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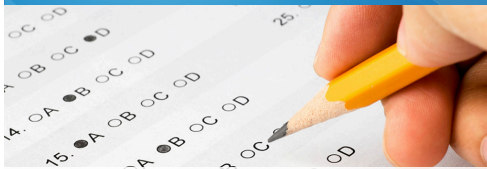
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The Current

The Student-Run Newspaper of Nova Southeastern University

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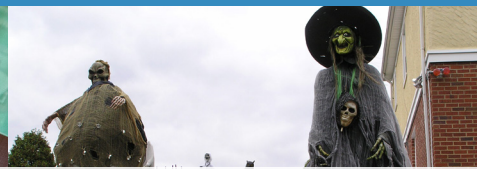
What to do after you flunk a midterm

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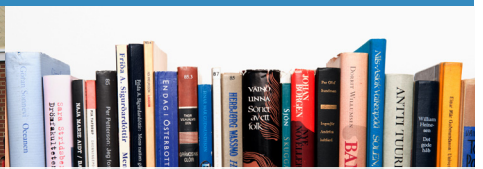
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Run for veterans

By: **Li Cohen**
@Current_Yakira

NSU's chapter of Kappa Sigma fraternity will host the annual Zombie Run on Oct. 23 in the Shark Circle to raise money for Military Heroes Campaign, an organization that donates to non-profit organizations who support military veterans and their families.

Ben Lowry, sophomore chemistry major and chairman for Zombie Run, said Military Heroes Campaign is the fraternity's national philanthropy and that while the event is centered around fun, its primary purpose is to help veterans.

"[The race] supports veterans who have served in the military, and those are the same people who defend our country," he said. "We should be extremely proud of them and support them in any way that we can."

Military Heroes Campaign is a program of A Greater Cause Foundation, a public charity established by Kappa Sigma Fraternity. According to the fraternity's website, the campaign has donated approximately \$500,000 to non-profit organizations since it was created in 2007.

Last year, NSU's chapter raised approximately \$2,000, and Lowry said they



PHOTO PRINTED WITH PERMISSION BY B. LOWRY
Sophomores Raavi Singh and Shelby Wertz, both biology majors, show off their makeup at the 2014 Zombie Run.

hope to raise the same amount, if not more, this year.

According to Lowry, Kappa Sigma chapters throughout the country raise money for Military Heroes Campaign. Once the money is submitted to the fraternity's national headquarters, it will

be redistributed to local and national veteran's organizations in the U.S. and Canada.

This year will be the fifth year NSU's Kappa Sigma Fraternity hosts the Zombie Run to raise money for the campaign, and Lowry expects between 50 and 100 people from the

community to attend.

The event includes an approximate three-kilometer fun run and a veteran's informational booth, as well as free massages, lotion and pizza. NSU's FitWell organization will provide either drinks or host a raffle for prizes, which have yet to be determined.

Lowry said the biggest attraction is the zombie makeup station where NSU students will paint racers' faces prior to the race, which will begin at 4:30 p.m. Lowry said that last year's face paintings looked professional and that many students were drawn to the event because of it.

"It's a great opportunity to take pre-Halloween Instagram pictures," he said.

The race will begin at 6:30 p.m.

Kappa Sigma brothers will table in the Don Taft University Center prior to the event to provide more information and help with sign-ups. Registration is \$15, and shirts are \$10. To purchase a T-shirt, Lowry said to reach out to any of the Kappa Sigma brothers on campus.

To donate, visit gofundme.com/KSZombieRun. For more information or to volunteer, contact Lowry at bl657@nova.edu.

FIJI presents Miss Black Diamond

By: **Roddia Paul**

Phi Gamma Delta, commonly known as FIJI, will host the fifth annual Miss Black Diamond pageant on Oct. 30 at 7 p.m. in the Performance Theatre of the Don Taft University Center to raise awareness and money for Broward Partnership, an organization aimed to help the homeless.

Jared Portnoy, junior biology major and member of FIJI, said that hosting this event is important to the FIJI brothers not only because it is tradition, but because it also allows the members to contribute to an important cause while growing stronger as a brotherhood. He said that watching his graduate and undergraduate brothers get together every year is really moving.

"It just allows us to show how we, as a fraternity, want to be involved in school. It also allows us to reach out to other social sororities like Delta Phi Epsilon, Phi Sigma Sigma, Zeta Phi Beta and Sigma Delta Tau, as well as other organizations like Alpha Kappa Alpha and Medlife," he said. "It's just great that we can all work together to raise money for a great cause."

Contestants will compete in four themed rounds, including casual, superstars, talent and formal. During the individual performances, FIJI brothers will judge contestants based on personality, humor, talent and their knowledge of the fraternity.

"After all [of these] factors have been considered, our judges will crown the winner as Miss Black Diamond, signifying her excellence in exhibiting our values and in representing our fraternity through one of our most iconic emblems, the black diamond," said An Phan, sophomore chemistry major and FIJI

philanthropy/community service chairman.

Each year, the fraternity aims to make their Miss Black Diamond pageant more memorable. The brothers change their theme each year, adding new perks, and although this is their second year partnering with the Broward Partnership for the homeless, the fraternity aims to donate to many more causes around the world.

Portnoy said that the fraternity got business sponsors for this year's event and that there will be surprises for all attendees, including VIP-specific activities.

"We have a bunch of surprises in store that we have never really tried out before that I think will turn out well for us this year," Portnoy said.

Phan said that a primary goal of the event is to unite students, faculty, staff and friends from different organizations, as unity is the most important message the FIJI brothers hope to send by hosting this event. They hope to not only unite the current and former FIJI brothers, but to also make connections throughout NSU by ensuring that every organization has a role in making this pageant even better than it has ever been before.

"The pageant this year features performances by some of NSU's most talented organizations — the Riff-Tides and contestants from non-Greek organizations, such as Razor's Edge," Phan said.

As the brothers hope to build connections and strengthen the presence of unity here on campus, they said take pride in hosting an event that will ultimately donate the proceeds to a cause that is devastatingly prevalent in society.

"This philanthropic event is meaningful to



PHOTO PRINTED WITH PERMISSION BY M. LOHWATER.
Fiji brothers pose with NSU graduate Bansi Savla, winner of last year's pageant.

us supremely because it directs much needed attention and donations towards one of the most overlooked epidemics in our country," Phan said. "Everyone deserves a second chance and an opportunity to live life to the fullest."

Women from every campus organization are encouraged to compete. The week leading up to the event, contestants are required to participate in activities that highlight their best qualities. These activities include volunteering alongside brothers at a service day hosted by Broward Partnership, helping promote the pageant through selling Miss Black Diamond T-shirts and competing in an Instagram challenge, in which contestants will look for brothers wearing their FIJI letters and take pictures with them.

For every brother they find and take a picture with, contestants must post the photo with the hashtag "#missblackdiamond2015," and at least one point will be awarded for each photo. Some brothers are worth more than others depending on their undergrad and grad status and what position they hold.

With the exception of \$10 VIP tickets, the event is free to attend and open to all.

For questions about the Miss Black Diamond pageant or obtaining VIP tickets, call the Greek Life department at 954-262-7288, and for more information about FIJI, visit their national website at phigam.org/.

NEWS ANCHOR

Stay up to date with international events.

Hong Kong police officers charged with police brutality

Seven police officers were charged with reportedly attacking a protester during a mass pro-democracy demonstration in Hong Kong, approximately a year after the incident occurred. On Oct. 15, 2014, activist Ken Tsang was handcuffed and beaten by police. The incident was recorded, and it prompted accusations of police brutality. The police force faced criticism for their seemingly lax handling of the incident.

Nearly one million Indian pharmacies go on one-day strike

At least 800,000 Indian pharmacies went on a one-day strike on Oct. 14 to protest online drug sale. The pharmacies said that the online drug industry cut into their businesses and endanger customers by not following rules. As a result, the government plans to implement guidelines and regulation on online drug retailers, which freely sell anti-abortion pills, steroids and sleeping pills.

Australia police make largest illegal tobacco bust

Australia's border protection agency, the Australian Border Force (ABF), made its largest seizure of smuggled tobacco. The ABF seized over 50 tons of tobacco in two containers in Sydney that were smuggled from Indonesia, and Indonesian authorities seized a third shipment, with over 26 tons of tobacco, before it could leave for Sydney. The ABF also seized six million cigarettes in Melbourne and dismantled two organized crime groups involved in illegal tobacco transport.

Volvo announces 2019 all-electric car

Sweden's Volvo Car Corp. announced that it will manufacture and sell an all-electric car in 2019. Chief executive Hakan Samuelsson said in a statement that electric cars must break out of their relatively small niche and become mainstream automobiles. The announcement came as a response to the Volkswagen emissions scandal. Further details have yet to be released.

Guatemalan women win Civil Courage Prize for human rights work

On Oct. 14, Claudia Paz y Paz Bailey and Iris Yassmin Barrios Aguilar received the 16th annual Civil Courage Prize in New York City for their prosecution and adjudication of organized crime and corruption cases. In 2010, Paz y Paz became Guatemala's first female attorney general and was a Nobel Peace Prize nominee in 2013. Barrios is a judge who presides over a High Risk Tribunal in Guatemala. She is known for dealing with corruption cases, organized crime and human rights abuses. Paz y Paz has actively worked against corruption and impunity within the judicial system. The two will share the award and a \$50,000 prize.

Five countries elected to U.N. Security Council

Japan, Ukraine, Egypt, Senegal and Uruguay were elected to two-year terms in the U.N. Security Council by U.N. member states on Oct. 15. The five countries replace Chile, Chad, Lithuania, Jordan and Nigeria on Jan. 1, joining the five permanent members, the U.S., Britain, China, France and Russia, and five more non-permanent members, Angola, New Zealand, Venezuela, Malaysia and Spain. The U.N. Security Council maintains international peace and security.

Puerto Rico expands its dress code options

Puerto Rico's department of education ruled that public school students of both genders can wear pants or skirts. Female students, who were previously required to wear skirts, can now also wear pants, and male students, who were previously required to wear pants, can now wear skirts. The new policy was signed to accommodate LGBTQ students, and it prohibits teachers from punishing students based on their choice of attire.

UK Ebola patient relapses

Pauline Cafferkey, 39, relapsed after seeming to beat the Ebola virus. Her condition deteriorated rapidly, and she remains critically ill, according to London's Royal Free Hospital. She is being treated in a high-level isolation unit to minimize exposure. Cafferkey, a Scottish nurse, was discharged from the hospital nine months ago after she was treated for the virus. She was the first person in the UK to contract Ebola.

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Make a Difference Day of Service

By: **Grace Ducanis**

NSU students can participate in Make a Difference Day of Service at locations around Broward County on Oct. 24.

Make a Difference Day is the largest community service day in the U.S., with over three million participants each year, according to the event's website. It was started in 1992 by USA WEEKEND magazine and takes place annually on the fourth Saturday in October.

Students participating in this year's event will sort clothing at the Broward Outreach Centers in Pompano Beach and Hollywood and work at urban farming at the Northwest Gardens PATCH (People's Access to Community Horticulture) in Fort Lauderdale, among other projects that have not yet been determined.

Camilo Yibirin is the assistant director of the Office of Student Leadership and Civic Engagement, which organizes Make a Difference Day at NSU each year. He said that Make a Difference Day of Service is a great way for students to engage with each other, as well as serve the local community.

"Once students engage through the university, they meet people, they find something in common to do with other people, and they get to know the community where they're living," he said.

Ujala Ahmed, junior finance major, has participated in Make a Difference Day of Service at NSU in the past.

"I really like that I can see the impact that we make over time," she said. "I like the physical labor that comes with that kind of service."

Ahmed went to the Northwest Gardens PATCH as part of the event.

"It's a lot of fun," she said. "You can really see the difference you're making. It helps the local community, and you can see the impact. It's a unique experience."

Yibirin also said Make a Difference Day is an opportunity for students who need community service hours to meet the requirements of campus organizations.

Students will meet at 8:15 a.m. at the entrance of the Don Taft University Center by the shark fountain. Students are required to wear closed-toed shoes and clothing that they are able to work in. Transportation will be provided to the various service projects. The event will end at 2:00 p.m., and lunch will be provided on campus.

Make a Difference Day is only open to NSU students. To sign up online, visit orgsync.com/45785/forms/163173, however, registration is not necessary. For more information, contact the Office of Student Leadership and Civic Engagement at 954-262-7195 or slce@nova.edu.

On Shore Calendar

Psychology Club's
Pumpkin Carving Party
@Commons 123
7-10 PM

OCT 21

Kappa Sigma's Pledge
Class Bake Sale
@UC Pit
11AM - 2 PM

OCT 23

Make a Difference Day of
Service
8:30 AM - 2 PM

ISA's Garba
@UC RecWell Courts
7 PM - Midnight

OCT 24

Pre-Veterinary Club's
Equine Medicine Seminar
@DeSantis 1047
6-7 PM

OCT 26

LASA's Latin Dance
Classes
@RecWell Multipurpose
room 1
8-10 PM

OCT 27

Shh! It's a silent auction

By: **Emalee Shrewsbury**

Cozy Corners will host their third annual Silent Auction fundraiser on Oct. 21 from noon to 8 p.m. on the second floor of the University Center to raise money for supplies used to redecorate bedrooms for children returning from a hospital stay.

