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# The Current

The Student-Run Newspaper of Nova Southeastern University

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**“Skinny shaming” and harm**



**A millennial remembers the 90s**

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**Giving back this Thanksgiving**

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## DIGRESSIONS DEADLINE APPROACHES FOR CREATIVE WRITERS AND ARTISTS

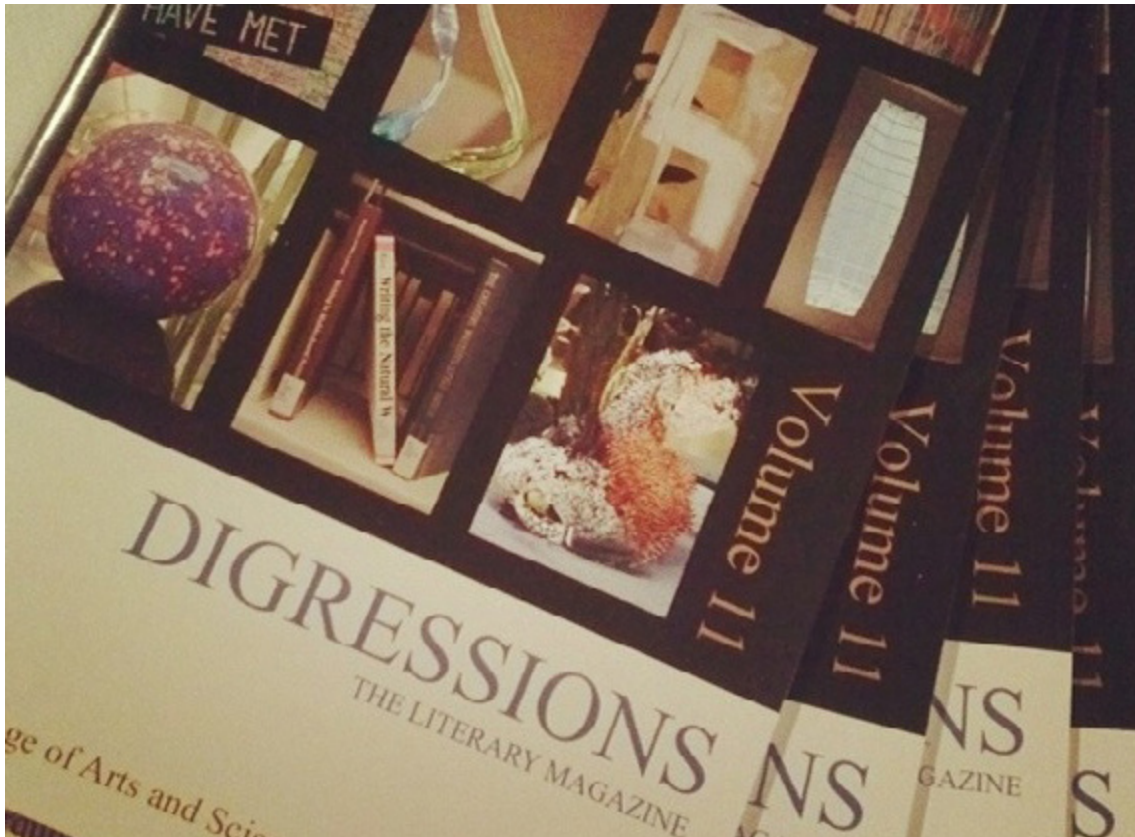
By: **Paula Gardenhire**

The deadline for undergraduate students to submit original works of poetry, short fiction, artwork and photography to be considered for publication in *Digressions*, the student-run literary magazine sponsored by the Farquhar College of Arts and Sciences' Division of Humanities, is Friday, Nov. 21.

This will be the 12th publication of *Digressions*, which is published annually in April. The submissions are considered for publication by the undergraduate student editors of *Digressions*, who are also responsible for the magazine's design.

Editor in chief of *Digressions*, Angelica Zadak, a junior with a double major in Theatre and Humanities, said that *Digressions* is more than just a magazine and that students with creative talents shouldn't miss the chance to participate.

“*Digressions* is an amazing opportunity to have published work. Our generation shares our artistic works with each other all the time through blogs and Instagram, but at the end of the day,



The latest volume of *Digressions*, the student-run literary magazine.

TAKEN BY: K. MOROS

none of that will last. Print will always be there,” she said. Leela Mansukhani, a junior majoring in environmental studies who has

been writing for *Digressions* since her freshman year, has published poems in the magazine.

“Sharing my poetry through

*Digressions* helped me feel that NSU wasn't just part of my life for academic work, but for my creative work as well,” said Mansukhani.

Mansukani said that writing poetry has helped take her mind off of social networking, television and smartphones.

“*Digressions* is a great way of encouraging students to be creative and to take a moment to step back from the all-too-prevalent technological distractions,” Mansukani said.

Mansukhani said that students should take the opportunity to get involved with *Digressions*.

“Being able to get our creativity out there allows students to feel that whatever they are expressing is being heard and understood by others. Altogether we all create a community that can experience and enjoy different forms of art,” she said.

Students can submit up to 10 works of poetry, three short stories, and five pieces of visual artwork. Email all submissions to [digressions@nova.edu](mailto:digressions@nova.edu).

Submission guidelines can be found at [fcas.nova.edu/arts/student\\_publications/digressions/documents/DigressionsGuidelines.pdf](http://fcas.nova.edu/arts/student_publications/digressions/documents/DigressionsGuidelines.pdf).

For other information please contact Angelica Zadak at [az174@nova.edu](mailto:az174@nova.edu) or (594) 491-1371.

## PRE-MEDICAL SOCIETY'S MULTICULTURAL PICNIC CELEBRATES DIVERSITY

By: **Ashley Figueroa**

The Pre-Medical Society will host a multicultural picnic on Nov. 22 from noon to 2 p.m. at the NSU Flight Deck Pub cabanas and backyard.

The event is open to all students and will offer various finger foods that represent the many cultures found at NSU. There will also be performances and picnic games that promote diversity and cooperation among cultures.

“As future physicians, we're going to have to work in a diverse healthcare field. So, we're throwing the multicultural picnic as a way to appreciate and acknowledge this diversity and as a way to become more well-rounded physicians in the future,” she said.

Pre-Medical Society president Shona Joseph, sophomore biology major, said that the picnic is unlike previous events that they have hosted and will be a good way to recognize cultural diversity.

“Most of our events are more serious and focus on developing the individual's professional side. The multicultural picnic is going to be a fun event before our holiday break where students can mingle and appreciate diversity,” she said.

To help put on the event, the Pre-Medical Society has built partnerships with other clubs on campus.

“We are reaching out to different organizations—specifically cultural ones—to see if they would like to support our event and volunteer performances and food,” Joseph said.

NSU's Maasti Dance Team is one of the organizations that will participate in the event by performing a Bollywood Fusion dance. One of Maasti's captains, Anne Mohanan, a junior biology major, said that her team is excited to participate in the event.

“The picnic means a lot to us because we are a multicultural organization and, in my opinion, there are not a lot of events like this on campus. So, we, as a team, think it's important to participate in and support these events,” she said.

The Pre-Medical Society is a pre-professional society at NSU that helps guide its members through various challenges and questions that they may have with regards to medical school, the MCAT, and networking in

SEE MULTICULTURAL PICNIC 2

## NSU GOES A DIFFERENT SHADE OF GREEN

By: **Keren Moros**

NSU has transitioned from sorted recycling to single-stream recycling.

Assistant Director of Physical Plant Anthony Iovino said single-stream recycling bins will be installed beside garbage cans around campus.

“If you walk through the UC, there's paper bins and a bin for bottles and cans. You have to go to two different bins,” Iovino said. “Once this program takes effect, there'll be one bin clearly labeled showing you what can go in the bin.”

Before, mixed paper and cardboard went in one compactor, and once a week, this material was recycled. The can and bottle bins were emptied every two weeks. With the new single-stream recycling system,

several materials can be placed in one bin. These include steel, tin and aluminum cans, plastic bottles and containers, cardboard and paperboard, glass bottles and jars, paper cardboard like diary and juice containers and paper products like office paper, brown paper bags, newspaper and magazines. However, plastic bags, food waste, and polystyrene foam cups are not able to be recycled.

Iovino said he decided to change the system when NSU's contract with its current recycle vendor was coming to a close. He then sought out a new vendor that offered single-stream recycling.

“It's being a good steward for our own planet,” Iovino said. “All you have to do is throw it in that bin and they can reuse it.”

SEE GREEN 2



## NEWS BRIEFS

### Oceanographic center researchers begin study on human skin

Researchers of NSU's Oceanographic Center will begin their new study: "The Skin Deep Microbiome Project." This study is focused entirely on the human skin and what may live there. The researchers are looking for around 200 or more diverse people — from anywhere and any age — to participate in the study. For more information, visit [nova.edu/ocean/microbiome](http://nova.edu/ocean/microbiome).

### Attend the semester's last two Tools for Success workshops

The final two Tools for Success workshops for the semester will be held on Nov. 19 and Dec. 3 in the Knight Auditorium of the Carl DeSantis

Buidling from 12:10 to 12:50 p.m. Each workshop is designed to assist students in adapting to university life and, ultimately, achieving degree completion. For more information, please contact the Office of Undergraduate Student Success at 954-262-8386 or visit [nova.edu/yoursuccess](http://nova.edu/yoursuccess).

### Explore the history of Hispaniola

The Farquhar College of Arts and Sciences will host the lecture, "Voila! The Discovery of Hispaniola: Colonization and Cultural Identity of Two Nations," on Nov. 20 from noon to 1 p.m. in the Cotilla Gallery of the Alvin Sherman Library. The lecture will be led by Assistant Professor Michael Voltaire, who will discuss the concept of personal and cultural identity, as well as the discovery of Hispaniola. The event is part of the Faculty Lecture Series and is free and open to the public.

