

9-1-2020

## The Current - Volume 31 Issue 4

Nova Southeastern University

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### NSUWorks Citation

Nova Southeastern University, "The Current - Volume 31 Issue 4" (2020). *The Current*. 721.  
[https://nsuworks.nova.edu/nsudigital\\_newspaper/721](https://nsuworks.nova.edu/nsudigital_newspaper/721)

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## NSU looks to the future of healthcare with new Informatics program

By: Christina McLaughlin  
Co-Editor-in-Chief

**“It truly is a foundation for students who have an interest in almost any area in healthcare and technology...”**

*Stephen Bronsbury, Associate Professor of Biomedical Informatics*

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NSU’s New Program Review Committee approved the Bachelor of Science in Health Informatics program, an undergraduate program commencing in Fall 2021 that is an interdisciplinary collaboration between the Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM) and the NSU College of Computing and Engineering (CCE).

According to Stephen Bronsbury, associate professor of biomedical informatics, the field of health informatics discusses the world of healthcare today, how it operates and how it changes. With the technological perspective, it involves understanding how technology can be used to merge the two fields together and help create solutions and new technological advancements.

“This focused program covers a niche and a need in the world today. I can turn to the COVID-19 pandemic as an example.

The field is looking for individuals that have that background in health informatics. That experience is practical,” said Bronsbury.

As a collaborative effort to establish this program, the deans of both colleges, Elaine Wallace of KPCOM and Meline Kevorkian of the CCE, along with other collaborators, worked to ensure that the needs of the field were met through the curriculum that it would provide to students.

“Technology is advancing exponentially, and because of that, universities that are progressive in their thinking need to offer such programs that address the needs [of the current climate]. We want programs that are up to date and teach students the skills needed for the industry. This [undergraduate] program is beyond teaching material to students. It’s about gathering, cleaning and analyzing [health information technology] data and coming up with novel solutions based on research,” said Arif M. Rana,

chair of the health informatics department and director of the biomedical informatics graduate degree program at KPCOM.

For students involved in the program, they can expect to accrue a combined knowledge of technology and the health field from both colleges. These students will also gain an understanding of the history of healthcare, the current discussions and challenges in the field and the technological applications that could potentially be used.

As part of this program, students have the opportunity to participate in various academic tracks integrated within the program such as a 4-4, a four-year bachelor’s degree with a four-year continuation in the D.O. program or a 4-3, an accelerated 4-4 track with a combined fourth year undergraduate and graduate program instruction. Students in this program also complete an internship.

According to Rana, the life experience acquired from an internship will help put

things into perspective with the real-life applications of what the students have learned. By having early exposure to the field, students will have the ability to look at data critically and learn ways to pull that data to create meaningful results.

“It truly is a foundation for students who have an interest in almost any area in healthcare and technology. I hope students take away the uniqueness of this career path and the opportunities that are available for them as it moves forward. [Healthcare and technology] won’t be the same as it was three years ago because of the involvedness, practicality and the usefulness of having a background with health informatics,” said Bronsbury.

For students interested in learning more about this program or who have questions about the field, they are encouraged to email [healthinformatics@nova.edu](mailto:healthinformatics@nova.edu) for further information.



global news,  
courtesy of  
the current

### Japan's Prime Minister resigns

Last Friday, Aug. 28, the Prime Minister of Japan, Shinzo Abe, announced that he would be resigning from his position, according to The New York Times. Abe explained the reason behind his resignation is due to personal health issues. Abe, 65, is facing a relapse of ulcerative colitis, a bowel disease, which has caused him problems in the past. In 2007, Abe had to step down during his first term as Prime Minister due to the same health issue. Abe's decision was announced only four days after he had broken the eight-year record for the longest uninterrupted service as a Prime Minister in Japan's history. According to The New York Times, "[Abe] said that he wanted to make way for a new leader who could focus fully on tackling the coronavirus pandemic and other challenges."

### Brazil's plan to protect Amazon causes harm

After a string of wildfires in the Amazon Rainforest in May, Brazil's president, Jair Bolsonaro, faced international demand for action. Last week, the Associated Press was able to analyze Bolsonaro's plan for the Amazon, named the "Green Brazil 2," but found that the plan was anything but helpful. Most notably, the plan includes the army focusing on small-road projects, allowing for easier access to ports, and in turn, further exploitation. To add, the Associated Press also found that the number of fines for environmental crimes have been halved under Bolsonaro. Exporters of resources from the Amazon have also stopped being penalized under the new plan, allowing for meatpackers who sell beef from the deforested areas and other companies to operate freely without repercussions. There has been no mention of a revised plan from the Brazilian government.

### France prohibits banned bird hunting technique

On Aug. 27, French President Emmanuel Macron issued a temporary suspension of a bird hunting technique using harmful glue traps, according to The New York Times. This particular technique, which consists of covering tree branches with glue to trap songbirds and in turn lure other larger birds for hunting, has been condemned as cruel by outspoken activists and even banned by the European Union in 1979. France had created a loophole for the ban on the trapping technique, allowing for it to continue being used for the past 41 years. It is unknown whether the temporary suspension of the technique will be turned into a permanent ban. According to The New York Times, "Conservationists welcomed the suspension this week, but they also urged Mr. Macron's government to make the ban permanent and outlaw other indiscriminate hunting practices like trapping birds with nets."

### Palestine and Israel unable to restore ties

Earlier this month, Israel announced annexation plans of Jewish settlements in the West Bank were to be halted as part of a diplomatic deal with the United Arab Emirates. However, according to The New York Times, Palestine is still not ready to restore ties with Israel, a pledge made by Palestine until plans of annexation of the West Bank were canceled. The security, financial and civil ties between Palestine and Israel were cut off in May when Palestine announced their pledge to cut the ties. As a result of the diplomatic deal between Israel and the United Arab Emirates, Palestine

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The Current serves Nova Southeastern University from its location in Room 328 of the Don Taft University Center. 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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## News Anchor

Stay up to date with national events.

### Laura strikes Louisiana as a powerful hurricane

Hurricane Laura made landfall in Louisiana last Thursday as a Category 4 hurricane with winds of 150 mph. According to The New York Times, the storm left at least 880,00 residents without power and tens of thousands without potable water as the storm moved northwards throughout the day. Laura has resulted in at least six deaths from fallen trees, carbon monoxide poisoning and drowning. Additionally, a chemical plant caught on fire after a chlorine leak was started by storm damage, which created "thick smoke" necessitating residents to shelter in place.

### Improvement in the fight against California's wildfires

Hundreds of wildfires have burned over 2,000 square miles of land across California. However, cooler temperatures, humidity and an increase of equipment and personnel allowed for firefighters to gain ground in the fight against the fires raging in the northern regions of the state, according to AP News. On Thursday night, over 50,000 previously evacuated residents were given permission to return to their homes. The number of homes damaged could continue to rise as the fires progress and responders face difficulty accessing areas that are cut off due to blockages. Crews are continuing their efforts to restore power and water in order to allow for more evacuees to safely return to their residences.

### The shooting of Jacob Blake in Kenosha

Jacob Blake, a 29-year-old African American man, survived being shot in the back at seven times at near point-blank range by an officer identified as Rusten Sheskey in Kenosha, WI, sparking protests and calls for justice. According to The Guardian, a statement from the Wisconsin Department of Justice stated that Sheskey fired while holding onto Blake's shirt as he opened his car door and leaned in. An investigation found a knife in Blake's car, although authorities did not state that Blake threatened anyone with the weapon. In the protests following, Kyle Rittenhouse, a 17-year-old from Illinois, has been accused of first-degree intentional homicide by killing two and injuring one with a semi-automatic rifle after calls for action to protect businesses were posted online.

### Trump renominated for 2020 election at RNC

President Donald Trump received the Republican party's formal nomination for the 2020 Presidential election at the opening day of the Republican National Convention last week. According to U.S. News and World Report, the convention, which was held in-person in Charlotte, NC with restricted proceedings, saw representatives from across the nation virtually on a screen to show their support for the nominee during the roll call.

## News Briefs

### get the scoop on events happening on campus

#### Online suit up shop for students

On Sept. 8, JC Penney will be partnering with NSU for the first online suit up shop. Online discount codes will be offered before the day of the event to be claimed the day of the event for deals and discounts on professional attire. The event is a way to help NSU students

dress to impress for the Recruit a Shark Virtual Career Fair. For more information, make sure to visit Handshake for any updates on how and when to receive your code.

