhelmed.

6. Get to know the area! Go off-campus and find cute and relaxing places such as coffee shops, libraries, shopping malls and restaurants. You can even take your new friends to a nice restaurant and have a nice meal.

7. Netflix it! Have nothing else to do or just very bored? Binge-watch International TV shows and learn how to say a few words in other

languages. This can spark a conversation with another international student, about the show or even about the words you learned to say!

It can be hard at first, but trust me, it's okay to feel the way you do, and if anytime you feel the need to talk to someone, feel free to do so. Don't feel embarrassed or scared. That's why there's the International Office of Affairs located on the main campus. It is always available for the students. There are also other resources on campus, like Henderson Counselling Services, that can help you through your big transition into college.

Reproductive rights: then and now

By: Kelsey Bruce
Arts & Entertainment Editor

Gaining and maintaining reproductive rights has been an uphill battle for women and transgender individuals who are able to become pregnant. As abortion bans have developed across at least 15 states, according to the Atlanta Journal-Constitution, it's important to understand how reproductive rights might change. To do so, it is helpful to review the legal and social precedents that have shaped abortion access as it stands today.

Second wave feminism

According to Vicki Toscano, an associate professor in NSU's Department of History and Political Science, second wave feminism, prominent in the late 60s and 70s, was the first instance in which reproductive rights were framed as a feminist issue that was necessary for equity. Toscano said that several states around this time were moving towards less restrictive abortion laws. A few states, such as New York, repealed their abortion laws while other states made exceptions for therapeutic abortions. In response, Catholics and other groups began to argue against the more liberal abortion laws. Thus, Toscano suggested the factions were

setting up a battle between fetus and pregnant individual.

Roe v. Wade — 1973

Rather than being argued as a part of this battle, Roe v. Wade, which ended up granting the right to abortion across the US, according to Oyez, framed abortion as a medical privacy issue. The case was judged based on whether restricting abortion violated the right to privacy in terms of medical procedures as granted by the 14th amendment.

Toscano shared that many view Roe v. Wade as "interrupting the natural, social and legal movements that would have happened."

In addition, Roe v Wade allowed a 24-hour waiting period for abortion, which impacted those who have to travel to find a clinic or who have limited financial ability.

Hyde Amendment — 1976

Meanwhile, the Hyde Amendment came along shortly after to address funding for abortion. According to Planned Parenthood's website, the Hyde Amendment bars federal funds from paying for abortions with some exceptions

for cases of rape, incest or endangerment to life. This means that states must determine funding for abortion on their own and most states do not allocate funds to the issue.

As provided by Toscano, this means that the most vulnerable people who rely on Medicare or Medicaid do not have access to abortions. This is why organizations such as Planned Parenthood arose to provide low-cost abortions, and why potential cuts to their funding, such as the recent Title X cuts, could have a significant impact on access to abortion.

Planned Parenthood v. Casey

According to Toscano, Planned Parenthood v. Casey addressed issues that Roe v. Wade left untouched. It allowed states to establish regulations on abortion on the basis that state governments should be interested in fetal rights provided they do not create substantial obstacles in the path of a person seeking an abortion.

Impact

As these legal and social battles have been dealt with, one aspect remains consistent: disproportionate, harsher impact on

marginalized and low-income communities. These discrepancies stem from multiple factors including financial ability and geographically-based and available resources.

About this, Toscano said, "with abortion law in general, there's always a different impact on marginalized communities especially in terms of race. Even with Roe v. Wade — when reproductive rights are strong and are supposed to exist everywhere — what you see is pregnant people who are most vulnerable having difficulties. As restrictions occur across the board for everyone, it's those groups that are hit the hardest."

Now

All abortion restrictions are evaluated based on the law set by Planned Parenthood v. Casey. As precedents are set, what a "substantial obstacle" to an abortion is defined as may change. However, one thing is certain: the more substantial the obstacles that are allowed, the less access people in the US have to abortion.

How safe is sunscreen for your skin and the environment?

By: Flor Ana Mireles
Copy Editor

The American Academy of Dermatology states that skin cancer is the most common form of cancer in the U.S. with 9,500 individuals diagnosed daily. Given we live in the Sunshine State, we are constantly exposed to the sun's rays and the heat they give off. Everyone has heard of the benefits of putting on sunscreen to prevent sunburn and sun damage on the skin, but how often do we actually take that advice?

Sunscreen was invented in the 1930's by Austrian chemist Franz Greiter and had a sun protection factor (SPF) of two. As time progressed and advances occurred, SPF ratings continued to increase, and now we typically see SPF of 15, 30, all the way up to 85. Despite SPF ratings going up to 85, the actual highest SPF rating sunscreen can go to is 50 SPF with 98 percent protection from UV rays. There are also two categories in which sunscreen falls under: physical and chemical. Physical sunscreen contains minerals that deflect the sun's rays while chemical sunscreen uses synthetic compounds to absorb UV light before it reaches

the skin.

