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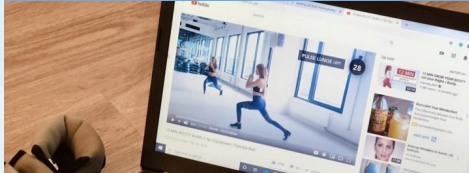
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The newly formed college: Halmos College of Arts and Sciences

By: Sofia Gallus
Arts & Entertainment Editor

The Oceanographic Center at Dania, Beach, FL

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The colleges formerly known as the Halmos College of Natural Sciences and Oceanography and the College of Arts, Humanities and Social Sciences have merged to form the Halmos College of Arts and Sciences and the Guy Harvey Oceanographic Research Center. The newly formed college released a statement in late June alerting students to the merge, and noted that its main goals were to help students understand the importance of interdisciplinary studies and form deeper bonds between the studies in regards to research and communication.

Andrea Nevins, the interim Dean for the Halmos College of Arts and Sciences and the Guy Harvey Oceanographic Research center, spoke on what inspired the merge between the two colleges. She explained that university president Hanbury was greatly inspired by the ways art and science can complement each other in a person and professional sense.

"He spoke about Guy Harvey, who is an oceanographer and a Ph.D, but who is also a well established artist, and the way how those two careers have blended into each other. He pointed to Guy Harvey as sort of the epitome of this comingling of the arts and the sciences for the better of the two in a person's professional past. That, really, is the primary inspiration between merging the two," Nevins said.

Aileen Miyuki Farrar, an assistant professor and associate chair of the Department of Humanities and Politics and the director of the Humanities Center explained that she also believes blending the arts and sciences can help students become more well rounded.

"The way that I always talk about it with

my students is that the sciences prepare us for knowledge that is considered objective and known, but the humanities prepare us for the ambiguities and uncertainties of the unknown and how to interpret multiple possibilities," Farrar said. She believes that having both of these types of critical thinking taught side by side will help students prepare to tackle any issues they may be dealing with, whether that is in an educational, professional, or personal setting.

The merging of the two colleges has the chance to bring many new opportunities for students. Both Farrar and Nevins noted that the college was already looking into new and exciting educational ventures for students.

"In my department, we are already looking into creating a medical humanities major. This is something that would involve interdisciplinary opportunities for students to have some science and humanities background," Farrar said, noting that this major would be an especially interesting opportunity for students considering going to medical school.

Nevins noted that they were not only looking into possibly adding new areas of study, but integrating collaborative teaching and research into the Halmos College of Arts and Sciences.

"Collaborative studies already happens to some extent, but that is often via our Honors College, which has a couple courses that are co-taught. However, it's not always possible or easy to have faculty necessarily dedicate themselves to an entire course in order to provide students with multidisciplinary experience. What are some of the alternatives? Maybe it's a guest lecturing series, where faculty are going from class to class.

Maybe it's partially co-taught, maybe one faculty member teaches for one segment of the semester and co-teaches with a colleague. That is something that students would certainly benefit from and can look out for," Nevins said.

She elaborated that while it also may be hard to match up faculty for collaborative work, the college is already looking at creative solutions to help make the process easier. The idea they've come up with is a fun and fresh way to connect faculty: academic speed dating.

"It's sort of like regular speed dating, however the focus is sharing your current academic research interests. A part of what happens, especially because our college is so big and has so many faculty, is that faculty don't necessarily know everyone. This will be an effort just for faculty to get to know each other, and to get to know the scope of what everyone is doing. We're still in the stages of planning it, and it's going to be virtual, of course. I am looking forward to discovering what we can discover about ourselves through that speed dating event," Nevins explained.

Both Nevins and Farrar felt this was a great chance for NSU to support their students and give them new opportunities in a competitive field.

However, some students are dubious of any incoming changes. Gates Mariotti is a junior environmental science major with minors in theatre and marine biology. He feels that the merge of the two colleges has the possibility of making them both suffer because one discipline may outweigh the other. Even so, he remains curious to see what changes Halmos College of Arts and Sciences will bring to his education at

NSU.

"While I don't think that the merge was in the best interest of both colleges, I hope I'm wrong," Mariotti said.

Adrian Ditore is a sophomore marine biology major. While he felt somewhat left in the dark about the formation of Halmos College of Arts and Sciences, he is interested in learning more about why the colleges merged and what that will mean for himself and other students.

"I was told by one of my marine biology professors that the change was happening or that it had already happened, but there wasn't any information given to me otherwise. I was looking at the website for information and it said that they would be doing more collaborative work, but I couldn't actually find any more information on that either."

While the Halmos College of Arts and Sciences is still just beginning to explore research and collaboration opportunities between disciplines, staff and faculty are excited to see what the future holds for both themselves and students.

"Speaking from a faculty's perspective, I think that there has been a lot of excitement and interest in having interdisciplinary studies here at Nova Southeastern University, and so bringing the arts and sciences and humanities back together is a timely and opportunistic thing to do. Bringing things together for students helps to make more visible the university's intent to give to students this comprehensive preparation, not just for their professional goals, but for their personal ambitions as well," Farrar said.



global news,
courtesy of
the current

Engine explodes on migrant boat

The U.N. broke news of a migrant boat capsizing off of the coast of Libya on Aug. 19, according to The New York Times. The Europe-bound boat was carrying at least 82 migrants when the engine exploded on Aug. 17. At least 45 people, including five children, drowned or were presumed dead, while the survivors were assisted by fishermen and detained onshore in Libya. This single wreck has the largest number of recorded deaths off of the coast of a country in North Africa in 2020.

Tensions and water levels rise around China's Three Gorges dam

The Three Gorges dam, the world's largest hydro-electric dam, recorded the "largest inflow of water in its history," according to The Guardian. Central and southwest regions of China have been experiencing heavy flooding for the past two months, resulting in rising water levels. The dam, which sits on the Yangtze River, is expected to near its capacity over the next period of flooding, although officials have assured the public that the facilities are able to handle the situation. A fault in the dam could displace millions.

Scientists take steps to avoid rhino subspecies extinction

Scientists were able to harvest eggs from the last two remaining female northern white rhinos at the Ol Pejeta Conservancy in Kenya, extracting a total of ten eggs, according to Associated Press. The eggs were flown to Italy where there are plans to create embryos and later select female southern white rhinos to act as surrogates in order to successfully carry a pregnancy to term, scientists said last week. After the last male northern white rhino died in 2018, conserving the subspecies has been reliant on in vitro fertilization.

Young climate activists meet German Chancellor

Several high-profile activists and protesters met with German Chancellor Angela Merkel on Aug. 20 to discuss actions to prevent climate change, according to Associated Press. Germany is the current president of the European Union, which rotates every six months, and Merkel has previously shown support for the activists. The country's government also supports making Europe the first "climate neutral" continent by 2050, according to Ulrike Demmer, a spokeswoman for Merkel. Activists, such as Greta Thunberg, Luisa Neubauer, Anuna de Wever van der Heyden and Adélaïde Charlier, argue that the world's governments are not doing enough to stop climate change and lower emissions.

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News Anchor

Stay up to date with national events.

Steve Bannon charged with fraud in campaign

On Thursday, Aug. 20, President Donald Trump's former adviser and architect of his 2016 general election campaign, Stephen K. Bannon, was charged with defrauding donors toward a private fundraising effort. According to The New York Times, the effort was called We Build the Wall and intended to bolster one of Trump's signature initiatives of building a wall on the Mexican border. Bannon is currently being held in custody in New York. Additionally, according to The New York Times, "One of Mr. Trump's sons, Donald Jr., publicly promoted the We Build the Wall effort at an event in 2018, calling it 'private enterprise at its finest.' [However], Donald Trump Jr. said

in a statement on Thursday that he had no involvement with the effort beyond praising it at that one event."

US demands restoration of UN sanctions against Iran

On Thursday, Aug. 20, U.S. State Secretary Mike Pompeo formally notified the president of the UN Security Council of the U.S.'s demand for the restoration of sanctions on Iran. According to Al Jazeera, "None of the other council members believes the U.S. has the legal right to demand the reimposition, or 'snapback,' of sanctions because President Donald Trump withdrew from the nuclear deal in 2018." Because of this, the demand is expected to further divide the U.S. and U.N. as well as test the credibility of the Security Council.