#### Immigration policy and election campaign case competition

On Wednesday, Sept. 9, from 12-1 p.m., the Center for Academic and Professional Success and the Halmos College of Arts and Sciences will host a virtual information session for the upcoming immigration policy and election campaign case competition. The competition is an opportunity for students to gain hands-on experience in political science and public relations. Students will have the option to work with 1-3 other students on a mock campaign team in

order to develop a bipartisan immigration policy for the South Florida voting community. All case competitions are eligible for 1 ExEL credit and the winning team will win a prize. For more information or to sign up for the case competition, contact [casecompetitions@nova.edu](mailto:casecompetitions@nova.edu).

#### Free webinar on facing financial challenges

On Sept. 8 at 12 p.m., NSU's Military Affairs and the Veterans Resource Center will host a free webinar presented by Consolidated Credit on 20 ways to save money when facing financial challenges. The webinar will cover the role of a crisis budget, the difference between needs and wants and more. To sign up, visit <https://attendee.gotowebinar.com/register/811068355417311499>.

#### New SharkLink portal updates

NSU announced the release of new upcoming updates to the SharkLink portal to be

on Sept. 1. A new tabbed menu on the login page will better assist students to access their courses, financial aid (requirements/disbursements), grades, transcripts and student profile.

#### Emerging Leaders Experience applications open

Applications are open now through Sept. 5 for the Emerging Leaders Experience (ELE), a two-part series hosted by the Office for Student Leadership and Civic Engagement (SLCE) designed to help students hone their leadership style and skills. Students who have already taken ELE I and want to take ELE II this semester or want more information about ELE I should contact Julian Rutledge at [jr3458@nova.edu](mailto:jr3458@nova.edu) or (954) 262-8459. Signup for the workshops can be found on SharkHub.

## CAPS to host Recruit a Shark Virtual Career Expo

By: Emma Heineman  
Features Editor

From Sept. 14-18, The Center for Academic and Professional Success (CAPS) will host the Recruit a Shark Virtual Career Expo in partnership with the Office of Student Leadership and Civic Engagement (SLCE), the Office of Undergraduate Research and NSU Colleges. The event provides an opportunity for students to connect with employers and admissions representatives recruiting for internships, jobs, volunteer positions, research positions and more. The event is open to all NSU students and alumni, offering something for everyone.

Emilio Lorenzo, associate director of employer relations for CAPS, said, "Whatever career field you're going into, there's something for everyone. Especially in a time like this, where COVID-19 has affected the industries, gaining experience while you have your student status has never been more important."

Nimah Butler, the assistant director of employer relations in the Office of Academic and Career Success, acknowledged that large scale career fairs can be intimidating to students.

"Even prior to COVID-19 we had decided that instead of doing one large event we would do smaller events because that is something students have been

asking for," said Butler.

In contrast to Recruit a Shark events in the past, this year's event will be industry-specific, giving students a more individualized networking experience.

To see the breakdown of the days, as well as check out employers attending the event, students can log into Handshake with their NSU credentials. On Handshake, students will be able to view the dates and sessions for each industry and major-specific event, as well as which employers will be in attendance. After registering for the event, students will have the opportunity to pick which days and which employer sessions they wish to attend. While the days are separated to give students a more targeted career fair experience, they are encouraged to sign up for as many days and sessions as time allows. Registration for each employer, group and individual session will be available for all students. On the day of the event, students simply have to log in to their Handshake accounts, find the sessions they registered for and virtually attend.

Since students will be meeting with professionals from various companies and organizations, business professional clothing is required and Butler recommends that students prepare to carry themselves in a professional manner.

"Because it is a professional event, one

thing we want to be mindful of is testing technology in advance -- that your audio [and] cameras are working," said Butler.

In addition to checking technology in advance, having a quiet, distraction-free zone is also important. If students are attending from the comfort of their room, for example, they should consider adding a preset professional background to the camera before the sessions start and limiting background noise and other distractions. Additionally, students should have a digital resume on

hand to share or send to employers during their sessions.

As Butler expressed, "The method has changed, but the message has not." Taking a few extra steps to make sure you are portraying yourself professionally, even in a virtual setting, can have a big impact.

For questions or more information, students are encouraged to visit Handshake or contact The Center for Academic and Professional Success at (954) 262-7201 or [careerfair@nova.edu](mailto:careerfair@nova.edu).

**Recruit a Shark Virtual Career Expo**  
Monday, September 14, 2020–Friday, September 18, 2020

Connect with employers and admissions representatives recruiting for:

- INTERNSHIPS
- JOBS
- RESEARCH POSITIONS
- VOLUNTEER/SERVICE
- POST GRADUATE OPPORTUNITIES

For a full list of employers, visit [nova.joinhandshake.com](https://nova.joinhandshake.com)  
(954) 262-7201 | [careerfair@nova.edu](mailto:careerfair@nova.edu)

**Day 1: Monday, September 14**  
Session 1: 10:00 a.m.–1:00 p.m. EST • Session 2: 3:00 p.m.–6:00 p.m. EST  
Pre-Health, Exercise Science, Psychology, and Non-Profits Fair

**Day 2: Tuesday, September 15**  
10:00 a.m.–1:00 p.m. EST • Marine Biology and Environmental Sciences Fair  
3:00 p.m.–6:00 p.m. EST • Management, Real Estate, and Human Resources Fair

**Day 3: Wednesday, September 16**  
10:00 a.m.–1:00 p.m. EST • Computing and Engineering Fair  
3:00 p.m.–6:00 p.m. EST • Government, Humanities, and Education Fair

**Day 4: Thursday, September 17**  
10:00 a.m.–1:00 p.m. EST • Communications, Marketing, and Performing and Visual Arts Fair  
3:00 p.m.–6:00 p.m. EST • Accounting, Finance, Mathematics, and Decision Sciences Fair

**Day 5: Friday, September 18**  
11:00 a.m.–1:00 p.m. EST • NSU Graduate and Professional School Fair

**Business professional attire required**

## Newly formed Center for Student Counseling and Well Being

By: Alexander Martinie  
Opinions Editor

NSU's new department, the Center for Student Counseling Services and Well Being, will focus on offering student counseling services through Henderson Behavioral Health. This center was formed by Henderson Behavioral Health and the NSU Student Care Team. The university has contracted Henderson Behavioral Health to run the counseling programs through the new center under a new name and location on the third floor of the Student Affairs Building.

According to Debra Futterman, the director of student counseling services at Henderson Behavioral Health, "Anyone that has any questions about anything [can] call us. Let us talk to you. Let us answer your questions. Counseling services are not just for someone who thinks they have a problem. Counseling services are excellent

for self-growth and self-exploration. We love the student who comes to us and says 'I get 10 free sessions, what can we work on?' [This is fun because] students look into themselves, find themselves and grow. Counseling services can be used for a multitude of services."

The center will continue to provide all of the services offered by Henderson Behavioral Health, including individual therapy, group therapy, family therapy and couples therapy. They will also now offer support groups for stress management, coping skills, transitioning from high school to undergraduate studies and from undergrad to graduate school. All of the support groups will be run by doctoral students from the College of Psychology and will consist of four weekly sessions that will rerun after completion.

The NSU Student Care Team pulls from several departments to assist students' academic success and well-being, helping to connect students with the resources that they need to succeed.

The Student Care Team is "a new multidisciplinary team that has been put together to help students who might be experiencing some type of stressful situation. They can get linked to the care team... to ensure that they get support so that they can stabilize themselves and do their best work," said Futterman. "We are doing all of this to help the student maximize their best self."

The team is run by Michelle Manley, the assistant dean of student development, who works with student counseling, disability services, resident life, student life and engagement, Title IX and public safety to assist students.

The Student Care Team is also offering the Shark ResilienSEA Project to help students develop coping mechanisms to process stress and adversity. The Shark ResilienSEA Project works to help students face their stressors instead of trying to eliminate or ignore them.

For more information on either the Student Care Team or The Center for Student Counseling and Well Being, contact 954-262-7482 and 954-424-6911, respectively.

