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Community celebrates life of NSU leader

By: Li Cohen
@Current_Yakira

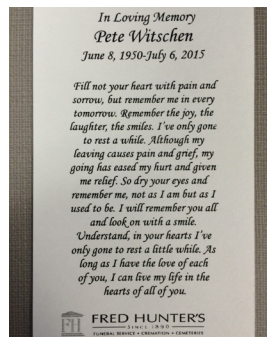
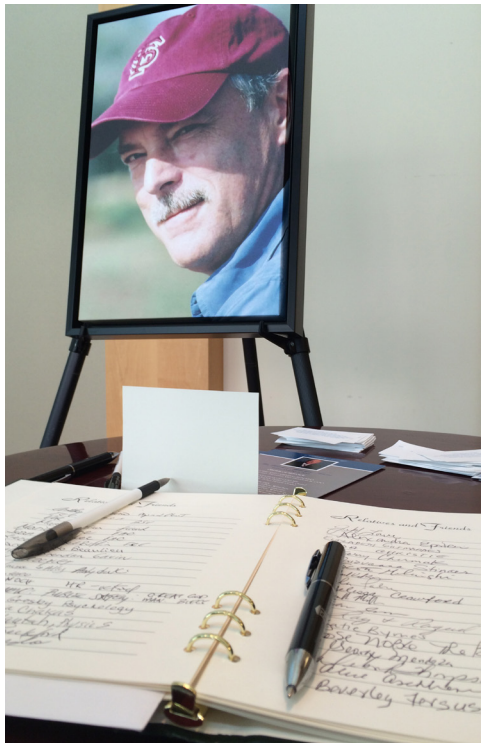
NSU students, faculty and staff joined the family of the late Pete Witschen, former vice president of Facilities Management, to celebrate his life and contributions to NSU. Witschen was 65 years old when he died on July 6 after battling cancer.

“I was a better city manager because of Pete Witschen. I was a better president because of Pete Witschen. But, most importantly, I am a better man because of Pete.”

- George Hanbury, president of NSU

“Pete set the example for being a dedicated, unselfish, hardworking member of our leadership team,” said Jacqueline Travisano, executive vice president and chief operating officer. “Throughout his illness, he rarely missed a day of work and displayed much more concern for others than he ever expressed concern for himself.”

Witschen joined the NSU community in 2008 as executive director for facilities. He was later promoted to vice president for facilities



COURTESY OF L. COHEN

The community gathered in a Celebration of Life for the late Pete Witschen, who was the vice president for facilities.

in 2012. In a message from the president on the Office of Facilities Management webpage, President Hanbury said that Witschen guided the planning and development for the design and construction of some of NSU's landmark facilities, including the Guy Harvey Oceanographic Center, the Center for Collaborative Research and design concepts for the Academical Village.

The memorial included tributes and a slideshow of photos of Witschen and his family. A reception with light refreshments followed.

Witschen's sons, Eric and Kyle Witschen

and Brandon Stone, paid emotional tributes to their father. Jeff Brandon from the Brandon Company, Vice President of Legal Affairs at NSU Joel Berman, NSU President George Hanbury and Travisano also paid tribute. Prior to tributes by friends and families, the City of Fort Lauderdale Police Honor Guard and the Town of Davie Police Honor Guard conducted the Presentation of Colors in Witschen's honor.

Eric gave an emotional address about his father.

“My dad taught me that everyone is special — that no one is above or below anyone else,”

he said.

J. Brandon described how Witschen was more than just a colleague, but a friend. In recollecting memories, he explained how Witschen always remained humble in his talk and actions.

“Pete had a compassion for everything he did in life and for everyone he knew,” he said.

Berman explained that if there was only one word to describe Witschen, it would be ‘special.’

“I knew he was just what NSU needed when he got here,” Berman said. “The world would be a better place if there were more people like him.”

In Hanbury's closing remarks, he gave an emotional tribute that represented the impact Witschen had not only on the community, but also the individuals within.

Hanbury knew Witschen since their time working as leaders in the City of Fort Lauderdale, Hanbury as city manager and Witschen as assistant city manager.

“I was a better city manager because of Pete Witschen,” Hanbury emotionally revealed. “I was a better president because of Pete Witschen. But, most importantly, I am a better man because of Pete.”

“The world would be a better place if there were more people like him.”

- Joel Berman, vice president of legal affairs

By: Li Cohen
@Current_Yakira

Renovations cause fumes on first floor of Parker

After students smelled gas fumes in the Parker Building, the Writing Center was temporarily relocated to Room 209 in the Don Taft University Center while NSU staff investigated the situation and rid the building of the odor.

The fumes were detected the morning of Sept. 28. The fumes were alleviated by mid-afternoon.

Writing Center and Writing Across Curriculum Coordinator Kevin Dvorak said that the odor was detected throughout most of the first floor of Parker and that the Writing Center was allowed to resume functions in their normal location by the end of the day.

According to Jessica Brumley, interim vice president for Facilities Management, the fumes stemmed from a construction project meant to waterproof the building. She said that part of the project included roof repairs and that workers were using leaf blowers to rid the roof of debris. While the leaf blowers were in use, the outside air intakes for the building were running, causing the fumes from the equipment to enter the ventilation system of the first floor.

Once students smelled the fumes, Dvorak said they called him directly.



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Left: Gas fumes were detected in the Writing Center by students in the Writing Across Curriculum Program.
Right: Facilities Management placed large fans on the first floor of the Parker Building to mitigate the odor.

“The fellows were really good about adjusting to the situation,” he said. “We didn't want to stop operations. We wanted to continue working with people.”

Facilities Management and Public Safety declared the odor to be non-toxic after a representative assessed the air quality. Air scrubbers and fans were placed throughout the building to clear the odor and improve

circulation.

Brumley assured that if safety was a concern, Facilities Management would have evacuated the building immediately. To determine whether the air is toxic, she explained that representatives use knowledge of materials and areas and experience to make an initial assessment. If they are unsure about the toxicity of the air, they conduct an indoor air quality test.

“Anytime a situation like this happens, Facilities is immediately notified, and a representative from our Environmental Safety department is sent out to assess the situation and determine the next steps,” Brumley said.

She explained that the situation occurred due to poor coordination between the design and construction team and the general contractor for the project. Brumley also said that improving communication amongst team members and groups involved in projects will prevent situations as this in the future.

Brumley said she sincerely apologizes to those involved in the situation.

“We would never put students' health in jeopardy,” she said.

Dvorak said the situation was handled well by students, faculty and staff.

“It was handled efficiently and professionally,” he said. “People worked together really well to make sure there wasn't a bigger issue.”

If there is ever a concern about safety, Brumley encouraged students to contact Public Safety at 954-262-8999 so officers can assess the situation immediately.

NEWS ANCHOR

Stay up to date with international events.

City of Hamburg to seize abandoned commercial properties to house migrants

Hamburg, a port city in northern Germany, has become the first German city to pass legislation permitting the use of empty commercial buildings as shelter for migrants. The law is the result of the pressure put on authorities to find accommodations for the tens of thousands of migrants pouring into the country. German Chancellor Angela Merkel said accommodating migrants is a “humanitarian gesture” extended to those who are fleeing persecution and war. Earlier this year, Germany was the forerunner in welcoming refugees in the European migrant crisis. The country is expected to accept nearly 800,000 refugees by the end of the year.

Israeli couple shot dead in drive-by shooting in West Bank

An Israeli couple was traveling with their four children when they were killed in a drive-by shooting in the disputed territory of West Bank. The children, ages 4 months old to 9 years old, were unharmed, according to the Israeli military. The Israeli foreign ministry said that the two suspects are likely Palestinian; tension remains high as attacks on Palestinians were reported as the investigation was underway. The shooting occurred after the Palestinian flag was raised for the first time in the New York-based United Nations headquarters on Sept. 30.

Australian women can now receive abortion pill over the phone

RU486, the abortion pill that ends pregnancies less than seven weeks or 49 days along, is now available to women in Australia over the phone. The group providing this service, the Tabbot Foundation, seeks to make medical abortions more accessible and more reasonably priced; women will call, and ultrasounds and blood tests will be arranged through healthcare service providers who are pro-choice. The pill will then be delivered to their homes. The Tabbot Foundation has worked with lawyers, doctors and other professionals to maintain the legality of the service and to ensure the well-being of Australia’s women.

Farm worker in Northern India murdered in mob lynching over beef consumption rumors

A mob lynched a 50-year-old man after rumors spread that he and his family had been secretly consuming beef in their home. Mohammed Akhlaq was attacked and beaten by a group of men; his son was also severely injured in the attack and was hospitalized. In India, cattle are considered sacred by the Hindus, so the slaughter of this animal is highly frowned upon. Uttar Pradesh, the state in northern Indian in which the lynching took place, is one of many Indian states that have cracked down on cow slaughter and beef distribution and consumption. Some unknown locals were behind the rumors.

Explosions in southern Chinese city leaves seven dead and 50 injured

According to local police, 17 massive explosions struck the southern Chinese city of Liuzhou, killing at least seven people and injuring 50 others. A local police chief said a hospital, a food market and a bus station were among the affected locations. A state-run media broadcaster said that the explosions were caused by “parcels containing explosives,” according to a police chief. Police said they were pursuing a suspect.

Paris strictly enforcing fine for cigarette butt littering

Smokers in Paris who drop their cigarette butts on the ground will be fined €68, or about \$76. As a result of the 2008 ban on smoking in public places, including bars and restaurants, the 28 percent of individuals who smoke regularly have resorted to littering as a means of disposing of their used cigarettes. City authorities said that cigarette butts take years to decompose and release heavy metals and other pollutants into the environment, which are harmful to plants and animals and pollute the water supply. The fine increased from €35, or about \$39, to €68 on Oct. 1.

Two dead in western Sydney shooting

On Oct. 2, Australian police said that a civilian police employee was shot outside police headquarters as he left at close range by a lone gunman who was later killed by police. The shooting occurred in western Sydney in New South Wales, a southeastern state in Australia. The killer had allegedly targeted the victim prior to the shooting.

The Current

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GSA aims to end the ‘H8’ during Coming Out Week

By: Nicole Cocuy
@CurrentNicole

NSU’s Pride Alliance, formally known as Gay Straight Alliance, will host Coming Out Week events around campus from Oct. 2 to Oct. 9 to promote awareness of LGBT issues and support for students who are members of the LGBT community.

Every day throughout the week from noon to 1 p.m., Pride Alliance will table in the Don Taft University Center to promote the NOH8 Campaign, a national organization which, according to its website, hopes to “promote marriage, gender and human equality.”

Lekha Mutyala, sophomore biology major and public relations chair of Pride Alliance said, “The goal of the NOH8 Campaign is to basically promote the fact that there should be no hate and that we should respect each other.”

Throughout the NOH8 Campaign tabling, members of Pride Alliance will distribute shirts to members of the NSU community and take pictures of participants in front of a backdrop.

Mutyala said the purpose of these photos is to spread awareness and get the name of PA out there to the NSU community. Pride Alliance will upload the pictures on their Facebook and Instagram accounts.

In addition to NOH8 Campaign Tabling, there will be several other Coming Out Week events throughout the week, including a drag show, a workshop about safe zones, an LGBT history trivia game and public forums with

members of the LGBT community.

Mutyala said, “Events are a nice way to attract people, and it’s a fun-filled start for the year to get people to know about PA.”

While Mutyala believes that the messages associated with Coming Out Week have always been significant, she said this year’s Coming Out Week is important because of the Supreme Court’s recent decision to legalize gay marriage nationally.

“It’s been a tradition for the GSA to do this over the past few years, so it’s definitely something we would like to continue,” Mutyala said. “This year is especially important because legalized gay marriage is a huge milestone. Celebrating this will definitely add to the national recognition of it.”

Mutyala said that Coming Out Week events are open to everyone in the NSU community.

“Anyone can go,” said Mutyala, “It is aimed for anyone within the community who would like to be more aware of LGBT issues in general.”

Mutyala added that the various events of Coming Out Week also aim to make members of the LGBT community feel more comfortable and welcome on campus and remind them of the support available with Pride Alliance.

“We’re just trying to reach out to people who are trying to feel comfortable in a new environment,” Mutyala said. “For example, some of the freshman who have joined PA this year didn’t know how to adapt to college

because it’s bigger and different environment, so our PA is trying to figure out a comfort level for them to feel supported by this group and know that they have someone reliable to communicate with about issues that might be ongoing in their lives.”

