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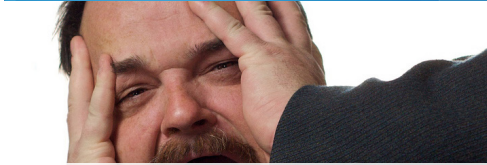
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The Current

The Student-Run Newspaper of Nova Southeastern University

November 3, 2015 | Vol. 26, Issue 11 | nsucurrent.nova.edu



How to handle stress

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Domestic violence in the NFL

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Say "Hello" to Adele's new single

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Perplexed over parking?

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Shark du Soleil takes over NSU

By: **Li Cohen and Nicole Cocuy**

To celebrate another year at NSU, Student Events and Activities Board will host the Shark du Soleil Homecoming Week from Nov. 7 to Nov. 13.

Homecoming Week is a tradition at NSU that consists of a week-long celebration. During this week, the NSU community gathers to celebrate Shark pride through activities and the Homecoming Volleyball game.

The annual Sallarulo's 5K Race of Champions will kick off the week on Nov. 7 this year. The race is for individuals with disabilities and is hosted by Special Olympics Broward County. A carnival with free food and performances will follow the race to maintain this year's theme.

The rest of the week will include the annual Flight Deck Follies drag queen show, Shark Race, Greek Knockout, homecoming bash at Passion Night Club, a tailgate for the Homecoming Volleyball game and a post-Homecoming party at the Flight Deck Backyard.

New to this year's tradition will be the Homecoming Yard Show, in which the Unified Greek Council fraternities will dance in a yard show. A live DJ will perform music, and food trucks will be available. The Homecoming Backyard Party is also new to this year's lineup and will include live music until midnight.

Parker Sheppard, sophomore exercise and sports science major, said that Homecoming Week is the time of the academic year when students get to interact with each other the most and that he is most looking forward to the party at Passion Night Club.

"Homecoming is an incredible opportunity to take a step back and truly enjoy yourself



PERMISSION FROM THE OFFICE OF STUDENT EVENTS AND ACTIVITIES
The winning team of last year's #SharksHC VIP Challenge smiled for the camera in anticipation for their exciting evening at the 2014 Homecoming Bash.

at school just before a stressful part of the semester," he said. "It's a time to reconnect with people who you may have lost touch with and a time to connect with those that you haven't yet."

SEA Board Vice President of Traditions Daesha Roberts, junior business administration major, said that the points of Homecoming is for alumni and students to celebrate NSU together and for students to make memories so they want to come back to campus after graduation.

"You're supposed to want to come back to your campus, so that's why it's important to build the tradition so you can remember those good times in undergrad," Roberts said. "This is your school. You have to make your experience a good experience in college."

The Homecoming Council will also host its #SharksHC VIP Challenge this year through the Goose Chase app. Starting Nov. 4, teams of five to 10 students can download the app and complete a series of challenges until the portal closes on Nov. 11 at 11:59 p.m. The

winning team will receive a VIP Homecoming experience, including a limo ride to the Homecoming Bash, a complimentary dinner and a VIP section during the party.

Sierra Herbert, senior biology major and last year's winner of the #SharksHC VIP Challenge, said the VIP Homecoming experience added a nice touch to her evening.

"It was a gated off stage up front, and we had our own bouncers, so we were the only ones allowed to go up there. There was free food, and we had our own private space to sit down," said Herbert, "It was really nice."

Roberts said that students tend to compare the opportunities and events held at NSU to those offered at other colleges and universities, but students have to realize the importance of making the most out of what's available at NSU.

She also said that, statistically, students who are involved on campus get better grades and have a better experience both during and after college.

In a study conducted at Purdue University, it was found that students who are involved and active on their college campuses academically perform better than those who only go to classes.

"This is NSU," Roberts said. "This is what we have, and all you can do is come out and try to make the best experience out of it and make it fun. You can't be in your room the whole time and complain."

SEA Board encouraged students to use the hashtag #sharkshc15 on social media to stay updated and see how other students are celebrating Homecoming Week.

For more information about Homecoming Week, contact Roberts at dr1215@nova.edu.

EVENT SCHEDULE:

Nov. 9

Flight Deck Follies @ Flight Deck Pub Backyard 8 p.m.

Nov. 10

Shark Race tricycle race @ Alvin Sherman Library 4-6 p.m.

Nov. 11

Homecoming Yard Show @ Flight Deck Backyard 8-11 p.m.

Nov. 12

SEA Thursday @ UC Spine 12-1 p.m.
Homecoming Bash @ Passion Night Club 10 p.m.-2 a.m.

Nov. 13

Women's Volleyball Game @ NSU Arena 7 p.m.
Homecoming Backyard Party @ Flight Deck Pub Backyard after volleyball game

Sigma Delta Tau's second annual XY Factor

By: **Amanda Kaplan**
@Current_Amanda

Sigma Delta Tau will host their second annual XY Factor to raise money for Jewish Women International on Nov. 6 in the Don Taft University Center Pit from 7-9 p.m.

Jewish Women International is one of Sigma Delta Tau's national philanthropies. According to their website, the philanthropy's goal is to work to end domestic violence and empower women and young girls.

The XY Factor is designed to be similar to the game "Minute to Win it," in which men and women will compete against each other in challenges. Contestants will consist of Greeks, athletes and students from different organizations across campus.

Jenna Klingsick, sophomore marine biology major and philanthropy chair of Sigma Delta Tau, said the sorority wants to get as many people to come to the event as possible to help

surpass their fundraising goal.

Last year, the sorority raised approximately \$3,000, and they hope to raise more this year.

Klingsick the events allow students and guests to have fun while raising money for a good cause.

Klingsick said, "We really want a lot of people to come support us and the contestants. By coming to the event, they can learn more about Jewish Women International and they can donate for the cause."

In addition to the event, the sorority will host a pre-battle flag football game on Thursday Nov. 5 at 5 p.m. on the intramural fields. Klingsick hopes this will get students to come out and get excited for the XY Factor competition the next day.

Katlyn Magnotta, sophomore biology major and Sigma Delta Tau's director of new

member education, said, "[The flag football game is] mainly to get excited for the event, but in addition to that, this is about JWJ, which stands for empowering women and fighting against domestic violence. It's a way for women to stand up against men and show they are equal. They can play and beat the guys at football."

Sigma Delta Tau hopes to expand their event throughout the week. They are encouraging contestants and their friends to have a cookout before or after the football game for students to hang out and mingle.

Magnotta said they're promoting social activity to encourage Panhellenic (PC) and Interfraternity Council (IFC) unity and a friendlier campus.

Students may come to the event for free or purchase a \$10 VIP ticket ahead of time. The VIP ticket includes food and a front row seat for

the competition.

Besides purchasing VIP tickets, supporters will be able to donate money during the event by purchasing food or T-shirts, or donate to a team's bucket as they are competing. During the event, contestants can be placed into a "penalty box" for breaking the rules, and the audience must donate money so they can compete again. The winner will be determined by who receives the most points and who raised the most money in their buckets.

The audience may also go to the event's GoFundMe page to donate during the event with their credit cards.

To learn more about Jewish Women International, visit jwi.org. For more information or to purchase tickets or become a contestant at the XY Factor, contact Klingsick at sdtdcommunications@gmail.com.

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NEWS ANCHOR

Stay up to date with international events.

China will reportedly end its one-child policy

According to a statement from the Communist Party, couples in China will be allowed to have two children now that China's population growth has stabilized, resulting in an aging population. The family planning policy, better known as the one-child policy, was enacted in 1979 after China's population boomed from 540 million in 1949 to 940 million in 1976. The policy has many exceptions; ethnic minorities and parents who are only children are exempt, and those who live in rural, sparsely populated areas are allowed to have two children if their firstborn is female. It has prevented an estimated 400 million births. Those who violated the policy are severely punished with fines, unemployment and even forced abortions. The policy has been widely criticized due to the preference of boys in China; often, if first-time parents discover their baby is female, they will opt to abort the child and try again for a male to carry on the paternal bloodline.

More than 20 shipwrecks found around Greek archipelago

The 17-square-mile Fourni archipelago, a group of 13 islands and islets, is the site of 22 shipwrecks, credited as one of the top finds of 2015. Underwater archaeologists discovered the shipwrecks as part of a first-time joint Greek-American expedition in the area over 13 days. The Fourni archipelago is located between Samos and Icaria in the Aegean Sea, and experts said the Fourni used to be the only safe place for ships to dock as they traveled to and from the Greek mainland. More than half of the shipwrecks date to 300 to 600 A.D., and most date between 700 and 31 B.C., encompassing the Late Roman Period, the Archaic Period, the Classical Period, the Hellenistic Period and the Late Medieval period.

Nepal elects first female president

Bidhya Devi Bhandari, women's rights campaigner and current vice-chair of the ruling Communist Party of Nepal, was elected president by Nepal's parliament on Oct. 28. Bhandari has promised to support minority and women's rights as president of Nepal. She is the second person to hold office as president, as she will replace Ram Baran Yadav, who was elected in 2008.

Saudi blogger awarded human rights prize

Raif Badawi, a Saudi Arabian blogger, was awarded the European Parliament's Sakharov human rights prize following his 10-year jail and 1,000-lash sentence for "insulting Islam" and apostasy in 2012. Apostasy is the abandonment of a religion, in this case of Islam; a conviction of apostasy usually guarantees a death sentence in Saudi Arabia, Afghanistan, Qatar, Sudan and other Middle Eastern countries. Badawi received 50 public lashes in

January, inciting world-wide protest; the rest of his lashings have been postponed due in part to his poor health. The Saudi Arabian Supreme Court upheld the heavy sentence this past June, but there are now widespread calls for his release. Parliament Chief Martin Schulz implored the Saudi King to pardon Badawi, saying that Badawi's punishment is nothing more than "brutal torture." The writer and activist is the co-creator of the website Free Saudi Liberals.

UK birds face extinction

Atlantic puffins, European turtle doves, pochards and Slavonian grebes were placed on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species for birds. There are millions of puffins, but due to pollution and declining food sources, fewer young puffins survive and produce offspring. Turtle dove and Slavonian grebe populations have been on the decline due to fewer mating pairs. Hunting and habitat destruction have caused a decline in the pochard population. Ecologists said that the puffin and the turtle dove face the same level of extinction as the lion and African elephant and are more endangered than the humpback whale. This brings the total of UK species on the critical list to eight.

Indian prime minister pledges \$600 million to Africa

Narendra Modi, India's prime minister, pledged \$600 million in aid for development projects in Africa. Modi announced the amount at the India-Africa Forum Summit in New Delhi, the Indian capital. More than 50 African political figures attended the summit, including Robert Mugabe of Zimbabwe and Omar al-Bashir of Sudan. The summit is India's attempt to improve relations with Africa — trade between India and Africa has doubled since 2007 to \$72 billion. This is reportedly the largest number of foreign dignitaries to appear in India since 1983 and the largest overseas assembly of African leaders.

A dozen killed and others missing after ELN ambush in Colombia

Defense Minister Luis Carlos Villegas said six people are missing after a National Liberation Army (ELN) attack on a group carrying regional election ballots. During the attack, 12 members of the security forces were killed; eleven of those killed were soldiers, and one was a police officer. Villegas said poll workers and a local guide are among the missing. The ELN is a left-wing Marxist-Leninist group with about 2,000 armed members in conflict with the Colombian government. Last month, the government signed a peace deal with the Revolutionary Armed Forces of Colombia, or FARC, and the two parties are pursuing peace. Despite the FARC's invitation to the ELN to join in on the peace talks, the ELN continues to be aggressive. The attack followed what President Juan Manuel Santos called "the most peaceful and least violent [election] in decades."

The Current

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Grow your beard to raise awareness

By: **Li Cohen**
@Current_Yakira

In honor of Men's Health Awareness Month, the Office of Recreation and Wellness will host No Shave November Growing Games through the end of November, beginning with a kick-off event on Nov. 4 from noon to 1 p.m. in the Don Taft University Center Spine.

No Shave November is a movement based on an online non-profit organization. According to the No Shave November website, No Shave November "is a month-long journey during which participants forgo shaving and grooming in order to evoke conversation and raise cancer awareness."