Some of the active ingredients in sunscreen include octisalate, octocrylene and octinoxate. These chemical filtering ingredients, despite being marketed to protect skin from the sun, are actually not good for the skin. Parabens and phthalates are also typically found in sunscreen, which have been known to interfere with the normal genitalia development in men and cause breast cancer in women. Oxybenzone is another typical ingredient found in sunscreens that acts as a synthetic estrogen that can disrupt hormone levels. A recent study conducted by the FDA showed that most commonly used sunscreens contain chemicals that get absorbed into the bloodstream at potentially toxic levels.

So, what sunscreen do you turn to that won't let you down? Well, according to Dr. Sophie Balk, a physician at Children's Hospital at Montefiore and a member of the American Academy of Pediatrics Council on Environmental Health, sunscreen should not actually be the first defense for protection against the sun. "You should turn

first to lightweight clothing, hats and sunglasses and only put sunscreen on what's exposed," says Balk. It is also advised to avoid being in the sun when the most intense rays are out, which is between 10 a.m. and 4 p.m.

There have also been brands to come out with natural and toxic-free sunscreens that contain healthy and environmentally friendly ingredients. Juce Beauty has an organic sunscreen with SPF 30 valued at \$16 that has 20 percent zinc oxide, is moisturizing and is good for acne-prone skin. 100% Pure also has a sunscreen that resembles a deodorant stick priced at \$38 that, as the brand name suggests, is made with 100 percent certified organic ingredients and has an SPF of 30 as well. Goddess Garden Organics also has a facial sunscreen that, once dry, makes for easy makeup or moisturizer application and is priced at only \$13 on Amazon. It's also made with organic ingredients such as aloe, avocado oil and lavender.

Sunscreens are not, however, just affecting us, but also the environment. Coral reefs are

intoxicated by the vast amounts of oxybenzone being released into the ocean. The Ocean Foundation states that, "a single drop of this compound in more than 4 million gallons of water is enough to endanger organisms." With that said, it is estimated that 14,000 tons of sunscreen are being deposited into the ocean annually.

To make a difference, many companies who make sunscreen have joined the coalition of the Safe Sunscreen Council in hopes of raising awareness, further studying the issue and supporting the adoption and development of safer sunscreen ingredients for both humans and the environment. While sunscreen shouldn't be your first option for protection against the sun's intense rays, one should at least know their options. Safer sunscreen alternatives are available and you can always throw on a sun-protective shirt.

Want to write for the Current?

Come to a meeting to learn more!

We meet on Tuesdays, at 12:30 p.m. in SAB 104



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SOUNDBITE

Pity Boy

By: Kelsey Bruce
Arts & Entertainment Editor

Catharsis is an experience we long for regularly, without even knowing it. We want our hearts to ache their trouble out and our tears to exfoliate our skin and make us feel new again, or at least different. There isn't much that does that for me outside of emotional vulnerability, but singer-songwriter Mal Blum has teamed up with electric guitarist Audrey Zee Whitesides, bass player Barrett Lindgren and drummer Ricardo Lagomisino to twist their own vulnerability into something fun, punk and unapologetic.

In their new album "Pity Boy," a subtle pun on the phrase "pretty boy," Blum keens out tales of their past cyclic relationships and not-quite-past bad habits in a way that provokes listeners to do the same. This unique piece of punk is self-reflective and high-energy. Its composition leaves no string untouched, be it of heart or guitar, and all the tracks on the album build a blatant skin-shedding atmosphere with electric strumming and thundering drum lines.

"Not My Job" is a catchy rise-and-fall track that uses bass as a poignant root while letting off steam with guttural, elating guitar. All the while, Blum sings a spirited chorus: "If I have to, I'll

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kill off my better self/I promise you that I will/I promise you that I will." In their words, you can feel their anger and the ache of emotional healing like it's your own — maybe because it is. Blum has incredible talent in fleshing out those ineffable feelings we all know but never

really share or even articulate to ourselves.

Indeed, their unquestionable empathy shows through again in "Salt Flats," a melancholy yet bravely hopeful song that calls attention to how we sometimes welcome toxicity into our lives, or at least allow it to stay. The track starts

off with deep, twangy guitar, then segues into soft, heartsick vocals. The bass, electric guitar and drums all join in, adding the kind of soul-wrenching depth to the song you might feel after reading your favorite poem or finishing the last season of a treasured TV show.

Other tracks on the album such as "Black Coffee" and "Odds" maintain the self-deprecating humor and quirky wistfulness present in Blum's early music, which includes "You Look a Lot Like Me" and "Every Time You Go Somewhere." Meanwhile, songs "Did You Get What You Wanted," "Things Still Left to Say," and "I Don't Want To" epitomize the resilient punk attitude "Pity Boy" is so successful in creating.

Overall, "Pity Boy" is successful in establishing distinctively powerful, gingerly hopeful anthems for anyone going through growing pains. It's worth noting that LGBTQ people might specifically find a home in Blum's music as they and other members of the band are transgender, adding a whole other layer of earnestness to Blum's skillfully crafted music.