Mutyala believes NSU is effective and nondiscriminatory towards the LGBT community, but NSU’s LGBT students still face discrimination in their private lives.

“Some of these members have to keep it a secret that they’re a part of Pride Alliance,” said Mutyala. “They can’t really go to meetings because if family members or others find out that they’re doing this, and they’re not appreciative of it, it completely destroys the purpose of trying to help and support them and the LGBT community.”

Mutyala said the overall goal of Coming Out Week is to continue the membership growth Pride Alliance has seen in the past.

“It’s definitely one of the largest groups that the PA has had in several years,” said Mutyala. “It’s really upsetting to me that some of these people have to actually go into hiding about it, but it’s something that we’re trying to tackle with these events. There’s some sort of membership involved, even if they can’t go to meetings regularly. There’s definitely different ways to get around the system of being involved, which is really nice. That’s what makes PA really special.”

Pride Alliance’s recent name change from

Gay Straight Alliance also aims to exemplify an inclusionary, supportive environment.

“The name change aims to encompass all of the members of the LGBT community and avoid being narrowly focused on only those who identify as ‘gay’ and ‘straight,’” said Mutyala.

To find out more information about Pride Alliance or Coming Out Week events, contact Mutyala at 248-912-8174.

Coming Out Week Events

Tuesday, Oct. 6

Community Panel @ UC Pit, 5-6 p.m.
Safe Zone Workshop @ Rosenthal 200, 6-7 p.m.

Wednesday, Oct. 7

LGBT History and Trivia @ UC Pit, 7 p.m.

Thursday, Oct. 8

Open Mic Night/Cupcake Bar @ Flight Deck, 7-9 p.m.

Friday, Oct. 9

Flight Deck Backyard Party @Flight Deck, 12 p.m.
Rainbow Party @ Flight Deck, 8-10:30 p.m.

Oct. 2 – Oct. 9

NOH8 Campaign Tabling @ UC Spine, 12-1 p.m.

Run with the sharks at the 5K

By: **Li Cohen**
@Current_Yakira

On Oct. 11, the NSU community can take part in the ninth annual Shark Shuffle 5K run to raise money for student scholarships.

With the tagline, “Raising dollars for active scholars,” NSU students who finish the race will be eligible to win \$500 cash prizes. The bottom portion of participating students’ race numbers will be entered into a drawing for one of 20 cash prizes. The 5K race and walk will begin at 7:30 a.m., and an awards ceremony at 8:45 a.m. will follow.

Marcela Sandigo, associate director of programs for NSU Recreation and Wellness, said this event is meant to create a culture of wellness in the NSU community for students and is what separates it from other races that take place on campus.

She said that health and wellness events, such as the Shark Shuffle, often help people discover what wellness means to them.

“Sometimes, these races can be kind of intimidating because people think they have to run faster, but they really don’t have to run. It’s just a way to come out, support each other and

support our wellness initiative as a whole.”

Aside from the race itself, the event will also feature live music, games and food.

Online registration is available until Oct. 10 at 2 p.m. The entry fee for NSU or University School students, employees, alumni or family is \$12. For community members, the fee is \$20 for early registration and \$25 for registering the day of the event.

Registration the day of the event will be from 6 to 7:15 a.m. inside the Alvin Sherman Library. Those who pre-register can receive their race packets on Oct. 8 and 9 from 8 a.m. to 8 p.m. at the front desk of RecWell in the Don Taft University Center.

Sandigo said there are usually between 400 and 500 participants in the race, including NSU students and the local community. Although the race hasn’t seen much growth in student participation, Sandigo hopes that the number of scholarships and awareness of the event will encourage more students to attend.

“One of our challenges is to get more students to participate. We were hoping the

cash prizes were incentive enough, but we haven’t seen the student participation that we would like,” she said. “It’s really a way for us to encourage students and the NSU community to come out and participate in something that can be fun and that they can get a lot out of, both fitness-related and financially.”

In the past, prizes were funded by NSU’s colleges, but this year, the money was provided by the Division of Student Affairs, which is headed by Vice President of Student Affairs and Dean of the College of Undergraduate Studies Brad Williams.

Sandigo said she was a part of the original committee that started the race as part of a wellness initiative in 2006. Douglas Flemons, professor of Family Therapy, came up with the idea, and Sandigo said the wellness committee helped him solidify his plan.

For more information, visit recn.nova.edu/sharkshuffle.html or call 954-262-7301. To register online, visit rec.nova.edu/sharkshuffle.html or active.com.

NEWS BRIEFS

Take NSU’s annual student survey

NSU’s annual student survey is now available. The survey takes about five minutes to complete and allows students to provide feedback to NSU. An email was sent to the NSU community on Oct. 5 with a link for completion. As a result of last year’s survey, evacuation training and emergency management were improved, electrical outlets were added to the Health Professions Division auditoria, Microsoft products were provided to students for free, larger displays for interactive videos were added at regional campus, wireless networking was improved, and training was provided for faculty and students who are in self-enrolled courses.

Campus shooting in Oregon leaves 11 dead, including shooter

On Oct. 1, a 20-year-old man killed 10 and injured more than 20 people at Oregon’s Umpqua Community College in Roseburg, Oregon. The shooter was killed by police. CNN reported that a law enforcement official said four guns were retrieved at the scene, all of which thought to belong to the shooter. CNN also reported that the night prior, the shooter told people online what he was planning to do.

Celebrate Hispanic heritage

NSU will continue to host events until Oct. 15 to celebrate Hispanic Heritage Month. The events include art exhibits, discussions and free food. All events are in the Fort Lauderdale/Davie campus area and are free for the NSU community to attend. For more information and a complete list of events, visit nsunews.nova.edu/nsu-celebrates-hispanic-heritage-month-2015/.

Pink out for breast cancer

NSU’s Office of Recreation and Wellness, as well as the NSU Healthy Sharks and FitWell organizations, will host “Pink it Out” on Oct. 7 from noon to 1:30 p.m. in the Don Taft University Center Spine. Whole Foods Market will present a cooking demo on cancer-fighting foods. There will also be “Pink It Out Day” shirts and free giveaways for NSU students. For more information, contact the Office of Recreation and Wellness at 954-262-7021.

Athletics supports breast cancer survivors

The upcoming volleyball and soccer games, scheduled for Oct. 10 and 14, are free for cancer patients, survivors and their loved ones. Patients and survivors can bring up to four guests for free admittance. The promotion is in honor of breast cancer awareness month and is sponsored by Memorial Breast Care services. For more information, call Kim Carbo at 954-262-8254 or carbo@nova.edu.

Register for intramurals

Volleyball and softball intramural registration is open until Oct. 23. Divisions for each sport include men’s competitive, men’s recreational, women’s, co-recreational competitive and co-recreational recreational. The cost is \$50 to register per team, and teams can consist of NSU students, staff and faculty. The intramural season officially begins Oct. 26. To sign up for a team, visit imleagues.com. For more information, contact Aline Cioletti at ac2447@nova.edu.

Wear pink and dance

On Oct. 21, NSU’s Office of Recreation and Wellness and NSU Healthy Sharks will host Dance Jam: Pink Out Edition from 8 to 9 p.m. at the indoor basketball court of RecWell. This is a free event, featuring hip-hop, club kick and Zumba music. Attendees are asked to wear pink clothes in support of Breast Cancer Awareness Month. For more information, contact wellness@nova.edu or 954-262-7301.

Doctoral student writes for NASA

Kathleen Watkins-Richardson, doctoral student in the Department of Conflict Resolution Studies, helped write a chapter in NASA’s latest book. The chapter she co-wrote, “The Economic Development of Space,” is in the book “International Space Station — Benefits for Humanity.” She wrote about water in space, commercialization of low earth orbit and partnerships for ISS cargo services.

Students unite to Take Back the Night

By: **Steph Umbert**

Students will unite to host Take Back the Night, an event that raises awareness of sexual violence and harassment, on Oct. 22 from 7 to 11 p.m. in Flight Deck Pub’s backyard.

The event will feature speakers, performers, entertainment, free food, education and information on resources available to those affected and their loved ones, ranging from counseling services for students to emergency housing for victims of domestic abuse.

Lorena Cabrera, graduate student of College Student Affairs and graduate assistant for special events and projects at the Office of Student Activities, said that Take Back the Night is for everyone — not just victims.

“It is for anyone who has known someone who has been in a situation where they’ve experienced sexual or domestic violence,” she said. “It’s for anyone who’s been a survivor or victim. There’s such a huge issue with people being bystanders and knowing things and not reporting it or not stepping in and helping, and it’s very much for those people — for people to wake up and be like ‘Hey, I’m accountable for actions I do not take.’”

Attendees will have the opportunity to share their experiences with sexual and domestic violence publicly at an open mic night. Student organizations co-sponsoring the event will host a candlelight vigil in honor of sexual and domestic violence victims, followed by a rally through residence halls on campus.

Cabrera believes that the chance to share personal stories empowers attendees to effect change.

“Take Back the Night is an opportunity for us to shatter the silence associated with sexual and domestic violence — it’s so taboo to talk about these kinds of things, but we aim to bring it to light and say, ‘This is not something we’re going to tolerate in our community; it’s not something we’re going to tolerate on our campus, and, amongst people whom we love, it’s not something that we’re going to put up with,’ and we have to put an end to it.”

Tiffany Simmons, senior marketing major and student co-chair for Take Back the Night, said that a few men shared their stories at last year’s event and that organizers hope more men will attend and share at the open-mic portion of this year’s Take Back the Night.

“At last year’s open mic, a lot of people were talking about their experiences with sexual violence or domestic violence for the first time. It was the first time that they were opening up and not being silent about it anymore,” said Cabrera. “It was powerful. People cried. People felt empowered.”

Although there are no solidified dates, the Interfraternity Council plans to set up a table on campus where participants can create signs for later use in the rally. The NSU chapter of the Student National Pharmaceutical Association (SNPhA) will also set up tables in the Health Professions Division building to encourage students to participate in the Clothesline Project. The groups will invite students to personalize a colored T-shirt, which represents a particular kind of violence, abuse or harassment, with a design and message to share their story. The T-shirts will be displayed from the upper railings of the second floor of the UC prior to Take Back the Night and will remain on display for at least a week following the event.

The day of the event, the Panhellenic Council will invite attendees to participate in the Hands & Words Are Not for Hurting Project, in which they will leave their handprints and signatures on a banner after pledging to refrain from using their hands or words to commit acts of violence or abuse.

Organizers expect attendance to grow this year because of greater student involvement in planning the event. Unlike previous years, the Office of Student Activities turned over responsibility for planning and organizing the event to the students. Two student co-chairs facilitate the cooperation of several planning committees staffed by students and chaired by campus student organizations.

The Office of Student Activities hopes that this change will unite the student body in raising awareness of sexual violence and harassment.

“We’ve gotten a whole lot more community involvement from both outside of NSU and on campus. There is a lot more student involvement in this one — a lot of organizations coming on and co-sponsoring.”

For more information and to get updated dates and times, contact Simmons at ts1122@nova.edu.

On Shore Calendar

NOH8 Campaign Tabling
@Don Taft University Center
12-1 PM

Cinema Tuesday
@Mailman 309
8-10 PM

Latin Dance Classes
@Recplex Multipurpose room 1
8-10 PM

OCT 6

NOH8 Campaign Tabling
@Don Taft University Center
12-1 PM

2nd Annual Manicure for a Cure
@Don Taft University Center Spine
10 AM-1:30 PM

OCT 7

NOH8 Campaign Tabling
@Don Taft University Center
12-1 PM

OCT 8

NOH8 Campaign Tabling
@Don Taft University Center
12-1 PM

OCT 9



DANTE STEWART

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THAT TIME I...

SURVIVED AN ARMED ROBBERY FOR THE FIRST TIME

By: **Roger Atangana**

Without stigmatizing a whole continent, country or neighborhood, my family and I went through a period of constant persecution from our neighbors back home in Cameroon, Africa, including four armed robberies.

I was 11 years old and watching a movie with my sisters on a typical Friday night around 7 p.m. when the first armed robbery occurred. My older sister decided to leave the living room and head into the kitchen. Next thing I knew, she came back with two guys behind her and a gun pointing at her head.