For more information, contact Stephen Levitt at 954-262-8210.

### Apply to facilitate LOD

The Office of Student Leadership and Civic Engagements is accepting applications for Leadership on Demand Facilitators until Nov. 21 at 5 p.m. LOD is a series of weekly leadership sessions that student organization members must attend that covers subjects such as conflict management, time management and team building. Interested students should contact Sean Ryan, graduate assistant for leadership development, at [sr1616@nova.edu](mailto:sr1616@nova.edu) for an application.

### Division of Applied Interdisciplinary Studies to host open house

The Division of Applied Interdisciplinary Studies will host an open house event on Dec. 5 at

6 p.m. in the Maltz Psychological Building. The event is open to the public and for anyone who is interested in learning more about the available graduate programs. To register before the event, visit [www.nova.edu/changelives](http://www.nova.edu/changelives).

### Calling all singers

Auditions for the opportunity to

sing the national anthem at the Team 2020 Celebration, will be held on Nov. 24 from 6 to 7 p.m. in Room 309 of the Don Taft University Center. This is a great chance to showcase your talent in front of an appreciative audience. For more information, please contact Bill Adams at [wadams@nova.edu](mailto:wadams@nova.edu) or 954-262-8025.

### GREEN from 1

Undergraduate Student Government President Kelly Scott, senior athletic training major, said she and other members of SGA talked to Iovino about making it easier to recycle. SGA members felt there weren't enough recycling cans in the Cultural Living Center and the Farquhar, Founders and Vettel residence halls, and that there were restrictions to recycling. Scott said she is excited for the single stream change as it will make recycling easier.

"It's cheaper and it's faster and it's easier for everyone to recycle," Scott said.

Scott said the initiative matched SGA's goals of increasing sustainability on campus.

"Recycling is a big deal. It can save the environment and it's easy," Scott said. "It's not hard to recycle."

Iovino said he hopes that the new system increases the amount of

material that the NSU community recycles. Currently, NSU recycles 34 percent of its waste. This placed the university 89th in the nation and fourth in Florida in the RecycleMania Tournament, a recycling contest 461 colleges participated in. Iovino plans to enter NSU in the tournament again in February.

For more information about recycling at NSU, visit [nova.edu/gogreen/recycling/index.html](http://nova.edu/gogreen/recycling/index.html).

### MULTICULTURAL PICNIC from 1

the field. Joseph hopes that the event will attract more students to become members of the Pre-Medical Society by hosting an event that has a more fun and laid-back atmosphere.

For more information about the multicultural picnic or the Pre-Medical Society, please contact Shona Joseph at [sj906@nova.edu](mailto:sj906@nova.edu).

# LET THE GROWING GAMES BEGIN



FitWell and Campus Recreation will raise awareness for male cancer.

COURTESY OF L. VERGARA

By: **Alyssa DiMaria & Alessandra Sironi**

NSU's Office of Campus Recreation, FitWell and the Flight Deck Pub will host the first annual Let the Growing Games Begin, a male-cancer awareness event in recognition of No Shave November, an international initiative aimed to raise awareness for cancer in males, on Nov. 19 from 11 a.m. to 1 p.m. at the Flight Deck Pub.

The goal of No Shave November is for men to grow their hair out in recognition of cancer patients who have lost their hair from treatments.

Every Monday leading up to the event a table was set up in the Don Taft University Center from noon to 1 p.m. asking males to take the pledge not to shave for the entire month.

Marcela Sandigo, associate director of programs in the Office of Campus Recreation and adjunct NSU instructor, said there is a bulletin board in the RecPlex of all

the men who have pledged so far.

"There are about 80 men who promised to grow their beard and I'm very excited to see the final result," she said.

After the event, the bulletin board will be replaced with pictures of the men who let their beards grow.

The event will include several activities for attendees to participate in. One of the activities, The Stache, is a competition that allows attendees to guess celebrities' mustaches. There will also be a photo booth, mustaches tattoos and a longest beard contest. Movie tickets, T-shirts and more will be given to attendees and the King of the Stache will be named.

Intern for the Office of Campus Recreation's Wellness Department Laura Vergara, sophomore finance and international studies major, said, "As an NSU student, it's great to be involved in a community that participates in an event like this. I get to have fun while being part of

an important cause."

Campus Recreation and the Wellness Department hope to continue to host health awareness events each month.

"We are working together to bring the NSU community entertaining ways to create consciousness about wellness affairs," said Vergara.

Sandigo encouraged the NSU community to donate the money usually spent on shaving and grooming for the month, towards cancer patients, research and prevention organizations.

Students can be active on social media during this event and throughout November. They can upload their photos and comments on Instagram, Twitter and Facebook using the hashtag #NSUNoShember.

Around 100 students are expected to attend this event.

For more information, contact Vergara at [lv350@nova.edu](mailto:lv350@nova.edu) or 954-262-7301.

## The Current

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# Diary of... a student who gives back



COURTESY OF C. BARONE

Christa Barone survived childhood cancer and now gives back to the staff and patients at Joe DiMaggio Children's Hospital.

**By: Christa Barone**

*Christa Barone is a junior communication studies major who is minoring in marine biology. Her dream is to swim with great white sharks and she is a member of FitWell. Her hobbies include taking photographs, working out and fishing.*

At 3-years-old, my life turned upside down. I went from playing with my brother

in the backyard, to being stuck in a hospital surrounded by strained smiles. My diagnosis was stage four neuroblastoma, a solid tumor cancer. The tumor originated in my abdomen, spread down my right leg, and into my right knee. The mass in my abdomen was the size of a softball.

Stage four is the most advanced stage. To put it in perspective, my chance of survival peaked at 4 percent. The doctors were less

than optimistic, but my parents decided giving up was not an option, hence our family motto, "Never give up." Fighting was the only thing left to do. Their quick decision allowed me to make the deadline to join a new treatment trial, which included chemotherapy, radiation therapy, stem-cells transplants and surgery.

The trial sent me and my family on a year-long journey of long hospital stays at Joe DiMaggio Children's Hospital, trips up state to All Children's hospital in St. Petersburg, missed holidays and never-ending worry. However, even at 3-years-old I showed strength far beyond my years. Doctors and nurses knew me as the bubbly, laughing cutie. If they needed a break, they would visit my room because they knew the party never ended and my smile never faded.

When you are accepted to a treatment trial, you are handed a thick packet of protocol that must be followed precisely. Starting a round of chemo just a few hours late can void your placement on the trial. My treatment started at Joe DiMaggio and during my first round of chemo, known to debilitate adults, my doctor walked in and found me dancing on my bed watching cartoon sing-a-longs. Instant panicked flushed her face until she realized my round of chemo had in fact started and my trial was not in jeopardy.

Treatment continued for a year and a half, and 15 years later, I am cancer free. Some call me a miracle.

Most people fail to understand the extent of cancer. Treatment is complete, the cancer is nonexistent, and that must mean life is once again rainbows and butterflies, right? Unfortunately, it does not work that way. After treatment, you try to pretend things are normal, and just when you think it really might be, you hit a speed bump. That is the funny thing about cancer treatment; the same drugs doctors pump into your body to save your life can lead to exhaustive complications later. However, once you look death in the face and giggle, all problems later on seem like a joke.

One of the hardest parts of my treatment was the distance from family and the constant desire for homemade meals. Even though Joe DiMaggio was only five minutes from my

house, my family could not be with me every day. Knowing the struggle and wanting to give back, my family started a Thanksgiving tradition 15 years ago. It started in 1999, when my grandmother surprised my family at the hospital with an entire Thanksgiving dinner cooked from scratch. If we were stuck in the hospital and could not go to dinner, she was bringing Thanksgiving dinner to us.

For the last 15 years, my family has brought a homemade, Thanksgiving dinner to the families staying at Joe DiMaggio Children's Hospital, the same place that saved my life years ago. This keeps the families together and sparks an appetite for the kids who may not want to eat anything else.

We started with dinner for one unit, and now provide dinner for all units with enough left over for the staff. My mom and I spend the day before and the day of Thanksgiving prepping and cooking three turkeys, three trays of stuffing, four pumpkin pies and a whole lot of gravy, while also cooking food for our own Thanksgiving meal. At least 20 of our family and friends pitch in by cooking hams, corn, mashed potatoes, sweet potato casserole and countless other Thanksgiving foods. We even have a family that brings traditional Cuban dishes. Our only rule is everything must be homemade!

The night before, my mom and I decorate the hospital conference rooms with Thanksgiving decorations. What is a holiday without cheesy centerpieces and turkey cutouts? On Thanksgiving, we run out of room filling a 24-foot table with entrees and a 16-foot table with desserts. We invite the oncology families to grab food at 3 p.m. and the rest of the pediatric units at 4 p.m. Once the families have gotten their food, we encourage the staff, who have selflessly come in to work on Thanksgiving, to enjoy a nice home-cooked meal.

As a survivor, you can either let your past haunt you or you can piece yourself together, hold your head high and let the little things roll off your back. One path can lead you to a life of darkness and stress; the other can lead you to NSU and a bright future.

## GIVE THANKS AND GIVE BACK

**By: Lauren McGarrett**

The smell of a juicy roast turkey and green bean casserole fills the air; Thanksgiving is around the corner.

Thanksgiving is a time of reflection on what you're most thankful for and a day to spend with family and friends. However, instead of showing your gratitude by gorging yourself on cornbread, stuffing and creamy mashed potatoes, why not spend your Thanksgiving by lending a hand to someone less fortunate? Whether you are on your own or have your family with you, there are plenty of local opportunities to give back to the community this fall.

### Participate in a food drive

This is one of the simplest things you can do to help others. All you really have to do is gather as many canned goods and non-perishable foods you can carry and drop them off at a designated pick-up area. Countless organizations are holding food drives this time of year. Food banks by Feeding America are located all over Broward and Miami counties and are always accepting donations. Visit [feedingamerica.org](http://feedingamerica.org) to learn more.