Located in the Student  
Affairs Building

Floor 3

## Coconuts aren't mammals: The confusion behind morphology and convergent evolution

By: Sofia Gallus  
Arts & Entertainment Editor

If you're interested in nature, you may find it easy to point at something and identify it while out on a walk, but what if that locust you just saw was really a grasshopper? There is a debate within the scientific community on how heavily scientists should rely on identifying an organism based on its characteristics now that we have access to genetic testing -- or if they should even rely on it at all. In the past, there have been vague descriptions to define species, and while those definitions have been updated, it has led to some confusing and sometimes humorous examples.

Such a small amount of genetic information determines an organism's phenotype, otherwise known as the observational characteristics of an organism, that some believe identifying an animal just by its phenotype could not only cause confusions, but gather incorrect data altogether.

One of the biggest things leading to confusion over species identification is convergent evolution. Convergent evolution is something that happens when species that are not related evolve to have similar characteristics, often as a result of

the environment that they thrive in.

Omar Tonsi Eldakar, an associate professor in the department of biology at NSU, offers an example.

"Individuals are converging on similar characteristics, so you might have these different species, but then, all of a sudden, they look alike. It's like a dog and a dolphin, right? Both are mammals, but no one is going to mistake a dolphin for a dog. A dolphin looks more like a fish because, ultimately, that environment favors those characteristics. The organisms in that environment sometimes will converge on very similar attributes," said Eldakar.

Such is the example of a coconut. By a dated definition, a mammal is defined as something that has hair and produces milk. The coconut does in fact have hair-like structures and produces milk, but is it really a mammal?

J. Matthew Hoch, an associate professor in the department of marine and environmental sciences at NSU, explained that identifying an organism by just its characteristics can not only be confusing, but can actually be harmful to the organism.

"It could be harmful if you have cryptic species, and amongst that cryptic species might be a subspecies that is endangered, and

if we're only using phenotype, we might not recognize that. On the other hand, if you're only using phenotype, there are occasionally different populations of species that might look different enough that you might mistakenly think they're different when actually they're the same species with just a geographical phenotypic variation," said Hoch.

Sometimes, characteristics are all scientists have to go off of. For centuries, scientists did not have access to genetic and molecular testing, so they did their best and made educated guesses. Even before there was organized science and scientific studies happening, human beings relied on observations to survive.

"From an evolutionary standpoint, recognizing something by the shape of it was kind of essential for our survival. It let us know what was good to eat and what was about to eat us so we could avoid it. I think there is a natural human tendency for us to categorize things based on the shape and appearance," said David Kerstetter, an associate professor in the department of marine and environmental science.

Even if some genetic testing was available, there were oftentimes conservation concerns about dissecting an animal just to identify it.

"If it flew and it looked like it had wings,

maybe it was a bird! Who knows? It just required a different level of examination than we're used to," said Kerstetter.

While using genetic testing may be the most solid way to identify something, using an organism's phenotype can still be a useful tool, especially if you're in the field and have nothing else to go on but your research and your observations.

The question still stands, though: is a coconut a mammal?

"I would not agree that a coconut is a mammal, primarily because it lacks bearing young, leaving aside the definitional issues of monotremes," said Kerstetter.

"It's a vegan animal! Plants do sometimes develop hair-like structures that are supposed to reduce the amount of evaporation that comes out of the leaves and some people think it's fuzzy. No, it's not," said Eldakar.

"Yeah, definitely not. This is a good illustration of why modern taxonomy doesn't just rely on morphology. The acceptable definition of mammal now is based on ancestry and not morphology. Physical characteristics are things we can use as clues to identify ancestry, but they're not the only evidence to identify animals," said Hoch.

## Gill Out: Leafy

By: Flor Ana Mireles  
Copy Editor

**Leafy**  
\$\$\$\$  
641 NW 100th Pl  
Pembroke Pines, FL 33024  
2:00 pm - 10:00 pm Monday-  
Sunday (Closed on Tuesdays)

Leafy is an eco-friendly, vegetarian-friendly and gluten-free friendly authentic Vietnamese restaurant 15 minutes south of NSU that mixes in Asian fusion and specializes in aesthetic drinks and exotic dishes. Mainly, Leafy is known for the teddy bear ice cube drinks, which they only make 100 of a day, so it's important to go earlier in the day to be able to try it.

Upon arriving, I was blown away by the decor of the restaurant. While outdoor seating is currently available, the tables are pretty small. However, there are larger tables inside and masks and social distancing are enforced with only 17 people allowed in at a time. Inside Leafy, there are beautiful and deep inspirational quotes on the walls and a swinging chair, perfect for pictures. They also had "Dragon Ball Z" playing on the TV, adding to the good vibes already established.

Leafy is a waiter service restaurant where you order at the counter and have your food served. We ordered the chicken sticky rice and Vietnamese fried chicken wings with strawberry and mandarin sodas -- and ice bears, of course.

The drinks were brought out first and the first thing I did was take tons of pictures. They were large in size and the bears were cute and colorful. If you wanted to, you could even purchase a little beanie to put atop your ice bear and take more pictures. The drinks themselves were good -- my favorite being the mandarin orange soda as it tasted just like the fruit. The mandarin

ice bear also tasted great, again, just like mandarin oranges. As for the strawberry soda, while it was not my favorite, I did enjoy the chunks of strawberries in the drink (the mandarin soda had chunks of mandarin oranges too), but thought the ice bear tasted too artificially like strawberries. However, the person I went with loved the strawberry soda and bear, so I see how it's viewed as one of the most popular drinks on the menu.

The food was unexpectedly amazing. There was so much flavor in the chicken of the chicken sticky rice and the Vietnamese fried chicken wings were out of this world. The cilantro, spinach and onions (raw and caramelized) really did help to bring out even more flavor in the chicken sticky rice, where the chicken was truly flavorful on its own because of the visible seasoning on it. I ate every last bite. The Vietnamese fried chicken wings were absolutely great. They were the perfect blend of sweet and spicy and the crunchy breading added some great texture. It was like your regular yummy fried chicken wings, but so much better. As for portions, the plates were definitely shareable, offering enough food for two people to eat and be fully satisfied.

While Leafy got their big breakthrough because of their aesthetic and unique ice bears, the food is really what drives this place home in my heart. I'd eat those Vietnamese fried chicken wings with a mandarin soda reading those deep quotes on the wall while "Dragon Ball Z" plays on the TV any day.



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## How can I show up while staying home?

By: Sofia Gallus  
Arts & Entertainment Editor

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GALLUS

*Protesters lay on their  
stomachs in the road for  
8 minutes 46 seconds in  
honor of George Floyd*



A lot has happened in 2020. Besides being an election year, we've got a pandemic looming over all our heads, which has pretty much stopped life as we knew it.

In late May, George Floyd was murdered by Minneapolis police officers. The video of former officer Derek Chauvin kneeling on Floyd's neck went viral, reigniting energy and turning international attention to the Black Lives Matter movement. While the Black Lives Matter movement did not originate in 2020 and the terminology of "Black Lives Matter" was coined recently in 2013, the movement is a response to hundreds of years of systemic suppression. People were reasonably outraged after watching the viral video, and while in the past there had been vast physical demonstrations and protests, many people wondered how they could show their support for the movement while also keeping themselves and others safe in the midst of the pandemic.

Jessica Goldson, a junior at NSU and the events planning chair for the Black Student Union, explained how there are multiple ways to show your support while staying home. She also explained that if you want to do more, there is always more work to be done.

"Voting is big. Your voice really does matter, and by voting you can choose the people

who are making these laws that enforce injustices against minorities and remove them from office..." said Goldson. "You can sign petitions, because our legislators see those petitions and see all of our signatures. Our hard work doesn't go without notice,"

Jamalmesh Noel, also a junior at NSU and the current president of the Black Student Union, agreed that there are many ways to be supportive from home without physically going to demonstrations.

"Activism isn't just about going out in the streets and being there physically. There's many different forms of activism. It could be something as little as writing a social media post, writing letters to your state representatives or donating to different Black organizations. However you can get active with this movement, go and do it," said Noel.

If you do choose to show up physically and go out to protest, there are ways to do it safely. Noel emphasized the importance of wearing personal protection.

"Wear a mask. Keep a mask over your face. Don't show up without a mask. Bring some hand sanitizer and bring a mask. It is extremely important. This is serious: wear a mask," said Noel.