This might seem ridiculous, but for a second, I thought the movie we were watching suddenly became real. I think they realized that we were new to this, and so they took the time to let us know their guns were indeed loaded with real ammo. After inquiring about my parents' whereabouts, the two men headed to my parents' bedroom, gathered the five of us together and tied us up. Yes, like in the movies.

To our great surprise, we learned through

conversations between the armed robbers while they were consuming the alcohol in the living room, that there were about 15 of them, with a little group operating at our neighbors' house. After gathering some belongings and some money my parents had lying around, one of them asked my father, as he sprayed insecticide into his face, "We know you have more money. Where is it?" My father directed him to a suit case with some jewelry in it. After that, they kept pushing my father for more money. This time, my father responded, "That's it. There is no more." They kept pushing, but my father had the same response.

One of the armed robbers grabbed the iron in my parents' room, plugged it in and threatened to burn my face if my parents did not provide more money. I had my first glimpse at what it would be like to die. I remember crying to my father, asking him to give them more money. I was surprised when he insisted that there was no more money. Though back then I thought my



Roger moved to the United States from Cameroon.

PHOTO PRINTED WITH PERMISSION BY R. ATANGANA

father was selling me to the dogs, it might have been the best thing to say. One of the other guys attempted to grab my older sister, but my mother lied to him, convincing him there was more money elsewhere. An argument started because of this, and we heard a gunshot outside, which scared everyone, including the armed robbers, who left in a rush. After waiting for a while, confirming they had actually left, we untied ourselves and witnessed the aftermath of what had been one of the most terrifying nights of my life. The robbery had lasted for about four hours.

It turned out that the shot we heard came

from one of the armed robbers shooting at one of our neighbors, who happened to come back home late that night and figured something was wrong. He suffered no injury and might have been the reason the night did not turn into something much worse. We got robbed for three consecutive years after that, but I like to think that because of this unfortunate experience, my siblings and I got to have a better life experience by moving to Seattle, Wash.

Procrastination for dummies

By: **Roddia Paul**

Every school year, you tell yourself that you will stop waiting until the last minute to do assignments, that you will go out less and study more and, most of all, that you will stop going on Netflix when you should be doing homework. Each term, you have that one friend who manages to conquer yet another battle with finals, and you roll your eyes as they do their usual victory dance. All of your friends wonder how they balance making money, being a social butterfly and collecting all those A's. Well, their secret is blown. Follow these few steps below, and you too can master the art of procrastination.

Know your limits

First and foremost, based on the assignment, know when you are pushing it. You do not want to underestimate too much and get stuck having to halfway complete an assignment or not be able to complete it at all.

For example, when it comes to writing an essay, make sure you are honest about your own writing skills. If writing is your specialty, and you know for sure your paper will be gold, go ahead and wait until the night before. If writing is your weakness, and it takes you several hours to complete your introductory paragraph, or you have no idea what an introductory paragraph is, you should definitely do it at least two weeks prior so that you give yourself enough time to do a first draft, revise and make sure your final product is your best effort.

When it comes to projects and experiments, those should never be done less than a week prior to the due date unless you want to really strain yourself. Projects are often underestimated. You think you can fake your way through, and your professor will not know the difference between last minute work and dedicated hours of hard work; sorry to break it to you, but they will. Considering that experiments or projects usually weigh heavily on your overall grade and may even be the only one you'll get all semester, I wouldn't slack when it comes to effort on projects.

Most importantly, know your professor. Make sure you understand exactly what it is you have to do to complete the assignment, what your professor is expecting and how he or she grades. Plainly stated, do not procrastinate the first big assignment for a professor with whom you are unfamiliar. After you've completed a few assignments and have an idea of what his or her grading techniques are, you can work in some procrastination. You never want to procrastinate with a professor whose class you have just enrolled in for the first time because only the experience of previous course work will tell you how much procrastination you can actually get away with.

The biggest rule of procrastination is to know the difference between assignments that are worth being procrastinated and ones that you should just do and get it over with. Easy

assignments that do not take much time should always be done when you have the time. Do not save them for the last minute because they can pile up and ruin your Friday night. Save your newly-found procrastination skills for more tedious work.

Work smarter, not harder

Yes, you read that right; to be successful in not doing your work, you still have to do your work. An effective procrastinator is someone who is smart enough to wait until the last minute and still correctly complete their assignment. In your classes, be attentive, ask questions, and, most importantly, take notes. The more information you obtain and record, the less information you will have to cover to do your homework later. It's like waiting to study for your midterm or final. Everyone does it, but would you rather just review your detailed notes the night before the test or have to read every single chapter because you cannot remember one word your professor said this semester? On behalf of the entire student body, Alex, I'll take the first option for 500 please.

Snack city

Never, ever, attempt a last minute assignment without snacks. Be it something healthy or completely greasy, you have to simultaneously eat and work. You cannot fall asleep if you are chewing and, most importantly,

if last minute work gives you anxiety, eating is a good way to counteract it. Eating the right snack can keep you awake, serve as a reward for your assignment completion and will take your mind off how much time it will actually take to complete the assignment. Tell yourself "I'll eat half now, and when I finish, I will treat myself to the rest."

The week you plan to finish an assignment that you knew about since syllabus week, make sure you take a trip to the store and get all your favorite snacks. That way, when you get stuck or suddenly feel hungry, you will not be tempted to stop and take a long break — you've waited long enough. In that moment, you'll grab a snack and head right back to your laptop.

Play time

Procrastination would not be complete without a little distraction. Make that a lot of distraction. After you've done your in-class duties and stocked up on your snacks, it's time to reward yourself. Go out with your friends or maybe stay in for a good movie night. Enjoy yourself because if you did your prep work right, then you have all the time in the world to complete that assignment that you dread starting. Okay, maybe not all the time in the world, but enough time to get it complete, nonetheless. Bask in one last night that you don't have to get less than five hours of sleep.

Didn't get enough?

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Success over stress: Tips for better stress management

By: April Coan

My name is April Coan, and I am an Academic Success Coach and the Assistant Director at the Office of Undergraduate Student Success. Throughout the fall semester, I will be offering tips and suggestions in *The Current*, which will focus on topics like success in college and taking advantage of the unique opportunities available at NSU.

If college was a “Star Wars” movie, stress would be Han Solo. Like Han Solo, stress is an adrenaline junkie thriving on drama and action. Stress also has a very bad reputation. Although it can sometimes be good and give you the drive to study for a midterm exam or write a 15-page paper, reoccurring and chronic stress can be harmful to your emotional and mental well-being. Whether you are stressing over your next exam or a demanding work schedule, learning how to properly manage stress levels can help you achieve a better quality of life. To better manage your stress, you may want to try some

of the following techniques recommended by the American Psychological Association:

Go to bed at a regular time each night.

Obtaining at least seven to eight hours of rest each night can greatly improve your well-being and reduce stress. To ensure that you get the proper amount of sleep each night, go to bed at a regular time and remove all distractions, like iPhones and tablets, from your bedside.

Improve your lifestyle choices.

Small lifestyle changes can sometimes have a big effect on your life. The next time you feel stressed, take some time to analyze what is causing you to feel that way, and brainstorm ways to change your situation. For example, if you notice you experience stress and anxiety after your 45-minute commute to school, a possible solution might be to rent an apartment closer to campus. If you live on campus and experience stress over course load or roommate issues,

try and brainstorm ways you can mitigate your stress level and resolve issues that are causing your anxiety.

Go on a daily walk. Getting a little fresh air and exercise each day can greatly improve your mental and emotional health. A little exercise can help your body produce endorphins that will make you feel happier and, as a result, less stressed.

Change your behavior. Many times in life, we do not have control over what happens to us, but we do have control over how we react. Use the power of positive thinking to train your brain to react positively to negative stimuli. This is easier said than done, but it’s not impossible. Here’s an example of positive thinking: you learn tomorrow that you didn’t get the internship you hoped for. You could respond negatively by getting angry, or you could react positively and look at this situation as an opportunity to explore other career options.



COURTESY OF A. COAN

April Coan provides weekly tips for students on how to be successful in college.

If you want to read more about how to manage your stress, you can visit the American Psychological Association website at apa.org.

Rookie of the Year: How to make the most of your first year in college

By: Emilio Lorenzo and Emily Tasca

Emilio Lorenzo is a Career Adviser in NSU’s Office of Career Development. Emilio understands the importance of helping students reach their career goals and works with all students, including undergraduate, graduate and professional level students, to achieve their professional goals.

Emily Tasca is a member of the career advisement team in NSU’s Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels to ensure that each individual is supported throughout his or her career exploration and planning process.

The first year in college is like the first day of a long vacation; you feel like you have this great big adventure in front of you and all the time in the world. However, just like in any vacation, life in college moves quickly, and you want to make sure you have taken the necessary steps to ensure your success while having fun along the way.

The first few weeks of school can feel like a whirlwind of events and activities. People who just a few weeks ago were strangers are now your roommates, friends and confidants. Balancing your time and energy, as well as making sense of this new world you’ve entered, is key.

A great starting point is to explore campus resources. Find out where your classes are, where certain departments are located and all of the avenues by which you can receive support for academic, social or personal needs. Identify potential involvement opportunities to get your first year in gear. By joining the groups and clubs, you are able to connect with others in your program to start study groups, find academic support and build new friendships.

In addition to getting involved with other students, you should aim to build relationships with faculty as well. Attending office hours after class may seem tedious, but down the road, it can be a hidden treasure. Such initiatives can result in making connections with professors who can write letters of recommendation, provide networking opportunities and overall make you step out of your comfort zone. After all, college is all about growth, both as an individual and a student.

Towards the end of your first year, once you’ve settled into your new routine, you can look into taking your involvement to the next level. This can come in many different forms, including taking leadership positions within those same organizations you joined at the beginning of the year. You can also build leadership skills by applying to orientation leadership positions or serving as a residential



PHOTO PRINTED WITH PERMISSION BY E. TASCAS AND E. LORENZO.

Tasca and Lorenzo provide tips for career success bi-weekly.

assistant in the residence halls.

Regardless of your career path, there are key skills that are transferrable to a variety of industries. For example, just like a residential assistant must be patient and utilize strong problem-solving skills when dealing with roommate conflicts, a doctor must utilize behavioral management techniques when working with patients. This is one reason why these involvement opportunities are so key for your future.

Speaking of your career journey, in order to take full advantage of your first year, you will need to familiarize yourself with key offices and individuals who will provide guidance and be the catalyst to your overall success. Undergraduate Academic Advising is one of the first departments you should visit, and it is likely that you have already done so as a first year student. Academic advisers are one of the many knights of your round table for support in college. They provide guidance during your academic journey, as well as specialized knowledge about your curriculum.

Working as a partner with the educational process of students is the office of Undergraduate Student Success. This office provides an intentional approach in self-discovery of students’ personal and academic goals through success coaching and developmental workshops,

including time management techniques.

On the journey to success, even with coaching, sometimes you run into academic obstacles. The office of Undergraduate Tutoring and Testing offers individualized tutoring in writing, mathematics and science, which can prove useful throughout your four years at NSU.

Another department in this career journey is the Career Development Office. Meeting with a career adviser can help you to explore possible career paths relevant to your major, identify and obtain hands-on experiences (shadowing, volunteering or internships), provide guidance on your professional development and assist in creating a strategic career plan.

Working in collaboration with these and other resources will shape what success looks like at the end of undergraduate path. For many students — and their parents — success can be defined by obtaining employment or reaching certain career goals like getting into medical school upon graduation.

There are steps you can take early on to ensure you get the most out of your first year in college. Just like the buffet line on a cruise is filled with options, your college experience has a multitude of resources to choose from that will result in your own definition of success and, hopefully, a sense of happiness.



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How disability-friendly are you, NSU?

By: **Li Cohen**
@Current_Yakira

My armpits were stamped with bruises; my once-faked injury became a real-life pain; and any confidence I had about getting through a full 24-hours on crutches was stammering. It was only noon, and I was already reexamining my sanity.

On Sept. 15, I decided to spend my day on crutches for two reasons. The first and most important reason being because I wanted to see just how disability-friendly NSU's Fort Lauderdale/Davie campus truly is. The second reason being that in my attempt to do so, I actually got injured. The injury itself didn't come from walking around on crutches; somewhere in between the times I announced I was going to take on this task and when I actually started walking on crutches, my knee popped, and of course, it hurt to walk on. It was pretty apparent that the journalism gods were watching and thought the best way for me to experience this assignment was to actually be the assignment.