### Deliver meals

Many families want to have a traditional meal this holiday but simply can't afford to purchase everything they need. Help them out by delivering a fresh turkey with all the trimmings to their door. Meals on Wheels is a nationwide program that focuses on delivering meals to needy families, including those in South Florida.

When you participate in this program, you'll join with others in your area who want to volunteer and deliver meals that have been put together with the non-perishable food items and turkeys donated in food drives. For more information about Meals and Wheels, visit [bmow.org](http://bmow.org).

### Feed the homeless

Feeding the homeless is perhaps one of the most well-known ways to give back on Thanksgiving. Not only does it allow you to provide a Thanksgiving meal to those who need it most, but it also gives you a new perspective on being grateful for what you have. Volunteering at a local food pantry or shelter will also help out those who work and regularly volunteer at these organizations, as they would be shorthanded with the crowds on Thanksgiving Day.

One food-serving opportunity that is close to NSU is the Broward Outreach Center/Miami Rescue Mission. For information on how you can sign up to volunteer, contact the Hollywood center at 954-620-4017, or visit their website [miamirescuemission.com/boc.htm](http://miamirescuemission.com/boc.htm).

Local Salvation Army stores also have events each year to feed those in need. To serve at the Salvation Army, sign up on their website [satruck.org](http://satruck.org).

### Invite someone into your home

Do you know someone who's having a hard time financially and won't be able to celebrate Thanksgiving this year? Is there a friend who lives thousands of miles from their family and will be spending the holiday alone? Whatever the situation, inviting

someone to share in your festivities is a great way to show your appreciation of your relationship with them. Feel free to open your home to anyone you might know who would like to have a Thanksgiving meal.

### Visit those without a family

Those who live in hospitals and retirement homes don't have any family to be with this time of year. You might not know them personally, but visiting those who are alone during the holidays will make them feel loved and appreciated. Just a little bit of time can go a long way with these visits. Retirement homes and local children's hospitals are great options to spend time with

people who'd like the company. Each hospital and nursing home has different policies when it comes to volunteering, so make sure you contact them before showing up.

### Don't drop everything after the holidays

Just because Thanksgiving has come to an end doesn't mean your service has to. There are always people in need and always opportunities to help the community. Continue doing good well after the holidays are over, and you'll feel a greater sense of gratitude that is not even close to being rivaled with feasting on ridiculous amounts of food.

## Wellness Bite

"If you sit at a desk all day, stand up every hour and walk around for about five minutes." — Taylor Kucera, doctor of physical therapy student and personal trainer.

## NEED SOME SPACE?

THECURRENTAD@NOVA.EDU  
954-262-8461



# Career Corner



## Career Guide to Dressing Right: Business Casual vs. Business Professional

By: **Emilio Lorenzo**

Knowing your environment and audience is crucial to professionalism, specifically when deciding what to wear to follow proper dress protocol for a business event, interview or potential networking setting.

Understanding your environment is a necessary component to your success because what you wear can leave an impression on others for better or for worse. Can you imagine what others would say if you went to casual costume party wearing a tuxedo or if you went to a wedding dressed in a cat costume? So although you may have heard of business professional and business formal attire, you still may be unable to

differentiate between the two.

Business professional is a term used in American business culture usually found in interviews or conservative professions like finance that indicates that the dress attire requires a higher level of professionalism in the form of a suit.

For men, business professional entails classically tailored dark suits (with tie) paired with a solid-colored dress shirt as well as your suit jacket matching the pants. Make sure that you are properly groomed and that your shoes match the entire outfit.

For women, many of the rules for business professional menswear also apply when selecting women's formal business clothing, such as

classically tailored, coordinated pant suits or skirt suits with knee or calf-length skirts, ironed blouses with conservative necklines and classic closed-toe and low-heeled leather dress shoes. You want to ensure that your hair is neatly styled and that you are wearing a minimum amount of jewelry.

On the other side of the continuum is business casual. Although the phrase uses the word "casual," it is far from your typical definition of casual as it is not what you would catch yourself wearing on Saturday morning around the house or when hanging out with friends at the mall. In other words, jeans and sneakers do not generally apply.

For men, business casual entails wearing a solid-colored, striped or checkered dress shirt with a matching tie, blazers and dress pants. You can also wear khaki dress pants and a sports jacket or blazer when following a business casual dress code. Depending on the event (knowing your audience and type of event), at times a sports jacket and dress shirt with dress pants will be considered business casual as well.

Women can wear casual pants or skirts but neither should be tight. Fabrics should be crisp; colors should generally be solid; navy, black, gray, brown and khaki are always safe bets. Your skirt

should come at least to your knees while you are standing. Wear a conservative watch as jewelry and scarf styles come and go. Keep your choices simple and leaning toward conservative.

Avoid extremes of style and color. If your industry is creative, you may have more flexibility than someone pursuing a conservative industry. Your shoes for business casual should be leather or fabric/microfiber. Appropriate colors are black, navy, brown, tan, taupe (to coordinate with your other attire and accessories); white and pastels are not appropriate. For the most conservative look, toes should be covered. Thin straps, spike heels, chunky heels and platforms are not appropriate. Your choices reflect your judgment. Make certain you can walk comfortably in your shoes.

Now it is understandable that you may have your own personal style and every office can differentiate in terms of expectations for attire. If you were going to work as a lawyer, you know that the expectation will be full suite and ties day in and day out. When you start working at an organization, pay attention to your surroundings and follow proper protocol based on the office culture. When in doubt, it never hurts to dress to impress.



## JESSICA WAPNER SPEAKS IN DISTINGUISHED SPEAKER SERIES

By: **Marybeth Lillwitz & Keren Moros**

Jessica Wapner, freelance science and medical writer and author of "The Philadelphia Chromosome," gave a presentation at the Miniaci Theatre on Nov. 6 as part of the Farquhar College of Arts and Science's Distinguished Speaker Series centered around the college's academic theme of identity.

Wapner said, "I considered anyone a potential audience member [for the book] and I am totally delighted to speak with students now."

Wapner's book is a chronology of 50 years of genetic research that led to the drug that treats Chronic Myeloid Leukemia (CML). It connects the history of seemingly unrelated scientific discoveries with a suspenseful story of CML patients who rallied together for pharmaceutical companies to make the alternative drug to the painful chemotherapy and risky bone marrow transplants previously available to them. This drug, called Gleecov, is a modern-day scientific landmark. Wapner's presentation focused on stories of patients who miraculously recover.

"Science is fascinating, but I am always looking for the human story," she said. "Science

and people cannot be separated."

Wapner explained how research done on chicken tumors played a role in developing Gleecov and how this drug allowed a 43-year-old CML patient to remain a joyful and integral part of his son's life for years after his diagnosis.

The knowledge from many scientists made the creation of Gleecov possible.

Wapner said, "Different academic disciplines must work together because in life people need to come together. Rarely is one person responsible for a discovery."

Her book was read by a group of NSU students in the Honors Reading Seminar. Professor Emily Schmitt said she was ecstatic that students of her Honors Seminar Book Study course had the opportunity to meet Wapner in a private session before the public presentation. The course is a one-credit class that discusses a book and underlying themes in detail. In Schmitt's class, the focus is on the theme of identity because of the conflicting identities of the main character as a doctor, scientist, and an individual.

Schmitt believes that the message in Wapner's book mirrors the mindset of many of her forward-thinking biology students.

She said the overriding message she took away from the book was the effect of one's beliefs and actions on other people.

"You never know how what you do will impact others. If you believe that strongly in something maybe eventually others will too," she said.

Kristi Njaravelil, freshman biology major, read the book in the Honors Reading Seminar. She said the opportunity to meet Wapner and get to know her was the most memorable part of the class.

"The fact that Wapner was so down to earth made the story more real to me," she said. "I could tell she was passionate about the patients she wrote about."

The book also impacted her own life.

"As a student who is aspiring to become a physician, this book opened my eyes to opportunities I will have to make a difference in cancer patients' lives," she said.

In her talk, Wapner explained how all students, not just biology students, can take on the identity of a cause they believe in and advocated for curiosity.

"Students of today have power," Wapner stated. "It is better to always have more questions

than answers...Students are everything to the future advancement of cancer research."

Wapner's message was positive and posed challenges to the students. She explained the conflicting interests between oncologists researching new cancer treatments and large, for-profit pharmaceutical companies over money. The cancer researchers were concerned about finding a treatment for CML, but drug companies were not as interested because there is not a large marketplace for CML drugs.

Wapner stated, "If the companies were non-for-profit, there would probably be a cure for Ebola by now."

She asked the audience, "What role the market size and profit potential should have in pursuing new cancer treatments?" and challenged them to "be haunted by these questions."

"The Philadelphia Chromosome" can be borrowed from the Alvin Sherman Library or purchased through Wapner's blog "Work in Progress: Exploring the Ethics and Economics of Drug Development" at jessicawapner.com.

The next distinguished speaker will be neuroscientist and musician Daniel Levitin, who will visit NSU in February.



# Coach's Corner

## Devin Fay

By: Randa Djabri

Growing up, Devin Fay, assistant rowing coach, got a taste of almost every sport – from ice hockey to rowing to wrestling. His parents taught him the principle of staying active and being part of a team.

“I played a whole load of sports: ice hockey, rowing, swimming and diving, soccer, a little bit of gymnastics, as well as wrestling,” said Fay.

Sports continued to play a big role in Fay's life throughout college. He was very active in sports and dance, pretty much anything that would keep him active. He earned his bachelor's degree in drama from Ithaca College in New York, where he was born and raised.

Fay's passion for helping people and his joy of teaching led him straight to coaching. He always knew that he wanted to be in a place where people wanted his feedback.

“For me, it's about helping people learn how to use their bodies, just doing things with what they have,” said Fay.

His experience with coaching began during his junior year of college when he coached his former high school's rowing team for a year. After college, Fay moved to Pittsburgh and

became the head rowing coach at Taylor Allerdice High School for four years. He also taught dance.

