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Rick Case, member of NSU's Board of Trustees, dies at 77

By: Madelyn Rinka
Co-Editor-in-Chief



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The NSU community mourns the loss of Board of Trustees member and South Florida philanthropist, Rick Case. Case died on Sept. 21 at the age of 77 after a brief battle with cancer. Case is survived by his wife, Rita, and his children and grandchildren.

Case, founder and CEO of the Rick Case Automotive Group, along with his wife, are known for their philanthropic contributions to charitable and educational organizations, according to

The SunSentinel. The couple was honored at NSU's 21st annual Celebration of Excellence with the 2019 President's Award for Excellence in Community Service, an award given to celebrate the core value of "community." The university renamed the arena in the Don Taft University Center to the Rick Case Arena in 2017, although Case had served on NSU's Board of Trustees since 2002. The Cases' generosity towards NSU has benefitted the university in many ways, including grounds improvement and scholarship funding.

"If you're looking for a great example of what it means to give back to the community, look no further than our backyard. The impact from Rita and Rick Case can be felt here at NSU, the Boys & Girls Clubs of Broward County, American Heart Association, Cleveland Clinic, Joe DiMaggio Children's Hospital, Habitat for Humanity and many other organizations throughout South Florida," said President George Hanbury in an NSU news brief about the 2019 Annual Celebration of Excellence in Dec. 2018, as covered by The

Current.

As stated in an email sent to the NSU community from the Office of the President on Sept. 23, there will be a private ceremony held for Case's immediate family and a memorial service in the future. Messages can be sent to the family by contacting family@rickcase.com.

Read more about Rick Case's philanthropic legacy in The Current's article about NSU's 21st Annual Celebration of Excellence.



Global news,
courtesy of
the current

Kim Jong-un apologizes for killing official

North Korean leader, Kim Jong-un, apologized to South Korea on Friday for the death of a South Korean government official at sea by North Korean soldiers. This apology has been the first apology issued by the government since Jong-un took power almost a decade ago. According to The New York Times, Jong-un was quoted in a message from his government saying, "I am deeply sorry that an unexpected and unfortunate thing has happened in our territorial waters that delivered a big disappointment to President Moon Jae-in and the people of the South."

Worst mass stranding in Australia's history

In the beaches and sandbars west of Tasmania, an island state south of Australia, an approximate 500 pilot whales were discovered stranded between Monday and Tuesday. According to The Washington Post, "Some 380 died, in Australia during the past week [and] so far, rescuers have been able to free around 90 pilot whales." The social bonds that pilot whales have with one another have posted a challenge for rescue operations as the animals are sending out distress calls. While the reasons these animals have been stranded is still unknown, researchers and rescuers believe shallow coastal waters may play a role.

Rat receives award for sniffing out landmines

Magawa, a 5-year-old African giant pouched rat, was awarded a gold medal from the British charity People's Dispensary for Sick Animals on Friday. Magawa was recognized for "lifesaving bravery and devotion to duty" for work detecting land mines in Cambodia," according to The New York Times. The brave rat discovered 39 landmines and 28 items of unexploded ordnance. Jan McLoughlin, the director general of the charity, said, "Magawa's work directly saves and changes the lives of men, women and children who are impacted by these land mines. Every discovery he makes reduces the risk of injury or death for local people."

China lifts pandemic bar, letting in foreigners

On Thursday, Chinese officials lifted the pandemic bar, stating "Foreigners holding certain types of visas and residence permits will be permitted to return to China as the threat of the new coronavirus continues to recede," according to the Associated Press. Beginning Monday, Sept. 28, foreigners who meet the qualifications will be allowed to return, undergoing two weeks of quarantine and following other pandemic measures. Not including imported COVID-19 cases, China has had 39 consecutive days without a domestic case of the virus.

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News & Anchor

Stay up to date with national events.

Kenosha shooter challenges extradition

Kyle Rittenhouse's attorney, John Pierce, intends to challenge his client's extradition from Illinois to Wisconsin, who has been charged with the death of two protesters following the shooting of Jacob Blake in Kenosha, WI. Rittenhouse claims self-defense to the charge of two counts of intentional first-degree homicide and an attempted third, along with a charge of underage possession of a firearm used in the previous charges. If convicted, Rittenhouse will face a mandatory life sentence. Rittenhouse's claim of self-defense comes after a protestor, Joseph Rosenbaum, threw a plastic bag at him, and Rittenhouse proceeded to fire five shots. Rosenbaum was then later declared dead.

Federal judge extends 2020 census deadline for one month

Lucy Koh, a U.S. district judge in California, granted an injunction claiming that the Trump administration's shortened schedule would produce inaccurate data. According to Koh, "An undercount in any locality matters greatly. Even a small undercount of a subset of the hard to count population would result in the loss of federal funding." The census, which is only held every 10 years, determines the distribution of a \$1.5 trillion federal budget as well as each state's congressional representation. This is the second extension for the census, with the first scheduled to have ended in late July.

Disney sued over Toy Story 4 character

Kelly Knievel, the son of Evel Knievel and head of K and K Promotions, has filed a trademark infringement lawsuit against Disney-Pixar for modeling a character after Evel Knievel. The character Duke Caboom in Toy Story 4, while never directly mentioning Knievel, is portrayed as a 1970s daredevil toy of "Canada's greatest stuntman," claims Disney, while Knievel remarks that it is reminiscent of the 1973 Evel Knievel Stunt Cycle toy. According to K and K Promotions, Disney-Pixar intentionally modeled the Caboom character on Knievel and did not acknowledge any connection between their character and its inspiration, Evel Knievel.

Mary Trump sues Trump family

Following the release of her book, Mary Trump has filed a lawsuit against President Trump and his siblings, Robert Trump and Maryanne Trump Barry. Mary Trump claims that she has lost millions of dollars after the three pushed her from the family business and real estate holdings. President Trump and his siblings, according to Mary Trump's account reported by the Associated Press, "Pressured Mary Trump to accept a settlement and relinquish all interests in the Trump businesses, the uncles and aunt provided fraudulent accounting and financial statements that misrepresented the value of their father's estate at \$30 million or less."

News Briefs

Get the scoop on events happening on campus

Goodwin Hall to host Fall Fest

On Oct. 2, Goodwin Hall will host the 5th annual Fall Fest in partnership with the Office of Residential Life and Housing. The event will be held in the Goodwin residential building lawn and will begin at 7 p.m. Students are encouraged to bring a blanket for the streaming of "Hocus Pocus." The event will also feature donuts, drinks, the chance to win a prize and more.

Applying to Law School Online workshop

The second session of the Applying to Law School Online workshop series will be held on Tuesday, Sept. 29 at 12:30 p.m. The online workshop will be held via Zoom and will answer any questions students may have about how, where and when to apply for law school. The session will also cover

topics including preparing for the LSAT, getting letters of recommendation and writing personal statements. The workshop is hosted by G Nelson Bass, J.D., Ph.D. and Gary Gershman, J.D., Ph.D. The Zoom link for the meeting is below.
<https://nova.zoom.us/j/97722580625>

E-Sharks photography class event

Due to COVID-19, the Office of Campus Life and Student Engagement has temporarily suspended the Sharks on the Scene (S.O.S.) programming. However, in lieu of in-person events, the office will be hosting E-Sharks, which are unique virtual experiences that are free to NSU students. On Tuesday, Sept. 29 at 7 p.m., students are encouraged to join a virtual photography class about secret phone tricks. The event has limited space available, so interested students should RSVP by emailing specialprojects@nova.edu.

Trivia night

Every Thursday, a trivia night is held at 6 p.m. on the RecPlex basketball courts. Students interested in participating can create a team on IM leagues by visiting imleagues.com. For more information, contact Elif Portakal at ep1157@mynsu.nova.edu.

Don't Baggio the LSAT: Using logic to pass a critical test

The department of humanities and politics pre-law program will present the Don't Baggio the LSAT: Using Logic to Pass a Critical Test workshop on Monday Oct. 19 from 12-1 p.m. The workshop will teach students how to use logic to improve their LSAT scores. To RSVP, contact Dr. Darren Hibbs before 5:00 p.m. on Friday, Oct. 16 at hibbs@nova.edu. The Zoom link for the event is below.

