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The Current

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'Tis the season of giving

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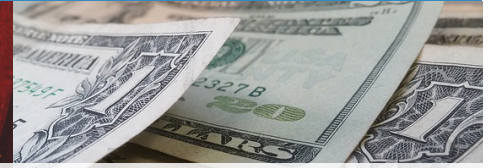
Skip the gym, hit your res hall

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Holiday cooking in college

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To tip or not to tip

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Out of the Darkness shines a light on suicide awareness

By: **Nicole Cocuy**
@CurrentNicole

To promote suicide prevention and awareness, NSU's chapter of Lambda Theta Alpha will host the seventh annual Out of the Darkness walk at the Fort Lauderdale/Davie Campus from 9 a.m. to 11:45 p.m.

Out of the Darkness aims to raise money and spread awareness for the American Foundation for Suicide Prevention.

Esmeralda Rivera, senior sociology major, chair of the Out of the Darkness Suicide Prevention Walk and member of Lambda Theta Alpha, said, "Every year, we get the Broward County community together, and we walk for those who we lost to suicide and kind of uplift everyone."

Rivera said suicide is an issue that a lot of people are affected by but don't really talk about.

"It's something people shy away from. We're trying to portray, with the event, that even though it's not something that a lot of people like to talk about, it's something you should have support in," said Rivera. "If you do lose someone, many people go to this event as their support. The purpose of this walk is so we can involve people who feel alone and who think that they're going through this on their own, when they're really not."

According to the Centers for Disease Control, suicide is the second leading cause of death among college students and graduate students.

Oren Schwartz, post-doctoral resident of the Office of Suicide and Violence Prevention, said, "[Suicide] has to do with stress. As you get further along in your career, and as you get into



Participants gathered at the 2014 Out of the Darkness Walk.

PHOTO PRINTED WITH PERMISSION OF E. RIVERA

graduate school, then you might have a couple more responsibilities, you might be juggling a family, filling up that debt a little bit, so the risk factors go up because there's more stress."

Rivera said suicide prevention is an issue that is very personal to Lambda Theta Alpha members.

"It's been our philanthropy for a while now, and some of our sisters have either previously lost someone to suicide or know friends or family members who have, so it's something that hit home for us," said Rivera. "Ever since we started, it's something that continues to grow closer and closer to our hearts because we put so much work into it every year."

The event will also include tabling that features suicide prevention information

and resources, as well as different activities sponsored by student organizations throughout the walk, like jump roping and face painting.

Each participant will be given a set of beads to wear during the walk. Each color represents a different connection to suicide, such as white for a lost sibling, green for a lost child, purple to show support for the cause and more.

"Not everyone is affected by suicide, but a lot of people are, so we have a lot of different colors to represent what those people are there for," said Rivera. "It's a bonding experience so everyone can see that they're not alone."

The event is free, but donations are welcome. According to Rivera, participants have been setting up teams to raise money for

the American Foundation for Suicide Prevention.

"For example, this year, we have a woman whose husband, who was a police officer, recently committed suicide, so she got her entire family, her community and her friends to donate, and she's donated over eight thousand dollars," said Rivera. "This event will spread the word to people who want to support the cause and spread awareness, and those people are the ones who donate."

Lambda Theta Alpha raised \$158,000 over the past six years, and this year's goal is \$40,000.

The event is open to the public, and all ages are welcome to attend. The walk will start at Fellow's Way between the Carl DeSantis Building and the Rose and Alfred Miniaci Performing Arts Center.

Registration is available online at <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3510>. Participants can also register in person at the event from 8 to 9 a.m.

For more information about Out of the Darkness, contact Esmeralda Rivera at er653@nova.edu.

For more information about suicide, including a list of resources and warning signs, contact the NSU Office of Suicide and Violence Prevention at 954-262-5789 or svp@nova.edu or visit their website at nova.edu/suicideprevention.

If you are contemplating suicide or if someone you know is exhibiting warning signs, contact Henderson Student Counseling Services at 954-424-6911.

Appreciate NSU's diversity during International Education Week

By: **Stephanie Barrios**

To provide students a chance to engage in worldwide issues and share study abroad experiences to learn about different cultures, the Office of International Affairs will host the annual International Educational Week (IEW) from Nov. 16 to Nov. 20.

According to the Office of International Students, since 2000, the U.S. Department of State's Bureau of Education and Cultural Affairs and the U.S. Department of Education have sponsored this event across the world.

Alejandra Parra, associate director of International Affairs, said that IEW allows exchange students around the world to share their cultures and experiences as foreigners in a different country.

In a fall 2014 study done by the Office of International Affairs, there were 1110 international students at NSU from 105 different countries, including students with F1 visas who

are enrolled in classes.

Laura Vergara, junior finance and international studies major, said that international education allows cultural enhancement and exchanges.

"It is a way for people to become more sensible and respectful toward each others cultures and differences. It also expands knowledge and brings improvements from bringing different ideals and views together," she said.

On Nov. 16, the opening session will take place at the Knight Auditorium in the Carl DeSantis Building from 9:30 to 11 a.m. to show appreciation for the diverse community that makes up NSU. This will be followed by NSU Global Village, which is decorated by international students, demonstrating NSU's diversity, at the Don Taft University Center.

On Nov. 17 from 1 to 2 p.m. at the Education

Abroad Forum in the Rosenthal Building Room 200, NSU students will have the opportunity to learn about the benefits gained during study abroad experiences.

Vergara had the opportunity to study abroad in London at Kings College last semester.

"Studying abroad is an experience that enriches students' life in a personal, educational and professional level," she said. "It challenges the student to learn the culture of the host country and assimilate similarities, as well as accommodate to the differences that are presented."

The Multicultural Fair will take place on Nov. 18, where there will be food, activities and entertainment at the Terry Building Clock Tower Courtyard from 11:30 a.m. to 1 p.m. Additionally, Optional Practical Training (OPT), a workshop for international students where they can receive help on how to apply, will take place

from 3 to 5 p.m., at the Carl DeSantis Building Room 1052.

On Nov 19, "H-1B: A Workshop for International Students" will take place from 2 to 4 p.m. at the Carl DeSantis Building Room 1049. Then, from 7 to 9 p.m., the Brazilian Voices event, a musical performance with Jazz and Samba classics, will occur in the Epstein Center for the Arts.

The final event on Nov. 20 is a gathering of all the organizations and groups that worked together to promote IEW in the Don Taft University Center Spine from 12 to 1 p.m.

These events are open to the NSU community. For questions regarding the events, travel study, study abroad or medical rotations and/or missions, contact the Office of International Students at 954-262-7240 or intl@nova.edu.

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NEWS ANCHOR

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Smoking weed declared a 'human right' in Mexico

On Nov. 5, in a 4-1 ruling, Mexico's Supreme Court decreed that "outlawing the possession and use of the marijuana plant represents a violation of fundamental human rights." People reportedly smoked weed outside the Mexico City Supreme Court building after the ruling. The ruling does not mean that cannabis is legal; it only opens the door for further drug law reform in the country. The issue was brought forth by four members of Mexicans United for Responsible and Tolerant Consumption who petitioned to grow, possess and consume marijuana, according to The Washington Post. Their case reached the Supreme Court, who ruled in favor of decreeing smoking marijuana as a fundamental human right.

The world largest solar power plant slated for construction in Morocco

The northwestern African nation of Morocco will soon be the new leader in garnering solar energy. This new power plant will provide energy to over 1.1 million Moroccans by 2018, according to the World Bank. The plant is being constructed on the outskirts of the city of Ouarzazate, which is located on the boarder of the Sahara desert. The power plant is expected to reduce carbon emissions by 700,000 tons per year. The Sahara desert is famous for shooting Hollywood movies such as "Gladiator" and the TV series "Game of Thrones."

Financial scandals hit the Vatican as new books hit the shelves

On Nov. 4, Italian journalist Gianluigi Nuzzi published two books depicting taped conversations that were leaked from the Vatican, alleging financial scandals, lavish spending and the private authoritative counsel given by Pope Francis to his

closest advisers. The books allege that Peter's Pence, the Pope's fund for charity that is funded by donations by dioceses around the world, has had their monies redirected to cover the Vatican's administration. The books also discuss the Vatican's open bank accounts for past popes, including Pope John Paul and Pope Paul V, with ending balances totaling over \$296,000. Another hot topic detailed in the book is the Vatican's real estate value, which is estimated to be 2.7 billion euros. However, this amount, according to CNN, is more than seven times than what is declared in their financial reports. The Vatican is considering legal actions against the author.

Oscar Pistorius's life stills hangs in the balance in the South African Supreme Court

Paralympic champion Oscar Pistorius, 28, served one year in prison for killing his girlfriend and was released last month and put on house arrest. The courts are still deciding whether or not to convict him of the slaying of his girlfriend. Pistorius's attorneys are in deadlock debates, fighting for their client's freedom. If convicted of this murder, Pistorius could face a minimum of 15 years in prison. Last October, the South African courts found him guilty of the homicide of his 29-year-old girlfriend. Pistorius is famous for running the 400-meter at the London 2012 Olympics against able-bodied men.

Notorious elephant poacher and ivory trafficker arrested

Boniface Matthew Mariango, who has killed thousands of elephants and was nicknamed "The Devil" by law enforcement officials, was arrested on Nov. 5 by Tanzania's National and Transnational Serious Crimes Investigation Unit (NTSCIU) after a year-long manhunt. Mariango was apprehended near Dar es Salaam, a major port city in Tanzania.

The Current

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NOV 11

MEDLIFE Free HIV Testing
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All day

Homecoming Digital Caricature Artist
@UC Pit
12 - 4 PM

Homecoming SEA Thursday
@UC Spine
12 - 1 PM

Volunteer Income Tax Assistance training
@University Park Plaza
6 - 9 PM

NOV 4

S.O.S Horseback Riding
@American Horse Trails
10 AM

Homecoming Day of Service
@Flamingo Park and Broward Outreach Center
8:15 AM - 2 PM

NOV 6

On Shore Calendar

Iota Phi Theta "Black Dollar"
7 - 9 PM

NOV 7

Volunteer Income Tax Assistance training
@University Park Plaza
6 - 9 PM

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

NOV 8

TurkeyFest

By: **Sarah Kelly**

The Residential Student Association will host the fourth annual Turkey Fest on Nov. 15 from 5 to 7 p.m. in the Goodwin classroom on the first floor of the Leo Goodwin Residence Hall.

TurkeyFest is an event in which the NSU community can enjoy a traditional homemade Thanksgiving meal. While the event is primarily for residential students who cannot go home for the holidays, RSA said that the event is open to all. In the past, between 50 and 60 people attended the dinner.

RSA President Emalee Shrewsbury, junior communication studies major, said that RSA aims to make the residence halls feel more

like home for the NSU community.

"After all, we live here for more months out of the year than we do at home," she said.

Shrewsbury said the event is free of charge, and it allows residents, who may or may not have the opportunity to go home for the holiday, to get a fresh, home-cooked meal.

"Maybe they live across the country or do not even celebrate Thanksgiving," she said. "Either way, they still get to celebrate a beloved holiday tradition or just get a warm, delicious, home-cooked meal."

Shrewsbury said that traditional Thanksgiving dishes will be served, including turkey, honey-roasted ham, macaroni and

cheese, salad, vegetables, mashed potatoes, cranberry sauce and yams. For dessert, RSA usually provides apple and pumpkin pies, cookies, ice cream and cupcakes.

Shanygne Bitna, junior communication studies and dance major, helps RSA prepare for the annual event.

"My favorite thing about TurkeyFest is to see all the residents come together to enjoy and eat all the wonderful meals that the members of RSA prepared for them," she said.

For more information, contact Shrewsbury at es1223@nova.edu.

Zeta Phi Beta Night for Babies

By: **Petra Jurova**

In honor of World Prematurity Day, NSU sorority Zeta Phi Beta will host the Night for Babies in the Don Taft University Center on Nov. 17 at 7:20 p.m.

The Night for Babies will begin with a presentation on premature awareness in the UC pit, followed by a speaker and various group games and prizes, such as gift cards and movie tickets.

President of Zeta Phi Beta Stephanie Ladouceur, senior paralegal studies major, said that the event will be all about babies and participants will learn about premature awareness by listening to a presentation and playing fun games.

"Our sorority is big on premature awareness, and I believe this event will help women to understand how to prevent premature births," Ladouceur said.

Vice President of Zeta Phi Beta Kanika Liburd, senior legal studies major, said, "We want to celebrate the premature babies who are

still fighting every day. We decided to do a baby shower themed event, which has never been done on NSU's campus."

The presentation and speaker will try to help students better understand this issue. There will be a nurse who will explain what it means to be the parent of a premature baby and the effects of a premature birth.

"The main goal of this event is to make people aware of premature babies," Ladouceur said.

Ladouceur said there will also be parents of premature babies coming in sharing their personal experiences in hopes of a more open discussion, which is different from previous years.