OFF SHORE CALENDAR

Tips and Tricks on Affording College
Sept. 25 | 6:30 - 7:30 p.m.
@Stirling Road Branch Library
Ft. Lauderdale, FL

Nonpoint
Sept. 26 | 6 p.m.
@Revolution Live
Ft. Lauderdale, FL

Wesley Safadao
Sept. 27 - 28 | 9 p.m. - 3 a.m.
@DS Sports Plex
Deerfield Beach, FL

Seafood Fest
Sept. 28 | 5 - 10 p.m.
@2801 North Federal Highway
Boca Raton, FL

Artwalk
Sept. 28 | 6-11 p.m.
@MASS District
Ft. Lauderdale, FL

Day Party Day Party
Sept. 29 | 5 p.m. - 10 p.m.
@27 Bar and Lounge
Ft. Lauderdale, FL

Spicing Up (Cheap) Foods

By: Laurel Gallaudet
Contributing Writer

We all know that it's hard to eat well on a college budget while still making sure the food satisfies your taste buds. If you try and claim you never shop at Walmart, don't be surprised if your nose grows a few inches. Often, it's the same grind day by day — cereal, granola bar, sandwich, ramen, UC, repeat — with an occasional splurge that leaves you with the urge to look at your bank account and cry. Fortunately, there are many quick and simple ways to spice up some regular, cheap foods you might have in your own kitchen cabinet.

Avocado Toast

Unless you hate avocados or have something against trends, avocado toast is something that many people have been falling over for. It's a simple snack that provides energy and quenches hunger quite well. However, for those who might be a little addicted to avocados and avocado toast, it gets a little boring after a while.

Just a few taps of something called lemon pepper — pepper, but... with lemon — adds a bit of flavor to it and spices up this simple snack really well. If you're looking to make it even a smidge more interesting, using a bagel or naan bread instead of just a plain piece of toast can add even more of that extra kick, turning your same-old college snack into a Pinterest-worthy "hack."

Cereal

One of the most basic breakfast items in almost any house you could step into is cereal, both practical and delicious for most college students. But after so many days of eating cereal for breakfast, it's not uncommon to get bored and want something a little more off-road. Although this may sound simple, mixing two different cereals — or however many cereals you like — might be just the thing to spice up your routine. Mixing Cheerios with Chocolate Chunk Special K adds a bit of sweetness and extra crunchy

to your day. Going beyond more cereals, mix some fruit in there too. Adding strawberries gets fruit on your plate while adding more flavors to your palate. It may sound weird or simple, but it brings extra life where monotony would normally take over.

Yogurt

Yogurt is something that can fit into many different categories: breakfast, dessert, snack and more. Often, it's simplest to buy one big vat of plain or flavored yogurt, or even a pack of separate yogurts. But eating them plain can get tedious, especially if you're the type to get in the habit of eating one regularly. Thankfully, it's pretty easy — and cheap — to make your own parfait by adding some granola, fruit or even honey. Just by mixing in some granola and fruit, you can make your yogurt taste fresher. It certainly helps break the dull loop of school food.

Bagels

Even though we have our wonderful resident Einstein Bros right on campus, sometimes it's nice to buy a pack of bagels and cream cheese to have a little control of your bagel creation. If you're ready for something a little different, swap out that cream cheese for peanut butter or a fruit jelly or jam. Exchanging the normal cheesy topping for something sugary and sweet can bring a new feeling to a normal snack, giving you a boost of extra energy. On the other hand, smearing some peanut butter on top gives you the protein needed to help fuel you through your day. If you can't have peanut butter, try almond butter instead. Though it may be less common, almond butter is just as tasty and is a great alternative.

If you're feeling adventurous or need a change, make sure to try some of these tricks out. They're bound to help give you a little sense of fresh and new.

Netflix review: "Carole and Tuesday"

By: Adit Selvaraj
Contributing Writer

Sometimes a chance encounter is all it takes to create something amazing. When runaway rich girl and aspiring musician Tuesday meets orphan and street musician Carole, it doesn't take long for them to connect over a shared passion for music. After an impromptu performance from the duo goes viral on Instagram, the story of how they achieve stardom unfolds.

"Carole and Tuesday" is an anime series recently released on Netflix. The plot follows the titular duo Carole and Tuesday as they seek to become musicians — on Mars.

Yes, this series takes place on a Mars that is inhabited by humans and made to look like Earth. On this terraformed Mars, most music is generated using artificial intelligence while Carole and Tuesday perform utilizing an electronic keyboard and acoustic guitar. They perform for the sake of performing and out of a love for music, and that itself is a defiance of the algorithms that dictate the popular music in their society.

This series is a love letter to music. Each episode is named after a song; Bruce

Springsteen's "Born to Run" and Cyndi Lauper's "True Colors" are among some of the titles used for episodes. The show also name-drops artists such as Daft Punk and Michael Jackson regularly.

However, the real crowning jewel of the series is the performance. Carole, voiced by Atlanta-based musician Nai.BR XX, and Tuesday, voiced by Japanese-American musician Celeina Ann, perform wonderful original songs such as the relaxing opening theme "Kiss Me," the upbeat "Hold Me Now" and their absolutely

breathtaking ballad "The Loneliest Girl." Some other artists featured include bassist Thundercat, who has worked with artists such as Kendrick Lamar and British platinum selling artist Lauren Dyson.

With wonderful music, beautiful animation and positive representation of LGBTQIA people and people of color, I strongly recommend "Carole and Tuesday," available for streaming on Netflix and available with Japanese audio and English subtitles or English dubbed.