Cozy Corners is an organization dedicated to giving terminally ill children an uplifting homecoming from the hospital by surprising them with redecorated bedrooms, which are funded by fundraising and donations.

Shona Joseph, junior biology major and president of the Cozy Corners organization, said, this year, the organization is expecting about 100 people to stop at the event throughout the day to bid on and win a basket.

"We are expecting this year to be our biggest turn out we have had because we will have more baskets this year," she said. "We have also extended invitations to the Health Professions Division and faculty."

At the auction, students, organizations and local businesses will donate decorative baskets for auctioning. Students, faculty and members of the community can stop by and place their bids in front of the baskets of their choosing.

Participants may come and go as they please, but the auction closes at 7:30 p.m., which is when the highest bid on each basket will be announced. If the winner is not present during the announcement, Cozy Corners will hold the basket and contact the winner to schedule pick up.

The auction is their most successful fundraiser, and the organization predicted it will raise enough money to redesign two rooms, one during each semester of this school year. Last year, they raised \$1700 towards room renovations, and it is the event that the organization is known for on and off campus.

Student organizations, businesses or even a group of friends can donate a basket. Last year, baskets were donated by Cause, UNICEF, and the International Muslim Association at Nova (IMAN).

Joseph said she expects between 30 and 50 baskets to be auctioned. In the past, basket themes included wine and camping supplies. On average, baskets sell for approximately \$50, and some baskets, such as the ones containing wine, sold for as much as \$200.

"We hope to exceed those numbers,"



The before and after pictures of a Cozy Corners room renovation in 2014.

PERMISSION GRANTED FROM S. JOSEPH

Joseph said.

Baskets vary not only in themes but also in purpose. Joseph said that the baskets make good gifts for upcoming holidays.

"Baskets are still being handed in, but so far, we have many wine baskets that would be a great present," Joseph said. "[Attendees] definitely can use these as holiday gifts."

Students are encouraged to attend to meet new people and buy baskets to help a family and child in need. Joseph said that contributing

to a good cause is a very rewarding experience.

"We are all very excited to raise the most money we can, so we can use it to make these families happy," said Joseph.

Cozy Corners has reached out to HPD and arranged another auction in November to further their fundraising for the cause.

For more information, contact Eric Streimer, the corporate outreach and fundraising chair, at es1202@nova.edu.

NEWS BRIEFS

NSU tests emergency notification system

The NSU ALERT emergency notification system will be tested on Oct. 20 at 2 p.m. as part of the Emergency Preparedness Plan. Areas to be tested include mass communication services, Public Safety response, Emergency Information Hotline, the main banner on the NSU website, NSU emergency website, social media, Digital signage, NSU SharkTube displays, computer pop up alerts, campus cable TV in the residence halls, outdoor speakers, emergency classroom intercoms and phones, building voice evacuation, Public Safety bullhorns and public address systems and radio communication interoperability. For questions or concerns, contact the Office of Public Safety at 954-262-8999.

NSU's fifth annual Fellows Society Celebration

On Oct. 8, NSU celebrated its fifth annual Fellows Society Celebration at the Grand Oaks Golf Club to induct and honor 29 new members and recognize current Fellows for their generosity and devotion to NSU. The Fellows Society is a group of philanthropic benefactors, including more than 500 individuals, corporations and organizations, who have made gifts of \$50,000 or more to NSU. Fellows' Way, located between the Carl DeSantis Building and the Rose and Alfred Miniaci Performing Arts Center, honors Fellows who have donated to NSU since its founding in 1964. For more information, contact Karen Araque at 954-262-2108 or karaque@nova.edu.

Uber is back in Broward

Uber car service was reinstated in Broward County on Oct. 15 after county commissioners voted 6-2 for looser regulations on Oct. 13. Uber was banned from Broward County in July when the company denied the county commissioners' requests for more thorough background checks on the drivers. The ban was lifted on the stipulations that drivers will have to go through a basic background check and be required to follow state insurance laws.

Travel-study to Spain

Students of all majors are invited to take a travel-study course to Spain in winter 2016. The class, called Comparative Criminal Justice, is three-credit course part of the College of Arts, Humanities and Social Sciences. The class is taught by Associate Professor George Kakoti and focuses on the legal and criminal justice systems of different nations, including Spain. The class requires an eight-day trip to Spain, which costs \$2,050, including airfare, hotel accommodations, daily breakfasts and transportation to different locations. A deposit of \$1,100 is due Nov. 2 and a final payment of \$950 is due Dec. 7. To see full details about the trip, visit nova.edu/internationalaffairs/index and click on the Travel and Study Abroad link. For more information, contact Kakoti at gk181@nova.edu or Alejandra Parra in the Office of International Affairs at aleparra@nova.edu.

Commuters lounge for Halloween

On Oct. 27 and Oct. 29, Commuter and Transfer Student Affairs and the Office of Student Success will host the Howlween Lounge from 8:30 a.m. to 5 p.m. in Room 4009 of the Alvin Sherman Library. From noon to 1 p.m., a student success coach will host a time management workshop, and attendees will be entered for a chance to win a \$25 Starbucks gift card. For more information, contact Patti Ferencak at 954-262-7146 or ferencak@nova.edu, or contact Lauren Storms at 954-262-7031 or ls2026@nova.edu.

SEA Board wins national awards

The Student Events and Activities Board received three awards during the National Association for Campus Activities Southern Region Conference during the weekend of Oct. 1. They won Best Promotional Item for their SEA Board blanket, Best Calendar for their fall 2015 involvement calendar poster and Outstanding Education Session for an hour-long session on using pop culture and social media to draw engagement, hosted by SEA Board members Sasha Pimentel and Daesha Roberts. For more information on NACA, visit their website at naca.org. For more information on SEA Board, visit the Office of Student Activities next to the RecPlex in the Don Taft University Center.



Race to presidency 2016 The more you know

The following lists the remaining presidential candidates and their previous professional experiences, education backgrounds and the top issues discussed on their campaign trails. All information was researched and gathered from their campaign websites and insidegov.com.

Hillary Clinton (D)

Previous experience: Secretary of State, New York Senator, First Lady of the U.S, First Lady of Arkansas, lawyer, law professor

Education: Wellesley College and Yale Law School

Top issues: campaign finance reform, campus sexual assault, climate change and energy, college, criminal justice reform, disability rights, early childhood education, economy, gun violence prevention, health care, immigration reform, k-12 education, labor, LGBT equality, national security, rural communities, small businesses, Social Security and Medicare, substance use disorder and addiction, voting rights, Wall Street and corporations, women's rights, and the workforce

Donald Trump (R)

Previous experience: Founder/Chairman/President/Chief Executive Officer of The Trump Organization, Chairman of Trump Hotels and Casino Resorts, Inc., author, co-producer of "The Apprentice"

Education: Wharton School of Finance

Top issues: Tax reform, second amendment rights, immigration reform

Bernie Sanders (D)

Previous experience: U.S. Senator, U.S. Representative, Mayor of Burlington, author, documentary filmmaker, lecturer at Hamilton College and Harvard University

Education: University of Chicago

Top issues: income and wealth inequality, college tuition, minimum wage, climate change, racial equality, immigration, women's rights, LGBT equality, veterans, Social Security, prescription drug prices, Wall Street, Iran Deal, special interest groups and politics

Ben Carson (R)

Previous experience: Director of Pediatric

Neurosurgery at Johns Hopkins Hospital, Co-Director of Johns Hopkins Craniofacial Center, neurosurgeon, author

Education: University of Michigan and Yale University

Top issues: abortion, federal budget, education, Gitmo, ObamaCare, faith in society, Russia, second amendment, Israel, tax code

Martin O'Malley (D)

Previous experience: Governor of Maryland, Mayor of Baltimore City, delegate at the Democratic Party National Convention, member of Baltimore City Council

Education: University of Maryland School of Law and Catholic University

Top issues: trade policy, national service, homeland security, financial reform, clean energy, addiction treatment, campaign finances, gun reform, Social Security, criminal justice, immigration, college finances, foreign policy

Marco Rubio (R)

Previous experience: U.S. Senator, Florida Representative, Florida Speaker in Florida State House of Representatives, Majority Leader in Florida State House of Representatives, City of West Miami commissioner, political analyst at Univision, visiting professor at Florida International University

Education: University of Miami and University of Florida

Top issues: China, energy, foreign policy, higher education, Iran, ISIS, Israel, jobs, Russia, economy, taxes, veterans

Jim Webb (D)

Previous experience: U.S. Senator, Company commander in the U.S. Marine Corps, Platoon Commander/Instructor in Tactics and Weapons in the U.S. Marine Corps, visiting writer/literature instructor at Naval Academy, Assistant Secretary of Defense, staff of the Secretary of the Navy, screenwriter, author, producer

Education: Georgetown University Law Center and U.S. Naval Academy

Top issues: economy, social justice, foreign policy, national security, military, veterans, balance of government powers

Carly Fiorina (R)

Previous experience: President and COO of Lucent, CEO of Hewlett-Packard

Education: Stanford University, University of Maryland and MIT Sloan School

Top issues: foreign policy, national security, abortion, ObamaCare

Lincoln Chafee (D)

Previous experience: Governor of Rhode Island, U.S. Senator, Mayor of Warwick, member of Warwick City Council, Delegate at the Rhode Island Constitutional Convention, Manufacturing Planner at Electric Boat, planner at General Dynamics, blacksmith at Harness Racetracks

Education: Brown University

Top issues: Iraq war, minimum wage, elementary education, Paycheck Fairness Act, paid leave, environment, immigration, special interest groups and politics

Ted Cruz (R)

Previous experience: U.S. Senator, Domestic Policy Advisor for the Bush Presidential Campaign

Education: Harvard Law School and Princeton University

Top issues: second amendment, immigration, abortion, LGBT rights, nuclear weapons, ObamaCare

Jeb Bush (R)

Previous experience: Florida Governor, Florida Bush-Quayle chairman, Bob Martinez re-election chairman, Florida Secretary of Commerce, Republican Party of Dade County chairman

Education: University of Texas

Top issues: ISIS, national security, immigration, veterans, energy policy, ObamaCare, taxes, federal debt

Mike Huckabee (R)

Previous experience: Governor of Arkansas, Lieutenant Governor of Arkansas, Communications Executive at Cambridge Communications, Pastor at Beech Street First Baptist Church, President of Cambridge Communications, President/Founder of ACTS 24-Hour Channel, President/Founder of KBSC-

UHF 24-Hour Channel

Education: Southwestern Baptist Theological Seminary and Ouachita Baptist University

Top issues: tax reform, veterans, Israel, energy, federal debt, national security, ObamaCare, senior citizens, education, border security, second amendment, family values

Rand Paul (R)

Previous experience: U.S. Senator, Founder of Southern Kentucky Lions Eye Clinic, resident at Duke University Medical Center, general surgery intern at Georgia Baptist Medical Center, ophthalmologist

Education: Duke University Medical Center

Top issues: federal spending, NSA, term limits, taxes, Federal Reserve, foreign policy and defense, ObamaCare, energy, immigration, government regulations, criminal justice, civil liberties, education, Israel, Social Security, veterans, abortion, second amendment

John Kasich (R)

Previous experience: Governor of Ohio, U.S. Representative, Ohio State Senator, commentator on Fox News, Management Director at Lehman Brothers Investment Banking Division, aide to the Ohio Senate

Education: Ohio State University

Top issues: abortion, LGBT rights, second amendment, ObamaCare

Chris Christie (R)

Previous experience: Governor of New Jersey, Director of Morris County Board of Freeholders, attorney/partner at Cranford Law Firm, Liaison at Morris County Department of Human Services, U.S. District Attorney of New Jersey, Campaign Counsel for Bush for President Campaign (2000)

Education: Seton Hall University School of Law and University of Delaware

Top issues: criminal justice, foreign policy, education, economy, border security, immigration, healthcare for veterans

THAT TIME I...

SWITCHED FROM HOMESCHOOL TO COLLEGE

By: **Grace Ducanis**

The transition from high school to college is difficult for everyone. The expectations are different, and the work is harder. You most likely don't know any of your teachers or any of your classmates. You're in a new environment, and you have to adapt quickly or you might not succeed as well as you want to.

For me, the transition was a little unique. I was homeschooled until my freshman year at NSU in 2013. My mom started homeschooling me when I was 5 years old, and she liked it so much that she continued to homeschool me until I graduated. My three younger sisters and two younger brothers are homeschooled also.

There are a lot of stereotypes about homeschoolers: that they're socially awkward and have no friends, that they're all religious nuts and that they never learn anything because their parents can just give them an "A" whether they do well or not. From personal experience, I can say that those stereotypes definitely fit some homeschoolers, but homeschoolers are just as diverse as public or private school students.

I've always had friends; I just didn't go to school with them. In addition to math, science, reading and writing, my days as a homeschooler were filled with trips to the opera, RVing in national parks, community service with my 4-H group, orchestra practices, sports with other homeschoolers in a physical education co-op and gardening at museums, among many other things. I was able to experience learning in a way that would have been impossible if I had been in school for seven hours each weekday.

Before college, I didn't know what a syllabus was, I had never sat through a class, I had never completed a group project for a grade, and I had never had to sacrifice my cherished eight hours of sleep for the sake of a test. Some adjustments I made when I started college were easy. For example, the work itself wasn't too difficult because homeschooling had more than prepared me for college. The fact that I'm a commuter student meant another easy adjustment because I didn't have to deal with the stress that comes from an entirely new social environment. Other adjustments, however, were more difficult.