"Last year, there was just a table in the UC with cupcakes, games and all the little things, but there was no speaker, and it was not as big as we are trying to make it now," she said.

Attendees can bring monetary donations for March of Dimes, a nonprofit organization

that aims to promote the health of mothers and prevent premature births and birth defects. Zeta Phi Beta will also give gifts away to participants. There will be food, gift card giveaways and more.

This event is free to attend, but there will be a small fee for participating in the games.

"For just \$6 per two people, each organization that wants to participate can battle each other for the first place in our relay race," Liburd said.

Ladouceur added that they are trying to get donations.

"Our goal this year is to raise \$500 at the event to benefit the March of Dimes Foundation, which is one of the sorority's philanthropies," Liburd said.

"We are trying to make it not as boring as other presentations. That is why we will make it fun," Ladouceur said.

For more information, contact Ladouceur at sl1163@nova.edu.

Mountain Dew brings new drink to campus

By: **Li Cohen**

@Current_Yakira

Company representatives provided the NSU community with free samples and entertainment on Nov. 4 outside of the Don Taft University Center to promote Mountain Dew's new Black Label drink, which is only available at select colleges and universities.

As part of a college tour, representatives from Motive: A Hybrid Agency, Mountain Dew's marketing company, gave out free samples of the drink, which is a dark berry flavor, outside of the UC from 11 a.m. to 2 p.m. The drink is now sold in Outtakes.

Motive representative Sean Maccuish said that his team has been touring the east coast for about two months and that they have visited between 30 and 40 schools. His "Dew Crew" is one of four teams that are traveling in different regions of the country to promote the drink.

"[The feedback] has all been pretty positive," Maccuish said. "A lot of the schools are enjoying it so much that they're already running out of stock. Mountain Dew is just trying to keep up with demand right now."

Black Label is only available in select colleges and universities until it becomes available for retail in 2016.

Maccuish said Mountain Dew is doing a test market and that they chose college students because the company's drink is known for being "young and hip."

Maccuish said that the "Dew Crew" had a good reaction and that students' responses were positive.

"It's actually really good," he said. "Even for people who don't really like sodas, they really like the flavor of this."

Marissa Carlson, sophomore exercise and sports science major, said that she didn't know that there would be an event to promote the



PHOTO PRINTED WITH PERMISSION OF L. COHEN
Mountain Dew's latest drink, Black Label, is only sold at select college campuses, including NSU.

drink but that she's happy she came across it, and she enjoyed trying the new flavor.

"I like this better [than other Mountain Dew drinks] because it has a fruitier flavor," she said.

Samantha Rommel, senior sports management major, said, "It's different. I don't think I would have bought it without trying it first, so promoting it was good."

The 16-ounce drink contains 210 calories, 85 milligrams of sodium, 54 grams of carbohydrates, 53 grams of sugar and 83 milligrams of caffeine.

For more information on the drink, visit pepsicobeveragefacts.com.

NEWS BRIEFS

Celebrate Homecoming with a post-game tailgate

Special Events and Projects will host a Homecoming Backyard Party after the Homecoming Volleyball game on Nov. 13 at the Flight Deck Pub Backyard. The event will feature a live band, card games, cornhole, a life-sized game of Jenga and other games and activities. For more information, contact Special Events and Projects at 954-262-7494.

Nominations open for STUEYS

Special Events and Projects is accepting applications for the 17th annual Student Life Achievement Awards, otherwise known as the STUEYS, until Jan. 11 at 5 p.m. Any NSU student, staff or faculty member can be nominated. To submit a nomination, visit orgsync.com/37641/forms/84324. For more information, contact Special Events and Projects at specialprojects@nova.edu.

Snapchat gains access to user content

In the new terms of service Snapchat released on Oct. 28, the company stated that when people use the app, they "grant Snapchat a worldwide, perpetual, royalty-free, sublicensable and transferable license to host, store, use, display, reproduce, modify, adapt, edit, publish, create derivative works from, publicly perform, broadcast, distribute, syndicate, promote, exhibit and public display that content in any form and in any and all media or distribution methods (now known or later developed)." To see the terms, visit snapchat.com/terms.

Take a service trip with SAS

Sharks and Services will host a service trip to work with Give Kids the World, a non-profit that helps children with life-threatening illnesses visit Florida attractions in Kissimmee, Florida, from Nov. 20 to Nov. 22. Students will volunteer with different activities, including taking photos, delivery cookies and cleaning the YMCA facility. The trip costs \$60, including transportation and lodging. To sign up, visit orgsync.com/45785/forms/165576. For more information, contact Graduate Assistant for Civic Engagement Liz Mazorowicz at em1404@nova.edu.

Shark Dining surveys available

Shark Dining is conducting a satisfaction survey for fall 2015 until Nov. 19. Participants will receive a coupon for a free beverage after completing the survey. The survey asks questions about particular dining locations and the overall quality and service of Shark Dining. To take the survey, visit sharkfins.nova.edu/?p=31392.

CAHSS hosts guest art show

The College of Art, Humanities and Social Sciences' Department of Performing and Visual Arts will host the art show "Self-Discovery" with guest artist Kyoto Matsuyama until Nov. 30 in Gallery 217 in the Don Taft University Center. Matsuyama is a fiber and glass work artist who focuses on social statements when creating his pieces. For more information, call 954-262-7632.

Don't forget Shark Cards when going downtown

When taking the Downtown Shark Express Route, Jacqueline Travisano, NSU vice president and chief operating officer, wants to remind students to take their Shark Cards. The cards are needed to get on the Shark Shuttle. The downtown route runs on Fridays from 8 p.m. to 3 a.m., Saturdays from 11 a.m. to 3 a.m. and Sundays from 11 a.m. to 11 p.m. For more information, visit nova.edu/locations/shuttle.html.



Candidates' positions: Keystone XL Pipeline

On Nov. 6, President Barack Obama announced that his administration rejected the Keystone XL pipeline. According to the Keystone XL website, the proposed project would have created a 1,179-mile pipeline from Alberta, Canada, to Steele City, Nebraska. According to BBC, the pipeline would be an addition to the existing Keystone pipeline, the goal being to provide a more direct route from Canada to Texas. The original pipeline was approved in 2008 by former President George W. Bush. BBC also reported that Keystone XL would be privately funded by energy company TransCanada and oil shippers.

According to CNN, in an official statement about why he rejected the project, Obama said, "America is now a global leader when it comes to taking serious action to fight climate change, and, frankly, approving this project would have undercut that leadership." The following statements were made by 2016 presidential candidates in regards to the Keystone XL pipeline.

"I think it is imperative that we look at the Keystone pipeline as what I believe it is — a distraction from important work we have to do on climate change. And, unfortunately, from my perspective, one that interferes with our ability to move forward with all the other issues."—*Hillary Clinton, in an interview with CNN on Sept. 22.*

"The Keystone pipeline is a no brainer. Moves us toward energy independence and creates jobs. President Obama must stop playing politics and sign the bill."—*Jeb Bush, on his*

official Facebook page on Feb. 24

"[The pipeline] is perfectly safe, so I can't really see a good reason not to do it."—*Ben Carson, in an interview with Bloomberg on Nov. 26, 2014.*

"Not only is Keystone a major job creator, delays in its approval sends an unfortunate signal on multiple fronts. Approving Keystone would actually drive down the price of oil and help consumers in all North American countries. It should be done today."—*Chris Christie, in a policy speech in Mexico on Sept. 3, 2014*

"Well, first, just on Keystone pipeline, perhaps the president will veto this, but on what basis would he do so? The American people support it by wide majorities. What we are doing today is actually worse for global greenhouse gas emissions than the Keystone pipeline would be. It would create jobs despite his bizarre statement that it wouldn't. Two and a half years of a process, that's either purposeful foot dragging or it's incompetence. And the American people know that. I think that the Republicans should do is soberly and systematically pass bills that make sense that have bipartisan support. And Keystone XL pipeline is one of them."—*Carly Fiorina, on PBS News Hour series on May 4*

"Building this pipeline is essential to our national security by reducing our dependence on oil from countries that hate us. Keystone represents sound environmental policy that will move the American economy in the right direction and strengthen our national

security."—*Lindsey Graham, in a news release on his campaign website on Sept. 22*

"President Obama's decision not to move forward on the Keystone pipeline is a mistake. This decision offers even more appalling evidence that this administration is hopelessly rudder-less in its jobs and energy policies. By not acting on Keystone, the president is depriving America of a means to create jobs, take a step towards energy independence and bolster our national security by tapping into our energy resources and those of our friends in Canada instead of tyrannical governments."—*Marco Rubio, in a statement on Jan. 18, 2012*

"If I am elected president, I will immediately approve the Keystone XL pipeline. No impact on environment and lots of jobs for U.S."—*Donald Trump, in an official Tweet on Aug. 18*

"The Keystone pipeline should be an easy decision for any president, an easy decision for anybody with an IQ above broccoli."—*Mike Huckabee, at a campaign stop in Iowa on May 8*

"As much as we need to approve the Keystone pipeline, we need to think far broader than that. We need to do far more."—*Ted Cruz, at the Heritage Action for America Conservative Policy Summit on Feb. 10, 2014*

"The Keystone pipeline would instantly create thousands of jobs without costing taxpayers a dime. It would also strengthen our alliance with neighboring Canada and wean

our energy dependence from the Middle East. The Keystone pipeline is in America's best interest."—*Rand Paul, in a speech in 2013*

"The pipeline would not only constitute a boon for our economy, but also for our energy security. Many of our states are at the forefront of America's energy boom, producing more alternative energy, oil and natural gas than ever before."—*John Kasich, in a bill signed along with 23 other Republican governors in February*

"It's time for Pres. Obama to help hardworking American families by approving #keystone pipeline!"—*Rick Santorum, in an official tweet published on Feb. 6, 2014*

"We must make significant reductions in carbon emissions and break our dependency on fossil fuels. That is why I have helped lead the fight in the Senate against the Keystone pipeline which would transport some of the dirtiest fossil fuel in the world. It is hard for me to understand how one can be concerned about climate change but not vigorously oppose the Keystone pipeline."—*Bernie Sanders, in a statement released on July 28*

"On day one, I would reject projects like Keystone XL and deny new permits for drilling in Alaska, the Arctic and off our coasts."—*Martin O'Malley, in an official Tweet published on July 27*



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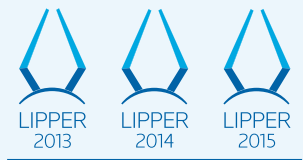
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THAT TIME I... TRAVELED TO SARAJEVO AND MET THE MAN IN THE RED BEANIE

By: **Natalie N. Negrón**

Natalie Negrón is a student at the College of Osteopathic Medicine. In 2014, she traveled to Poland, Serbia and Bosnia and Herzegovina through Dr. Gershman's "Genocide" travel study course.

My parents always told me not to talk to strangers... especially strangers in foreign countries. But on my travel study trip to Sarajevo in Bosnia and Herzegovina almost two years ago, I decided to be bold and take a chance when I met a man in a red beanie, and I ended up having the best night of my life.

On the first night in town, two friends and I decided to take a midnight walk down the main street. We spent a few hours walking from shop to shop, taking in Sarajevo. Outside one of the gift shops, we stopped for some photos and were approached by an older man wearing a red beanie. He asked if we needed directions and inquired if we were from the U.S. We told him that we were students studying conflict and genocide in the region and began talking to him about the city.

After a few minutes, he asked us if we wanted to join him on his evening walk through town. Almost immediately, I looked over to my friends like a deer caught in headlights and was about to politely say that we should excuse

ourselves. My mind raced as I thought of all the reasons why we shouldn't go on a walk with a complete stranger.

But just when we were about to say no to this man, something stopped us. Yes, there were a hundred reasons why we shouldn't follow him blindly, but on this particular night, we were feeling free and adventurous. There was something about this mysterious man that made us want to know more. And so we decided to put aside our anxieties and fears and joined him on his walk through town.

We followed him as he took us on a tour of a city so rich in history and culture. As we walked, he told us countless stories of Sarajevo and his experiences during the Bosnian genocide of the 1990s. He took us to the city library that had been destroyed by a massive fire and was later rebuilt into this beautiful landmark. He took us to the corner where the Archduke Franz Ferdinand was assassinated, which was actually just one street down from our hotel. From there, we walked with him to the other side of town to the Catholic Church where he sings with the choir on Sundays, to the prayer wall at a local mosque and to the brewery where he would get water for his family during the Siege of Sarajevo.

He told us stories of how difficult it was to get something as simple as water during the



PHOTO PRINTED WITH PERMISSION OF N. NEGRÓN. Negrón had a life-changing experience on her study abroad trip.

siege. How you could only walk down certain streets to avoid shootings. How you lived in constant fear. I couldn't even fathom how that must have felt. For hours, we followed the man in the red beanie all across the city as he told us the stories of his past. With each story, I saw history come to life, and my curiosity grew more and more.