California wildfires strike

Almost two dozen major fires were reported on Wednesday, Aug. 19 in Northern California causing thousands to evacuate. The fires continued into Thursday as the state not only dealt with the coronavirus pandemic, but with a heatwave, making the air unsafe and thick with smoke. According to The New York Times, "The group of wildfires threatening Vacaville, called the L.N.U. Lightning Complex, has already destroyed more than 105 homes and other buildings." Cal Fire, the state's fire authority, claims that more than 30,500 other buildings are under threat due to the fires.

\$600 million Flint water deal makes a step toward amends

Flint, Michigan, where residents have been dealing with lead-tainted water, have made a \$600 million deal with the state on Thursday, Aug 20 as amends for the disaster affecting poor and majority-Black families. "State officials and lawyers for Flint residents announced the settlement, which Attorney General Dana Nessel said likely would be the largest in Michigan history, with tens of thousands of potential claimants," said Associated Press. The settlement is mainly designed to benefit children. This is because, while lead is harmful at any age, children are the most vulnerable, being the most likely group to suffer learning and behavior problems caused by damages to the brain and nervous system.

Know your resources

This Friday, Aug. 28, Student Disability Services, Title XI and the Center for Student Counseling and Well-Being will be holding a virtual meeting for students. The meeting is an opportunity for students to not only meet the staff from these three offices, but also learn about what resources are available for students at NSU. The virtual meeting, titled “Lettuce Taco ‘Bout It...” will be held over Zoom from 2 - 4 p.m. The Zoom can be joined via the Meeting ID: 601 790 6636 or by following the link. For more information on the event, students can email ch1977@nova.edu.

E-Sports at NSU

Recreation and Wellness at NSU will hold intramural E-Sports tournaments from

Aug. 31 to Sept. 27. The tournament’s video games include FIFA 20 (both league and World Cup), Fortnite, League of Legends, MADDEN 20 and Rocket League. For FIFA 20 and MADDEN 20, there are Playstation and XBOX tournaments available. For the FIFA 20 World Cup tournament, registration for creating and joining teams ends on Aug. 29 at 12 p.m., with the season running from Aug. 31 to Sept. 13. For all other tournaments, the last chance to register or join a team will be on Sept. 4 at 12 p.m., with the season running from Sept. 7-27. Students can register for all of the tournaments on IMLeagues.com under NSU’s intramural sports page. First-time users will have to create an account before they can sign up with a team. If interested, register as soon as possible as spots for each tournament are limited. For more information, students can email ep1157@mynsu.nova.edu.

Go diving

Scuba classes will return this semester with different courses for divers of all levels. Students who only want to test the waters can join the Discover Scuba Diving course Aug. 28 at 6 p.m. or Sept. 4 at the same time. Those who are looking for a certification in their diving skills can complete the Open Water Diver course on Oct. 13. Additionally, there are supplemental courses running throughout September and October for those who want to enhance their diving. All information regarding the courses, as well as details on registration, can be found online on the NSU Aquatics website. Scuba Diving | NSU Aquatics

News Briefs

get the scoop on events happening on campus

“Nu” changes to parking on campus

By: Rick Esner
News Editor



Residential parking garage right outside the Commons

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With a plethora of other changes that have been in the works for this semester at NSU, there will also be changes to the way that students, faculty and staff park on campus. The Office of Facilities Management at NSU has announced a new parking management software coming to NSU’s campuses. This new parking system, titled NuPark, provides a custom website integrating license plate technology with a mobility platform, allowing for a more straightforward way to interact with the parking department at NSU.

NuPark will provide a one-stop platform for members of the NSU community to interact with the parking department on campus and utilize all the resources that the department provides. Services that would normally require students and employees to appear in person, such as registering a vehicle, will be streamlined to an online format through the NuPark platform.

Returning Sharks may remember significant changes occurring with parking on campus last year. These changes included a prohibition on backing

into parking spaces, as well as the implementation of the “pay-by-phone” parking meters scattered about campus for guests parking on campus.

However, the changes with parking for this semester are a little more advanced than the prior changes. This new system contains a wide array of features to provide ease of access to all members of the NSU community. Most notably, the system will be available on all smartphone devices, which puts the system in a convenient place for a majority of individuals on campus.

Some of the services and abilities of the new parking software include easy vehicle registration for both residential and commuter students, the ability to purchase vehicle permits for employees, pre-paid permits for guests, parking citation payments and appeals, visitor permits on an annual, monthly and daily basis, and finally, the ability to add or change vehicle information for students and employees alike. Additionally, the One-Stop-Shop will still have the ability to issue decals — which will still be required — for vehicles, but only after an individual has registered through the NuPark system.

Currently, students and employees on NSU’s campus have a grace period before the go-live date is officially announced. After the system launches sometime this semester, all members of NSU’s community will be required to access and purchase permits through the new software.

As explained by Marco Bravo, special events

parking services manager, “The program is going to be great as far as customer service because it’s going to provide all the services that we had before and more and it will be done online... The communication between public safety, facilities management and the NSU community will be enhanced to a better quality.”

Shane Lam, associate director of field operations for public safety, explained the thought process behind integrating this new system.

“Recognizing that we had opportunities to enhance our customer service to the community. Prior to this, all appeal actions took place in person; all students had to set an appointment and appear at some date in the future. That will all go away, making it more convenient to adjudicate these cases. The registering of the vehicle is going to be a lot more convenient and accessible to our campus community. So again, it’s customer service, eliminating waste and becoming overall more efficient,” said Lam.

The NuPark system has already been integrated on other college campuses, including universities such as Florida International University, University of Delaware and Rutgers. The system may also be familiar to those who have utilized public transport in the Miami-Dade area, as the Passport system NuPark is merged with is used for the Metrorail and Metrobus.

Physical Plant stocks up on PPE on campus

By: Christina McLaughlin
Co-Editor-in-Chief

On Thursday, Aug. 20 and Friday, Aug. 21, NSU received an additional 1,000 gallons of hand sanitizer to refill the 10,000 bottles the university is providing and 24,192 canisters of sanitizing wipes to be distributed to the 760 classrooms on campus, respectively.

“Each classroom on campus will receive a canister of sanitizing wipes that students can use to sanitize their surfaces, hands, computers, phones and whatever [else they might need to sanitize]. There are about 100 wipes per canister which will eventually need refilling,” said Seth Mangasarian, director of physical plant, NSU’s maintenance and operations of campus facilities.

To ensure that these canisters are consistently full and ready for student use, NSU custodians are checking each classroom twice during the day and once throughout the nightly cleanings. In cases that classrooms are in need of replenishment of sanitizing wipes, Mangasarian explained that students can call ext. 28800 and reach a work center that will dispatch a member of the custodial team within 20 minutes to refill the canister.

In NSU’s efforts to keep NSU’s campus

safe for all students during this COVID-19 pandemic, Physical Plant has deployed their staff of 225 custodial workers across campus and an additional 31 workers whose sole purpose is enhanced cleanings. These enhanced cleanings involve disinfecting all of the high-touch points throughout campus in addition to performing the nightly cleaning and disinfections of all campus facilities.

As a part of these efforts, Mangasarian explained that NSU has increased the presence of hand sanitizing stations on campus.

“Prior to the inception of COVID-19, we had 909 hand sanitizing stations on campus. Since then, we have added over 11,000 stations throughout campus and now we have over 2,100 hand sanitizing stations,” Mangasarian continued, “We wanted to make it the safest environment possible for when everyone [comes to campus]. When [people are on campus] they will have all of the items in every place they need and closest to the high touch point areas.”

As a way to make students and staff feel comfortable on campus, Physical Plant has provided a hand sanitizing bottle to each



PPE products for NSU faculty

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resident student and provided faculty with a kit that included sanitizing solution and microfiber cloths so each faculty member can wipe down keyboards and other touch points within the classroom environment.

“I am truly impressed with the entire student body, from move-in week to this

being the first week of classes. I’m knocking on wood here, but our student body and our community has done an outstanding job at making sure that we have the right things in place to keep our community can be safe.” Seth Mangasarian, director of physical plant

That time I...hiked a 14er

By: Emma Heineman
Features Editor



Junior, Emma Heineman, climbing the trail to the summit of Mt. Bierstadt with her family

PRINTED WITH PERMISSION FROM E. HEINEMAN

Emma Heineman is a junior from Bailey, Colorado. She is pursuing degrees in political science and international studies.