<https://nova.zoom.us/j/4094168807>

RadioX to celebrate College Radio Day

By: Christina McLaughlin
Co-Editor-in-Chief

On Friday, Oct. 2 RadioX, NSU's radio station on 88.5 FM, will participate in World College Radio Day. The celebration will start with the "Not-So-Urly morning show" at 11 a.m. and extend throughout the rest of the day with curated content until 6 p.m., focusing on this year's 10th anniversary theme of "Global Solidarity Rocks."

College Radio Day was established by Rob Quicke, general manager at WPSC FM, at William Paterson University in December 2010. According to JoMari Chao, RadioX's station manager, it became a highly popular event internationally in 2012 when colleges from around the world wished to participate, making the event a global celebration across college campuses.

Each year, College Radio Day focuses on a theme to help curate its content and address the unique abilities that college radio stations provide to their communities. Previous World College Radio Day themes included "Here It First on College Radio," "When All Else Fails, College Radio Speaks" and "Passionately Vocal, Seriously Local." Based on the issues facing the world today, the theme for this year is "Global Solidarity Rocks." However, with COVID-19 in mind, there have been some changes to this annual event.

"It is changing slightly, but we are going to be able to broadcast as usual. We are making adjustments for our tabling events by pre-packaging CD's we give away and other COVID-19 based decisions like that. Our masks

will be on while we are on air and make sure that everyone is being a 'smart shark,' as I like to say," said Chao.

Those who tune in to this event can expect a diverse range of segment topics such as DJ Flackie exploring former Disney artist careers and DJ Glitch talking about the world of gaming.

According to Chao, it will basically be mini-podcasts all day that will give the NSU community a chance to listen and get familiar with everything all of the RadioX DJs and staff does.

"I can't wait to meet new people and bring in new volunteers and show people that we exist. There are some people who don't know about RadioX, so this gives us a chance to network and show who we are to other organizations and the overall NSU community. I went to College Radio Day last year and volunteered to be a DJ on-air from this event. I'm a business major and I was looking for a way to have a better speaking voice and overall persona. By now, I have more than 60 hours behind the mic at RadioX. I feel like I articulate myself more than I have before and I've made a lot of friends through my work," said Frank Natale, RadioX's music director.

According to Tarin Lewis, RadioX's community program director, they hope people can learn through this event that college students have a voice. Being vulnerable and sharing opinions through media like college radio stations, college students' voices can change the world by talking through their differences and struggles, helping to create bonds and lines of



communication with each other.

Students interested in tuning in to this event or to RadioX at any other time can visit

their website to listen live or follow RadioX on Instagram.

Celebrating Hispanic Heritage Month in South Florida

By: Alexander Martinie
Opinions Editor

Hispanic Heritage Month takes place from Sept. 15 to Oct. 15. The widespread designated celebration of Hispanic heritage started in 1968 with Representative Edward Roybal proposing legislation for Hispanic Heritage Week. Twenty years later, in 1988, the Regan administration expanded this into Hispanic Heritage Month. In South Florida, there are many events that are held to celebrate Hispanic Heritage Month.

Miami Beach Salsa Fest

The seventh annual Miami Beach Salsa Festival is being held virtually on Oct. 3. The Miami Beach Salsa Festival is put on by South Florida Seniors in Action and the Miami Beach Cultural Arts Council. The purpose of this event is to promote and celebrate salsa music and the culture around it. The music featured is produced by Melina Almodovar and Almodovar Musica Productions. Almodovar and her orchestra will

perform a live concert. If you are interested in attending this event or learning more information, visit their Facebook page at <https://www.facebook.com/events/north-beach-bandshell/concierto-virtual-de-melina-almod%C3%B3var-miami-beach-virtual-salsa-festival/314602976442994/>.

Calle Ocho Live

Calle Ocho Live is a Latin music and pop culture presentation put on by the Kiwanis Club of Little Havana. The Kiwanis Club of Little Havana, the organization that produces Carnaval Miami, is partnering with Altísimo Live, Retropop Media, Atlantino and Hispanicize for this event. The virtual show on Oct. 4 will feature top Latin music artists and influencers as well as stories from the family members of the Kiwanis group. The virtual show will feature artists Leslie Shaw, Jessi Uribe, Camilo and Gloria Estefan. If you are interested in attending this event or learning more information,

you can visit <https://calleocholive.com/>.

Celebrate ORGULLO pride festival

Celebrate ORGULLO started 10 years ago and was the first Hispanic LGBTQ Pride festival in South Florida. This year will feature both online and in-person events, including art showcases, tours, music and more. This year's theme for the Celebrate ORGULLO pride festival is UNITY in DIVERSITY. This theme will be featured throughout the art in the festival, both visually and through performances. The Celebrate ORGULLO pride festival will kick off on Oct. 1 from 7p.m. to 9p.m. with the UNITY in DIVERSITY Virtual Forum. This forum, according to ORGULLO's list of events, is a "community forum and Q&A with expert panelists, discussing the effects of this pandemic, politics & social inequalities, and how we move on and reinvent our lives & interaction."

This festival is presented by the Unity Coalition and ends Oct. 15. For more information on the events from Celebrate ORGULLO or to get directions to the in-person events or links to the online events, checkout their website at <https://www.celebrateorgullo.com/>.

On campus, there are organizations that involve Hispanic culture, such as Spanish club and Lambda Theta Alpha Latin Sorority. NSU's Spanish club works to promote Hispanic culture and the Spanish language. Lambda Theta Alpha is the NSU chapter of the first Latin Sorority. Lambda Theta Alpha works to practice political, cultural and social activities to promote Latinx unity. If you are interested in either of these organizations, check them out on their SharkHub pages.

An off-campus guide to Hispanic Heritage Month

By: **Rey Perez**
Contributing Writer

Hispanic Heritage Month is meant to be a celebration of Hispanic heritage of every color, creed and country. The month is observed both in the U.S. and abroad, and the music and food of Latin America are also enjoyed. According to the National Hispanic Heritage Month website, Hispanic Heritage Month began back in 1968 as “Hispanic Heritage Week,” created by President Lyndon B. Johnson. The week was first turned into a month by President Ronald Regan in 1988.

In South Florida, it may seem like we celebrate Hispanic Heritage Month every month, but the exact date puts the celebration’s start on Sept. 15 and the end on Oct. 15. The start of the celebration, Sept. 15, commemorates the independence of Costa Rica, Honduras, El Salvador, Guatemala and Nicaragua. So, before you bust out the Cumbia and start preparing Cuban sandwiches, here are some ways you can celebrate this month.

Visit a museum or cultural

center

There is a lot of Hispanic history in South Florida -- the only problem is finding someone who actually wrote it all down. Thankfully, there are plenty of places that respect the achievements and art made by Hispanics. If you ever find yourself at the end of the world, Key West is home to the San Carlos Institute, a beautiful museum of the Cuban independence movement. The history is intriguing; however, the long and grueling battle by the people who kept the museum alive through hurricanes, private companies and the state makes it even better. If you don’t want to drive four hours, in Miami, you can visit such sites as the Freedom Tower in Downtown, or the Bay of Pigs Museum in Little Havana. The Freedom Tower is Miami’s own Ellis Island, being the site of the first major wave of Cuban immigrants into the city. The history is all documented, showing a relatable side of trying to reach the American dream. The Bay of Pigs Museum is mostly for the history buffs and those that can speak a little Spanish, since it is still run by actual veterans of the invasion. It serves as a solemn

reminder, more than anything, of the government’s blunders with foreign policy in the past. For those who enjoy looking through art galleries, the Miami Hispanic Cultural Arts Center is another great place to see shows or appreciate art from around the world.