Strolling along the river, he quizzed us on Bosnian history, and even a little U.S. history, too. The more time we spent with him, the more this mysterious and still nameless man fascinated me. As we came upon a church, he began singing, "Hey now, Hey now, When the world comes in, They come, They come, To build a wall between us, We know they won't win," the lyrics to "Don't Dream It's Over" by Crowded House. In the moment, I enjoyed the comforting sound of his voice as it filled the silent night with music.

He continued singing as we made our way to our next destination on the tour of all tours. He turned what seemed to be like a dozen cobblestone street corners until he finally

stopped at a marketplace. But this was no ordinary market — this was where the Markale massacres of 1994 occurred, and it was here that we learned just how special our mysterious tour guide was.

He recounted the day of the first bombardment so long ago. He had just walked down a block from the market when the first bomb went off. With tears streaming down his face, he passed his hand over the engraved names of his lost friends on the memorial wall. His hand stopped over one name in particular, and he told us that this man's parents were so distraught after the loss of their child and that he has to remind them that although they had lost one child, they still had another, a daughter, to live for. It was in that moment that I felt the full force of the pain in his story. My friends and I stood there silently crying with this man and remembering the dozens of lives lost that day.

By the end of the night, we arrived back at the same spot where we had first met him, and he finally shared his identity with us. His name was Josef, and he had been a member of the Bosnian Army during the siege. His team helped build the underground tunnels out of the city to smuggle in much needed supplies. Josef had experienced great loss in his life, and yet I was amazed that he was still able to smile and find happiness.

As I think back to that night, I've come to realize that Josef wasn't just singing to sing. He was singing with a purpose. He was sending us a message with this song about the human spirit and perseverance. It was about never giving up even in the most difficult and tragic of circumstances.

Josef's stories and the memories from that night will stay with me for the rest of my life. Sometimes, when I'm walking alone, I can hear his voice singing, and I am reminded of the man in the red beanie who changed my life.

Gifts that give back

By: **Nicole Cocuy**
CurrentNicole

The season of giving is just around the corner. Not only do we have to give gifts to a seemingly endless list of loved ones, but we also should take a moment to give back to the less fortunate and to worthy causes. Fortunately, we can accomplish both goals at once by purchasing products from stores that give back to charitable organizations.

Whether you're passionate about the environment or stopping human trafficking in its tracks, certain stores will donate a portion of its proceeds to a charity or a full product to a child in need with each purchase. If you're interested in taking advantage of the holiday season by giving gifts that give back to great causes, check out the following websites. After all, there is no better gift than the gift of giving.

Sudara

sudara.org

After visiting the red light district of India and witnessing the human trafficking of young girls firsthand, Shannon Keith started Sudara. Meaning "beautiful" in Sanskrit, Sudara is an online shop of simple, easy-to-sew items to help victims of human trafficking in India find steady income, escape slavery and gain confidence. Currently, Sudara employs hundreds of women, and all of the proceeds go toward either the employment and emotional support of these women or the education of younger victims. The online store is known for its Punjammies, comfortable loungewear for men, women and children in a variety of bold patterns, but it also sells robes, T-shirts, shorts, ink tattoos, gift cards and accessories.

TOMS

www.toms.com

TOMS, founded by Blake Mycoskie, started out by giving away one pair of shoes to a child in need with each pair of shoes sold,

but the charitable organization has grown exponentially over the last eight years. The store expanded from selling the same pair of canvas shoes in a couple of different colors to selling clothes, bags, accessories, eyewear, coffee and, of course, various types of shoes, but its growth doesn't end there. TOMS now works with over 100 different organizations to send aid to over 70 countries, funding sight-saving surgery and medical treatment, access to clean drinking water, training and resources for safe births and bullying prevention. So far, TOMS has donated 45 million shoes and helped 325,000 people restore their vision.

Uncommon Goods

uncommongoods.com

Uncommon Goods is an online marketplace that sells handcrafted goods from a variety of local artists from around the country. Due to its variety of creative contributions, Uncommon Goods has an eclectic collection of unique items, from an endless array of personalized kitchenware to quirky toys to funky art prints, and you are almost guaranteed to find the perfect gift for everyone on your list through this site. The best part about Uncommon Goods is not its expansive collection of, as the name implies, "uncommon goods," nor its financial support for local artists. Rather, what makes Uncommon Goods so great is the fact that a portion of each transaction goes to support one of five charities — and the customer gets to choose which one receives his or her contribution.

Out of Print

outofprintclothing.com

Out of Print is an organization that promotes world literacy and sells a variety of literature-themed goods to promote its cause, from books to office supplies and home goods to different forms of attire and accessories. Through its

partnership with Books for Africa, Out of Print donates a book to a community in need with each purchase. If you have a bibliophile in your life, Out of Print is certainly worth a gander. From "East Egg/West Egg" best friend necklaces to "Edgar Allen Poe-kadot" socks, Out of Print is filled to the brim with clever literary references that are certain to make any bookworm smile. But, more significantly, a child in Africa smiles as well with each transaction when he or she is handed a book for the first time.

Bambeco

bambeco.com

Bambeco is an online store that aims to protect the environment. It specializes in eco-friendly home goods, including kitchenware, tech gear, furniture and more, but its contribution to the environment does not stop there. On top of offering free carbon-free ground shipping, Bambeco plants a tree with every purchase, hoping that one day, with every contribution, "we'll grow forests." So if your mom has been begging for a new dinnerware set, if your dad wants a rustic-looking art print for his office, or if you have a friend with a green thumb, Bambeco might be a great place to start.

Amazon Smile

smile.amazon.com

With its discounted prices, free two-day shipping and wide array of products, Amazon is almost everyone's go-to site for holiday shopping. If you have an Amazon Prime account and log onto your account on smile.amazon.com, you will still have access to the same amount of products available on the main page at the same price, but 0.5% of the proceeds of every Amazon Prime-eligible item sold will be donated to a charity of the customer's choice. Customers can choose any charity, from UNICEF to the Humane Society

of Broward County. The contribution might not seem like much, but considering how much many of us spend on Amazon every year, particularly around the holidays, it'll certainly add up.

World Wildlife Fund

gifts.worldwildlife.org/gift-center/

Everyone has that one friend who is obsessed with lions, giraffes and elephants. Why not adopt an exotic animal for them from WWF? Adopting an animal from WWF doesn't literally mean that a huge crate with an endangered animal will show up at his or her door; rather, it's a symbolic adoption that funds the protection of that species. With each adoption comes a commemorative plush, tote bag, adoption certificate, species card and a photo of the species. It's the perfect gift for your favorite animal lover.



Success Coach: College do's and don'ts

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.

College is great place to explore new experiences, learn from others and grow as an individual. As an undergraduate, your college years will offer you many opportunities to make decisions that can positively impact your future. If you play your cards right, you can gain a lot from your undergraduate college experience. To help you along the way, here's a short list of college do's and don'ts.

DOs

#1 DO earn an internship. In today's economy, gaining extra experience that can set you apart from the average college graduate

can really help you in the long term. With that said, internships are a wonderful opportunity for you to explore your major and experiment with what you want to do after you graduate. Plus, internships can give you a better idea if you would like to pursue your major's field of work. If you're interested in an internship, stop by NSU's Career Development office and speak with a career adviser.

#2 DO study abroad. In life, there are not many opportunities to enjoy four months in a completely different country. If you're the kind of person interested in adventure, travel and experiencing different cultures other than your own, a study abroad might be the right kind of college experience for you. Study abroad opportunities are a great way for you to expand your world view, hone your language skills and gain a unique life experience. If you're curious about studying abroad, visit the Office of International Affairs. They can help you choose a study abroad program and explore study abroad scholarships.

DON'Ts

#1 DO NOT stop going to the gym. A diet of pizza, spaghetti and ramen noodles can have a disastrous effect on your body. In college, it's easy to stop being physically active and eat way too much junk food, especially if you don't have a kitchen of your own. The best way to curb your "freshman 15" is to commit to a weekly gym routine.

#2 DO NOT leave college without getting to know your faculty. Do not make the mistake of ignoring the importance of getting to know your faculty. Faculty can help you with more than just academics. They can refer you to occupational resources in your field, networking opportunities, conferences and give you valuable advice. Also, if you plan to go to graduate school, faculty letters of recommendation are almost always necessary in your admissions application.

Overall, college is a unique experience in which you can experiment with who you are and what you want to be. Take full advantage

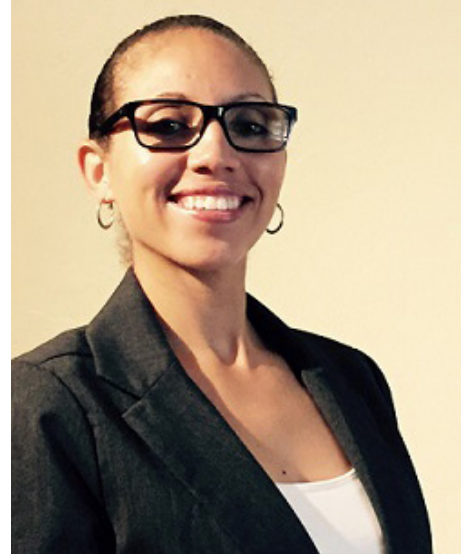


PHOTO PRINTED WITH PERMISSION OF A. COAN
Coan provides weekly tips to students on how to make the most of their college experiences.

of this experience. College is about more than just getting a degree; it's about designing your future.

What even is a healthy diet?

By: **Petra Jurova**

College students balance school, work and, sometimes, athletics. We often feel overwhelmed and think that we have no spare time to eat or even sleep. However, finding the time for healthy food and rest in this busy time of life is very important for our health and should be prioritized.

Many of us lack the knowledge about what it means to eat a healthy diet.

Marilyn Gordon, a certified nutritionist at NSU, said that being physically active and getting enough rest is necessary for our health, but a healthy diet is essential to our overall well-being.

According to the Mental Health Foundation, good nutrition is also essential for our mental health. Gordon agreed that good nutrition is extremely important because it helps our physical body as well as our brains.

Students often create bad eating habits because it can take work to look for healthy options, and we are busy with schoolwork.

Anastasia Rubel, junior political science major said, "I usually just choose whatever I feel like eating."

But many of us also lack the knowledge to make healthy choices. To combat this, here are five pieces of advice Gordon has for adopting a healthy lifestyle.

Eat a balanced diet

Gordon said that a healthy diet consists of, at least, two servings of fruit every day, three cups of vegetables and something rich in calcium, at least, three times a day.

She also pointed out that it is important to get an intake of Omega-3s, which are healthy fats, not the kind we find in chips. We need an equivalent of a tablespoon a day, which can best be found in fresh avocado or peanut butter.

Gordon said that we should also add some type of whole grain to our diets and eat a minimum of three servings of it a day.

"It sounds like a lot, but it really is not," she said. "Because one serving is like traditional bread, half a cup of cereal or maybe six crackers, so it is not difficult to get three servings."

Plan

Gordon emphasized that students often make mistakes in planning, especially when they are freshmen.

She said that lack of planning might be the biggest mistake that students make when it comes to healthy eating.

"Students come from home where their

meals were planned and somebody was thinking ahead and had their food ready. They did not realize how lovely that was," she said.

Gordon said that students often put off eating, and before we realize it, it is late afternoon, and then we grab whatever is closest to us.

Carlee Rizzolo, senior legal studies major, agreed with Gordon.

"Often, I forget that I have not eaten for a while because I am so busy," she said.

It is important that we stay on top of our eating habits and make the effort to set aside time for eating.

Avoid "diets"

Gordon discourages any form of fad diet.

"Let's say someone has an excessive amount of body fat. The way they should approach it is more physical activity and just more attention to healthy eating," she said.

Gordon said that people often go from one diet to another, such as grapefruit only to no-carb diets, but that is not the way to find healthy eating.

"To me, no diet is a good diet. You just have to focus on eating well and being active," she said.

Be mindful of social media

For those of us who have a trouble finding time for healthy eating, Gordon suggests we be "mindful of social media."

Jacob Blackiston, junior communication studies major, said he normally grabs something pre-prepared, like fast food, because he does not have time to cook a healthy meal.

"I must say that often I have to blame myself for spending too much time on social networks chatting with friends, instead of doing something for my health," Blackiston said.

Gordon said that students truly feel that there is not enough time in their day to balance school and healthy eating and that the real problem is how we prioritize things, such as social media.

"If students looked at the time they spend on social media per day, they would find that that is where their time is going," Gordon said. "It is hard because even if you turn your phone over, it is still a distraction when it beeps, but, again, students have to be more disciplined and realize that that is where their time has gone."

Separate studying and eating

We often choose to snack on something to keep ourselves awake while studying, often not realizing how harmful this can be.

"It is such a bad habit. You need to separate those two, because what happens is mindless eating. We can easily go through a whole pack of something while focused on reading," Gordon said.