Marcela Sandigo, associate director of programs at RecWell, said, "By growing your beard and by participating in this contest, we're hoping to bring that same awareness [that breast cancer receives] to men's health."

While November is dedicated to men's

health as a whole, Sandigo said that No Shave November and the Growing Games are mostly dedicated to prostate cancer awareness.

According to the Centers for Disease Control, prostate cancer is the most common cancer among men in the U.S., aside from non-melanoma skin cancer. Their website states that over 177,000 men were diagnosed with prostate cancer in the United States in 2012, and over 27,000 of those men died.

At the kick-off event, men will take a pledge to not shave for the rest of the month. RecWell staff will take a Polaroid picture of each participant and hang it on the RecWell bulletin board as "before" pictures for the contest.

T-shirts and food will be provided, and a physician and nutritionist from the student medical center will be available to provide

information and answer questions regarding men's health and prostate cancer.

"We always focus so much on October, which is for breast cancer awareness, and everyone's familiar with it," Sandigo said. "As of last year, we decided to focus on November and raising awareness for men's health."

In the Growing Games, male students will post pictures of their beards at the end of the month on social media using the hashtag #NSUNoShaveNovember. The winner will be selected based on who has the longest beard and announced as "King of the Stache." They will receive a crown from RecWell.

Last year, over 100 students participated in the Growing Games, and Sandigo expects the same turnout this year.

For more information, contact RecWell at 954-262-7021.

NEWS BRIEFS

Scholarship available to graduating seniors

Two graduating seniors of any major will be nominated for the Junior Fellows program for the Carnegie Endowment for International Peace. Beginning Aug. 1, 2016, Junior Fellows will spend one year at the Carnegie Endowment in Washington, D.C. to conduct research for publications, participate in meetings with officials, take part in congressional testimony and organize briefings. Applications must be submitted to the Farquhar Honors College office on the second floor of the Mailman-Hollywood Building by 5 p.m. on Dec. 11. Dean Rosenblum will select the two students and submit their applications for consideration to the Carnegie Endowment, who will select between 10 and 12 students from around the world. For more information, contact Rosenblum at 954-262-8402.

Florida bill filed to allow health care refusal

Florida Representative Julio Gonzalez filed HB 401, a bill that allows health care providers to refuse to treat or medicate a patient if it opposes their religious or moral beliefs, on Oct. 21. If passed, nursing homes and assisted living centers, hospice facilities owned by religious institutions, surgery centers and individual doctors could refuse to provide medical care, unless the patient is at risk of dying or is seriously injured, based on the doctor's beliefs. The bill has not received support from a member of the Florida Senate.

Library takes over SEA Thursday

NSU Libraries will host the "Fall in Love with your Library" fair as part of SEA Thursday on Nov. 5 to teach the NSU community about library resources and services. Tables will be set up to showcase different information, and at each table, students can win gift cards for coffee and books. There will be carnival games, photo booths, popcorn and other snacks, as well as music provided by Radio X. For more information, contact the Alvin Sherman Library Reference Desk at 954-262-4613.

Learn about Ireland through film

The eighth annual Irish Film Festival will include three films, which will be screened between Nov. 9 and Nov. 15. Films include "Out of Here" on Nov. 9 from 7 to 9 p.m., "Good Vibrations" on Nov. 11 from 7 to 9 p.m. and "Gold" on Nov. 15 from 2 to 4 p.m. The first two screenings will be in Room 4009 of the Alvin Sherman Library, and the final film will be in the Cotilla Gallery on the second floor of the library. All films are free and open to the public. For more information, contact David Kilroy at dkilroy@nova.edu or Kimberli Kidd at 954-262-5477.

Learn about the field of multimedia

NSU will host the Florida Scholastic Press Association District 7 high school multimedia conference on Nov. 7 from 7:15 a.m. to 2:30 p.m. to educate students on multimedia journalism. Sessions include Powerful Images: Photojournalism Depicting the Rawness of Humanity, Photoshop 101, ENG News Gathering Network Style, Alternative Sports Careers, RadioX Marks the Spot, How to Lead Your Peers and more. District 7 consists of private and public high schools in the Broward, Palm Beach and Martin counties. It was created in 1946 to provide more information to students enrolled in courses such as journalism, broadcasting, literary magazine, newspaper, yearbook, web design and graphics. For more information, contact Michelle Manley, director of student media, at mmichell@nova.edu.

College of Law receives \$1 million for student scholarships

NSU's Shepard Broad College of Law received \$1 million from a local law firm to be used for student scholarships, and in honor of this donation, it renamed the law library as the Panza Maurer Law Library. The donation was made by Thomas Panza and Susan Horowitz Maurer from Panza, Maurer and Maynard law firm in Ft. Lauderdale. Both Panza and Maurer graduated from NSU, Panza with a master's degree in criminal justice and Maurer with a law degree. The College of Law was previously designated as a top Florida school for bar exam preparation by National Jurist Magazine and ranked fifth nationally as one of the best law schools for diversity practices for Hispanics in HispanicBusiness.com's Annual Diversity Report.

Psychology Career Day

By: **Nicole Cocuy**
@Current_Nicole

Psychology Club will host Psychology Career Day on Saturday, Nov. 7 in the Don Taft University Center second floor lounge from 1 to 4 p.m.

Reya Hossain, senior psychology major and president of Psychology Club, described Psychology Career Day as an event for students who share an interest in psychology and want to learn more about the careers that are available in the field. It will consist of a panel of professionals from different psychology fields who will discuss their experiences in their careers.

Hossain said, "It gives students an idea of what to expect to get out of the real world and what kind of hardships might exist. They can ask actual professionals what they need to do in their undergraduate years."

The panel will feature eight to ten professionals and will include break-out sessions for networking.

"We are going to have a therapist there, clinical directors there, a professor from a different school discuss their psychology program and more," said Hossain, "it's going to be a very fun but professional event for the students."

Hossain said her goal for the event is to help students figure out which career path might be best for them and connect them with professionals in the community.

"Personally, for me, I never really could figure out what I wanted to do until this year," Hossain said, "I am currently working in a recovery center, and it was all because of the connections here at NSU. I want to be able to give my experience back to other NSU students, and I thought that maybe giving them a networking event would be a great idea."

This is the first career-oriented event that Psychology Club will host.

"We've had other events, like social events. We just had pumpkin carving a couple of weeks ago," said Hossain, "We usually tell students to reach out to [the Office of] Career Development or [the Office of Undergraduate] Student Success, but for us to actually organize a panel for students is a first."

The event will be open to graduate and undergraduate students of all majors and programs at NSU, as well as members of the community who are interested in psychology careers.

Hossain described the event as a great opportunity to find internships, prospective jobs and research opportunities. Hossain hinted that participating speakers might be looking for prospective employees and interns.

"To find out if they're hiring, you'll just have to turn up and see," said Hossain.

Hossain recommended dressing professionally and bringing copies of an updated resume to the event. She also recommended preparing a couple questions to ask the panel in advance and arriving on time.

To RSVP for Psychology Career Day, visit <http://goo.gl/formsnLgWzTDgUP>. For more information, contact Reya Hossain at rh892@nova.edu

Schedule of Events

Professional Panel #1: 1:00-2:00pm

Nadja Schreiber Compo, Associate Professor, Co-Director Legal Psychology Graduate Program Florida International University

Daniel Shapiro, District Level Supervisor, School Counselor Broward Country District School Board

Lissa Franklin, Clinical Outreach Coordinator Life of Purpose, Academically-Focused Substance Use Disorder Treatment

Jennifer Daviditz, Assistant Professor Dept. of Clinical Psychology, Nova Southeastern University

Professional Panel #2: 2:15 – 3:15pm

Anne Hearon Rambo, Professor, Director of MS and Graduate Certificate Programs

Dept. of Family Therapy, Nova Southeastern University

Jennifer Branham, Director of Community Services Susan B. Anthony Recovery Center Krista Bloom, Clinical Director, Licensed Therapist Susan B. Anthony Recovery Center

Jacob M. Waldrup, Manager of HR Operations Ryder Systems Inc.

Professional Mingle 3:15-4:00pm

On Shore Calendar

No Shave November Growing Games @UC Spine
Noon - 1 PM

Maasti Bake Sale @UC Spine
11 AM - 5 PM

CSA Culture Night @UC Pit
6 PM - 10 PM

NOV 4

DPhiE's ANAD Dinner @Shark Circle
8 PM

SDT XY Factor Flag Football Game @Intramural Field
4 - 6 PM

NOV 5

SDT XY Factor @UC Pit
7 - 9 PM

NOV 6

Psychology Club Career Day @Second Floor Lounge in the UC
1 - 4 PM

NOV 7

Beta Theta Pi's Bowling for Boxers @Spares Bowling Alley
Noon - 3 PM

NOV 8

Flight Deck Follies @Flight Deck Backyard
9 - 11 PM

NOV 9



Fact checking the GOP debate

CNN hosted the third GOP Debate between Republican presidential candidates on Oct. 28. The following statements were made by candidates throughout the GOP debate, and the verdicts were decided upon by The Current staff after heavy research of reputable sources. Full transcripts of the debates can be found online at Time.com, CNN.com and other news sources.

“And secondly, when you talk about me being on the board of Lehman Brothers, I wasn’t on the board of Lehman Brothers. I was a banker, and I was proud of it. And I traveled the country and learned how people made jobs.”—*John Kasich on his involvement with Lehman Brothers*

According to CNN, Kasich was managing director of Lehman Brother’s investment banking division from 2001 to 2008, when the firm collapsed. Investopedia.com reported that the firm filed for bankruptcy with a \$619 billion debt, which is the largest bankruptcy filing in history.

Bloomberg Politics stated that after reporters viewed Kasich’s 2008 tax return, they found that Kasich was paid over \$400,000 in bonuses after the firm shut down. The site also reports that his title of managing director was

only applicable to 700 employees, including Kasich.

As stated on mergerandinquisitions.com, the managing director of a banking firm is responsible for travelling to meet with clients and companies, while lower-level bankers are responsible for working with the discovered clients on business deals.

VERDICT: The statement is true but misleading. Although Kasich was not on the board of Lehman Brothers, he was not merely a banker either. His position was higher up than bankers, and he was responsible for more activities and affairs within the division, but he was on the board that made final decisions responsible for the company as a whole.

“Six million more people are living in poverty than the day that Barack Obama got elected president. The left just wants more of the same.”—*Jeb Bush on workforce participation rates*

In a survey published by the U.S. Census Bureau in September, 46.7 million people were living in poverty in 2014. A survey published in 2008 found that 39.8 million people were in poverty. This data shows the number of people

living in poverty increased by 6.9 million during Obama’s presidency.

VERDICT: True

“And they [the government] have stolen from you because now they know they cannot pay these benefits, and Social Security is going to be insolvent in seven to eight years.”—*Chris Christie on Social Security*

According to the Social Security Administration, Social Security’s Disability Insurance Trust Funds are expected to run out in the latter part of 2016, which would mean that payments to DI recipients would be automatically declined. After the depletion, SSA expects that trust fund assets will be taken from the General Fund of the Treasury until 2034. All of this is part of a 75-year projection period in which Social Security benefits are expected to last.

VERDICT: False. Although Social Security benefits are expected to decline, it will not be in the next seven to eight years.

“I didn’t have an involvement with them [Mannatech]. That is total propaganda, and this is

what happens in our society. Total propaganda. I did a couple of speeches for them. I do speeches for other people. They were paid speeches. It is absolutely absurd to say that I had any kind of relationship with them.”—*Ben Carson on his relationship with Mannatech*

Mannatech is a multi-level marketing company that distributes health products. According to CNN, Mannatech settled for \$7 million in 2009 because the company made numerous claims that their products cured cancer and autism. Numerous sources, including recorded speeches and interviews, have shown that Carson has held a relationship with the company for at least a decade. One of these videos is from a 2004 Mannatech event, in which Carson said, “A couple of years ago I was diagnosed with cancer...I started taking the product, and in about three weeks, my symptoms went away...I would advocate using natural products to supplement what’s done by traditional medicine.”

VERDICT: False. Carson has done multiple interviews with the company and has promoted their products.