Get some Hispanic food

Besides history, South Florida has a wide variety of Hispanic food. A quick 30 minute drive to Miami transports you to the culinary embassy of Latin America in the U.S. Every dish you can imagine you can find in the city. Arepas, picadillo, ceviche and tacos are all readily available and expertly prepared for you on almost every corner, no matter where you stop in Miami proper. Some great places in Miami to find Hispanic food are Caribe Restaurant, which serves Cuban food, Dr. Limón, which serves Peruvian food and ceviche and La Ventana for all your Colombian needs. If you don’t want to brave I-95 or the turnpike to get to Miami, todo bien! Local culinary options include La Carreta and Sergio’s for Cuban food, Bocas for

Venezuelan food and Los Tacos for Mexican food. Just one entrée from any of these places is enough to treat the taste buds and fill the stomach.

Spend it with others

So, you went to a museum, you bought all this food, but it still does not feel like a genuine Hispanic Heritage Month? All that’s missing is some friends and family. Hispanic culture is best enjoyed with company. After all, the one unifying factor all Hispanics can share, besides a language, is that feeling of togetherness with our family, friends and our communities. Even if your family is miles or borders away, you can still celebrate with them over Zoom and other platforms. The same goes if you cannot reunite everyone due to COVID-19 restrictions. Hispanics may not agree on everything, but there is nothing more unifying than a buffet table and some salsa playing on a radio -- Just stay away from your Tía’s cooking and watch out for any flying chancletas.

The history of coffee: How it may have started with energetic goats

By: **Chloe Rousseau**
Contributing Writer

Coffee has been around for ages, but it has not always been your pumpkin spice toasted caramel cloud foam macchiato. Legend has it that coffee came from Ethiopia, when a shepherd’s goats ate the berries from the coffee tree and it made the goats energetic. The shepherd shared this information with an Abbot who then made the first form of coffee. Of course, this took off and everyone and their mother wanted some of that caffeinated bean juice. Trade quickly began leading to coffee farms popping up in different locations across the world, leading to different types of coffee and ways to make it. Today, there are over 38 ways to make coffee, from an Italian espresso to traditional Turkish coffee, and of course, the crowd favorite, the pumpkin spice latte.

The famous Seattle born Starbucks PSL took off in the early 2000s when the company needed something new to spice up the menu. The drink is a latte with the company’s own signature syrup blend consisting of sugar, condensed skim milk and pumpkin puree, among a few other ingredients to give it color and preserve it. The name of the iconic fall drink took much trial and error to come up with. The name needed to tell customers about the flavor and the cozy fall feeling that they would get from the drink, and thus, the pumpkin spice latte was born, followed by the

iced latte, iced coffee, Frappuccino and so on. The flavor was so beloved that other companies had to get in on the action to draw in the masses craving their fall flavor. My favorite is the Wawa pumpkin spice cold brew.

Even Florida has its own history with coffee. The Native Americans in the southeast made what was called black drink from the wild coffee that grew in the south from Texas up through the Carolinas. This coffee has a bland and musky aftertaste. It was used for ceremonies and had hallucinogenic and addictive properties. While volunteering at Emerson Point Preserve in Palmetto, FL, I learned that the local natives gave black drink to the European settlers and they became addicted to it, and when they did not have it, they violently lashed out. The fruit used to make black drink was widely traded. Residue of it has been found in shells far outside where the bush grew naturally. You can find a similar non-addictive version of this drink called yaupon tea.

Much like the drink, the history of coffee is bold and rich. Today, coffee is a staple in many households, but it used to be only available to the few who could afford it. Next time you buy your favorite roast, try a new flavor of creamer or style of coffee. Who knows? Maybe you’ll like a cafecito more than your americano.



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A sip of coffee with a chocolate crossaint on the side

Avoiding procrastination in an online world

By: **Veronica Richard**
Contributing Writer

In a world of online schooling, distractions are only a reach away. A quick check on your phone can become a two-hour Tik-Tok break. You end up leaving everything for the last minute and are stuck scrambling to finish it all before the due date. So, how do we combat this? How do we fight this urge to drop all of our work and pick up our phones?

The most obvious way to stop procrastinating is to get rid of any distractions. The main distractions are our phones, computers or any other methods of communication. It has become considerably harder to avoid these devices now that everything has moved online, but there are still ways to avoid procrastination.

The NSU Tutoring and Testing Center offers a plethora of tips and tricks for avoiding

procrastination.

“Try to keep a similar routine to how you would before the pandemic. Try to change from your pajamas to a daytime outfit and get somewhat ready to change your attitude from sleeping and relaxing to work and productivity,” said Emily Garcia, the assistant director of Testing and Academic Success.

Getting out of bed and preparing for the day ahead gives your body a sense of motivation to complete any tasks you need to do. Staying in bed all day compels your body to sleep and relax and you do not feel motivation whatsoever. Garcia also explained the importance of maintaining a balance -- having a blend of working and relaxation is key to both avoiding procrastinating on your work and keeping from

becoming overwhelmed or stressed.

“You need a good balance between me time and work time. You can do this by drinking your favorite cup of tea while you study, going on a walk while you listen to a lecture or getting comfy on the couch while you read,” said Garcia.

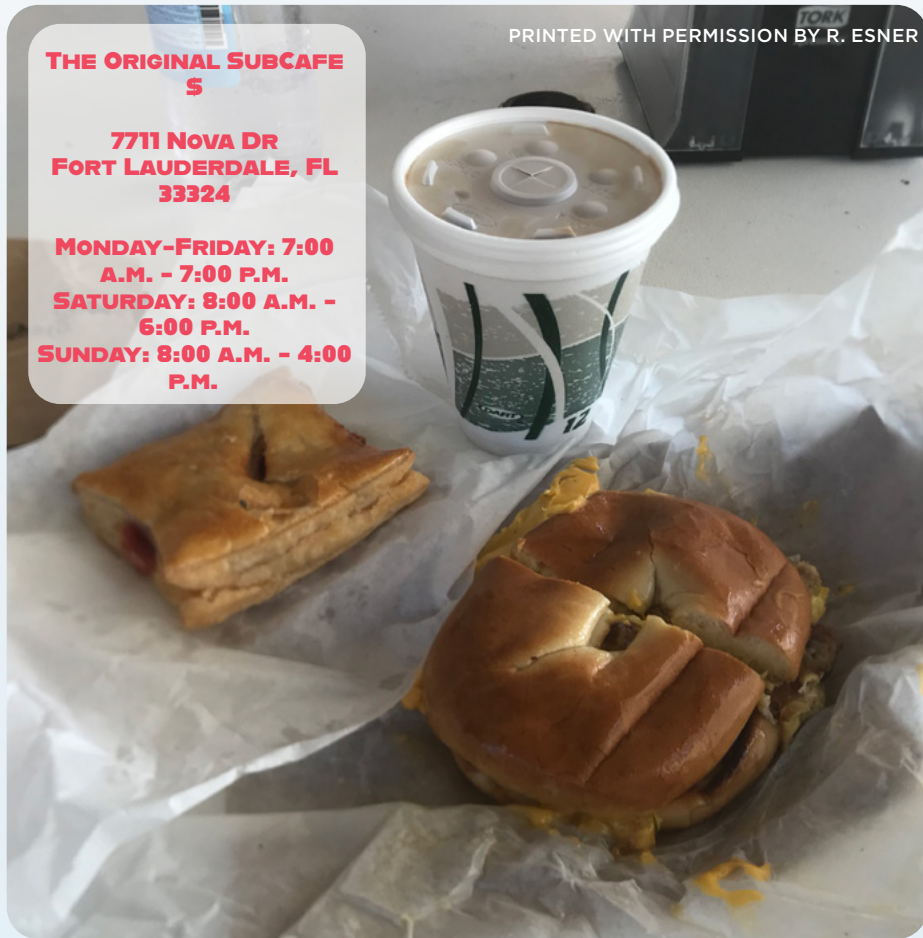
Major companies, such as Apple and Google, have created ways for students to avoid distractions this school year. They have created apps such as Forest that help you focus on your schoolwork. The app, which is available for \$1.99 in the Apple Store, Google Play Store and free as a Chrome Extension, creates a distraction-free study environment with a reward at the end of your study session. When you’re ready to study, plant a seed on the Forest app, and every 30 minutes of studying, the plant

grows. However, when you go off topic and use something from the backlist, which are apps or websites you add as distractions (such as Instagram, YouTube or Snapchat), your plant dies. Keep focused and studying and your plant will grow into a beautiful tree. Over time, your trees will become a lush forest filled with your hard work.