Dr. Alex Korb, a neuroscientist researching brain and behavior, explains in his online article that snacking is a created "habitual movement." Our body does not really care what we chew in our mouths.

"It is mostly satisfied by whatever is closest and easiest. So if you feel like snacking, do something else with your mouth. Chew a gum," Korb said.

Gordon added that there really is not any type of food that would be good to snack on while studying.

"At some point enough is enough, even of something healthy," she said.

If we take into consideration these five tips, and make healthy eating a priority our overall well-being will rapidly improve. College is the best time to make healthy lifestyle changes with all of the outstanding opportunities and facilities that NSU offers to students.

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Honoring military families

By: **Grace Ducanis**

According to the National Conference of State Legislatures, undergraduate veterans make up about 4 percent of students in the U.S. The military has affected every NSU student in some way, even if that impact simply means they are able to attend school in a relatively safe country. NSU students who have served in the military or are part of a military family, however, are impacted more directly.

According to Military OneSource, every year since 1993, the president has signed a proclamation that declares November Military Family Month.

“During Military Family Month, we pay tribute to and thank our military families for their service to our country, and we recognize the extraordinary ways in which they give of themselves for us all,” the 2015 proclamation reads.

Robert Willis, junior business administration and finance major, has been part of a military family for most of his life. His father was in the Marine Corps for 28 years, and his parents met in Bolivia when his father was in the military. Willis was born in Japan. He moved around every three years until his father retired.

Willis said that when he was younger, the

move was very hard on him and his sister, but later on, he began to look forward to the move in some ways.

“I have friends all over the country,” Willis said. “I am able to move somewhere and adapt very quickly and learn how to make friends. It helped me be comfortable in a new environment, talk to people, not be afraid to go up to someone and try to be their friend, and I think that had a lot to do with who I am right now.”

In a 2014 study by Blue Star Families, an organization of over 100,000 military members and their families, the top issues affecting military families are military pay, the impact of deployment on children, change in retirement, military spouse employment and military lifestyle uncertainty.

Cerone White, senior communication studies major, said the biggest challenges that military families face are trust that the military will take care of the service member and the lack of stability that accompanies military life.

White joined the army in April 2010, serving as a petroleum supply specialist. He was stationed in Fort Hood, Texas, then Fort Lewis, Washington, and was eventually deployed to Iraq for five months.

White said his mother’s biggest fears while he was in the military were, first, that he would die, and, second, that when he returned, he wouldn’t have anything to fall back on. His service made communication between him and his mother difficult.

“I was in a different world, literally,” White said. “I couldn’t send a text message or pick up the phone and call.”

Willis’ experience as a military family member was markedly different from that of White’s mother. Willis never mentioned dealing with fear related to the possibility of his father’s death, and he said that moving around together made his family closer to each other.

Willis plans to work in investments or venture capital. His long-term goal is to own a high-rise in downtown Miami and invest in businesses that have potential and need extra capital, but before that, he wants to join the military. Willis’s family tradition of military service began with his great-grandfather, which is one of his reasons for wanting to join.

“I grew up with [the military] my entire life,” he said. “I’m comfortable around it. When I was a kid, most kids would go out on the playground and run around or something, and

I was running the confidence obstacle courses, and I thought it was fun. I also want to serve the country with everything.”

White said that Military Family Month is important.

“It shows the spouses and children that they’re valuable, too, because without them the service member often cannot function,” he said. “You need a cohesiveness, a structure, to help you through life. Everyone has some type of structure. They need that. It is important for them to honor those people and to tell them ‘Thank you.’”

According to Military.com, a good way to recognize Military Family Month is to volunteer time and effort when a military family needs help with something or needs a break from daily responsibilities. Naturally, each military family is different, and each family will need assistance in different areas. The best way to find out what a military family needs is to listen to them. While it is important to thank the military members who sacrifice so much to serve us, it is also important to thank the families who support them so tirelessly.

Ways to save up for holiday shopping

By: **Erin Herbert**
@erin_herbert

The holiday shopping season is upon us, and it’s incredibly tempting to empty your bank account buying gifts for family and friends. And with holiday shopping starting earlier and earlier every year, it seems almost impossible to keep your spending under control and your bank account from going into a negative balance. But fear not, holiday shoppers, there are tons of simple ways to save some extra cash to help you get everything on your list.

Make money while shopping with your smart phone

Do you ever wish that you could get paid for shopping? Well, there’s actually a way to make that dream come true. The free smart phone app Shopkick, which is available for both iPhone and Android devices, allows you to earn points, called “kicks,” which can be converted into gift cards. Shoppers can earn points by scanning bar codes on specified items or even just walking into one of Shopkick’s approved retailers.

If running around the store scanning bar codes doesn’t sound appealing to you, then never fear, there are still other ways to make money while shopping. Ibotta is a free app for iPhone and Android devices that works as a rebate system and gives you money back on the items you normally buy. Before you go shopping, the Ibotta app will give you a list of items that are eligible for rebates at specific retailers. After you buy these items, simply scan the item’s barcode

and upload a picture of your receipt, and Ibotta will transfer whatever money you made into your account within 48 hours.

Ibotta supports rebates for over 300 stores and restaurants, giving shoppers a greater opportunity to earn money back. One of the best things about Ibotta is that the money you earn back doesn’t have to be converted into gift cards; the money you made through rebates can be easily added to your PayPal or banking account.

Turn loose change into cash or gift cards

Loose change plagues the wallets and purses of most consumers. But don’t let your nickels and dimes get lost under your coffee table or between your couch cushions; turn loose change into cold hard cash instead. Coinstar is an easy way to turn coins into cash, and Coinstar kiosks can be found in most supermarkets, including Walmart and Winn Dixie. The supermarkets do charge a 10.9 percent service fee for converting the coins into cash, but a simple way to avoid the service charge is by converting your coins into an eGift Card instead. These eGift Cards are offered for a number of locations and retailers, such as Amazon, Best Buy and Nike. Whenever you get change back from a purchase, instead of letting pile up in the back of your wallet or the cup holders of your car, put it in a jar and take it to a Coinstar kiosk right before you go out holiday shopping. You’ll be amazed at how much money you had just lying around.

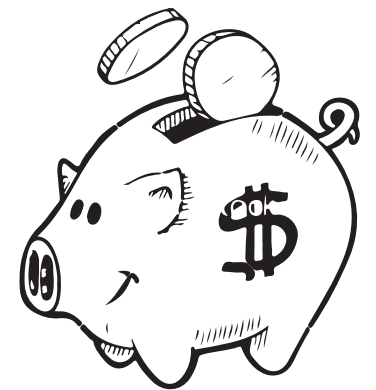
Sell old or unwanted items

Everyone has a closet full of outfits or shoes they never wear, so why not turn those clothes into cash? Garage sales, eBay and Craigslist are often more of a hassle than they’re worth. Vinted is a website where you can buy, sell or swap old clothes, shoes and accessories. Once you have chosen the items you want to sell, upload a picture, description and price for the item, then sit back and wait for it to sell. Once someone has bought the item online all you have to do is ship it. If you want to keep track of your sales on the go, Vinted even has a free app for iPhone and Android devices.

If you’re looking to get rid of other items that don’t fall into the clothing category, LetGo is a great way to sell just about anything to people in your area. The LetGo app uses your location and alerts others in your area of what you’re selling. Like Vinted, all you need to do is upload a picture, description and price for the item that you are selling and then wait for someone in your area to buy. The upside of LetGo, which encourages local buying and selling, is that you can save on shipping costs and put the entire payout from your sale into your pocket.

Learn to coupon

In the end, sometimes there’s no better way to save money than the old fashion couponing method. But in the age of smart phones, couponing really isn’t so old fashioned any more. With the free app RetailMeNot, coupons



are now literally at your fingertips. RetailMeNot is a coupon hosting app where users can search, share and save coupons for just about anything. With RetailMeNot, users can even enter their zip code and find deals exclusive to their area. This couponing app takes the monotony out of couponing and makes saving money more convenient. With RetailMeNot, the days of flipping through the Sunday paper and clipping coupons are long gone.

It’s never too late to start saving up some extra money to spend on holiday shopping, and there are countless ways to earn money with very little effort. So boost your shopping budget this holiday season, and start saving now.

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The vegan experiment

By: **Chantel Grant**

Even as a proud meat eater, I thought one week without meat wouldn't be a big deal.

My vegan friends always brag about how the change in their diet changed their lifestyle, and, being the pessimist that I am, I was excited to finally prove to them that being a vegan is really not hard at all. So I put my theory to the test, and I decided to be vegan for one whole week. This meant I could not use or consume any meat, eggs, dairy or other animal products for seven days. The challenge hadn't even started, and I was already declaring my victory over veganism.

Day 1

I woke up feeling like Rocky Balboa, ready to take on this challenge. I headed to the kitchen where my mom, who joined me in my challenge, was busy chopping up fruits for her morning smoothie. I watched as she opened the refrigerator and reached for the Greek yogurt, but then she paused. She turned around and a look of realization swept across her face; she remembered she was a vegan. I giggled and took my apple back to my bedroom, all the time thinking about how weak she was and that she wouldn't last the week. By day's end, I had not consumed any animal products, and I felt fine. The bean burrito I had at Chipotle for lunch and vegetable soup for dinner were so delicious that I started to consider converting to veganism permanently.

Day 2

Day two started just like day one — an apple for breakfast, some guacamole and chips from Whole Foods for lunch and a salad for dinner. I was still amazed at how easy veganism was. My mom and I enjoyed reading labels and googling complicated ingredients to see if they came from animals. It made us feel like real

health fanatics. I couldn't believe that there was a time when I used to buy something without reading the ingredients.

When I saw my vegan friend in class that day, I told her how easy being a vegan is and that she exaggerates the severity of it. She gave me this sinister smile, as if she knew exactly what was about to happen.

Day 4

By day four, I started craving chocolate. A Snickers bar looked like an apple in the Garden of Eden. I knew it was forbidden because it contained milk and eggs, but just the sight of the brown package made me salivate. I found myself standing in Outtakes reading the ingredients repeatedly, trying to wish away the milk chocolate. Eventually, I mustered up enough courage to walk away and join my friends for lunch. That was an even bigger mistake. All they talked about was sushi, pizza and deli sandwiches. To be fair, I'm sure they said other things, but the only time I heard them was when they talked about food I couldn't eat.

That evening when I got home, my mom was busy like a bee in the kitchen. She was making cauliflower risotto with mushrooms and soy crumbles. It looked and smelt divine, but I felt unsatisfied after the meal. The soy crumbles reminded me how much I missed beef, and the risotto was missing heavy cream and cheese. My mother's culinary skills paled in comparison to the need growing in my stomach for forbidden foods.

Day 5

Day five was torture; I hated the sight of vegetables and fruits. All I wanted was a cheese pizza with a side of Snickers and bacon. Moreover, my mother was annoying me with her diligence and commitment to veganism. She

bragged about how amazing she felt and looked forward to every meal. I regretted ever bringing it up to her because without her, I could cut the diet short guilt-free.

My friends even noticed the change in my mood; I was tired, groggy and extra mean to everyone. I even had dreams about meat, which my vegan friend told me happened to her during her transition, so I shouldn't worry. That night, my mom and I went to Blaze Pizza and ordered a vegan pizza. The workers were extremely cautious. They changed their gloves before they packed on the vegan cheese and sent our pizza to the oven.

The first bite was mind-numbingly good, but as reality set in, the cheese started to taste weird and slimy. There was no juicy meat, and the lack of mozzarella could not be ignored. My mom eagerly ate every slice of her pizza as I stared into space. I started to feel sick, and before I knew it, my head was over the toilet and my pizza found its exit.

Five days into my vegan experiment, my body was reaching its limit. I'm not sure why I threw up that day, and I refuse to blame Blaze Pizza because my mom was perfectly fine after our dinner. But I knew I couldn't last two more days. It was impossible for me to healthily finish the vegan challenge.

My mother went all week without meat and reminds me every day how life-changing the experience was. She still reads all the labels and has even vouched to only consume meat once a week. She'll probably fully convert to veganism one day.

I, on the other hand, can't fathom living without meat. What's even more ironic is that the reason I started the whole vegan experiment was to prove how overrated it is. My mother turned out to be a living testimony to my failed hypothesis and ignorance. It sucks to be wrong

about something, but it really sucks when your mother is a constant reminder of it.

Nevertheless, the vegan experiment taught me a lot. It made me pay attention to where my meat came from, like which farms treat their animals with dignity and which do not. It also taught me that there are delicious alternatives for food such as cauliflower risotto, which is healthier than traditional risotto. I also became hyper-aware of restaurants that did not carry a vegan menu and vowed not to eat at those restaurants.