Fay decided to pursue a master's in exercise and sports science at Smith College. While working on his master's, Fay coached rowing for the first time at the collegiate level as a graduate assistant coach.

To gain more experience, Fay interned at Cornell University as a lightweight rowing assistant coach. His next coaching job was at Bates College in Maine.

The past year was a big turning point for Fay. After deciding to move closer to his girlfriend in Minnesota, he thought that he was done coaching and worked as an industrial distribution manager. That was the case until he learned about a coaching opportunity at NSU.

“When I moved to Minnesota, I consciously knew that that was it for coaching because there's really no rowing out there,” said Fay. “Then I applied to a few positions and found out about the NSU position late this summer. I was lucky. It's a great opportunity.”

Outside of coaching, fitness

remains an important hobby for Fay.

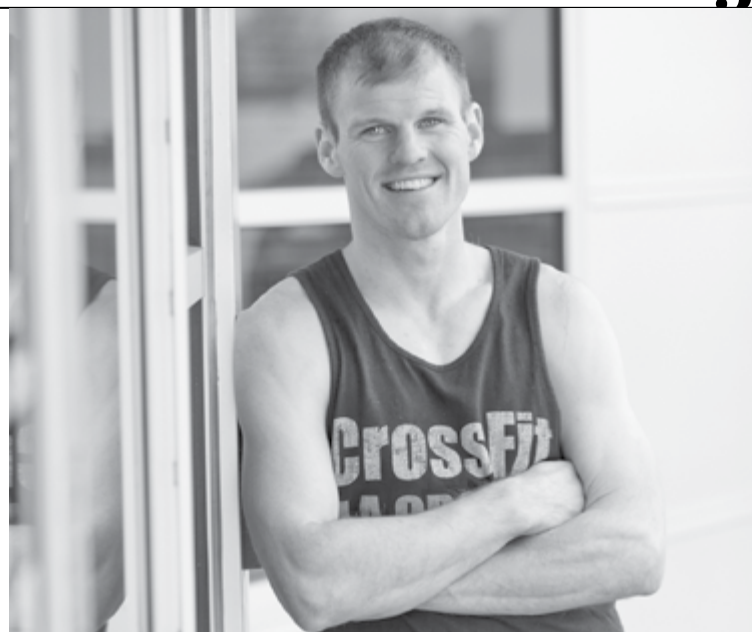
“I definitely do CrossFit, and I really enjoy it. Dance is also something I do every once in a while; nothing formal, but I'll just go into one of the rooms and turn some music on,” said Fay. “I also do origami, but coaching takes up a lot of my time, and I don't have enough time on my hands to do what I like to do.”

Fay hopes to become a head rowing coach at the collegiate level someday. Where and when this will happen depends on Fay's significant other, who's also a coach. His girlfriend is an assistant coach at a Division II volleyball program in Minnesota.

“I certainly plan to keep my job here. Fort Lauderdale is a great place and there are a lot of opportunities down here,” said Fay. “We just need to find a place where we can both do what we want to do.”

When it comes to coaching, Fay doesn't like to break things down a whole lot for the rowers. His coaching style consists of a brief demonstration followed by application by the rowers. He believes that a lot of insight on how to do things right comes from doing them wrong.

“I like them to just do it at first.



Fay is the assistant rowing coach for the women's rowing team.

COURTESY OF E.CANAL

They may be miserable at it, but they're doing something. I'm not one of those coaches that'll demonstrate for a really long time because then they're sitting around not doing anything,” said Fay.

The athlete's ability to handle constructive feedback is just as important to Fay as hard work and practice. The high level of commitment that comes with rowing requires constant daily improvement.

“I give both positive and negative comments. It's important to let them know what they're doing wrong, but it's more important to let them know what they're doing right,” said Fay.

In the end, coaches can only inspire their player so much. Fay believes that their main motivation should come from within.

“It all comes back to asking them,

‘Why do you row?’ and that's really important. They have to have incredible intrinsic motivation, and part of my job is to teach them how to tap into their intrinsic motivation,” said Fay.

While the athletes are inspired by their coaches, Fay's inspiration comes from observing people learn something for the first time.

“Winning and losing are not everything. I get inspired when I see people learning things. It's very rewarding,” said Fay.

Fay's advice to athletes who want to pursue coaching in the future is to spend as much time with different coaches as possible.

“Steal as many ideas as you can from other coaches. Coaching is not like a big secret. Just reach out and steal their ideas,” said Fay.



## ON THE BENCH

Commentary by: Erin Herbert

Over the years, professional sports have evolved from simple entertainment to a major marketing outlet. No matter what sport you watch, product endorsements and sponsorships are everywhere.

The NFL recently fined 49ers quarterback Colin Kaepernick \$10,000 for wearing Beats by Dr. Dre headphones during a postgame press conference. The NFL has an exclusive contract with headphone company Bose, and any other brand of headphones with competing logos are banned during NFL sanctioned events, including practices, games, and press conferences. Kaepernick, a paid endorser for Beats headphones, got out of paying the fine by covering the Beats logo with a strip of tape, therefore, not breaking the NFL's contractual obligation to Bose. But this isn't an isolated incident. The NFL or any other sports league should not be able to put restrictions on what brands athletes can and cannot use or endorse. Athletes should be free to use and promote whatever products they want, even during NFL sanctioned events.

In the instance of Kaepernick, the NFL used its contact with Bose to monopolize advertising within professional football. If an NFL player used a brand outside of an NFL sponsor, they would be fined and expected to immediately cease use of the opposing brand. The NFL and other leagues should not be allowed to contractually determine what brands athletes' are allowed to use in order to increase sponsorship for the league itself. By not allowing players to use certain brands during NFL related events, the NFL has taken away opportunities for sponsorships that would allow athletes to both promote themselves and earn money for their use of products.

Sports have become a vital part of the advertising world, and many athletes have come to rely on the extra money that sponsorships bring in. Not all athletes have million dollar contracts, and sponsorships often help cover the costs of training, equipment and medical expenses for sport-related injuries. For example, in the 2012 Summer Olympic Games, a rule, known as Rule 40, was passed banning all athletes from mentioning any brand on social media besides Adidas, the official sponsor of the London Olympics. Breaking Rule 40 would result in financial penalties or disqualification from the Olympic Games. Many nonprofessional athletes had relied on sponsorship money to cover the expense of training for the Olympics, and the ban on production promotion made many athletes struggle to find enough money. Without the support of a sponsorship, some athletes can't afford to train or pay for entry fees for various competitions. Advertising and sponsorships are the backbone of the sports industry.

A majority of athletes are paid to use specific products while in public and at sporting events. Whether it's equipment, sports drinks or clothing, companies have discovered that getting popular athletes and sport figures to use their products is a way to boost sales. For example, if a kid sees his favorite basketball player wearing a certain brand of shoe, that kid is more likely to want the same brand of shoe to emulate that athlete. Nike used popular NBA athlete, Michael Jordan, in one of its shoe advertisement campaigns with the Air Jordan series of basketball shoes. The advertisements used to feature Jordan playing basketball in a pair of Air Jordans and highlighted that the shoes had a big impact in his

performance. Although Air Jordans, or any Nike shoes, aren't proven to be better than another brand, people have been buying Air Jordans for years because they are the brand that Jordan used, and they want to be just like him.

Athletes should be free to accept or deny any sponsorships or paid endorsements for products. Every other public figure has a choice whether or not they want to promote a product, so the same choice should be extended to athletes. Unless there are specific contractual obligations to the league, there is no reason that athletes should be barred from using or promoting a certain brand at any point, regardless of league affiliation. Sports leagues, such as the NFL, NBA, NHL and MLB, all have the opportunity to sign contracts with whatever brand they want. If leagues are allowed to have sponsorship deals, then players should be allowed to have them as well. There is no reason that a league should be the only beneficiary of advertising in sports when the players are doing all of the work by displaying and using the products.

Athlete sponsorship and product promotions should be all about freedom of choice; if athletes decide that a product is good enough to be associated with their names, then they should be able use and promote that product as much as they want. Sports may be primarily a form of entertainment, but it is still important that we respect the athlete's personal choice regarding product promotion and their choice to do business. The sports industry thrives off of sponsorship deals, and if we want to keep the sports industry alive, then we need to let athletes freely promote products



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# ATHLETE OF THE WEEK: Darren Hendricks

By: **Melissa Ospina**

Maurice Greene once said, "To be number one, you have to train like you're number two." This applies to Darren Hendricks, junior communication studies major and member of the men's track and field team.

Originally born and raised in Philadelphia, Pennsylvania, Hendricks moved to Florida in 2000, which is when his love for track grew strong.

"It all started in middle school when I was playing football. I wanted to get faster so I thought track would benefit my speed," said Hendricks.

Before Hendricks pursued track at NSU, he attended Suncoast Polytechnical High School in Sarasota, Florida. He was a member of the track and field and wrestling teams all four years, as well as the football team for three. He made himself known by being honored as a scholar athlete and a top thrower in the Sarasota area.

Greatly influenced by his parents and high school track and field coach, Hendricks has achieved goals that have surpassed his wildest imagination.

"My track and field coach in high school was the one who helped me reach my full potential. I'm still using the techniques he taught me and if it weren't for him, I wouldn't have been involved in sports in college," said Hendricks, "My parents pretty much keep me on my toes. They make sure I get out of bed to do my workouts every morning."

During his freshman and sophomore years at NSU, Hendricks was recognized by the United States Track and Field and Cross Country Coaches Association as an All-South Region honoree. His achievements include throwing a season's best in the discus throw and marking the strongest hammer throw of the season.

There is no stopping Hendricks. His drive and discipline feed his passion for track.

"When I wear my uniform, I wear



Darren Hendricks plans on participating in the Olympics one day.

COURTESY OF E.CANAL

it with pride because I'm representing NSU," said Hendricks.