I wasn't used to a professor, someone I didn't know at all, determining whether or not I would pass or fail a class. The most important ingredient of success wasn't understanding the subject, but understanding my professor. During my first semester at NSU, I had an astronomy professor whose demeanor led me to assume that his tests would be easy. As a result, I didn't prepare for his class as well as I could have, and I didn't get the grade that I wanted. I used to be shy about approaching my professors. I felt like whenever I emailed them to ask them about an assignment that I was bothering them, but now I know that establishing relationships with professors as early as possible, especially with professors in my major, make the college experience a lot easier.

When I was homeschooled, I was allowed to work through a subject at my own pace. I had deadlines, of course, but they weren't set in stone. College deadlines didn't turn out to be as



PHOTO PRINTED WITH PERMISSION FROM G. DUCANIS

Ducanis was homeschooled until she started college at NSU in 2013.

forgiving. Fortunately, I quickly fine-tuned my time management and planning skills and found a rhythm that worked for me. For example, as an English major, my classes require a lot of reading, and my professors often gave quizzes on the reading at every class. In order to do all of the reading, I had to read very quickly, and reading very quickly resulted in terrible reading comprehension and retention. I found that in order to pass the quizzes, I needed to read the assigned pages the day before the class or on the day of the class. I had to purposefully procrastinate on reading assignments, and I had to make myself start writing papers long before I felt that it was necessary.

Although homeschooling made the transition from high school to college harder, in some ways, it made it easier. After I got past one-plus-one-equals-two and dogs go woof, my parents weren't much help. When I didn't understand how to divide polynomials or how to write a good essay, I had to figure it out for myself from either the textbook or the Internet. This ability to think critically and self-teach became very useful in college; it made classes

on subjects that were hard to grasp much easier, and it helped me get through classes taught by professors who weren't very good at teaching.

I consider my evolution from homeschooled student to college student a success, but that doesn't mean there aren't things I would do differently. During my freshman year, the extent of my involvement on campus was showing up for classes. I wasn't used to having so many extracurricular activities at my disposal, and because I wasn't used to them, I made the mistake of not taking advantage of them. Now, I wish that I had made more of an effort to look for student groups on campus to be part of. On the bright side, I do have two more years.

Overall, I believe that the challenges I faced entering college were unique, but they were no more formidable than the challenges facing any other college freshman, whether they graduated from public school, private school or homeschool. The key to my transition was simply hard work. Whether you're learning at your kitchen table or in a classroom, there is simply no substitute for hard work.

Why having a mentor and support system is key to your career success

By: **Emilio Lorenzo and Emily Tasca**

Emilio Lorenzo is the assistant director of career advisement 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.

Just like Luke Skywalker needed Obi Wan Kinobi to reach his full potential in "Star Wars," you, as a student, need a support system in college to help you reach your career and personal goals. One ideal avenue to explore is identifying and obtaining a mentor throughout your collegiate journey.

A mentor can be defined as an individual or group of individuals who provide clarity and guidance, listen to your struggles and accomplishments and have interest in your success. Many may agree that in this society, speaking your mind or discussing personal struggles is not easy or as acceptable as it should be, which creates boundaries on being able to express yourself effectively. Having a great mentor not only provides you the avenue to be open and be honest about challenges in your life, but it also becomes the catalyst that ensures you are being proactive in overcoming such struggles and reaching your goals strategically.

College is filled with unknowns, and as this is new territory for many of you, it is not always



PRINTED WITH PERMISSION FROM E. LORENZO AND E. TASCA
Lorenzo and Tasca work with students to help them achieve their career goals.

clear which path is the proper one to follow. A mentor can help you navigate through these waters and properly prepare for the waves that will try to knock you off your sail boat. Let's be honest, there is no collegiate journey that does not have its own hiccups or challenges; however, having someone there to talk to and knowing that they have your best interests in mind is very valuable and reassuring.

Aside from guiding you through different paths, a mentor can be that motivational force in leading you to do more while in college, including taking leadership roles, doing an internship, networking with professionals in your prospective career field and, overall,

providing guidance as you develop day by day into a well-rounded individual.

You are probably asking yourself, "Okay, this sounds great, but where do I order a mentor? Will he or she just find me like Waldo, in a sea of other people wearing striped shirts, or is there just an app that I can download that will be my mentor?" Unfortunately, Siri does not have mentoring capabilities, but there is still much more effective ways in discovering the perfect mentor.

One great way of getting started is to make a short list of individuals you have encountered thus far on or off campus who you felt comfortable with. Sometimes, you unexpectedly

meet someone who just fills you with positive energy, empowers you to do more or makes you consider things from a different perspective. You can also consider people who you have met who always seem to get you to step outside of your comfort zone and consider the opportunities or goals that you felt were not possible until you met and interacted with them. These people, whether you realize it or not, could all be ideal candidates for your mentor in college.

If you can't think of someone who matches this criteria, do not be discouraged, as there are plenty of these types of individuals just around the corner. You should consider meeting with your academic adviser, a career adviser, a success coach, a faculty member or even a staff member on campus who makes you feel good about yourself and is always willing to listen or provide a helping hand. Start building a relationship with these individuals by stopping by during their office hours, setting up an appointment or just having everyday conversations in person or via email. The goal is to establish a relationship with someone who you really feel is taking the time to invest in you as an individual, professional and a student.

Overall, mentors are the umbrella that shelter you from South Florida's unpredictable weather. You may not always need them, but you are going to be glad you have the support available when things get unpredictably complicated. Mentors can provide valuable insights to your own journey and share their own experiences that have led to this wisdom. So as a young padawan learner, remember that your path to success is paved through hard work, but having a mentor is the utility belt to your batman suit that can lead to a more strategic road to reaching your goals.

The introvert and extrovert challenge

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 offer 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.

Your first year can be a wild rollercoaster of social activity. The excitement of your first-year experience will be enhanced by the endless opportunities to meet new people, join new clubs and go to parties. However, for some people, the thought of being thrown into odd social situations while being surrounded by hundreds of strangers is more anxiety-inducing than exciting.

Naturally, you'll feel this way if you're an introvert. The main difference between introverts and extroverts is that extroverts gain energy from being with others, while introverts gain energy from being alone. To use an example, after a day of attending numerous on-campus activities, an

introvert would probably prefer to stay in their dorm room and watch Netflix to recharge their mental batteries. An extrovert, on the other hand, would probably prefer to go out and eat dinner with their new friends.

Other introvert/extrovert differences are that introverts prefer to think before speaking, while extroverts, who love the social spotlight and being the center of attention, think by speaking. Despite their natural differences, both introverts and extroverts have innate strengths that the other personality type can learn and benefit from. Since college is a place to experiment and grow, there is no better time than now to challenge yourself to cultivate new skills and build a better you. With that said, in order to make the most out of your college experience and increase your future success, try challenging yourself with these fun introvert and extrovert activities.

The extrovert challenge

If you're an extrovert, challenge yourself to appreciate the quiet, nurture your creativity

and focus inwardly. Introverts tend to do this naturally, so as an extrovert, aim to challenge yourself to focus on obtaining a healthy work-social life balance. This means you might need to prioritize and learn to manage your time efficiently. Having fun and participating in social activities and events is a big part of college, but it shouldn't consume or overwhelm you. Lastly, dare yourself to enjoy at least one solitary experience every semester. For example, you can challenge yourself to read a Pulitzer Prize novel, take a piano class, visit the NSU Art Museum or write in a daily journal.

The introvert challenge

If you're an introvert, challenge yourself to break out of your comfort zone. This is one thing extroverts are notorious for doing. Introverts tend to have a more defined level of comfort that they find it hard to break away from, and, as a result, they may not experience all the opportunities available to them in college. Every semester, try to do something new that intimidates you. Try joining a club, being the first to volunteer in

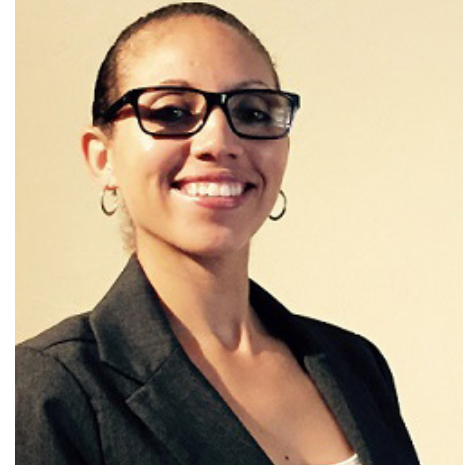


PHOTO PRINTED WITH PERMISSION FROM A. COAN
Coan provides weekly academic success tips to help students make the most of their college experiences.

class, striking up a conversation with someone you've just met, meeting with your professors during their office hours or studying abroad. Remember, studying and doing well in school is important, but studying and earning good grades shouldn't be the end of your college experience.

Traveler's checklist

By: **Sarah Kelly**

Traveling outside of the country is a drastic change for anyone, especially if it is his or her first time. As a college student, the thought of your first trip to a new country can be a little nerve-wracking. So to make your trip a bit less stressful and a lot safer, here are a few tips.

What's up, doc?

Most foreign countries require a valid passport to enter and leave, so make you sure you have a passport. If you are planning to travel overseas, it is important to make sure you have all of the necessary documents for travel and that you keep these documents in a safe place. For extra precaution, make photocopies of all your travel documents, such as a passport ID page, itinerary, hotel confirmation, airline ticket, driver's license, credit cards you're bringing on the trip and traveler's check serial numbers.

It is also a great idea to leave one copy with a friend or relative at home, keep one on you and keep the last copy in your suitcase. That way, you are never without proof of identity, and, in case of emergency, make sure you have the nearest U.S. Embassy contact information.

Keep calm & stay healthy

Before traveling, make sure you are up to date on your vaccinations, and learn if your health insurance provider will cover you, if needed, for medical treatment overseas. If your health insurance policy does not cover you abroad, consider purchasing a short-term policy that does. Many travel agents and private companies offer insurance plans that will cover health care emergency expenses, such as

medical evacuation, which according to MedEx, can cost more than \$100,000.

Be aware of warnings

Before leaving, sign up for the Smart Traveler Enrollment Program (STEP) online to receive travel warnings so that if anything occurs, like widespread civil unrest, dangerous weather conditions, and/or terrorist activity, you will be alerted. The alerts are also sent out for short-term events, like elections, health epidemics, demonstrations and disturbances. These warnings are put into place to make you aware of any possible dangers before planning future trips.

Enrolling in STEP is another way to keep yourself up to date with important safety and security announcements in whichever country you chose to travel to. This program also makes it easier for the U.S. Embassy to contact and find you in the event of an emergency.

What do you mean you don't speak English?

When going overseas, make sure you brush up on the primary language of the country so that you can not only be comfortable speaking to locals but also so that you can understand them and your surroundings. This has become actually very easy for most people who travel abroad because of an app called Translate & Speak, which is available on both Apple and Android devices. This app is very helpful because it actually translates words and phrases and says them back to you. This way, you get the pronunciation of the sentence, and you feel more comfortable saying it to locals.

Try your best to learn as much about the culture, customs and government of the country you are planning to visit before you actually arrive. Understanding the traditions and exchange rates and knowing the laws and legal system of the country you plan to visit will make all the difference.

Foreign laws can be very different from U.S. laws, and what may be legal here might be illegal there and vice versa. Keep in mind while traveling that just because you are from U.S. does not mean you cannot go to jail while in a foreign country. If you break a law, no matter where you are, you will have to face the consequences.

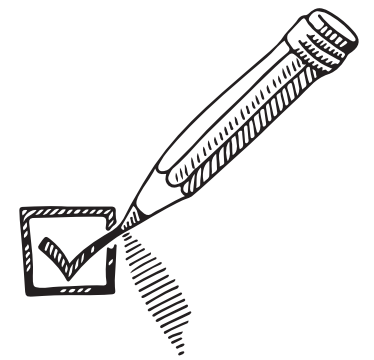
Pack smart, not heavy

How many times at the end of a trip do you look at your luggage and realize you didn't even wear half the stuff you packed? When traveling abroad, you need to pack light so you can move more and have a free hand when you need it. Also, you do not want to have to pay any fees for your luggage being over the weight limit.

Make sure to limit how many valuables you take with you and pick safe places to keep the ones that you do. Last but not least, avoid packing IDs, tickets and other important documents in backpacks; instead, you should always pack them in a purse, suitcase or anywhere you can gain access to them easily and know they will not get misplaced or stolen.

Safety first

Always let at least one person know exactly where you will be staying and how to contact you in an emergency. Also, avoid



carrying cash — use credit cards or traveler's checks. When paying your check at restaurants, don't flash large bills. Before you leave, notify your bank and credit card company that you are going overseas, just so they don't decline you when you're trying to make that first important shopping purchase on your trip.

Also, contact your cell phone carrier and ask about using your phone overseas. If you don't want to buy an overseas plan, make sure your phone stays on airplane mode, and only use Wi-Fi.

Last but not least, always keep in mind your basic safety tips. Make sure that you continue to do the things your parents taught you in grade school, like walking facing traffic, looking left, right, then left again, always being alert of your surroundings at all times and avoiding strangers. As a matter of fact, don't even share a taxi.