Since I flew back home to Colorado in March when all of this pandemic craziness began, I have been aware of how blessed I am to live where I do. I have watched as other friends' have had their summer plans turned upside down by the closure of movie theatres, restaurants and other public places and realized how lucky I am to have an exciting and social distant adventure waiting right in my backyard.

I have lived in a small mountain town in Colorado since I was born and have had my share of quintessential "mountain girl!" experiences, but one thing that I had never done is hike a 14er. The often treacherous trails, the unpredictable weather and the challenging altitude (at least 14,000 feet above sea level as the name implies) truly separates "real Coloradans" from visitors and tourists. I have always meant to hike one, but quarantine

gave me the perfect opportunity to finally do it. The nearest 14er to me, Mt. Bierstadt, is roughly a 45 minutes drive from my quiet mountain town to the top of a winding pass. My sister and I left around 5 a.m., giving us plenty of time to get to the trail, summit and get down safely before the notorious afternoon thunderstorms. Though Colorado has warm summers, the temperature rarely rises above 60 degrees at the top of the pass, and stays even colder the higher up you go. Bundled for the crisp chilly July morning, we left the trailhead with a summit in the distance and the optimism of two people who had no idea what was in store for them.

After three hours of arduous hiking, we reached the summit, which, while amazing, was far from what I had expected. The wind chill brought the temperature to well below freezing, resulting in a few quick pictures, a hastily eaten lunch and a decision to head back down. After hiking another three hours down, my sister and I finally reached the parking lot, exhausted and ready for a long nap. To my

horror, when I reached to unclip the car keys from where I had clipped them to my backpack, they were gone. I decided to ditch my pack with my sister and retrace my steps. I hiked alone for about a mile back down the trail with no luck. Unwilling to hike the remaining two and a half miles with only the small water bottle in my hand, I headed back to the parking lot empty-handed.

Had we been at any other trail, the solution to my unfortunate situation would have been a phone call and a short wait away, but at the top of a mountain pass with no service, my sister and I were forced to weigh out options. As afternoon storm clouds began to roll in, we decided to ask around to see if anyone would be willing to drive us into town, despite social distancing measures, so we could get service. I'm not a big believer in fate, but the family we found would be the perfect example. They were visiting from out of state and had come up to Mt. Bierstadt to enjoy a hike with their young daughter. Even better, they were staying at an Airbnb 10 minutes from my house. My

sister and I couldn't believe our luck and were incredibly gracious when they offered us a ride. Although my day was far from over and included countless phone calls with my car insurance company and driving back up the pass, I was relieved when we finally got home.

As I ponder the events of that day, I am struck with a great appreciation for everything that happened. In the moment, I remember feeling like the world was against me, but looking back, there were so many things that somehow turned out ok. I got to meet an amazing family that helped us, I got to spend a day making memories with my sister and I checked off a box on my bucket list. It surprises even me, but I would do it again in a heartbeat. Next time though, my sister should hold the keys.

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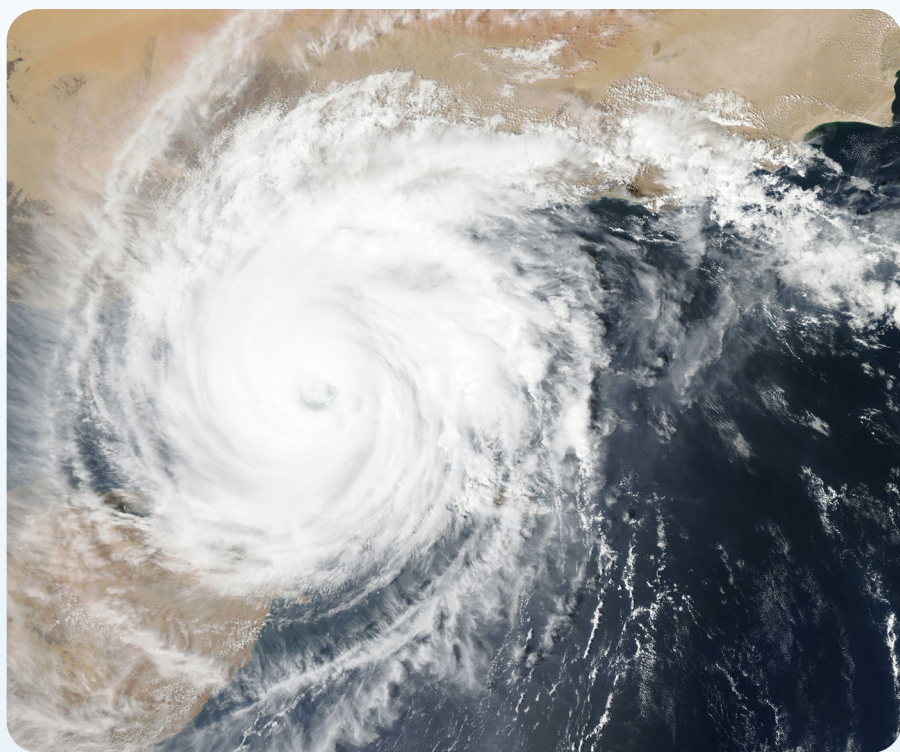
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Preparing for hurricane season

By: Naziba Nuha
Contributing Writer



Hurricane Season: Hurricane overpassing yemen

PHOTO OBTAINED FROM NASA

Every year, hurricane season starts on June 1st and lasts till the end of November. With Florida already facing severe repercussions because of the COVID-19 pandemic, hurricane season just makes situations worse for the already agitated Floridians. The National Oceanic and Atmospheric Administration's (NOAA) Climate Prediction Center forecasts an above-normal Atlantic hurricane season this year. With 70% confidence, they predict

to see 13-19 named storms, including six to 10 of which could become hurricanes (winds exceeding 74 mph) and three to six that could transition into a major hurricane (Category 3 strength or higher). An average hurricane season forms 12 named storms, including six hurricanes and three major hurricanes.

"NSU's first priority is the safety of students, faculty and staff. The university is continuously monitoring severe weather patterns and tropical

storms that might affect the campus. In the event that a hurricane warning is issued, NSU will provide updates via automated text messages and emails as needed. Immediate closing and evacuation of all NSU campuses will follow. NSU Emergency/Hurricane web page and NSU Emergency Hotline will provide official information regarding campus closures and campus re-openings. Lastly, a group of trained individuals will safeguard the NSU community before, during and after the hurricane," said Eric Householder, a professor in the Geographic Information Systems Department at NSU and a Geospatial Services GIS Section Leader at South Florida Water Management District.

Many hurricanes that make landfall every year often cause fatalities and destruction of properties. Therefore, early preparedness can help minimize the effect of the storm. In fact, it is always best to have an effective plan and a hurricane toolkit before the threat is imminent. People living near the coast might have to evacuate to nearby shelters in the event of a major storm. With proper preparedness, they can contact the nearby shelters and visit those places prior to the storm. A hurricane toolkit comprising non-perishable emergency commodities can also prove to be beneficial during a catastrophic storm. Some useful items may include matches, candles, extra batteries, prescription drugs, non-perishable food items, water, first aid supplies, basic tools, etc. In case of destructive winds, storm surges or flooding, people may need to secure their homes as well. Installing storm shutters, cutting weak branches and trees and relocation of outdoor garbage cans

and other decorations are some of the ways in which people can secure their homes.

"Just because we have a very active hurricane season ahead of us does not mean that we are guaranteed to get hit by a major hurricane. In 1992, Hurricane Andrew struck the Bahamas, Florida during an extremely quiet hurricane season. So, it is very unpredictable. However, I would always encourage people to watch the news and stay updated. Early preparedness is always better. Having the necessary supplies, plan and backup accommodation can ensure better safety of people and their loved ones," said Householder.

The South Florida Water Management District (SFWMD) works year-round to safeguard communities that are prone to flooding in the event of severe tropical storms. They are also responsible for water supply planning, water quality improvement, ecosystem restoration and land management.

"The SFWMD's mission is to safeguard and restore South Florida's water resources and ecosystems, protect the communities from flooding, and meet the region's water needs while connecting with the public and stakeholders. During hurricane season, the SFWMD runs drills and works with the state to ensure the safety of people during and after the hurricane. I think it is important for people to remember that this is not our first rodeo. It is part of living in South Florida. The flip side to hurricane season is that when tropical storms like this take place every year, we are always better prepared for the next time it strikes. Just be prepared and do not take it lightly when it does happen," said Householder.