I had the pleasure of sitting down with Hendricks and learning the secrets behind his success.

#### What do you think makes a good athlete?

"A good athlete is someone who's really into his sport. He is dedicated and takes time to work hard. When he sees a problem, he goes to his coach for help, and constantly works hard to fix his errors. Above all, a good athlete is someone a coach can rely on to do what he does best."

#### What keeps you motivated to work hard every day?

"Beating my personal best and getting my name out there by improving each year."

#### Which athlete do you look up to?

"There are a lot of athletes I look up to, but I would pick the Olympic and world hammer throwing champion, Koji Murofushi. I have the same background in sports as he did. I picked up track and field and had my parents

encouraging me throughout the way. His dedication is what has earned him his title, which is the same motive I have."

#### How do you think being a runner has influenced you as a person?

"It shaped me to be the best person I can be; it keeps me out of trouble and encourages me to get good grades. 'If it weren't for sports, who knows where I would be' — that's what my parents say. I picked up sports to stay in shape. I kept improving, and here I am today."

#### What role do you think teamwork play in sports?

"It influences the building blocks of a championship. An athlete makes his way into a championship from the ground up working with the team. It's not just a one-man show, especially for track. Not only does it build up to a championship, but it also creates a bond when team members work together and positively influence each other."

#### What's your favorite part about the meets?

"I look forward to giving the

audience a great performance."

#### How do you deal with a loss?

"When I lose, I still keep my head up. There are times when I think that I should have performed at a better level, but I'm never too hard on myself. I just relax and let everything flow and think about the positives and all the improvement I have ahead of me."

#### How do you celebrate a win?

"With a win, I find it important to not get too confident. Winning is a motive to continue practicing and be one step ahead of the competition to make it even harder for them to catch up to me."

#### What has been your most memorable moment in track?

"Winning district and regions after coming off my injury. I sprained my ankle three days before competition. I did not mess around during that time; I constantly iced my ankle. On the day of the competition, I was able to throw the winning throw. Another was breaking the record for discus throw last year."

#### What advice would you give students who want to pursue sports in college?

"You definitely want to get started early because, as a beginner, you're already behind all the other athletes. Get in contact with a coach and try out for the team. Follow the coach's advice and work hard to get on the level of those already on the team. Never quit. The first few days are hard, but it takes time to get adjusted."

#### How do you balance between school and sports?

"Even though I'm an athlete and I have to focus on my sports, school comes first, and that is my main priority. Any free time I have from sports I use to get my schoolwork done. When I have an early class, I go to the weight room afterwards. When I have a gap, I use it to get a chunk of my work done. I really just break everything down and set a schedule for myself."

#### Do you think NSU sports play a big role on campus?

"It does. There are some sports that get more attention than others. When I first came to NSU, it was mainly soccer, basketball, baseball and softball. Now, all the sports are being looked at. We are role models for students. We're also involved with the community by doing beach cleanups and working with the Make-A-Wish Foundation."

#### If you had the opportunity to play another sport, what would it be?

"It would be baseball because I have one heck of a swing."

#### Do you have any plans with track and field after college?

"After college, my goal is to go for the Olympics in 2016, if not, then in 2020. I plan on continuing to push myself and getting better every year. I also want to coach younger kids who want to pursue sports."

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# NSU INDUCTS FORMER ATHLETES INTO HALL OF FAME

By: **Li Cohen**

On Nov. 12 in the Don Taft University Center, NSU hosted the eighth annual 2014 Athletics Hall of Fame Induction Banquet to induct five former student-athletes into the Hall of Fame.

The event was headlined by J.D. Martinez '09 of the Detroit Tigers, who played on NSU's baseball team. Accompanying Martinez was women's rower Taylor Liput '07, men's golfer Greg O'Mahony '09, women's soccer player Stephanie Quinones '09, and women's tennis player Ulia Talalenko '09.

The banquet was hosted by former NBC 6 news anchor Tony Segreto, who began the ceremony with the recognition of current student athletes and coaches who attended the event. NSU President George Hanbury and Director of Athletics Mike Mominey followed the recognition with opening statements.

Hanbury said that NSU's athletic teams have won six national championships overall, and after each win, the teams gave him a championship ring.

"I wear a different ring every day," he said. "I have more rings than LeBron James."

Track and field athlete Ryan Jerothe, senior business administration major, said, "The ceremony was cool. It was interesting to see how diverse everyone is and how their sports brought them together."

Each athlete was inducted individually and a short video was played prior to their initiation that highlighted their accomplishments during their time at NSU and thereafter.

Segreto said, "How you carry



J.D. Martinez from the Detroit Tigers accepts a biographical plaque in honor of his initiation into the Hall of Fame.

PHOTO BY LI COHEN

yourself on the field, and more importantly in the classroom, is what people look at. Being a student-athlete is something special. It comes with responsibility. You need to be individual leaders in your classrooms, on your teams and within yourselves."

Track and field athlete Thomas Ingalls, sophomore marine biology major, said, "It was really inspirational watching how the former student-athletes achieved their goals. I see them as leaders and I want to take their leadership qualities and apply them back into my life."

Martinez said that student-athletes should never give up.

"If you never take 'no' for an answer and you believe in yourself... there's nothing you can't do," he said. "I never stopped believing in myself and that's what really propelled me forward."

The inductees received a hall of

fame blazer, ring and a plaque with their picture and athletic biography on it.

Martinez said that being inducted was a blessing.

"Just to be here is really humbling. When I first came here and walked in these hallways, the school was not what it is today," he said. "Every time I come back to NSU, it makes me more and more proud to say that this is my home and the place I started out."

Greg O'Mahony, said, "This place is home to me. Whenever I'm invited back, it really is something special because it bring back all of the memories from when I went to school here."

Greg O'Mahony's younger brother, Hunter O'Mahony, is currently a student-athlete at NSU.

"To be able to share that bond with him is something we'll have for the rest of our lives," Greg O'Mahony said.

Hunter O'Mahony is a junior

sports and recreational management major and has followed in the footsteps of his brother as a member of the men's golf team.

"It's definitely an awesome experience [having my brother inducted into the Hall of Fame]," he said. "It lights another fire under my belt to want to beat him. I really would like to win a national championship, whether individually or with my team, and just continue the legacy that my brother and his team started."

The Hall of Fame includes former student-athletes, coaches, friends of athletics, and people who have contributed to the growth and success of the athletic program. The qualifications for eligibility are different for each category.

Former student-athletes are selected for induction based on athletic statistics, records, honors and achievements. They must have

an outstanding performance in one or more varsity sports at NSU, and athletic achievements that are officially recorded and that are so outstanding that there is no question from the committee as to if they should be inducted.

Former students may be inducted a minimum of five years after their last year or season of intercollegiate athletics. Once they are nominated, they are eligible for selection for three consecutive years.

The selection committee includes Mominey, along with Assistant Professor at the Center for Psychological Studies Steve Russo, Associate Professor at the Farquhar College of Arts and Sciences Mark Cavanaugh, Assistant Athletic Director Keith Smith, Director of Alumni Relations R.J. Stamper and NSU Board of Trustees Member Tony Segreto, Director of Alumni Affairs Lynne Cawley, Associate Dean of Administration for Student Affairs and the College of Undergraduate Studies Gay Holliday, Assistant Dean of External Affairs Joe Pineda, Director of Presidential and Trustee Relations Jennifer Ramos, Head Coach of the Women's Soccer Team Michael Goodrich, Assistant Athletic Director Kim Carbo, and Class of 2007 Hall of Fame Honoree Shannon Sawyer.

Mominey said that the Hall of Fame opened in 2007 and that it was a part of his vision to create traditions under the Department of Athletics. Mominey has been the Athletic Director since 2002 and doubled as the Head Baseball Coach from 2002 to 2010.

"It's a way to include and recognize former student athletes and supporters or contributors to the program," he said. "It's really become a nice event."

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# MEMORIES OF THE 90S

By: **Destinee A. Hughes**

Ah, gone are the days when an innocent argument could be solved with an intense game of “rock, paper, scissors,” when difficult life choices were easily made with handmade “fortune tellers” and when the “cooties” posed a deadlier threat than Ebola. The 90s bring back childhood memories we’ve all grown to forget. Here’s a list of some of the best foods, fashions and totally “off the hook” fads that made the 90s.

## Movies

### “The Sandlot”

The only connection 90s babies had to Babe Ruth was “The Sandlot.” This movie reminded us what summers were all about: first kisses, adventures and good ol’ fashioned baseball.

### “Clueless”

Ugh, as if! Cher, Dion and Tai — a girl could only wish to have such cool friends. These three girls taught us how to deal with boys, pass a driving test and successfully get your grade changed in a totally fashionable way — \*hair flip\*

### “Space Jam”

Mix in your favorite Looney Toons characters with a few quirky outer space aliens, add the greatest basketball player of all time and you’ve got yourself a recipe for utter amazement. “Space Jam” proved that animation and athletes merge perfectly together, especially in this fun family movie.

### “Matilda”

This is probably the only situation in which abuse doesn’t seem so bad, and only because magical powers are involved. Matilda gave hope to kids all around the world that with diligence and the will to learn, magical powers were just a flick away.

## TV Shows

### “Are you Afraid of the Dark?”

In one word — yes. Yes, we are afraid of the dark. This chilling after hours show was only watched by the brave, or by those ones who had older siblings to protect them. This creepy Nickelodeon show tapped into all our fears, haunting us with eerie episodes of clowns, monsters and evil dollhouses.

### “Figure It Out”

This show brought out our investigating skills, trying to piece together clues in hopes of figuring out what unique skills the guest had. From biting cheese into states to body contortions, this show was the highlight of the evening, especially when slime was involved.