The day began with a simple goal of getting through 24 hours of living on crutches. Because I have used crutches for injuries in the past, I didn't expect it to be too difficult, but boy, oh boy, was I wrong. The day was not only physically draining but also mentally exhausting.

As a resident of the Founders residence hall, the first leg of the race to understanding NSU's handicap accessibility was to crutch my way down the stairs of the on-campus apartments. Unlike The Commons and Leo Goodwin Residence Halls, which are dorms, Farquhar, Founders and Vettel are apartment buildings that don't have elevators, so the journey to and from my room was pretty daunting.

For those who have never experienced living with crutches, I pray you never do. Going up and down stairs is extremely difficult, especially when people are in a rush to get by. As each step approached, an enveloping fear took over as to whether the skip and hop motion would be successful or if gravity would take over and cause me to stop, drop and roll my way down the stairs.

Fortunately, my fate of having to venture up and down the stairs doesn't have to be the same for all students. Aarika Camp, assistant dean for student services and director of Residential Life and Housing, said that the Office of Residential Life and Housing provides numerous accommodations to students with

temporary disabilities.

"Any student who needs temporary accommodations can always come to us," she said. "With housing, if it's something temporary, we'll work with you."

Camp explained that it's really common for athletes to suffer from injuries because of the strain put on their bodies. When injuries do happen, the only requirement is documentation saying how long a student is expected to need assistance. Numerous students, including Jasmine Wilkins, interim area coordinator for Founders, Farquhar, Vettel and CLC, tear their ACL's, which prevents them from walking temporarily.

In Wilkins case, she lived on the third floor of CLC and needed her mom's help to get around. Res Life provided Wilkins's mom with a guest card so she could get in and out of the building without needing Jasmine to escort her in.

According to Camp, Res Life can also provide students with an additional access on their Shark Cards that will activate any automatic door on campus to open. Of course, I wasn't aware of this when I was out and about on my crutches, which made the next part of the day a lot more complicated.

When it came time to go to class, I started my venture to the Parker building from the Commons Residence hall, and my usual five to 10-minute stroll turned into a 30-minute conquest. To get to Parker, I walked through the Don Taft University Center, where I discovered two things: one, that automatic doors are a truly wonderful advancement, and two, they're only wonderful when they actually work. The automatic doors to get into the UC did what the sign indicated, but when I went to exit the building next to the Flight Deck, the doors seem to be confused by their purpose. While the signs on the door say they are automatic, they did not open. Trying to open them while on crutches reaffirmed the fact I am not a gymnast, no matter how many times I jump-kicked, backwards hopped or flipped my way into the doors.

According to Heidi Jameson, administrative coordinator in the Office of Disability Services, the doors in the UC were originally made to be automatic, but because of the high humidity in the area, water would condense along the floors and cause a safety hazard. The only automatic



PHOTO PRINTED WITH PERMISSION BY L. COHEN
Cohen spent the day on crutches to find out just how disability-friendly NSU's Fort Lauderdale/Davie campus is.

doors currently in use have blue stickers, and are located near the Shark Fountain and the Performing and Visual Arts Theater.

By the time I got to Parker, bruises were forming, and I felt exhaustion coming on. The last thing I wanted was to fight another door, and, thankfully, the architects of this building didn't want that either. The building was easy to access, and the air conditioner might as well have been a breath from God himself.

To make the venture around campus less arduous, Jameson suggested students who are on crutches or in wheelchairs use the Shark Shuttle service to get to classes.

"It does require you do a little advanced planning, but we always recommend students use the iShark app to reduce waiting time," she said.

The remainder of the day was spent navigating the UC, DeSantis Building, Horvitz Administration Building, Alvin Sherman Library Shepard Broad Law Center, the Student Affairs Building and a few other spots on campus. Most of the buildings were extremely accessible; however, I noticed that although there are numerous doors on campus that say they are automatic, many aren't, such as the

one previously noted. Whether the un-automatic accessibility to these "accessible" doors was temporary or not is unclear, but it definitely would have been nice to have a sign depicting they didn't work.

The only way to explain this day of adventure is to compare it to Rocky running up the famed staircase. I have come to the conclusion that, design-wise, NSU does a pretty amazing job of making the campus accessible to students with physical setbacks. However, I have two primary concerns: one, not all of these so-called "automatic" doors are actually automatic, and two, the fact that Disabilities Services seems to have more services readily available for mental disabilities than physical. While Jameson said that accommodations are made on a case-by-case basis, the services discussed in the discussion were primarily focused on individuals with more permanent needs.

For those who have the ability to walk at their own leisure, NSU's disability-friendliness is not a top concern, but it is crucial to keep in mind that accidents happen. If a student finds him or herself physically disabled, whether it be temporary or permanent, Jameson said the Office of Disabilities Services is available to help.

This adventure was only a 24-hour experience, but for some people, the experience lasts much longer. While I initially took on this project to understand NSU's accessibility, I came to a much more prominent understanding of the individuals who that accessibility affects. For people who have to get by with a physical handicap on a longer or more permanent basis, I commend you for your patience with not only your situation, but those around you. This experience was more than a physical obstacle; it was mental and emotional as well. With limited mobility comes frustration; with frustration comes stress; and with stress comes emotional hardship.

As arduous as this experiment was, there is a strength learned from physical disability. That frustration eventually turns into acceptance, stress becomes complacency, and emotional hardship becomes patience. Mahatma Gandhi once said, "Strength does not come from a physical capacity alone, but from an indomitable will," and that is the perfect way to describe this day.

By: Li Cohen
@Current_Yakira

The energy crisis—to drink, or not to drink?

There is an interminable war going on in the college world. This is not a war highlighted by the six-o'clock news on CNN, nor is it a war read about in AP U.S. History books — it is a war known only by students, and quite frankly, it isn't receiving enough attention.

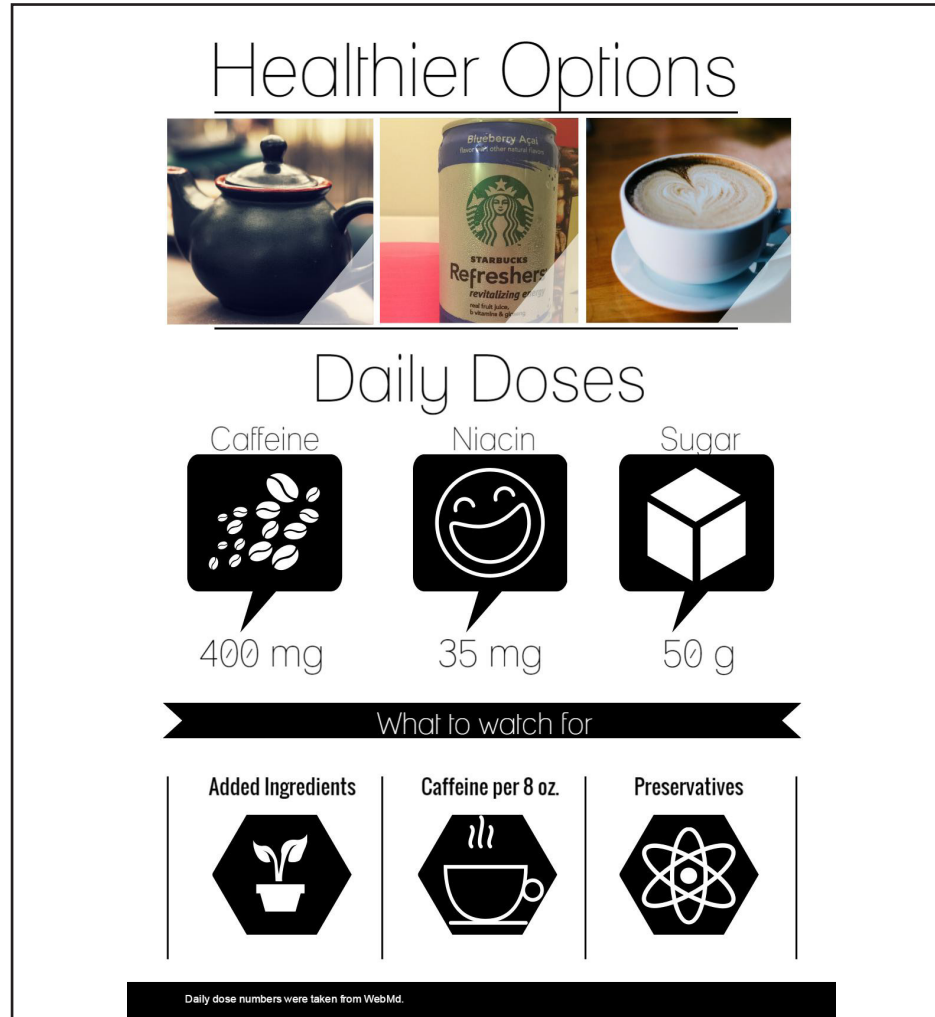
The war revolves around the energy crisis. Don't worry, this article is not referring to the crisis advocated by sustainability-enthusiasts; this energy is most-often sustained with a pot of hot coffee and taurine-filled beverages. As the lids start opening and the bottle caps start popping, student soldiers drink up as many energy drinks as they can to stay awake and alert during their battles.

Cecilia Rokusek, program director for the masters of science in nutrition program, said that energy drinks aren't bad in moderation, but students need to be wary of the amount of each ingredient in drinks, especially since they are the target market for companies.

Rokusek said that the top three things students should pay attention to are the amount of caffeine per eight-ounce serving, added ingredients and preservatives. She explained that energy drinks, such as Red Bull, often contain 300 to 400 milligrams of caffeine in a can, which can be lethal.

"Anything that has more than 400 milligrams of caffeine, I would watch and make sure you don't have more than one can a day," she said. "All that you want in your energy drink is caffeine to help you stay awake. You don't need all that extra stuff in it. Get your drink as natural as possible."

As far as added ingredients and preservatives go, Rokusek said to pay close attention to sugar substitutes, such as aspartame, and herbal supplements, such as taurine, guanine and ginseng. She explained that there are not many published studies on the long-term effects of consuming too much of these ingredients, but consuming too much of them is correlated



Caffeine is the reason for the season of energy drinks. See what your daily dosage of what the added ingredients are and alternative caffeine options available. COURTESY OF L. COHEN

to appetite loss, nervousness and dizziness because they enhance the effects of caffeine. The hidden danger of these ingredients is that they are often advertised as improving performance, endurance and concentration.

A 2012 study on the impact energy drinks have on an individual's well-being and quality of life found that although energy drinks have short-term benefits, there is no evidence to

suggest they improve an individual's well-being or quality of life. The study, which was published in the U.S. National Library of Medicine, found that the dosage of ingredients within the drink can result in different effects, and people should be more cautious about the ingredients taurine, caffeine and sugar because many energy drinks contain much more than the recommended dosage.

Rokusek said that nutritional information labeled on energy drinks can be confusing and misleading because, oftentimes, the containers hold more than one serving. The Department of Nutrition at the University of California showed this in a comparison of popular energy drinks. The sheet depicted that drinks such as Full Throttle, Monster Energy and Rockstar have multiple servings per container.

The researchers from the Department of Nutrition found that the multiple servings per container combined contain approximately 160 milligrams of caffeine. Rokusek said that even though that amount is lower than the recommended daily dosage, many people consume multiple containers per day.

"Most people who are addicted to these drinks are drinking three or four cans a day," she said. "Always read the label, and always look at the ingredients."

The Battle of Midterms, Battle of Graduation and Battle of What-to-Do-After-Graduation are fought by college students far and wide. These trudging soldiers fight through with all of their might, attempting to win the war that is college, but, sometimes, the pots of good ol' Joe are not good enough to sustain the march on to the next battle. Desperate times call for desperate measures, and the heavy artillery has to come out at some point.

Because the battles of college are continually being fought, with little rest in between, students can have a difficult time selecting a source of energy that is more beneficial than detrimental. As the Battle of Midterms approaches, it is crucial to keep in mind that not all energy drinks are made the same. Buck up, soldiers. It's time to prepare your arms and get your wallets and Shark Cards ready to purchase the most energy-sustaining fuel for the march ahead.

