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The Current

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Volunteering over winter break

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Thanksgiving is for everyone, including athletes

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Black Friday deals

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Why is No-Shave November only for men?

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Biology students take part in international initiative

By: **Li Cohen**
@Current_Yakira

As part of the Small World Initiative international research project to discover new antibiotics, NSU students are working with Biology Professors Aarti Raja and Julie Torruellas Garcia to discover and research new strains of bacteria with antibacterial properties.

The Small World Initiative originated from Yale University in 2012 and, according to their website, aims “to encourage students to pursue careers in science through real-world applicable laboratory and field research in introductory courses,” as well as to educate students on the lack of effective antibiotics. The project is currently being worked on at 109 schools of higher education throughout the world.

Raja, an assistant professor at the Halmos College of Natural Sciences and Oceanography, said that the idea of the initiative was to come up with a program where undergraduate students could be involved in research and to address the global concern of limited antibiotics.

“Since we don’t have a lot of antibiotics out there, one of the things that they thought of was, ‘well, we need to go find more antibiotics.’ Well, as luck would have it, the majority of the antibiotics out there, I think about two-thirds of the antibiotics we have out there today, are made by microorganisms that are found in the soil.”

The initiative is an ongoing project, but as part of Raja and Garcia’s classes, which Raja brought to campus in 2014, students are only required to take part in the project for the semester in which they are enrolled. Students must collect

soil samples from various areas in South Florida, analyze the soil for microorganisms in the lab and then grow found bacteria in the lab to find if it carries antibacterial characteristics. Each student is expected to keep up with a lab report explaining their methods, research and findings to submit by the end of the course. If, by the end of the semester, a student discovers a new microorganism or wants to continue research, Raja offers them the opportunity to do so as part of an independent study.

Frank Hiffernan, senior biology major, said, “A lot of modern medicines and phenomena that we have today are naturally based, and now we have the chance to kind of see them as we go.”

One student at another university found a new microorganism that was producing an antibiotic, and now it’s in the process of being marketed.

Morgan Quarles, junior biology major, is a student in Raja’s microbiology class and has located seven bacteria with antibacterial properties.

“I could have potentially discovered a new antibiotic that can be used to help a lot of people fight off different bacterial infections. It’s really awesome,” she said.

Raja said that not every undergraduate has the opportunity to engage in research.

“With this kind of a project, you get the feel for research because you get to start working on something on day one in the classroom,” Raja said. “We don’t want students to memorize

a bunch of things; we want them to put it into practice. Once it’s put into practice, it sinks in more, and they understand better.”

Ezana Assefa, senior biology major, said that one of the most important things he’s taken away from the project is understanding how science can be broken down and applied on students’ levels.

“A lot of labs are already ordered and everything is textual with the same results over and over again. With this project, it took a completely different spin and made it an actual experiment that each student was able to make their own. Not even the professor knows what to expect, and that gives it a much more experimental feel,” he said.

Raja applied to take part in the initiative on behalf of the school and underwent training in the summer of 2014. She said she hopes to offer the opportunity to more students in the future and implement the project in the curriculum of all biology I courses on campus, but she wants to see how positive her students’ reactions are first.

“It gives a real-world application to what you learn in the classroom,” she said. “We may be down here in South Florida in a small area, but now we are partnering with people from all over the world, and that’s pretty cool.”

Haldon Marmolejos, senior biology student, said that with bacteria continuously evolving, it’s important to find new strains that can prove to be helpful for treating various infections.



PHOTOS PRINTED WITH PERMISSION FROM A. RAJA. Top: While analyzing their findings, students collect notes and data. Bottom: Biology students test the microorganisms they found in soil samples.

“It’s amazing to be part of a team that can help future generations of medications, finding diseases and finding something that can change the world,” he said.

For more information about the project or to get involved, contact Raja at ar1239@nova.edu. For more information about the initiative, visit smallworldinitiative.org.

Celebrate diversity at the HPD Multicultural Fair

By: **Jazmyn Brown**

To promote networking among students and diverse community members, the Health Professions Division Multicultural Affairs Committee will host the Multicultural Fair on Nov. 18 from 11:30 a.m. to 1:30 p.m. in the Clocktower Courtyard adjacent to the HPD Terry Building.