### “Clarissa Explains it All” turned “Sabrina The Teenage Witch”

Clarissa definitely explained it all on this show. Speaking directly to the audience, Clarissa made her life experiences of boys, pimples and training bras totally relatable. However, there was one unrelatable aspect of this show. We all envied the relationship she had with her best friend Sam and imagined what it would be like to have a friend who opted for an entrance using a ladder and a window rather than the front door.

### “All That”

This show was literally, the kid version of “Saturday Night Live.” “All That” hosted a variety of hilarious skits, from Principal Pimpell to Dear Ashley to the unforgettable Repair man man man man... This show brought side-splitting laughs and even had guest performances from our favorite artists, like Aaliyah, the Spice Girls, TLC and many more.

## Saturday Morning Cartoons

Saturday Morning Cartoons gave us a reason to wake up early on the weekend. “Animaniacs,” “Recess” and “Pepper Ann” were just some of the shows that entertained us



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Some of our favorite 90s memories.

while our parents were sleeping.

their ability to release hit after hit.

## Music

### Spice Girls

Posh, Scary, Sporty, Baby and Ginger — who could forget this girl-power inspired group? These super feminist Brits made being a girl a cool thing. With party-favorite hits like “Wannabe” and “Spice up your Life,” these girls brought fun into any atmosphere.

### N’Sync and Backstreet Boys Feud

Sigh, why couldn’t we all just get along? The N’Sync-Backstreet Boys feud will forever be a monumental mark of the 90s. These two boy bands belted out some of the best songs of the decade. The Backstreet Boys showed us the meaning of being lonely when they broke up, and N’Sync tore up our hearts when they had their last tour in 2000.

### Britney Spears and Christina Aguilera Feud

“Hit Me Baby, One More Time” and “Genie in a Bottle” mean two completely different things to 90s babies. These Mickey Mouse Club stars into the spotlight at the same time and divided the nation into Britney and Christina fans. These two were always head to head battling for #1 spot on MTV’s “TRL (Total Request Live).” Luckily, their feud didn’t last very long; it ended once they performed together alongside the iconic Madonna at the 2003 MTV Video Music Awards.

### Destiny’s Child

Who would have known the small-town Houston group would soon turn into one of the greatest female singing groups of all time? Though this group had its ups and downs when it came to group members, one thing that didn’t change was

### Hanson

Though this group may have been a one-hit-wonder, no one can deny the catchiness of their son “Mmmmbop.” These three long-haired brothers had us “Mmmmbopping” all day long.

### Fashion Jelly Sandals

No outfit was complete without the essential jelly sandals to top it off. These transparent plastic shoes came in every color imaginable. Wearing these babies on the first day of school earned you automatic cool points.

### Scrunchies

If you didn’t have at least two scrunchies, one around your ponytail and another around your wrist, you were missing out. These multi-colored hair accessories glammed up side pony’s, high pony’s, low pony’s and even our wrists.

### Overalls

This is one trend I can admit I’m happy is over. Overalls — a parents best friend, a kid’s worst nightmare. These overgrown onesies either came in denim or corduroy and always went well with a nice pair of grass stains on the knees.

### Skorts

Skorts: the fashion epitome of party-in-the-front-business-in-the-back. These skirt/short combinations made playing outside a lot more fun, and we didn’t have to worry about crossing our legs or sitting like a lady.

### Mood Rings

If you left the house without your mood

ring, then you were confused about how you felt throughout the whole day. These rings changed colors depending on your mood, hence the name. How these rings actually worked I have no idea, but I’d be lying if I said I wouldn’t be happy to have one today.

### Chokers

Tattoos weren’t technically allowed in most households, especially under the age of 10, so tattoo-like necklaces were the next best thing. Chokers were the “it” thing of the 90s; these plastic necklaces gave that extra oomph to every outfit. From celebrities to school girls, everyone was flaunting these around.

### Butterfly Clips

Butterfly clips were another awesome hair accessory. These multi-colored clips accented a multitude of different hairstyles. Matching them with your outfit was a definite must — \*hair flip\*. However, the downsides of these bad boys were that they got lost quickly and broke super easily.

### Games Jumanji

Playing this game brought tears to many eyes once we realized that wild animals, keen hunters and Robin Williams weren’t included. The movie made this game super popular; unfortunately, our expectations of fantasy exceeded our mundane reality.

### Gigapets

Constantly checking your Gigapet to see if your pet needed to be fed, played with or walked was the highlight of our day. How responsible were we toting around virtual pets, proving to our parents that we could take care of a real one someday? Having three or four of these bad boys definitely ensured your level of responsibility, until the battery died — eek!

### Nintendo

Duck Hunt, Mario Brothers and Street Fighter: three games that will bring a smile to any 90s baby’s face. Lying on the floor, 12 inches away from the TV was the only way to play Nintendo with friends.

### Sega Genesis

Taking out a game, blowing the dust off and placing it in the cartridge guaranteed hours of competitive fun. From “Pacman,” “Sonic the Hedgehog” and the hands-down best fighting game ever, “Mortal Kombat,” Sega Genesis is definitely one of the best things about the 90’s.

### Gameboy

Gameboys made the ultimate comeback in the late 90s when they were released in transparent colors. These hand-held consoles varied in colors and had all sorts of games to choose from. This was the beginning of handheld gaming devices and the end of long boring car rides.

### Handmade Games Fortune Tellers

This game not only taught us how to spell and count, but also predicted our future. Picking a color and two numbers could even possibly tell us who the love of our lives was. Oh, how I miss the simpler days.

### Passing Notes

Long before social media and text messaging, our only means of communication were through good ol’ fashioned notes. Showing our inventive origami skills and sleuth note-passing skills clearly proved that 90’s babies were one of a kind.

### Thumb War

One, two, three, four, I declare a thumb war. Whenever some said that chant, we knew it was on. Thumb wars were a big deal back in the day,

CONTINUES NEXT PAGE



and whoever won won whatever you were battling for. So long, pencils, pens and other novelties lost in battle. I bid you farewell.

### Books

#### Goosebumps

Reading these creepy books landed you in two places: in your parent's bed or in trouble for running up the light bill because you were too afraid to turn off the light. R.L. Stine's Goosebumps books tested our courage page after page, and once the TV series began to air in 1995 we were all doomed – \*gulp\*.

#### Animorphs

Admit it. No one's actually read a full Animorph book, right? The only reason I had stacks of these books in my room was because of the super cool covers they came with. Who could resist a book with a morphing cover? Not me.

#### "The True Story of the Three Little Pigs"

If it weren't for the 90s, this poor big bad wolf would still have a bad rep. Luckily, this rendition of the three little pigs helped rebrand Mr. Wolf's image from a malicious piggy-craving hunter to an innocent cake baker. Ahh, now that's more like it.

#### "The Rainbow Fish"

Another book we don't know much about, besides the colorful graphics. While our parents were busy putting us to sleep with this story, we were busy imagining how we'd look with rainbow-colored skin.

#### "The Stinky Cheese Man"

Run, run, run, as fast as you can, you can't catch me, I'm the Stinky Cheese Man. This book told a number of classic fairytales with a hilarious twist. Though this book didn't teach us many important life lessons, it did manage to teach us an essential element of life: humor.

### Fads

#### Beanie Babies

Beanie Babies should be paying my college



Some of our favorite 90s memories.

COURTESY OF TIMEINC.NET, HUMORSHARING.COM, FANPOP.COM, COMPLEX.COM

tuition right now. Collecting these special edition toys almost guaranteed a prosperous future; at least, that's what we thought. I still have hope. I have my prized collection in glass cases mantled at my parents' house. One day they'll be valuable... one day.

#### Lisa Frank

If you didn't start the school year off proudly showcasing all of your Lisa Frank notebooks and folders, then you seriously missed out. These colorful school supplies actually made us excited to do homework.

#### Pokémon Cards

"Gotta catch 'em all!": another get-rich-quick scheme we all fell deeply for, some of us more than others. Whenever you opened up a new pack of cards and realized you finally got a holographic, words couldn't describe the feeling. A couple more years and these things will be worth thousands, right?

#### Milky Pens

Drawing on yourself is looked down upon, except if it was done with milky pens. These pens took doodling to another level. Having a set of these in your Spacemaker pencil kit was just one more reason passing notes in class was a must.

#### Slap Bracelets

Maybe it was a good thing schools banned slap bracelets. Walking around having a legit excuse as to why you just slapped someone clearly wasn't cutting in back in the day. Although these snappy bracelets were banned in school, those rules didn't quite apply at home.

The 90s were obviously "all that and a bag of chips." We had "da bomb" music, "off the hook" shows and "totally cool" fashion. There wasn't much a simple hand game couldn't solve, and if that didn't work, a smooth "talk to the hand" gesture surely did. Though it seems like just yesterday we were rebutting every joke with "yo mamma," the good old days have unfortunately passed.

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# FLASH THOSE FLASH TATTOOS



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Flash tattoos are a fun accessory to add to your look.

By: **Sydney Cook**

Flash tattoos, the gilded temporary body jewelry that flooded Instagram feeds all summer, ruled the sunny season of 2014. Because of the trend's summery and playful vibe, flash tattoos became a signature look for festivalgoers. But now that the weather is cooling, it doesn't mean that their reign has to end.

You don't have to retire them altogether just because leggings season is approaching. The trick to keeping flashy fun tattoos alive well into the chillier seasons is to go really subtle. For fall and winter, it's about placing the tattoos in small areas on your body that are barely noticeable, whereas last season, the goal was to show off the large geometric shapes on exposed skin. Instead of wearing the tats on your torso in place of a body chain with a bikini like in the summer, wear them delicately as rings, bracelets, or earrings.

To wear them on your fingers, cut a few of the metallic shapes to ring size. You can mix the cute gold and silver cutouts to create a stack of delicate midi rings, a type of ring that sits on your finger above the lower knuckle. Though this trend sounds limiting, there are tons of ways to own this midi ring look. You can wrap one ring around almost every finger — maybe your index, ring and pinky fingers — to create a line effect. You never have to stick to one specific design or metallic color. You can mix it up with silver and gold and add triangles and arrows to diversify your look.