ATHLETE OF THE WEEK:

Jan Luca Ahillen



By: Alexander Martinie
Opinions Editor

Jan Luca Ahillen is a graduate student in the masters business administration program and plays for NSU's men's soccer team. Last season, he was named to the 2018 Fall SSC Commissioner's Honor Roll and logged a team-high of 1,505 minutes on the field.



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What made you choose NSU?

So I was looking at schools in Florida because I wanted to live close to the beach. I studied for two years in North Carolina before and I reached out to a couple schools and got into contact with Coach Watts. He then convinced me to choose NSU and I've been happy so far.

What is your position on the NSU soccer team?

Central midfielder. It's basically the connection between the defense and the offense. We have to make sure everything is organized and talk a lot to the other midfielders, distribute the ball forward and make sure you are in the right spot to defend. My best [position] is central midfielder. I played for two years in North Carolina. This is my last year.

How long have you been playing soccer?

I started when I was like 3 or 4 years old. I'm from Germany and basically everyone plays soccer.

If you were to play any other sport what would it be and why?

I honestly don't think I'm good at any other

sport. I played tennis for like a year, but I was really young.

How have you been able to balance athletics with academics?

You just have to keep up with work and assignments. If you're struggling, you [can get] so much help from the staff, from [NSU's Tutoring and Testing Center] and from people that can work with you. You have all the help you need to stay on top of your work.

What is the most memorable part of being a student-athlete at NSU?

The loss against PVA last year [is a bad memory] because it was such a bad loss. Our win at Florida Tech in the semi finals at the conference tournament last year was a good memory. This year's trip to North Carolina was pretty good. It was good to travel with the team. We got good results. I scored a goal which doesn't happen that often.

What advice do you have for student-athletes?

Just enjoy [your] time here, it goes so fast. I've been here for three years and it goes by so fast.

OUT OF THE SHARKZONE

caution: your sports news is now leaving NSU

David Ortiz returns to Twitter

Red Sox' David Ortiz logged back onto Twitter to thank fans for their "luv n support" after he was shot in the Dominican Republic in June. Ortiz was hospitalized for seven weeks, having multiple surgeries for his life-threatening injuries, according to MSN. The three-time Red Sox World Series winner threw a first pitch for the team earlier this September.

Hong Kong cancels horse races amongst unrest

Officials decided to cancel an "iconic" Happy Valley Racecourse race regarding concerns of safety, according to the New York Times. The popular races haven't been very affected by the unrest in Hong Kong, but after protesters began seizing reports on owners of specific horses, authorities worried about the jockeys, horses and bettors.

Miami Dolphins off to a rough start

The Miami Dolphins are off to what could be the worst start in modern NFL history, according to ESPN. The Dolphins have been outscored 102-10 in their first two home games against Baltimore and New England. The rating is determined by Football Outsiders' DVOA, which analyzes how well teams play situationally against different opponents. However, according to the DVOA, a rough start doesn't necessarily mean a rough season.

Kicking off the Rugby World Cup

The Rugby World Cup began on Friday, Sept. 20 in Tokyo and will last until Saturday, Nov. 2. According to CNN, the New Zealand All Blacks, who are aiming to grab their third title, are still the "bookmakers' choice." However, with their recent losses, the spot isn't as secure.



SPORTS SHORTS



NSU sports at its finest

Men's Soccer

The Men's Soccer team had a strong start in their preseason road opener on Sep. 12, with a 3-0 clean sweep of the Lenoir-Rhyne Bears. After a sluggish start, the Sharks broke away with a goal in the 27 minute by junior Sebastian Loibl. A strong effort on the defensive side paired with goals from Loibl, graduate student Jan Luca Ahillen and sophomore Aleks Berg led the team to their first all important road win of the year.

Women's Volleyball

On Sep 13, the Women's Volleyball team split their games at the Shark Invitational II, going 1-1. The Sharks suffered a 1-3 loss at

the hands of Valdosa State, narrowly losing the fourth set by a score of 25-22. The Sharks came back and played hard against Southern New Hampshire, winning by a score of 3-1 after a run away with the fourth set, 25-15.

Women's Volleyball finished the second day of the Shark Invitational II on a very strong note, bringing home wins in their final two games. The first Saturday game against Grand Valley State came down to the wire, but our Sharks were able to power through the final set, winning by a score of 3-2. In game two against Belmont Abbey, the Sharks had a commanding game, sweeping the Crusaders 3-0. As a result of their dominant performance

this weekend, redshirt freshman Sami Spadaro and freshman Brittany Landrum were named to the All Tournament team.

Cross Country

Our men's and women's Cross Country team did a solid job at the Mountain Dew Classic this weekend at the University of Florida, placing 21 out of 31 and 15 out of 35, respectively. Junior Michelle Bauer led all NSU runners with a 19:46.42 5k time, and freshman Trey May took the best time of all NSU men, posting a 28:02.36 in the 8k. The Sharks have their first break this season, and resume action on Sept. 27.