I'm sure I went about my vegan experiment the wrong way. I was blinded by my ignorance. I didn't do enough research, and I invited my mom to tag along, which was probably the biggest mistake. But the most important lesson that came from this was the respect I now have for all vegans. It takes an unprecedented amount of discipline and dedication to become a vegan, and that in itself is admirable. Choosing a vegan lifestyle challenges almost every preconceived notion of traditional concept of food and our relationship with animals.

Most of us have been consuming meat and using animal products since our childhood. Few of us ever question why our parents chose to feed us Gerber's chicken and apple or reward us with an ice cream cone. Animal products are so embedded in what we call "normal" that we seldom take the time to consider any alternatives.

Yet most of us will agree that our consumption and use of animal products has led to desensitization and abuse of animals. So when someone is willing to challenge that norm and become a vegan, they're pretty courageous. Moreover, to become a vegan and stay a vegan in a world biased to meat eaters deserves a standing ovation; kudos to all vegans and vegetarians.

How Netflix became a tool in the hook up culture

By: **Li Cohen**
@Current_Yakira

Netflix is a beautiful thing. There's nothing quite like watching your favorite shows and movies on your own time. Whether you watch it alone or with your friends, it always adds to the recipe for perfect "chill" time. As Netflix has become more popular, especially among millennials, "Netflix and chill" has gone from being an innocent act of relaxation after a work week to a gateway for sexual activity.

You see it all the time in movies — a young couple goes on a date to a local movie theatre, and slowly but surely one of the lovers puts his or her arm around the other or decides to hold their significant other's hand. For many blossoming teenagers, this seems like the ideal place for a date to get some "chill time," but this is 2015 — who wants to go to the local theatre when you can watch your favorite movies at home?

There used to be a time when inviting someone over to watch Netflix was innocent and, in fact, was to actually watch Netflix and chill after a long week, but, now, it is so much more than that. If someone asks you to "Netflix and chill," it is no longer safe to assume that you can wear your ugliest pajamas and bunny slippers so that you're comfy when you stuff your face with pizza and feast your eyes on a movie. These days, agreeing to Netflix and chill is agreeing to come prepared for quite the night.

According to Urban Dictionary, Netflix and chill is "a subtle way to lure a girl to come over to your place, initially as just a 'friend,' so that it can lead to an opportunity of getting intimate with her while something is playing on Netflix."

For many people, especially young adults, Netflix has become an evergreen excuse to advance a sexual attraction. Many millennials, including Jeffrey Paszternak, junior business administration and sports recreation and management major, say that the major factor into the term's popularity is because of the convenience associated with it.

"Instead of someone having to save up for one big movie date, a couple can watch multiple movies

for a convenient price," he said. "Everyone loves Netflix—it's the new way to watch movies. The best part about Netflix is that you usually watch movies at someone's house."

Some people, on the other hand, don't find the term quite as endearing. Even though Netflix and chill has become a popular term, not everyone is familiar with the connotation associated with it. Taylor Bertollini, freshman environmental science major, said that she only learned the meaning of the term this semester and that she hates the meaning that comes along with it.

"I feel like it ruins the idea of hanging out and watching TV with your friends because now it means that you're going to have to fool around," she said.

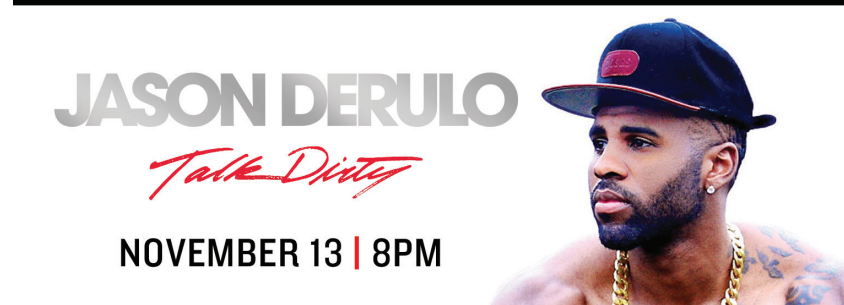
Bertollini said that before coming to college, she would see tweets and messages from people asking a friend to Netflix and chill in an innocent context, but that once it became a common hookup tool, a sexual connotation was developed with the term.

The hook up term has even gone above just being a common phrase amongst millennials; it has transcended into a marketed product and the source of numerous jokes on social media. It is a trending hashtag, the joke of memes, the basis for online quizzes and even a condom marketing tool.

"It just kind of snowballed," Bertollini said. "I had no idea what it meant prior to college. I hope it dies down. I just want to watch a movie with my friends without it having other connotations."

Whether you use Netflix as a way to hang out with friends or as an excuse for a late night booty call, there is no denying that Netflix has become a cost-effective staple of the millennial generation. The \$8.99 a month streaming service is the ultimate tool for those who are trying to embrace the hookup culture, and the ultimate tool for those who are just trying to catch up on their favorite shows with their friends.

No matter what you use this tool for, just remember to have fun and practice safe chill.



Residence hall work outs

By: Sarah Kelly

The frightful freshman 15 — sometimes even scarier than the dreaded biology final. It's something that's so easy to gain, but so difficult to lose. Chips and cheese at midnight, snacking while studying and stress eating are a few of the reasons students put on weight throughout their college years.

Although there are many classes offered at RecWell, including yoga, Zumba and spinning, and nothing beats jogging outside, always keep in mind your dorm is an alternative to the gym. Here are a few workouts you can do right from your dorm room to help fight off that unwanted muffin top.



PRINTED WITH PERMISSION OF S. KELLY
Body weight squats work your glutes, hamstrings and thighs.

Body weight squats

When doing body weight squats, first make sure your feet are shoulder-width apart, and drop your hips as low as possible while keeping your heels on the floor. One fun way to do this around your room would be picking up clothes or shoes, and with every item you pick up, do a squat.



PRINTED WITH PERMISSION OF S. KELLY
Bridges work your glutes and core.

Bridges

Find a chair or any object you can prop your legs on, and put your heels directly on the chair, forming a 90-degree angle. Lay down, pushing your heels into the chair, squeeze your glutes, and raise your hips to the ceiling, making sure only your heels touch the chair. Put some jams on, and bridge to the beat.



PRINTED WITH PERMISSION OF S. KELLY
Planks work your core.

Planks

Lie on the floor and push yourself up as if you were doing a push up, but instead of returning back down, stay up, and hold the position for as long as you can. The burn in your core is going to be painful, but one motivation to keep holding the plank is to challenge your

roomie and see who can hold their plank the longest.



PRINTED WITH PERMISSION OF S. KELLY
Leg raises work your core and legs.

Leg raises

Lie on the floor with your feet together, and lift your legs to the ceiling while keeping your back against the floor. For a more difficult exercise, lift one leg at a time, switching back and forth. Find any upbeat song, and leg raise to the song's tempo. When the song finishes, your legs are sure to feel like Jell-O.

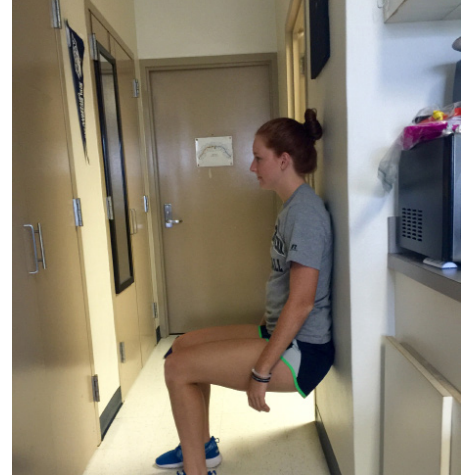


PRINTED WITH PERMISSION OF S. KELLY
Chair dips work your triceps and chest.

Chair dips

Find a chair or any object that you can get a good grip on, then set your legs body length out, bending your elbows behind you at a 90-degree angle, and grasp the chair and lift your body

weight, making sure your butt doesn't touch the ground. Then using your triceps, lower your body. Lowering your body and raising it back to starting position is one rep. For these, turn on some jams, and drop to the chair at the beat of the music.



PRINTED WITH PERMISSION OF S. KELLY
Wall sits work your core and thighs.

Wall sits

Lower your hips until your knees form a 90-degree angle, then lower your hips against the wall as if you were sitting in a chair. A good idea for knowing how long to hold your wall sit is to brush your teeth while doing this.

Doing these simple workouts from the comfort of your dorm room will help lessen the guilt after making a 3 a.m. trip to Waffle House and, hopefully, tone your body. Even if you don't see drastic changes right away, keep at it, and stay positive.

SPORTSSHORTS

Women's Soccer

The women's soccer team defeated Saint Leo 1-0 in overtime on Oct. 29. The winning goal was scored by senior Julia Nytorp 52 seconds into overtime.



Women's Swimming and Diving

The women's swimming and diving team earned a win over Lynn University on Oct. 31 with a score of 128-77.



Women's Volleyball

The women's volleyball team defeated Florida Tech 3-1 on Oct. 31. Senior Dana Holger led the Sharks with 19 kills, 1 ace and 2 blocks. Freshman Megan Burns set a career-best performance with 33 digs for the night.



ON DECK

Women's Volleyball

vs. Eckerd
NSU Arena
Nov. 13, 7 p.m.

vs. Saint Leo
NSU Arena
Nov. 14, 4 p.m.

Men's Basketball

vs. St. Thomas
NSU Arena
Nov. 16, 7:30 p.m.

vs. Lynn
NSU Arena
Nov. 18, 7:30 p.m.

Women's Rowing

Stetson Fall Rowing
Rendezvous
Deland, Florida
Nov. 14, TBA

Women's Basketball

vs. North Alabama
NSU Arena
Nov. 13, 12 p.m.

vs. Lee
NSU Arena
Nov. 14, 8 p.m.

vs. Lynn
NSU Arena
Nov. 18, 5:30 p.m.

Athlete of the Week: Andrew Liberty

By: **Erin Herbert**

@erin_herbert

Serious injuries often mark the end of many athletes' careers, but Andrew Liberty, sophomore exercise science major, persevered through an injury to come back to baseball stronger and better than ever.

Originally from Tucson, Arizona, Liberty moved to Boca Raton, Florida, at the age of 5 and began playing baseball. Liberty played baseball for four years at Calvary Christian Academy in Fort Lauderdale.

During his high school career, Liberty suffered leg injuries that sidelined him from baseball for an entire season.

"I broke my femur, tore my ACL, MCL and meniscus. I was out for 11 months and ended up having to wear braces for two years," said Liberty.

Although coming back to baseball was a tough challenge for Liberty, he did not allow his injuries to hinder the progress he had made so far in his career.

"Coming back was pretty rough," Liberty said. "After not playing for a year, your timing is thrown off, and I was afraid to use my legs again, so my whole game was a little different. It took a while to get used to it. It took me about a year to fully recover and get back to top speed and where I was playing before. It was pretty traumatic, but I'm back to where I was before."

I got the chance to sit down with Liberty and ask him a few questions.

How did you get into playing baseball?

"My dad played baseball up until high school, but he had always been my coach up until I was about 15. He was always there, he coached me, and he taught me how to play baseball, so I owe everything to him."

What do you plan on doing with an exercise science degree?

"I'm not sure yet, but I either want to do

speed training at a gym or use my business minor and get into sales, like medical equipment for rehab or physical therapy because I was hurt in high school and had to wear braces. So I'd like to be able to get into that business."

Do you plan to continue playing baseball after college?

"No, I'll probably start working right away. I figure I've got four years here and I've gotten to play, meet some great guys, and build chemistry with the team, so I'll probably just take my degree and go to work."

What do you think is the hardest aspect of baseball?

"The hardest part of baseball is probably that even when you succeed or you do something really well, it's still a game of failure. You have a very small success rate. You could be doing things really well the whole time but still get a bad result, so it's a really tough mental game. You definitely have to be mentally tough."

Are there any specific tools that you use to motivate yourself to stay mentally tough during games or practices?

"There are eight other people on the field, so you have to do your role the best you can to support the other guys. You don't want to let your team down, you don't want to take a bad at bat and bring it into the field, you always want to be at your best and do your best for the team. Support your brothers, and keep them close."

Have you had a coach that has influenced or inspired you?

"My dad inspired me throughout my whole life; he's the reason why I'm still playing. I stayed down here so he could watch me play. My high school coach, Greg Mucerino, really inspired me to continue playing through college, and he's one of my best friends. He's a really good guy and a really good mentor for me. He's inspired me a lot through my years playing baseball."



Liberty enjoys a night of baseball with his teammates.

PHOTO PRINTED WITH PERMISSION OF J. FRAYSURE

Are there any professional athletes who you look up to or enjoy watching?

"I have a few friends in the majors right now from down here. Luke Jackson is one of my good friends, and he just broke into the majors this year. Trea Turner was a role model for me growing up while I was playing with him; he's really exciting to watch, and he's one of the fastest guys in the league. I also enjoy watching the smaller guys, like Jose Altuve or Dustin Pedroia, who are like 5 feet 5 inches tall, and it gives smaller guys confidence and shows us that we have a shot to play at that level."