Tips to safely gill out in a pandemic

By: Alexander Martinie
Opinions Editor

Here at *The Current* we love to share our favorite restaurants with you in the form of our recurring feature, "Gill Out." In light of new guidelines and policies in place, we want to make sure we're all staying responsible and respectful when visiting our favorite eateries. Stay tuned for our restaurant spotlights in our upcoming issues -- maybe you'll find your new favorite spot to safely "Gill Out" with us.

With the loosening of some restrictions brought about by the COVID-19 pandemic, restaurants are once again open for business, albeit at a smaller capacity. For those of you who want to "Gill Out" and enjoy the restaurants featured in our biweekly articles that highlight local restaurants, here are some tips to safely dine out.

Is the environment healthy?

One thing you have to look for when you go out to eat is if the restaurant is safe to eat at. Does the restaurant offer outdoor seating? Is there adequate spacing between tables? Is the staff wearing masks and are they wearing them properly? Is the restaurant overly crowded? These are all questions you need to ask yourself before you decide to order, and if it is not up to standards or you are not comfortable eating there, then find another restaurant. According to the Center for Disease Control and Prevention (CDC), there is less risk for "on-site dining limited to outdoor seating" with "seating capacity reduced to allow tables to be spaced at least six feet apart." The risk is significantly increased with the use of indoor seating and even more so with no capacity restrictions or spacing.

Remember to keep track of how much time you spend around other people, both ones you know and complete strangers. Take precautions to not spend too much time in crowded indoor spaces. If you have to go out serif well-spaced outdoor venues are an option. For example, instead of going to big chain stores try smaller locally owned stores. Be careful with what you do when you go out and where you go out. Keep an eye out for those around you and make sure to address boundaries when necessary. If someone encroaches on your personal space, politely ask them to move. If someone approaches you without a mask, ask them to either move back to to put on a mask.

Resources for local restaurants

If you have a restaurant in mind that you want to eat at, a great way to find out how they are following COVID-19 regulations is to visit their website, if they have one, or call ahead with any question you have. If you aren't sure what you want to eat, the town of Davie's website has a restaurant outreach program set up to highlight what local businesses are doing to still provide their services. Many local restaurants are available for takeout and pickup, as well as delivery through apps like Doordash, Uber Eats, GrubHub and Postmates.

A full list of the restaurants in this program can be found at <https://www.davie-fl.gov/1285/Davie-Restaurants-Offering-PickupDeliver>

In general, just be careful and keep up

to date on local and national advisories on COVID-19. Make sure you are doing all that you can to keep yourself from getting sick. Wear your mask, and when you have to take it off, be careful of where you put it. Wash your hands, use hand sanitizer and make sure to monitor if you have any symptoms.

Check out some of the local restaurants we've reviewed in the past by clicking on the links. Visit each restaurant's website for their most up-to-date policies and hours.

[Mama Tofu](#)

6467 Stirling Road, Davie, FL 33314
\$\$

[Boulevard Kitchen + Juice Bar](#)

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

[La Mexicana Tapas & Taqueria](#)

2430 NE 13th Ave, Fort Lauderdale, FL 33305
\$\$

[The Magic Cow](#)

4298 S. University Drive, Davie, FL 33328
\$

[Amaize](#)

2258 S. University Drive, Davie, FL 33328
\$\$

[Bolay](#)

151 North Hiatus Rd. Suite 314, Pembroke

Pines, FL 33026

\$\$

[Delicious Raw](#)

2276 South University Drive, Davie, FL 33324
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[Vienna Cafe and Bistro](#)

5724 S. Flamingo Rd, Cooper City, FL 33330
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[Ovlo Eats](#)

7626 Peters Road, Plantation FL 33324
\$\$\$

[I Heart Mac & Cheese](#)

2325 S University Dr, Davie, FL 33324
\$\$

[Ann's Florist Coffee & Wine Bar](#)

1001 E Las Olas Blvd, Fort Lauderdale, FL 33301
\$

[TCYB](#)

1447 S. University Dr, Plantation, FL 33324
\$

[Lester's Diner](#)

250 W State Road 84, Fort Lauderdale, FL 33315
\$\$



SOUNDBITE



“These Two Windows” by Alec Benjamin

By: Alexander Martinie
Opinions Editor

“These Two Windows” is Alec Benjamin’s debut album with Warner Music Studio. The album was released on May 29 and features several songs written and performed by Benjamin over the past year with the debut release of his new song “Match in the Rain.” The album reached #75 on Billboard 200 in the U.S. and #52 in the UK Albums Chart. “These Two Windows” centers around topics of mental health and problems in life.

The album starts with “Mind is A Prison,” the perfect song for anyone who may be going through a time where they feel lost or confused. This song was part of Benjamin’s processing and coping with obsessive-compulsive disorder. According to Benjamin, “I overthink everything and so I wanted to make a song about it. And I’m always trying to sort of get out of my own head. I have OCD so I’m always going over and over and over things and sometimes I need to just not be like that. And it’s hard. So, I made a song about it and I thought, if I put it out in the universe, maybe I’d find some other people who felt the same way and maybe we could all find some comfort in knowing that there are other people out there who do the same thing.”



ALBUM ART FROM A. BENJAMIN

According to Benjamin, he wrote this song as a metaphor for not letting his own intrusive thoughts control him by comparing it to a jailbreak.

The next two songs on the album, “Demons” and “Oh My God” follow the same theme of talking about mental health and the importance of having a good support system. “Demons” uses great symbolism for anxiety and stress and “Oh My God” talks about losing yourself and forgetting who you are. “Demons” also stresses the importance of having a support system with the line in the chorus “you’re the reason. The only thing that keeps me from diving off the deep end.” However, “Oh My God” takes a different look, showing the lack of the aforementioned support system by saying “it’s too late to turn around” and “no one here to hold me now.” This song highlights feelings of loneliness and desolation, showcasing what it is like to feel like you have no one to turn to.

Overall, “These Two Windows” features amazing slow-paced songs that anyone going through any kind of hard times can relate to. I know that I am going to be playing this album on repeat for the next few months, just like I did when the singles came out.



Staff Picks:

What hobby did you get into over the summer during quarantine?

“I wouldn’t say that I added a new hobby to my repertoire, but I did build on an existing one. It’s not a secret to anyone that knows me that I am obsessed with everything that involves the entertainment industry. Movies, musicals, television shows, plays, practically anything with a character, I’m there. With that, I’ve slowly found myself becoming not only an avid watcher and critic, but a creator myself. I’ve been pushing myself to write a screenplay for a few years now, but quarantine and being stuck at home allowed me to really take a major leap in that endeavor. So this semester, other than writing for The Current, I will be working on my various screenplays and scripts in my free time,” said Christina McLaughlin, co-editor-in-chief.

“This past summer, I really got back into spending time outside. I live up north, so when I flew home last March, there was still snow on the ground. When I’m in Florida normally, on the other hand, I visit parks, walk outside or go to the beach whenever I can -- assuming it’s not storming. This past spring, between the cold weather, ‘social isolation’ guidelines and keeping up with my online classes, I spent a lot of my time in my house -- which was a departure from my ‘normal.’ Once the semester was over and the weather started getting warmer, I tried to spend more time outside. If I had days off from work, I’d try to drive to a lake or visit state and county parks whenever I got the chance. I’ve always been an outdoorsy type of person, so this isn’t really a new hobby, just something I tried to

make more of a priority,” said Madelyn Rinka, co-editor-in-chief.

“During the summer quarantine, I discovered a love for painting that I never had before. I’d dabbled in the art of working with paints when I painted a Marshall amp last year prior to the pandemic, but I had never really painted on a canvas before. This all changed when I found myself looking for a new way to get creative. At the beginning of the quarantine, I found myself embroidering and sewing -- artsy and crafty things I’d done before, but one day, I went to Dollar Tree and found mini canvases for \$1. Having recently bought paint pens, I decided to give it a go and found myself loving the painting experience. I’ve loved the experience so much that I have slowly been filling up one of the walls in my room with paintings. I’ve also made some paintings for loved ones. It’s just become a good pastime for me where I can connect with my creative side,” said Flor Ana Mireles, copy editor.