## The college student's guide to professional development in a pandemic

By: Madelyn Rinka  
Co-Editor-in-Chief

Cancelled internships, closed research and project positions or limits on in-person networking don't have to put a halt to your professional advancements and career development. It's no secret that the pandemic has certainly made some aspects of securing these opportunities more difficult and there's no shame in being disappointed and down about things you were looking forward to getting postponed or cancelled. Fortunately, it's possible to find ways to get meaningful experience that can give you an edge -- even if we have to trade a foot in the door for a Zoom call or a stern handshake for a well-wishing email greeting.

Career networking over the internet

While many in-person career fairs and networking events aren't being held right now, there's still plenty of ways to build your network and connect with professionals in your field.

"You should never have the mindset of, 'You know what? It's a tough economy, tough market, I'm just not going to search right now.' That's probably the worst thing you can do. You have to keep putting yourself out there, you need to leverage the new reality," said Emilio Lorenzo, associate director of employer relations for the Center of Academic and Professional Success.

Utilizing platforms like LinkedIn and Handshake, as well as taking advantage of NSU's events like Recruit a Shark (check out page 3) can provide means of communication that you would have otherwise been able to find by attending in-person events.

Turning your location filter to "remote"

To some companies, the switch to online working was entirely new when many employers made the decision to shutter their in-person offices last spring.

"Companies were struggling with their full-time employees going remote, let alone

doing an internship program," said Lorenzo. "I think over these past six months a lot of employers have readjusted and have now put themselves in better positions to be able to house students for internships remotely."

Additionally, some companies are recruiting for the spring and summer as well. Revisit opportunities you may have found in the past to see if they've been adjusted or moved online.

Finding other ways to get experience

Remember that professional development doesn't only come in the form of internships. Taking this time to brush up on things you've previously learned, getting up to date with the technology in your field or mastering something completely new can potentially boost your resume and performance in future positions. Additionally, Lorenzo recommends checking out websites like Parker Dewey that offer shorter project-based opportunities that can be completed between internships or other jobs.

Don't give up -- just "tweak your approach"

If internships are cancelled or postponed, staying in touch with hiring managers and supervisors can help determine whether or not the internship will become active again and what the timeline for that might look like.

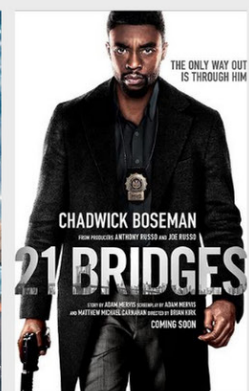
"In the meantime, transition over to start identifying opportunities that are available right now, whether in person or remote that are looking to hire... It's about being able to tweak your approach," said Lorenzo.

Even if companies aren't currently hiring at all, making an impression and leaving them with your resume might help you out in the long-run if that hiring freeze suddenly thaws.

If you want more expert advice and guidance with your career planning, make an appointment with your career advisor by visiting [nova.joinhandshake.com](http://nova.joinhandshake.com), and check out the Center of Academic and Professional Success by going to [www.nova.edu/career](http://www.nova.edu/career).

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# SOUNDBITE

## “Imploding the Mirage” by The Killers

By: Flor Ana Mireles  
Copy Editor

Picture this: a little girl out on a boating day with her family. While she doesn't have a phone, she grabs her mom's and plays her favorite song on repeat until someone calls her out for having listened to the same song over and over again.

The song is “Human” by The Killers and the little girl is me.

From a young age, I've been a fan of The Killers' alternative, synth-rock style. Brandon Flowers, the band's lead singer, has a unique voice and The Killers' music just has such a great vibe to it.

On Aug. 21, The Killers released their sixth studio album, “Imploding the Mirage,” a 10-song album that really embalms the transition period the band has been going through since their lead guitarist, Dave Keuning, left in 2017. While the album is the band's first album without Keuning, that authentic The Killers sound and feel emanates throughout the entire album.

The album starts off with the song “My Own Soul's Warning,” which has quickly made its way to the mainstream, being repeatedly aired on alternative music stations like 104.3 The Shark. While the song is catchy and reminds me of “When You Were Young” off the album “Sam's Town,” “Blowback,” the second track on the album, is a female-empowering song about a girl who has been



ALBUM ART FROM THE KILLER  
of change are blowing wild and free.”

through lots of struggles in her life, but is now aware of her potential, impact and higher self -- a type of confidence every woman should have. With lyrics like “But she's gonna break out, boy, you'd better know that / It's just a matter of time / She fights back,” you'll definitely find yourself feeling stronger after just one listen.

“Caution,” the fourth track, gives you relaxed summertime vibes, which quickly pick up in the chorus with lyrics like, “I'm throwing caution / What's it gonna be? / Tonight the winds

Moving along, “Fire in Bone” is the fifth track on the album and is a song you can just sway to, whether you're listening to it as background noise or giving it your full attention. Like many other songs on the album -- if not every single song -- “Fire in Bone” is a song that makes you want to sing and makes you feel like you're the main character in your story.

Another great song on the album is “Running Towards a Place.” A little more

upbeat, this song perfectly captures love and choosing to love someone and meet in the middle. With lyrics “Can you find heaven in a wildflower / Hold it in the palm of your hand? / The moment we met / Burst like a star / Onto the canvas of the skyline, purple and gold / We're in this together, I ain't never letting go,” you'll be feeling the power of love and thinking of a special someone.

The final two songs on the album, “When The Dreams Run Dry,” and the title track, “Imploding The Mirage,” are also great songs that make you just want to sing and dance along. “When The Dreams Run Dry” has a lot of soul, starting off slow and picking itself up as the song and lyrics progress. “Imploding The Mirage” perfectly encapsulates who The Killers are and how unique their music style is.

My favorite thing about The Killers is that their music is completely their own and can be easily recognized. When they released their 2017 album, “Wonderful Wonderful,” while there were songs I did like on the album, it was not my favorite. However, I've absolutely loved every song on “Imploding The Mirage.” If you're a fan of The Killers, -- or just indie music, in general -- I recommend you not only listen to this album, but add it to the albums that could be a perfect soundtrack to your life. Seriously, it's that good.

## Fall picks worth streaming

By: Christina McLaughlin  
Co-Editor-in-Chief

### For the antihero action fan...

[The Boys, Season 2 \(Sept. 4\)](#)  
[Amazon Prime](#)

The dark-humored, tongue-firmly-placed-in-cheek series adaptation of the Dynamic comic is amped for another season of gory violence, twisted superheroes and “the boys” [and girls] trying to stop Vought Enterprises and their nefarious ways.

### For the psychological or classic horror fan...

[Ratched, Season 1 \(Sept. 18\)](#)  
[Netflix](#)

For fans of “One Flew Over the Cuckoo's Nest,” this series tells the untold origin story of Nurse Mildred Ratched, starring Sarah Paulson. From the creator of American Horror Story, this show sets out to answer the compelling question of what makes people evil amongst the backdrop of a mental health facility in the early 1950s..

### For the mystery and adventure fan...

[Utopia, Season 1 \(Sept.25\)](#)  
[Amazon Prime](#)

After discovering that a conspiracy surrounding a comic book is real, a small group of fans attempt to save humanity as they unearth the twisted mystery behind their beloved series, “Utopia.”

### For the goofy social commentary fan...

[Woke, Season 1 \(Sept 9\)](#)  
[Hulu](#)

Keef, an African-American cartoonist who is reaching mainstream success, faces a personal dilemma in his career and moral outlook after an experience with police leaves him hearing and seeing new animated voices that may alter his opinions on being a black man in society.

### For the light-hearted literary fan...

[Enola Holmes, Film \(Sept. 23\)](#)  
[Netflix](#)

Enola, the younger sister of the well-known Sherlock Holmes, calls on her brothers to help her solve the mystery of their missing mother. The well-known story of a detective gets a fresh new take with the bright star of Netflix's “Stranger Things” acclaim, Millie Bobby Brown.

### For the drama fan...

[The Devil All The Time, Film \(Sept. 16\)](#)  
[Netflix](#)

Based on the award-winning novel of the same name by Donald Ray Pollock, Tom Holland stars as Arvin Russel, a young man faced with protecting his family and small town from sinister individuals, like the disturbing preacher, who plague the hometown of Knockemstiff, Ohio.