A lot of the other teams on campus are pretty superstitious about pregame or postgame rituals. What about the baseball team?

"We have some pretty weird rituals. Our pregame stretch gets pretty interesting, to say the least. Usually, when the other team is hitting, we'll be stretching, and if there's ever a ball hit toward us, we like to see who can get hit by the ball. So that's a little strange. I also do this thing called 'Left Field with Lib' with Michael Callahan to help get people to come out to the game. As for postgame, we celebrate in the locker room, and we usually blast music as loud

as possible and rage for about 30 seconds as hard as we can. It gets a little rowdy. Our rituals are a little different, but they're a lot of fun."

Can you give us a little more detail about your pregame ritual with Callahan?

"It's usually a quick 10-second video that he puts on Twitter to help get more people to come out to the game. We don't have a huge crowd because we play a little farther away from where the dorms are, so people can't walk to the games, but we use the videos to try to get more people out to watch and get more fans."

When you're not playing baseball what do you enjoy doing?

"I like playing golf and beach volleyball. I've lived down here for a while, so the beach is a pretty big part of my life, so I'll go out and play beach volleyball with my friends or play a round of golf with my buddies."

Did you ever play golf competitively?

"No, never. I wish I had, but I played football and soccer for a little when I was young, but I had to stop playing those after I got hurt. I really just play golf for fun."



ON THE BENCH: Professional women's sports leagues

By: **Darren Hendricks**

Sports fans are able to watch professional sports, such as the National Football League (NFL), Major League Baseball (MLB), National Hockey League (NHL), Major League Soccer (MLS) and National Basketball Association (NBA), every day. There are even multiple sports leagues overseas, such as the Premiere League for European Soccer. The one thing these leagues have in common is that they're all men's sports leagues.

Where are all the sports leagues for women? I know they are out there, and they do exist. There's the Women's National Basketball Association (WNBA) and the National Women's Soccer League (NWSL) in the U.S.. But we do not see these sports on television, let alone hear about women's sports as often as men's sports. Women's sports leagues do not get as much attention as men's sports leagues unless there is a major championship. We should be able to see women's sports on television just as often as men's sports.

Men's professional sports are seen 365 days of the year, and we forget that women have professional sports leagues because they are barely seen. Maybe

it is because big games in women's sports happen around the same time as big sports games in a men's league. The MLB playoffs happens around the same time as the WNBA playoffs. If we cared for women's sports just as much as men's sports, we would see just as many advertisements for the WNBA playoffs as we always see advertisements for every MLB playoff game.

I wonder how many people know that the WNBA Finals just concluded on Oct. 15.. How many people know that the Minnesota Lynx beat the Indiana Fever in five games, giving Minnesota their third title in the last five years? We hear of dynasties in men's sports; what about the dynasties in women's sports? Even when the WNBA Finals were going on, I barely saw any advertisements on television, except for Game 5, which was on ESPN 3, a channel the average person doesn't even receive. Not once did I see a preview for any other WNBA playoff game.

Also, soccer is becoming more and more popular in the U.S. We see the men's soccer team play all the time with the MLS and international friendlies, but why not the women? We rarely see the

women advertised on television when they play in the NWSL. The only time women's soccer is heavily advertised is during the World Cup and Olympics. How come Fox Sports does not broadcast women's professional soccer as much as men's professional soccer? Women's soccer is just as exciting as men's soccer.

Similar to soccer, women have multiple professional hockey leagues, but we barely hear about them, and women's hockey is really only televised during the Winter Olympic Games. When it isn't the Winter Olympics, why don't we see or hear about it? I am sure hockey fans enjoy watching women's professional hockey just as much as men's.

The only time we see women's professional sports is when there is a major competition or championship. Female athletes don't just sit and relax waiting for the Olympic Games or world championships. Women's sports are just as competitive, but viewers cannot readily see them on television. We shouldn't have to wait until the major championships and competitions to be able to see women's professional sports.

OUT OF THE SHARKZONE

Sex scandal at Notre Dame

A student at the University of Notre Dame accused a female academic coach of coercing athletes into having sex with her daughter, according to a lawsuit filed by the student in an Indiana court. The academic coach arranged for African-American basketball and football players to have sexual relations with her daughter in return for academic favors. The academic coach was fired after the university conducted an internal investigation and found that the coach violated the university's "values" and "discrimination harassment policy."

Detroit Lions fire GM, president

After going 1-7 since the beginning of the season, the Lions fired general manager Martin Mayhew and President Tom Lewand on Nov. 6, following seven-year stints with the team. Their release follows the dismissal of offensive coordinator Joe Lombardi and two offensive line coaches.

Derek Jeter engaged to long-time girlfriend Hannah Davis

Former New York Yankees shortstop Jeter revealed in an essay about his 100-lb mastiff named Kane that he is engaged to girlfriend of three years Hannah Davis. Jeter, 41, announced at the end of the 2014 season that he would retire so that he could start a family. Davis, 25, is a Victoria's Secret model who was recently featured on the cover of Sports Illustrated. A day

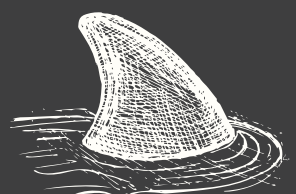
before the essay was published, Davis was seen sporting an engagement ring.

Former Raiders DE Anthony Smith convicted of three murders

Former Oakland Raiders 1990 first-round pick Smith was accused of killing four men over a decade and was convicted for three of them. Smith was convicted of shooting Kevin and Ricky Nettles in 1999 and stabbing Dennis Henderson in 2001. He was also accused of killing Maurilio Ponce in 2008, but a mistrial was called. Prosecutors will not seek the death penalty, and sentencing will take place on Dec. 21.

Pirates' Ramirez retires from MLB

Third baseman Aramis Ramirez, 37, announced that he will retire from the MLB. Ramirez started his career playing for the Pittsburgh Pirates for six years in 1998 before being traded to the Chicago Cubs for eight seasons. After 2011, Ramirez signed with the Milwaukee Brewers for three and a half years before being traded back to his home team in Pittsburgh. He is known for hitting the seventh highest amount of homeruns by a third baseman.



Honoring courage: Places to celebrate Veterans Day

By: **Roddia Paul**

Committing to protecting and serving the lives of people whom you do not know is a very selfless act. This is why people gather every Nov. 11 in remembrance of those who have served in the armed forces. When soldiers leave for war, no one knows if they will return, but one thing we all know is courage lives on. Here are some fun, free, on-campus and/or nearby festivities to honor veterans on Veterans Day.

Combat Hippies Theater Group

Don Taft University Center Black Box Theater on Nov. 10 at 4:30 p.m.

3301 College Ave., Fort Lauderdale
954-262-7009

<http://nsunews.nova.edu/come-see-one-time-performance-by-the-combat-hippies-theater-group-in-honor-of-veterans-day/>

Event includes a theatrical performance by U.S. Armed Forces veterans that portrays their past experiences.

SURV and Stress Resilience Veterans Day Collaboration

James and Nan Farquhar Second Floor Lounge in the Don Taft University Center on Nov. 11 at 12 p.m.

3301 College Ave., Fort Lauderdale

<http://nsunews.nova.edu/students-united-returning-veterans-students-stress-resilience-collaborate-veterans-day-event/>

Event hosted by the Students United for Returning Veterans and the Students for Stress Resilience organizations and will have a discussion on post-traumatic stress disorder and stress resilience.

Pembroke Pines Veterans Day Celebration

City Center on Nov. 11 at 12 p.m.

10100 Pines Blvd., Pembroke Pines, FL 33026
954-435-6525

www.ppines.com

Event includes a meet and greet with veteran legends, an honor ceremony, war stories and lunch.

Miami Beach Veterans Day Parade and Picnic

Flamingo Park on Nov. 11 at 9 a.m.

999 11 St., Miami Beach, FL 33139
305-673-7010

www.miamibeachfl.gov

Event includes a parade from 17th street to Flamingo Park, a picnic and a meet and greet with war heroes.

Veterans Day 21-gun salute

All Wars Memorial Park on Nov. 11 at 10 a.m.

16500 N.E. 16th Ave., N. Miami Beach, FL
33162

305-948-2957

www.citynmb.com

Event includes a presentation of colors by the City of North Miami police department, a 21-gun salute, other tributes and refreshments.

Veterans Day 21-gun salute

Civic Center on Nov. 11 at 10:30 a.m.

10601 W. Oakland Park Blvd., Sunrise, FL
33351

954-741-2580

www.sunrisefl.gov

Event includes bagpipe music, memorial wreath placement and honor of fallen and living soldier tributes.

North Miami celebration of life

North Miami Veterans Memorial at Griffing

Park on Nov. 11 at 10 a.m.

N.E. 123 St. and W. Dixie Highway, North
Miami, FL 33161

305-895-9840

www.northmiamifl.gov

Event includes 21-gun salute, presentation of colors, musical entertainment and refreshments.

Cooking Thanksgiving in your residence hall

By: **Erin Herbert**

[@erin_herbert](https://twitter.com/erin_herbert)

Between exams and travel expenses, sometimes it's impossible for college students to make it home for the holidays. Some students who stay on campus may invite over a few friends to have dinner but run into the problem of not having a kitchen to cook in. But, luckily, for those students who are stuck on campus over Thanksgiving break, it's actually pretty easy to cook a Thanksgiving feast in the comfort of your own room without a complete kitchen.

Turkey

When you think of Thanksgiving, you probably think of a hot turkey being pulled from the oven. But if you're a college student, you probably know that a microwave will cook anything just as well as an oven would, including turkey. To get the best results from your microwave, buy a small turkey, approximately 3-4 pounds and brush the skin with olive oil, salt and pepper before placing it in the microwave. Set the microwave to medium power, and cook the turkey 10-12 minutes per pound. After the turkey has been cooked, let it rest for 20 minutes before carving.

Mashed potatoes and sweet potato casserole

You can also use your microwave to make your mashed potato or sweet potato recipe.

Wash the potatoes, and, using a fork, poke holes halfway through the potato. Place the potatoes in the microwave onto a damp paper towel, and cook for 15 minutes at medium power. Add time as needed. Once the potatoes are fully cooked, remove the skin and mash them with a fork. For traditional mashed potatoes, add butter, garlic and salt to the potatoes while you are mashing them. For sweet potatoes, add butter, cinnamon and brown sugar to the mashed sweet potato mixture.

Stuffing

No Thanksgiving meal is complete without stuffing. Although you can't cook your stuffing inside your turkey if you're using the microwave method, there's still a simple way to make delicious stuffing without a stove or oven. Buy any brand of pre-packaged stuffing mix, boil water in your microwave, and combine with butter and stuffing mix to make a super simple stuffing to go along with your turkey.

Gravy

If you need something to top your turkey and mashed potatoes, look no further than gravy. And, yes, you can make gravy in the microwave, too. To start, melt butter in your microwave on high power. Stir in flour until

you've reached your desired consistency, and add in heavy cream and chicken or beef stock. Cover and cook for five more minutes, stopping to stir frequently. Remove the gravy from the microwave, and add salt, pepper and any other additional seasonings. Finally, use a fork to stir the gravy until it is completely smooth.

Pumpkin Pie

Pumpkin pie is a must have on Thanksgiving, but baking pies can be a bit tricky if your room doesn't have an oven. But luckily for college students everywhere, a no-bake pumpkin pie is incredibly easy to make and requires no kitchen appliances other than a refrigerator. All you'll need for a no-bake pumpkin pie is a store-bought graham cracker crust, non-flavored gelatin, sweetened condensed milk and pumpkin puree. Add your favorite spices like nutmeg or cinnamon, refrigerate, and, voila, your pumpkin pie is ready to be served.

You don't need a full kitchen to be able to have a nice Thanksgiving dinner with your friends on campus. Most recipes for traditional Thanksgiving dishes can be altered to make them residence-hall-friendly. Sometimes, all you need is a microwave and a little know-how.

Staff Picks: Best of Fall TV

By: **The Current Staff**

In some places, fall is the time for falling leaves, fleece sweaters and fresh pumpkin picking, but in SoFlo, fall is the time for The Current staff to watch their favorite fall TV shows. Here's what your favorite writers are watching this season:

Li Cohen, co-editor-in-chief, said "Grey's Anatomy"

The doctors at Grey Sloan Memorial Hospital have drawn me into their waiting room once again to see what antics happen. "Grey's Anatomy" is a bit of an unhealthy obsession that combines tears of drama with tears of happiness to create a constant ebb and flow of McDreamy, McSteamy and McToasty love. From plane crashes to car accidents, from hook ups to break ups and from medical anomalies to medical failures, this show is the drama-filled life I would never want but can't stop watching.