“During quarantine, I didn’t really get to pick up a new hobby, but rather I developed better habits for myself and created a daily schedule. I started to workout outside and created a whole routine for myself. I started eating at regular hours of the day and bought an annual pass to Universal because they had an awesome deal where they gave me three months for free and I pay \$10 a month. Other than that, I’ve been working as a social media and office manager for student media and interned as a marketing and production assistant for a

financial firm,” said Farhan Shaban, chief of visual design.

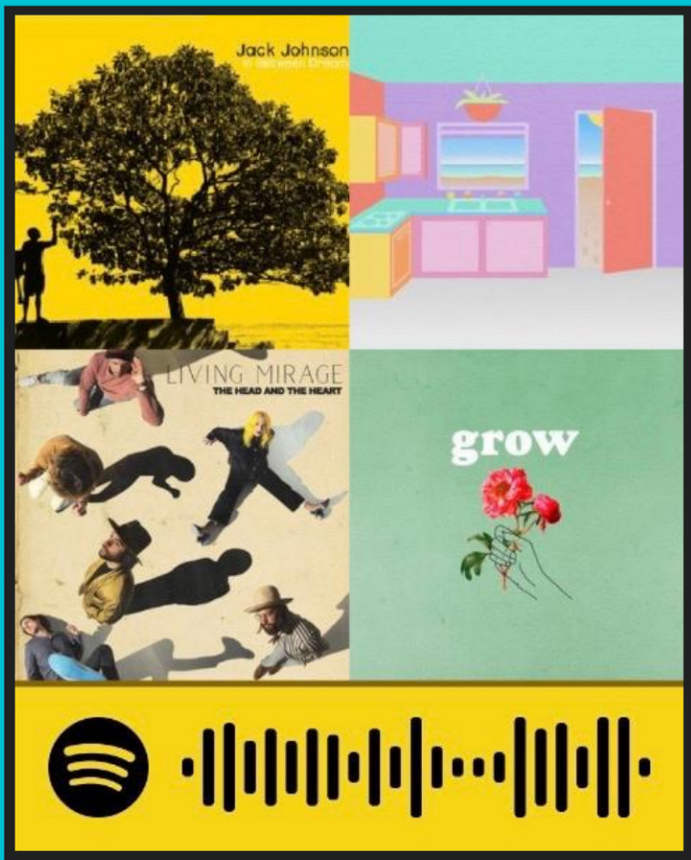
“While I would not really call this a hobby, during quarantine my collection of “fake” skulls grew tremendously. I am a Halloween aficionado. As such, I have a plethora of skull decorations that I have bought over time -- mostly on impulse. However, during quarantine, this collection skyrocketed and now my room is littered with skull decorations. Am I upset? No. I am more than happy with this casual obsession. My favorite skull that I acquired over quarantine is one that was carved from petrified wood with a little frog inside the part where the brain would be. Quarantine really brought out my inner love for skull decor,” said Rick Esner, news editor.

“Not quite a new hobby, but I got back into hiking while I was back home for the quarantine. I live in a small town, so even without COVID-19 restrictions, there’s not a ton to do. With even less options, hiking became a good way to occupy some of my time. Luckily, there are so many trails in my area near where I live. Some of them I had hiked before, but lots of them were ones I had never explored before. They definitely beat being cooped up inside all day,” said Emma Heineman, features editor.

“During the summer, I took staying home very seriously because I have several people in my life who are immunocompromised and at a higher risk of serious infection. I only traveled out of the house for essential

errands. That being said, I was bored out of my mind! I began watching crafting videos on YouTube and realized two things: first, I would certainly be bad at whatever I tried, and second, I had the time to be bad at it and learn from my mistakes! I decided I wanted to try making epoxy resin charms. For those of you that don’t know, there are several types of resin, but UV and epoxy resin are most commonly used for crafting. Epoxy resin is a two part clear substance that hardens over time, but when it is still in liquid form after being mixed, it can be poured into molds. You can add pigment, glitter and even little charms to make super cool and cute little sculptures. I had been watching resin crafting videos for quite a while now, but never really thought I’d had the time or energy as making one piece can take several hours and the pieces need at least 24 hours to harden before you can demold them. A little resin goes a long way; over the summer, I ended up making over 50 little charms, and plan to continue making them whenever I get back home,” said Sofia Gallus, arts & entertainment editor.

“I didn’t really take the time to develop any new hobbies over quarantine, but I did spend a lot of time cleaning and fixing things around my house. Quarantine made time for my family to work on doing much needed repairs around the house. Aside from that, I had plenty of time to play video games when all the work for the day was done,” said Alexander Martinie, opinions editor.



GETTING BACK IN THE SWING OF THINGS

- Sunday Best - Surfaces
- Grow - HOAX
- Honeybee - The Head and the Heart
- Banana Pancakes - Jack Johnson
- Ultralife - Oh Wonder
- Put Your Records on - Corrinne Bailey Rae
- Sunkissed - Khai Dreams
- SUPERBLOOM - MisterWives
- Honeybody - Kishi Bashi
- Saturday Sun - Vance Joy

3 ways to customize your own face mask

By: Sofia Gallus
Arts & Entertainment Editor



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Collection of different masks

As school begins again and we all settle back into our dorms and classrooms, one glaring difference is noticeable here at NSU: we can't see the bottom halves of each other's faces. Masks are now required everywhere on campus, and while I personally feel pretty cool while wearing a mask, others might feel strange with a random piece of fabric over their face for hours on end.

However, as time has passed over this summer, many people have found joy in customizing their masks. While you can order a special print for your masks online, you may not always be able to find exactly what you want -- or you may just want to add your own personal flair. In these cases, keep reading to find out how you can personalize your own cloth face mask.

Time to tie dye

One of the easiest methods to customize your cloth mask is to tie dye it. Remember that if you choose to tie dye your mask, you must use safe dyes that are not harmful to inhale and will

not irritate skin. There are many different patterns you can utilize while tie dyeing something; you can twist your mask up and tie it to create a spiral, you can crumple up your mask and pour dye on it to create ripples or simply just splatter the dye all over your mask to create a spilled dye effect. After you're done dyeing it, wrap it up in a plastic bag and let it sit for 24 hours before you wash it alone in the washing machine. After waiting for it to dry, voila -- you have a truly colorful and unique face mask.

Enjoy some embroidery

Another way you could decorate your mask would be to embroider it. When you're embroidering a mask, make sure your cloth mask has two layers, and that you're only embroidering through the front layer. While embroidery may seem like a skill that would be hard to conquer, there are many YouTube videos on how to begin. After a little practice, you'll be embroidering patterns onto your cloth mask like a champ. When

embroidering a pattern, the possibilities are literally endless. You can choose any design, phrases or objects that you want with a wide variety of thread colors.

Make faces on your face with felt

Have a specific pattern or animal you want on your mask? Don't feel comfortable with embroidery? Sewing felt onto the front layer of your cloth mask is an easier alternative to creating the designs you want on your mask. All you'll need is a sewing needle or fabric glue, any felt or fabric that you want for your design and some thread to connect it all. Some popular felt and fabric cutouts include dinosaurs, flowers or planets, but you can choose anything to your heart's desire. Once you've cut out your design, you can sew it right on or glue it on to create fun and original face masks.

OFFSHORE CALENDAR

Virtual Dance Club With Black Diamond Ballroom Dance Company
August 24 | 8:30 p.m.

SocietyX Virtual: Art Therapy with Lya Pouleyy
August 25 | 11:00 a.m.

No Pants Comedy
August 25 | 10:00 p.m.

The Forged and the Filched: Mysteries of the Art World With Atlas Obscura
August 26 | 7:00 p.m.

Summer Sway Streamathon
Through August 27-30 | 3:00 p.m.

Celebrate Science Fiction Master Ray Bradbury
August 28 | 2:00 p.m.

House Plant Rescue with Matt Stata
August 29 | 2:00 p.m.

Everygirls Rise: A Career Empowerment Virtual Conference
August 29 | 11:00 a.m.

Online Vegan Cooking Class
August 30 | 12:00 p.m.

THIS WEEK IN SPORTS IN HISTORY

August 18, 1964: South Africa banned from competing in the Olympics

The International Olympic Committee (IOC), officially banned South Africa from participating in the 1964 Summer Olympics held in Tokyo, Japan. The racial segregation of the apartheid regime extended to all aspects of life, including sports. Because of this, the South African team was composed of only white individuals. In their decision, the committee announced that South

Africa would only be allowed to compete if they could assure a multi-racial team and publicly renounce racial discrimination in sports. In 1970, the country was formally removed from the IOC, and it wasn't until the 1992 Summer Games in Barcelona, that they were asked to again participate.