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Bulking to make the cut

By: **Roddia Paul**

Bulking and cutting is the technical term for concentrating on gaining and or losing muscle mass. You've seen it in "Popeye" and "Johnny Test" — cartoon characters consume certain foods to gain weight that they later transform into muscle. When you watched bulking and cutting in their cartoon forms, you probably did not think it was valid or that they even have a name. Of course, cartoons display bulking and cutting in a matter of seconds because how else would they fit the process into a 30-minute episode? But it's a lot more complicated than that.

Bulking and cutting are commonly associated with bodybuilding because the whole point is to gain mass and turn it into lean muscle. However, bulking and cutting are not only common among those who body build, it's also practiced by people who box, practice martial arts and even those who are avid fitness enthusiasts.

People who practice bulking usually have a goal of getting as big as possible, while those

who cut are focusing on obtaining lean muscle.

"There's two types of bulking," said Adam Hillyard, sophomore exercise and sports major. "Clean bulking is when you eat a lot, but you calorie count and make sure you still eat a balanced diet, while in dirty bulking, you pretty much can eat whatever you want."

Hillyard said he practices dirty bulking because it is easier for him to reach his set calorie goal if he eats foods high in calories rather than low in calories. Eating foods with low calories requires eating more times a day to meet your goal.

Calorie intake depends on how much weight the individual would like to gain.

Hillyard said he sets his calorie intake to about 3,000 to 4,000 a day, and his diet consists of college favorites, like pizza and French fries.

Although bulking may sound like delicious fun, in order to achieve results, it must be paired with exercise.

Hillyard said he works out once a day for one to two hours.

When it comes to the weight you put on as you bulk, you have to remember that some of it may be fat, but you'll also gain muscle as well.

"Bulking makes you stronger and prepares you for the cut," Hillyard said. "Each time you bulk and cut, you look bigger than the time before."

As you can imagine, there is more to bulking and cutting than gaining and losing muscle mass. There is a particular technique that one must use in order to achieve the correct results. The first step is knowing what results you want in order to decide which technique you should use.

Tobin Silver, associate professor in the College of Arts, Humanities and Social Sciences, said deciding whether to bulk or cut depends on one's goal. If one wants to lose weight, then focusing on cutting would be essential; if one's goal is to gain muscle mass, then bulking would be the right choice.

After one decides the direction he or she wants to go, it's time to determine the technique.

When cutting, one gradually decreases the amount of complex carbs, such as rice and beans, until they are completely cut from your diet. When dirty bulking, one consumes as many of these carbs as possible. In clean bulking, one combines increased carb intake with brief periods of carb withdrawal to avoid the fat gain that can result from dirty bulking.

Still, Silver advises against bulking and cutting.

"Here are my tips for bulking and cutting: Don't do it. Instead, know your goals and find a routine geared towards them to promote adherence," Silver said.

The most important thing to remember when it comes to bulking and cutting is that they can have risks if they are not done correctly. For example, consuming too many calories or not enough can adversely affect your health. So if you are thinking about using bulking and cutting as a method to achieve your fitness goals, always do your research or contact a trained professional.



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THAT TIME I... VOLUNTEERED FOR EARTHQUAKE RELIEF IN NEPAL

By: **Mayur Sharma Banjara**

Mayur Sharma Banjara is a master's in public health student in the College of Osteopathic Medicine. He was born in the Kavre District of Nepal.

On April 25, 2015, a massive earthquake measuring 7.8 in the Richter scale struck Nepal. Aftershocks followed the earthquake throughout Nepal, with one reaching a magnitude of 6.7 the following day and another on May 12, 2015 at a magnitude of 6.8, killing thousands and damaging infrastructure, particularly in Dolakha and Sindhupalchowk, districts in eastern Nepal. The earthquake and its aftershocks affected a total of 14 districts and resulted in 8,786 deaths and 22,303 injuries.

While the quakes were happening, I was planning a summer trip to Nepal for a project that aimed to provide training to female community health volunteers on maternal and child health, but the earthquake changed my plan. Once I arrived, I spent a month providing disaster

relief and support for Nepal's Home Ministry by collecting data about the mass casualties and relief distribution in the affected areas. I worked in the Kabhrepalanchowk District and collected data in collaboration with the Nepal police, the Nepal army, the armed police force of Nepal and the chief district officer. We reported the collected data to Home Ministry on a daily basis, enabling the government to provide further relief and support as needed.

I had also collected funds from the International Health Initiatives, friends and other sources to buy metal corrugated sheets, and I distributed them to 42 families in Sindhupalchowk District and Kabhrepalanchowk District. The metal corrugated sheets were used for roofing, allowing families to stay inside of their houses without sleeping under the open sky. Metal corrugated sheets are durable, and the main objective was to keep people safe throughout the upcoming rainy season in Nepal. The metal corrugated sheets were distributed to those of



PRINTED WITH PERMISSION FROM M. BANJARAJ
Mayur Sharma Banjara, master's in public health student, aided his home country after a devastating earthquake struck it earlier this year.

marginalized, low socio-economic status, those who lost their houses and single women.

On top of all of my volunteering for disaster relief efforts, I still had to attend my online class at 3 a.m. from Nepal. I received support from Dr. Cyril Blavo, the program director of the Master of Public Health Program, and my friends and coworkers at the time. This help was very crucial for me in attending the class.

Working in emergency conditions isn't as easy as we think it is or as we read about in books, particularly when you have to work on limited resources. I saw people with plenty of needs: hungry people, homeless people and even families who lost a loved one. They were

suffering from mental, physical and social tensions, living in fear of more tremors. Not only did these people lose their homes and businesses, but many people also became disabled and are worried about their future.

90 percent of the infrastructure in the earthquake-affected areas was destroyed by the minute-long tremors. Now, no one can imagine when the government of Nepal will rebuild its infrastructure. I tried the best that I could to support the people in my country whenever possible by providing the people who require assistance with care, support, relief and recovery.

How to cope with college stress

By: **Jenna Kopec**

It's no secret that college can lead to some major cases of stress. Between academics, extra-curricular activities, friends and family, college life can feel like one giant juggling act. Whether you're an underclassman looking to make your mark or an upperclassman planning your next move, you're bound to feel the heat at some time or another.

While midterms are finally over, classes are kicked into high-gear, and the last half of the semester's race can be even more difficult than the first. With Thanksgiving break approaching, keep in mind that even though the college experience isn't always the easiest, these breaks are a time to regroup, refocus and enjoy a little vacation from Stress City. Here are some tips from fellow students to help you refresh over the upcoming holiday breaks.

Realize that stress isn't always a bad thing

Julian Pino, senior psychology major, said, "Stress hurts, but stress can also help."

As awful as it sounds, sometimes it can be hard to find motivation to do school work. Some stress can benefit students by giving them that

extra push to accomplish a task.

Know when to take a step back

Sometimes, sitting in front of a textbook or computer screen can really drain a student's will to move forward. One effective strategy to dealing with this can be to take a small break.

Pino said that during times when he's feeling stressed out, he'll pause whatever he's doing, read some articles online and decompress.

Everyone needs a little bit of "me" time, even if that time only lasts ten minutes.

Shawn Stricker, junior sport and recreation management major, said, "Obviously, if it's something due the next day, then you have to power through, but once you get it done, take a step back."

Do what you love

What should you do during that "me" time? Whatever makes you happy. Anything from laughing your lungs out when talking to your friend on the phone to treating yourself to a trip to Starbucks can suffice as the balance students need.

Kelly Raza, sophomore pre-nursing major, suggested getting involved in the arts when you need a break from science.

Raza said, "I usually dance. I'll freestyle a lot."

Don't be afraid to ask for help

Sometimes, the emotions that we feel can be so consuming that we forget about all the other people who've once been in our shoes. If you feel like stress may be getting the better of you, remember that there are always sources for help. Besides moral support from friends and family, NSU offers several resources to help students manage stress.

The Office of Undergraduate Student Success offers workshops on array of subjects from test preparation to stress management.

Raza attended a stress management workshop, where she learned different ways to cope with stress. She said that instead of using the word "stress," we should say that a situation is "overwhelming." This idea helps us look at a situation as something we can conquer, even if it is overwhelming.

"And, with that, I just go, 'This is overwhelming, but not stressful,' and I walk away."

It's also important to remember that all part- and full-time students are given 10 free counseling sessions from the Henderson Student Counseling Center.

It's important for students to learn how to cope with the overwhelming feeling that comes along with college. Somewhere along the line, any student may need a little extra help. There is no shame in seeking it.

Spoiler alert: It's going to be alright

Author John Green once said, "Every year, many, many stupid people graduate from college. And if they can do it, so can you." Nobody came to NSU because they weren't capable of handling whatever gets thrown their way. So go ahead — crack open the textbooks, chug the energy drinks, and tackle any obstacle in your way. No matter how high your stress levels are or will become, you'll make it through.

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Building the bridge from University Island to Dream Job City

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.

Imagine you live on an island called University Island, where it is college every day, and you spend your 9-to-5 going to classes, exploring your interests and discovering what your future career entails beyond this island life. Your biggest goal is to one day leave the island and work in Dream Job City. In order to do so, you need to build a bridge to get you across the water. You know you cannot swim because it is too difficult, and you likely would not succeed. The bridge is your best option, but it will still take some work to get it built. This bridge will not be built overnight, and it will need to be chipped away at each and every semester until graduation. Typically, a bridge is made of bricks and cement; however, this bridge is built on relationships and pre-professional experiences that will prepare you to navigate the challenges of Dream Job City and transition into a well-rounded professional.

There are many ways you can build professional relationships and gain pre-professional experiences. The value in each of



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Emily Tasca and Emilio Lorenzo offer sage advice about how to prepare for your post-graduate career.

these experiences encapsulates, or provides a glimpse, as to what the future would hold within a certain career path, as well as provides an avenue to develop key skills that would be needed in such environments.

These experiences are not limited to just one type of setting, as they can come in many different forms including internships and volunteering. Below we will explore each form of these experiences, and discuss the value you can gain from each one.

Internships

One of the more traditional ways of gaining pre-professional experience is through an internship. An internship can be defined as an experiential opportunity in which you learn soft skills and are exposed to field-specific knowledge. Internships can be essential to building the bridge to Dream Job City. In today's

world, experiences sometimes hold more weight than academic achievements, but when you have both, they work hand in hand.

The soft skills that are developed at an internship can prove invaluable. In this setting, you will be challenged in terms of the nature of the work, which will help you become more savvy in your communication (written and oral), problem solving approach, critical thinking and overall ability to handle a multitude of responsibilities while collaborating with others in a workplace setting. Another benefit of such opportunities is the intangibles involved. This is an ideal way to build your brand, or how others perceive you as a professional. When you do go to Dream Job City, you may already have a relationship with a key employer of interest or have been hired after your initial internship. Internships can be the foundation of your pre-professional bridge, providing support and

direction while being the catalyst towards understanding and reaching your career goals.

Volunteering

Another form of pre-professional experience is volunteering. Although volunteering is not always as desirable at first glance, participating in an unpaid opportunity can have tremendous value. In fact, one thing that you showcase by doing something for free is that you are truly passionate about it.

While volunteering in the community is always a great experience, being strategic about choosing where you volunteer is beneficial toward your overall development. Volunteering isn't just limited to community involvement. For example, maybe you are a marketing student who is volunteering for a non-profit organization and have been tasked with managing the social media accounts while developing visually appealing graphics for their marketing. Although the experience is unpaid, it would still be considered an in-field experience that, like an internship, can be put on your resume to highlight relatable skills and knowledge.

Gaining transferrable skills in the field is not the only reason pre-professional experiences are useful, as they can also be an ideal way to build relationships with key stakeholders in your future.

Volunteering and internships can be key contributors to your overall professional development, including how other professionals perceive you. Now that you have come to understand the value found within pre-professional experiences, you will be better equipped to start building that bridge to Dream Job City.

Building positive habits: The magic formula

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.

We've all heard the saying "It's hard to teach an old dog new tricks." Well, the same philosophy can be applied to human beings. Many people are set in their ways and habits. Sometimes these habits can have a positive impact on your life, but sometimes they can be negative. With that said, the trick to obtaining your long-term goals and fulfilling your dreams is to encourage positive habits and rid yourself of negative ones.