To make a statement while keeping it simple, on one finger, pair a solid gold ring with a delicate midi

ring above it. By having nothing else on your fingers, you are making this one finger your staple piece while also mixing metals. But don't be afraid to add some layers— not only with your sweaters. You can never have too many rings; stack two on each finger and spread them out differently from the finger next to it.

Upgrade your arm party by applying them on your wrists to create a few faux bracelets. Layer them with bangles or a single cuff for a chic look. Connect one of the bracelets with a ring for an easy hand chain.

Temporary tattoos can also substitute earrings; create a perfect circular shape and wear your new shiny studs alone or line a few above your favorite hoops.

The flashy temporary tattoos can be found at FlashTat.com. Prices range from \$20 to \$30, depending on the style, and you'll receive four sheets. If you're not completely sold but still want to try it out, similar metallic temporary tats can also be found at Wet Seal for only \$6.90.

Like all trends, there is a fine line between doing it right and going overboard. These aren't the short-term tattoos you had as a kid that you carelessly slapped on anywhere you wanted and called it a day. Flash Tats should not be worn on the face, nor should your body be covered in gold and silver foil. The best part is that no matter what look you decide to tryout, it's the most noncommittal trend to try this season, as the designs effortlessly wash off in about four to six days. When used reasonably, these are a tasteful way to glam up any look worrying about losing your expensive jewelry.

# NOVAPOOL: A VIRTUAL DANCE



NSUNews.NOVA.EDU

A previous performance of Novapool.

By: **Destinee A. Hughes**

NSU will present Novapool, a dance project with students from Liverpool, England, on Nov. 21 at 10 a.m. in the Don Taft University Center Performance Theatre.

Dancers from NSU and John Moores University in Liverpool will dance simultaneously on a split screen, creating a virtual dance performance between the two universities.

Luke Kahlich, dance history adjunct professor in the Farquhar College of Arts and Sciences, has been the director for this dance project at NSU for the last three years.

He said that Novapool is a research project that tries to find ways to use telematics Internet technology to both teach and create choreography.

With open dance auditions this past September, Kahlich cast four NSU dancers to help bring his vision of virtual dancing alive.

"I usually look for dancers who are open; this is very much a collaborative process," he said. "I want to see how committed they are to their movements, and also are they open to ideas when they choreographer comes up with new

concepts. It's really about teaching and learning."

Senior dance major Sierra Parks said that her second-year experience in Novapool was challenging but also rewarding.

"It was hard because everything you do on the camera is opposite. If you lift up your right hand, it's going to show left on the camera, so it's difficult to adjust," Parks said. "But, participating in Novapool, and getting to know the students all the way in Liverpool is a really cool experience."

Senior business administration major Stephanie Ponce, who is a dance minor, agreed.

"I was really excited to do this because who gets to say that they danced with dancers overseas?" Ponce said.

Though this is the third year NSU will host Novapool, the production is significantly different this year.

"This time there will be dancers in Florida, dancers in Liverpool and the musicians will be in Edinburgh, Scotland, and we'll be dancing to an original score that was created by a composer that teaches at a university in Edinburgh," said Kahlich.

Sophomore Rebekah Ethelridge, marine biology major

and dance minor, said, "Novapool is much different from other dance performances at NSU because it has technology in it and you're working with people over 1,000 miles away."

Hoping to challenge the audience, Kahlich will host a 20 to 25 minute discussion after the performance to gain perspective on how the audience interpreted the piece.

"I'm hoping the audience will recognize how many ways they can look at something, whether it's a dance or a piece of art or a person," he said. "Experiences really are layered, and technology allows us to layer it more."

Ponce said different experiences, different vocabularies of dance, and different cultural exposure are all reasons to get involved with Novapool.

Parks agreed.

"I encourage everyone to try to do it; you get to use every style of dance you are familiar with and bring it all together," she said.

Admission is free and open to NSU students, faculty, staff and members of the community. For more information, contact Kahlich at lk522@nova.edu.

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# YOU'RE SO SKINNY

By: **Destinee A. Hughes**

In case you were wondering, yes, I eat food. No, I don't want a burger, and, yes, you are hurting my feelings.

Skinny shaming may not get as much recognition as fat shaming does, but I can attest to how many times I've felt ashamed of my body because someone felt the need to voice their opinions about how thin I was. While it may seem as if the world caters to thin body types, the truth is, the world caters to an ever changing unrealistic-without-plastic-surgery physique.

Beyoncé, Kim Kardashian and Jennifer Lopez — three beautiful women, three insanely curvaceous bodies. Now, don't get me wrong, I appreciate these curvalicious idols; for a while I remember a dark time when model thin bodies were in, and anything that didn't fit that mold was considered less attractive. The times have changed; while thin used to be in, thick has quickly taken its place. Though I have no issue with the recent switch in body type preferences, I do, however, have an issue with body shaming. Regardless of whether thin or thick is in, the problem at hand is that while society praises

one body type, it inadvertently disapproves of the other.

Subtle lyrics like "Say he don't like 'em bony, he want something he can grab" in Niki Minaj's "Anaconda" or "Boys like a little more booty to hold at night" in Meghan Trainor's "All About That Bass," suggest that if you're on the thin side, then men can't possibly find you attractive. The media is to blame for allowing public figures to blatantly insult women with slender body types. Because we sadly live in a "monkey-see-monkey-do" society, people have accepted the idea that openly and negatively commenting on a women's thin body, despite their feelings, is perfectly OK.

I'm 5 foot 2 inches 110 pounds, and completely comfortable in my skin. But I am uncomfortable with is the pressure I get from other people to constantly eat more or to gain more weight. Why do I have to eat more? I'm already a human garbage disposal. Why do I have to gain weight? My body is functioning perfectly at the size it is now, and most importantly, why is it acceptable to mockingly comment on my figure? The thought of eating disorders and health problems never cross the mind of people who see thin women. All they see is a skinny

woman who should, in their opinion, gain more weight.

I get it: curves are sexier than skeletons, men prefer a little junk in the trunk and only a dog wants a bone, but do you know what I want? Respect. I want to be able to turn on the radio and not hear "F--k the skinny bitches! F--k the skinny bitches in the club!" I want to be able to eat as much or as little as I like and not hear "Where does all your food go?" or "No wonder you're so skinny." And most importantly, I want people to realize that body shaming, regardless of extreme size differences, is not OK. Women come in a variety of different shapes and sizes, and to value one particular body type over another does absolutely nothing for society except put us in imaginary "hot" or "not" categories. What's "hot" to me is confidence, something that all women deserve to symbolize.

So the next time you're in the presence of a skinny or fat woman, instead of suggesting she eat more or eat less, take the time to realize that she is well aware of her body type, and negative comments pertaining to her weight are merely a reflection of how society has single handedly created an unrealistic image of beauty in which you've easily fallen victim to.

# WOULDN'T HAVE CHANGED A THING

By: **Jazmyn Brown**

There's no doubt that medicinal marijuana would benefit those who suffer from diseases like cancer, Lou Gehrig's disease, Parkinson's disease, HIV and AIDS. In the midterm election, Amendment 2 would have allowed for this. But votes seemed to have weighed more for those who believed that it would positively impact recreational use of marijuana, which is illegal and would remain illegal, if it had passed.

The amendment would have strict regulations on who is allowed to use it, which would include those who are legally designated as qualified patients and caregivers. Physicians would not be committing a crime by prescribing marijuana, and treatment centers would not be penalized for using it to help those with debilitating diseases.

It is a common mistake to think that legalizing medicinal marijuana would in any way propagate the illicit use of recreational marijuana by people with no ailments - with the amendment's passage, we wouldn't have seen any more potheads than there already are.

People who buy weed and smoke it recreationally simply would not be able to buy medicinal marijuana. They would have to illegally buy it from the same people they always illegally bought it from. One can make the argument, "Well, you can forge a prescription," but what this doesn't take into account is the fact that this argument can be used for any drug, and yet we don't see people prescribing themselves drugs and successfully getting them filled at a pharmacy. And most doctors don't even write prescriptions anymore. They call them in to the pharmacy, and that's when the prescription is filled. Pharmacies are also obligated to call the physician if a patient seeks a refill on any prescription. It's hard to imagine that the system that we have in place wouldn't be enough to prevent abuse of medicinal marijuana.

The passage of the amendment would not have meant that marijuana would be more easily acceptable to those who want to use it recreationally, nor would it mean those who are qualified to use it would have access to unlimited amounts of it.

Legalizing medicinal marijuana could be seen as a step in the "right" direction for pot supporters in Florida. But, legalization wouldn't have done anything to help those who wish for weed to be legalized for every type of use, including medicinally and recreationally. Recreational use of marijuana would still be illegal.

The people who oppose the legalization of medicinal marijuana fail to realize that it would not have facilitated the proliferation of recreational marijuana use in any way. They also fail to take into account the health benefits of marijuana on the terminally ill. It has been shown to treat severe pain and nausea, especially in those receiving cancer treatment. However, like any other drug, it has drawbacks. Health risks of using marijuana, especially in adolescence, include development of schizophrenia and other psychological disorders, as well as respiratory illnesses. According to the National Institutes of Health, marijuana users are almost five times more likely to have a heart attack in the

first hour after using it.

So prescribing marijuana to a patient cannot be taken lightly. Only in the severest cases is it prescribed; the benefits of using it as a treatment must outweigh the negative side-effects.

Of the states that have legalized medicinal and recreational marijuana, Colorado offers some insight into how weed is used and controlled. Time magazine reported that 12.5 percent of Colorado's population would take advantage of the legalization of recreational marijuana. And according to the Journal of the American Board of Family Medicine, most family physicians are not convinced of marijuana's health benefits and believe its use carries risks. Nearly all agreed on the need for further medical education about medicinal marijuana. In a survey of members of the Colorado Academy of Family Physicians (CAFP), only 174 out of 1727 physicians reported recommending medical marijuana to a patient.