August 19, 1900: First and only Olympic cricket tournament held



The cricket teams from France and Great Britain battled it out in the first and only cricket tournament to be included as part of the summer Olympic Games. The two-day tournament ended in a victory for Great Britain. Due to insufficient numbers, the tournament was not included in the next summer Olympics and has not been added since.

August 20, 1922: First world championship athletics for women held in Paris

The first women's championship athletic tournament was held in Paris, France. The event, held at Pershing Stadium, was similar to the Olympics and consisted of various athletic competitions. It was established due to the inability of women to compete in the official Olympic

Games. It was founded by Alice Milliat after the IOC refused to include women in the Olympic track and field competitions. The event was held an additional four times, when in 1936, women's events were included in the Olympic Games and the event was discontinued.

August 21, 2004: Michael Phelps wins his 6th gold medal of the Athens Olympics

American swimmer and Olympic gold medalist, Micheal Phelps, won his sixth gold medal at the Athens Olympic Games. Despite not competing in his eighth event, the 4 x 100-meter medley, Phelps was able to take home eight Olympic medals from the Athens games, tying his total with gymnast Aleksandr Dityatin for the most medals won at a single Olympic Games.



August 24, 2004: Usain Bolt fails to qualify for the second round at the Athens Olympics



Usain Bolt, an Olympic sprinter from Jamaica finished fifth in his heat of the 200-meter race with a time of 21.05. Slower by a .03 second margin, the future 8-time Olympic medalist failed to advance to the semifinals of the Athens Olympic Games.

NSU RecPlex: new guidelines and expectations

By: **Emma Heineman**
Features Editor

As students settle into a new "normal" at NSU, NSU's Recreation and Wellness Complex, or Recplex, is working hard to provide its members, NSU staff and students with a safe and socially distant way to stay in shape this semester. Continue reading below for a brief overview of what to expect if you plan on utilizing the RecPlex this semester.

General requirements

Like other public spaces on campus, NSU's RecPlex requires students to wear a face mask or covering while using the facility, even while working out. In addition to wearing a mask, social distancing will also be enforced throughout the complex. Exercise machines have been spaced out to help individuals maintain a safe distance.

Upon entering the RecPlex, students will be required to comply with a routine temperature check. Students with a temperature of 100.1 degrees Fahrenheit or lower will be cleared to enter. Furthermore, contrary to previous semesters, the complex is open only to members, NSU students and staff, meaning guests are not permitted. Due to county guidelines, the Recplex is permitted to operate at a 50% capacity, meaning that, although unlikely, students may encounter wait times before entering. Students with flexible schedules are encouraged to avoid high traffic times, such as the early morning.

Available facilities

While most facilities will remain open for use, due to county orders, all showers and saunas are closed to patrons. Additionally, the rock wall is closed at this time.

Adjusted hours

As of Aug. 17, the RecPlex is open from 6-9 a.m., 12-2 p.m. and 4-9 p.m. on weekdays, with additional limited hours on the weekends, allowing time for the facility to be regularly disinfected. Between these times, a professional cleaning crew in conjunction with RecPlex staff will make sure that all high traffic areas are disinfected so they are safe for students to use.

Tom Vitucci, the director of recreation and wellness at NSU, said, "Recognizing that the RecPlex and the fitness center [carry] high levels of potential exposure and transmission, we felt like we needed those intermittent closures to [ensure] the safety and cleanliness standards within the county guidelines."

Tiffany McChesney, the assistant

director for RecPlex operations, further explained that any type of surface, including exercise equipment, dumbbells and more, will be routinely cleaned. "Anything we are touching, we are cleaning," she said, "That's a big thing."

Group exercise

Group exercise classes at the Recplex will also look different this year. All classes will be held in the RecPlex West indoor basketball court or the RecPlex outdoor basketball court and will require students to sign up in advance. Signups will be posted approximately 48 hours in advance on imleagues.com. For further instructions on how to access the list of classes and sign up, visit the recreation and wellness page on NSU's website. Students can also call the RecPlex front desk at (954) 262-7301 to receive updates on the classes offered for that week. For classes like yoga, yoga mats and other equipment will no longer be provided, though students are encouraged to bring their own. The same goes for equipment rentals as well. With the exception of tables tennis and billiard equipment, students will not be able to rent out equipment for use.

Pool rules

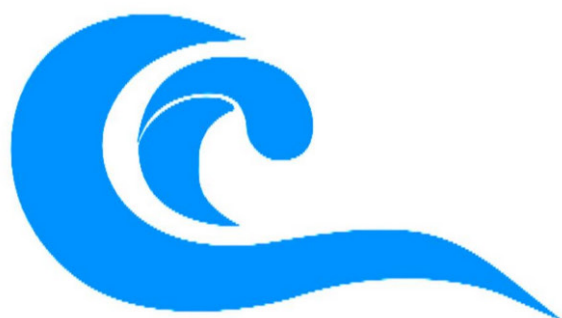
While students are still allowed to swim and lay out at the RecPlex leisure pool, chairs and other pool furniture have been removed from the pool area for the safety of everyone.

Other guidelines

Contact sports, including pick up and full-court basketball, are not permitted at this time. Additionally, only singles on the outdoor tennis courts and games of four people or less on the outdoor basketball court will be allowed.

Signage

Seems like a lot? No worries. There will be lots of signage around the RecPlex reminding students of the new requirements. Students can also check out the NSU RecWell website for a comprehensive list of all the COVID-19 policies. Make sure to keep an eye out for emails and follow @nsurecwell for updates and information.



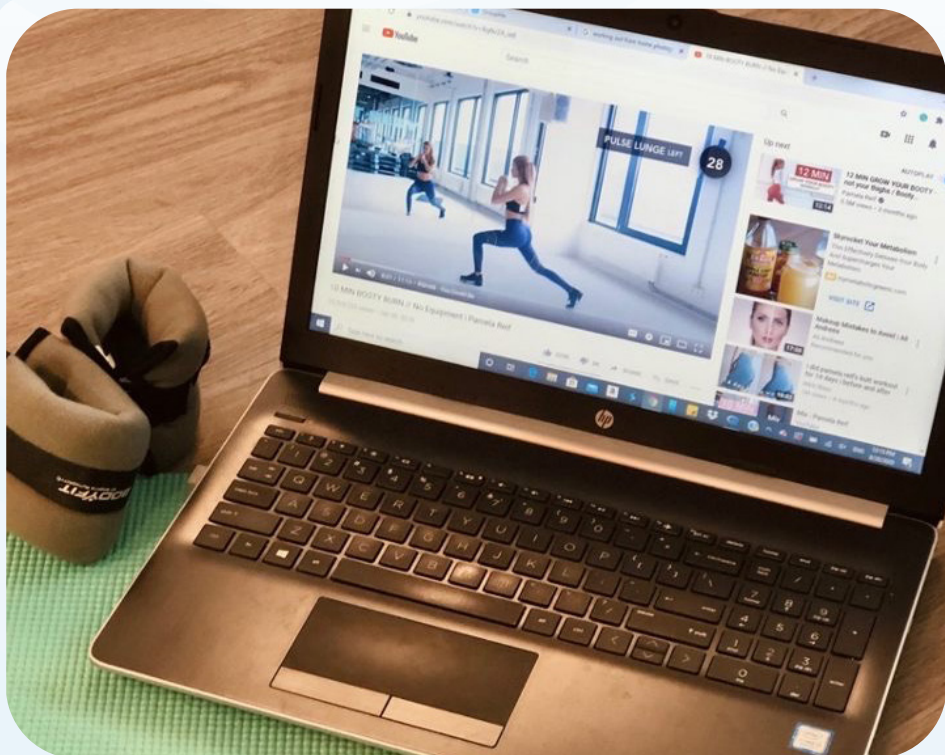
KEEP WITH WHAT'S CURRENT



@THECURRENTNSU

Making home workouts work

By: Emma Heineman
Features Editor



Watching an online workout on Youtube

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Like most aspects of life, the COVID-19 pandemic has changed the way we workout. With the closures of gyms and fitness centers, individuals have been challenged to find creative and safe ways to stay in shape. Whether you are searching for a way to replace

your gym routine or looking for a way to fill your new free time, working out from home can be the perfect solution. Here are some tips to make the most of your physical health in our new socially-distant normal.