Well, you might ask, "How do I do that?" Luckily, there has been a lot of research on the subject of forming positive habits and behaviors. In fact, there's a behavior model formula, published by Dr. Fogg from Stanford University, which can help you determine how to change your behaviors. Quite simply, the magic formula for changing habits and behaviors is $B = MAT$, or behavior equals motivation, ability and trigger at the same moment. Motivations are your personal goals and general desires. Ability can be defined as factors influencing or enhancing what you do, such as time, money and effort. Triggers are occurrences prompting you to change your behaviors. Triggers vary and can be either positive or negative. Examples of triggers are poor grades on a test or receiving praise for a project you completed in class. The main point of this formula is that all three factors (motivation, ability and trigger) must be present



PRINTED WITH PERMISSION FROM A. COAN
April Coan suggests building positive habits to succeed throughout your academic career.

in order for you to create change within yourself.

If you analyze this formula, you'll recognize that changing behaviors and building positive habits starts with motivation. You need to be motivated to change your behaviors; if not, chances are it'll be tougher to get rid of bad habits, like smoking or procrastinating, and build good ones, like going to the gym or completing your homework on time.

Since the key to building positive behaviors and fulfilling your personal goals is motivation, next time you're trying to change your habits to bring forth positive change, reflect on what's motivating you to do something. As you're reflecting, write down your motivations on a piece of paper, and put that piece of paper in a place that you will always see it. Chances are, when you look at that piece of paper every day and reflect on what's really motivating you to succeed and create good habits, those reminders will propel you forward in creating positive change in your life and academics.



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Athlete of the Week: Adrianna Rosario

By: **Erin Herbert**

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Although Adrianna Rosario, a senior legal studies major, discovered a talent for rowing later in life, it hasn't stopped her from excelling in the sport.

Before joining the rowing team at NSU, Rosario had no experience with rowing.

"I didn't even have a minute of experience," said Rosario. "I had no idea what I was doing, but I ended up being really good at it."

But with her talent for the sport, Rosario was able to experience success early on in her rowing career, competing with NSU at the National Championship meet in 2013 as a novice.

She said, "I was one of the three freshmen who went to Nationals when we won the National Championship. It was a really big accomplishment for me."

Rosario not only has big expectations for herself in rowing but also in academics. In addition to being a legal studies major, Rosario has also taken on minors in philosophy and graphic design.

Rosario tries to incorporate her passions and talents into her academic endeavors.

She said, "Philosophy classes involve a lot of the legal studies curriculum, so many legal studies majors have philosophy minors, and that's what I did, and then I tried to pick something else that tailored more to my artistic side, so I tried graphic design, and I ended up loving it."

Rosario is very involved on campus as president of Delta Phi Epsilon and a member of a number of other clubs and organizations.

I got the chance to sit down with Rosario and ask her a few questions.

How did you decide on the legal studies track?

"Legal studies was something that I

thought I would be good at — my dad said I would be — so I just went with it. I didn't want to come in undecided, so I stuck with it because the further along I went, the more I loved it. So now I'm applying to law schools, so that's kind of the future for me."

How did you get into rowing?

"Being local, rowing is not really a big thing down here. I had never done it before. I played soccer my entire life and also did marching band, so definitely not anything related to rowing. I was originally planning on going to University of Miami, but couldn't afford it. But in the time that I had been planning to go to UM, they had started recruiting me for the rowing team because I fit their physical profile. But once I decided that I was actually going to go to NSU, I found out that they had a rowing team, too, so I just put my foot forward. My freshman year I was a novice, and I ended up being the only novice that stayed from my year, and I stuck with it for all four years."

What's your favorite part of rowing?

"I'm an artistic person, so there's a lot of art that goes into the competition of rowing. It's different than any other sport. It's non-contact, but it's still a team sport. It's kind of the ultimate team sport in that every single little motion that you do has to be synchronized with every other person in the boat and anytime that you're on the water you have to be completely be synchronized and in tune with every one of your boat mates. So I feel that makes it artistic in the way that it's completely different than anything else. I feel like I connect with that part of rowing really well and that's what makes me appreciate it."

What do you think is the hardest part of rowing?

"The hardest part is definitely the mental

game. The entire 2000 meters, which is the length of competitive course, is basically a sprint. Track runners can really relate to this; you know you have a goal, but the work it takes to get through that entire 2000 meters is extremely stressful and painful on your body, and you need to have the mental stamina to push yourself through that finish line. It is so hard to do — it's such a hard sport, and that's why I'm the only novice from my year left. Not a lot of people can do that. To do that and be successful is awesome, but it's also very challenging."

Are there any specific motivational tools you use to keep up that mental toughness?

"Not personally, but it's my teammates really. In rowing, there's a coxswain [who's] usually the smaller person who sits at the stern of the boat and instructs and motivates [the team] during the entire piece. Throughout that, the coxswain is really the person who can control where our mentality is throughout the piece. So individually, we can be very mentally tough, but the coxswain is really the one who holds us all together; she's the one that reminds you that you are doing this for your teammates. Just relying on my teammates and trusting that they are giving 100 percent is really the only thing I use for motivation."

Do you have any coaches in your rowing career who have been influential?

"I'd have to say my first ever rowing coach. He really motivated me to stick with the sport and showed me that I had the potential to be a really good rower and excel on this team. I had a lot of doubts about whether or not I was going to stay, especially since I was the last one left, and I felt kind of out of place at a certain point in my freshman year. I was really unsure about sticking with the sport. But he really listened to everything I had to say, listened to my concerns and helped me get through a rough patch that I



PRINTED WITH PERMISSION FROM J. FRAYSURE
Adrianna Rosario, a member of the NSU rowing team, is currently preparing for her prospective legal career.

was going through. He's the reason that I was able to stay on the team and grow to love the sport."

On the rare occasion that you do have free time, what do you enjoy doing?

"I hang out with my brother a lot. He's on the men's soccer team here. I like to see my family and hang out with them a lot. I'm planning to go away for law school, so I try to see them as much as I can. Other than that, I'm a musical person. I was in band, so I like to hop on the piano and play, or I drum. I just like to do musical stuff. I just do what makes me happy and surround myself with the people who make me happy, and that's the way that I live my life."

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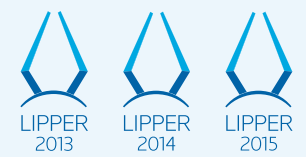
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Coach's Corner: Jessica Cousins

By: **Erin Herbert**
@erin_herbert



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Jessica Cousins turned her passion for running into a coaching career.

Running track has provided Jessica Cousins, assistant coach for the track team, with some of the best experiences of her life.

Cousins, a South Carolina native, began running in high school and has turned her passion for the sport into a career. She said she started running when she was in 9th grade and ran until her senior year of college.

"It's the one thing I've done since I was a child, between that and basketball," she said. "I ended up choosing track over basketball. I ran my first two years at Clemson University and then I transferred to University of Arkansas."

After completing her collegiate career, Cousins went on to compete professionally, attending meets such as USA Nationals in Oregon, as well as the IAAF Indoor Championships in Turkey and Qatar, and Olympic Trials in 2008 and 2012.

Cousins favored collegiate running over professional running due to the team atmosphere and dynamic. She believes that the team atmosphere is one of the reasons that she found running to be so enjoyable in college.

"Running professionally is different because I'm training by myself most of the time. A lot of workouts are done by myself; I had training partners, but sometimes we had to travel to different places or we had workouts at different times, so it was a little more difficult. I had to be much more disciplined. If I had to choose between the two, I'd choose to run collegiately for the rest of my life because of that team atmosphere," said Cousins.

In 2012, Cousins competed in her last professional meet at the Olympic Trials. After completing her career as runner, she shifted her focus from competing to coaching. Cousins spent three years coaching at Howard University in Washington, D.C.

But transitioning from a runner to a coach was not easy for Cousins.

She said, "It was hard. I love competing, and when I made the decision to not compete any more, it wasn't a quick decision. It was well thought out. I spoke to my mentors and my family members, but in the end, it was decision I had to come to on my own. In my first year of coaching I always had the urge to compete again; the only thing I didn't want to do was the training."

In September 2015, Cousins was hired as the assistant track and field coach at NSU.

"I was looking for another position while I was coaching in my last year at Howard University, and I wanted to be in a place with more diversity, and I had heard of NSU before, all about the great athletes and coaching staff. When the opportunity became available, I applied here, and when I finally got the call

for an interview, I was so excited. I told myself that if I got the opportunity, I would take the position."

In addition to the difficulties Cousins faced during her transition from athlete to coach, Cousins also described what she believes in the most difficult aspect of coaching: leaving the athletes.

"You get so close to them, personally and athletically, that they become like family, and so when I made the choice to leave Howard, it wasn't hard to leave the area or my colleagues, but it was hard to leave those athletes after forming such a great relationship. It was really hard to sever that tie. Up until this point, that would be the hardest part about coaching for me," said Cousins.

But being a coach is also incredibly rewarding, according to Cousins. She described seeing the success of her athletes as the most rewarding part of her job.

"From the first day at practice to their last day of competition, you get to see all the progress from the work they put in, the dedication, the sacrifice they have to make. Winning a conference championship or a national championship, that success for them is rewarding for me as their coach."

Using her own experience as a professional athlete is one of the tools Cousins makes use of to motivate her athletes. She notes that the experiences that are possible for professional athletes is what should drive athletes to work hard at their sport.

Cousins said, "For me, I make use of my experiences. Whatever I've gotten to experience as an athlete, and I try to get them to feed off of that. To be able to travel, and I don't tell them that everyone is going to be able to do that, you sacrifice so much as an athlete that you need to find something rewarding, and that was my reward. I want to give them that outlook that if you're going to do it, then you need to have some kind of reward for yourself. You give up so much of your time that you have to be seeking some kind of reward for it. That's one of the main things I use to motivate them, I ask them, 'What are you seeking. What reward are you seeking?'"

The athletic experience is really what has driven Cousins' career as both an athlete and a coach. Cousins has gotten to experience both sides of running and has had many incredible experiences as a result.

She said, "My best experience as a runner was making my first national team, which was at World Indoors in Qatar, and I was a part of the 4x4 relay that won gold there. As a coach, it's seeing my athletes on the podium or seeing them graduate."

ON DECK

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NCAA Regionals
Saint Leo, Florida
Nov. 7, 8 a.m.

Women's Basketball

vs. Miami
Coral Gables,
Florida
Nov. 4, 4 p.m.

Men's and Women's Soccer

SSC Championship
Nov. 3-8, TBA

Women's Volleyball

vs. Embry-Riddle
Daytona Beach,
Florida
Nov. 6, 7 p.m.

vs. Rollins
Winter Park, Florida
Nov. 7, 4 p.m.

Men's and Women's Swimming

vs. Indian River
State College
NSU Aquatic
Complex
Nov. 6, 2 p.m.

vs. Rollins
Winter Park, Florida
Nov. 7, TBA

SPORTSSHORTS

Women's Volleyball

The women's volleyball team lost to the Tampa Spartans 0-3 on Oct. 23. The Spartans are currently the number-one ranked team in the Sunshine State Conference. The Sharks' efforts were led by senior Dana Holger with 11 kills and 1 block.



Women's Soccer

The women's soccer team tied 1-1 against Eckerd on Oct. 24. The only goal for the Sharks was scored by senior Sierra Lelii off an assist from Sarah Keville to post her 18th goal of the season. The Sharks are now ranked fourth in the Sunshine State Conference with one game left in their regular season.



Men's Soccer

The men's soccer team fell 0-1 against Eckerd in their final match of the season on Oct. 24. In goal for the Sharks, junior Jo Jien Lee almost doubled his career record for most saves in a single game, with nine saves against Eckerd.





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ON THE BENCH:

Do sports leagues take punishment regarding domestic abuse seriously?

By: **Darren Hendricks**

Domestic abuse seems to be one of the most common ways for NFL players to get into trouble. Sports news headlines in the past few years have been full of allegations of domestic abuse; it seems to be more common than the use of performance-enhancing drugs.

The NFL's new policies seem more stringent regarding domestic abuse, but the way the NFL actually handles punishments regarding domestic abuse is not so serious. Honestly, it is ridiculous to see that players charged with domestic violence are not given severe punishments. I know that the NFL wants to be fair toward players, but there shouldn't be any exceptions made.