Women's Soccer

Early season success continued to find our Women's Soccer team, as they routed Tusculum 5-0. This game acted as somewhat of a revenge game, after losing last year 3-2; sophomore Dejah Holman led the way with her first career hat trick, followed by goals from senior Jessica Bonenclark and senior Emma Heikkila. With the 29-6 shot advantage the team had in this game, they now lead opponents in shots attempted a whopping 162-13 on the season. They will look to continue their early season dominance after their week off against American International next Sunday.

On The Bench:

Soldiers or forwards: Is European soccer trading ethical?

By: **Lauren Do Nascimento**
Contributing Writer

A sport that has been growing in popularity and success is soccer. With players like Cristiano Ronaldo, Lionel Messi and Neymar Junior, the stakes are high in terms of who plays for what team. While some players play in tournaments for their native countries, others mainly play for various professional or local teams. Lately, however, Neymar and Vincinus Junior have surfaced in the news because of their new contracts with different teams. This is not an uncommon occurrence in the world of soccer, however, is it ethical?

Vinicius is a 19-year-old Brazilian soccer player who went from the Brazilian team of Flamengo to the Real Madrid team. He was sold to the team for 38 million euros, equal to \$38 million. When he was traded to the Spanish soccer team, Vinicius was heartbroken but also hopeful for his success. Flamengo was his home team and like a family to him. Suddenly, Vincinis found himself being traded to a professional European team like valuable merchandise. Because he is not accustomed, the young soccer star has had difficulties keeping up with Real

Madrid's strict practices and regimens. Given his lack of professional experience, Vincinus playing in an unfamiliar position, is often benched. With this in perspective, why should he be traded off like produce? And, to be fair, he is not the only successful soccer player in the league who is treated this way.

Neymar has been on the news recently for this very reason. As most sports fans would know, Neymar went from the FC Barcelona team to the Paris Saint-Germain F.C. team in 2017. Although Neymar preferred the Barcelona team, Paris Saint-Germain held the best offer. Neymar was traded to Paris Saint-Germain for 220 million euros, which is equivalent to \$245 million and since then, the Barcelona team has been trying to buy him back. Neymar's teammates have even tried to offer up enough of their own money so that Neymar could be brought back to their team. Other teams like Real Madrid have had their sights on Neymar as well. The desire to have him on the Real Madrid team has grown so much that Paris Saint-Germain is willing to give up Neymar

in exchange for Vinicius Jr., treating them like chess pieces. At the moment, no one is able to beat Paris Saint-Germain's asking price for Neymar and he remains on their team. However, it is evident from both the players and Neymar's reaction that he would rather play for Barcelona.

With this in mind, the question that is being asked is: is this ethical to the players? Most players, like Neymar and Vinicius, joined local soccer teams when they were incredibly young and because of their passion for the sport. Predominantly seen in Latin American and Brazilian culture, it is an immense honor to participate in soccer and get to a professional level. The players now play more for money or their boss's monetary deals, than for the team they love and have found a second family within. This is not only unfair to the players, as they become game pieces, but it takes the heart and passion out of a sport that is incredibly important to Latin American culture and the cultures that are growing in interest for the sport.



THIS WEEK IN SPORTS HISTORY



By: **Laurel Gallaudet**
Contributing Writer

September 24, 1927
NHL's Toronto St. Patricks are renamed as the Toronto Maple Leafs

One of the NHL's founding teams, the Toronto Maple Leafs were bought by Conn Smythe, who subsequently changed the name from the St. Patricks to the Maple Leafs. Before being the St. Patricks, the team was founded as the Toronto Arena. The Maple Leafs have won 13 Stanley Cup Championships to date.

September 25, 1949
Louise Suggs wins the US Women's Open Golf Championship over defending champion Babe Zaharias

After turning professional in 1948, American golfer Louise Suggs won the US Women's Open Championships by 14 strokes defeating defending champion and rival Babe Zaharias. Suggs boasted an impressive career, winning multiple professional championships as an amateur before turning pro. Along with Zaharias, Suggs was one of the founders of the Ladies Professional Golf Association (LPGA) in 1950.

September 26, 1973
NBA Legend Wilt Chamberlain signs with the ABA San Diego Conquistadors

Wilt Chamberlain left the NBA in 1973 as one of the greats when he signed on with the ABA's San Diego Conquistadors as a player-coach. Known as the "Big Dipper" as well as "The Stilt," the star stood at 7 '1" and held numerous records. Chamberlain was also the NBA's leading point-scorer and won multiple MVPs and NBA titles.

September 27, 1923
Lou Gehrig hits the first of his 493 Homeruns as a NY Yankee

In the same year that the NY Yankees' brand new baseball cathedral was opened, baseball star Lou Gehrig both played his first game as a Yankee and continued to hit a total of 493 home runs. He went on to set multiple major-league records, claim the World Series title six times and collected countless other titles and honors before the unfortunate end to his career by a disease known as "Lou Gehrig's disease." Notably, he delivered a speech to a sold-out stadium to address his retirement due to

the disease and called himself "the luckiest man on the face of the earth."