The fair is an annual event sponsored by the HPD Multicultural Affairs Committee to bring together diverse student groups and local organizations and vendors. Last year, over 450 students attended.

Jonathon Infante-May, assistant director of Student Affairs at HPD and chair of the Multicultural Fair, is organizing the event. He said this is the first year the event will take place outside, and it will function like a “diversity farmer’s market.”

“The main focus is connecting with the cultural student organizations,” he said. “[The

event will include] everything from spiritual groups to ethnic groups to gender-based groups, who are coming together to table and represent their organizations and hopefully recruit new members.”

Infante-May said each of the student groups who signed up will conduct a fun interactive activity at their table. For example, the HPD Gay and Lesbian Medical Association will have gingerbread cookies that attendees can decorate as boys or girls with pink and blue icing.

“There will be activities like that that represent each group’s culture,” Infante-May said. “It’s going to be a really great two hours.”

Along with activities, each participating organization will also share bite-sized tastes of their cultures, giving attendees the chance to sample foods from different parts of the world.

Samantha Rood, second-year physician assistant and master’s in public health student

attended last year’s event and said she not only got the chance to eat many different cuisines from around the globe, she also got a chance to mingle with different classes.

“It’s important to bring different backgrounds and cultures together in a stress-free way,” she said. “Food always brings people closer together, and it actually made me interested in learning about different cultures. Allowing the entire school to come together in a single, exciting event seems to reinforce the importance of the NSU community.”

Kevin Verde, second-year physician assistant student and multicultural chair of Physician Assistant Class of 2016, helped to plan last year’s event by promoting the event to his program and organizing his program’s participation.

SEE **MULTICULTURAL FAIR 3**

Groups who are tabling include:

Black Student Union, Hillel of Broward and Palm Beach, HPD Gay and Lesbian Medical Association, MEDLIFE, the Society of Anime and Gaming, Christian Pharmacy International, International Student Association, RecWell, NSU Athletics and Sports Medicine, RadioX

Vendors include:

Chartwells, Pizza Loft, Pollo Tropical, Starbucks, Trader Joes, Crystal Vision and Loving Touch Center

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NEWS ANCHOR

Stay up to date with international events.

Record-high greenhouse gas concentration in Northern Hemisphere

The World Meteorological Organization (WMO), the United Nations' weather agency, reported that greenhouse gas concentrations in the Northern Hemisphere peaked yet again in 2014. Greenhouse gases are a group of gases, such as carbon dioxide, nitrous oxide and methane, that collect and trap heat in Earth's atmosphere, triggering climate change. The WMO reported that carbon dioxide, which stays in the atmosphere for at least a century, reached 397.7 parts per million in spring 2014. A 2009 report in *Natural Geoscience*, a peer-reviewed scientific journal, showed evidence that the last time the atmosphere contained levels of this magnitude was 4.5 million years ago when the concentration was between 365 ppm and 415 ppm. The U.S. and China are the largest contributors to the Northern Hemisphere's greenhouse gas concentration.

Taliban sub-group claims it supports peace, women's rights

Abdul Manan Niazi, the deputy head of the breakaway faction, told BBC's Persian broadcasting service, "We have realized this now, that under an Islamic system all rights of human beings — both men and women — need to be implemented 100 percent." Mohammad Rasool, former Taliban governor, was appointed leader of the newly-formed group, which announced that it was willing to participate in peace talks and will permit women to work and go to school. The new open-minded group is said to be the Taliban's first formal division since its establishment in 1994.

General Electric to build new trains in India

The Indian government awarded GE a \$2.6 billion contract to renovate the country's outdated and overcrowded train system. GE pledged 1,000 new diesel trains by 2026 and, as part of the plan, contributed \$200 million to build new plants and warehouses. India plans to spend \$137 billion by 2020 to revamp its train system as part of the "Make in India" plan to attract foreign investment and bolster manufacturing output.

Two dams collapse, Brazil mining company suspended

Three people were killed, and two dozen others

are missing and presumed dead after two dams collapsed and sent red mud, a hazardous byproduct of mining, to the village of Bento Rodrigues. Samarco, a Brazilian mining company, had its mining license suspended after the dams, which were used to collect wastewater, collapsed. Authorities will allow the company to resume as usual once it deems that it meets certain safety requirements. Prosecutors ordered the company to compensate the families of the victims; they will receive a temporary monthly payment of 788 reais or \$207.