According to the NFL policy on domestic abuse on its website, the NFL will give "a baseline suspension of six games without pay for violations involving assault, battery, domestic violence, dating violence, child abuse, other forms of family violence or sexual assault, with consideration given to possible mitigating or aggravating circumstances." The NFL's policy also states, "If you are convicted of a crime or subject to a disposition of a criminal proceeding, you are subject to discipline. But even if your conduct does not result in a criminal conviction, if the league finds that you have engaged in conduct [prohibited by the policy], you will be subject to discipline."

Within this policy, there is no set time for the suspension to take place. If the

conviction takes place just before or during the NFL season, the NFL will hold it off until the offseason. This is where it gets disappointing because players should be punished right away for the crime they commit. However, NFL players who are charged with domestic violence are still able to play, and those players will also get a chance to appeal their suspension for something they know they did wrong. It really is disappointing that the NFL does not take punishment regarding domestic abuse seriously, despite the policies they put in place.

Something else that is disappointing is that some players can get off easily even though they have had a history of domestic violence. Defensive tackle Greg Hardy has been charged with domestic violence more than once and faced a suspension with pay in 2014. The second time, Hardy was originally suspended for ten games, but the suspension got reduced to four games after his appeal. Hardy should not be playing this year because of his multiple convictions, but he appealed, and now he gets to play. The NFL should not allow players to appeal when they have committed a crime. Players should accept what they did and take the punishment that is given.

The NFL is not firm when it comes to punishments regarding domestic abuse; Hardy easily appealed and still gets to play. However, former running back Ray Rice never had a record of domestic violence, but an

altercation with his wife ruined his career. Rice hit his fiancée, now his wife, in an elevator and was terminated by the NFL.

Even though it may have seemed that Rice was defending himself, and his wife didn't press charges, the NFL still won't reinstate him. However, Hardy, with his record of multiple convictions, still gets to play. The NFL has let players who are constantly in trouble for domestic abuse still play on the field. But when a player gets convicted once, the NFL bans him indefinitely. The NFL is a joke when it comes to enforcing punishments regarding domestic abuse.

All in all, an NFL player can commit an act of violence and still be able play, while the NFL decides whether or not they will suspend him. When the suspension is given, the player can appeal that suspension to get it reduced or taken away. Some of these NFL players get caught committing a crime and appeal when the evidence says they're 100 percent guilty.

If the NFL were to punish domestic abusers with a firm hand, they would not be biased when it comes to doling out punishments. The NFL should give out punishments fairly without a chance to appeal so players can accept what they have done and deal with the repercussions. If the NFL keeps letting players get off easy, nothing in the NFL will ever be taken seriously.

OUT OF THE SHARKZONE

Nation-wide illegal sports gambling ring busted

The Los Angeles Police Department released in a statement that 17 individuals from New York, Nevada, California and Arizona were indicted in connection with a gambling enterprise that used offshore gambling sites to rake in \$32 million a year. Each individual faces up to 25 years in prison for enterprise corruption. The statement said the group is accused of "laundering its criminal proceeds by depositing and withdrawing large sums of cash from various banks throughout the United States." More than 2,000 bettors participated in wagers on football, professional and college basketball, baseball and hockey.

Marlins: Dan Jennings fired, Don Mattingly hired

The Miami Marlins fired Dan Jennings, ending his 13-year career, and replaced him with Don Mattingly less than a week after he left the Los Angeles Dodgers. Jennings was demoted from general manager to manager last May. Mattingly is the Marlins' 10th manager since 2002.

Austin Rivers throws seat cushion, fined \$25K

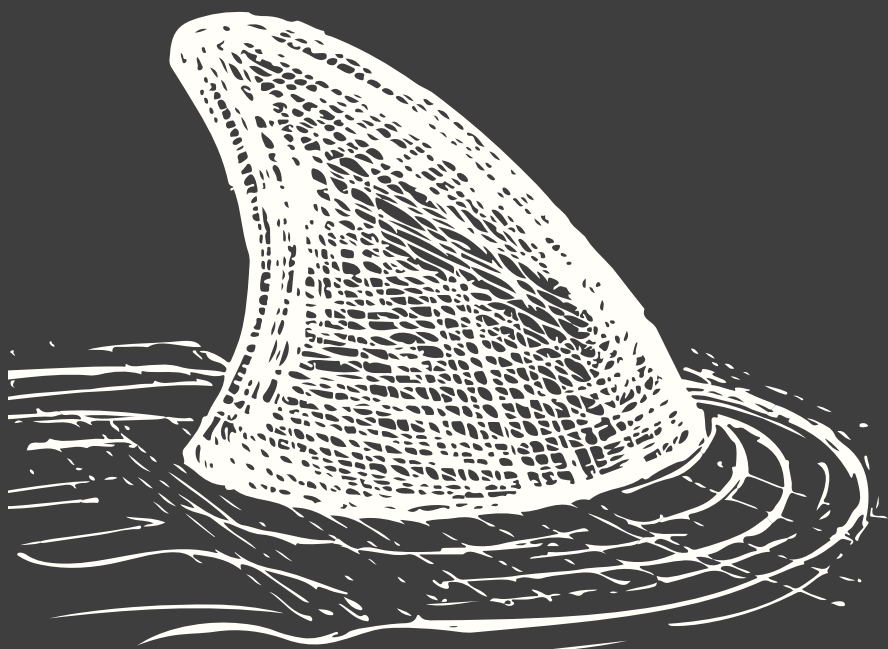
Rivers, Los Angeles Clippers guard, was fined \$25,000 for throwing a seat cushion into the stands on the Oct. 28 game against the Sacramento Kings. The 23-year-old threw the cushion out of frustration and did not intend for it to reach the stands, but the league-issued video shows that the cushion hit a woman in the head. The woman was treated by Clippers security officials and arena security officials and reportedly suffered discomfort in one eye.

Andy Green hired as new Padres manager

Green, who was third base coach for the NL West Arizona Diamondbacks, was hired on Oct. 29 as the San Diego Padres' manager. Green was hired after the Padres finished 74-88 and fourth in the NL West. The team has had five straight losing seasons and hasn't made a playoff appearance in since 2006.

Ross Ventrone re-signed by Patriots

On Oct. 28, the New England Patriots re-signed defensive back Ross Ventrone to its practice squad. In 2010, Ventrone was signed as an undrafted rookie out of Villanova. He has been switched from the roster to the practice squad and back again in 30 transactions over three years, each move counting as a single transaction. In 2011 alone, there were 21 transactions. Ventrone will now be coached by older brother Ray "Bubba" Ventrone, who is the Patriots' special teams assistant.



SOUNDBITE

“I’ll Be Your Man” by Lael Neale

By: **Marie Ontivero**



PRINTED WITH PERMISSION FROM M. ONTIVERO
Lael Neale's new album "I'll Be Your Man" is available on iTunes, her website and Amazon.

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.

Picture it — you're in this little bar with 30 or so people and this 70s goddess of a woman starts to sing to you. That's what “I’ll Be Your Man” creates for the listener, a feeling of intimacy. Lael Neale’s sound is very relaxing and most definitely under the folk genre of music. Originally from Virginia, Neale moved to Los Angeles and recorded “I’ll Be Your Man.” The album has 12 original tracks that really

allow you to take a peek into her life. There’s a lot of personal loss within her songs — the loss of a loved one and, most importantly, the loss of herself. Each song is a glimpse into different aspects of the relationships that Neale has had. Through all these troubles, Neale still loves and wishes to be a pillar for this person. Overall, even though it’s a really heartbreakingly sad album, these are feelings that everyone has experienced, and it’s nice to know that this can be a soundtrack for whenever you go through a similar situation. Lael is here to pull you through.

Perfect if you like: Mazzy Star

Favorite Tracks: “Sleep to Remember,” “To be Sad” and “Born in the Summer”

Pumpkintastic

By: **Roddia Paul**

Florida is notorious for its ability to maintain the summer feel year round. So as autumn creeps up on you, you may be looking for ways to enjoy the upcoming season. Whether you’re looking for something to decorate your family dining table or just want to make a good old pumpkin pie, getting a pumpkin is a great place to start. Here are a few local pumpkin patches that will help you fall into the holiday season.



Flamingo Road Nursery pumpkin patch, harvest market and horse-drawn hayrides
Hours: Every day 8 a.m.-6 p.m.
Location: 1655 Flamingo Road, Davie, FL 33325.
Phone: 954-476-7878
http://www.flamingoroadnursery.com/fall_fest.JPG

Trinity United Methodist Church Pumpkin Patch
Hours: 9 a.m., call for closing
Location: 9625 North Military Trail, Palm Beach Gardens
Phone: 561-622-5278
<http://www.trinity-umc.com/PumpkinPatch>

First United Methodist Church of Boca Raton Pumpkin Patch
Hours: 9:00 a.m., call for closing hours, 561-395-1244
Location: 9087 Glades Road, Boca Raton, FL 33434
Phone: 561-622-5278
<https://www.facebook.com/events/376540205782979/>

Key Biscayne Community Church Pumpkin Patch
Hours: Call for hours
Location: 355 Glenridge Road, Key Biscayne, FL, 33149.
Phone: 305-361-2411
<http://www.kbccdayschool.com/calendar.html>

Aventura Mall
Hours: Every second Thursday from 10am to 11am beginning November 12th
Location: Aventura Mall, 19501 Biscayne Blvd., Aventura, FL
Phone: 305-663-4852
<http://www.aventuramall.com/events-programs/kids-events/details/1484-harvest-time.html?xref=1512>

Social media bullying

By: **Destinee A. Hughes**
[@DestineeAHughes](#)

We’ve all chuckled once or twice at a funny meme or video on social media. While these harmless photos provide entertainment and laughter for most, they ridicule and shame those featured in the photos. Whether we’d like to admit it or not, taking pictures of others without their consent to create funny memes is cyber-bullying, and laughing and sharing these photos contribute to the growing epidemic. Here are the true stories behind five innocent people who were transformed into hurtful internet memes.

Alexis Carter:

16-year-old Alexis Carter was ridiculed on social media networks for emulating singer Rihanna’s red carpet look for her high school prom. Carter used her sewing skills to recreate the green, bat winged, Alexandre Vauthier jumpsuit the singer wore in 2010. While Carter confessed in an online article on Elle.com that “Everybody was saying, ‘Oh my god, I love it, it’s different,’” critics on social media felt otherwise about her unique prom attire.

After uploading her prized prom picture to Instagram, her picture went viral, but in a negative way. Hashtags such as #PromBat prompted the ruthless cycle of cyber-bullying from people around the world, including pop-star Rihanna. The Barbados rude gal certainly lived up to her nickname when she tweeted a picture of a comparison of her and Carter standing next to each other with the words “IG v/s Real Life” next to them. Then she tweeted another picture of Carter next to the recognizable Wutang symbol with the caption “She gets it.” Instead of taking the opportunity to show appreciation to her inspired fans, Rihanna mocked and ridiculed a teenage girl, and then proceeded to share the offensive post to millions of followers..

Kiesha Johnson:

You may not know the name, but you’ve certainly seen the face. One of the most popular memes on social media is the picture of

Alabama native Kiesha Johnson. She is widely known for a picture of her in a confused pose with her neck extended and hand out. This meme, which is still used today, has served as a creative outlet for social media users and as a defamation of character for Johnson. Her picture can be seen on various social media sites with edited backgrounds and relatable captions.

While the memes aren’t necessarily taking jabs at her personal appearance, it is offensive to the true nature of Johnson’s appeal. The unflattering picture, taken by a friend, has gone viral, and Johnson has unwillingly been the butt of jokes for the last year. But the last laugh belongs to Johnson, who’s sued Instagram, the main proponent of the exposure, for defamation of character and settled outside of court for \$10 million.

Martin Baker:

Pictured in a blue striped shirt and glasses, with a cell phone held to his ear, Martin Baker is another disinclined social media star. Baker’s picture was taken during the rally in Ferguson in favor of Officer Darren Wilson. He became a social media target because he was one of the few African-Americans who supported the police during the race riots last year. Memes of Baker’s face with captions like, “Uncle Tom” and “Coon of the Week,” infiltrated social media sites, but it didn’t stop there. His face has been one of the most prominent figures on sites like Instagram and Twitter, for jocular purposes unrelated to race.