The true secret to a successful trip abroad is to be prepared by following the traveler's checklist and by researching the region. These two things will serve as a solid baseline of knowledge so when you arrive, you won't be overwhelmed. Don't get stressed out over the small stuff. Just relax and enjoy the experiences a new country has to offer.



Free speech 101: Celebrating Free Speech Week

By: **Roddia Paul**

School systems often prohibit speech that is considered anti-Semitic or anti-Arab in order to ensure that students are not discriminated against or deprived of equal access to educational opportunity. However, that does not mean that students are prohibited from expressing criticism towards foreign countries, even if their beliefs are graphic or offensive.

“There is a difference between criticizing Israel and being anti-Semitic, and there’s a difference between criticizing the Palestine Liberation Organization (PLO) and being anti-Arab in a discriminatory sense,” said Michael Masinter, professor in the Shepard Broad College of Law.

For example, last April, there was a protest at the University of Michigan after the school announced it would be showing the movie “American Sniper,” a film about an American soldier who was a sniper in Iraq. The students from the campus objected to the showing because they felt it portrayed Arabs in a bad light. However, the school said that although the movie is centered on a politically controversial topic, hurt feelings are not reason enough to not show the movie on campus.

“There’s really not enough grounds to censor something just because it is a touchy subject, even if it is a controversial topic, because the government does not draw distinctions between good ideas and bad ideas,” Masinter said. “The whole idea of free speech is that we get to make that decision for ourselves.”

With that said, the biggest misconception when it comes to freedom of speech is that if it is offensive, it should not be said. In reality, if people monitor speech based on how listeners will be affected, they place a filter on speech,

and that is the exact opposite of why the right to freedom of speech was implemented for U.S citizens.

We the people

Thanks to the First Amendment, U.S. citizens are entitled to freedom of expression, which includes the right to freedom of speech. This right was implemented because the government wanted to provide its citizens with the ability to express themselves without the fear of persecution. Because of this amendment, people are free to practice their religions, express love for a certain sex, speak their minds and, most importantly, be themselves.

“The constitution only limits the power of government and governmental officials. It does not regulate what you or I can do,” Masinter said.

For example, in countries that practice communism or totalitarianism, citizens often do not have this right, and, in many cases, they are punished for speaking out against the views of the government.

In this country, people are not only allowed to support a different party than the one in office, but there are also news networks, printed news and social media outlets that allow people to express their opinions on things going on in today’s society.

In a country that is often described as a melting pot, it is important that every individual feels comfortable enough in their home, in public and in their personal life to be who they are.

“As far as the government is concerned, I get to say anything I want, unless it is forbidden by law,” Masinter said.

Free Speech Week

In honor of the right to freedom of speech, a group of organizations headed by Robert Pittman, CEO of Clear Channel Communications, hosts a national event called Free Speech Week, or FSW. This event takes place during the third week of October and serves to bring awareness to how fortunate the citizens of the United States are to be a part of a democracy that allows them to freely express themselves.

There are many ways that one can get involved in FSW that do not involve much effort at all. Things such as telling a friend or simply speaking up on a particular matter count as taking part in this national event.

People are often afraid to speak up because they are afraid to be judged or embarrassed, but at the end of the day, as long as you do not break any laws, you have the right to say and do what you feel. This annual celebration reminds us that when it comes to freedom of expression, your right to speak your mind is your right, just as much as it is someone else’s not to agree with you.

But it’s in the First Amendment

Yes, people are protected under the constitution to practice their right to freedom of speech, but freedom of speech should never be used as an excuse for malicious acts. If your act of expressing yourself involves obscenity, threats, copyright infringement or any illegal activity, then it does not classify as an expression of freedom of speech and is not protected under the Constitution.

“We really start to talk about free speech in the legal sense when there is a law that punishes me for what I said,” Masinter said. “It can punish me by making me go to jail, pay a fine, lose my

job with the state of Florida or by expelling me from a public school.”

People often interpret the right to express their thoughts and emotions as a green light to promote riots and threats, but because that completely defies the purpose of freedom of speech, depending on the situation, there can be legal repercussions as a result of the person’s actions.

“For example, threats of violence are what you would call unprotected speech,” Masinter said. “This means that the government can punish you for threatening somebody with violence.”

Freedom of speech is often a huge topic when it comes to school systems and the work place with issues such as dress code and conduct. The truth is, although the Constitution gives you the right to dress however you feel, when you step into an institution, you surrender those rights, and, ultimately, you have to follow the rules and regulations of that particular institution. Learning the difference between personal belief and what actually constitutes as legal matter is important when it comes to understanding what the right to freedom of speech is.

So when it comes to celebrating this year’s Free Speech Week, take pride in knowing you are a part of a democracy that believes in the individual beliefs of its people. As you celebrate, keep in mind that others have the right to freedom of speech just as much as you do. Agree to disagree, and celebrate this year’s Freedom of Speech week by focusing on showing the world that you are not afraid to express who you are and how you feel.

Excellence looks good on you

By: **Roddia Paul**

Oftentimes, our greatest efforts go unnoticed, so when you receive an invitation to join one of NSU’s prestigious Honor Societies, make sure to take this opportunity seriously. If you are not sure why an invite to an Honor Society is a major accomplishment, let’s break it down.

An honor society is an academic organization that recognizes students for both their academic and community achievements. These organizations not only show that a student has a level of high achievement, but they also provide members with the resources and connections to further understand their majors and make steps toward their future career.

Students strive for excellence in high school so that they can apply and be accepted to the college that best suits their future career needs. After walking across the stage and receiving their diploma, a student then looks forward to his or her waltz across an even bigger stage and being handed their degree. Excellence, for many, is motivation to succeed, and that is exactly what being a part of an honors society provides for its members.

“An academic honors society is an organization that recognizes students, often by a particular discipline, for academic excellence,” said Don Rosenblum, dean of the Farquhar Honors College. “They set very high standards, and students who meet those standards are invited to join.”

The basic requirements to be invited into an honor society are as follows: students must be juniors or seniors, complete a minimum of 24 credits and be in the top 10 percent of their major. The requirements may seem hard, and you might be worried about the fees, but think about it as one more reason to maintain a high GPA, and its one-time fee for a lifetime of benefits.

“This is a membership that lasts a lifetime,” Rosenblum said. “These societies provide networking opportunities and scholarships, and, for many students going off to professional or graduate studies, these [organizations] are peer

markers.”

As if the honor of a letter of recognition was not enough, many of these societies include faculty who can help you become a part of the community you hope to join in regards to your career. Do not let the fear of maintaining your grades stop you from striving for excellence, and, if you are invited, do not let the cost of joining shape your answer. Many of these societies find scholarship opportunities to help students who cannot afford the fee.

There are several societies, and each is centered around a particular major. The goal is to make sure that every student has a society to belong to. This ensures that they are surrounded by faculty and fellow classmates who understand and can help them in their professional endeavors.

“Not every major has its own society, but many of the major ones do,” Rosenblum said. “So we continue to add more societies that are specific [to different majors].”

The following honor societies are at NSU:

Alpha Chi – Alpha Chi is an academic honor society open to juniors and seniors in the top 10 percent of their major.

Alpha Eta – Alpha Eta is the national scholastic society for health professions.

Alpha Kappa Delta – Alpha Kappa Delta is the international sociology honor society.

Alpha Phi Sigma – Alpha Phi Sigma is the National Criminal Justice Honor Society.

Beta Beta Beta – Beta Beta Beta (TriBeta) is an honor society for particular for undergraduate biology students.

Kappa Delta Pi – Kappa Delta Pi is the International Honor Society in Education.

Lambda Epsilon Chi – Lambda Epsilon Chi (LEX) is the national honor society for

paralegal/legal assistant studies.

Lambda Pi Eta – Lambda Pi Eta (LPH) is the honor society of the National Communication Association.

Psi Chi-Psi Chi – Psi Chi- Psi Chi is the national honor society of Psychology.

Rho Rho Rho – Rho Rho Ro is an honor society for students seeking a degree in marine biology.

Sigma Beta Delta – Sigma Beta Delta is an honor society for students in business, management and administration.

Sigma Tau Delta – Sigma Tau Delta (Alpha Nu Iota) is the international English honor society.

Sigma Theta Tau – Sigma Theta Tau (Upsilon Chi) is the International Honor Society of Nursing.

Depending on the individual society, the requirements to join may vary. A great place to begin for basic requirements is within the Honors College, as it is the management and beginning point for all of the honor societies. Do not let an absence of an invite stop you from learning more about these organizations. Find out from a professor if there is an honors society that caters to your major, and then find out its individual requirements. Strive towards those requirements not just because of the perks of being a member, but also because personally you want to strive for excellence.

For more information on these societies, visit <http://honors.nova.edu/academic-honor-societies.html>, and if you ever receive an honors invitation in the mail that you are not so sure about, a great site to check its validity is <http://www.achsnaatl.org/>.

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You flunked your midterm, what's next?

By: **Roddia Paul**

Whether you spent the past six weeks preparing or just opened your textbook for the first time the night before, failing a midterm can happen to anyone. So whatever you do, don't take this to mean you will not do well in the rest of your course. Keep in mind that you have only lost one battle, not the war, and by following some simple helpful tips, you will do better on your final.

Positivity is key

Everyone knows when they have given something their all, so after receiving a low grade try, to remember it is just a grade and all that it means is next time, you will do better. Sometimes, procrastination is the culprit of a failing grade, and other times, no matter how hard you study, you still just cannot grasp certain concepts. Whichever reason applies to you, make it your business to stay positive. Improvement is both a mental and physical effort, so you have to first put yourself in the mindset to succeed, and then the physical work follows.

"In your life, negative things might happen to you, and you can't control the negative things that happen to you, but you can control the way you react," said April Coan, assistant director and academic success coach of the Office of Undergraduate Student Success. "The way you react is how you make things better."

If you allow yourself to believe you cannot do something, you inhibit yourself by creating a barrier between you and achieving your goal. Break the barrier between you and success by telling yourself, "I can do better, and I will do

better next time."

Weeding by the root

Receiving a bad grade is hard for anyone to swallow, especially if it's one that usually counts for a large portion of your grade. So after deciding to accept your grade and improve your efforts, your next step is getting to root of the problem.

"Instead of thinking of a bad grade negatively, think about how to make your academics better by learning from your mistakes," Coan said.

Figuring out where you went wrong will be the ultimate tool in discovering what to do to ensure that this does not happen again. After the exam is graded, ask your professor if you can make a copy of the questions and answers that you got wrong so that you can later use them as a study tool. If your problem was more of underestimating the material than simply not understanding it, then you know that for your next exam, you need to take it more seriously and devote more time to studying. Studying the night before, in this case, will not suffice. Once you have made note of what the cause of your downfall was, you are ready for the next step.

Hard work never hurt anybody

You have mentally prepared yourself for your physical responsibility, and now your next step is to put that into action. After procrastinating studying for your exam, you should take more notes, pay more attention and ask more questions. Do your best on every

assignment and every chapter test because your performance on each individual assignment will help gauge your performance on your cumulative exam. If you do all of these things and still do not do as well on your exam as you would have liked to, then you need to review what you got wrong. Figure out every concept that you did not do well on and write them down. Take this list of things to a tutor, or even your professor, and get extra help in understanding what these things mean. Make sure you write everything you are told in ways that will help you remember the material.

"You should always explore all of your options, whether you decide to get a tutor, an academic coach or as a last resort withdraw; you should do whatever will guarantee your individual success," said Coan.

Although these approaches stem from different problems, they have a common focus, which is putting in the time and effort to achieve academic success. It's hard in college, especially with all the other things going on in your life, to study as much as you would like to, but you need to make sure that you study as much as you can. And if you find that studying is not enough, you need to figure out what the best next option is.

One small step for exam, one giant step for success

Always remember to remain focused and positive, and if you ever need a little encouragement, do not hesitate to ask a faculty member for help. Visit NSU's Testing and

Tutoring Center, located in the Student Affairs Building on the second floor, or the Office of Student Success, located in the Rosenthal Student Center Room 104.

Coan explained that the tutoring center and the Office of Student Success should always be your go-to resources if you are ever not achieving the grades you would like or you feel you are not taking advantage of your full college campus experience.

She said another good option for students who've experiencing a failed midterm or a bad grade is seeking an academic coach who can help guide them to a path of greater academic success.

"I like to say that academic coaches help students become better students," Coan said.

After exhausting all of your resources, breathe because you not only survived a bad grade but you also allowed it to encourage you rather than bring you down. Yesterday's failed midterm is in the past, and today's final will be yours to conquer. You are a conqueror; after passing your final, place your flag into surface of your textbook and recite this phrase: "One small step for exam, one giant step for success."



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SPORTSSHORTS

Women's Soccer

The women's soccer team won 3-2 over Florida Tech on Oct. 14, earning their seventh consecutive victory. Senior Sierra Lelii scored two goals for the Sharks, earning her 16th goal of the season and breaking the program record for single season goals.



Men's Soccer

The men's soccer team fell to 4-0 to Florida tech on Oct. 14. The Sharks were able to hold the Panther's scoreless in the first half but allowed four goals in the remaining 45 minutes.



Women's Golf

The women's golf team also tied for fourth place at the 2015 Guy Harvey Invitational on Oct. 12. The team was led by freshman Sophie Madden, who finished ninth overall individually.



Men's Golf

The men's golf team tied for fourth place at the 2015 Guy Harvey Invitational on Oct. 12. The Sharks totaled 875 shots over a 54-hole course, tying with Johnson & Wales.