Remember Sharks, if you are ever feeling overwhelmed with work, you are not alone. Do not procrastinate and push things away, do your best, and if you do need help, ask for it. The Tutoring and Testing Center, Henderson Student Counseling Services and Brief Therapy Institute are only a call away. We can do this!

Gill Out: The Original SubCafe

By: Rick Esner
News Editor



also serves a variety of Cuban cuisine, such as Cuban toast and rich Cuban coffee.

I originally heard about the cafe from my mother when she was around campus visiting me for spring break last semester. While my mother is not Cuban, she was raised by a Hispanic family in South Beach, leading her to greatly appreciate Cuban cuisine. Due to her spending the majority of her adult life in the Northeast, getting the opportunity to experience authentic Cuban cuisine that reminds her of her childhood is few and far between. As such, when she would not stop raving about The Original SubCafe, I knew I had to visit.

When arriving in the plaza that houses the shop, The Original SubCafe blows all the other stores in the plaza out of the water with its decor. The Original SubCafe features quaint outdoor seating surrounded by natural plants and homey decor. The small statues and lawn-sized water feature remind me of a lived-in backyard. The decoration indoors is just as appealing. With a newly renovated interior and inviting aesthetic, there is more than enough reason to enjoy your food only a couple feet away from where it was prepared. The restaurant also features an outdoor order window, in case you just want to drop by for a quick coffee and perhaps a pastry before going on your way.

I visited the shop early in the day, so I settled on trying something off of their all-day breakfast menu. I ordered a sausage, egg and cheese on a bagel with salt, pepper and butter. Along with

my sandwich, I ordered an iced coffee and a guava danish -- my mother's favorite pastry, coming highly recommended.

The breakfast sandwich was not only filling, but delicious. The eggs were perfectly cooked and the melted cheese on top of the sandwich excited my taste buds. The sandwich was a little greasy, but in that good hearty and homey kind of way. I have high expectations for my egg sandwiches due to my hometown being in the NYC area (the postmark of that variety of food) and this sandwich exceeded my expectations.

Both the iced coffee and guava danish were delicious as well. I could taste how strong the iced coffee was since it was made with Cuban espresso, but the cashier added just the right amount of milk and sugar to make it delectable. The guava danish was sweet and authentically fruity, making it a great breakfast pastry or after meal snack to satisfy that sweet tooth.

Additionally, the staff at The Original SubCafe were overwhelmingly positive and respectful. I was greeted and treated like I had stepped foot into that cafe 100 times over. The icing on top, even for a Wednesday morning, I was able to get all three of my breakfast items within 5 minutes, making the trip short and definitely well worth it.

The Original SubCafe is a breakfast and lunch cafe and sandwich shop located about five minutes from campus featuring a simple,

yet extensive, menu of classic favorites, such as both hot and cold subs, burgers and delicious breakfast sandwiches. The Original SubCafe

Reducing your environmental impact in the bathroom

By: Nicole Shaker
Contributing Writer

If you want to start practicing a more sustainable lifestyle, but lack the motivation or simply don't know how to do it, look no further. The bathroom, often a site of monumental product and water waste, is a great place to start. Here are three small actions to take in the bathroom today to begin gradually decreasing your environmental footprint.

Be mindful of what products you're buying

You don't have to go searching for those super fancy, eco-friendly, all-organic, sustainably-produced bathroom products that cost half your meal plan. Just take a few seconds before your shopping trip to do a little research on the ingredients of the products which you usually buy. Avoid buying them again if the ingredient list stretches across the whole bottle and you can't pronounce the majority of it — chances are, it's not natural or sustainably produced. Amber

Orr, the President of the NSU Green Sharks, a student-run sustainability club, suggests either looking into zero-waste stores or exploring your options on the local level.

"You could find eco-friendly products at Target and Walmart. You don't really have to buy the fancy eco-products until you finish what you have... And if you're buying online, you could bulk order with your friends and choose slower shipping options," said Orr.

Be mindful of how you use those products

This is perhaps the most important action you can take — and probably, the easiest too. Definitely don't throw away all your exfoliators with plastic microbeads or toss your plastic shampoo and conditioner bottles; just use them to their full potential before the next shopping trip. Use small amounts at a time so they last longer. Use one squirt of soap instead of two, cut smaller lengths of toilet paper and don't fold the slices over to make them 10-ply. It may be

hard to remember to take these actions at first, but it's surprisingly easy to make them habits once you start.

"My biggest piece of advice is to use what you have before you buy new stuff," said Orr.

Be mindful of how use water

We all enjoy those steaming, 40 minute showers, but you may not realize exactly how much water is being wasted in that time.

According to Home Water Works, the average American shower uses approximately 15.8 gallons and lasts for 7.8 minutes. That's about 2.1 gallons of water down the drain per minute. Instead of using the shower as your happy, stress-relieving sanctuary, just use it to get clean. It may sound hard at first, but it's a small thing every student can do to make a huge difference. Actually pay attention to how long you're in the shower. A good way to do that is play music and limit yourself to one or two songs (if it sounds daunting, maybe

use two or three to start and work your way down). Also, try turning the water off while you're lathering hair or body products or waiting for them to absorb. If you find yourself often waiting for a while for the water to get hot, collect that cold water and use it for plant-watering. Start small if you want; turn the water off while you're brushing your teeth. It all adds up.

Kicking off your eco-friendly lifestyle only involves being mindful. Take a second to assess your situation and see what small steps you can take.

"Say 'I'm gonna rinse out these bottles and recycle them,' or 'I'm just gonna throw this bottle in my backpack rather than ask for a plastic bag,'" Orr suggested.

It doesn't take much to get started, but Mother Earth will thank you for it.



KEEP WITH WHAT'S CURRENT



@THECURRENTNSU

A.S.M.R.: Listen to this

By: Aliyah Gomez
Contributing Writer

A.S.M.R., or Autonomous Sensory Meridian Response, is one of those things many of us shy away from admitting is our guilty pleasure. Some of us cannot tolerate these “tingles” a single bit. What is it about A.S.M.R. that either pulls us in so easily or pushes us very far away?

Jennifer Allen, the woman who first coined A.S.M.R. watched space videos and realized there was an unexplainable feeling that occurred every time she watched these videos. This feeling brushed through her scalp and sent a tingling sensation down her spine.

Allen, confused about what this feeling was and what exactly this meant, searched the internet to see if anyone

else was having similar experiences. Many users didn't name exactly what she felt but several explained a sensation they felt due to an unusual visual or sound.

In 2010, Allen sat down to create a name for this brain tingling feeling and Autonomous Sensory Meridian Response, or A.S.M.R., became the semi-official name of this strange sensation.

After the name was picked and Allen shared the official name with her “A.S.M.R. group,” many people from all over the country started sending in anonymous videos of them speaking softly into microphones.

Years later, creating A.S.M.R. videos became a hot trend on YouTube. These videos range from minutes to hours of

influencers speaking, tapping and even eating close to microphones.

Businesses have also found ways to incorporate A.S.M.R. in their advertisements. These companies sometimes do this at the beginning of YouTube videos or in television commercials. You may have even seen commercials using A.S.M.R. in the 2019 SuperBowl. Many companies use this tactic to target their younger audiences, as they're more likely to pay attention to A.S.M.R. videos.

Unlike those who enjoy searching the web for A.S.M.R., some absolutely cannot tolerate it. Many people don't like the sound of chewing into a microphone, but that may not be the only issue. Have you ever thought about the specific term to explain your

dislike of these subtle yet triggering sounds?

Misophonia is a condition in which one or more common sounds, such as the ticking of a clock, someone chewing their food or even the sound of crickets outside the window, can cause a powerful negative emotional response in a person. Those of us that wouldn't dare to click on an A.S.M.R. video probably are thinking that this definition fits us perfectly.