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Make sure your binge  
watch is prepped with  
snacks as you devour  
these fall picks for  
streaming

### For the rom-com fan...

[Love, Guaranteed, Film \(Sept. 3\)](#)  
[Netflix](#)

After 900 unsuccessful dates from a dating website that guarantees love, Nick sets out to sue the company. After meeting with a high-paying client, Susan, a lawyer at the law firm, agrees to take the case and discovers along the way that maybe what Nick was looking for was right in front of him.

### For the competition fan...

[Sing On!, Series \(Sept. 16\)](#)  
[Netflix](#)

Based upon the success of its international counterparts, in this American version of the competition reality show hosted by Titus Burgess, contestants try to sing their way up to a prize of \$60,000.

## Put some coconut oil on it

By: Flor Ana Mireles  
Copy Editor



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Coconut oil is not just good for cooking, but good for everything else too

Sept. 2 marks World Coconut Day, and when I think of coconuts, I automatically think of coconut oil. Coconut oil offers a tremendous amount of health benefits in a wide variety of ways. If you've ever watched "My Big Fat Greek Wedding," instead of putting Windex on everything, just put some coconut oil on it. Here are some useful and clever ways to use it.

### Put it on your skin

Whether you've got a fresh tattoo, wound or scar, put some coconut oil on it! Because of the medium-chain fatty acids found in coconut

oil, it can reduce inflammation and help your skin heal. This is because it has antibacterial, antifungal, antiviral and restorative properties, as stated by the Natural Medicine Journal. According to Healthline, coconut oil also has proven benefits in treating skin disorders like eczema, dermatitis and irritation. It even helps with acne and can act as a moisturizer, helping to repair cracked and dry skin.

### Put it on your teeth

If you're the type of person who sometimes goes to bed without brushing your teeth, doing a

coconut oil pull or brushing your teeth with coconut oil can be beneficial. Coconut oil does a good job of removing harmful bacteria from your mouth. In a study done by the U.S. National Library of Medicine's National Institutes of Health, coconut oil was found to help reduce plaque buildup, fight gum disease and even prevent tooth decay. Using coconut oil as a mouth cleanser can also help you have better breath and fewer cavities. It may feel a bit strange to slush some coconut oil around in your mouth, but it'll definitely leave you feeling new and fresh.

### Put it in your hair

Did you cut your hair during quarantine and now wish it were longer again? Well, putting coconut oil in your hair has been proven to stimulate hair growth. According to Love, Beauty and Planet, a company dedicated to providing customers good-quality skin and hair products that are natural and also good for the environment, applying coconut oil to your hair also helps your hair to not only grow back faster and longer, but thicker too. This is because of the high fatty acid contents in the coconut oil, which help nourish the scalp and remove buildup from hair follicles. If you're used to putting a lot of product or heat in your hair, coconut oil can even help repair split ends and add shine. Try incorporating coconut oil into your hair routine at least two or three times a week. It won't be long before you start seeing results.

Coconuts are a holy grail. They're not only edible and even drinkable, but they're nature's medicine too, providing us natural ways to heal and better our health. You can eat it, cook with it, drink it, put it in your hair, put it on your skin, put it in your mouth and so much more. No matter what's happening, coconuts and coconut oil can make things a little better, and if you're skeptical, just put some coconut oil on it!

## OFFSHORE CALENDAR

**Fair Eats Drive-Thru at South Florida Fairgrounds**  
September 5th-7th |  
11:00a.m.- 8:00 p.m.

**Bayfront Park Free Virtual Yoga Class**  
September 1, 3, & 8th | 5:00 p.m.

**Live @ Frost Science Speaker Series**  
September 2nd | 2:00 p.m.

**Blamie's Quarantine Bingo Thursday**  
September 3rd | 8:00 p.m.

**Veza Sur Virtual Happy Hour**  
September 4th | 5:00 p.m.

**Food Truck Night Miramar**  
September 4th | 5:00 - 8:00 p.m.

**Indian Cooking Demo**  
September 5th | 1:00 p.m.

**Virtual Quarantine Karaoke Night by Karla Croqueta**  
September 7th | 5:00 p.m.

## Staying connected while staying apart: new ways to socialize safely

By: Madelyn Rinka  
Co-Editor-in-Chief

The pandemic has affected infinite aspects of our everyday lives and it's no doubt been tough. It's natural to want to see your friends, either for support or just a sense of normalcy, but that's not always possible right now. There's any number of reasons you might not be able to socialize in person -- out of safety, because you or your friends are attending classes remotely or everyone just lives far away and you aren't looking to take part in long distance travel. Whatever your motive for physically distancing yourself is, here are a few ideas to help you stay connected while staying apart.

### Physically distant dining

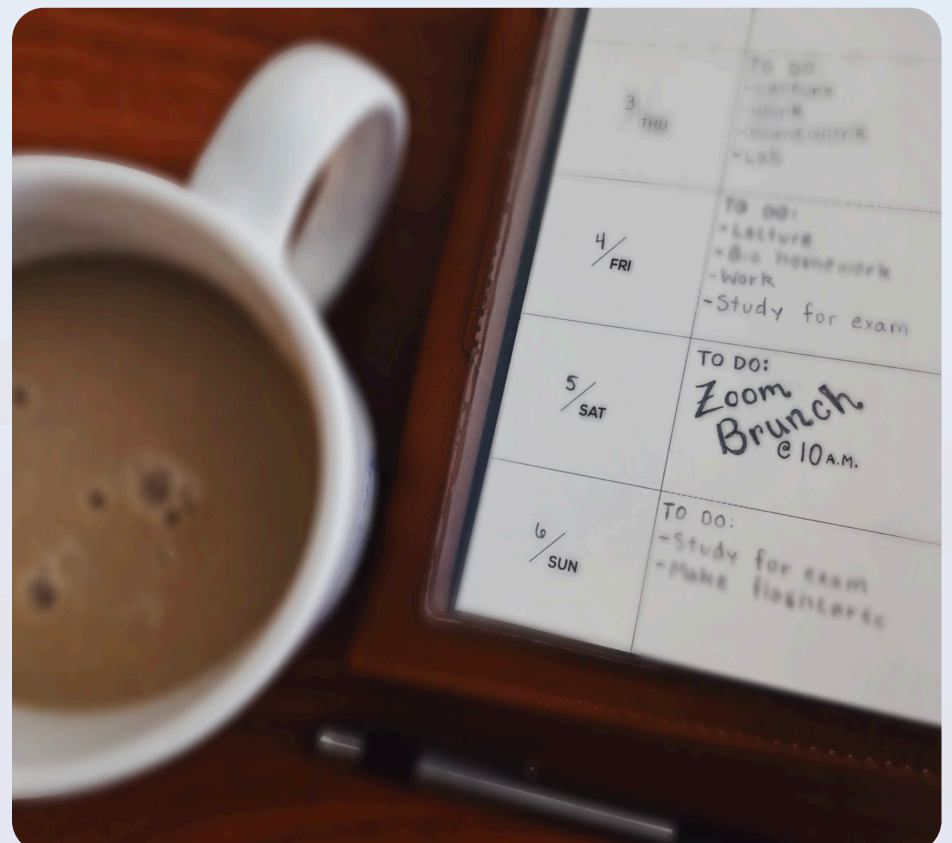
Do you miss going out to dinner with your roommates? Brunch with your best friends? While you might not be able to recreate sitting with a friend in a familiar diner with a cup of coffee or those avocado toast-filled Instagram photo ops, you can still catch a bite together. Plan a time to "get together" over a meal with a friend. Make something fancier than usual, whip up your coffee, drizzle some expensive olive oil over your plate, garnish with edible flowers, do whatever you need to do to make it feel like you're eating at your favorite restaurants together. You might not be able to share food from across screens, but you can still share each other's company.

### Getting social with screen sharing

Fortunately, with Zoom's screen-sharing abilities, playing games with friends from far away is easier than ever. Never been in the "online gaming" community before? Don't worry -- the industry has gone far past arcade or combat style games, if that's not your thing. Check out developers like Jackbox. Jackbox makes games specifically for groups of people, where most attendees play by using their phone and seeing the "gameplay" on a shared screen. If that's still not how you're looking to spend your Friday night with friends, consider streaming a movie or television show together. Even if you don't literally "share screens," you can sync up so that your movie is playing at the same time. There's also a few extensions that were developed to help with this -- just be sure to do your research before downloading any new programs.