ON DECK

Men's and Women's Cross Country

Sunshine State Conference
Lakeland, Florida
Oct. 24, 8 a.m.

Women's Soccer

vs Barry
Miami Shores,
Florida
Oct. 21, 7 p.m.

vs Eckerd
St. Petersburg,
Florida
Oct. 24, 7 p.m.

Men's Golf

McDonough Cup
Orlando, Florida
Oct. 26-27, All day

Men's Soccer

vs Barry
NSU Soccer
Complex
Oct. 21, 7 p.m.

Women's Volleyball

vs Tampa
NSU Arena
Oct. 23, 7 p.m.

vs Eckerd
NSU Soccer
Complex
Oct. 24, 7 p.m.

vs Barry
Miami Shores,
Florida
Oct. 27, 7 p.m.



On the Bench: Student athletes and social media

By: Darren Hendricks

As a student athlete, social media can be a friend and an enemy. Social media is a way to keep in touch with friends and family from far away, but there are posts that could also negatively affect an athlete's reputation.

Every day, social media is used to create a virtual social life through applications such as Facebook, Twitter, Instagram and Snapchat. Social media doesn't have to be about taking a selfie to get likes or communicating about how your day is going. Instead, student athletes can use social media as an effective tool to promote themselves as a role model on and off the field.

Student athletes post pictures and videos of themselves with teammates during practice, weights, competitions and study sessions. This portrays athletes as role models, but when they post statuses with bad language or pictures

and videos of drinking, smoking or holding up obscene hand signs, they don't look like that same role model. Student athletes should be careful of what they are posting on social media to protect their reputations and futures.

At times, social media can serve a good purpose for athletes, as they post these statuses and pictures for their families and friends to see their athletic experiences. Other times, social media can be their Achilles heel, as some athletes may post something that can give a bad impression and, possibly, ruin their reputations. Whether it is a profane status or a picture of something inappropriate, these will forever live on the walls of social media. This can not only ruin their social lives, but it can also ruin their professional lives. When a student athlete applies for a job or explores other educational

opportunities, their social media accounts can make a difference in whether or not they get hired or accepted. How they are represented on social media may not be the same as how they present themselves in public, so this is something that athletes must take into consideration.

Cardale Jones, quarterback for the Ohio State Buckeyes Football team was the face of the university when he took over for injured Braxton Miller and J.T. Barrett in 2014. Although he represented Ohio State well on the field, Jones was a loose cannon on Twitter, as he tweeted out "Why should we have to go to class if we came here to play FOOTBALL, we ain't come to play SCHOOL, classes are POINTLESS." That tweet portrayed Jones as someone who does not care about his education and just wants to play football. That tells athletes, the university and the

nation who look up to Jones that they don't need to focus on school, just sports and that class does not exist when the athlete is there on scholarship for sports. The tweet did cause a stir in the media, and Jones should have been more considerate by posting something inspirational or beneficial.

As writer Fred R. Barnard said, "A picture is worth a thousand words." Student athletes can be role models on social media by having a healthy social profile and positively influencing others. It is important to make a good impression on people, and one post or picture that shows a student athlete in a negative light can change people's perception. It's like being introduced to someone for the first time. That first impression counts, but once it goes wrong, it is hard to fix.

OUT OF THE SHARKZONE

Derrick Coleman suspended by Seattle Seahawks

Following an investigation of vehicular assault and hit-and-run charges, Seahawks fullback Derrick Coleman was suspended indefinitely. Coleman was arrested and held on bail last week after he crashed and walked away from an accident that broke the other driver's collarbone. The Seahawks promptly suspended Coleman; typically, the team would have deferred to the league for disciplinary action.

California bans 'Redskins' as team name and mascot in public schools

California became the first state to ban "Redskins" as a team name and mascot with the signing of Assembly Bill 30, which requires the four public high schools in the state using the term to change it by Jan. 17 and bans all public schools from using the term in the future. Legislation passed in 2004 to do away with the name was vetoed by Arnold Schwarzenegger, governor at the time. He stated that the issue was a local matter. The bill was signed after Washington Redskins owner Dan Snyder refused to change the team's name.

Justin Tuck on injured reserve for the rest of the season

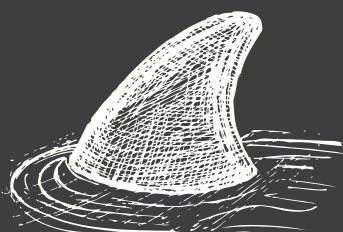
The Oakland raids will put defensive end Justin Tuck on injured reserve after he suffered a torn pectoral muscle while attempting to tackle Broncos running back C.J. Anderson in the last quarter of the game. Tuck will undergo surgery and be placed on injured reserve prior to the Oct. 25 game against the San Diego Chargers.

Nevada rules fantasy sports as gambling, bans popular sites

State regulators have ruled that daily fantasy sports sites, such as DraftKings and FanDuel, cannot operate in Nevada without a gambling license. The ruling came after it was reported that employees participated on the sites, inciting accusations of insider information and cheating. The sites have maintained that the games require skill and do not involve chance in order to avoid being labeled gambling. The sites will be able to function once they apply for and receive the license. Season-long fantasy sports are not affected by the ban.

Man shot at Cowboys tailgate dies days later

Richard Sells, 43, died in the hospital on Oct. 14 after his family decided to take him off of life support. Sells was shot in an altercation on Oct. 11 at the Dallas Cowboys AT&T Stadium tailgate. Marvin Rodriguez, 28, pointed a gun at a man at the tailgate party, got in another fight and shot Sells in the neck as Sells attempted to neutralize the altercation. Rodriguez was jailed on charges of murder and aggravated assault with a deadly weapon, his bail set at \$200,000.



Athlete of the Week: Carlee Rizzolo

By: **Erin Herbert**

@erin_herbert

Tennis has always been a family affair for Carlee Rizzolo, senior legal studies major.

“My older sister played and got really serious about it, so my parents moved down to Florida, and they got me and my brother into it, too. So really I kind of just got put into it,” she said.

Rizzolo was born in Livingston, New Jersey, but really launched her tennis career when she moved to Jupiter, Florida. Rizzolo was home schooled for high school but competed with Laurel Springs High School’s tennis team and received the Lady of Valor Award.

Rizzolo has big expectations for herself, not only on the court but also in the classroom. As a legal studies major and business administration minor, she aspires to go to law school and become a lawyer.

I got the chance to sit down with Rizzolo and ask her a few questions to get to know her better.

Did you play any other sports growing up, or was it always tennis?

“It’s pretty much always been tennis.”

What do you think is the most difficult thing about playing tennis?

“For sure, the mental aspect. Just staying in the game and being positive, not giving up.”

How do you keep that positive attitude during games?

“That’s definitely the hardest part for me. I’ve gotten a lot better about it, but I’d say you

just have to keep your composure. You need to think about the end goal. It’s really easy to have five good points and one bad point, and you let that one bad point just wreck everything. You just have to stay focused on all the good shots.”

Do you have a tennis player that you look up to or aspire to be like?

“I like Federer. Before he broke through, he had trouble with the mental aspect of the game. But he’s been able to overcome and become one of, what I think, the best tennis players in the world.”

How do you balance all of the training for tennis and the preparations for law school?

“Time management. I can’t put off my work; I just have to do it when I get it. I have to have a schedule. If I don’t have a schedule, then I’m kind of lost. So if I can plan my day out and then do it, I have no problem.”

Do you want to continue playing tennis after college?

“No. I mean, I would like to, but I’m going to law school next year, so I can’t really continue playing.”

How do you handle losing or dropping a match?

“It depends on the match. But, usually, for the first hour, I’m really upset, but then I start to think about all of the good things that I gained from that match and try to get it to outweigh the negative. But it’s really hard, especially if it was a tight match.”



PHOTO PRINTED WITH PERMISSION FROM J. PINEDA
NSU senior Carlee Rizzolo is a member of the tennis team and a future lawyer.

A lot of athletes always say the practice after a loss is really difficult. How do you deal with that?

“Yeah, it’s hard to just go back out there. Again, I just try to focus on the fact that I need to play another match; it’s not the last match I’m going to play, and it’s not the end. So I have to think about getting better so that I don’t end up in that situation again.”

When have you felt most proud of yourself while playing tennis?

“Pretty recently, actually. I played a tournament and did really well. I think that was a good point for me. Two years ago when I played Rollins, and I had a break-through match with singles and doubles, and I felt really good. I changed my attitude and it only got better from there.”

When you’re not playing tennis, what do you like to do?

“Usually, I’m always playing tennis, and I’ve really just been studying for my LSAT. But probably just going to beach or being with my friends. That’s what I enjoy doing most.”

Have you had a coach that’s been really influential coach on the way you play tennis?

“I did before I came to college. I had a coach who really worked with me and taught me how to control that part of my game. I didn’t believe him at the time; I was really stubborn, and then when I came to college and I started playing college tennis and I noticed how different it was, I realized that it was everything he was telling me to do. It really just hit me then, and I’m so thankful.”

Coach’s Corner: Hollie Bonewit-Cron

By: **Erin Herbert**

@erin_herbert

Swimming is often considered one of the most difficult sports, but Hollie Bonewit-Cron, head coach of swimming and diving, is no stranger to success in the pool.

Bonewit-Cron began swimming at a young age after watching her brother’s swimming career blossom. She strives for success based on the inspiration her brother instilled in her.

“My brother was a very successful swimmer, and he went on to not only compete at the U.S. Olympic festival, but he also went to the University of Florida and was an All-American there,” she said. “He’s seven years older than me, so he was definitely someone I looked up to when I was getting into swimming. Just seeing what he was doing and the success he was having, I wanted to try to emulate that.”

But success didn’t come easy for Bonewit-Cron. Her college swimming career had a rough start, but through hard work, dedication and a little help from her coach, Bonewit-Cron was able to achieve incredible levels of success throughout the course of her career.

“I swam at Ohio University all four years. I started off as not a very good swimmer at all,” she said. “I was barely keeping up with everybody, but I finished up on a very high note, a very successful note, over the course of four years. I ended up going to the Division I NCAA Championships two years, my junior and senior years, and I was an All-American my senior year.”

Bonewit-Cron went to the U.S. Olympic trials and was a 17-time MAC Champion. At one time, she was ranked 42nd in the world in the 200 short course meter breaststroke.

“But my college coach really developed me into who I became as a swimmer toward the end of my career,” said Bonewit-Cron. “I was changing a lot of my freshman year, and even more so during my sophomore year, and that helped catapult me into what I did during my



PHOTO PRINTED WITH PERMISSION FROM M. CALLAHAN
Bonewit-Cron moved her success from swimming inside the pool to coaching outside the swimming lanes.

junior and senior year.”

Deciding to become a coach was not an easy decision for Bonewit-Cron; choosing between her love of swimming and her passion for sports psychology seemed impossible. But she discovered how to combine her two passions and has created a dynamic coaching style out of it.

Bonewit-Cron got into coaching after she was done with her college career. She went on to Georgia Southern, where she pursued her master’s degree for two years and was a graduate assistant.

“At that point, I was trying to make the decision to stay in sports psychology or compete in and coach swimming,” she said. “And what was unique was that I finally discovered that I could do both. I could do the sports psychology within the realm of coaching, and I decided to go into coaching.”

Bonewit-Cron feels very fortunate that she

came across University of Florida coaches who had a position open for a female assistant.

“Apparently, I said all the right things, and I got the job at UF. It was life changing to go to that program and coach for six years,” she said.

Bonewit-Cron uses her sports psychology background in order to relate to her athletes.

“One of the techniques I use is strong listening skills, and that helps me have a feel for the athletes, knowing when they walk on the pool deck how they’re feeling just based on their body language and really listening to what their needs are,” said Bonewit-Cron.

Discipline is also a major component in Bonewit-Cron’s coaching style; she uses the motto “If you are disciplined, you won’t need to be disciplined” to instill a firm respect for self-discipline in her athletes.

But Bonewit-Cron also finds the disciplinary side of coaching to be one of the job’s most difficult aspects. She said that no

matter what you do, some athletes may never follow along with their coaches disciplinary strategies.

She said, “You want everyone to subscribe to your program, but not everyone’s going to subscribe to it, and I understand that. But we try to make the program fit everybody’s needs in some way, shape or form.”

Going on, Bonewit-Cron hopes her insistence on discipline will make the team pay attention to detail this season, which she hopes will, ultimately, help her athletes improve their times.

“That’s what we’re working on in practice, and that’s what we’re hoping to accomplish in meets,” she said. “The attention to detail is mainly what we’re trying to achieve for the end of the year, and we’re trying to not focus on the opponents as much as the times.”

Although Bonewit-Cron has seen a massive amount of success in her career, both as a swimmer and as a coach, she said her proudest moments are seeing her athletes succeeding and enjoying the sport she loves so much.

Bonewit-Cron said, “It’s not one given moment that I’m proud of; it’s seeing the excitement and happiness on the athletes’ faces when they succeed. That is one of the most rewarding features and aspects of this job. When the people you coach put in the time, and their work ethic is fulfilled through their success, that’s what I love to see. Of course, I could point out the National Championships we had last year or the Conference Championship we had last year or the Conference Championship we won our very first year out of nowhere. Those are moments in time that I’m very proud of, but, overall, I’m most proud when our athletes’ hard work is turned into success.”