Mariah Anderson:

2-year-old South Carolina native, Mariah Anderson became the target of cyber bullies when her mother shared a picture of her on her birthday. Anderson suffers from Chromosome 2p duplication syndrome, which affects her development as well as her physical appearance. Many social media users reposted Anderson’s picture comparing her to a leprechaun or

monster or insinuating that she’s fake because no child could be that ugly. Anderson’s mother, Kyra Pringle, told WCBD news channel that “[Mariah] has fought for her life since the day she was born — she’s not a monster, she’s my child.” Pringle also mentioned that she never thought in a million years that this would be the way her daughter would be showcased to the world — as a joke.

Lizzie Velasquez:

Hearing the phrase “The World’s Ugliest Woman” may come along with thoughts of physical appearances, but it really resides in the mentality of people who think this way. Lizzie Velasquez was 17 years old when she came across a video of herself on YouTube labeled “The World’s Ugliest Woman,” which today has more than nine million views.

Velasquez is blind in one eye and has a very frail frame of 64 pounds, due to her rare neonatal progeroid syndrome. While constant teasing impacted Velasquez greatly during her teenage years, her adult years proved to be a Cinderella story. Now Velasquez serves as a motivational speaker for young girl’s battling image issues. Her TEDx talk “How Do You Define Yourself?” helped gain the attention she once shied away from.

Celebrities such as Kylie Jenner, Hilary Duff, Chris Hemsworth and more have all come together to support Velasquez in her quest to stop cyber-bullying. The hashtag #ImWithLizzie has been a largely successful campaign and has allowed many people to express their struggles with their images and being bullied on social media sites.

Cyber-bullying is growing epidemic that affects innocent people throughout the world. While laughing at memes may seem harmless, they contribute to the insecurities all of us are afraid to admit we have.



By: **Erin Herbert**
@erin_herbert

Peanut butter recipes

Peanut butter isn't just for sandwiches anymore. While peanut butter is famous for its perfect combination with jelly, it has so much more potential than that. From entrees to desserts, and everything in between, here is a snippet of the endless possibilities of peanut butter.

Peanut Butter Fudge and Butterscotch Milkshakes

If there's any combination that comes close to the traditional peanut butter and jelly, it's definitely peanut butter and chocolate. And this decadent milkshake has a lot of it. This milkshake has a butterscotch base, but it is layered with a creamy peanut butter fudge that is sure to make anyone's mouth water.

What you'll need:

Butterscotch Sauce
4 tablespoons (1/2 stick) unsalted butter
1/2 cup packed dark brown sugar
1 teaspoon kosher salt
1/2 cup heavy cream
1 teaspoon vanilla extract

Peanut Butter Fudge Sauce

1/4 cup butter
1 cup sweetened condensed milk
1/2 cup chocolate chips
1/4 cup peanut butter
1 teaspoon vanilla

Milkshakes

3 cups vanilla ice cream
1/2 cup milk
1/3 cup butterscotch sauce
1 teaspoon vanilla
Peanut butter fudge sauce, for drizzling

*Ingredient list taken from [Halfbakedharvest.com](#)

1. Combine butter, brown sugar, heavy cream and salt. Bring to a boil for 3 minutes. Remove from heat, and add vanilla.

2. Freeze two glasses in the freezer.

3. To make fudge sauce, melt butter, condensed milk, peanut butter and chocolate chips over medium heat. Let cool, and stir in vanilla.

4. Place 1/3 of the butterscotch sauce in a blender with 1/2 cup milk, 1 teaspoon vanilla and 3 cups of vanilla ice cream. Blend until your shake has reached desired consistency.

5. Remove glasses from freezer and alternate pouring fudge sauce and ice cream mixture into the glass. Top with remaining fudge sauce.

Asian Peanut Butter Chicken with Sesame and Garlic

One of the best things about sesame chicken

is its subtle hint of peanut flavor, but you don't need to order take out to get that great nutty flavor; just add peanut butter. This recipe uses peanut butter, hoisin sauce, soy sauce, garlic, cayenne and sesame seeds to give the chicken a flavorful glaze.

What you'll need:

Kosher salt and freshly ground black pepper
3 boneless skinless chicken breasts (about 1 1/2 pounds), cut into 2-inch pieces
3 tablespoons cornstarch
1/4 cup hoisin sauce
1/4 cup peanut butter
1 teaspoon sesame oil
3 tablespoons soy sauce
1 garlic clove, minced
1/8 teaspoon cayenne
2 tablespoons peanut oil
2 teaspoons sesame seeds

*Ingredient list taken from [Ilovepeanutbutter.com](#)

1. Coat a cleaned chicken breast with salt, pepper and corn starch.

2. In a separate bowl, combine hoisin sauce, soy sauce, peanut butter, sesame oil, garlic, cayenne and 1/2 cup of water.

3. Cook chicken in a hot pan with oil. Add sauce to pan, and cook 4 minutes. Top with sesame seeds and serve.

Goopy Peanut Butter Breakfast Bites

The best part about peanut butter is that you can eat it at any time of the day, especially at breakfast. Peanut butter is typically used as a spread for bagels or toast, but the possibilities don't stop there. One of the best ways to indulge in peanut butter in the morning is through these sweet and goopy pull-apart peanut butter muffins.

What you'll need:

Dough

2 1/2 cups bread flour
1/4 cup granulated sugar
2 1/4 teaspoon instant yeast
1/3 cup milk
1/3 cup smooth or creamy peanut butter
1/4 cup warm water
2 large eggs
1 teaspoon vanilla
1/2 teaspoon salt

Filling

3 tablespoons unsalted butter at room temperature
1 tablespoon smooth or creamy peanut butter
1/4 cup packed brown sugar

Glaze

2 1/2 tablespoons cream cheese
1 1/2 tablespoons smooth or creamy peanut butter
1/4 cup + 2 tablespoons powdered sugar
3 1/2 tablespoons cream

*Ingredient list taken from [Ilovepeanutbutter.com](#)

1. Mix 1 cup of flour, sugar and instant yeast in a large bowl. Beat in milk, peanut butter and water, then slowly add eggs.

2. Mix in the rest of the flour and salt. Lightly flour a clean surface, and knead dough until smooth but slightly sticky. Place the dough in a lightly oiled bowl, cover with towel, and let rise for two hours.

3. Uncover bowl, and punch dough to release air. Spread dough out on a clean surface, and roll into rectangle, about a 1/2 inch thick.

4. Melt 3 tablespoons of butter in the microwave, then add 1 tablespoon peanut butter. Coat the dough in this mixture. Dust brown sugar over the peanut butter and butter mixture.

5. Slice the dough mixture down the middle. Then taking the two rectangles of dough, cut each rectangle into five individual strips. Stack the pieces in two piles, but flip the top piece over so the buttered side is facing down.

6. Place the stacks of dough into a greased muffin tin, and cover with a towel. Let rise for a half hour.

7. Bake muffins at 350 degrees for 10 minutes. Remove from oven, and let cool.

8. Soften cream cheese and peanut butter in a bowl, and mix. Add powdered sugar and cream. Drizzle over the top of the cooled muffins.

Dark Chocolate Peanut Butter Bites

Peanut butter has numerous nutritional benefits, so why not make use of them in a delicious way? These bites taste like peanut butter cups but are way better for you. The recipe includes dates rolled in peanut butter, dark chocolate and oats, making a healthy, gluten-free — and guilt-free — treat. These chocolatey peanut butter bites are perfect to keep you energized while you're on the go.

What you'll need:

1 cup dates, pitted
3 tablespoon all natural salted peanut
1/4 cup dairy free dark chocolate
1 tablespoon chia seeds
2/3 cup gluten free rolled oats

*Ingredients list taken from [Minimalistbaker.com](#)

1. Chop dates into small pieces, and roll them into a ball.

2. Place oats, chocolate and peanut butter in a food processor to combine. Roll dates in this mixture.

3. Freeze for 30 minutes, and serve.

Nutter Butter and Peanut Butter Cup Cheesecake Squares

Reese's Peanut Butter Cups are one of the most famous sweets out there, but this peanut butter treat takes the classic candy to the next level. These cheesecake bars are chock-full of peanut butter; from the crust to the filling, everything is full of delicious peanut butter flavor. This recipe calls for multiple types of peanut butter, including Nutter Butter cookies, Reese's Peanut Butter Cups and, of course, classic peanut butter.

What you'll need:

For the crust:
15 Nutter Butter cookies
1/4 cup butter, melted

For the peanut butter cheesecake:

2 8-ounce packages cream cheese, softened
1 cup white sugar
1/2 cup creamy peanut butter
3 tablespoons all-purpose flour
4 eggs
1/2 cup milk
12 full size Reese's peanut butter cups

For the topping:

1/2 cup chocolate chips
1 teaspoon shortening

*Ingredient list taken from [Bunsinmyoven.com](#)

1. Crush Nutter Butter cookies and butter in a food processor. Press the mixture into the bottom of a greased pan.

2. Combine cream cheese, peanut butter, sugar, flour, milk and eggs in a medium bowl. Pour over crust. Place peanut butter cups into batter.

3. Bake at 325 degrees for 7-8 minutes. Melt chocolate chips and shortening together over low heat, and drizzle over cooked bars.

Peanut butter should no longer be confined between two slices of bread. It can be used in numerous recipes and in all different types of food. November is National Peanut Butter Lovers month, so spend the month indulging in all of the possibilities of peanut butter.

By: **Chantel Grant**

Adele says 'Hello'

"Hello, it's me..." were the words that tore through the silence in millions of homes. It took a nanosecond for the world to realize that the deep tone and emotion-riddled voice belonged to Adele. During an "X Factor" commercial, the Grammy-winning singer released a 30-second snippet of what we now know as her newest single "Hello." The then mysterious nature of the song paled in comparison to the realization that Adele was returning, and this was her announcement.

With Adele, it's never what she says, but how she says it that truly taps into our souls and covers every corner of our hearts. "Hello" is no different, as the song starts with simple lyrics that complement the smooth and painstakingly slow piano notes. As the chorus approaches, an eerie pause creates suspense and signals the change in tempo. This pause is a prelude to the chorus, which is the perfect release from the pent up emotions in the first verse. The chorus is definitely not catchy or easy to sing along with, but the lyrics and music are beautiful, and they fade into the background as Adele's voice takes control of not only the song but also anyone listening. This is where real talent is separated from the gimmicks of most artists in the 21st century. Adele does not need any fancy words, nor does she need a catchy beat — her voice has always

been powerful enough to do the persuasion and marketing.

As the second verse begins, the assaults on our feelings continue as word after word, we are drawn further into an emotional labyrinth. Adele has always made us embrace heartbreak and sadness in a way that few other artists can. She strategically pauses throughout the song, as if she is giving us time to digest her words. By the time our brains register how thoughtful her words are, we are slammed with another emotion-filled line. The lyrics are raw and truthful, while her tone and delivery add an indescribable amount of depth. Thankfully, the song does not come off as depressing, as the chorus balances each verse without becoming the only memorable part of the song. Adele must have known that in order for her return to be successful, it had to be radio-worthy, and "Hello," is definitely radio-worthy. It appeals to emotions, but it is not a tearjerker, which is a novelty for an Adele song.

"Hello" is everything we love about Adele, but it is refreshing, and after three years of silence, it is an impressive comeback. Adele's new album, titled "25," will be released on Nov. 20, and if "Hello" is anything like the rest of the songs in her album, we will be looking at a very fruitful Grammy season for the singer.



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Ft. Lauderdale's legendary landmark

By: **Destinee A. Hughes**

[@DestineeAHughes](#)

One step into The Floridian will easily set you back to a nostalgic time where juke boxes blared Elvis Presley songs, young girls wore poodle skirts and diners were one of the many places locals called home. This local landmark houses 48 staff members, over 500 pictures and endless memories for Butch Samp, who's owned the diner since 1977.

"We do everything we can to stay old — we modernize without making it modern," said Butch, as he pointed to the walls of the restaurant adorned with original pieces from the 1930s.

Even the original counter top, where Chef John Jennet has been serving up delectable plates for over 30 years, reflects the aged diner.

"One of our regular couples met at this very countertop 60 years ago, and they've been married ever since," said a boastful Butch.

While regulars frequent this 24-hour diner for reminiscent reasons, what keeps them coming back is the flavorful food, especially their best-selling omelet named "Butch's Mess."