### Planning during a pandemic

If you're like me, you've somehow managed to yearn for those messy group chat conversations where you were trying to find the perfect time to get your 10 best friends together to hang out all at once. It can absolutely be a pain, but making "plans," even if it's just to video chat, can help make socializing feel a little more normal -- and it can help you prioritize seeing your friends. It's really easy to say "I miss you,



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Has your planner been downright devoid of anything fun with friends? Try these new ideas to hang out from a distance

let's FaceTime!" and never actually get around to it, despite everyone's best intentions. Now that you hopefully have some more ideas for

hanging out, set aside some time in your schedule for socializing -- like you normally would -- even if you don't leave your room.



# THIS WEEK IN SPORTS IN HISTORY

## September 4, 2018: New face of Nike

Colin Kaepernick became the newest face of Nike's 30th anniversary advertising campaign in 2018 after kneeling during the U.S. national anthem. Kaepernick took a knee for the first time two years prior in the 49ers' final 2016 preseason game. This method of peaceful protest was in response to police brutality, in turn gaining massive traction in the media. Alongside Kaepernick was teammate Eric Reid. Kaepernick has not played professionally since the 49ers' final game that season in 2017, unofficially blacklisted by NFL owners.

## September 5, 1995: New consecutive games record

Cal Ripken Jr. of the Baltimore Orioles tied Lou Gehrig's long-standing record of playing in 2,130 straight MLB games. Gehrig, who played for the New York Yankees, held the record for 56 years before Ripken tied and eventually passed his record. Ripken still holds the record today with a consecutive game count of 2,632 over the course of 16 years.

## September 6, 2008: Williams wins another title

Serena Williams won her third U.S. title in the U.S. Open for Women's tennis in 2008. Williams beat Jelena Jankovic of Serbia with a score of 6-4 and 7-5. Williams is an accomplished tennis player, holding the most Grand Slam titles in singles, doubles and mixed doubles, with a total of 39 titles. In 2016 and 2017, Williams was the highest-paid female athlete and in 2015 was named Sportsperson of the Year by Sports Illustrated.

## September 1, 1971: First all-black lineup

The Pittsburgh Pirates fielded an "all-black" lineup consisting of African-American and Latino players -- a first in Major League Baseball. Presumed to be the most diverse of all teams in the MLB, the team was made up of 13 players of Latin or African-American descent. Most notably, the lineup consisted of Hall of Famers Roberto Clemente and Willie Stargell. The Pirates won 10-7 against the Philadelphia Phillies and went on to win the World Series that season.

## September 2nd, 1966: Miami Dolphins established

The Miami Dolphins started their first-ever season as a part of the American Football League in 1966. The team was founded by politician Joe Robbie and comedian Danny Thomas. This was the first time since 1946 that the region had a professional football team, previously featuring the Miami Seahawks. The original training location of the team was in St. Pete Beach, with practices in August taking place at a local high school in Gulfport. Unfortunately, for their first game, the Dolphins lost to the Oakland Raiders with a score of 23-14.

## September 3, 1972: The United States wins Gold

American swimmer, Mark Spitz, won the 100m gold medal at the Munich Olympics. Spitz earned the world record for the time with a record of 51.22 seconds -- not too far off from the present-day record of 46.91 seconds. By the end of Spitz's career, he had won nine Olympic golds, one silver and one bronze. Additionally, Spitz went on to set 35 world records in the sport.

## September 7, 1988 : Three new Hall of Famers

Guy Lafleur, Tony Esposito and Brad Park were all inducted into the NHL Hall of Fame. Lafleur was known for his time with the New York Rangers and the Quebec Nordiques and for being the first in NHL history to score 50 goals and 100 points in six consecutive seasons. Esposito, who played for the Chicago Black Hawks, was known for pioneering the now popular butterfly style and was named one of the 100 Greatest NHL Players in 2017. Park, who played for the New York Rangers, Boston Bruins and Detroit Red Wings, was named to the all-star team several times throughout his career and is also on the 100 Greatest NHL Players list.

# On The Bench:

## The false-positive ideology of playing amongst COVID-19

By: Christina McLaughlin  
Co-Editor-in-Chief

2020 and the COVID-19 pandemic will most likely go down in history for the revolutionary wake it left on the medical field, the economy and the entire globe as a whole. As we are still in the throes of those landmark decisions, it seems like nothing has been rocked more in the "will they or won't they" than professional sports.

The NBA and WNBA elected to create what is known as the "NBA Bubble," an isolation zone or "bubble" that hosts 22 invited teams out of the total 30 NBA teams within the ESPN Wide World of Sports Complex with housing at Disney Hotels and games held across a majority of Disney arenas and properties. This provides the NBA and its teams the opportunity to isolate the players from the public in hopes of preventing the spread of COVID-19 and allowing them to compete in a 2020-2021 season.

The MLB and MLBPA jointly created enhanced COVID-19 safety protocols involving contact tracing, mask coverings in areas of contact and involved safety protocols during travel with seclusion in hotel rooms while on the road as they enter their post-season and make-up games.

With the NFL in the midst of their pre-season training camps and the finalization of regular season safety protocols, recent events have brought up some serious concerns. On Aug. 22, daily COVID-19 tests across 11 NFL teams and 77 individuals were discovered to be false positive. Although the NFL investigated these results and retested those individuals while following proper procedures until it was confirmed, it brought up potential glaring errors in judgment that may affect this upcoming season. It now rests on the NFL and NFLPA's shoulders as to how this false positive will be

looked at and affect future decisions. These governing boards have until Sept. 5 to make a decision as to continue with daily testing and/or create a policy for weeding out potential inaccurate test results. As it stands, the protocol involves two additional tests within 24 hours after a positive result is found. If those sequential tests are negative, then the first test is deemed defective.

Therein lies the problem, not only with the NFL, but with all sports and their approaches to COVID-19 in general. How do we really know that the original test was a false positive? There is potential that the individual was in fact infected with the virus and potentially spread it unknowingly, but now, it is left undetected in the sequential tests. We are still at the infantile stages of understanding how this virus operates that we can't just assume that a positive test result is inaccurate. Under that same thought

process, we can't assume that a false negative isn't out of the realm of possibility. I think the hardest fact we have to face is that we truly don't know what's the right move here. But, in any case, I don't believe that outright trying to disprove or dismiss a positive test result is the right move either.

This is going to be a difficult path to navigate until we either develop a critical and indisputable understanding of the virus or discover ways to effectively control its spread. However, we aren't there yet, and at this point, we have to think critically if we are going to protect the athletes we idolize on our television screens and the individuals who make professional sports the exciting world we are entertained by every week.

## Finding Fitness: Take your fitness in stride(s)

By: Christina McLaughlin  
Co-Editor-in-Chief



Okay, I know what you're thinking. Walking? How is that a fitness activity? Well, I don't mean the kind of leisurely walk you take to the fridge to get yourself a snack or the walk across campus after you realize your class started five minutes ago. Here, I'm talking more specifically about long walks that can positively impact your health. I think we've all seen those individuals walking around our neighborhoods with the fanny packs or the hand weights that make walking look like an intense Olympic-level event. But, you don't have to keep up with them and you don't have to do it alone.

Sometime near the end of the summer, my aunt offered to walk with me around our neighborhood to look at the fancy houses and catch up. After realizing she meant an actual hour-long walk that left me out of breath instead of what I imagined might be just a leisurely stroll with some gossip, I really began to enjoy myself. Anyone who knows me can attest that working out isn't my strong suit. Many workout classes in the past left me hovering over a trash can hoping my face would soon return to its normal shade of pale and for the room to stop spinning. However, walking offered something I didn't consider before -- an activity I already knew how to participate in and could help me stay in shape without any equipment, monthly memberships or societal pressure.

The beauty of walking, at least for me, was the endless adaptability of it. You can fit into your schedule in any free moment and take it at your

own pace wherever you want. With my aunt, we opted between the local high school track field and some of the local streets we lived around. When my roommates and I decided to start walking at the start of the semester, we opted to walk from our apartment to Griffin Rd and back. With my aunt, we walked for about an hour or roughly two miles. With my roommates, we walk for about two hours and hit somewhere around four miles in total. One time, I even walked to campus, which was also about two miles.