Celebrating Halloween in South Florida

By: Nicole Cocuy and Faren Rajkumar

Just because college students may be too old to put on costumes and go door-to-door asking for candy doesn't mean the Halloween celebrations have to end. From family-friendly events to adult costume parties, there are plenty of fall festivities in South Florida for the entire season.

HalloWYN Block Party
Miami
Oct. 31
hallowynblockparty.com

Celebrate the night of Halloween in the hippest way possible at the Wynwood Art District annual HalloWYN Block Party. On Oct. 31 from 7 p.m. to 2 a.m., you can wander around the Wynwood art murals with your friends, listen to live music and watch a showing of "The Rocky Horror Picture Show" as you enjoy food from any of the 20 food trucks in attendance. Admission is free, and all ages are welcome. Don't forget your costume; there will be a costume contest offering the chance to win cash prizes.

Haunted Nights at Flamingo Gardens
Davie
Oct. 23-24
flamingogardens.org/Events.html

On Oct. 23 and Oct. 24 from 7:30 to 9:30 p.m., Flamingo Gardens will host an outdoor event with two spooky haunted houses, featuring live actors and animatronic props. The event is not recommended for children under age 10, and admission is \$8 per person.

House of Horror Amusement Park at the International Mall
Doral
Through Nov. 2
houseofhorrorpark.com

The House of Horror Amusement Park will have its annual spooky two-acre-large haunted house. Not interested in scary stuff? The amusement park also includes carnival comfort food, several different fair rides, circus acts and live musical performances, including Calvin Harris on Oct. 30. Admission is \$20 for adults \$15 for children. Fairgrounds will be open on Mondays through Thursdays from 6 to 11 p.m., Friday and Saturday from 5:30 p.m. to 12 a.m. and Sunday from 5:30 to 11 p.m.

Fright Nights at the South Florida Fairgrounds
West Palm Beach

Through Oct. 31
myfrightnights.com

It's your classic fall fair with a wicked twist. This ultimate Halloween event is full of haunted houses, scare zones, theme park rides, live music, food and entertainment. There are four new haunted houses this year, featuring themes ranging from creepy carnivals and evil clowns to insane asylums and graveyards. General admission is \$25, and on Oct. 25, they will also host a "Monster Bash Costume Party" with \$10 general admission.

Miami Cemetery Tour
Miami
Oct. 30
www.historymiami.org

Nothing screams Halloween quite like an eerie stroll through a cemetery, learning about unsolved murders and mysterious deaths. If you're feeling brave, join HistoryMiami on a tour through Miami's oldest cemetery on Halloween eve from 8 to 10 p.m. Tickets are \$30.

Enigma Haunted House
Boca Raton
Through Nov. 1
enigmahaunt.com

This unique haunted attraction is the haunted house reinvented. From themed rooms to creepy narrow passages, the two-floor, 17,000 square foot house is an intense haunted experience. There are two areas, called "The Abyss" and "Realms of Terror," in addition to an outdoor stage called "The Pit." The experience is not recommended for children under age 12, and admission prices are \$20 to \$45.

Halloween Half Marathon
Miami Beach
Oct. 24
halloweenhalfmarathon.com/events/miami-beach

Grab a costume and your running shoes, and participate in a race with a festive twist. Run a half marathon at 6:30 a.m. or a freaky 4-miler at 6:50 a.m. dressed as your favorite monster, celebrity or character. You can choose to be categorized by age or, for fun, costume theme, including body paint, super heroes, villains, funny, scary, animals and much more. Registration for the half-marathon is \$100 and \$45 for the 4-miler.

SOUNDBITE

Back on Top by The Front Bottoms

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.

The Front Bottoms are back at it again with their fifth studio album, "Back on Top." The four-man band from New Jersey has stayed true to its funny and clever style and lyrics. This album is an 11-track story about falling in love with someone who surpasses the definition of lover — a best friend — and then, of course, about coping with losing that best friend when the relationship falls apart. There's this motif throughout the album, an auditory light you can only see if you close your eyes. We're led to believe that this light is some form of love; whether it's religious or simply a relationship, that's open to interpretation. Interestingly enough, on the last track, you hear the lyrics, "Just because something burns bright, doesn't mean it's gonna burn forever," going back to having something great but losing it in the end.



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Album art for "Back on Top" by The Front Bottoms.

However, guessing from the album title, "Back on Top," these boys survived it and came out better and have made quite the album to prove it so.

"Back on Top" released on Sept. 18, 2015.

Perfect if you like: Motion City Soundtrack and Bowling for Soup

Favorite tracks: "Cough it Out," "Laugh 'til I Cry" and "2Y1"

Albums to look forward to this fall

By: Erin Herbert

@erin_herbert

5 Seconds of Summer
"Sounds Good Feels Good"
Oct. 23

Australian pop punk band 5 Seconds of Summer is set to release their second studio album, "Sounds Good Feels Good," on Oct. 23. The tracks on "Sounds Good Feels Good" are expected to take on a heavier rock feel than those included in their earlier self-titled album "5 Seconds of Summer," while still keeping a bright feel, as displayed in hit single "She's Kinda Hot."

releasing his second album in just over a year. "Damn Country Music" is meant to represent a cross roads in McGraw's life, according to his most recent press release. The album will feature a number of collaborations, most notably a duet with his daughter Gracie McGraw, for the song "Here Tonight." "Damn Country Music" is expected to have a mix of McGraw's usual twangy guitar riffs combined with more heartfelt and mature lyrics than previous releases.

The Neighbourhood
"Wiped Out!"
Oct. 30

California natives and indie rock band, The Neighbourhood are set to release their second album "Wiped Out!" on Oct. 30. The Neighbourhood continue their dark and brooding sound with their recently released single "R.I.P 2 My Youth," which will be featured on the album. "Wiped Out!" is the band's follow-up to their 2013 break out album "I Love You."

Kurt Cobain
"Montage of Heck: The Home Recordings"
Nov. 6

The late Kurt Cobain's solo album "Montage of Heck: The Home Recordings" is set to release on Nov. 6. The album release follows the DVD release of Brett Morgen's documentary on the life of Kurt Cobain, titled "Montage of Heck." According to an interview conducted with Morgen by Pitchfork.com, the album will include exclusive songs from Cobain's home recordings, as well as early demos of tracks from Cobain's band, Nirvana.

Ellie Goulding
"Delirium"
Nov. 6

British singer and songwriter Ellie Goulding is at it again, releasing her third studio album, "Delirium." In an interview with NME.com, Goulding expressed that her latest album will deviate from her signature electronic style and have more of a pop focus. Goulding is treating the release of "Delirium" as a period of experimentation, as shown through the album's lead single "On My Mind." "Delirium" is set to release on Nov. 6.

One Direction
"Made in the A.M."
Nov. 13

British boy band One Direction will drop their fifth album, "Made in the A.M.," on Nov. 13. Now with one less member, Zayn Malik, this will be One Direction's last album before the band takes a break, according to an interview with billboard.com. The album will include the newly released single "Drag Me Down" and isn't expected to deviate much from One Direction's typical bright pop tunes.

Tim McGraw
"Damn Country Music"
Nov. 6

Country super-star Tim McGraw is

RnR

tanning salon
this HARVEST SEASON

7 days
upper level
8 min e/session

\$28

7 days
lower level
15-20 min e/session

\$12

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www.rnr-tanning.com

7 YouTube trainers to whip you into shape

By: **Destinee A. Hughes**

@DestineeAHughes

Staying healthy and fit in college is a perfect example of “easier said than done.” Though students have access to a state-of-the-art gym with an abundance of comprehensive group exercise classes, we also have access to Subway, JuiceBlendz and many other unhealthy food options. We’re in a constant battle between staying in shape and staying up late — at Starbucks.

Muscling up the energy to go to the gym can be one of the toughest parts of our day, especially when you have to pass the food court to get there. Luckily, there are several fitness alternatives that bring washboard abs, toned legs and a perfect butt right to your dorm. Here is a list of seven YouTube trainers to help whip you into shape in the comfort of your own room.

Cassey Ho

Channel: Blogilates

Perfect if you want a fun easy workout that targets all areas of the body in under ten minutes.

With over two million subscribers, Pilates instructor Cassey Ho has become the next big sensation in online fitness. Ho has over 344 workout videos on her YouTube page, which also include a variety of quick and easy diet tips and meal prep recipes. Her fitness videos range anywhere from “6 Minute Sexy Abs” to “Intense Inner Thigh Challenges.” Ho’s warm and friendly personality certainly shines bright throughout her colorful clips. She makes a friend out of her subscribers by making small talk during reps, which gives us a glimpse into her personal life. Ho has been featured on the Steve Harvey and Wendy Williams shows, as well as in Shape magazine, showcasing her super cute line of workout gear. So if you enjoy working out with a (virtual) friend in stylish workout attire then Cassey Ho’s Blogilates is for you.

Buffie the Body

Channel: Bodynomics

Perfect if you want an hourglass shape with curvier hips and a rounder butt.

Video-vixen-turned-workout-guru Buffie the Body knows exactly how to enhance feminine curves. Bodynomics YouTube channel

specializes in helping women accentuate their natural curves and gain their goal weight. Buffy does an excellent job in taking her subscribers on her journey on how she became “Buffie the Body.” She has multiple videos explaining the hardships she’s faced trying to gain weight and recommends several products that helped her achieve her famous curves today.

Buffie’s videos are very informative and engaging. She explains the importance of certain excersises and does each rep and set with her audience. She also reminds her subscribers that gyms are not necessary to achieve a perfect body; many of her YouTube clips are featured in her house, backyard or at local parks. With videos such as “Team Hourglass” and “Side Booty Muscle Workouts,” it’s clear Buffie’s main area of interest is helping her viewers achieve a Beyoncé-like booty.

Kelsey Lee Cynthia Dallas and Rebecca Louise-Smith

Channel: XHIT Daily

Perfect if you want to look like a long, lean Victoria Secret model.

This channel hosts several different workout and guest instructors, but the main trainers are Kelsey Lee, Cynthia Dallas and Rebecca Louise-Smith. They specialize in helping subscribers create long, lean, toned bodies with celebrity workouts. They often bring on guest Victoria’s Secret trainer Andrea Orbeck.

They have over 637 videos targeting all areas of the body, and videos like the “Adriana Lima Leg Workout” and “Miranda Kerr Butt Workout” are just a few of their most-viewed workouts. This channel also does a wonderful job of incorporating everyday workouts to combat unhealthy eating habits, such as the “Taco Bell Calorie Burner” and the “How to burn off a Starbucks Frappuccino 5 Minutes.” This channel is perfect for celebrity-inspired, ultra-feminine girls who don’t mind working hard for an effortless-looking body.

Karena and Katrina

Channel: Tone It Up

Perfect if you want to get the perfect bikini body while working out on the beach.

These two beach babes know exactly how

to make working out look like fun. Katrina and Karena have been featured in various magazines including Cosmopolitan, People, Shape, Women’s Health and many more. Their workout videos take place on the sandy shores of California, set with the picturesque background of the serene Pacific Ocean. The award-winning duo emphasizes partner workouts, which is why the majority of their videos feature work outs to do with friends to achieve the perfect bikini body.

Their beach workouts have a calm, soothing feel and really taps into your So-Cal side, especially with workouts named “The Mermaid,” referring to dumbbells’ as shells and feet as fins. Their channel offers a variety of videos, including behind-the-scenes work for their blog, which gives insight into how they work. With video playlists for specific body areas, like arms, legs, butt and complete body workouts, they also offer a yoga series and a wedding series to help achieve the perfect body in time for a special occasion. This channel is perfect for anyone who loves the beach and enjoys the company of friends while working out.

Jessica Smith

Channel: JessicaSmithTV

Perfect if you want to learn about the dos and don’ts of fitness while decreasing body fat.

Jessica Smith is the perfect trainer for workout newbies. Her channel is designed to answer all questions fitness beginners may have while starting their fitness journey. She has over 369 videos that range anywhere from a three-minute informal titled, “Why can’t I lose weight?” to 45-minute-long “Cardio Ballet Workouts.” Smith’s workouts are easy to do and user-friendly. Her videos make you feel like you’re actually in a high-intense workout class with a personal trainer. She does an excellent job of taking the time to explain what muscles are being worked and how it should feel. If you’re a novice to the intimidating fitness lifestyle, then JessicaSmithTV is certainly for you.

Caleb

Channel: The Fitness Marshall

Perfect if you want to enjoy a full body, high-cardio dancing workout to the latest songs.

Caleb gets down, no ifs, ands or tight butts about it. If you’re looking for a high-intensity full-bodied cardio workout, then Caleb, The Fitness Marshall, is surely for you. Caleb choreographs dance routines to the latest hip-hop and pop songs. His infectious energy is all you need to get hyped for your workout. Each and every one of his 49 videos features him dancing to songs by Britney Spears, Beyoncé and the Ying Yang Twins. Though his dance moves look difficult to emulate, they’re not at all. Actually, in one of his clips he includes his sister and grandmother as backup dancers, and, to be honest, they both gave him a run for his money. If dancing in your room in front of your mirror is your thing, then Caleb the Fitness Marshall is the perfect YouTube trainer for you.

Amanda Russel

Channel: Fit, Strong and Sexy

Perfect if you want a lazy girl’s guide to getting into shape.