"That omelet, I got it from my grandmother.

The ol' girl would open up the fridge, and whatever was in there, she would throw into the pan," said Butch.

Though the omelet certainly lives up to its messy name, the taste of savory sausage, sweet onions, crisp bacon, seasoned potatoes and scrambled eggs definitely makes up for its disorderly appearance.

Appeasing appetites seems to be one of Butch's specialties, especially when it comes to stuffing the stomachs of hungry celebrities, including Kenny Chesney, Liberache and Miami native Rick Ross. However, unlike others, Rick Ross' first experience at The Floridian wasn't exactly a pleasant one.

In 2013, Ross, avoiding gunfire, crashed his Rolls-Royce into the Floridian, creating an unusual introduction between him, Butch and the then bullet-riddled diner. After all the commotion from the shooting, Ross and his posse enjoyed the diner's appetizing food and gushed at how much he wanted to visit again.

However, Butch wasn't exactly excited at

welcoming his newfound regular with open arms.

"He's a nice guy, but I told him I can't afford for him to eat here anymore. If he wants some food, he can call me, and I'll have someone bring it down," he jokingly said as he puffed on a Cuban cigar.

While Ross's encounter at the Floridian made several headlines, it also hit major airwaves. His 2014 hit "Nobody," featuring P. Diddy, French Montana and a hysterical waitress, begins with the recording of the 911 call that took place the night of the shooting. Though many Floridian's were already aware of the local diner, Ross created an even more nationwide circulation for the Floridian with the release of this song.

Aside from the fact that the Floridian is widely known for its impressive regulars, it's also known for its undeniable ability to please its customers, even if it means expanding the menu to appease their ever-changing appetites.

"Everything on the menu was designed by

our customers. These aren't original ideas; this is us listening to the customer," said Butch as he went into detail about how much he appreciates and learns from the diverse people his diner brings.

"I like the people. If you take the time to talk to people, you'll learn something new every day," said Butch.

And that's exactly how his diner has managed to become a Fort Lauderdale landmark that literally serves the people.

Through decades of tradition and years of revision, The Floridian has proved in countless ways that its sole purpose is to assist its customers through food and customer service. While the diner has had quite the impressive history with minor menu modifications, a few bullet-ridden window repairs and the constant influx of new regulars, the one thing that has remained the same is the assurance that the good ol' Floridian will be around in the future for patrons to enjoy a quick blast from the past.

'Supergirl' takes flight

By: **Grace Ducanis**

In the wake of the television superhero craze, CBS's "Supergirl" executed a steady takeoff with its pilot episode on Oct. 26 despite mild turbulence. With a strong cast headed by Melissa Benoist as Supergirl, more than adequate visual effects and the always-satisfying faceoff between good and evil, "Supergirl" is an entertaining flight but not an entirely smooth one.

Supergirl, known as Kara Zor-El on her home planet Krypton, was sent to Earth to protect her cousin Kal-El, but her ship is knocked off-course when Krypton is destroyed. She arrives years later than Kal-El after he has grown up and become the legendary Superman. Kara has all the same powers as her famous relative, but she chooses to live an ordinary life. She works as an assistant to media tycoon Cat Grant, crushes on famous photographer James Olsen, jokes with her best friend Winn Schott about aliens and calls her sister Alex when she has a fashion emergency. Kara believes that the best thing she can do is fit in since the world already has a hero in her cousin, until it turns out that the world needs her, too.

The influence of Greg Berlanti and Andrew Kreisberg, who produced hit superhero television shows "Arrow" and "The Flash" on the CW, is apparent in "Supergirl." Melissa Benoist shares the status of television superhero with Grant Gustin, who plays the superhero The Flash on the CW. Like Gustin, Benoist plays her character with awkward, clueless charm. Benoist navigates the lighter and darker scenes with equal finesse, proving herself and her character extremely likeable in almost every moment of the episode.

Despite the charisma of its female star, the pilot is at times too preachy and too self-aware of its feminist values and consequently its superiority to other superhero franchises. Hank Henshaw, director of the Department of Extranormal operations, said that Supergirl isn't strong enough as he watches her get pummeled by an alien criminal. "Why?" Kara's sister Alex throws back. "Because she's just a girl?" Although the line is meant to expose Henshaw's sexism, it falls flat because it is apparent to the audience that Henshaw

is saying this because Supergirl was just punched in the face and thrown backward 20 feet or so, not because she is a girl. Future episodes should focus on showing the audience that Supergirl is a strong female character, rather than telling them.

Supergirl's first episode is at times too ambitious for its own good, a pardonable offense committed by most pilot episodes. In 45 minutes, it covers Supergirl's entire backstory, her transformation from coffee-fetching assistant to spandex-clad superheroine and her battle with the season's first villain. The whirlwind pacing of action scenes and emotional development rivals Kara's super speed, leaving the audience often lost with too little time to process the events of the episode. Supergirl soars highest in scenes where it allows its star to breathe, like in shots of Kara standing alone and strong on the wing of her sister's plane in the middle of the river.

Hopefully, in future episodes, the show will be able to find a better balance between high-flying action scenes and slower, character-driven moments. The dialogue also needs to improve if the show is to succeed. In true comic book fashion, the dialogue tends towards the unbearably cheesy, with lines like, "Can I trust you?" and "Always be true to yourself."

These issues aside, the "Supergirl" pilot is quality entertainment. It does a good job of acknowledging the legacy of Superman and establishing his existence in the "Supergirl" universe, while keeping Supergirl the focus of the show. The pilot also sets up an interesting villain who will no doubt be Supergirl's opponent for the rest of the season.

For an alien with an arsenal of superpowers, Kara is a remarkably relatable character. She works a job that she hates, her love life is practically nonexistent, and her greatest ambition is to make a difference in the world. Although her alien powers are not to be ignored, it will be Kara's humanity that flies the fledgling "Supergirl" to the height of its potential.

"Supergirl" airs on Monday nights at 8 p.m. on CBS.

Off Shore Calendar

Chance the Rapper
@Filmore Miami Beach

8 PM

iHeartRadio Fiesta Latina
@American Airlines
Arena

8:30 PM

Matt and Kim
@Revolution Live

7 PM

Miami City Ballet
featuring "Swan Lake"
@Broward Center of the
Performing Arts

8 PM

NOV 7

Starry Night Tuesdays
@NSU Art Museum

5 PM

NOV 5

Delray Beach Wine & Seafood Fest
@Downtown Delray Beach

11 AM

Miami City Ballet
featuring "Swan Lake"
@Broward Center of the
Performing Arts

2 PM

NOV 8

ArtsPark Movie Night:
The Empire Strikes Back
@ArtsPark

8 PM

NOV 6

Food Trucks
@ArtsPark

5:30 PM

NOV 9

Seriously Kidding

a satire column

It's fall, but summer continues for the SoFloridian

By: **Jazmyn Brown**

The fall season marks absolutely no change in weather for SoFloridians, except for short, dry, cold spells in which it may or may not dip into the 50s outside. For the rest of the fall, the temperature stubbornly refuses to drop below 80 degrees.

While northerners avoid the cold at all costs — by staying indoors and layering up before going out — the SoFloridian is absolutely fascinated by 50- and 60-degree weather, putting on his speedo and basking in the temporary reprieve from the sun's incessant glare. Where does he enjoy this weather? Why, at the beach, of course.

Water parks may shut down until summer makes its official return — but it never really leaves, does it? For the SoFloridian will find his way to the beach or pool regardless of the characteristic two-degree drop in temperature that constitutes the fall season.

While the northern states brace themselves for the onset of winter by bringing out the winter jackets, coats and parkas, SoFloridians take more and more layers off and continue with their ritualistic pool and beach-going, which Northerners cannot understand. They think, "How are bikinis sufficient clothing for autumn?"

Proximity to water is necessary to establish acceptable mating grounds for SoFloridians; males and females scope each other out for the best tanned body, the skimpiest bikini or washboard abs, the strongest volleyball spike. Only the strong survive, producing stronger children who go on and continue the tradition of wearing barely any clothes during autumn.

Shorts, tanks and flip flops — this is what the SoFloridian wears year-round in his tropical habitat. It's absolutely fascinating; he molts his clothes instead of bulking up and has no inclination of what "hibernation" is. Because of his propensity to do without clothes instead of adding more, the search for an adequate jacket for the possibility of below-80-degree weather is nearly impossible. South Florida stores put out their finest winter coats, overcompensating at the first mention of fall. These coats, often lined with either faux or genuine fur, are simply too hot for the SoFloridian to wear during the supposedly chilly season.

Northerners begin to shake out their winter attire, while the duck-shaped inner tube continues his yearlong 9-to-5 job for the SoFloridian, the poor creature. The symbiotic relationship between the two is strictly parasitic; the SoFloridian benefits at the expense of the overworked, ring-shaped fowl.

SoFloridians love fall-themed drinks such as the pumpkin spice latte and the ubiquitous hot chocolate; however, those in the southernmost parts of Florida much prefer to chug mimosas, piña coladas, wine coolers and Corona, a healthy diet for the warm-blooded equatorial species.

The creeping frost spreads across the north, while South Florida remains completely unaffected by the "change" in season. Any SoFloridian will tell you that the only seasons in SoFlo are wet and dry; "fall" is nothing more than a title. The names of the months may change, but summer persists, providing the perfect backdrop for year-long outdoor activities.

Everyone has a story, so tell it

By: **Jenna Kopec**

W.S. Merwin once wrote an entire poem about how every pencil has a story to tell, a legacy lurking somewhere in the graphite. I always thought this was beautiful. The truth is the story doesn't lie so much within the pencil as it does within the hand holding it.

Everyone has his or her own narrative to tell. And tell it they should, to the world or only on notebook pages. Whether through memoirs, poetry, short stories, songs or whatever medium can fit under the broad umbrella of "writing," expressing yourself in this manner can be incredibly therapeutic. As Stephen King puts it, "It's about getting up, getting well and getting over. Getting happy, okay? Getting happy."

So why is it that so many people love to say, "I don't write?" Although I'm sure there are lots of reasons, I think our school system is a lot to blame.

American education has put so much focus on meeting standards measured on tests that it totally throws to the wayside very important aspects that encompass actual education. This isn't a new concept; we've been talking about this for ages. We, as a community, complain about sports, art and other extra-curricular activities being cut all the time.

But writing can never be "cut" from the schooling system; it's too integral a part of our society. You can't thrive in our culture if you can't read or write. Instead, it seems that schools only focus on half the concept. They teach us how to write essays, which, of course, are very important, but unless you're a special breed of English enthusiast you probably aren't going to write about what's eating you up personally in APA format.

Before high school, the most encouragement to write creatively I got was during Saint Patrick's Day when I was asked to write limericks. Maybe limericks are your thing, and that's totally valid — please write your heart

out in those five line stanzas. But what about the other 54 common forms of poetry? What about free writes? What about story writing? Memoirs? If these were mentioned to me in school, it was for a fleeting moment before we returned to how to properly formulate an essay that even the teacher didn't want to read.

I began seriously and creatively writing when I was a freshman in high school, when I felt like I had a lot to let out and not a lot of people to take in. I chose to write down the things I wasn't able to say. I know I wasn't the only one who needed that. I know that I'm still not the only one who would've benefited from a creative writing program in school.

There are efforts to encourage the youth of America to pick up a pen and tell their stories. The Jason Taylor Foundation, for example, founded the Blueapple Poetry Network, an afterschool spoken word program for the Broward, Dade and Palm Beach counties. They've played an irreplaceable role in the lives of a lot of young poets, building on the principal mentioned at the beginning of this article: that everyone has a story to tell.

It shouldn't feel like these organizations are the primary creative guides for students, though. I understand that academics are important, but education can't be propelled forward unless we start looking at individuals as wholes. In terms of writing, it feels like the system is giving students inkless pens, presenting them with a formula and wondering why they can't stand writing.

Maybe not every student would love to see a creative aspect added to the curriculum, but I think it'd be hard to argue that they wouldn't benefit from it. A change like this could foster linguistic ability, intrapersonal and interpersonal awareness and critical thinking, all of which are pretty valuable skills in today's world and come along with some pretty great stories.