Obviously, if this amendment had passed in Florida, it would not have portended the end of society as we know it. We can see that in Colorado, life is much the same as before weed was legalized; only a minority of the population benefits from legalization. A portion of the minority consists of people who travel to Colorado just to legally smoke weed. But remember that Amendment 2 was only for the decriminalization of medicinal marijuana, not recreational marijuana. So there would be even fewer people benefiting from Amendment 2 than would benefit from decriminalization of marijuana across the board.

The small percentage of people who would've benefited from the passage of such an amendment would've included those who suffer from diseases with no cure or any other relief from suffering, not those who would like to get high for the hell of it. Suffering from depression is not a legitimate reason to be prescribed marijuana; there are plenty of other less risky treatments for such an affliction. Medicinal marijuana would only be used in worst-case scenarios in which a patient has no other hope for recovery or the easing of pain and suffering.

So for those who voted no, rationally process the ramifications of shooting this amendment down. Think about the people who are suffering needlessly. Stop for a second and think about the legality of recreational marijuana and that there would be no feasible manner in which a person that would not qualify for medicinal marijuana could obtain it.

And for those who voted yes, I hope it was not for selfish reasons. I hope you said yes because of the benefits it may have had for those who are chronically and painfully ill, not because of the incorrect belief that it would somehow lead to increased availability of marijuana for recreational use.

It is likely that the passage of Amendment 2 in Florida would not have benefited recreational users, but instead the small portion of Florida's population with incurable and agonizing disease. In other words, for the everyday person who doesn't smoke weed just to smoke weed and doesn't have a crippling disease or even a loved one that suffers, Amendment 2 wouldn't have changed a thing.



# BLACK FRIDAY COULDN'T HAVE A MORE SUITABLE NAME

By: **Michaela Greer**

Thanksgiving: a day that you spend giving thanks, eating pie and succumbing to the l-tryptophan in your turkey as it rapidly puts you to sleep, all while being surrounded by the people you love — who might trample you in a few hours trying to get the latest technology. Yes, it's doomsd — I mean Black Friday — and you should loathe every second of it.

Sawgrass Mills Mall is not even waiting this year for it to officially be Black Friday. In an effort to boost revenue, under the ruse of "catering to consumers' needs," the mall will open its floodgates at 10 p.m. on Thanksgiving Day, instead of the usual midnight on Friday. The mall will stay open for a revolting 24 hour period until it finally closes its doors on 10 p.m. that Friday. Hear that? That's the sound of all of the employees' hearts at Sawgrass breaking simultaneously.

Macy's, however, takes the cake by opening at 6 p.m. on Thanksgiving Day; better take your pumpkin pie to-go.

Of course, one could argue that employees should be happy because they can work in shifts and may even get holiday pay. Who cares that they would have to leave their families even earlier to prepare for shoppers? Who

cares about employees being tired in the wee hours of the morning? Who cares about those workers who have to clean up after this atomic bomb has been set off, leaving a disastrous wasteland in its wake? Who cares once you completed your mission and go home with your trophies in tow, right?

Unfortunately, retail employees don't have the choice to remain tucked in at home. They are coerced into showing up to work at absurd times; sacrificing precious moments with family to ensure belligerent customers fulfill all of their selfish desires.

Retail employees are people just like you and I. They put in a full day's work the same way we do and should be allowed to enjoy a break. Imagine how you would feel if you were in their shoes. Think about that the next time you mutter about an overworked employee or wreck a display in haste. Then ask yourself, is it really all worth it?

It is absolutely ludicrous, not to mention disgusting, that after filling tummies with food and giving thanks for what one does have, one sets out to buy these material wants. Instead of resisting, people gladly line up regardless of weather conditions, insisting that the sales are really just too sweet to miss.

The sales advertised are not all

they are cracked up to be. Time with family is much more valuable than any tangible good you could acquire on Black Friday. Eventually, the sweaters won't fit the same way anymore and the technology that you fought for will just be replaced by a newer version next month.

Although it may be cliché, time spent with family is really what matters. There is nothing like sitting around the table, surrounded by the people that you adore (no matter what you say the rest of the year), while enjoying a fantastic homecooked meal seasoned with the ingredient you only get from the best cooks: love. These memories will truly stay with you longer than any material good will. There are countless times when family jokes and memories will help you get through the day or simply put a smile on your face when you need one.

There is no need for people to go shopping and return injured, if they even return at all, because someone's greed got the better of them. Black Friday is not the be all and end all of a shopper's holiday experience and should not be treated as such. Do remember this if you are brave enough to venture out into the chaos of this holiday. As for the rest of us, we'll let the good times roll and relish in the safety of our homes.



# FT. LAUDERDALE'S WAR AGAINST POVERTY

By: **Nicole Cocuy**

Outside of convenience stores and at major intersections, homeless men and women beg for assistance, gripping tightly to cardboard signs and tin cans. Their desperate pleas for help are usually ignored. We scuffle to find a few coins. We frown with pity and lie about not having any cash. We even blatantly ignore them because we are scared, disgusted, annoyed or a combination of the three.

Yet, there are those compassionate few who remember that the homeless are not crusty, smelly, creepy old pests. They remember that the homeless are people: people in need, people who lost their jobs and homes, people who are suffering from illnesses and addictions and people who lost the ability to provide for their families. These Good Samaritans go out of their way to buy food and make warm meals for the invisible population of Fort Lauderdale. People like Arnold Abbott, the 90-year-old founder of nonprofit organization Love Thy Neighbor, who has been making national headlines, provide freshly cooked meals for the hungry in public spaces. Yet,

thanks to a new Fort Lauderdale city ordinance, giving back and caring for the underserved is punishable by a \$500 fine and even jail time.

Passed last month, the new ordinance makes it illegal to feed the homeless in public outdoor spaces, like parks and beaches. According to the text of the new law, its purpose is to protect the safety and health of the community. The city council's main concern is supposedly to prevent the spread of possible food-related diseases by limiting homeless access to food. If this is was a pressing public health concern worthy of immediate action, maybe I would believe them. However, there have not been any documented cases linking public food sharing to the spread of disease. There has not been any public outcry or protest that cites feeding homeless people in public parks as an alarming safety issue, nor has anyone specifically requested outlawing feeding the homeless in public. In reality, the new ordinance has no visible effect on our public safety. Rather, it only makes it more difficult to help the homeless as it tightens regulations and puts volunteers and Good Samaritans

behind bars.

The ordinance is really an attempt to solve an entirely different problem altogether: the homeless population. According to Broward County Homeless Services, there were 2,810 documented in Broward County, a majority of whom live in Fort Lauderdale's streets and parks. While Fort Lauderdale does have homeless shelters, there are only enough beds and facilities to house around 70 percent of them, while 829 others are left without any care or assistance. Watching a suffering, starving person beg for money and food certainly makes it difficult to enjoy the city's urban, subtropical beauty, and the city council is cognizant of that. Ft. Lauderdale is a tourism-driven city, so aesthetics are an important part of its economic growth, and getting the homeless population off the streets is a priority.

The city's solution to the rising level of homeless people is to drive the homeless out to neighboring towns and cities — a cheap, easy and inhumane solution — and the new ordinance is an attempt to do so, even if it means a few people starve along the way. Instead of investing

more money into new, expanded shelters or trying to solve the homeless problem from the source to stop its the growth, the city only makes it more difficult to be homeless and to help the homeless in hopes that they will eventually pack up and leave. Instead of taking responsibility for its own struggling citizens and taking the initiative to help them out, the Fort Lauderdale city council regards the most ostracized people of our community as pests and hopes someone else will clean up their mess. The city forgot that the homeless are not only still people, but citizens as well. As long as they have a valid ID, are over the age of 18, and have not convicted a felony, homeless people can vote in Broward County. They just need to cite where they currently reside, be it a park, street corner or shelter, as their place of residence. As citizens, especially citizens who can vote, the city should be looking after their best interests.

Criminalizing food sharing with homeless people in public spaces is just another way to regard homeless people as an entirely different species. If I, your everyday broke college

student, go to a park and attend a picnic with my family, a barbecue with my friends, or an event hosted by an organization, my friends and family probably will not go to jail for sharing food with me in public. The only degree of separation between a homeless young adult and me is the fact that my parents let me live with them. Yet, in the eyes of the city's law and government, homeless people are much closer to ducks and other animals worthy of park signs instructing pedestrians not to feed them.

Abbott and other activists who have been arrested for rebelling against this unjust ordinance are simply being charged with having humanity. They are simply trying to help people where the city government failed to do so. The city needs to realize that, besides further marginalizing the underserved, punishing individuals who care about improving our community, and attempting to temporarily cover up the massive homelessness issue, their new ordinance serves no just purpose.

## Shark Speak: With Thanksgiving around the corner, what are you thankful for?

"I am most thankful for this opportunity to be here. I am an international student, and I am surrounded by a bunch of fantastic lecturers that make this process as easy and smooth as possible for me."

**Michelle Thomas,**  
graduate student in conflict analysis

"I am thankful for the opportunity to study medicine. It's really hard to get into med school. It's been awesome so far. It's been a lifelong dream."

**Ashley Shanblatt,**  
osteopathic medicine student

"I am thankful for my family. They have encouraged me to go for my dreams and push harder. I am thankful for life in general because I have had a lot of opportunities."

**Ivana Barraza,**  
freshman biology major

"I am thankful for my family. I am thankful for my boyfriend, and I am thankful for my friends."

**Natalia Pinzon,**  
junior biology major

"I am thankful for my faith. My faith has given me direction in life and taught me to accept people for who they are, not where they came from. I am thankful to have something to turn to during my hardest times and happiest moments."

**Salma Khan,**  
freshman biology major

"I would have to say I'm thankful for the opportunities I've been given to do something meaningful with my life!"

**Bri Rivera,**  
junior sports and exercise sciences major