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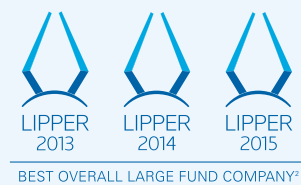
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Athlete of the Week: Sydney Panzarino

By: **Erin Herbert**

@erin_herbert

For Sydney Panzarino, sophomore marine biology major, swimming has always been an important part of her life.

“I started swimming at a really young age,” she said. “I have other swimmers in my family, so it had always been with me since early on. My dad and sister were swimmers, so they helped bring me into it.”

Panzarino, a Bradenton, Florida native, swam from 2010 to 2014 at Lakewood Ranch High School, and even served as team captain. Panzarino is competing in her second season with NSU.

At the All Florida Invitational meet in September, Panzarino had a number of impressive finishes in short distance events. Panzarino placed 13th overall in the 50-yard freestyle, with a time of 24.70, and 13th again in the 100-yard butterfly, with a time of 1:00.10.

I got the chance to sit down with Panzarino to get to know her better.



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Panzarino is competing in her second swimming season at NSU.

You did very well at the first meet of this season; how do you usually celebrate a win or a successful meet?

“I’m not usually the best at celebrating my own wins, but when I do, I just try to use it to motivate me to keep going. It’s only the beginning — if you’re here now, you need to look at where you will be if you keep going down this road.”

Is there anything specific that has brought you success so far in your swimming career?

“The coaching has definitely always helped me. If you try to train on your own, it’s definitely not the same. You don’t get the same feedback or same motivation, and so having the coaches there really motivates and helps me strive to go further.”

What do you like to do besides swimming?

“I love to go to the movies. I watch a lot of movies; it’s something more relaxing and less intense. I also like to go to the beach with my teammates when we’re not in practice.”

How do you balance being a student athlete and managing a social life?

“It’s definitely hard. It makes me ensure that I have my priorities straight. Being in college, I am here to get a degree and an education, and I think it’s really important to find a balance. Mostly, I try to make sure I give myself enough time each day to study and stick to a routine.”

What events do you normally swim?

“Mostly sprint events, like the 50 free, 100 free, 100 back and 100 fly. Usually anything short distance.”

Do you have a favorite swimmer who you look up to?

“Matt Grevers because he always seems so dedicated to the sport and seems so excited whenever he competes. I really love watching him race.”

What do you use to motivate yourself in practice?

“I use my teammates to help motivate me. They’re my swimmers who I look up to on a day-to-day basis.”

Who’s the most influential person in your life?

“I look up to my dad. He still swims even now, and he is constantly trying to set new goals for himself. I just really think that’s inspiring. For someone to go through all those years of swimming and still love it shows me that you can still enjoy it, and even when there are rough practices, you can still set new goals to challenge yourself.”

Do you plan on continuing swimming after college?

“Not right away. I’d like to give myself a little break, but, eventually, I’d want to get back into it.”

ON DECK

Men’s and Women’s Cross Country

Disney Classic
Orlando, Florida
Oct. 10, 8 a.m.

Men’s Soccer

vs. Saint Leo
Saint Leo, Florida
Oct. 10, 7 p.m.

vs. Florida Tech
NSU Soccer Complex
Oct. 14, 7 p.m.

Men’s and Women’s Golf

Guy Harvey Invitational
Palm Beach Gardens, Florida
Oct. 12-13, all day

Women’s Soccer

vs. Saint Leo
NSU Soccer Complex
Oct. 10, 7 p.m.

vs. Florida Tech
Mellbourne, Florida
Oct. 14, 7 p.m.

Volleyball

vs. Saint Leo
Dade City, Florida
Oct. 9, 7 p.m.

vs. Eckerd
St. Petersburg, Florida
Oct. 10, 4 p.m.

OUT OF THE SHARKZONE

Larry Brown suspended by NCAA for nine games

The NCAA suspended Southern Methodist University basketball head coach Larry Brown for nine games of the upcoming season, banned the SMU Mustangs from the 2016 postseason and will revoke nine scholarships from the team over the next three years. The penalties stem from several rule violations, including academic fraud, unethical conduct and promoting a noncompliant attitude. An NCAA investigation revealed that a former assistant coach and another administrator completed a player’s coursework, enabling him to play for the team. Brown and other staff on the team did not report this violation.

Extreme sports and MTV star Erik Roner dies during skydiving stunt

In the opening act for a golf event in Squaw Valley, California, Roner, 39, died after hitting a tree while attempting to land. Onlookers at the event said that Roner hit the tree and became entangled, and officials pronounced him dead at the scene. Roner was a member of the Nitro Circus, an extreme sports group. All other skydivers in the stunt landed safely.

Sports media group proposes ‘Netflix of sports’

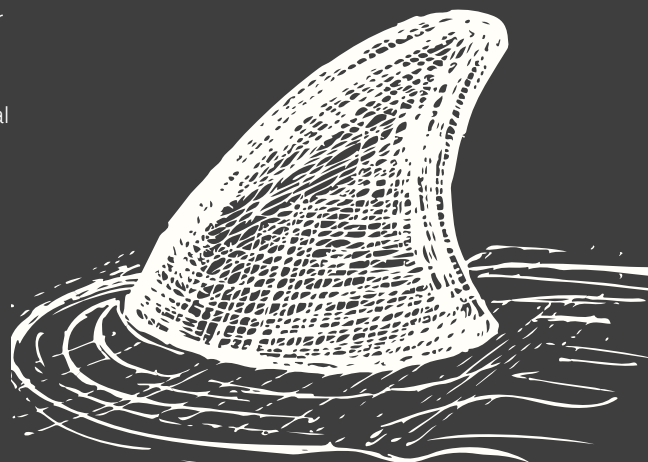
Perform Group, a European global sports media company based in the United Kingdom, introduced a livestreaming service for sports. Launching in 2016, the unnamed service will provide users with real-time games for \$10 a month in Germany, Japan, Switzerland and Austria. The company has already secured the rights to broadcast several major international soccer leagues and the NFL. It is slated to also provide original content and shows hosted by former athletes.

Nat Fyfe wins AFL’s 2015 Bronlow Medal

Fyfe, midfielder and forward for the Fremantle Football Club, won the 2015 Brownlow Medal for the Australian Football League’s best and fairest player, tallying 31 votes. At 24-years-old, Fyfe is the youngest player since 2008 to win the award. He is also the first Fremantle Docker to win the medal.

Linebacker Scooby Wright out with a sprained foot

Wright sprained his left ankle in a game against UCLA after just returning from a knee injury. He missed the first three games due to a lateral meniscus tear in his left knee, which required surgery, and is projected to be out for several weeks. Coach Rich Rodriguez said that in addition, quarterback Anu Solomon may or may not be able to play because of a concussion.



By: **Erin Herbert**
@erin_herbert

Coach's Corner: Jennifer and Dan King

Coaching duo Jennifer and Dan King know that it takes the right balance of hard work and motivation to build a successful volleyball team.

Head Coach Jennifer King began playing volleyball in 7th grade, and her passion for the sport has stuck ever since. King played volleyball at Siena College for four years before carrying her love for the sport over into a coaching career.

"I did everything when I was little. Soccer, softball, kind of standard stuff that everybody always does, but nothing ever clicked. But once I hit volleyball, that's what really stuck," Jennifer said.

Assistant Coach Dan King, Jennifer's husband, grew up participating in marching band and beach volleyball. Dan started out as a high school volleyball coach and quickly worked his way up to the collegiate level.

"I started coaching high school volleyball first, and then I got my first college job from the same guy who helped me get my first high school job. Really, for me, it was a matter of being lucky enough to be around the people in the profession," Dan said.

There's no doubt that the pair makes an effective coaching team, and they owe a lot of their success to their ability to separate work from their home life.

Jennifer said, "We really try to keep the areas of our life separate. When we're at work, we're working; we talk about work. Obviously, home comes up here and there, but the same way I would speak to any other assistant, I speak to him. Those lines are really important for us in terms of keeping consistency in what we're doing, and at the end of the day, our philosophies are the same, whether in coaching or in life. It makes it easy to keep going every day when you have the same thought process in general."

Dan went on to add, "We don't treat it any differently than other jobs I've had. She's head coach, and she makes the choices, and we've got a great staff. Our assistants are outstanding. The entire staff compliments each other, and we do our best to do right by our student athletes. So as far as how we get along together, it's no different

than any other job."

A great attitude about work and an outstanding supporting staff aren't the only things that have contributed to the Kings' successful coaching careers. They've found that keeping positive attitudes and using multiple tools to motivate their team can really help athletes grow to their full potentials.

"We've been using 'GRIT' this year. It stands for Genuine, Relentless, 1 percent, Together. It's been a big motivating thing for the group right now. But when it comes to motivating, what first has to happen is you have to know your athletes. I can't motivate one athlete the same way I motivate the next one," Jennifer said. "A lot of it is trying to be positive with them and speaking about how talented they are and the things that we're doing well, while we're still trying to improve and trying to fix things."

Dan believes that understanding each athlete's motivational needs on an individual level is important for both the players and the coaches.

"I feel like when it comes to motivation, it's an individual thing; some kids are motivated differently than others, so what we do is compartmentalized. I may work more closely with some athletes than Jen or the other coaches," Dan said. "Having the staff that we do really allows us to be focused on certain individuals and what that kid needs as opposed to what another needs. I feel like encouragement in the moment is a very individual thing, and our staff allows for that to happen."

Both coaches believe that having highly motivated players will help the team in the long-run. Although the team is off to an incredibly strong start, going 10-2, Coach Jennifer is less concerned with statistics and more concerned with the team's overall progress for the season.

Jennifer's expectations for the rest of the season are focused on improvement.

"We just want to keep improving. We obviously talk about what our record is now because it's a great start; it's the best start in



Jennifer and Dan King work together both on and off the court.



PHOTO PRINTED WITH PERMISSION FROM J. FRAYSURE

program history, and it's very exciting, but one loss or one win won't dictate what we do tomorrow. So the focus for us is always getting better, playing cleaner, being better teammates, being a better functioning unit, because at the end of the day, we want to play in the NCAA tournament on Dec. 3. It's something that this program hasn't done in a long time, and I think this group is capable of achieving that goal — we just have to focus on what we're doing and not about the winning."

For both coaches, the most rewarding part of their job isn't the record-breaking seasons or the conference titles; it's the special relationships

they're able to build with their players.

Dan said, "The relationships that we get to build with these kids are a highlight. A lot of the relationships we build with former athletes are pretty special."

For Jennifer, being able to help an athlete improve upon themselves is an incredible moment as coach.

"Anytime I see the little light bulb go off for a player, those are the best moments. When we've worked on something and tried and tried, and they finally get it, and it works, it's pretty awesome," she said.



ON THE BENCH: Too many advanced statistics are ruining professional sports

By: **Erin Herbert**

There's something inherently magical about watching sports. Whether it's a collective groan of players as the puck bounces off the pipes of the net or the roar of the audience at the completion of a perfect touchdown pass, sports never fail to excite the audience and evoke a multitude of emotions. For fans, watching sports is all about emotion: the thrill of overtime, the excitement of a big lead and the heartbreak of playoff elimination. Feeling these numerous emotions is all a part of what makes professional sports so fun to watch. Or at least it was. As technology becomes more integrated into the world of professional sports, the excitement and fun of sports is quickly being replaced with monotonous percentages and statistics.

Before the implication of advance statistics in sports, stats were just taking up space on the back of baseball cards. But now, statistics are becoming the main focus of sports. Simple save percentages, goals against averages and season points are now a thing of the past. Sports websites are now chock-full of advanced statistics spanning over entire careers of players or even the lifetime of a franchise.

The problem with advanced statistics isn't the fact that it's recording the progress of athletes from season to season; the problem is

the effect it's having on the fans. Even though I'm an avid sports fan, I, like hundreds of others fans, am guilty of skipping out on watching my favorite teams play simply because they weren't statistically predicted to win. The overuse of statistical analysis is ruining the fun of sporting events.

Every sporting event has press boxes stuffed with analysts and reports anxiously googling and tweeting, trying to get the newest statistics for a game out as fast as possible. Fans in the audience are glued to their phones, checking out the offensive stats for their favorite player or the statistical odds of their team coming out with a win. The sports industry has become so obsessed with the science and mathematics behind the game that we're forgetting how to actually enjoy sports.