'Tis the season to be thankful

By: **Roddia Paul**

While you were out Halloween shopping last month, you might have noticed a Christmas wreath or two. Each year, stores continuously release their Christmas items earlier in the year. Don't get me wrong — I like the crisp aroma of a pinecone and the peppermint of a candy cane as much as the next gal, but I still believe that starting Christmas decoration sales earlier takes away from Thanksgiving.

As I walked into Dillard's a week before Halloween, my eyes were overwhelmed with old Saint Nick figurines and dramatic nut crackers. Somehow, I entered a time machine and skipped straight from October into December. I couldn't help but think about how Halloween hadn't passed yet, and already stores are promoting Christmas. I remember when Thanksgiving decorations were sold the weekend after Halloween, and Christmas decorations didn't hit the sales floor until a week before Thanksgiving. Now I have to beat someone over the head with a turkey just to get an autumn leaf decorative tablecloth.

It is important that we remember the meaning behind Thanksgiving because, unlike Christmas, it is distinct to U.S. history. Christmas, although it is an international holiday, is not the only holiday in the U.S. during December that involves gift giving. Our country is known for being diverse, and for that reason we have people who practice all different types of religions. Holidays such as Hanukkah, Kwanzaa and Las Posadas are all celebrated during the month of December.

During Thanksgiving, people gather together with family and friends to eat and reminisce on everything they have to be thankful

for. Food has a way of bringing people together and putting people in a mindset to give, which is why it is so important that people do not overlook Thanksgiving. Christmas decorations come out, and, all of sudden, people rush to buy their giant Christmas tree, there's a competition between who has the brightest lights and best lawn decorations, and children who have been on the naughty list all year are writing their Christmas list. Even after all of the decorative commotion, people who can afford to give are still not giving.

People are so consumed with the thought of receiving gifts that we lose sight of what it means to be humble. It's more than just decorations; it's the message that you send. Even if you do not see the importance of Thanksgiving for its ability to bring people together, appreciate its ability to remind people that things could always be worse, and no matter what you are going through, you should always be thankful.

Stores need to remember that it's the little things that count. Retail, through advertisement, has a lot of influence on people. People will buy what you advertise. Stop ignoring Thanksgiving like it's a holiday unworthy of decoration. Christmas has become an over-commercialized holiday, and instead of the biblical meaning, it has become hiked up prices, increased sale duration and cut decoration production for all other holidays. People have to first learn to be thankful before they remember the importance of giving. When society anticipates Christmas decorations more than autumn leaves and turkeys, Houston, we have a problem.

Pit bulls: A surprisingly friendly breed

By: **Ketsia Baldwin**

Pit bulls have a notorious reputation, especially in Florida. Some counties like Miami-Dade have banned them altogether because these dogs were bred to fight other dogs. As a result, many dogs of this breed exhibit highly aggressive behaviors, and even attack humans. But let's shed some light on this banished pooch because they are more than the dangerous dogs people believe them to be. The issues that arise with pit bulls have to do with owners who make bad decisions.

According to the ASPCA, today's pit bull descends from English bull-baiting dog. In bull-baiting, dogs were trained to attack large animals that were tied or placed in a hole, and the dog would bite the bull around the snout and head areas. This common practice from the 18th century was eventually outlawed, and, as a result, people began breeding dogs to fight each other.

Due to various underground dog-fighting rings, pit bulls have been banned in Miami-Dade County since the late 1980s. This ordinance has only prevented dog fighting to a certain extent. Dog-fighting rings have become portable, and individuals who attend such fights are given short notice of the location. People from Miami-Dade County have traveled to other counties that are hours away to attend a dog fight. People attend dog fights for two reasons: it's a form of entertainment for the spectators, and it's a source for financial gain for the dog owners. Sadly, the dogs sometimes fight until they die.

According to pitbulls.org, pit bulls are

easy to care for; they have short coats that shed regularly, and they don't need to be brushed too often. Unlike some other breeds, pit bulls have general good health and are less prone to genetic disorders. The average pit bull does not weight more than 50 to 60 pounds, although some variations of this breed may be larger. As long as pit bulls get regular exercise, they will be comfortable in small homes. This breed is very people-oriented and has a tendency to get over excited when meeting new people. Just like children, with the proper upbringing, they can be well-behaved.

Social interaction at a young age is important for the dogs to diminish any aggressive behavior. If pit bulls are raised in a loving environment, they can be great pets; they are loyal, affectionate, attention-craving, energetic and powerful.

As with all breeds of dogs, you must do your research before adopting. As a safety precaution, pit bulls or any dog should not be left unsupervised or left alone with children. It's a powerful dog that needs to be adequately controlled. Some people, like children and the elderly, will not be able to supply that control. According to many experienced breeders, a first-time dog owner should not buy a pit bull.

Dog owners and prospective dog owners must learn how to properly handle any breed. Just do your homework before adopting any pooch.

The problem with parking on campus

By: **Tiffany Smith**

Parking on campus can be a challenging feat for students, whether they're freshmen or seniors. According to NSU Public Safety, fines ranging from \$20 to \$200 are issued to drivers who violate NSU's parking protocol.

But how are students supposed to know they are violating NSU parking regulations if they are never informed? Numerous students have admitted that when they receive their parking decal from the One-Stop Shop, they are not told that they can only park in certain areas. Neither is this information expressed on the parking registration form.

Some students are only able to discover which parking lots were reserved for students by trial and error — by using their Shark Cards at the barrier, and if they don't work, some deduce that the parking space is reserved for faculty and staff.

Of course, one would expect all parking lots to be signposted. Well, they are. If you look closely, many parking lots have signs stating whether the lot is reserved for faculty, visitors or students. Field Operations approves of these signs and said that they are prominently displayed and clearly identifiable for students. Yet, many students are unaware that these signs exist. They tend to blend into the scenery or may be overpowered by larger signs, and some students only discover them in a chance encounter. Field Operations said some parking signs had been temporarily removed due to construction, but efforts are now under way to return them.

However, regardless of the signposting, or lack thereof, public safety officials expect that students are aware of the color coding system of parking decals. This system is supposed to

inform students that each parking decal assigns them to park in specific areas. For example, an orange residence sticker prevents students from parking in commuter parking lots.

But it would probably have greater success if more students were aware of it. At the moment, the parking decal signs serve more as decorative ornaments than points of information.

So, in all of this confusion over where to park, you might think that the public safety officers at the entrance of many buildings are responsible for your parking ticket. That's not the case. There is a small team of Park Enforcement Specialists who are certified to issue tickets to drivers violating the parking regulations. They're responsible for the \$20 fines issued to drivers who don't purchase a ticket from the parking meter in the Alvin Sherman Library parking garage, the \$40 fine for obstructing

traffic or parking without a permit and the \$200 fine for parking in a handicapped spot.

However, students are given the option to either pay the fine or appeal it during a trial at the Shepard Law School. Students may be told that they should have read the parking policy in advance. But the parking and traffic information seems to focus more on telling drivers where not to park, above all else.

It would be ideal if the NSU parking policy was not only reviewed for clarity, but also circulated among students via e-mail. Even more so, it's imperative that this information is communicated to students when they collect their decals at the One-Stop Shop. At the end of the day, everyone is striving towards the same goal: trying not to get a ticket.

#AllSizesButOne

By: **Roddia Paul**

As we approach National American Education Week, one of the major points of discussion is whether the U.S. needs to create a national curriculum and core standards. The first argument that would be made is that a national curriculum will make sure that every student across states is academically equal in the classroom. The second good thing would be that this would get rid of any discrepancies in student academic placement when it comes to changing school districts. Both can be argued to be beneficial, but the fact still remains that regardless of the curriculum, no two students will ever be academically equal in the classroom.

There is no evidence that creating a national curriculum will increase the overall academic achievement in the U.S., nor is there any evidence that proves every subject has a specific way it should be taught or that each individual school should be ran the same way. Not only do the learning patterns of each individual student vary depending on social and economic influences but it can also be said

that the location of the school impacts students' academic success as well.

At the end of the day, it does not matter how many assessments you put into place, how many mandatory reading assignments you create or how many highly educated teachers you employ. The academic success of a student is greatly influenced by his or her socio-economic standing. Whether a student has a support system and an academic environment that aims at to promote their success can and will be a huge factor in whether he or she prevails academically.

Let's face it — the biggest problem with national core standards is that it neglects to take into account the socio-economic impact of a student's environment on their performance in school. Most people do not want to address it, but it's true. Students who live in areas that are more poverty-stricken tend to have lower graduation rates. It's not that they are not smart or they are not capable, but when you take into account violence and poverty, how can a student completely focus and commit to their work

material?

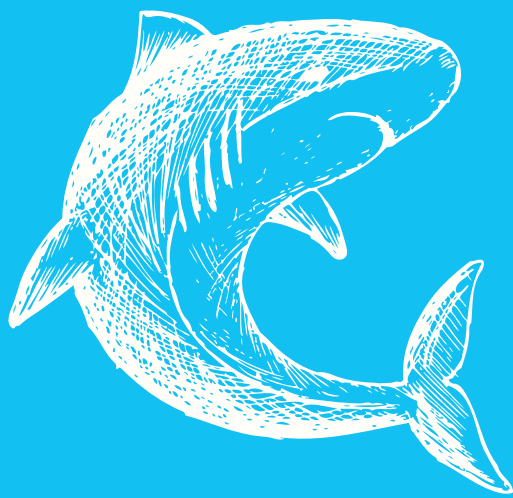
Often, students are caught in gang violence or are not getting the required amount of food intake and, as a result, find it hard to pay attention in class. So it does not matter how "equal" we try to make the curriculum in our public schools if we do not first fix the bigger problem. We are only masking it.

If government officials want to make a national curriculum, then they first need to help improve our schools. Students will never be academically equal in the classroom, but their access to resources can be. The government wants to improve the overall academic excellence across the nation but is not making an effort to provide every school with the resources to do so. What are guidelines for teaching if students are not provided with the tools to learn? Every school, no matter the location or dominant population of the area, needs to be provided with the computers, books, tutoring availability, clubs, access to food and activities that all contribute to academic success. Once we have worked on outlawing all of the factors that

hinder student performance, then we can talk nationalizing curriculum and core standards.

The U.S. loves standardized placement tests so much that every state has their own. I don't know how many intelligent high school seniors I've seen struggle with graduating because they could not pass the FCAT for reasons beyond their control. Assessments, and even certain curriculum, are not a correct identifier of intelligence, nor will nationalizing them increase the performance of students who have not been able to explore every resource of academic help.

Students need more than core standard 101 if the government ever wishes to effectively nationalize our curriculum. They first need to nationalize their involvement in our school systems. We get it — our more suburban schools are easier to assist, but schools in inner-city areas need resources, too. Contrary to popular belief, students in poverty do not score low or drop out because they want to, it because no one has encouraged them not to.



WHAT'S YOUR FAVORITE PART OF
HOMECOMING WEEK?

SHARK SPEAK



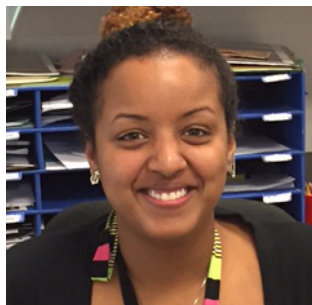
"The homecoming game because it's nice to see students and athletes support the team that plays."

- *Monica Sapp, senior elementary education major*



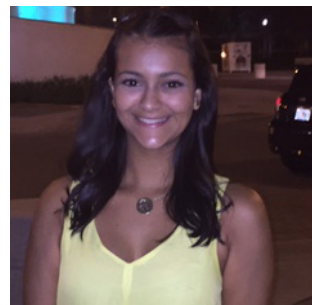
"The events because it's the time where I get to be with all my friends and interact with people in a way you can't during the rest of the semester"

- *Luz Delgadillo, junior behavioral neuroscience major*



"The homecoming dance because the king and queen are announced in front of a huge crowd."

- *Yabi Demissie, graduate student of student affairs*



"The homecoming game because it's a time when NSU comes together with school spirit in support of our team."

- *Jessica Rodriguez, sophomore business administration major*



"The homecoming dance because it is a fun way to hang out with a lot of people at the same time."

- *Taylor Simpkins, junior education major*



"The homecoming game because it is a fun atmosphere with all the school spirit."

- *Stephen Rafferty, junior communication studies major*

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