Catalonia declares plan for independence from Spain

The regional parliament in Catalonia, a northeastern coastal region in Spain, passed a plan 72-63 that would allow it to secede from Spain by 2017. The plan was proposed by legislators from the "Together for Yes" alliance, a secessionist group, and the left-wing Popular Unity Candidacy, both of which combined form the majority in parliament. The plan proposes "the start of a process toward the creation of an independent Catalan state in the form of a republic" and a "process of democratic disconnection not subject to the decisions by the institutions of the Spanish state." Spanish Prime Minister Mariano Rajoy addressed the nation soon after the motion passed and said the government will appeal the plan in the Constitutional Court, which has blocked secession in the past.

Myanmar president and military to accept historic election results

Myanma President Thein Sein announced on Nov. 11 the government's commitment to respect the results of the Nov. 8 general election and to hand over power as scheduled. Both the president of the quasi-civilian state and the military expressed their congratulations on the National League for Democracy's electoral victory. It was the first free election since that of 1990, in which the NLD similarly won by a landslide. Rather than respect the results and cede power then, the military junta annulled the results, banned the party and placed opposition leader Aung San Suu Kyi under house arrest. Suu Kyi, leader and Chairwoman of the NLD, is constitutionally barred from serving as president because her children are foreign nationals, but has expressed that she will be in charge and will select a president to serve nominally.

The Current

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Fight procrastination at the Writing Center

By: Erin Hebert
 @erin_hebert

To give COMP students a place to work on their final papers before the end of the semester, the NSU Writing Fellows will host their third annual Kinda Long Night Against Procrastination on Dec. 2 from 5 to 9 p.m. in the Writing Center Room 127C of the Parker building.

The Writing Fellows are a group of peer tutors who assist a class that he or she is assigned to and helps students with writing conventions and APA/MLA style.

Kinda Long Night Against Procrastination is an event where students taking COMP courses can come together and work on their final papers in a productive environment within the Writing Center. Throughout the night, the Writing Fellows will be available to answer questions and give feedback and advice to the students.

Kevin Dvorak, the director of the Writing Center, said, "The Kinda Long Night Against Procrastination is an event primarily for the students enrolled in COMP this year — we don't mind if non-COMP students show up — but the whole idea of it is to get a community of writers to come together, work together, talk together and collaborate together. Basically, to get their work done or to get a head start on their work prior to finals week."

NSU's Kinda Long Night Against Procrastination is based on a longer event called a

Long Night Against Procrastination.

Kamila Albert, Writing Fellow and master's in writing student, said, the event is a smaller version of the larger, international event "Long Night Against Procrastination," which started in Germany in 2010 with the idea to get students into a space where they can work on their papers.

Albert said the event openly acknowledges that students procrastinate and that it's okay.

"So, naturally, it was a success," she said. "It spread to other countries like Poland, Austria and the U.S., and now it's an international event."

Last semester, the Kinda Long Night Against Procrastination event drew approximately 50 students. But the Writing Fellows expect that number to grow this year and will be opening more class rooms to accommodate students.

The Writing Center will provide snacks throughout the night, and Radio X will broadcast a remote show from the Writing Center during the event.

Albert said, "[The event] is a chance for COMP students to get together and work on their writing outside of class, mingle with their classmates and get to know the Writing Fellows better. It's really a community activity."

Sign-ups for Best Buddies/Kappa Sigma's Donut Eating Contest
@UC
12 - 1 PM

Pie a Theta Phi
@Shark Fountain
12 - 1 PM

Unify with Iota Phi Theta
@UC Pit
7 - 10 PM

NOV 18

Lambda Theta Alpha 4v4 Soccer Tournament
@Library Quad
6 - 10 PM

NOV 19

SAS Service Trip
@Kissimmee, Fla.

NOV 20

S.O.S Florida Panthers vs. New York Rangers Hockey Game
@BBT Center
5:30 PM

NOV 21

On Shore Calendar

Black Student Union Thanksgiving Dinner
@UC
6 - 8 PM

NOV 22

Cinema Tuesday "The Hunger Games: Mockingjay Part 2"
@Paragon Ridge 8
8 - 9 PM

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

NOV 24

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

DEC 1

MULTICULTURAL FAIR from 1

Verde said this event is a great opportunity to connect with other students at NSU, and it fosters an interdisciplinary culture at NSU. He said the fair is also a fun way to meet other students and taste each other's cooking.