Whether you are into A.S.M.R. or not, there's one thing we can all agree on: A.S.M.R. is one of the most niche ways our generation is keeping themselves entertained. It makes you wonder; what's next?



Staff Picks:

What is your favorite fall activity?



PHOTO PRINTED PERMISSION BY C. MCLAUGHLIN
Taken at local pumpkin patch

“My favorite fall activity is really just one perfect day that I get to explore local farms. I can find the perfect mini-pumpkin to take home, get a chance to go on a nice hayride or walk through a maze and take some pictures, finishing off the day with some hot or frozen apple cider,” said **Christina McLaughlin, co-editor-in-chief**

“Back home, way up north, this is around the time when the leaves start to change and the air gets a little cooler. I love going out to a few of my favorite hiking spots, finding a high spot like a tower or a bluff and looking out over the red and orange maple-covered hills. It's also nice to be outside and take advantage of the weather when we finally get a break from the heat and humidity. While we don't really get that here in South Florida, I still like going out and walking around some nature trails in the area when it starts to drop below 90 degrees,” said **Madelyn Rinka, co-editor-in-chief**

“Fall in Florida is not as magical as it seems to be in other places that actually experience the changing of the seasons, but I'm a strong believer that magic is everywhere -- even in the South Florida heat. With that, my favorite Florida fall activity is eating. This time of year, all the stores start preparing fall-themed foods and beverages.

From apple flavors to pumpkin spice and s'mores, I'm all for it. Fall time is also the best time to drink chai tea lattes -- they're my favorite, and if you add some pumpkin spice in there, it's even more perfect for the season,” said **Flor Ana Mireles, copy editor**

“While I can't experience the cool and crisp fall air of the north, a fall activity I can do anywhere is curling up with a great horror novel and a mug of warm spiced apple cider. I'm a big fan of Stephen King novels and have read almost every one. Give me any spooky novel with some warm spiced apple cider from Trader Joe's and I'll turn right into a pumpkin; that's how seasonally appropriate this activity is for me,” said **Sofia Gallus, arts & entertainment editor**

“Halloween is the only holiday that matters. Who cares about the others. Christmas? Never heard of her. The glorious All Hallow's Eve? It is the most important day of the year. I spend most of the fall working with my coworkers to create and stage a marvelous Halloween decoration and performance for the office decorating contest. The Office of Student Media has won every time for the last three years and I don't intend on breaking that streak. We definitely want to go for double digits,” said **Alexander Martinie, opinions editor**

“As soon as I feel the slightly cooler breeze of September, it's time to break out the fall fashion,

complete with chunky boots, comfortable jeans and layers of burnt orange, deep maroon and olive green. Especially since we've been in quarantine for over half of a year, it's been refreshing to start dressing up again, even if it's just for a brisk walk to the UC for some coffee and studying. Once you have your autumn-themed outfit, a warm cup of coffee and a cool breeze, you'll be unstoppable for the season,” said **Erin Cowan, visual design and multimedia assistant**

“Living in Florida for the past three years has given me a new appreciation for all of the fall activities I can enjoy when I am back home in Colorado. While I love being able to brag about my weekend beach excursions during Florida's “fall” to my family and friends back home, nothing beats curling up next to the fireplace with a hot drink and a good book or a hike in the brisk autumn mountain air,” said **Emma Heineman, features editor**

“While fall feels different here than what it feels like back in New Jersey -- somewhere that has much more seasonally appropriate temperatures when compared to sunny living of South Florida -- I still enjoy all the seasonal changes that come along with fall. The biggest change I am a fan of is the change of decor, the brown and orange tones that litter everyday life just make me feel so much warmer inside. It reminds me of home since my mother takes fall

and Halloween decorating quite seriously. I have already bought some fall pillows and blankets to spice up my living room for the coming season,” said **Rick Esner, news editor**

“About five minutes away from my house is a local farmer's market inside the Flamingo Nursery off of Flamingo Road and 595. They usually host an annual fall festival where they have a small pumpkin patch, some fall treats and smoked barbeque. They really try to create a ‘fall’ atmosphere, even though it is usually 85 degrees with a slight cool breeze in the South Florida fall,” said **Farhan Shaban, chief of visual design**

“As a native South Floridian, fall seems like an abstract concept that still finds a way to delight our lives. One of my favorite activities to take part in is pumpkin carving with my family. Every year, my mom and I will pick pumpkins (from Publix, of course) and turn them into masterpieces. Once we've carved our new friends, we will break out the paint and add color to the gourds. The last step is adding a carrot nose or some green pepper ears. It is one of our longest traditions and I intend to carve pumpkins one day with my own family,” said **Siena Berardi, sports editor**



Hiking at Kenosha pass in Colorado

PHOTO PRINTED PERMISSION BY E. HEINEMAN

SOUNDBITE

Gus Dapperton's latest singles

By: **Nicole Shaker**
Contributing Writer

I became a casual fan of Gus Dapperton a few months ago when I started listening to more dream and bedroom pop music. He's a unique artist in the genre with an interesting vocal tone and a tendency to lean towards ambient, electronic production. His 2019 album "Where Polly People Go to Read" is a fuzzy listen that contains some great songs — most notably "My Favorite Fish," "Fill Me Up Anthem" and "Nomadicon." I thoroughly enjoyed his style, but the majority of his songs, I end up forgetting about.

I'm happy I didn't end up writing him off, though. His latest songs are anything but forgettable. In April, Gus Dapperton released "First Aid," the first taste of his upcoming album "Orca," which was released Sept. 18. When I first heard it, it was immediately my favorite song by him. It's a gorgeous, somber track that's very unlike Gus Dapperton's previous releases. I could hear him going in a more emotional direction and it sounded great on him.

The next single, "Post Humourous," did not disappoint either. Quite the contrary; it topped "First Aid" for me after the first listen, which was no easy feat. Similarly to "First Aid," it's a beautiful song with sad undertones. It starts off in a dejected tone, but quickly picks up with the help of a

happy, twinkling guitar. Its nostalgic, euphoric chorus is probably the best his discography has to offer.

Dapperton also released "Medicine," a journey of a song, which contains a dramatic crescendo as it approaches the final chorus. It is an attention-grabbing, personal and well-written chorus. I flip flop between this song and "Post Humourous" in regards to which I like more, but they're both so excellent that it doesn't really matter. I will say "Post Humourous" is more of a casual listen while "Medicine" will pull at your heartstrings with no mercy.

Earlier this month, Dapperton dropped "Bluebird," the last single before the release of his full album. Somehow, it's also a smashing listen. It's the most relaxed, smile-inducing single of the bunch. It's definitely a song you can play at any time during any mood and vibe out. I will say that



PHOTO OBTAINED FROM GUS DAPPERTON

Dapperton's newest single "Orca"

the lyrics are a tad difficult to discern, but it isn't too much of a bother.

I love all four of his latest releases more than I ever thought I would. If they're an accurate representation of "Orca," you shouldn't miss out on this album. Be sure to check it out wherever you stream music.

OFFSHORE CALENDAR

Bachata Tuesday ONLINE
Sept. 29 | 11:00 p.m.
[Visit website to learn more](#)

Flaky Scones & Biscuits Made Easy
Sept. 29 | 7:30 p.m.
[RSVP Online](#)

Chaunte Wayans: Live Stand-Up Comedy
Sept. 30 | 9:00 p.m.
[RSVP Online](#)

StoryStudio Writers Festival 2020
Oct. 1 | 9:00 a.m.
[RSVP Online](#)

P&P Live! Misty Copeland's "Bunheads" with Jocelyn Noveck
Oct. 2 | 6:00 p.m.
[RSVP Online](#)

Nature Drawing Intensive
Oct. 3 | Noon
[RSVP Online](#)

Online Baking Workshop: Caramel Apple Pie From Scratch!
Oct. 4 | 1:30 p.m.
[RSVP Online](#)

Make Your Own Terrarium
Oct. 4 | 2:00 p.m.
[RSVP Online](#)

Intro to Improv: You Are a Storyteller
Oct. 5 | 8:30 p.m.
[RSVP Online](#)

Freaky features: Anti-horror & parodies

By: **Nyla Whyte**
Contributing Writer

With the spooky season fast approaching, we're all slowly getting into the spirit. What a better way to set the tone for your Halloween than with a good scare — through your screen, that is. Horror films often get a bad rap, as some people simply don't see the appeal of choosing to be scared. However, there are many horror flicks that go beyond gashes and gore — you just have to know where to look.