September 28th, 1972
Paul Henderson scores for Canada to defeat the USSR in the eighth and final game of the Canada-Soviet Hockey Summit Series

In a tournament designed to pit the Soviets against the then-best in hockey Canadians, the Canadians were expected to crush their Soviet competitors in the eight game series. However, the two went back and forth until the last game. In Canada, TVs were brought into schools and offices and most radios were tuned in as people across the country watched the final showdown to support their country. In the last 34 seconds, Paul Henderson scored while falling and thrusting the puck right below Soviet goalie Vladislav Tretiak for a 6-5 lead, and the Canadians were able to hold on to for the win.

ON DECK



MEN/WOMEN'S CROSS COUNTRY
FLrunners.com 20th annual Invitational
Sept. 27 | 6:10 p.m.
Lakeland, FL



MEN'S SOCCER
@No. 20 Lynn
Sept. 25 | 6 p.m.
Boca Raton, FL

v.s. Florida Southern
Sept. 28 | 7 p.m.
NSU Soccer Complex

@Flagler
Oct 1. | 6:30 p.m.
St. Augustine, FL

MEN'S SWIM
v.s. Florida
Sept. 27 | 3 p.m.
NSU Aquatic Center

v.s. Indian River State College
Sept. 27 | 3 p.m.
NSU Aquatic Center

WOMEN'S SWIM
v.s. Indian River State College
Sept. 27 | 3 p.m.
NSU Aquatic Center

WOMEN'S GOLF
Bubba Burger Jacksonville Classic
@Marsh Landing Country Club
Sept. 30 and Oct. 1 | all day
Ponte Vedra Beach, FL



WOMEN'S TENNIS
ITA South Regional Championship
Sept. 27-30 | all day
Pensacola, FL

WOMEN'S SOCCER
v.s. Lynn
Sept. 25 | 7 p.m.
NSU Soccer Complex

@Florida Southern
Sept. 28 | 7 p.m.
Lakeland, FL



WOMEN'S VOLLEYBALL
v.s. Lynn
Sept. 24 | 7 p.m.
Rick Case Arena

v.s. Rollins
Sept. 27 | 7 p.m.
Rick Case Arena

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Why are we not talking about the Ebola outbreak?

By: **Alexander Martinie**
Opinions Editor

I really don't know why this is still an issue, but why is no one really talking about the Ebola outbreak that is spreading through the Democratic Republic of Congo? I have written a lot about outbreaks of diseases in the last year, but I guess that I need to keep writing about diseases until people get the notion that they should care about outbreaks of major diseases even if it does not impact them directly. Why is it that people don't care about the things and issues that don't impact them directly? Back in 2015, when the whole country was worrying about the Ebola outbreaks, people only cared because there

were a few cases that were found in the U.S. If there isn't a chance that there will be cases in the U.S., then people just really don't care.

According to the The Citizen, a South African news organization, the Democratic Republic of Congo "is grappling with the world's second largest Ebola epidemic on record, with more than 2500 lives lost and 3000 confirmed infections since the outbreak was announced on Aug. 1, 2018." So one of the biggest Ebola outbreaks in history is not being talked about. We need to start caring about problems that don't directly affect us.

VSCO Girls: highly overrated

By: **Ashley Diaz**
Contributing Writer

The newest trend all over social media are "VSCO girls." "VSCO girls" originated from a photo editing app called VSCO, where users edit pictures that would later end up on their Instagram account. This trendy aesthetic is not as aesthetically pleasing as they're made out to be. Most of the "VSCO girl" aesthetic throws me off like socks and sandals. Since the VSCO aesthetic is beachwear, I don't understand why they would wear socks with their Birkenstocks if they are supposed to be on the beach.

The only good thing about the "VSCO girl" aesthetic is the fact that they carry around Hydro Flasks and use metal straws. According to Refinery 29, "VSCO girls" are environmentally conscious with their constant uses of the Hydro Flasks and metal straws in order to save turtles. Scrunchies are another part of the aesthetic, but that's just fine. Usually you would see women with long, thick hair using these scrunchies, but now every "middle school, high school and college-aged girl [wears] them," according to CNBC.

Honestly, to become a "VSCO girl" is extremely expensive because they use and wear brand name items. They purchase AirPods, Mario Badescu facial spray, a Fjallraven Kanken

backpack and the Hydro Flasks. According to The New York Times, the Pura Vida bracelets that "VSCO girls" wear along with scrunchies can be up to \$12 – \$28 each; all big purchases just to get a good picture to upload to Instagram or the VSCO app. If I'm being honest, wasting hundreds of dollars just to look like you're going to the beach or to take an aesthetically pleasing picture is not worth it. You have to be financially stable to be able to become a VSCO girl and I would rather waste my money on food.

"VSCO girls" are mostly young women and I can't help but agree with the general public that the aesthetic is highly irritating. The way they talk and their made-up laugh, sksksksksk, is one of the most irritating things ever. The VSCO aesthetic has become so popular that now girls dress up and make videos making fun of "VSCO girls" on the TikTok app. The "VSCO girl" aesthetic is highly overrated, but people like to be part of the "it crowd." Other than the oversized shirts with small shorts and the expensive items, the "VSCO girl" aesthetic is fine. People can wear whatever they want; if they want to be VSCO girls they can, but I wouldn't be part of the VSCO girl group. Sksksksksk and I oop.