"It's a great way to learn a little more about other nationalities and may stir our interest in certain cultural traditions we may not have been aware of," said Verde. "As healthcare providers, we will be treating people of many cultures, and knowing little facts about any given culture can help initiate a connection with our patients."

Verde said attendees can look forward to cultural performances, great food and an opportunity to socialize with students from other programs.

"This is one of the Multicultural Affairs Committee's biggest events of the year, and they keep improving it every year," he said.

This year, students are encouraged to participate in the fair through their organizations.

"In the past, we still had the food from

diverse cultures, and we had some games and activities, but this year is a little unique in that we're really empowering students to get involved with their student groups," said Infante-May. "This year, we have additional staff and additional resources, and we were able to invite and reach out to well over 100 student organizations."

Verde said everyone in his class who attended last year greatly enjoyed it.

"It's fun to try new foods and chat with the 'chefs' to learn about the recipe and their culture," Verde said. "Many people share special family dishes and spend quite some time sharpening their culinary skills."

For Rood, the best part about the fair was all the food.

"But one of my favorite parts of the fair was seeing everyone's reaction after they ate vegemite for the first time," she said.

Groups signed up to attend include Reach Others Through Leadership, Teaching and Education, or ROLTE, which focuses on making a difference in diverse communities,

the NSU Counseling Center, which will talk about dealing with culture shock and embracing differences, and the NSU Museum of Art, which will talk about their cultural exhibits for this year.

The Multicultural Fair is open to the NSU community and will feature free food. Vendors will sell their merchandise, such as clothing, jewelry and soaps.

Each attendee will receive a bingo card when they arrive, and if he or she visits at least ten tables and gets signatures, he or she will get the chance to win a \$50 Pollo Tropical gift card.

"I think sometimes we forget, because we live in South Florida, just how amazing and diverse NSU is, and I think this event is going to serve as that reminder that 'Wow, we are a diverse community,'" said Infante-May.

For more information, contact the Multicultural Affairs Committee at mac@nova.edu.

Unity Music Festival coming soon

By: **Ketsia Baldwin**

To promote unity within organizations and among students, the Inter-Fraternity Council will host the Unity Music Festival on Nov. 20 at 8 p.m. in the Flight Deck Backyard.

"The Unity Music Festival will encourage unity and philanthropy," said IFC President Bairon Madrigal, senior biology major.

The Unity Music Festival will have a battle of the DJs where each DJ will have 10 minutes to display their talents. The winner will be judged by crowd reaction. Most of the DJs will be NSU students, but student DJs from Florida International University and Florida Atlantic University will also perform.

IFC is composed of the social fraternities on campus, including FIJI, Kappa Sigma and Beta Theta Pi. Their goals are to promote respect, health and safety and to challenge

members to espouse fraternal ideals.

"At NSU, Greek councils come together to accomplish similar goals," said Madrigal.

Currently, the three Greek councils on campus are: IFC, PanHellenic Council and the Unified Greek Council. All three councils came together to plan the Unity Music Festival.

"In this event, all councils will work together and show Greek unity, which is very important," said UGC President Monica Sap, senior elementary education major.

In addition to fraternities and sororities, other organizations are encouraged to be a part of the event.

Madrigal said that attendees can purchase food and beverages from the Flight Deck and alcoholic drinks can be purchased for those 21 and over.

The event is free, but VIP tickets are available for \$10, which includes food and front row seats. The proceeds will go to the United Nations Educational Scientific and Cultural Organization (UNESCO), which strives for world peace through cultural awareness and education. According to UNESCO, humanity's moral and intellectual cohesiveness is important to establishing peace.

On Nov. 12 at noon, during SEA Thursday, IFC will sell beaded bracelets for \$1. Festival goers are encouraged to exchange bracelets to promote social interaction and unity. The Sharkettes and Infinite Motion will perform.

DJs must sign up by Nov. 19. To participate or DJ for the Unity Music Festival, contact Madrigal at bm1010@nova.edu.

Learn about Islam with a Fastathon

By: **Miranda Moody**

To celebrate Islam and Muslim culture, the Student Events and Activities Board will hold a Fastathon, a day-long retreat from consuming food or water, on Nov. 19 from 10 a.m. to 4 p.m., followed by a feast in the Flight Deck backyard at 6:30 p.m.