Nicole Cocuy, co-editor-in-chief, said "Jane the Virgin"

Upon first glance at a "Jane the Virgin" trailer, you might write the show off as yet another unwanted pregnancy show, but it's so much more than that. When Jane, a chaste, extremely organized and career-oriented girl, is accidentally artificially inseminated with a wealthy, young hotel tycoon's sperm, her five-year plan — and her relationship with her police officer boyfriend, Michael — are thrown out the window. The premise of the show is based on Venezuelan telenovela "Juana le Virgen," so the show has its share of dramatic twists and turns — including a few murders, exaggerated slaps and evil twins — to keep you at the edge of your seat. However, "Jane the Virgin" takes a lighthearted, even satirical, approach to its obvious soap opera influences. Its narrator, possibly the best narrator in television history, pokes fun at the dramatic characters and situations to bring the audience back to earth, throwing out puns and cheesy one liners left and right. The best part, however, is Gina Rodriguez's portrayal of Jane, who is not only a self-respecting, motivated, intelligent young woman, determined to follow her moral compass throughout her confusing and stressful journey, but also a relatable, strong female lead

who happens to be Latina and does not have to resort to cheesy racial stereotypes to rise to stardom. Talk about a trailblazer.

Jazmyn Brown, copy editor, said "Reign"

I'm not a history buff, but "Reign" is captivating. "Reign," on the CW, is the story of Mary Queen of Scots, played by Adelaide Kane, and the political goings-on at French court. "Reign" encapsulates court intrigue, scandal and a Game of Thrones-esque atmosphere that keeps you absolutely hooked and craving the next episode. With mad kings, conniving queens, paganism, ghosts, forbidden loves and treachery, "Reign" explores the relatable conflicts of love versus duty and loyalty versus self-preservation. The historical context of the show does not limit the show to drama of days past; in fact, it's more loosely based on history than it is a replication of actual historical events. Mary is a strong female character for her time, and "Reign" does a great job showing its audience the struggles of a headstrong and stubborn, yet poised and compassionate woman who's constricted by the time period's social decorum. The subplots really complement the main themes of the show, and each seemingly minor character's actions tie into the larger plot points, driving the action of the story. "Reign," although a historically-based show, is poignantly relatable to issues we face today.

Amanda Kaplan, multimedia manager, said "How to Get Away with Murder"

My favorite show this fall is "How to Get Away with Murder." It's in its second season, and I can't pull away from the television when it's on on Thursday nights. Originally watching only part of the first season, I never thought I would love it this much. Lawyer and criminal law professor Annalise Keating, played by Viola Davis, is fearless in all aspects of her life, in and out of the courtroom. Each year, she selects a group of her most promising students to work for her law firm. Through mysterious cases and mind-boggling murders, more and more secrets are being kept between Keating and her students. This opportunity may be great for the students' resumes, but will they find themselves in jail once they get involved in

their own murder plot? You'll have to watch it to find out who actually gets away with murder and what happens next. Be prepared to binge-watch on Netflix because you won't be able to wait to watch the next episode. I promise.

Destinee Hughes, arts and entertainment editor, said "Once Upon a Time"

I rarely watch TV. I never have time, and, honestly, nothing really interests me these days. But I must admit ABC's "Once Upon a Time" has me undeniably hooked. This show takes a modern spin on all of our favorite childhood fairy tales and gives a very detailed description of the history of their past. The story writers of this show are extremely creative and have a wild imagination. Turning good characters into evil ones and evil characters into good ones seems to be the theme of this show. I have no shame in admitting that I spend the majority of my day binge-watching all the previous seasons of this show. Actually, I'm impressed with myself.

Roddia Paul, opinions editor, said "Empire"

I'm an Aries, and I'll be the first to admit that I am as stubborn as they come, which explains why when new television shows or films come out, I don't give in to the hype. I think I am the only person young or old who has not seen the movie "Frozen." So when "Empire" premiered on FOX, I paid it no mind. I barely have time to keep up with TV shows anyway. It was not until I spent the night with my mom, and she insisted that I watch "Empire" with her. I sat there on the couch handle, skeptical and trying not to give in. Before it got to the first commercial break, I was curled up on the couch, eyes glued to the television screen. I love the blunt interaction between characters, the relatable storyline and the diversity among the cast. It's a show that's so raw, people from all over can get into it. It has an urban New York setting and tells the tale of a family and their encounters with the risky entertainment and music business. After 17 years in jail, Cookie, the mother, is released and she has a vengeance to reclaim the empire she helped build. It's only on the second season, and viewers cannot help but take a bite.

Time to FLiFF it up

By: **Li Cohen**
@Current_Yakira

The Broward County Film Society will host the 30th annual Fort Lauderdale International Film Festival from Nov. 6 to Nov. 22 at various screening areas in Ft. Lauderdale to showcase more than 150 American independent and World Cinema films.

The festival costs \$6 for FLiFF members, \$8 for seniors or students and \$10 for general admission.

This year, director Michael Moore, director David Marchand, Metallica bassist Robert Trujillo and actor Christopher Lloyd will attend. In past years, Jason Alexander, Guy Harvey, Anna Paquin and Matthew Broderick attended.

The film festival has been recognized as the highest-rated film festival in Florida, the longest film festival in the world, the biggest motion picture event in the South and has won the Moretti Award for Artistic Excellence, all according to the event's website. The festival will feature films "JACO," "Silver Skies," "Hill Start" and "The Wannabe." While these films are headlining the event, some of the lesser-known films have received just as great reviews. Make sure to check out some of the following featured films.

"Time Simply Passes"

This documentary, directed by Ty Flowers, is about a Florida orange picker who was wrongfully convicted of killing his seven children. He was released in 1989 after spending 21 years in prison and now relies on his friends for support. The film uses archival footage, photos and documents to tell the story. The film will be shown at 3:30 p.m. on Nov. 12 at CP Hollywood.

"The Liberators: Why We Fought"

German filmmaker Emanuel Rotstein directed this documentary, which highlights memoirs of some of World War II's last veterans. The documentary features interviews with American soldiers, as well as stories from some of the survivors from Dachau concentration camp. The film will be shown on Nov. 11 at 1 p.m. at CP Hollywood and 3:15 p.m. at CP Lauderdale.

"Look Again"

Daniel O'Connor directed this Canadian comedy about people's tendencies to judge others. The theme is shown through the story

of Amit Gupta, a businessman whose business partner ran off with his money and whose girlfriend cheated on him. He is visited by guardian angels who give him a pair of glasses that allow him to see who is good and bad on first glance. The story follows his journey of realizing if people are just good or bad or if there is a gray area that people don't always see. The film will be shown on Nov. 13 at 4 p.m. at CP Hollywood and on Nov. 15 at 6 p.m. at CP Lauderdale.

"The Secret of Italiana"

Italian filmmaker Antonello Belluco directed this film that is inspired by a true story that occurred in 1945. In the spring of that year, fascist militiamen, led by Mussolini, conducted a summary execution of approximately 130 people. The story is told from the perspective of a young girl named Italia about her family's involvement in the events. The film will be shown on Nov. 14 at 7:45 p.m. at Sunrise Civic Center and on Nov. 16 at 7:30 p.m. at CP Hollywood.

"Virgin Mountains"

Dagur Kari directed this Icelandic film about Fusi, a middle-aged man who still lives with his mother. Fusi lives a very routine life until he meets the film's love interest, Sjofn. The film will be shown on Nov. 18 at 5:45 p.m. at CP Lauderdale and on Nov. 20 at 3:30 p.m. at CP Hollywood.

Headlined Events include:

- Nov. 11**
M*A*S*H party @ Villa Depalma
- Nov. 13**
Centerpiece film and party "Silver Skies" @ Sunrise Civic Center
- Nov. 15**
Israeli Party "Hill Start" @ Sunrise Civic Center
- Nov. 21**
Chairman's Awards Gala @ Diplomat Resort
- Nov. 22**
Closing night film and awards ceremony @ Cinema Paradiso Fort Lauderdale
- Closing night wrap party "The Wannabe" @ The Ritz Hotel

SOUNDBITE

"All of Something" by Sports

By: **Marie Ontivero**



PHOTO PRINTED WITH PERMISSION OF M. ONTIVERO
Sports' new album has an alternative-punk sound and is perfect for those who listen to The Weekend and Hop Along.

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.

There's something that's really inspiring about a girl who can rock. In this case, the band Sports is made up of not one, but two lovely girls and three guys from a small town named Gambier in Ohio — and they've created garage gold. They have a very raw, alternative-punk sound; in fact, it's nearly identical to a band from the early 2000's called The Weekend. "All of Something" is Sports' second album, and it has just tens songs. Surprisingly enough, the album is relatively short; nine out of the 10 songs are

less than three minutes long. But the length of the album works well with its fast-paced tunes and sparse lyrics. A majority of the tracks reflect on a failed relationship and looks back at how things could have been handled differently. With hints here and there, it's clear it was quite the roller coaster of emotions; however, these musicians aren't going to be weighed down. Because the band consists recent college grads who are all going in their own directions, don't expect a tour any time soon. Like all great things, you must have patience, so until then, you can find "All of Something" on Spotify, as well as other LPs and their first record.

Perfect if you like: The Weekend, Hop Along

Favorite Tracks: "Harder," "Clean Socks" and "Get Bumped Out"

Last Comic Standing
@Coral Springs Center
for the Arts

7:30 PM

NOV 11

Southeastern Circuit
Rodeo Finals
@Bergeron Rodeo
Grounds

7:30 PM

NOV 12

Fall Garden Festival
@Fairchild Tropical
Botanic Garden

9 AM

ArtsPark Movie Night:
"Return of the Jedi"
@ArtsPark

8 PM

Southeastern Circuit
Rodeo Finals
@Bergeron Rodeo
Grounds

7:30 PM

Jason Derulo
@Seminole Hard Rock
Hotel & Casino

8 PM

NOV 13

Fall Garden Festival
@Fairchild Tropical
Botanic Garden

9 AM

Southeastern Circuit
Rodeo Finals
@Bergeron Rodeo
Grounds

7:30 PM

Badfish: A Tribute to
Sublime
@Revolution Live

7:30 PM

NOV 14

Fall Garden Festival
@Fairchild Tropical
Botanic Garden

9 AM

Miami Book Fair
@Miami Dade College

4:30 PM

99.9 KISS Country Stars
& Guitars
@Broward Center for the
Performing Arts

7 PM

NOV 15

Off Shore Calendar

Food Trucks
@ArtsPark

5:30 PM

Miami Book Fair
@Miami Dade College

4:30 PM

NOV 16

Miami Book Fair
@Miami Dade College

4:30 PM

Disney's Newsies
@Broward Center for the
Performing Arts

8 PM

NOV 17



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FACE OFF



Danny Meyer, owner of local New York restaurant Union Square Café, eliminated tipping in his restaurant and instead will increase his menu prices to make up the difference. Some believe tipping is unnecessary and should be taken away altogether, while others think employees deserve tips along with their wages.



Take a tip from me

By: **Roddia Paul**

Tipping should be removed from restaurants because being nice is a requirement of the employees and, therefore, should not be rewarded, right? Wrong.

Good, genuine customer service is hard to find, and those who make an effort to fully serve their customers deserve to be tipped. I know, I know, the next argument will be “But what if employers increase the pay?” The real question is, why are we giving people raises or demanding tips for people who do not deserve them? Tipping your server should always be an option, just as higher pay should always be earned.

I used to work in retail, and I can tell you firsthand that my coworkers were not the nicest people. People have bad days and bring their frustrations into work, and suddenly they forget that the customer deserves respect and grace. I know that working a job that has long hours, low pay and requires you to be on your feet all day probably does not fill you with joy. However, that’s no excuse for bad customer service. I don’t know how many times I’ve gone out to eat, and my server took 20 minutes to come to my table and greet me and then took 10 more minutes to bring my drinks, would not come to my table when I needed assistance, acted like I was bothering him when he did and then expected a tip. I know it’s hard to be happy and courteous at a job you might not be too fond of or on a day that’s not going your way. So those who still drown out the negatives, put their name tag on and recite “How may I help you” with a smile deserve some appreciation.

I just do not see a benefit in raising wages and/or menu prices and simultaneously removing tipping. Can anyone explain to me the difference between tipping your server and paying more for your meal? Either way, your server is receiving additional pay. If employers wish to make every employee equal, then they need to increase their hourly pay, not remove tipping. Servers will never receive equal tip amounts because at the end of the day, tipping is a result of the customer’s appreciation for your service.

Furthermore, employers should want to mold a good employee and an even better person, not reward them for rude behavior. A job, no matter what it is, teaches you and influences your outside behavior. Customer service is more than just being polite at work. Having good customer service teaches you to be that way in your everyday life. By rewarding those who do not go above and beyond, we are basically saying it is okay to do the bare minimum. We oblige mediocre performance, and they deserve a higher pay just as much as someone who actually worked for it. Eating is not just about the food, it’s about the experience. I do not care how good the food was, if I had a bad waiter, I will not be going back to that restaurant, and I

will tell all of my friends not to either.