Advanced statistics are ruining the entertainment quality of professional sports. Why would anyone want to watch a Miami Dolphin's game when a statistician has already predicted that Ryan Tannehill will throw two interceptions and that the Dolphins will lose? Advanced statistics are giving us way more information than we could ever need; sports fans are completely overloaded with information. I think it's time we lay off the numbers, and just enjoy the game in front of us — even if the Dolphins do lose.

SPORTS SHORTS

Men's Cross Country

The men's cross country team took second overall in the Moccasin Invitational on Sept. 25. Senior Christian Oppel took third place overall in the men's 8K with a time of 27:23. The men's team averaged a time of 27:49 in the 8K and finished the meet with a total of 59 points.



Women's Cross Country

The women's cross country team placed fifth overall in the Moccasin Invitational on Sept. 25. The Sharks were led by freshman runner Anabel Knoll, who placed first overall with a time of 19:24 in the women's 5K. The women finished with a total of 118 points and an average time of 21:08.



Women's Volleyball

The women's volleyball team fell 0-3 to Sunshine State Conference rivals, the Florida Southern Moccasins, on Sept. 26. The Sharks are now 10-2, 3-1 SSC.



Men's Soccer

The men's soccer team rallied to win 2-1 on the road over the Ave Maria Gyrenes on Sept. 26. Junior Caue Rodrigues struck first for the Sharks in the second half, and Senior Stefano Fanfoni scored the game winning goal with seconds left on the clock.



Women's Tennis

Irina Constantinide and Nastassia Rubel competed at the 2015 USTA/ITA DII South Region Championships from Sept. 26 to 28. The doubles team ended the tournament as the runners-up, going 4-1.



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2015	1:30 AM	3:30 AM	6:00 AM	8:00 AM	10:30 AM	12:30 PM	3:00 PM	5:00 PM	7:30 PM	9:30 PM	11:30 PM
Oct. 1	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th
Oct. 2	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island
Oct. 3	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42
Oct. 4	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7
Oct. 5	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted
Oct. 6	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest
Oct. 7	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy
Oct. 8	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball
Oct. 9	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball
Oct. 10	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal
Oct. 11	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2
Oct. 12	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice
Oct. 13	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction
Oct. 14	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania
Oct. 15	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline
Oct. 16	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror
Oct. 17	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters
Oct. 18	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit
Oct. 19	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho
Oct. 20	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals
Oct. 21	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th
Oct. 22	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island
Oct. 23	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42
Oct. 24	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7
Oct. 25	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted
Oct. 26	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest
Oct. 27	Ghostbusters	Moneyball	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy
Oct. 28	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball
Oct. 29	American Psycho	Barely Lethal	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball
Oct. 30	Animals	Pitch Perfect 2	Shutter Island	Extinction	Furious 7	The Age of Adaline	One Flew Over the Cuckoo's Nest	Ghostbusters	Moneyball	American Psycho	Barely Lethal
Oct. 31	Friday the 13th	Beetlejuice	42	Hotel Transylvania	Girl Interrupted	Amityville Horror	Love And Mercy	Hot Pursuit	Moneyball	Animals	Pitch Perfect 2

Don't forget to check out last month's movies On-Demand through <https://www.nova.edu/portal/sutv/>

Famous breast cancer warriors

By: Jazmyn Brown

We often think that celebrities are our heroes and thus assume that they do not face the same struggles as us common folk, but nothing could be further from the truth. Because October is breast cancer awareness month, it's important to realize that the disease can afflict people of every social status. Since celebrities are in fact our heroes, we can look to those who have been affected by breast cancer and be inspired by their stories.

According to breastcancer.org, one in eight women will develop invasive breast cancer in her lifetime, and about 2,350 men will be diagnosed with breast cancer in 2015. Neither these statistics nor cancer discriminate — here are several prominent public figures who have battled breast cancer.

Angelina Jolie

In May 2013, CNN reported that the actress, filmmaker, philanthropist and mother of six announced that she had a preventative double mastectomy after genetic testing showed she has a mutated BRAC1 gene. The mutation drastically increases the chances of developing both breast and ovarian cancer.

Daily Mail reported that the “Angelina Jolie effect,” defined by Breast Cancer Research as increased public awareness of breast cancer and publicity of Jolie’s genetic test and double mastectomy, is real. A study cited by Daily Mail found that there has been increased breast cancer treatment and surgery awareness since she publicized her double-breast removal and reconstructive surgery. Both her decision to undergo the procedures and the subsequent

media coverage have increased public knowledge of genetic testing, preventative procedures and cancer treatments.

Judy Blume

Blume, author of “Are You There, God? It’s Me, Margaret,” “Blubber,” “Freckle Juice” and many other books, was diagnosed with breast cancer in June 2012 and underwent a mastectomy, according to Time.com. The publication reported she was diagnosed with invasive ductal carcinoma, or IDC, the most prevalent form of breast cancer that originates in the duct and spreads to the fatty tissue of the breast. Blume opted for a total mastectomy and reconstructive surgery instead of a lumpectomy, in which just the tumor and surrounding area are removed, as noted by Time. Blume’s latest novel, “In the Unlikely Event,” was released this summer, and it is her first novel for adult audiences in 17 years, according to The New York Times.

Richard Roundtree

Breast cancer is not unique to women. Roundtree, known for his role as a detective in the movie “Shaft,” found a lump in his breast in 1993, according to USA TODAY. Because he went straight to his doctor upon finding the mass, Roundtree was able to receive chemotherapy and radiation treatments and underwent a mastectomy to treat the cancer. According to USA TODAY, breast cancer in men is rare, and many men remain untreated due to a machismo attitude that results in sweeping lumps under the rug. Since his treatment, Roundtree has

worked with the Susan G. Komen Breast Cancer Foundation to raise awareness for male breast cancer. Roundtree attended the 2012 “Honoring the Promise” gala, hosted by the foundation, and was one of several famous individuals to present Awards of Distinction, according to the foundation’s website.

Sharon Osbourne

Businesswoman, talk show host, author, media personality, music manager — Osbourne is another celebrity who chose the preventative route. ABC News reported that Osbourne also had a double mastectomy when she found out that she carries a breast cancer gene, or a mutated BRAC1 or BRAC2 gene. She was diagnosed with colon cancer in 2002 and underwent surgery, to remove a section of her colon, and chemotherapy; two years later, she formed the Sharon Osbourne Colon Cancer Program at Cedars-Sinai Medical Center in California, according to ABC News. The center, according to Cedars-Sinai, was established to care for and support colon cancer patients and their families.

Wanda Sykes

Another star who had a double mastectomy, Sykes, an Emmy Award-winning comedian, discovered that she had breast cancer after a breast reduction surgery, according to The Huffington Post. Sykes was diagnosed with ductal carcinoma in situ, or DCIS, what she called a “stage-zero cancer” in an interview with Ellen DeGeneres in 2011.

Maggie Smith

Dame Maggie Smith was diagnosed with breast cancer in 2007 and split her time between chemotherapy sessions and filming of “Harry Potter and the Half-Blood Prince,” according to The Telegraph. After battling her cancer for three years, the Oscar-winning actress and “Downton Abbey” star was declared cancer free in 2010. She “struggled through” both parts of “Harry Potter and the Deathly Hallows,” filmed in 2009, as reported by Daily Express newspaper.

Peter Criss

The American Cancer Society said that Criss is yet another survivor of male breast cancer. Co-founder of the hard rock band KISS, Criss discovered a lump in his breast after a workout in 2007, according to the ACS. The following year, he had both a lumpectomy and a mastectomy to treat the cancer. The ACS said that because he caught the cancer in its early stages, Criss was able to avoid undergoing chemotherapy. Criss publicized his experience in 2009 to raise awareness for the disease and dispel the myth that only women can get it, according to the ACS.

Criss won the American Cancer Society’s Humanitarian of the Year Award in 2013, according to ultimateclassicrock.com. Earlier this year in March, Criss continued his advocacy for male breast cancer patients by participating in the Cancer Care’s ninth annual Beauty Ball, which raised more than \$300,000 for costs associated with cancer treatment, according to Asbury Park Press.

IMMERSION

Craving Mo' of Mojo's

By: Destinee A. Hughes



Mojo's Donuts is a local favorite, with unique flavors and combinations sure to please everyone's tastes.

A dream of shops filled with pink, rainbow-sprinkled, cotton candy-flavored donuts, deep-fried, caramel-glazed apple fritters and key lime pies is no longer a fantasy. At Mojo's Donuts, it's a reality.

Nestled between two small shops on Pines and University lies the secret to edible happiness. The exterior of the shop may not be the apple of many people's eyes, but the interior makes up for it in ways that only the stomach could approve. Walking in the shop gives customers some form of dessert-filled tunnel vision. The tables, TV and decorations seem to blend in with the background, and you become fixated on the endless display of donuts.

Guava cheesecake, cookies and crème, red velvet, peanut butter and jelly — you name it, they have it. The options are almost overwhelming, but it's nothing this donut devourer couldn't handle, or so I thought. After about five minutes of standing in line with very impatient donut eaters, with the help of Mojo's staff, I finally summoned the courage to choose six scrumptious-looking donuts. I choose the irresistible deco delight, fruity pebbles, strawberry cheesecake, cherry amore, key lime pie and crème brûlée.

At first, I didn't want to disturb the

uniquely beautiful donuts. They were all sitting so peacefully in a half dozen box. But I could no longer eat with my eyes; I had to taste one of these bad boys. Plus, the boxes are labeled “You deserve a donut,” which makes every bite feel like a much-deserved accomplishment. Though they all tasted like something straight out of heaven, my top three favorites were the strawberry cheesecake, crème brûlée and deco delight.

The scrumptious strawberry cheesecake donut had a slightly pink glaze over it with a cheesecake cream filling, and it tasted exactly how it looked: like a mini cheesecake trapped in a perfect donut.

The second donut I went for was the crème brûlée. This donut looked fairly simple compared to the other extraordinary donuts, but there was absolutely nothing simple about the taste. The French would be proud; it's a donut that tastes exactly like the dessert, yet with an American feel.

The last donut I devoured seriously exceeded my expectations; I've had my fair share of donuts before, but nothing quite like this. The deco delight was covered in frosted flakes, drizzled with vanilla icing, topped with strawberries and blueberries and filled with

banana cream custard. Take all that in for a moment. It was perfect, everything one could dream of when eating a specially-made donut.

Now, I've proudly had many dessert-eating days. But what I experienced at Mojo's was something I couldn't put into words, only the sounds of me vigorously licking my fingers. These donuts were absolutely incredible; the taste was indescribable, and the endless display was remarkable. This place can turn any naysayer into a donut-eating devotee, which is why Thrillist.com has listed Mojo's on the list of the 33 Best Donut Shops in America.

Aside from delectable donuts, Mojo's also offers soothing teas and energizing coffees. The only downside to Mojo's is its odd hours. They're open from 6 a.m. to 6 p.m., or until they've sold out of donuts, which obviously happens a lot; the next day I went back, they were closed at 4 p.m. So the earlier you're able to devour donuts, the better.

Mojo Donuts provides a unique yet extensive variety of freshly-made gourmet donuts. They have a friendly, knowledgeable staff and a presentation of donuts to awaken anyone's inner Homer Simpson. One donut at Mojo's will have you craving mo' and mo'.

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SOUNDBITE

Hibou by Hibou

By: **Marie Ontivero**

Interested in independent music, emerging artists and new album releases? DJ Marie, music director at Radio X, will keep you updated every week in *The Current* on what's new in the world of music. You can catch her on Monday nights from 6 to 9 p.m. on 88.5FM, bringing you new music you're sure to love.

Hibou has this ability to send you off into this 80's-alternative, new-wave, dream-like club. It has a dark, grungy sound with twinkly, subtle pop tunes. This self-titled album consists of 11 tracks, all of which, from start to finish, are phenomenal. It's in the effects of the guitars and in Hibou's dreamy voice.

The band's one and only member, Peter Michael, is only 21 but has some serious talent. Before performing under the alias Hibou, Michael toured with the band Craft Spells as their drummer but decided to take a solo route in 2013. This Seattle native received positive reviews after releasing a couple of songs, and this is his debut album.