SEA Board Multi-Cultural and Diversity Chair Jeevana Pakanati, sophomore biology major, said that the purpose of the event is to bring awareness and take away misconceptions about the Muslim culture.

"I had to plan all these events last year for SEA Board, being the Multi-Cultural and Diversity Chair, and I realized we never really focused on the Middle East and what Muslim culture and lifestyle really is about," she said.

Part of Islam is celebrating Ramadan – a month referred to as the holy month. According to history.com, Ramadan focuses on fasting, introspection and prayer – fasting being a fundamental principle of the religion. During this time, there is no eating between dawn and sunset. This includes consuming food and water, chewing gum, taking medication and smoking. The two main meals for this holiday consist of suhur, which takes

place before sunrise, and iftar, which takes place immediately after the sun goes down. These meals are connected with two of the five main prayers that are performed every day as part of the Islamic religion. Ramadan is said to present spiritual peace and during this time, acts of worship are expected to be stronger than on any other time of the year.

For more information on fasting and the month of Ramadan, there will be a table set up in the Don Taft University Center spine to explain what fasting is and to inform students about the culture. There will also be a photo booth with Arabic and other cultural attire students can wear and take pictures to commemorate this event.

Along with the fast and the holiday season, there will also be a food drive during the event. Participants are encouraged to bring canned goods for donation to Feeding South Florida to help families in need.

For more information, contact Pakanati at jp2277@nova.edu.

NEWS BRIEFS

Scholarship available for international students

International undergraduate students can apply for the Juan Pablo Correa Memorial Scholarship until Feb. 19 at 5 p.m. The recipient will receive \$1,000 and be awarded at the Student Life Achievement Awards on April 12. Students graduating in May 2016 are not eligible to apply. The application is available on Orgsync at orgsync.com/46362/forms/65992. For more information, contact Tara Scagliarini at 954-262-7453 or at ts1371@nova.edu.

NSU in top 25 percent of undergrad student earnings

On Nov. 9, The Economist and Brookings Institute announced that nationally, NSU ranks in the 77th and 76th percentiles, respectively, for the amount of money college graduates make 10 years after beginning college. The data was collected from the U.S. Department of Education's College Scorecard and was used to compare potential earning of college students.

Learn about the CIA

The Office of Career Development will host a Lunch Bytes workshop with Central Intelligence Agency representatives on Nov. 19 from noon to 1:30 p.m. in the Arena Club Room in the Don Taft University Center. Representatives will provide information and discuss the CIA's mission, career opportunities, student programs and the application process. This event is sponsored by the U.S. Department of Education's Title V Grant. For security purposes, no recording or live streaming of the event will be permitted. To RSVP or for more information, visit nova.edu/careershark or call 954-262-7201.

Distinguished Professor of the Year announced

NSU professor Vince Van Hasselt was announced as the 2014-2015 Distinguished Professor of the Year and was honored by NSU President George Hanbury and Executive Vice President and Provost Ralph Rogers. Van Hasselt has worked at NSU since 1992 and is currently the director of the Family Violence and Adolescent Drug Abuse Prevention and Treatment programs in the Psychology Services Center. His previous positions include a part-time police officer in the City of Plantation Police Department, a co-developer of the FBI's Global Hostage-Taking Research and Analysis Project and an instructor for Broward County's Crisis Intervention Team.

New honor society launched

The College of Arts, Humanities and Social Sciences launched Delta Kappa, the international Marriage and Family Therapy Honor Society, on Oct. 30. The society was started by the Department of Family Therapy for graduate students. To be eligible, students must have at least 12 graduate credits with a 3.75 minimum GPA or Clinical Fellow status students in AAMFT with a 3.5 minimum GPA. For more information, contact chapter advisor Kara Erolin at kerolin@nova.edu or chapter president Sheryl Spencer at sherspen@nova.edu.