If we raise wages and remove tipping, it’s even more of a reason for employees to not have good customer service because, at the end of the day, they know they are still getting paid well, so why even try to go the extra mile? For those who make most of their weekly money from tipping, tipping serves as an incentive to want to improve their customer service. It’s bad to say, but let’s be honest, money encourages us all in one way or another. We need to set the bar in our work place and then push our employees to work above that.

Do not think I’m against increasing wages in restaurants, because I’m not. Many of the people who work these jobs are being paid minimum wage and cannot afford to make it through the week. I am all for increasing pay, but increasing pay should not mean removing tipping. One might try to argue that if people working low wage jobs need tipping so badly, then they should just leave these jobs and find one that pays more. However, do you think if someone could get a better job, they wouldn’t? Most of the people who work low wage jobs are working students or are unable to get a better job for reasons like transportation, lack of experience, limited opportunity, low education, or sometimes it’s just bad luck. Let’s not assume that people in low waged jobs are lazy or do not have the intention of climbing up the cooperate ladder. Sometimes these restaurant positions are just one stop along the route to their future goals. Life gets in the way; we all fall victim and can attest to that. Yet we neglect the impact of socio-economic standing on the ability to get a better job. Let’s not sugar coat; many people who are from poorer areas or just did not have the support of a strong social environment ultimately do not have the experience or education they need to obtain a better job.

I get that many countries ban tipping, or in some cultures, it can be seen as an insulting because it symbolizes dominance. However, tipping is more of an act of appreciation. Put aside the fact that many people do not get paid enough hourly, and let’s pretend that everyone gets paid well in the restaurant business. I would still tip my server. It’s not about how much you get paid hourly but more of the fact that you acknowledge the importance of the customer.

Customer service is a job requirement that many of the employed people in our restaurants too often forget. When it comes to those who make the effort, they stand out amongst the rest, and for that reason deserve to be rewarded. The misconception is that you should tip to make up for the lack of zeros on your waiters pay check, and I can see where one would get that impression, but that is not the purpose of the gesture. You are not obligated to tip someone, you do it because you feel they deserve it. Since when did Santa give children on the naughty list presents?

We’ve reached our tipping point

By: **Jazmyn Brown**

If history has taught us anything, it’s that social customs and expectations aren’t always the soundest basis for what society should and shouldn’t do. After all, we used to think smoking in restaurants and calling black people “colored” were socially acceptable norms. Tipping, or gratuity, is quickly falling out of fashion in the U.S., and for good reason.

A restaurant owner in Colorado said, “I never liked the idea of tipping. It shouldn’t be on a customer to decide whether or not my employee makes enough to pay the bills,” according to ThinkProgress, a political news blog. Ryan Wallace, owner of William Oliver’s, provides his employees with benefits like health care, 401(k) retirement plans, paid leave and more, according to the blog. William Oliver’s became the first establishment in Fort Collins, Colorado, to do away with tipping.

This seems to contradict the argument against tipping, since the benefits Wallace issues ensures that his employees have a good life without having to rely on gratuity; however, the fact remains that the obligation to make sure employees have livable wages is up to the institution at which they work, not the customers who receive the services the establishment provides.

According to tripadvisor.com, the average tip for restaurants in the U.S. is 15 to 20 percent of the meal cost, but it’s a lot more complicated than that. The travel site encourages tipping in proportion to quality of service and reiterates that many Americans don’t leave tips at all. In some places, gratuity is mandatory, so even if a patron feels dissatisfied with the service, he or she is still obligated to pay at least a 20 percent tip. The inconsistency of the U.S. tipping system alone is enough to warrant its eradication.

As if the confusing system wasn’t bad enough, Wallace’s research on tipping showed that it isn’t even related to employee performance and that, as aforementioned, many customers tip well below 20 percent or leave nothing at all, according to ThinkProgress.

If you give a person a tip because they showed you excellent customer service, and you feel as if they “deserve” a nice tip, well, news flash — you shouldn’t feel obligated to reward someone for treating you nicely. It’s a common courtesy to be amicable and as nice as possible. The fact that someone works in the service industry is an indication that he or she should be willing to serve people in a friendly and courteous manner. Hospitality and accommodation are traits that anyone who works in the service industry should have before he or she decides to whine and complain about not receiving enough tips.

If you want to give a tip because you want to be nice, that’s great. I’m not against tipping

itself — I do give tips, and, most of the time, they’re pretty generous. What I am against is the mindset of those who work in retail that people have an obligation to tip, that people should feel bad if they don’t or can’t.

Stores like Publix even prohibit their employees from accepting tips, and in some countries like Spain and Japan, tipping is considered rude and socially unacceptable.

A Publix representative, in response to a query on Facebook regarding tipping of baggers, said, “Carry out is just another service we offer to our customers to help make their shopping experience a pleasant one... our associates wear pins on their uniforms that indicate ‘No Tipping Please’ to show that we offer this service as a courtesy.”

If we all took this stance on tipping and great customer service, we’d come to the conclusion that the expectation is on the establishment’s — and thus the employee’s — part to provide a nice and helpful attitude. You don’t go to a restaurant or hotel or hairdresser/barber to be treated like garbage.

The Publix rep said, “There really is no need to tip. If you appreciate the friendly service of the associate who helps you to your car, you could always speak to a manager and give that associate a special shout out.” This “shout out” has the potential to do more than any tip ever could, as it could result in a promotion or a raise.

Waiters, waitresses, sales associates and others in the service industry are sometimes paid below minimum wage to provide services to their establishment’s patrons — that’s common knowledge. So if you don’t like the wages, find a different job. There’s no reason why you should settle for a job that pays less than you would like. And if you do choose to settle, don’t expect patrons to make up the difference. Any self-driven individual should seek a job that he or she believes provides adequate wages to survive. Yes, it’s not always possible to find the perfect job with the perfect salary, but you can’t blame others for your own inadequacies and failure to achieve your goals.

If you think retail sucks, and that rude or annoying patrons make your job unbearable, it’s not the nice customer’s job to fix the deficit and fill the gaping void that you feel inside regarding your poor career choices.

Tipping, while a nice gesture, shouldn’t be an obligation or expectation. Friendliness, congeniality, a pleasant attitude — whatever you want to call it — may be a trait that’s hard to come by, but it doesn’t justify the wildly inconsistent and exorbitant system of tipping in the U.S. Those in the retail or service industry have it backwards; the real social expectation is to provide quality service with a smile.

Put your shoes back on

By: **Petra Jurova**

Looking around, it seems like there is an epidemic sweeping the NSU campus. It will probably not make you physically sick and it is not really life changing, but it is definitely contagious. It's the growing trend of walking around barefoot.

When I first saw a person walking barefoot on our campus, it was raining and I thought, "What a smart way to keep your shoes from getting soaked," but my supportive attitude towards this trend changed when I realized that walking barefoot was not a way to beat the rain.

I soon discovered that the person I saw walking barefoot was not just trying to protect her shoes. Rather, she wanted to follow this new trend and not wear shoes at all. When I started paying attention, I noticed more and more people without shoes. They are walking around campus, standing in line for food and even attending classes barefoot. This is a horrible and unsanitary habit. Students shouldn't walk around barefoot for multiple reasons.

I do not understand why students do not wear shoes around campus these days. It is really not pleasant to look at their dirty feet. I would also guess that their feet do not smell the nicest after they walk from one side of the campus to another. What scares me is that people seem to be used to it, and nobody gives them weird looks. It is almost like they are supporting this behavior.

College students are not known to be the most sanitary people, but this trend takes it way too far. Do students not realize how many diseases inhabit the ground? What is the point of getting medical shots, wearing clothes or taking a bath? How far will this new trend go—are people going to stop wearing clothes, too? There must be something done that will draw a line that students will not cross.

A common disease that students could catch from not wearing shoes is "athlete's foot." This skin condition is caused by fungus. According to Debra Wood, a writer for the Lahey Hospital and Medical Center, "Fungus thrives in warm, moist places such as locker rooms and swimming pool areas." This makes me think that hot and humid Florida seems like a perfect place to catch this fungus. The risk

factors that increase your chance of contracting athlete's foot are "not keeping your feet clean and dry, hot, humid weather, walking barefoot in locker rooms or public places," according to Wood. Basically, our students are asking for this disease, because they have no protection from the dirty, wet ground. This type of fungus thrives in humid environment, and students only help to spread it when they walk barefoot. If their health is not their priority, they should be mindful of other people, at least.

Although students should recycle their trash, there is still litter on campus. All the prohibited cigarette butts, sharp objects and construction equipment does not make the ground a safe place to walk barefoot on. I have not seen students carrying around a first-aid kit, so I would like to see what they would do if they cut their foot on their way to class.

Have they not been taught that safety comes first? There is such a variety of shoes out there. From all the color variations and different styles, pick one.

If being unsanitary is not enough of a reason to stop this trend, I believe it is also disrespectful. It's one thing to walk barefoot while having a picnic with friends, but it's another thing to attend classes with no shoes on. I feel really bad for the professors who have to look at all of those feet. I am certain students are aware of the fact that it is not hygienic. Plus, by doing so, they are not showing any respect to the professors. I do not think that someone can take their class seriously and have respect for their professors when he or she does not even make the effort of putting shoes on for their lecture.

I am putting my foot down—in my shoe. Students should really consider the sanitation and protection that shoes offer before leaving without them. So take care of your feet and show respect by simply wearing shoes. Many public places such as restaurants and retail stores require their patrons to wear shoes, so what makes people think that it is fine to go without shoes on campus? What if someone does not feel like wearing pants one day? Are people going to overlook that, too? Students need to lace up and stop spreading this trend.

Seriously Kidding

a satire column

The evolution of 'Netflix and chill'

By: **Roddia Paul**

One day, I was walking down the street when the voice of a stranger caught my ear. "Aye red shirt, let me get your number," he said. I quickly ran over to him because it was the most inviting pick up line I had heard in years. A real gentleman. We talked for a little bit, and then we exchanged numbers. We began talking for several weeks, and, although he seemed interested, he had yet to ask me out on a date.

I told myself that I could not let my Prince Charming get away. So, on a Friday night with nothing to do, I sent him that good old "What's up" text. I laid in bed, anticipating his reply. As my phone screen lit up, I grabbed my phone and read a text that said, "Nothing much. What you doing tonight." Trying to keep it cool, I replied "Nothing. Chillin'." He responded with, "Come over. Let's watch Netflix and chill," and in that moment, I knew he was the one. It was like he spoke his vows to me. More romantic than going out somewhere in the daylight or dressing up. I quickly put on my "I-didn't-even-try-but-I'm-still-cute" clothes and headed over. As I arrived to his house, he opened the door in full Netflix and chill attire: basketball shorts and a T-shirt. The epitome of a perfect spouse.

Bypassing the living room, kitchen and every couch, he took me straight to his room. No offer of food or a beverage — we wouldn't want to interrupt the Netflix and chill routine we already had on the schedule. Entering the room, the bed was already unmade, and there was a spot with my name on it. If you've mastered

the art of Netflix and chill, then you know you have to play timid at first, so I sat on the edge of the bed.

While watching this grown man set up his Xbox to connect to his Netflix account, all I could think is "Videogames. How attractive." He turned the game console on and handed me the controller. "Pick a movie," he said. I instantly scrolled to the horror film section, and he smiled. Can you say brownie points?

I had to play "Saw," a movie that doesn't make me scared, just so we both could pretend to be a little frightened, and I could play damsel in distress. At the gruesome parts of the movie, I jumped and leaned onto his arm in pretend-fear. Each scene, I somehow ended up further and further from my original position at the end of the bed. Before I knew it, I was splat in the middle, right next to him. I have no idea what happened in the movie; I couldn't focus on the screen in between his hint dropping and smooth talking. Before I knew it, the movie was watching us.

Mission accomplished. The Netflix gods roared as yet another score took place. So there you have it. That's where babies come from. A stork drops a Netflix account into some guy's house, and women flock to his nest in hopes to chill, but sometimes they get chill-dren. I was a lucky survivor.

HOW DO YOU PREPARE FOR FINALS?

SHARK SPEAK



"I get the notes from the semester, and I create note cards."

- Aina Rivas, freshman psychology major



"Repetition is the best way to memorize. I review the subject over and over until it is ingrained in my mind."

- Joseph Perez, sophomore biology major



"Time management; I group two different subjects each day."

- Steven Cardenas, sophomore nursing major



"I study two hours a day, and I make sure I get enough rest and eat. I have to eat!"

- Alexus Forte, senior business administration major



"I make a study guide and write down main points with some details."

- Aliyah Rajab, freshman marine biology major



"I read the text book with precision and detail and do practice problems."

- Rony Saleeb, freshman biology major



"I take key notes from the lectures during the semester. Prior to finals week, I review the material and have a friend quiz me on it."

- Shanygne Bitna, junior communications studies and dance major



DANTE STEWART

M.B.A. in ENTREPRENEURSHIP, 2013

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