PUMPKIN SPICE MISOGYNY



By: **Tava Boeckel**
Contributing Writer

With the reemergence of the seasonal Pumpkin Spice Latte at Starbucks, it gives the public an often-disregarded opportunity to discuss why such popular trends were given such negative public reputations. In the early 2010s, an autumn-loving public met this beverage with fanaticism, making it an immediate classic for the company and the standard for many others. Yet despite its economic prosperity, it was met with an equally large craze of absolute hatred. The odd thing about this opposition is they never seemed to target the drink itself, nor the company that produced it. Reviews were never "the drink has too much cinnamon," but more "I'm sick of seeing all these basics around with their pumpkin spice lattes." And despite the use of it by cash grabbing companies in everything from creamer to aerosol sprays by Glade, critics rarely seemed to discuss the oversaturation of the flavor to the market. The mockery fell upon the shoulders of the drink's most well-

known patron: women. Much of the displeasure towards the product was online. It quickly went viral, becoming one of the most seen or talked about jokes to any American with an internet connection. It followed the vicious trend that many popular feminine trends follow. They become beloved by women and popularized, then are immediately met with disdain for women who care for them.

This is where the true issue arises. When the demographic for a trend leans feminine, it becomes a mocked trend. It becomes overrated, tacky, basic, or any other number of discouraging words you can think of. Fashion trends like bold lipstick, mom jeans and scrunchies, while embraced excitedly by women, were degraded in their initial debut by the media. Mom jeans, for example, were a part of a fake ad done by popular show Saturday Night Live with the tagline "For women who have given up." Thus, establishing another mocked stereotype

for a popular product catered to women. They group them into categories of mindless drones who don't think for themselves rather than individuals with a common interest.

On a rare occasion feminine trends lose their shell of negativity, they are often treated like it didn't happen. This is due to the trends becoming adopted into masculine culture. They range from sparkling water and hair dye to entire Western subcultures, like "nerd culture." Few acknowledge that some of the most popular franchises like "Star Trek" initially had predominantly female fan bases as Daryl G. Frazetti, a Professor of Anthropology and Sociology at CSU Channel Islands who writes for the official Star Trek Website reports. The overwhelming male control over all of nerd culture developed later, becoming the full-on stereotype to the franchises disregarding the women who initially made them popular. Either option a trend takes, to live in infamy or

disregard women fully, is a double-edged sword for women.

The only reason we still have some trends around is because women were bold enough to state exactly what they like and what they want regardless of male criticism. Women have passionately brought back their favorite trends, like mom jeans and pumpkin spice lattes. Yet their reemergence is still prefaced with passive phrases like "Okay don't hate me but..." or "Just let me enjoy my..." before any showing of care to the things they love, as if they must hide what they enjoy just to fit into being accepted. This is where our lesson must be learned. For us to truly be unabashedly happy with the things we love, we must overcome this pumpkin spiced misogyny and stop bashing others for harmless interests.

Res Hall Problems: The Laundry Dilemma

By: **Rick Esner**
News Editor

As a freshman at NSU, I was looking forward to living in a dorm and finally gaining that independence I yearned for. One of the main deciding factors in picking NSU when I was a high school senior was in fact the quality of its dorms. I appreciated the suite-style and non-communal bathrooms. However, being here now and over the course of this past month, the story is a little different.

Personally, I live in The Commons so I am unable to speak for the other residence halls on campus, but in the nicest way possible, the laundry rooms are disgusting. Allow me to

take you through the general experience of the laundry room on any given day:

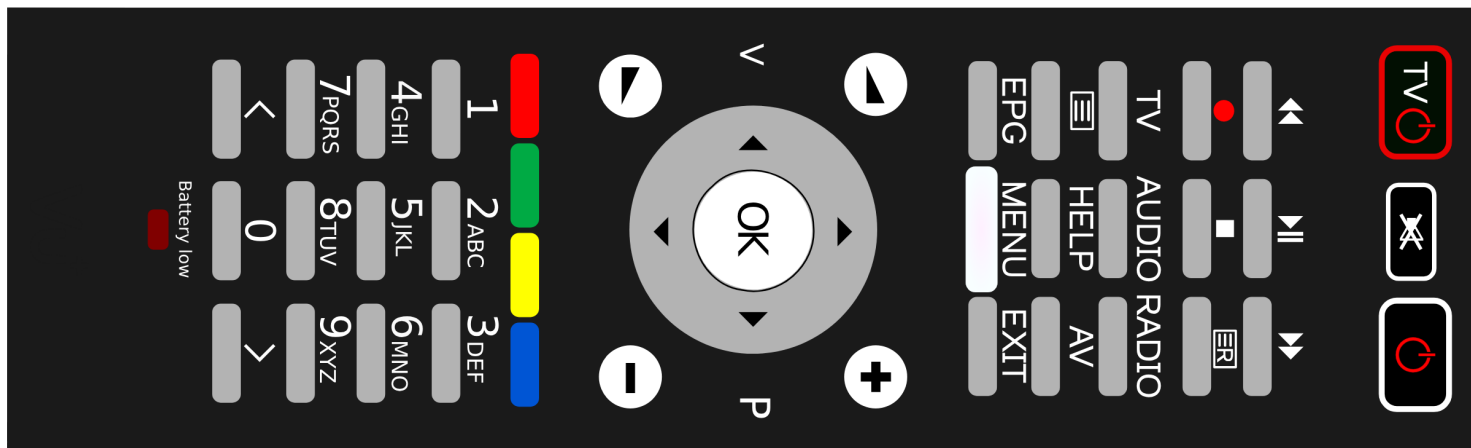
When you first enter the laundry room, you will notice the floor littered with socks, underwear, and other miscellaneous articles of clothing. The room itself is grimy and dust balls cover every surface, giving the appearance that the room had not been cleaned in ages. The smell permeating out of the room and down the hallway also allows anyone within a 500 foot radius to smell the unpleasantness of the room.