Now, I'm not going to lie. My legs did feel the burn the first few times, but that was an easy fix. I was able to take a phone call, walk with a friend or even create a playlist to distract myself. Eventually, it felt great to have that extra "stretch of the legs," as some would say.

Don't just take my word for it. According to Marilyn Gordon, assistant professor at the Dr. Kiran C. Patel college of osteopathic medicine, this type of walking has been found to improve mood, reduce stress levels, improves immune function and helps strengthen the muscles and bones in our bodies. Gordon also mentioned that NSU's campus is conducive for walking because of the continuous walk paths around campus, especially around Gold Circle Lake.

So, if you have a packed schedule, a small budget or are like me and looking for a less intense workout activity to fit into your daily life, consider giving walking the ol' college try.

## An ode to the rowing team

By: Sofia Gallus  
Arts & Entertainment Editor



This year, NSU announced the indefinite suspension of their women's rowing team. This announcement came after nationwide cuts to college sports as many college athletics departments have been hit hard by the pandemic. While the rowing team has been suspended, the team spirit continues on and the girls on the team have fond memories of their time spent rowing.

Madison Mello, a junior marine biology major, recalls when she first began rowing. "I started rowing my freshman year of high school. After swimming for about six years, I got really bored and had known a family friend that rowed previously. One day, I just decided to sign up and never stopped," said Mello.

Alex Herlihy, a junior environmental science major, recalls a similar induction into the sport. "I started rowing in high school. Our assistant principal decided to start a rowing club since we had a pretty big lake nearby, and so he said 'Okay, we can do this.' Around the same time, I had [wanted] to stop doing soccer, so it ended up working out. I did it in high school and got super into it. I eventually went to a rowing camp at the naval academy. I joined NSU's team as a walk on since my club was super small and I couldn't get recruited," said Herlihy.

Both Mello and Herlihy were on the rowing team before it was suspended. While they are both saddened at the news of the suspension, they have lifelong memories and feel that rowing at NSU has greatly enhanced their college experience.

"I've met some of my best friends through rowing. While I was rowing, I was able to get all my school problems out of my head and just focus on that. It really helped me focus, too. I know I'm a person who, if not busy, will not do well in school. It was the perfect thing for me and just really helped me focus," explained Herlihy.

Devin Fay, the coach for the women's rowing team, reminisces on his time spent coaching the rowing team and knows that, while this is a disappointment to the team, it will help them grow in their personal and professional careers.

"The students were absolutely spectacular.

The women on the team worked so hard. Rowing at NSU was amazing. Watching the sunrise come up over the intercoastal waterway was amazing. I think that's probably going to be what I'm going to miss the most, besides being surrounded by and helping a group of people who just want to be really good at something. I loved the constant benefit of being in an environment like that," said Fay.

NSU's rowing team has won many awards throughout the years and some team members have gone on to receive additional awards and scholarships for their rowing escapades.

In 2012, the NSU Sharks rowing team dominated at the Sunshine State Conference rowing competition. The Sharks varsity eight won the championships at SSC by more than 10 seconds, a clear-cut and impressive win. That same year, they received the silver medal at the Aberdeen Dad Vail Regatta, a prestigious competition.

In 2017, four members of the NSU Sharks rowing team were given scholar-athlete awards by the Collegiate Rowing Coaches Association (CRCA). This award is only granted to students who have a cumulative GPA of 3.5 or higher while

being in their third or fourth year of school and have competed in at least 75% of the team's events.

To Fay, rowing is more than just a sport. It is an essential tool to teach social and perception skills.

"The purpose of rowing at the collegiate level is to teach people on a more basic level than just a classroom how to interact with teammates and people who are moving towards a goal. In the end, you're personally going to get a lot out of it. Not just because you want the team to do well, but because you can see the individual growth in each team member," said Fay.

Mello also noted that being on the rowing team at NSU was an essential part of what made college so great for her.

"I think it definitely enhanced my experience at NSU. I feel, when I came to Florida, I had nobody and being pushed straight into a family like that was so comforting. It made me feel a lot better. Even now, when the team is no longer, I still feel like I have that family. I talk to the girls every single day. It made me appreciate the college experience a little bit more; having to balance academics, studying, and my social life and all that. It just made it better," said

Mello.

Fay believes that rowing exemplifies a co-curricular model that many schools use to teach personal and professional skills.

"I think rowing is the best sport you can do in college. It's a very simple sport, but the skills you're developing mentally are complex. It helps you realize your goals and it teaches you that if you want to get something, you have to invest in a certain way. Learning what ways you need to invest yourself is something you need in rowing to excel at it, so that's why I think rowing belongs in a college environment," he said.

While the team is only indefinitely suspended, there is already a change.org petition with more than 1,500 signatures asking NSU to reinstate the rowing team.

"I know that the alumni are working really hard to prove that rowing belongs at NSU. Everybody is struggling in college athletics right now, so it's no surprise, but I think there is a way to continue rowing at NSU," said Fay.



## Why must writing be so hard?

By: Alexander Martinie  
Opinions Editor

My job mainly deals with writing and coming up with ideas for articles each week, but most of the time, I have no idea what to write about. Right now, I am sitting at my desk, two minutes before this article is supposed to be due, and I have absolutely no idea what to talk about.

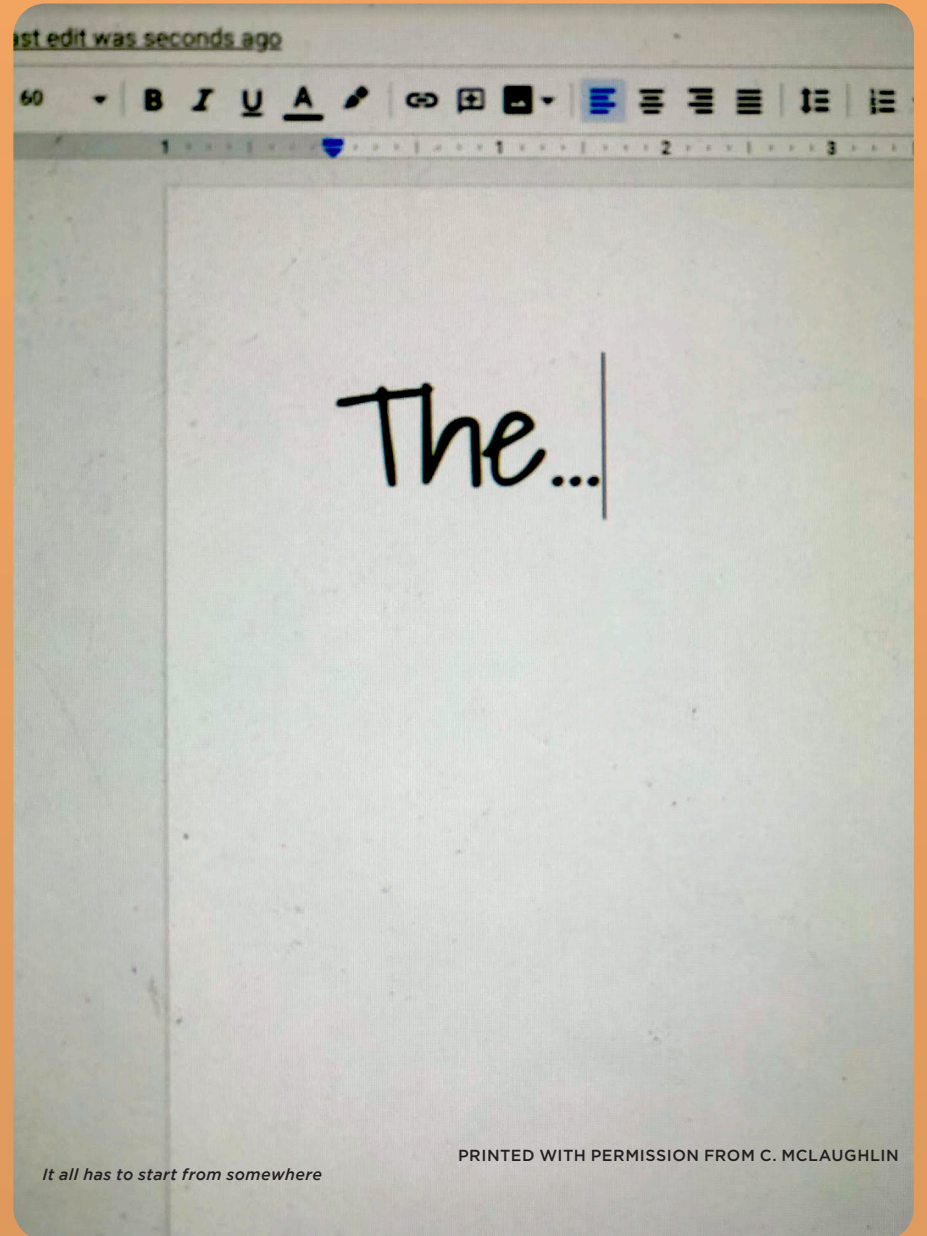
Water Your Thoughts is supposed to be an article that is simple and easy to do. You pick a topic and just ramble on for about 300 words. Normally, I can ramble on about whatever the topic is for hours, but now, that's a lot more difficult. In today's world, there is so much going on that figuring out what to talk about is difficult. It is supposed to be like catching a fish in a barrel. Only now, you are also in the barrel and the fish are piranhas. With that in mind, you can see my conundrum.