I highly recommend this artist for morning drives with the windows down because it's just the right kind of music to get your day started, since it's not too in your face; one can never go wrong in the subgenre of chill-wave. There are moments where you could mistake Hibou for The Cure or even The Smiths — there's that 80's



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Hibou has a new-wave, dream-like sound and features 11 tracks.

alternative sneaking in. Then, in other instances, you get these Depeche Mode-esque, new-wave vibes. Hibou artistically manages to combine these two with a dreamy, modern twist that can liven up even your dreariest days.

You can catch Hibou on Sunday, Oct. 25 at Revolution Live.

Perfect if you like: STRFKR, Wild Nothings and Mac DeMarco

Favorite tracks: "Dissolve," "Eleanor" and "Hide Away"

SunDanz Dancers

Wednesday, Oct 14, 2015
Time: 7:30pm-10:30pm
Pre-sale voucher \$15
Day of the event \$20

Tickets include
 V.I.P. Admission
 1 Drink
 Appetizers in the Sundanz private party area

Be vevy vevy quiet

By: **Steph Umbert**

"MEATS FOR PARTICULAR PEOPLE," the storefront reads.

"Well, I like to think I'm quirky in a good way," I think to myself. Besides, it was something particular which led me here. I'm hunting wabbits.

More like hunting for rabbits — the kind whose days of fruitful multiplication and cuteful bunnification are already over. I wouldn't have thought it would take much of any effort to find rabbit meat near my home in western Broward, and I suppose that proved true. I tracked down the usual suspects first, calling the Publix, Fresh Market, and Whole Foods I frequent to check. Of the three, I learned that the Publix and Whole Foods do have rabbit, though only frozen. Frozen rabbit meat may be better than no rabbit meat, but I'm a particular person.

It didn't take me long to find a reliable place where I could procure fresh rabbit whenever the urge might emerge, and so a simple Google search was how I first found out about Smitty's. I felt surprised that I'd been oblivious to their establishment near Federal and Commercial this entire time. And it turns out they're quite the established establishment.

Smitty's Old Fashioned Butcher Shop has

been around since 1962 when it was founded by Fred Schmidt, but the current owner, David Crumbaker, bought the store in 1974 and still works it with his daughter, Chessa. The claim is that they've been in business for over forty years, but I reckon it wouldn't be wrong to say fifty, given that.

It's a gem of a butcher shop, and the very reason I was oblivious to its existence till recently actually says a lot about what makes it a gem. You see, unlike Publix, Fresh Market, and Whole Foods, Smitty's doesn't rely on big green signs or television advertisements to get customers through the door; it counts on the human connection. Smitty's banks on personal relationships with its regulars and word-of-mouth to make new ones, and that means they get to know you as person and your preferences for meat.

A quick look-over of Smitty's website got me even more excited: antelope to wild boar, chukar partridge to quail. And apparently a sizeable chunk of their business is provisioning yachts with their superior quality meats and wines, which tells me a lot about the level of quality and service I could expect from them.

Sure, I could have just called, but to have

found an actual butcher, a real old fashioned butcher. I've never been to one before, in this country anyway. I just had to make the drive to check the place out for myself. And so I drive past the storefront, parking in the lot off to the side of the shop.

The exterior really looks like the 60's. It's brick, and generally maroon with a theme that evokes the heyday of the midwest stockyards. Inside, a layer of sawdust covers the green floor — an old butcher's trick which absorbs the blood and fat of a day's labor and makes sweeping easier, though it's mostly cosmetic here. The wall is of wood panels, where steer horns are mounted alongside adorning knick-knacks and tchotchkes. It's very earthy, woody inside.

The wines are on the left as I come in — a sizable selection for the relatively small and narrow store, and a good selection. There's \$18 wines, \$75 wines, \$300+ dollar wines. Ahead on the left, there's a small refrigerated produce section with just what one might need for a steakhouse kind of supper: potatoes, asparagus, butters, herbs, and so on. Further down that side, there's a refrigerator case which I rifle through, and a few things catch my eye: Kurobuta pork and Kobe beef; alligator fillets; veal brains,

sweetbreads, and kidneys; pork cheeks and skin; and caul fat. It's clearly the miscellaneous section, and now it's my new favorite part of the shop. Running down the whole right side of the store is the main counter, where the bulk of the butcher shop's products are on display behind the glass, including cheeses, sausages, and seafood.

Behind the counter, men in white butcher aprons tend to the familiar faces of their patrons and to daily tasks, but I spy one woman among them: it's Chessa Crumbaker. I bring her up to speed on my wabbit hunt, and not only does she confirm for me that they do have fresh rabbit on hand (she stresses to me that they're American, not Chinese rabbits), but she informs me that, to guarantee I get what I need when I need it, I have the option to call ahead by a couple days to put in a special request for rabbit, or any other meat for that matter, and they'll be sure to have it ready for me to pick up. Not only have I found a butcher who'll be sure to meet all of my fresh rabbit needs as they arise, but one who'll satisfy special requests for a wide variety of game meats, premium cuts, and offals, fresh.

All in a day's hunt.

Off Shore Calendar

Pride Fort Lauderdale and Music Festival @War Memorial Auditorium and Holiday Park

OCT 11

Once @Broward Center
 Music and Dancing Under the Stars @ArtsPark
 7:30 PM

OCT 6

Once @Broward Center
 The Mountain Goats @Culture Room
 7:30 PM

OCT 7

Once @Broward Center
 Smallpools @Culture Room
 6:30 PM
 Art After Dark @Norton Museum of Art
 5 PM

OCT 8

Once @Broward Center
 Art & Wine @Stranahan House

OCT 9

Art Walk @Wynwood
 6 PM
 Pride Fort Lauderdale and Music Festival @War Memorial Auditorium and Holiday Park

OCT 10

Once @Broward Center
 Food Truck Rally @ArtsPark

OCT 12

Seriously Kidding

a satire column

Does that come in pumpkin spice?

By: **Chantel Grant**

Fall is to pumpkin spice, as Romeo is to Juliet. The two are inseparable and share an unbreakable bond that one must never forego.

If it does not come in pumpkin spice, it must not be consumed in fall. It is inexcusable and unpatriotic to not consume as much pumpkin spice as possible for the next two months. In fact, foods that are not traditionally pumpkin spiced must either be converted or completely discarded.

Clearly, the rest of the population envies coffee lovers, as they are afforded so many more opportunities to consume pumpkin spice. Pumpkin spice lattes, an espresso with a shot of pumpkin spice and pumpkin spice teas are just a few items that these pumpkin spice powerhouses advertise for fall. However, what about the non-coffee lovers?

Never fear; supermarkets and restaurants are here! Mainstream stores finally understand what Starbucks and Dunkin Donuts have always known -- pumpkin spice is the fabric of society in fall. Supermarkets have done their research and have concluded that every human being is a fan of pumpkin spice. Therefore, offering foods that carry a lovely bright orange label with the most artistic interpretation of a pumpkin is not only the right thing to do, but also the only thing to do. Once-colorful aisles must now become a sea of bright orange and be filled with the cinnamon-y aroma that one never gets tired of.

A standing ovation is also due for those restaurants that have "seasonal menus." No need to be coy; just call it what it is — "the pumpkin spice alternative to everything we usually have." Most people enjoy a thick cut of sirloin steak, lightly seasoned with herbs and spices, with a side of mash and a tall glass of fresh strawberry lemonade, but in fall, that will not suffice. Instead, a thick cut of sirloin steak must be glazed with pumpkin spice syrup, traditional mash will morph into sweet potato mash with pumpkin spice seasoning, and that tall glass of strawberry lemonade must now take a backseat to the delectable pumpkin spice soda. Now that supermarkets and restaurants have caught the trend, it is time for pumpkin spice, like the Roman Empire, to expand into new territories.

This is not obscene at all; pumpkin spice must be duplicated and pumped into as many products as possible before fall ends. Pumpkin spiced food is traditional, but pumpkin spice perfumes, colognes, hand sanitizers, soaps, shampoos, clothes, chap sticks and anything else you can think of are pure genius.

Bath & Body Works is at the forefront of this revolution. It seems the company has an influx of pumpkin spice ingredients this fall, and everyone loves pumpkin spice, so, obviously, pumpkin spice must be incorporated into as many scents and lotions as possible. Truthfully speaking, no scent is more alluring than that of a jack-o-lantern that was bathed in grandma's finest ground cinnamon.

To merely consume pumpkin spice was an honor in itself. Now everyone can smell like it too! The excitement and joy that this brings

is inexplicable. For the next couple of months, hands will be sanitized, leaving an aroma of warmth and pumpkin spice lingering in the fall air. Pick-up lines will change from "Wow, is that some horrendously overpriced perfume you're wearing?" to "Wow, did you just fall from heaven and land in a pumpkin field? Because you smell divine." Clearly, the latter will get ladies blushing faster than a Mexican realizes he hates Donald Trump.

Do not deny it; smelling like pumpkin spice is the reason why you are in a relationship right now. Okay, so you might have a great personality, but that is never enough. Brad and Angelina are not together because she has a great personality — how pathetic would that be! Just in case you missed the memo, scientific research shows that women who are single year-round find their soul mates in fall. The answer is simple: in fall, due to high pumpkin spice consumption, women start releasing pumpkin spice pheromones. Like bees to honey, the men flock to these pumpkin-spice-pheromone-releasing women. Finally, an honest and reasonable answer to our 21st century dating dilemmas.

Unfortunately, some cursed souls out there are allergic to anything pumpkin spiced, and at one point in time, they would have been ostracized from society for not being able to partake in this ritualistic devotion to pumpkin spice. However, we are no longer living in the middle ages, and a measly allergic reaction is nothing the great thinkers of our time cannot solve. For these unfortunate souls, antihistamines are key. Pumpkin spice antihistamines are so important that even the conservatives agree that Obamacare should provide it. Only something as monumental as pumpkin spice antihistamines could ever get the conservatives to agree with democrats.

Pumpkin spice politics, pumpkin spice food, pumpkin spice dating and now even pumpkin spice fashion. Orange is definitely the new black! The fashion industry is pumping out everything pumpkin for fall. Fashion's biggest magazine, Vogue, is having their special "Pumpkin Pie or Die" issue coming out this fall. The issue features death row prisoners because, in our pumpkin spice frenzy, those normally unflattering bright orange jumpsuits are the envy of every major fashion designer. Tom Ford, Gucci and even smaller brands like H&M and Forever 21, have all started to replicate the bright orange ensembles in honor of the pumpkin spice season. For some reason, dressing like a convict is not appealing outside of fall. Go figure!

As the great Donald Trump once said, "Make America great again!" By America, he means everyone who is male, white and has over five million dollars in their bank account, and by great, he means everything pumpkin spice. Do not disappoint Donald and be a good citizen. Let us make this country great again by asking the monumental question before every decision we make, "Does that come in Pumpkin Spice?"

Life is more precious than ivory

By: **Faren Rajkumar**

@Current_Faren

A year ago, President Obama promised to enact a complete ban on the commercial sale of elephant ivory in the US — an industry that shouldn't even exist in the first place, but somehow, has persisted into the modern age.

Finally, Obama and Chinese president Xi Jinping announced last Monday that there will be a ban on ivory trade in both countries. There will be tightened restrictions on the import of ivory hunting trophies, and the only types of ivory that can be legally traded are antiques more than 100 years old.

The allowance of antique ivory sales seems to undermine the ban, however, because it implies that substance still has high value, and, I'm sure to bypass the law, poachers around the world will begin passing off their treasures as antiques. But old or new, I wouldn't want any piece of ivory in my possession, and those with enough money to purchase ivory trinkets and art should also have enough sense to realize that they are supplying the demand for murder.

Despite the worldwide ban enacted in 1989, the black market for the white stuff still thrives. Somehow, ivory is making its way out of Africa and mainly into Asia before being smuggled into the U.S. It baffles me that there is even a current demand for a product harvested by slaughtering innocent animals. Poultry for consumption is one thing, but a piece of an elephant's tusks for decoration or jewelry is another. Is a bangle really worth cutting off an elephant's face and leaving its carcass to rot while its herd mourns? Yes, elephants mourn. They feel pain. They deserve to live without the possibility of slaughter simply because they were born with beautiful ivory tusks.

Those tusks are their means of survival against predators like lions, and it's a shame that humans, the most dangerous predators of all, use guns that render tusks useless as weapons.