When you finally have the delightful chance to wash your clothing, be sure to check

the washing machine beforehand and ensure there are no melted Tide pods stuck to the bottom, given they do not disintegrate properly due to the industrial nature of the machines. Once your clothing is finally dry, check for large grey streaks splattered across your clothing and then proceed to throw your clothing right back into the washer. Oh, and one final note, never dry your clothing on anything higher than low heat or it will shrink that favorite sweater of yours.

We pay money to live in these dorms, yet we have to put up with the terrible conditions of

the laundry room. Any other housing complex would be in an uproar if their laundry room functioned like it does in The Commons. Maybe it is the college students unable to keep clean, maybe it is students ignorance in proper laundry etiquette or maybe it is the residence hall faculty unaware of all the problems involving the laundry room. Either way, something needs to change in these laundry rooms if anyone wants to look clean.



netflix . hulu . prime . disney.

To stream or not to stream

By: Christina McLaughlin
Co-Editor-in-Chief

Today, canceling your cable services and switching exclusively to streaming services isn't unheard of. But, with the direction that streaming services are headed, some claim that it seems there will be no way to avoid the big bill at the end of the month. However, I think streaming services are the best option for both price and quality. I've had at least three different cable company experiences and every one was less than satisfactory. Whether there were too many channels I didn't watch, the feeling that nothing entertaining was ever "on" or the constant commercials on premium and cable channels, I'd had enough.

When I eventually caved and subscribed to Netflix, Hulu and Amazon Prime, I sensed a change. The fact that I can turn something on, binge a new television show or watch a movie with little to no interruptions is a game

changer for me. Not only is just the experience of watching it so much more inviting, but in today's popular culture, streaming channels are the buzz on the street. You hear people talking about these original shows and movies everywhere and engaging with people more intimately and instantly than how we used to talk about cable shows. The fact that you can stream a whole season instantly or watch a movie in the comfort of your home has really thrown a wrench in the television and movie industries. Now, a show really has to be of quality to make you keep watching. This has then encouraged both industries to create better content for viewers and that has made all the difference in our entertainment experience as a whole.

Since there are so many new programs and options available in the entertainment industry, it can be easy to get lost and feel that there

are too many choices. But thankfully, a lot of these streaming services offer an editor's pick, popular movies or a similar section that allows lost viewers to find some well-established shows with a growing fan-base or viewership.

The largest debate against switching to streaming is the price. In some estimations, streaming services cost the same price per month, if not more than cable. Yet, I don't think that these estimations are accurate. For one, not everyone pays for the individual streaming platforms they use. Netflix and a few other platforms allow you to stream on multiple televisions or profiles so it's not uncommon to see three or four different people sharing an account and one individual gets the bill. Other than just the actual payment of the platform, the good thing about these streaming services is that people can watch things together, have viewing

parties or even "mooch" off their roommates account (not that we encourage mooching at The Current, but it is an available option).

So yeah, you might be paying a few dollars a month for one streaming account, but you can get the content from others without having to pay for the service. Even if you do have to front the bill, I did the math. The most popular streaming services available today namely, Netflix, Hulu, Amazon Prime and the highly-anticipated Disney+ would amount to about \$47 a month and according to a 2014 Federal Communications Commission report, an equitable cable service to these streaming platforms would cost roughly \$64.41 per month. I don't know, it really just seems like it's time to cut ties with cable-- pun intended.



How has your experience been with NSU's student healthcare services?



"I haven't been able to find the Henderson building at all. I don't think that the Shark Shuttle even goes there so it's kind of hard to access, at least in my experience,"

-C.J. Hake, junior biology major



"It's been fairly easy [to make an appointment]. Accessing the information is easy. I went to physical therapy for a few sessions. It's right here on campus and the price is fair,"

-Gregory Edwards, senior biology major



"It's been quality care there. It's a good staff, they're kind and it's not a long wait time for the clinic. It's good service overall,"

-Tavysla Walker, senior biology major



"I went to the optometry clinic and the graduate student who took care of me was very nice and [informative]. I went to the general clinic with no appointment and it was a 20-minute wait, but it's [to be expected and] wasn't too bad. It was just like a normal doctor's visit,"

-Abbigayle Houghton, junior behavioral neuroscience major



"I went to the optometry clinic and making the appointment was easy. In terms of being timely, I experienced a lot of issues. If I could change it, I would hope that the graduate students could be engaged, but also have the optometrist more involved [in the process],"

-Anaya Avila, freshman secondary english education major

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