Then, there is the issue of repetitive

topics. We constantly hear about the pandemic and politics, so I doubt that anyone wants to read more into that. What about... No. Or maybe... Nope. What if we try a face-off? No one wants to write the opposing side. What if I talk about... We wrote about that last issue. How about... That is coming up in the next issue.

Writing is hard, even when it is your job, and believe me, I love writing. However, some days, it can just be a bit too much. Sometimes, the ideas just don't flow and you sit at your desk staring at a blank document until you get a small hit of an idea, and then, you lose your train of thought.

Well, it looks like I figured out what to write and I'm only nine minutes past the deadline.



*It all has to start from somewhere*

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## Stop trying to pretend like this is normal

By: Sofia Gallus  
Arts & Entertainment Editor



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FROM S. GALLUS

*What good does it do to keep information from students? The only downside would be helping us.*

Let's be honest. Doing things online doesn't work for all of us, and that's okay. Even under normal circumstances, online classes can be challenging and our country is anything but normal right now. That being said, many professors and school administration members are doing their best to make their students feel as if this is a normal school year.

While it's comforting to know that many professors understand the stress and anxiety that comes with trying to earn a degree during a pandemic, it would be easier to just admit that this isn't a normal school year. It is one filled with new struggles that many of us have never faced before. It is confusing, stressful and just downright scary.

Speaking personally, it is hard for me to focus and keep up over Zoom, but I'm doing my best.

I can usually use my laptop to take notes faster, but now my laptop is being utilized for Zoom lectures, so I'm taking notes the old fashioned way. However, every class, I always seem to miss something. In the past, when I've taken physical notes for my class, I have always enjoyed when professors posted their powerpoints online so I can go back over them and fill in anything I missed. This year, I think that is especially important, and some professors are already utilizing Zoom's 'recording' feature to record their lectures and repost them in case students miss them in addition to posting their powerpoints and even some lecture notes.

However, there are some departments and professors already announcing that they will not be allowing the recording of Zoom lectures. I cannot emphasize how wrong that is. I understand wanting

your students to show up and do the work for themselves and that it may feel like recording your own lecture and posting it online afterwards is giving students a little too much leeway, but there is an actual pandemic looming over all of our heads right now. It would be far better to say that you gave your students all of the tools to succeed in your class and they failed on their own than to say that you were "gatekeeping" the information they needed but missed because they only had access to it for a brief moment.

While there are resources for students who may feel lost in class, many of them aren't accessible to students dealing with other things in life like a full time job, family duties or even just the stress of a pandemic weighing on them. NSU offers supplemental instruction sessions, SI sessions for short, where a student who has previously taken the

class can answer questions and go over the lectures. While I think that SI sessions are one of the greatest tools NSU has to offer, none of them are being recorded and many of them are only able to be attended if you've got nothing else going on. The Tutoring and Testing Center is only available during business hours, which is when most students are working at other businesses.

The only way some of us can keep up right now is by going over what we're given by our professors, and while the powerpoints may be posted online, some professors go over specific examples during lecture. When students only have access to that information for a few fleeting moments, it harms us. What good does it do to keep information from students? The only downside would be helping us.

## The COVID conundrum: college parties

By: Flor Ana Mireles  
Copy Editor



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*It may be time to take a break from college parties this semester*

In the past few weeks, colleges around the country have begun their semesters, crossing their fingers that new mask policies, buckets of hand sanitizer and online learning will be enough to keep COVID-19 cases on campus at bay. Despite the efforts of universities to prepare for the surge of new and returning students, one variable has sat poised, ready to throw a wrench into months of planning: college parties.

Since fall terms began, college parties have continuously underscored how difficult it is to police students' behavior. Large, non-socially distant gatherings of students have been met with a variety of responses. Last week, Georgia College cautioned that students who attended house parties and other large gatherings would be harshly reprimanded, even by suspension.

Many other colleges have followed suit by issuing similarly strict warnings to their student populations. However, while school officials may effectively exercise tight control on on-campus actions and behaviors, enforcing policies off-campus has proven to be a more difficult task.

Universities including the University of North Carolina at Chapel Hill and the University of Notre Dame have suspended on-ground instruction after cases were linked to large gatherings in off-campus housing as well as to sororities and fraternities. In another

instance, Instagram removed an account allegedly prompting "COVID parties" for students returning to Arizona State University. The evidence is there. Reckless students' behavior has already had a direct impact on the transition back to school, and it's only the first day of September.

So, if the evidence is there and the repercussions are already manifesting, then why are they still happening? One can only wonder. Perhaps, it is the rebellious spirit of college-aged individuals, a lack of knowledge or concern about the consequences of risky actions or a surrender to months of longing for physical closeness. Or, one can chalk it up to sheer stupidity. Whichever explanation you decide to land on, the implications are the same. The actions of a few could ruin it for everyone.

No matter how you paint it, the situation we are all in is far from ideal, but instead of risking a whole school year -- not to mention the health and safety of everyone on campus -- for the sake of one fun-filled night, consider something else I'm sure we can all agree on. A safe college experience in this "new normal" is better than regressing back to another lonely quarantine.

## Mental health in the time of COVID-19

By: Alexander Martinie  
Opinions Editor

In the past two years, I have written several articles on the college mental health crisis, and here I am again writing another. This time, there is a lot more added to the crisis. The COVID-19 pandemic has caused an increase in feelings of loneliness, anxiety, fear and sadness, mainly as a result of self-isolation and quarantining. With this, the symptoms of mood and stress-related disorders can increase in severity.

We need to acknowledge that this is a very stressful time and that it is okay to take time to help yourself. At a time like this, self-care is extremely important. Remember to take care of both your physical and mental health as one can impact the other. Make sure that you are getting enough sleep and try to stick to a relatively stable sleep schedule. Get some physical activity and go outside regularly. Trying to maintain or resume your normal pre-COVID-19 routine can make you feel more comfortable and less anxious. Stay informed, but also know where your boundaries are with watching coverage. If you only feel comfortable checking the news for COVID-19 updates once a day, that is completely fine. Maintain the connections you had prior to quarantine. Keep in touch with friends and family; they can be an important

support system that you can use to cope with any mental health issue that you are experiencing.

During stressful times like these, we need to talk about mental health. We cannot just push it under the rug and say that we will deal with it another time. The stigmatization of talking about mental health issues only makes these feelings of loneliness, anxiety, fear and sadness worse. For people to properly cope with these mental health struggles, they need to be able to talk to someone about them. We need to end the taboo of talking about mental health. Talking about mental health is an important part of working to end the mental health crisis that we are currently facing.

This mental health crisis is something that we as college students can work to solve together. If you know that one of your peers is dealing with mental health issues —whether they are anxious, depressed or any other problem— try to encourage them to seek help or find someone to talk to. If you are experiencing your own mental health concerns, try reaching out to the Center for Student Counseling and Well-being, formerly known as the Henderson Student Counseling Center. The center has many certified mental health counselors well equipped to help any student.



For some students, self help books and pep talks are their version of self care

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