Amanda understands. She’s well aware that sitting on the couch binge-watching Netflix is far more entertaining than working up a sweat in an overcrowded gym, which is why she’s created workout videos that put our inner sloth to sleep and awaken our full-throttle workout diva. Her videos are very diverse, ranging from “A Lazy Girl’s Guide to Working Out” to “A Busy Girl’s Full Body Workout.” She also makes several videos around the holiday time to combat the urge we have to indulge in cheat meals. Through motivating monthly challenges and a full understanding of who her audience is, Amanda does an awesome job of creating workout videos that transform sluggish individuals into energetic fitness enthusiasts.

Working out can be fun and free if you know where to search. The most difficult part about exercising is starting, but once you begin, it’s even harder to stop. With free YouTube videos from certified exercise professionals, your fitness journey can begin and end in the same place you started it — your dorm. Whether you’re working out on the beach with Karena and Katrina or working up a sweat while getting down with Caleb, your dream body is literally one click away.

The Halloween horrors of Netflix

By: **Sarah Kelly**

The allure of a scary movie comes from the thrilling and oddly addictive terror of the unknown. Watch your deepest fears on screen, and let your imagination run wild with these Netflix scary movies.

“Sleepy Hollow” (1999)

Scare scale: 6/10

This is a movie that’s based on Irving’s tale of Ichabod Crane and the Headless Horseman, in which Ichabod, played by Johnny Depp, is a NY detective who is sent to Sleepy Hollow to investigate multiple murders of people who are found headless in the woods. The local myth is that a ghost of a Hessian trooper who got his head removed by a cannon ball rides through the woods on horseback and decapitates those who don’t believe.

Ichabod refuses to believe in this legend and sets out to solve the murders. Throughout the film, Ichabod is attracted to Kathrina Van Tassel, played by Christina Ricci, who’s already taken by the muscular Brom Bones, played by Casper Van Dein. Ichabod thinks if he can catch the murderer, he’ll win over Kathrina. If you’re into more of a bloody, get-your-head-cut-off horror film, this movie is definitely for you.

“The Babadook” (2014)

Scare scale: 9.9/10

After losing her husband in a car wreck,

Amelia, played by Essie Davis, is a single mother struggling to move on from his death. Samuel, their only son, starts having horrifying dreams about monsters. When a strange book appears in their house about the “Babadook” monster that hides in the dark areas of their house, unimaginable things start occurring to Sam and Amelia; Amelia becomes possessed by the Babadook and then tries to kill her own son. If you’re looking to get scared to death, this film should definitely be on the top of your list. You’ll continuously on edge the entire movie never knowing what’s going to happen next.

“Insidious 2” (2013)

Scare scale: 7/10

The sequel to “Insidious,” which isn’t on Netflix, “Insidious 2” is a terrifying, mysterious story about the Lambert family and their attempt to uncover a childhood secret that’s keeping them connected to the spiritual world. “Insidious 2” demands that the viewer stay focused the whole time. If you love movies that literally take you into another “spiritual” world with demons and spirits that are trying to overtake your body, this movie is right up your alley.

“Carrie” (1976)

Scare scale: 8/10

Based on the novel by Stephen King, “Carrie” is a film about a sheltered teen named

Carrie White, played by Sissy Spacek, who deals with tormenting classmates. On top of being an outcast at school, Carrie endures abuse from her mother at home.

Strange occurrences begin to happen, and Carrie realizes that she may have supernatural powers. Carrie gets invited to prom and starts to think that everything is starting to look up in her life, but quickly her magical prom night takes a sudden and violent turn. If you enjoy high school drama revenge, this movie takes it to a whole new level.

“Scream” (1996)

Scare scale: 9/10

In the small town of Woodsboro, there’s a psychopath on the loose who stalks and taunts his victims with trivia questions then painfully kills them. To stay alive, the characters have to stay one step ahead and know all the correct answers to the trivia. The film keeps you guessing the identity of the killer and his next victims.

“You’re Next” (2011)

Scare scale: 9.6/10

A group of masked ax-wielding murders decide to invade a family reunion. The murderers have jammed the phone lines and set up wire outside all the doors that would slit their throats if they tried to escape. Throughout the night, the family is in a cat and mouse hunt until



a family member who wants to inherit all the family’s investments turns into the most skilled killer of all. The whole film, you’re holding your breath because you never know who’s going to be next, or who’s behind the mask.

“Saw” (2004)

Scare scale: 4/10

This is a thriller that begins with two men chained up in a chamber-like room, neither knowing how they got there. Together, they try to piece together how they got there and who’s behind their imprisonment. Meanwhile, one is told to kill the other, or his family will die. “Saw” is more corrupted than scary, so if you’re into twisted, gory films, this one is for you.

Breathing a sigh of relief when you see that your favorite character lives to see another day or gasping when you realize who the killer was all along, that’s what horror film junkies live for. The final moment of truth. This Halloween, make sure you catch all the greats Netflix will be screaming.



Dress up with your boo



By: **Destinee A. Hughes**
 @DestineeAHughes

For all of the love birds out there who are planning to take on Hallows' Eve together, unique getups and creative costumes are the perfect way to create that dynamic-duo look. Here is a list of five handmade costumes that will transform regular couples into certified Halloween boos.

John and Yoko

What you'll need (by character):

John Lennon:

- Brown haired wig
- Circular glasses
- White New York City Shirt
- Jean jacket
- Jeans

Yoko Ono:

- White dress
- Oversized floppy hat
- Oversized dark sunglasses
- Knee-high black boots
- Handmade "All you need is love" sign

Barbie and Ken

What you'll need (by character):

Barbie:

- Neon blue full-bodied leotard
- Multi-colored leg warmers
- Pink belt
- Pink hair bow

Ken:

- Short sleeved blue button-down shirt
- Light blue shorts
- Gold belt
- Blue ribbon (to tie around neck)

Bank robbers

- Striped shirts
- Black pants
- Black toboggan/beanie
- Black gloves
- Black mask
- Small green garbage bag
- Cut up papers
- Permanent marker

Garbage bag full of money:

Step 1: Fill green garbage bag with cut up papers until bag is full. Then, tie bag to make sure the fake money doesn't fall out.

Step 2: Draw dollar symbol on bags with permanent marker.

Grease

What you'll need (by character):

Sandy:

- Black high-waisted pants
- Black over-the-shoulder shirt
- Wide black belt
- Red heels
- Blonde curly wig (optional)

Danny:

- Black T-shirt
- Black jeans
- Black belt
- Black shoes
- Slicked back hair

Dexter

What you'll need (by character):

Dexter:

- Black apron
- Grey long sleeve shirt
- Khakis

Victim:

- Saran wrap
- Washable red paint
- Plastic Knife
- Two-piece strapless bathing suit

Victim's costume:

Step 1: Wearing a two piece strapless bathing suit, completely cover top and bottom with saran wrap.

Step 2: Add additional wrap around ankles and wrist.

Step 3: Lightly paint red blood on middle of chest area, and insert knife into saran wrap.

'American Horror Story' checks in for its fifth season

By: **Darren Hendricks**

Room for one, please. FX's "American Horror Story" checks into Hotel Cortez for the fifth season installment. The hotel of horrors has an old, run down interior, eerie dim-light hallways and rooms complete with fading screaming and laughter throughout the hallways. It is a show of horrifying occurrences, so forget the lovely vacation getaway in a five-star bed and breakfast.

This season of "American Horror Story" takes a step in the right direction with blood-spilling horror, "wait-for-it" moments and, as always in the horror show, a plot that carries into a new season. To think it's only been the first episode makes the suspense even better, as we wonder what else creators Brad Falchuk and Ryan Murphy have up their sleeves.

With all the horror, "American Horror Story" has brought Lady Gaga into the series as the countess of the hotel. Gaga is perfect for this character, as she is known for her exotic and bizarre mannerisms. She uses her outlandish reputation to get really into her character, who is the spitting image of Gaga, without the weird outfits. Gaga also takes a nod at Freddy Krueger with her bladed fingernails, which make her character even more terrifying. They aren't giant knives like Krueger's glove in "A Nightmare on Elm Street," but they are just as effective for slashing throats and stabbing victims.

With all the chaos that is imminent this season, Kathy Bates will be right in the middle of it as she returns as Iris, one of the hotel receptionists. Bates is known for her docile roles in films like "Titanic" and "The Blind Side," but Bates is an antagonist this season of "American Horror Story," leading hotel guest to their bloody deaths. It is different seeing Bates with a straight face and a nonchalant attitude when she is usually smiling and humorous.

If there are any questions about the disappearance of a child in season four, those questions will be answered as the mystery carries on in season five. It is revealed where he is, but whether the boy's family will find him will be a mystery. If anyone thought there weren't enough weird ways to die, think again as this season of "American Horror Story" has already set the bar for the episodes to come.

There have already been moments in which there is a vibe that something will happen and someone will die. There's that feeling when the faint music can be heard just like in horror films. It is just a matter of time when it happens, and, when it does, you won't want to sleep alone. "American Horror Story: Hotel" has started with a haunting premiere to talk about.

Off Shore Calendar

Carnival
 @St. David Church
5-10 PM

Art After Dark
 @Norton Museum of Art
5 PM

OCT 22

Carnival
 @St. David Church
5-10 PM

OCT 23

Carnival
 @St. David Church
5-10 PM

Jason Aldean
 @Perfect Vodka
 Ampitheatre
7:30 PM

MoonFest
 @Clematis Street
7 PM

Ricky Martin
 @American Airlines
 Arena
8 PM

SOBE Seafood Festival
 @Lummas Park
1-9 PM

Coconut Grove Haunted Walk and Ghost Tour
 @Coconut Grove Playhouse
7:45 PM

Monster Splash
 @Miami Seaquarium
10 AM - 6 PM

OCT 24

Carnival
 @St. David Church
5-10 PM

Coconut Grove Haunted Walk and Ghost Tour
 @Coconut Grove Playhouse
7:45 PM

Monster Splash
 @Miami Seaquarium
10 AM - 6 PM

A Spooky Symphony
 @the Adrienne Arsht Center
4 PM

OCT 25

Food Truck Rally
 @ArtsPark
5:30 - 9:30 PM

OCT 26

Streetlight Manifesto
 @Culture Room
7:30 PM

OCT 27

Turning the page on white male privilege

By: **Jazmyn Brown**

You're probably familiar with the synonymous terms "pseudonym" and "pen name." But did you know that there is a website that will give you your very own white-Anglo-Saxon-Protestant-sounding alias?

You can find the website at <http://aaww.org/whitepenname/>, and it was started by the Asian-American Writers' Workshop in response to Michael Derrick Hudson's submission of a poem for the 2015 Best American Poetry anthology under the Chinese pseudonym Yi-Fen Chou, according to The Huffington Post. The poem was published and accredited to the pseudonym after it was rejected 40 times under Hudson's real name.

Hudson's poem was published next to others written by poets belonging to a minority, according to The New York Times; these poets submitted their work under their real names. Hudson's decision to use a non-American pen name to get an edge makes light of the fact that minorities often find it difficult to make a name for themselves in literature because of their race.

Hudson didn't do it because his gender prevents him from writing in a world in which only men's voices are heard and respected. He didn't do it because his race affects people's desire to read his work. He didn't do it because he was at a disadvantage. He did it because he wanted the spotlight — which in many ways he already had — and because he wanted to take advantage of another culture's artistic value. By claiming to be a Chinese poet, when in reality, he is white, Hudson donned what many have called a "yellowface."

According to The New York Times, the top five best-selling authors for this week are Andy

Weir for "The Martian," James Patterson and David Ellis for "The Murder House," Jojo Moyes for "After You," Lee Child for "Make Me" and David Lagercrantz for "The Girl in the Spider's Web." Weir has spent 19 weeks on the best-selling list. This information speaks volumes about not only the talents of these authors but also the marketability of white authors.

While three are non-American, every single one of the top five are white, and only one is female. These unchangeable facts are not meant to target white men, but to fully understand the pervasiveness of white privilege in media, particularly in novels, this has to be talked about.

While a pen name does offer the liberty of expressing ideas unhindered by a connection to one's personal, private self, it also allows writers to distance themselves from prejudices against their race and gender, which all too often accompany any foray into authorship.

Some notable authors who wrote under pen names are the Brontë sisters, who published their works under the names Currer, Ellis and Acton Bell, according to The Guardian. They reportedly did so to avoid publicity, but the real reason is rooted in sexist beliefs that still exist to this day. Women were not supposed to partake in a masculine activity like writing. So in order to publish their work and avoid publicity and/or ostracism, the sisters wrote under male pen names.

One doesn't choose to become an author for the sake of spending months, years even, planning, writing, editing and rewriting a book for it to not bring multiple years' worth of returns. So it makes sense that part of the process of writing and publishing a novel is branding it with a name that will encourage its intended audience, as well as those outside the audience,

to purchase and avidly read it.

Joanne Rowling reportedly took the name J.K. Rowling after her publisher, Barry Cunningham, suggested it because he thought that young boys wouldn't want to read a book written by a woman, according to the internationally best-selling author's website. For her most recent book, a crime thriller called "The Cuckoo's Calling," Rowling published under the name Robert Galbraith, a distinctly masculine moniker, according to CNN. She said it was to start fresh, but one can't help but feel that her decision was somewhat influenced by a desire to keep her male readers engaged.