Go online

Lucky for us, technology has helped to make the transition to this new normal easy. Like school, business meetings and friend group hangouts, online platforms have become a useful tool to stay fit during quarantine. Whether you are a beginner hoping for that quarantine glow up or a well-seasoned athlete looking to stay in shape, online platforms such as YouTube are full of advice, videos and tips to find what workout is best for you.

At-home workouts can be catered to you so consider your goals, your ability and your body type when selected and trying new workouts. Don't be afraid to try something new. If one workout isn't working for you, try another. In addition to platforms like YouTube, there are also a plethora of apps that can help you set and maintain fitness goals. With virtual trainers, personalized fitness plans and a vast array of exercises and workouts, these apps can be a great option to find a routine that's perfect for you. Like any information you find online, make sure to check your sources. Look for people who are qualified to give advice about fitness and always gauge your own comfort and abilities as you go.

Go outside

Due to the lower transmission rate, moving your fitness routine outdoors is another option to consider when finding a safe fitness alternative.

While it is certainly not possible to replace all indoor exercise with outdoor options, there are plenty of ways to stay fit outside. A walk or jog around your neighborhood, a bike ride or an outdoor yoga session are all ways you can stay active and safe.

Be safe at the gym

If you live in an area that has reopened gyms and fitness centers, make sure to comply with the safety guidelines established by each business. While businesses likely set similar guidelines and restrictions, make sure to read each individual policy to make sure you are keeping yourself and others safe.



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Equipment for home workouts

On The Bench:

UFC is more than a sport, it is an art and it's kept us through COVID-19

By: Flor Ana Mireles
Copy Editor

While games and sporting events have been put on hold due to the pandemic, Dana White, the President of the Ultimate Fighting Championship (UFC), has done everything in his power to keep UFC fights occurring. Given this is really the only sport that I consistently watch, I am more than grateful to say that my sports-watching has not been put on hold due to COVID-19. Moreover, we've gotten to witness UFC fights without loud audiences, hear the fighters' corners better and be more present in the fight itself.

Oftentimes, people are very opinionated about the UFC and the fact these men and women are beating each other up for a chance at a title. It's compared to boxing and WWE, but really, there's nothing like it. There's more to this sport than just punches, kicks and wrestling. I mean, what other sport is as full-contact as MMA?

These men and women are going to war, not just physically, but mentally. It takes a lot of strength and discipline to prepare for a fight in the octagon -- something some people don't seem to realize. Preparing for a fight means that you are training every day, maintaining a diet -- especially since you need to make weight -- and preparing your mind for the fact that you have to go into the cage and fight with all you've got. Truthfully, it's an art form. In fact, UFC is made up of 'mixed martial arts.'

Each UFC fighter has a different body,

strengths, and style of fighting. Like any art form, their craft is unique to them, and when they're in it, they're giving it their all. Fighters have an array of styles to go off of: wrestling, kickboxing, muay thai, karate, taekwondo, sambo, boxing, brazilian jiu-jitsu, judo and so much more.

While watching UFC fights is definitely not for the faint of heart, it is an admirable sport that more people should appreciate and see as an art form. This is a sport that requires a lot of mental fortitude and no two fights are ever the same. These men and women are not just kicking, throwing, batting or dribbling a ball. They are putting their lives at risk for a chance at making it big, for a chance at a title fight and financial freedom for themselves and their families.

The UFC has stayed strong through this pandemic, making viewers and fighters strong too. We're lucky to be witnessing a sport that's growing and full of passionate individuals. Dana White gave us the entertainment of Fight Island and ensured that everyone who was present had been tested for COVID-19, had negative results and quarantined away. No other sport has been as dedicated to their craft and this is something that should not go unmentioned. For the most part, we're all fighting something in our day to day lives. These individuals are taking it one step further.

Finding fitness outside: adapting to the pandemic

By: Madelyn Rinka
Co-Editor-in-Chief

In the wake of gyms closing and limiting capacities, people have adapted their fitness routines in plenty of creative ways since we began following physical distancing guidelines to help limit the spread of COVID-19. Whether it's watching live streams of workouts online, looking up new programs to do at home or video chatting with a friend to exercise "together," there's plenty of (safe) ways to keep up with your personal fitness without even having to leave your living room. But if you're looking to add a bit of fresh air to your routine, here's some reasons and tips to help you bring your workout outside.

Follow safety guidelines

In order to help support and protect other park visitors and staff, follow the safety guidelines in place by the CDC. It's still crucial to stay at least six feet apart from others, avoid touching shared surfaces and wash your hands after doing so, visit less-crowded open spaces and wear a mask when around others, among other actions. For more detailed information about visiting parks and recreational facilities, camping, playing sports and partaking in water-related activities during the COVID-19 pandemic, check out this article from the CDC.

Research natural areas and parks

The status and accessibility of open spaces can vary greatly by state, county and city -- it's crucial to look up specific regulations from your local governments before going to any natural area or park. Whether you're staying home and off campus, you've just moved back to South Florida or you never left, check online for the most up-to-date guidelines in your area. If you've found local parks that are open, consider checking out some new ones that are

nearby to explore. Of course, just be sure to be respectful of the facilities and stay safe by following the guidelines listed above and any local regulations and mandates.

Find new ways to workout

"Going outside" doesn't just have to mean taking a lap around your neighborhood -- although there's nothing wrong with that! But if you're looking to do something other than walking, there's plenty of other ways to stay fit outdoors. For anyone in an area with more hills and mountainous areas, try hiking trails for cardio with a view. Or, you can try looking into opportunities to swim in local lakes or oceans. Even if rules, regulations or just plain geography limits those options, consider picking up running, biking, yoga or another way to exercise that you can safely do outside.

Keep up with friends

Visiting parks and natural areas to exercise with friends means staying social and motivated, but it can also have impacts on your safety. If you're able to socially distance and follow other guidelines while exercising outside, this can be a great option. However, if you find that this isn't possible, it's still smart to keep in touch with a friend or family member if you decide to go somewhere alone. It's not always possible to responsibly go outside with friends right now, but that doesn't mean there aren't still risks to going somewhere alone. Be sure to let someone know where you're going and what your plans are -- letting them know when you arrive and depart isn't such a bad idea if you're comfortable with sharing that information. Stay smart to stay safe and enjoy your time in the outdoors!



Be safe, be ethical, wear a (reusable) mask

By: Sofia Gallus
Arts & Entertainment Editor

When you're leaving the house, you check that you have your keys, your phone, your wallet and now... your mask. Masks have become an everyday essential, and while I personally like wearing a mask and am slowly gathering a large collection of colorful cloth masks, many people are still using disposable surgical masks.

While surgical disposable masks have been used for ages in healthcare, many everyday consumers are turning their attention to them now when faced with a pandemic. They can be purchased in bulk on Amazon or bought in little single packages from grocery stores. They're easy to find now, not just to purchase.

An environmental toll is already occurring here in South Florida. They're showing up on beaches, drifting along sidewalks and being run over in the road. Wearing a mask is a responsibility, but so is disposing of that mask, if the mask you were wearing is disposable. If you can afford to buy a pack of 20 disposable masks on Amazon, then you can afford to

buy a pack of five reusable cloth masks that you can wash and wear as many times as you like.

Not to mention, since everyone is now hunting down masks online, the prices for personal protection equipment has gone up and healthcare workers are having a hard time sourcing the equipment they need. Some people have noticed an extra charge on their dental cleaning bill or a raise in prices for a simple physical checkup simply because healthcare facilities are having a harder time finding the equipment they need. The CDC warns against using a mask meant for a healthcare worker for this very reason.

Everyday citizens irresponsibly using masks means causing problems for healthcare workers and the environment. However, it is understandable if you are immunocompromised and feel less protected by a cloth mask. If you feel that you need a surgical mask, remember to make sure to dispose of them correctly and not just throw them on the ground.