There's a very interesting subset of horror movies that present themselves as traditional horrors, but are actually active commentaries on the genre. These are known as anti-horror horror films. They often go hand in hand with parody horror movies, which take advantage of the easy link between horror and comedy. If you want some laughter in your slasher or a closer look at the mechanics of a horror film, check out these movie suggestions for your spooky season.

Cabin in the Woods (2011)

This movie is one of the best recent examples of an anti-horror horror film. The movie follows its main characters, who each represent a classic horror movie character trope. Scientists in a lab are secretly orchestrating their every move to manufacture the perfect horror story for the sake of appeasing their angry "gods." This film is smart, layered and a definite must-see. You can find it on Hulu and Amazon Prime Video. Spoiler Alert! Proceed with caution! These 'gods' are revealed to be stand-ins for movie audiences who are often

critical of horror films that don't meet their exact expectations.

Scream (1996-2022)

This hit movie is another film that balances elements of true horror and horror commentary. The killers bring up more than once how their strategic killings play out so perfectly that they'd make a great horror movie. They even go so far as to suggest that they might go on another tirade one day because, in the words of the character Stu Macher, "Let's face it baby, these days you gotta have a sequel." The "Scream" movies exaggerate self awareness, making the films really engaging for viewers. The "Scream" series also recently announced it would be releasing a new film, "Scream 5" in 2022. This spooky season would be a great time to get caught up and get excited for the new releases. "Scream" is available on Amazon Prime Video and for free on Tubi.

The Scary Movie Series (2000-2013)

This series parodies many of the major staples of the horror genre. These films don't take themselves as seriously as their blockbusting counterparts, and since most of the gorey scenes are played for laughs, they are a great choice for those looking for a less intense horror experience. These movies are available across multiple platforms including Tubi, Amazon Prime Video and Hulu.

A Haunted House (2013)

This movie is packed with references and comedic jabs at iconic horror flicks. It regularly



PHOTO PRINTED PERMISSION BY F. SHABAN

Watch the Cabin in the Woods on 4K Ultra HD for the ultimate freaky feature experience

mimics the found footage horror trope and adds a laugh factor to what would be ordinary jumpscare shots. The characters and their dramatic attempts at resolving their supernatural issues are hysterical. You can watch "A Haunted House" on Netflix and Amazon Prime Video.

It's also worth noting that there's often unintentional humor in horror movies. Whether it be low quality special effects, unconvincing acting

or characters making ridiculous decisions, for better or for worse, comedy and horror go hand in hand in these films. These concepts come up quite often in animal or monster based films. If you're into more goofy horror movies, be sure to check out movies like "Sharknado," "Lavalantula", and my personal favorite, "Lake Placid" on the Syfy channel.

THIS WEEK SPORTS IN HISTORY

Sept. 29: Tennis mentioned for the first time in a sports magazine

In 1793, tennis was mentioned for the first time in an English sports magazine. This was a monumental achievement for the sport of tennis because tennis was given recognition and became more solidified in the sports world.

Sept. 30: Babe Ruth hit record 60th home run

On Sept. 26, 1981, tennis champion Serena Williams was born. Williams has 73 career titles and a dominant 85%-win percentage in Singles. In Doubles, she has posted 23 career titles and an 84.8%-win percentage. She also has four gold medals in the Olympic Games. At 38 years old, she is ranked ninth in the world in women's tennis.

Oct. 1: The first World Series

In 1903, the first baseball World Series began in Boston. In this first series, the Pittsburgh Pirates faced the Boston Americans. The Boston Americans took victory, winning five games while the Pittsburgh Pirates only won three. This was a major event for Major League Baseball as it was the first of many world series to come.

Oct. 2: Champion boxer Tommy Burns defeats the "Fireman"

On this day in 1906, Tommy Burns, a Canadian world heavyweight boxing champion, proved the worthiness of keeping possession of his title when he knocked out the "Fireman", Jim Flynn. Flynn was a known American boxer who tried twice to snag the world boxing title, failing both times. This match was one of those failed attempts as Burns beat Flynn in a match of 15 rounds.

Oct. 3: CBS aired the first prize fight

On Oct. 3, 1951, the CBS-TV channel aired its first telecast of a prize fight from the west to the east coast. In this fight, Australian boxer Dave Sands defeated American boxer Carl (Bobo) Olsen. This 10 round boxing match earned great recognition and appreciation through being aired on television.

Oct. 4: Jim Peters sets new world marathon record

On this day in 1953, British marathon runner Jim Peters made history during the Turku Marathon that took place in Finland. Peters set a new world record and made history with a finish of 2:18:34.8. Peters broke the men's world marathon record not just once, but four times in the 1950s.

Oct. 5: Detroit Falcons become the Red Wings

On this day in 1932, the Detroit Falcons, a national hockey league team, underwent new team ownership. With that, the team transformed from the Detroit Falcons to the Detroit Red Wings. They had also gone through a previous name change as they were originally established as the Detroit Cougars.

On The Bench:

Miami Marlins: The underrated underdogs

By: Ana Maria Soto
Contributing Writer

The Miami Marlins, a team that has lived at the bottom and in the shadows, a team that could have seemed laughable compared to past squads, now seems to have found the right footing in this season of mishaps. This team has surpassed expectations and eradicated uncertainty by winning more games than expected in the past few months. Many have said that they could never do well, but they have found a way to be the second place team in the division.

No one expected much from this team after most of the active roster tested positive for COVID-19 just a few months ago. No one expected that the team would be able to win more than half their games so far. Lots of people may say that the Marlins still have no chance at making a splash in the postseason, but they are looking like a big threat. If the Marlins can continue this streak of positive movement in the charts, they could become one of the top five teams in the national league.

The Miami Marlins are underrated underdogs that, no matter how well they do, never seem to be taken seriously enough to be given the label of "threatening." Major League Baseball does not give this team credit, especially after deciding to continue the season without them when they had their COVID-19 outbreak. However, they are gathering more attention as the team continues to give fans a sense of confidence they have not had in past seasons. It is clear that, even though there aren't fans in the stands, fans have not stopped cheering for this team, which hopes to gain some favor as the season progresses. The Miami Marlins are a team to watch and I am not just saying that because I've grown up watching them. I am saying this because they deserve the attention. Hopefully, these underdogs can find themselves on top with the recognition a team with their current status should have.



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Finding Fitness - Virtual races during the pandemic

By: **Isabella Gomez**
Contributing Writer

For about three years now, I've been an avid runner.

Every day at 6 a.m. I get up, change, plug in my earbuds and run the daily three miles almost robotically. It quickly became one of my favorite hobbies, and eventually, I started running races. Even though I might not have been and still am not the fastest

“At the end of the day, anything it takes to preserve our sanity and keep us moving in this time is a smart choice. ting uses the entire body: legs for strides, core for maintaining balance and arms from swinging with the strides.”

runner, you could see me at every local 5k and 10k event as a participant to the end. However, none of these in-person races has occurred since early March. That's why I've fallen in love with virtual racing.

Virtual racing is essentially just like running your regular race with tons of other people, just not at the same place or time. This means no waking up at sunrise to find parking and rush to get to

the starting line, no crowds and no worrying about bad weather at race time. All you have to do is virtually sign up to one of the many events and take your phone or smartwatch on a run to track the specified distance in the timeframe given in the race rules.

Since the pandemic hit, the fate of races across the world became indefinitely uncertain. Virtual races have provided

runners worldwide with an incredible outlet to fill that void and keep us engaged, motivated, and maybe, even a touch less worried about the state of our world these days.