Elephants, and even walrus and hippos, don't stand a chance against a poacher who covets their ivory. But why does this poacher seek to make a living by killing innocent animals and harvesting parts of their body? Because some rich person in a developed country craves a piece of art for their foyer. I bet if fancy pieces of plastic were sold instead of ivory, hardly anyone except for expert antique traders would be able to detect the difference.

The U.S. Fish and Wildlife Service held an "Ivory Crush" event in Times Square this past summer, publically destroying a literal ton of confiscated ivory products after a series of undercover operations seizing illegal art and jewelry all across the nation. This is exactly the message we need to send to the rest of the world. We don't value ivory; we value the lives of the animals that had to die in the name of a senseless human pleasure.

African elephants are listed as threatened under the endangered species act for a reason, and killing them for ivory doesn't help the cause of saving their species. According the U.S. Fish and Wildlife Service, 35,000 elephants die each year in poaching incidents, and these intelligent and beautiful creatures should be appreciated for their grace when they are alive, and not when they are carved and hung up on someone's wall. There is enough material out in the world to make art out of; let animals be living works of art.

#PeopleMatter: The truth behind police brutality

By: **Roddia Paul**

Lives matter. It does not matter if it is the life of a civilian or a cop. It does not matter if the person is white, black, yellow or periwinkle. Each individual life is precious on its own, and for some reason, society has forgotten that. The constant posts about "[insert race] Lives Matter" are making a competition out of what social group has it the hardest. It went from being a way to spread awareness of police brutality and black empowerment to "our lives matter more than yours."

This is not just another police brutality informational session, and it definitely will not be another outline of each beating, killing or wrongful act done by the police over the last year. Hopefully, you do not live under a rock and are aware of the numerous cases that have been multiplying rapidly during the Obama administration. Instead, this article will be about the influence of social media and everyday people on how these cases are being perceived.

One thing that everyone can agree on is that police brutality is an unfortunate wide spread epidemic that needs to be put to rest. However what society does not seem to agree on, is the most effective way to do so. People all over the world have used social media and verbal protest as a way to express their disgust with unlawful deadly force but have yet to use these outlets to bring people of all kinds together. Instead they aid to the racial division by creating hashtags and sharing photos that revictimize the victims and the only time people seem to support victims of police brutality is when they can identify with the same race as them. The truth of the matter is, broadcasting how a particular group of people has been wronged, and ignoring the unfair treatment of the other, will never defeat police brutality.

When acts of police brutality hit the press the first thing people want to know is; what

race was the civilian and what race was the cop. When instead their reaction should never involve race, the minute you hear any human being has been harassed or killed you should give your condolences first and ask questions later. The loss of any life is detrimental and their race, age and/or occupation should not influence you otherwise.

You cannot fight racial discrimination with racial discrimination. If society continues to let acts of police brutality cause more racial separation, it is only adding fuel to the flame. Police brutality exists because the individuals who are affected by it allow it to. Whether the victim is Caucasian, black, Hispanic, Asian or anything else, the public should all come to their defense. Imagine if people of all shapes, sizes and colors stood up together and promoted the motto "People Matter." If people all over the world learned to spread love amongst each other and those who do not look like them, racism amongst the police force might dwindle.

Civilians have a greater impact on the world than the criminal justice system would like to give us credit for. The last time the United States stood together in harmony they elected the first black president of the United States. Imagine the movement that can be created if people decide to work together to enforce the belief that people, all over the world, from every culture matter, and will not stand for wrongful persecution. People have allowed events of police brutality to retract them in the movement towards complete racial equality. Instead racial stereotypes have increased and before we show empathy for the family of a stranger we have to analyze who they are, what they look like and why they might have deserved to lose their life. Since when did someone ever deserve to lose their life? People matter. Hashtag that on your Facebook.

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wanted.
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Wait, where's my phone?

By: Jenna Kopec

It's the first day of class. You've got a good feeling. You thrust the door open. You walk in. The class isn't empty; actually, you're the last one to show up. But instead of the excited pre-lecture chatter you see in the movies before a professor comes in, the only sound is that of your classmate double-tapping someone's Instagram post.

We've all had a class where everyone was more focused on a phone than on the faces around them, and if you haven't had a class like that, you've certainly had a similar experience at a meeting, a public event, a trip on the Shark Shuttle or maybe even at a party. Everyone is on his or her phone everywhere you go.

The millennial generation hates hearing this, understandably so. We aren't to blame for having access to technology that our predecessors couldn't imagine: technology that fits in our pockets. But when do these advances stop helping and start hurting? When does playing on your phone go from habit to addiction? I'm no expert, but I'd say it already has.

Smartphones have a lot of benefits. They are information powerhouses, equipped for quick

and quality communication, and are readily available. So they come in handy when you get a flat tire, are having a debate with a friend or need to make a call when you're running late. But smartphones are also very good at sucking up all of our attention. We use them to avoid talking to the annoying person we met in the store or to keep from doing our homework.

Smartphones create an escape from the things we don't want to do. They shouldn't, mainly because those things we don't want to do are usually the ones we are supposed to. Everyone knows the consequences of procrastinating and that the annoying person we're trying to avoid at the bus stop is still a fellow human being; a minute of conversation with them can't hurt.

The list goes on and on with what can be replaced, or pushed aside, by a smartphone. Before you know it, that piece of computerized machinery becomes your right-hand man. Many of us even take it to bed to spend hours scrolling through a backlit screen before exhaustion finally knocks us out.

I'm guilty, too. In fact, before I reached this line of the article I looked at my phone three times, one of which included a mini-Tumblr

hiatus. I claimed it was for inspiration. The truth is, and perhaps this applies to many, I don't know why I kept checking my phone. There was no real reason.

Living in a world with a constant influx of information, not checking my phone often makes me feel like I'm missing out on something. I think that's what makes our generation "phone addicts." We're always afraid of missing out, and that looks different for every person. Maybe you don't care about social media, but you're checking for a phone call or text message. It's still hard to resist during class once you hear the buzz.

Speaking of buzz, have you ever checked your phone because you swear you felt it vibrate, only to be let down by a lack of notifications? Well, a 2007 study by David Laramie has shown that "phantom vibration syndrome" is not only a real but prevalent, especially among young people. Though it can happen to any phone user, the study links this occurrence and how often it happens to emotional dependence on smartphones. In other words, we've gotten to the point where our bodies are fabricating stimulation from our phones so that we can feel

better.

But instead of running to your phone every time it does or does not beckon, why not try to break free? Challenge yourself to read the rest of this issue without checking your screen. Replace a Snapchat visit with a playdate with your dog, and the next time you go to the class of silence and Instagram posts, strike up a conversation with your deskmate. Maybe you'll find that what you've been missing out on has actually been outside your phone all along.

Society can use a break, but that doesn't have to be as hard as it sounds. You don't have to go back to the flip phone. You don't even need to cut out your smartphone completely.

I understand that with new technology, culture changes. I think it's completely reasonable to say that a smartphone society should use their smartphones. But when misplacing a phone, an object that can be replaced, causes a routine panic attack among the majority of a population, it's gone too far. It actually sounds a lot like withdrawal.



"For midterms, I like to plan out what I need to study. Reviewing with my classmates is always a great help. If feel stressed, I go to Chipotle or Whole Foods with my friends."
- Danielle Zarfati, senior political science major



"If I'm feeling stressed during midterms, I take a break and go on Netflix. That definitely helps me de-stress."
- Brandon Stewart, junior legal studies major



"To be honest, I do not cope well with midterms, I usually just drink a lot of coffee, so I can power through my exams. Call it "coffee-coping," if you like."
- Erika Cordovi, senior legal studies major



"This might be weird, but when I'm stressed I like to read black history, because I find it soothing."
- JoVonte Woods, senior criminal justice major



"I like to make a clear outline and create a detailed schedule to review the material. Listening to music helps calm me down if I start to feel overwhelmed."
- Alina Palmer, senior political science major



"During midterms, I go to Starbucks a lot to cope with stress, and if that does not work, I eat a cookie or go play basketball."
- Mavrick Powell, freshman biology major



"I make sure that I do not wait until the last minute to study, and if I get overwhelmed, to relieve stress, I go to a party or head to the beach."
- Darren Richard, sophomore business administration major

Help Wanted

All students should visit the Office of Student Employment website to apply for these positions:

http://www.nova.edu/financialaid/employment/how_to_apply.html



Administrative Student Assistant- Systems Management-(702)

Job ID: 4988

Hours: 20 hrs./week

Rate: \$12/hour

Assist the Library Systems Administrator to administering virtual images in library computer lab. Help administering and support of tablet, mobile and MAC devices. Perform Systematic User Profile Data Migration as needed. Assist Support Technician with organizing Hardware Inventory and liaison with Fixed Assets Department for Proper Disposal. Provide direction for other student coworkers for training and support. Analyze and resolve complex computer problems. Provide effective, courteous and timely responses to requests for service. Maintain confidentiality and integrity of information and physical security of systems. Integrate clients' desktop systems. Maintain database and report activities of tracking and responses to service requests. Document work activities thoroughly.

Research Assistant-SPARC Grant-(1141)(UG)

Job ID: 5618

Hours: 10 hrs./week

Rate: \$8.75/hour

Assist with lab work, data management and data analysis. Work directly with the PI of the research project to ensure completion of the research.

Student Assistant/ Preschool Aide-(733)

Job ID: 4693

Hours: 20 hrs./week

Rate: \$8.05/hour

Care for preschool children ages 2 to 5 for early and aftercare.

Graduate Student Researcher-(HPD234)

Job ID: 5621

Hours: 10 hrs./week

Rate: \$10/hour

Conduct research on internet.

Administrative Student Assistant- Reference and Instructional Services-(040)

Job ID: 4904

Hours: 20 hrs./week

Rate: \$9/hour

Assist in filing of forms and updating reports. Prepare copies of handouts for instructional training materials or programs. Shelve/shelf read/

shift reference, genealogy and grants collections as needed. Assist as needed in preparing for programming and gallery events. Other duties as required.

Front Desk Receptionist-(1121)

Job ID: 5482

Hours: 20 hrs./week

Rate: \$9/hour

Answer calls, conduct campus tours (as needed), research documents for student's file, process and handle documents, greet students/ families in the Welcome Center.

Graduate Student Assistant/Student Advisor-(355)

Job ID: 4973

Hours: 20 hrs./week

Rate: \$9.25/hour

Assist international students with check-in process, general questions regarding F1 visas, common application procedures and questions (OPT, CPT, Reduced Course Load, required documentation, etc.), create new student files, maintain existing files. Establish contact with incoming and current students regarding office processes and requests. Mail and track official documents to students and

government agencies. Other related duties as assigned.

Part-time Theater & Restaurant positions-(JLD237)

Job ID: 5606

Hours: 10 hrs./week to 40 hrs./week

Rate: \$8/hour to \$10/hour

iPic Theaters and TUCK Room Lounge is coming to North Miami. We are looking for professional, upbeat, and friendly staff to fill the following positions: servers, cocktail servers, bartenders, bar backs, runners, hosts & hostesses, cooks, dish washers, ushers, concessions, guest services.

Senior Student Assistant-(1139)

Job ID: 5596

Hours: 20 hrs./week to 25 hrs./week

Rate: \$8.25/hour

Provide front desk coverage and customer service, answering phones, filing, photocopying, helping with special projects and other general office duties as needed.

Lifestyle Sampler-(JLD236)

Job ID: 5605

Hours: 10 hrs./week to 15 hrs./week

Rate: \$17/hour

Power Crunch is looking to hire Brand Ambassadors to execute our Field Marketing program on a weekly basis. Our Brand Ambassadors will learn event management, guerilla marketing, retail programing and how sales and marketing integrate to create brand awareness and drive sales.

Desktop Computing Assistant-(039)

Job ID: 4487

Hours: 15 hrs./week to 22 hrs./week

Rate: \$9/hour

Assist full-time technicians with the daily installation and maintenance and support of personal computer hardware and software. Troubleshoot technical issues relating to faculty and staff desktops. Assist OIIT logistics in the pick-up and removal of surplus equipment.

Lab Monitor-(54)

Job ID: 4499

Hours: 20 hrs./week

Rate: \$8.05/hour

Assist students, faculty and staff with computer related problems in the different computer labs and classrooms.

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