For my sanity, lower your expectations

By: Christina McLaughlin
Co-Editor-in-Chief

I don't know about you, but between moving into my apartment and adjusting to the BlendFlex model, I feel like I'm running on the fumes of my anxiety and it is only the second week of the semester. If it wasn't clear enough, that is not a good sign, people. Coming into this semester, my expectations were for a challenging learning experience and adjusting to the unexpected. I expected a transition period in terms of coursework and an acclimation period to coming back on campus like "syllabus week" usually provides -- especially during a pandemic. Unfortunately, that did not happen.

Since I arrived back on campus, and technically, even before I made my way back to NSU, I already felt like I was playing catch-up. Assignments started rolling in and meetings were scheduled all in the midst of me packing for my flight and figuring out what bed I was going to sleep in in my apartment.

Now, I understand the first few weeks back to campus are always crazy and I don't want it to sound like I'm complaining from my soapbox stacked in privilege during a pandemic, but that is the reality. We are still in a pandemic. This is not our normal learning environment, so why are we treating it like nothing has happened? There are still people that have serious health conditions, anxiety, grief and depression all rooted in the events we have faced this year. I myself can attest

to the anxiety of having family members tested for COVID-19 and recovering from a positive test result. It's scary and I can tell you that my classwork wasn't the first thought that crossed my mind.

I also don't think it's out of the realm of possibility that we will face spikes and a flu season that may be particularly hairy because of the resemblance of symptoms. Let's just face the facts: we don't have all the answers and I bet that for the next few months any cough or stuffy nose will bring on the anxiety of the unknown like never before.

My point is, with all this uncertainty in the world right now and the overwhelming cloud of anxious tension that is looming over all of us, I think we all deserve a little slack. We need to be a little more open to adjustment, to giving time to process and not rush into everything like we normally do during the semester. I don't like the idea that I'm expected to jump through the same hoops I did last year in a moment's notice even though with Zoom and other COVID-related accommodations, it takes double the effort. We need to face the reality that we need to lower our expectations -- at least a little bit -- as to what to expect from this semester. This is not going to be a well-oiled machine of Zoom lectures and socially-distanced everything. It is going to be hard and putting pressure on students to perform at peak capacity is only going to produce the opposite effect.

Being fully remote as a commuter has been a blessing

By: Flor Ana Mireles
Copy Editor

As I begin my senior year, it's still strange to accept that, instead of waking up extra early, getting in my car, driving for an hour and attending class, I am completing my degree online. While this is strange and wouldn't have happened if not for a pandemic, I am grateful.

NSU's decision to allow most students the option of choosing if they would like the semester to be a hybrid or fully remote semester has been a blessing in disguise for me. Having decided to be fully remote has allowed me to spend less time driving to and from campus and more time focusing on my academics and hobbies. Being fully remote has also allowed me to save a lot of money on gas, which I am now putting towards paying my raised tuition. Instead of waking up early and driving an hour, I now have time to eat a nutritious breakfast and get some more sleep. Instead of spending an extra hour sometimes in traffic trying to get home after class, I now have time to get a head start on assignments and find some downtime to paint, read or relax.

While I am aware that not every student has had the option to be fully remote, being fully remote can be an advantage -- if you choose to look at it that way. However, being fully remote also means you must be able to discipline yourself. It's easy to be distracted and lack motivation when

learning from home, but if you set up a study space within your home environment where you do your coursework, you're sure to see results. It also helps to create a schedule or have a daily to-do list with your assignments, due dates and extracurriculars.

Being fully remote means that you have to create a healthy balance between your coursework and your home life in order to succeed in all aspects. It's choosing to attend class even though you're in your pajamas lying in bed or doing an assignment despite wanting to watch a movie or take a nap.

Prior to the pandemic, I was the type of student who would do all her homework at school. Now, I don't really have that option. However, I make it a priority to get my assignments done before focusing on other things. I make it a priority to follow my class schedule as if I were still on campus.

Being fully remote means you're disciplining yourself to focus on school in your home environment. Oftentimes, we can feel and become easily distracted when learning from home, but while this may seem difficult, it is doable. All it takes is discipline. As a commuter who was previously driving two hours or more a day just to get my schooling in, being fully remote may take a bit more effort, but it's worth it.



Senior, Flor Mireles, working in her study space at home

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Is there such a thing as bad poetry?

By: Flor Ana Mireles
Copy Editor



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Senior, F. Mireles, Collection of poetry books

Beauty is in the eye of the beholder, and this goes for everything. With meaning created by the individual, what may mean the world to one person, may mean nothing to another. As an artist, I try to see the beauty and art in everything around me. As a poet, while I'm drawn to a certain style of poetry, I look at all different artforms of expression with a loving and accepting mindset.

Aug. 18 marks Bad Poetry Day, but is there really such a thing as bad poetry? The holiday is meant to encourage individuals to write a poem, regardless of it being good or bad. It is meant to be a day to encourage poetry writing, but what really makes "bad poetry" if it's written with meaning and comes from the heart? I enjoy writing poems that have a rhyme to them — perhaps it comes from my love of Dr. Seuss. However, while I have a preference for this style of poetry, if I stumble upon a poem without rhyme and I can connect with it, then it's just as good as a poem with rhyme.

Writing, whether poetry or a story or anything else, is a lot like painting, drawing or even creating music. They are all forms of art and all art is valid. No matter how "bad" or "awful" the art piece may appear to one person, it can appear beautiful and meaningful to dozens of others. As long as what you do has

meaning to you, that's all that really matters.

When you look up "bad" poetry, you're presented with a plethora of "bad" poems. However, upon reading some, I found them not to be bad at all. Perhaps they were about things that did not really interest me or give me meaning, but I'm sure they meant something to the writer and poet who had the courage to post it online, even if they were then labeled by a critic as "bad."

One can argue that what makes bad poetry is awkward language, lack of thematic unity or inappropriate language, but isn't this all in the eyes of the reader? Some critics have said that William Shakespeare's "Shall I compare thee to a summer's day?" is an example of bad poetry. However, this poem is known globally and is one of Shakespeare's most recognized pieces, regardless of what some have to criticize about it.

You don't need anyone to validate your poem in order to feel like it is good — as long as you connect and feel good about it, then it is good, and this goes for everything else. With that said, I encourage you to write a poem today. The topic is entirely up to you. Just know that, regardless of what you write, if it speaks to you and you can find meaning in it, then it is a good poem, even if it may be "bad."

Committing war crimes against your own people is totally fine, but we draw the line at pollution

By: Alexander Martinie
Opinions Editor

The use of so-called "less-lethal" weapons have been questioned in the wake of major protests across the country led by the Black Lives Matter movement following the murder of George Floyd. These "less-lethal" weapons are a type of excessive force used by police to disperse large crowds, tear gas being one of the most often utilized.

While the U.S. Centers for Disease Control and Prevention (CDC) classifies tear gas as a "riot control agent," its use in warfare was banned internationally by the United Nations' Chemical Weapons Convention of 1997. And while, unfortunately, the Chemical Weapons Convention excludes "law enforcement including domestic riot control purposes," the hypocrisy that law enforcement can use these seemingly indiscriminately against large groups exercising their First Amendment rights to protest is clearly evident.

The Chemical Weapons Convention further states that riot control agents are "any chemical not listed in a Schedule, which can produce rapidly in humans sensory irritation or disabling physical effects which disappear within a short time following termination of exposure." Now, that last part about short term effects is not entirely true. Large doses or long-lasting exposure to riot control agents, specifically tear gas, can cause blindness, glaucoma, severe

chemical burns and respiratory failure. These effects are part of the reason why the use of tear gas was widely used during the Vietnam War. The fact that it was used commonly in the Vietnam War is a good enough reason for it not to be used against people. But if that does not convince, maybe, the fact that we have been going through a global pandemic and the effects of tear gas can make people more susceptible to getting COVID-19 due to the effects on the respiratory system will.

Now, maybe you think it is perfectly fine to use chemical weapons against protesters and put them at a higher risk for getting COVID-19, but what about the effects that tear gas has on the environment? When tear gas is used, the residue can linger on streets, dirt and even make its way into water systems. Following extensive use of tear gas in the last few months, the Portland Bureau of Environmental Services is testing for heavy metals, including zinc, chromium, copper and lead, which are pollutants found in crowd control agents. While environmental workers do not currently know what the effects will be, it is still a matter of concern.

Obviously, there are many reasons as to why law enforcement should not be able to use chemical warfare against protesters. So take your pick: international ban of chemical weaponry, health concerns or pollution.



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The may protest in Miami. Tear gas beeing shot into the crowd.

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