These races have connected and maintained runners globally, where novice and experienced runners alike have found inspiration and support for their effort -- no matter how big or small. I even inspired a friend of mine to run a mile with me for a

small charity event back in April. He had never run for fitness in his life, and that day, he decided to pick up a pair of trainers, lace up and join the global community of running. Since then, he has been running frequently, “feeling inspired by the online community to go farther.” At the end of the day, anything it takes to preserve our sanity and keep us moving in this time is a smart choice.

Despite the convenience of these races, I still have to argue that virtual races will never replace the established community, static energy at the start of a race and the exhaustion and exhilaration at the finish line. The atmosphere filled with cowbells and cheering, fellow runners sharing sweaty smiles, the sunrise painting the sky as I near the finish line and my face covered with dirt as every ounce of my body screams for me to stop. Trust me, all of this is worth it for the medal at the end -- it's the cherry on top.

All of this, plus the bonds we create along the way with the community of runners and volunteers, makes racing so much fun. These things shape us into who we, as runners and as ordinary people, have become.

Virtual races are an excellent placeholder. However, in-person races and all the sensations and sights that come with it, are unrivaled. So, during a time like this, where social gatherings might be detrimental to our health, I encourage you to try a virtual race. Regardless of your fitness level, you will have similar individuals all across the world running that same race you chose to run and supporting you the entire way. Here are a few date-flexible races to participate in if you want to give it a try:

YOU'RE NOT ALONE - the Social Distancing Virtual Race
17th annual Save the Manatees - Virtual 5K
Trick or Trot - Virtual Halloween Race
Happy running!

An athlete's perspective on Hispanic heritage

By: **Emma Heineman**
Features Editor



PHOTO PRINTED PERMISSION BY NSU ATHLETICS

Juan Nunez is a junior from Venezuela on the men's soccer team.

What does Hispanic heritage month mean to you?

“There's a lot of Hispanics living in the U.S., so I understand that Hispanic Heritage Month is something important for a lot of people. A lot of people had to leave their countries because of corruption or insecurities and being here in the U.S. has helped a lot of people. Hispanic Heritage Month gives importance to my country where I am from.”

How has being a part of the Hispanic community shaped you as a student-athlete?

“Knowing my background, we had a lot of issues economically, and so I knew that soccer was a way for me to go away to college. So for me, as a student-athlete, I take the most I can from it and enjoy every minute of it.”

What do you hope other

students can learn from Hispanic Heritage Month?

“A lot of my teammates are from Europe and they don't really know much about what's going on in South America and Hispanic countries, but it's a chance for them to see and understand where we come from and to understand that a lot of people don't have the opportunities that others do. It helps out a lot, in that sense, just showing people a different background and views about things. It helps. I talked to my teammates and they don't know about it and they ask questions and they're really interested and they want to know more.”

Adan Fernandez is a sport management major from Florida on the men's baseball team.

What does Hispanic Heritage Month mean to you?

“Especially for me, my family coming from Cuba, it's cool to bring to life the traditions that we had back there and be able to share a little bit of everyone's culture. We can unite as a community.”

How has being a part of the Hispanic community shaped you as a student-athlete?

“Especially in baseball, which is known for having a lot of Latino players, it's big because a lot of them had to come over here to make their lives better. So, being able to play a sport and carry on the legacy of where my parents left off is an honor.”

What do you hope other students can learn from Hispanic Heritage Month?

“I think we can [all] be more understanding of everyone's background, knowing how they came, from where they came. It's important because sometimes we judge a book by its cover and I think if we are actually able to look at people from the inside we can see that we are all the same, just from different places.”

Daniela Obando is a senior exercise and sports science major from Honduras; she competes on the women's tennis team.

What does Hispanic Heritage Month mean to you?

“For me, it means freedom. It's important, especially in a country like the U.S. that is very diverse, to understand that there are so many people here from different cultures. [It's about] getting to understand other cultures and respecting them.”

How has being a part of the Hispanic community shaped you as a student-athlete?

“I can say that the tennis team here at NSU is very diverse. We only have two American girls and we have people from Europe and China. So, at some point, it can be a little tricky to get to know everybody and understand their cultures and their beliefs and the ways they act.”

How has the NSU community supported your heritage?

“I have always felt the support starting from getting a scholarship from NSU. Especially in my country, thinking about coming to the U.S. without a scholarship, it's almost impossible because it is really expensive. So, I have always felt supported by being able to get paid for my education and to compete for the school. At the same time, I'm representing my school and my country.”

Solana Capalbo is a sophomore biomedical engineering major from Argentina; she competes on NSU women's swim team.

What does Hispanic Heritage Month mean to you?

“It's a time to remember those who might have been forgotten. Everybody remembers who created the first light bulb, but it's important to remember the achievements of people from other cultures.”

How has being a part of the Hispanic community shaped you as a student-athlete?

“I always try to implement my culture into everything that I do. When I am with my team, I am a minority, but I don't feel like a minority because I feel like it is my job to educate or show the different cultures. It's kind of cool being the minority or the Hispanic on the team.”

What do you hope other students can learn from Hispanic Heritage Month?

“A new perspective and more cultural appreciation. It's an opportunity to learn something new about someone else and maybe even incorporate that into your own life somehow.”

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You're Going to be ok

By: Rey Perez
 Contributing Writer

At the start of the 1980s, Jim Rohn, a motivational speaker and financial advisor, was called to give advice to a group of worried CEOs. The wealthy gentlemen asked him what the 1980s would be like -- in essence, asking for him to make a financial prediction for the market.

Rohn looked around the room and gave a response along the lines of "Well, it will be like the 70s and the 60s and the 50s before it. The sun still rises in the morning after all this time, right?"

Although this answer might not satisfy a stressed-out CEO, it speaks to a timeless truth. The remnants from the supposed worst year of the century, so far, have everyone on edge. A global pandemic, impending recession, shootings, riots, and to top it all off, a nasty election on the horizon that does not seem to have any cure for society's current condition. It's really easy to get anxious. Even with all of this though, it still does not seem as bad as the last century, which was filled with wars, Imperialism, dictatorships and that time the planet almost got nuked.

So, are we doomed to another 100 years of

instability? Either way you will be ok.

There will always be times when things could be better, you could be paid more, have more friends and meaningful relationships, things could go your way more. Yet, even then, there is always something good about life. You still have your family, a roof over your head, food to eat, or if it really gets bad, at least you're still alive. It works both ways too, and even when we are cruising along peacefully, we manage to find something that irks us. A post on Facebook, a headline, someone looking at us the wrong way causes our worlds to come spiraling down.

Have any of us stopped and realized that at least NSU has survived a pandemic? There have been loved ones lost and many people are still suffering but as time moves on more of us will stand tall again. So honor the lost and protect the living. Do what you have to, wear a mask, social distance. Be decent, but don't despair.

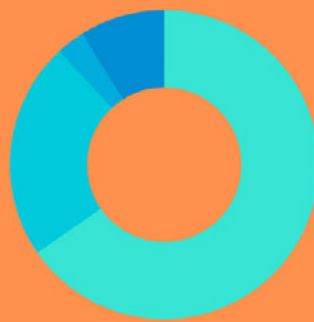
So really, Rohn had a deeper meaning to his quick-witted response: Things will get better and things will get worse, but, as sure as the sun keeps on rising, you will be okay.

What are you most looking forward to this fall?