For Rowling, the Brontë sisters and countless others, their success as authors was only possible once they made the strategic decision to write under a male name, a name that allowed them to ignore the possibility of having a smaller audience because of their gender. Women who write, especially those who write novels that fall into genres like action, crime, mystery, thriller and history, fear that their work will be ignored, and so the only solution is to market themselves as men.

Not only do females feel as if they need to publish novels under a white male persona in order to be successful in a market that is unequivocally dominated by white men, non-white individuals do as well. Józef Teodor Konrad Korzeniowski was born in Ukraine; he published multiple novels, such as "Heart of Darkness," "Lord Jim" and "The Secret Sharer"; he is probably better known by the WASP-ish name Joseph Conrad. Amantine-Lucile-Aurore Dupin was a French writer who penned under the name George Sand, which suggests that she preferred the anglicized, and male, pseudonym rather than her own romantic name.

This past September, Viola Davis became the first black woman to win the Emmy Award for best actress in a drama for her role in the TV series "How to Get Away with Murder." It's the year 2015, just over 50 years since the Civil Rights Act was passed, and only recently was a black female recognized for her outstanding work on the TV screen. Admittedly, there has only been one black female lead in a TV series, Kerry Washington in "Scandal," since Diahann Carroll in "Julia" in 1968 and Teresa Graves in "Get Christy Love" in the early 70s, according to the Huffington Post.

This all goes back to how race affects marketability; just as white, especially male, authors have it easier when it comes to navigating the seas of a career in writing, white actors appear to find more fame. The top three highest-grossing movies, according to Entertainment Weekly, are "Avatar," "Titanic" and "Jurassic World," all of which were directed by white men and star a predominantly white cast.

While the "White Pen Name Generator" was a good-natured response to an individual's choice to use race as a means to further his own agenda, this unique spin on the idea of a pen name is no more than an indication of the power behind a name. It is the easiest solution to problems that are as deeply rooted into history as time itself; sexism and racism permeate every aspect of life, including the entertainment industry. When you find yourself working in an industry in which you're disadvantaged, it only makes sense to find a way to press on. Hudson, privileged because of both his race and gender, had no such claim to do so.

Seriously Kidding

a satire column

So you think you can be president?

By: **Jenna Kopec**

Remember when you were a kid, and your teachers told you that you could be president one day? It's true. The American people are currently holding auditions for their new leader, and we want you to try out. It's not too late to compete with roughly thirty other individuals for the coveted title of commander-in-chief. Interested? Read on for more information on how to become a contestant.

Who should audition:

Worried that you aren't fit to be the country's next great leader? Don't be. The standards for American leaders have dropped drastically within the last few decades. Whereas in the past, honest and experienced leaders ran for president, like good old Washington and Jefferson, today, the main requirement for candidacy is money. That's right, as long as you're well-funded, you shouldn't have too much trouble joining the race.

Although you may hold an office position, you don't have to have any political experience either. Strong opinions and a lack of respect for your opponents are all that's really needed to make a successful candidate in this race. Just look at Donald Trump, a current front-runner for the Republican Party.

The process:

Don't fret, the competition isn't quite as steep as it sounds. Before the real race begins, you'll have to survive the preliminary rounds, also known as primaries. To start, declare your allegiance to one of the two political parties spotlighted in the campaign. Don't worry, it doesn't really matter which one you choose because neither side works together. Once you pick a side, you'll want to advertise yourself to the public as much as possible in order to "sell" yourself to earn votes from American citizens. The best way to do this is to never directly answer a question and emphasize just how much you love America.

Outrageously oversimplified solutions to complex problems are always a hit. You also might

benefit from trying to humiliate and belittle your opponents who are trying to run for president even if they are on your "side." Always argue that your ideas are better than someone else's, even if they are as similar as let's say, the women's rights views of Hilary Clinton and Bernie Sanders. If you win the preliminary voting, then you and one individual from another team will go head-to-head in the finals.

The official presidential race:

Once you've made it to the finals, it'll be up to you to win back all the people you alienated trying to win the preliminary rounds. It'll entail a lot of backtracking and denying of statements you clearly said only a few months prior. But don't worry, those you previously defeated during the primaries will all rally to your defense during the months leading up to the final elections.

You'll have to dilute some of those strong opinions you needed to become a candidate to make yourself seem more reasonable than your opponent. This shouldn't be too difficult, though, because news coverage usually only covers one isolated aspect of a single debate or event. And it's usually over something trivial like a snide comment made about your outfit, especially if you're a woman. Don't forget to tear down your opponent as much as possible in order to prove that you love America more. Hopefully, you'll be able to rack up enough votes in each state to become the next President of the United States.

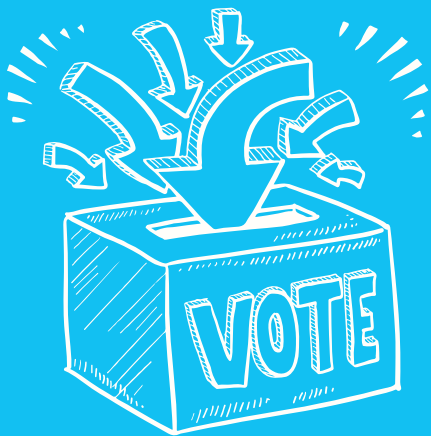
The 2012 Election was one of the best mud-slinging, issue-avoiding campaigns in American history, but the 2015-2016 campaign season promises to be twice as entertaining. This is a wonderful opportunity to serve your country and master your skills of persuasion. Apply today to join some of the wealthiest and most out-spoken individuals of the century. Do you have what it takes to compete with them? Do you have what it takes to become the next President of the United States? Don't worry. Neither do your opponents.

HEY THERE!

want more?

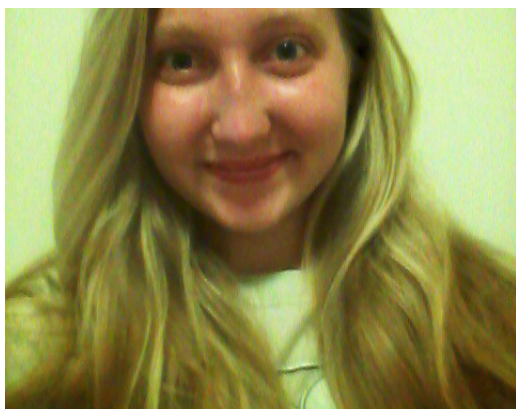
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WHAT DO YOU THINK OF THE CANDIDATES CURRENTLY RUNNING FOR PRESIDENT?

SHARK SPEAK



"There is a wide variety of topics and things these candidates want to fix, and it seems like I still need more time on making a decision on who I want to be our next president. My first choices would be Dr. Ben Carson, Marco Rubio and Carly Fiorina. Of course, over the next few months with debates and speeches, I could change my mind, but for now, these people are my frontrunners of the Republican Party."

- Claudia Stevens, freshman biology major



"If Hillary or Trump wins, I'm fleeing the country."

- Chase Gaiefsky, freshman business administration major



"I think that Hilary Clinton should win because we really need a female approach to the presidency, and I think it would be a definite phenomenon in history. Donald Trump is definitely also another runner for president, but I think I'm going to move to Canada if he does win. Either Clinton or Biden winning would definitely serve this country best."

- Lekha Mutyala, sophomore biology major



"I haven't done enough research to decide which candidate would be best for our country, but I can tell that we are in a lot of trouble and that most candidates are aiming for entertainment purposes rather than political ones."

- Karena Washington, freshman marine biology major



"I think it's a pretty varied field; it definitely makes for a lot of interesting characters, more so on the Republican side than on the Democratic side. The Democratic side is based on Hilary at the front and Bernie Sanders kind of catching some momentum with a lot of young voters, but the Republican side definitely has the spotlight on them with Donald Trump turning it into a reality show. It will be like having a reality TV star in the White House, but there are definitely a lot of good, educated Republican candidates."

- Chris Osorno, junior political science major



"I listen to what they say, and, honestly, I think it's hard. I don't think that even if they do become elected they would be able to fix the problems in America. Donald Trump, however, I feel is too strongly-opinionated. At the same time, I'm not going to say that what he says wouldn't work. I just think that he'll probably need a lot more help than he thinks he does in terms of making the country better. So I'm not really strongly siding for anyone. I'm still figuring it out."

- Lance Singleton, senior marketing major

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Help Wanted

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



America Reads Tutor-(OFF10)
Job ID: 4927
Hours: 10 hrs./week to 25 hrs./week
Rate: \$13/hour

Work with children and help children read well in Broward County elementary schools.

America Counts Tutor-(OFF26)
Job ID: 4928
Hours: 10 hrs./week to 25 hrs./week
Rate: \$13/hour

Help improve the math skills of children in Broward County elementary schools.

Senior Student Assistant/ Academic Technical Support-(002)
Job ID: 4473
Hours: 20 hrs./week
Rate: \$11/hour

Provide telephone technical support to the NSU computing community. Collect and record specific information regarding user requests and problems. Dispatch problem reports to appropriate personnel.

Student Assistant - East Campus, Ft. Lauderdale-(910)
Job ID: 4790
Hours: 20 hrs./week
Rate: \$11/hour

Operate telephone switchboard to route, receive and place calls to all campus locations. Disseminate information to callers on NSU programs of study, events and special advertisements. Place and track long distance calls for

internal NSU customers. On occasional basis, attend divisional and NSU sponsored meetings and instructional workshops. Other duties as assigned. Supervisor will provide more detailed job description.

Administrative Student Assistant-(HPD180)
Job ID: 4994
Hours: 10 hrs./week
Rate: \$10/hour

Perform intermediate level clerical tasks, including but not limited to receiving and directing visitors, fielding telephone calls, scheduling meetings, composing basic correspondence and providing routine general office support.

Student Research Assistant-(353)
Job ID: 5265
Hours: 20 hrs./week
Rate: \$10/hour

Assist faculty with various research projects. Provide clerical and research support to undergraduate and graduate business programs. Tasks include data collection, analyzing data, data entry, filing, Phones. General office work. Other duties as assigned.

Administrative Assistant - Facilities Management-(686)
Job ID: 4916
Hours: 20 hrs./week
Rate: \$10/hour

Assist the Coordinator of Events and Facilities in daily activities. These activities include assisting with the coordination of events,

as well as assistance with the maintenance of the building. Assist with other departments in the suite as needed, and other duties as assigned.

Graduate Research Assistant-(1142)
Job ID: 5623
Hours: 0 hrs./week to 20 hrs./week
Rate: \$10/hour

1. Carry out a designed program of research under the supervision of a designated Oceanographic Center Faculty member, Research Scientist or Principal Investigator.
 2. Work on and contribute to collaborative research teams. Perform the following major duties including but not limited to:
 • Conducting data analysis and computations
 • Collecting/cataloging of field and/or laboratory samples
 • Creating various reports based upon data results
 • Other duties as assigned

Graduate Assistant - Systems Management-(522)
Job ID: 4913
Hours: 20 hrs./week
Rate: \$10/hour

Analyze and resolve both simple and complex computer problems. Provide effective, courteous and timely responses to requests for service. Interact with library staff on the phone, in person and via electronic mail. 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.

Graduate Research Assistant (MPH)-(HPD261)
Job ID: 5615
Hours: 10 hrs./week
Rate: \$14/hour

Work with collaborating partner to provide data collection, data analysis and program evaluation support for community-based initiative assessing healthy community behaviors and programming.

Administrative Student Assistant-(695)
Job ID: 4674
Hours: 20 hrs./week
Rate: \$9/hour

Assist with filing, data entry, reports and other office duties. Help with special events.

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 Administrative Assistant-Office of Annual Giving -(1124)

Job ID: 5509
Hours: 20 hrs./week
Rate: \$11/hour

The Student Administrative Assistant in the Office of Annual Giving will be primarily responsible for the following tasks:

- Clerical duties
- Information verification and updating from constituency groups
- Tracking society members
- Conducting report analysis
- Preparing invitations and tracking RSVP's
- Event assistance (as needed)
- Compiling solicitation lists
- Acknowledging gifts to the Annual Fund
- Stewarding giving societies
- Assist in pledge fulfillment
- Answering telephones
- Scheduling meetings
- Other general office duties to support division priorities

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, answer phones, file, photocopy, help with special projects and other general office duties as needed.

Student Assistant/ Preschool Aide-(733)
Job ID: 4693
Hours: 20 hrs./week
Rate: \$8.05/hour

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

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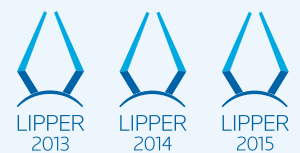
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¹The Lipper Award is given to the group with the lowest average decile ranking of three years' Consistent Return for eligible funds over the three-year period ended 11/30/12, 11/30/13, and 11/30/14 respectively. TIAA-CREF was ranked among 36 fund companies in 2012 and 48 fund companies in 2013 and 2014 with at least five equity, five bond, or three mixed-asset portfolios. Past performance does not guarantee future results. For current performance and rankings, please visit the Research and Performance section on tiaa-cref.org. TIAA-CREF Individual & Institutional Services, LLC, Teachers Personal Investors Services, Inc., and Nuveen Securities, LLC, members FINRA and SIPC, distribute securities products. ©2015 Teachers Insurance and Annuity Association of America—College Retirement Equities Fund (TIAA-CREF), 730 Third Avenue, New York, NY 10017. C24849C

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