Shark Speak
 conducted through Instagram*

I'm not looking forward to fall
 8.9%

Halloween
 22.8%



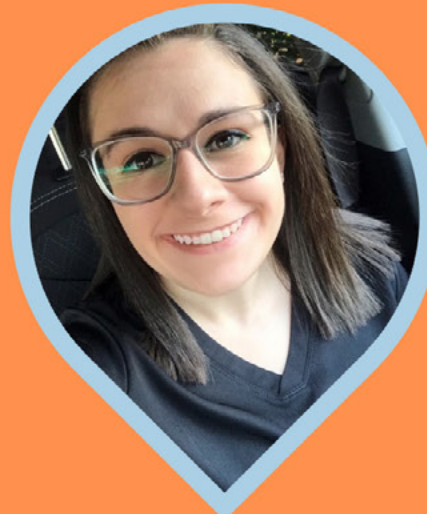
Cooler weather
 65.3%



"I love cooler weather. I love wearing my fall sweaters and walking outside. I feel the cold energizes me and reminds me that Christmas is on the way," said Victoria Garcia, junior College of Pharmacy graduate student. (@toriarose629)



"I've looked forward to [Halloween], but I mainly get excited for the spirit surrounding it. The movies, the books I used to read as a kid and giving out candy are some of my favorite parts of Halloween," said Cameron Pritchett, sophomore, business management major. (@cameronkpritchett)



"I'm looking forward to the cooler weather because, since Florida doesn't have the colorful season changes, at least, it will feel cooler and I can wear my sweaters comfortably," said Christina Arroyo, freshman, elementary education major. (@christina_skye11)

Are there stupid questions?

By: **Gabriel J. Stone**
Contributing Writer

Whether it be a teacher in their classroom or a philosopher talking about the endless pursuit of knowledge, we have all heard that there is no such thing as a stupid question. But how true is this sentiment? While putting words

In the circumstance of the quest for knowledge, the occasional repetitive question can only be forgiven when one truly wants to learn. Sometimes, it takes a little longer for some individuals to learn or adapt to a specific mindset or skill.

In an educational environment, students may feel nervous to ask questions on subjects

“How can one set the difference between existential philosophy and asking something stupid? An example question would be ‘Aren’t we all the same?’ We are all just humans.”

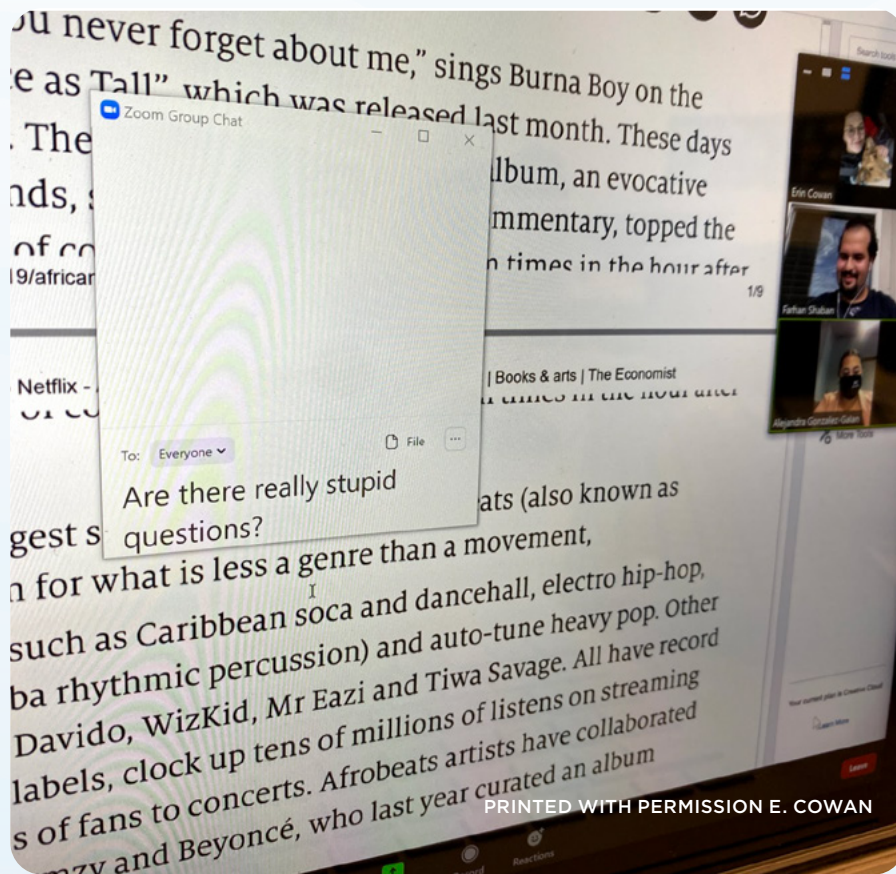
to paper, or fingers to keyboard, the irony of such a question is not lost on me. First off, if you have ever heard someone ask, “Do you have a bathroom?” in someone’s house, you already know stupid questions exist, but let’s take a deeper look.

What is a stupid question? What makes something stupid? A quick search in the Merriam-Webster dictionary will show that stupid means “given to unintelligent decisions or acts: acting in an unintelligent or careless manner” or “lacking intelligence or reason: brutish.” So, by definition, a ‘stupid’ question has some variation on what it condones. One category of stupid questions would be thoughtless questions that just kind of falls out of the speaker’s mouth without any care. Another category of stupid questions would be questions presented in an unintelligent and careless fashion. This could also be considered the stupidest type of question of all.

the teacher has already discussed and may consider their question a stupid question. However, you should always go ahead and ask that question because, ultimately, who cares if peers think you don’t know what’s happening in class? Those grades matter way more. It could be said that not asking the question would be the stupid thing to do.

How can one set the difference between existential philosophy and asking something stupid? An example question would be “Aren’t we all the same?” We are all just humans. On one side, a response could be “Wow, that’s so deep. We really are the same,” and another could be, “Wow, that’s so dumb. Humanity is incredibly diverse.”

The only thing that makes a question deep instead of dumb is the environment in which it is said. If someone asks in their philosophy class why we are here, the response could lead to hours of discussion. The same question in someone’s math class could get a response similar to because you need the credits to



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graduate.

After much consideration, there is finally an answer to the age-old question of if there are stupid questions. The answer is yes. Nonetheless, there is still so much to learn and

you have to spend the rest of your life doing so. Don’t be afraid to ask questions, even if they are stupid. Just try to think before you speak.

Tea, please

By: **Flor Ana Mireles**
Copy Editor

Sept. 29 marks National Coffee Day, and while many people will be running to coffee shops like Starbucks and Dunkin’ for their coffee fixes, I’ll be getting my drink on too, but with tea instead. While coffee is a hyped-up beverage of preference and choice, truthfully, I’m not the biggest fan of it. Oftentimes, whenever I do drink coffee, I end up feeling antsy and jittery. While the taste can be great, the feeling it gives me is really not superb.

Coffee versus tea has been one of the most debated things for a long time, like Coca-Cola versus Pepsi. While at the end of the day, it’s all a matter of taste — and both tea and coffee offer more benefits than all sodas combined, tea may actually be better for you than coffee.

Yes, coffee can improve your energy levels, among other things, but coffee can also cause insomnia and nervousness. On the other hand, tea contains antioxidants and most won’t cause nervousness.

According to Penn Medicine, people have actually been “drinking tea for thousands of centuries, and for good reason.” Different teas have different health benefits and can help boost your immune system, fight off inflammation and even ward off diseases and illnesses like cancer and heart disease.

Like coffee, tea also comes from nature, but oftentimes, people find themselves

dependent on coffee without even noticing it. If you regularly drink coffee, how many times have you said “I need coffee” in just the last week? You may think you don’t really ‘need’ it, but your body just might think you do.

Thanks to the Journal of Caffeine Research, we actually now know that “caffeine is the most commonly used drug in the world,” and while “low to moderate doses of caffeine [are] generally safe, an increasing number of clinical studies are showing that some caffeine users become dependent on the drug and are unable to reduce consumption.” Given so many people can’t go without their morning coffee, is it safe to say they’re actually just dependent on it?

Teas with caffeine also put consumers at risk of caffeine dependency, but more often than not, the types of teas people are drinking lack caffeine or contain lower amounts when compared to a cup of coffee. Some of the most popular types of teas include white, herbal, black, oolong and green teas, all of which contain low amounts of caffeine except most black and green teas.

While not everyone is a fan of tea, regardless of if it’s hot or cold, it may be better for you than drinking coffee. With that said, this National Coffee Day, you give your body and mind a caffeine break and choose a calming cup of tea instead. If you still want that caffeinated coffee feeling without the coffee, I recommend a chai tea latte, hot or iced.



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Tea can be enjoyed both in the morning and at night and has many health benefits.



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