Employees take part in wellness challenge

The Office of Human Resources will host "Maintain Don't Gain," an employee wellness challenge, from Nov. 23 to Dec. 31. The goal of the challenge is for employees to add physical activity to their daily schedules to either maintain or lose weight. To register, visit Sharklink, click on "employee tab," select Shark Talent, type "Maintain Don't Gain" in the search bar, and register. Those who engage in 30-minutes of exercise at least twice a week will be entered into a drawing. Contestants are asked to print out the calendar from the site and add in their completed physical activity and return it to the Human Resources Office no later than Jan. 15. Winners will be announced on Jan. 22. Tier one prizes include Fitbit Flex, Fitbit Charge, gift cards and an annual gym membership. Tier two prizes will be given if more than 300 people join and include a stepper, elliptical and rowing machine. For more information, contact Employee Wellness Program Administrator Ronenia Jenkins at rjenkins@nova.edu or 954-262-7879.

CONGRATULATIONS TO
THE 2015 HOMECOMING



COURT!



Freshman Princess
Kiley Roman

Freshman Prince
Christopher Dallegrand

Sophomore Princess
Daniela Garcia

Sophomore Prince
Bryce Davidson

Junior Princess
Alexa Ragusa

Junior Prince
Joel Perez

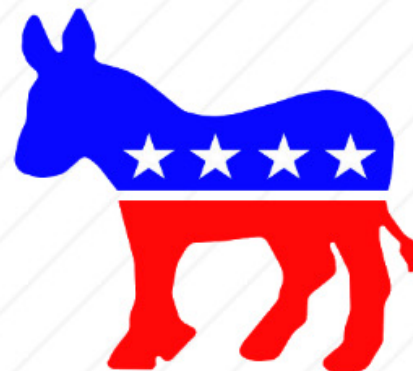
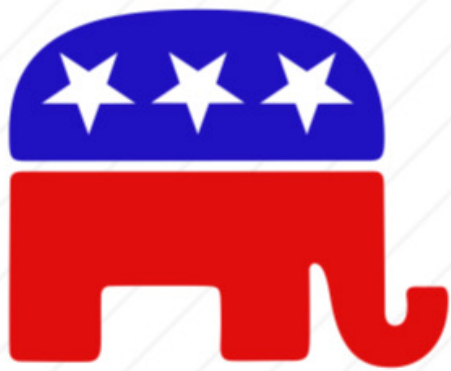
Homecoming Queen
Veronica Bordes

Homecoming King
Anthony Bufi

2016

RACE TO PRESIDENCY

KNOW YOUR CANDIDATES



Fact-checking the fourth Republican debate

The fourth GOP debate between Republican presidential candidates was hosted on Nov. 10. The following statements were made by candidates throughout the GOP debate, and the verdicts were decided upon by The Current staff after heavy research of reputable sources. Full transcripts of the debates can be found online on CNN.com, The Washington Post and other news sources.

“Every time we raise the minimum wage, the number of jobless people increases. It’s particularly a problem in the black community. Only 19.8 percent of black teenagers have a job, who are looking for one. You know, that – and that’s because of those high wages. If you lower those wages, that comes down.”—Ben Carson, on minimum wage

According to the Bureau of Labor Statistics, the participation rate of black 16 to 24 year olds who are working or seeking work was 56.4 percent in July 2015, which is 3.5 percent more than July 2014. The number of unemployed black teenagers was 20.7 percent.

The Congressional Budget Office also states on their website, “Most of them [low-wage workers] would receive higher pay that would increase their family’s income, and some of those families would see their income rise above the federal poverty threshold. But some jobs for low-wage workers would probably be eliminated, the income of most workers who became jobless would fall substantially, and the share of low-wage workers who were employed would probably fall slightly.”

VERDICT: Misleading. Carson’s statistic was false, but he is right in saying that raising the minimum wage increases unemployment.

“In Ohio, we reduced Medicaid funding for the poor from 10 percent to 2.5 percent, didn’t cut one benefit or didn’t take anybody off the rolls...And I want everybody here to know, when I was Budget Committee chairman

in Washington, I stepped on every toe in that town, and we got to a balanced budget, and we had enormous job growth. And as governor of Ohio, we went from 350,000 lost jobs to a gain of 347,000 jobs.”—John Kasich, on steps to cut federal spending

According to watchdog.org, between 2011 and 2015, Medicaid spending increased by an annual average of 8.2 percent during Kasich’s term, and the enrollment rate increased by approximately 9.1 percent per year. The website said that during Kasich’s tenure, Medicaid enrollment increased from 2.2 million to 3 million.

Watchdog also reported that although the job growth was significant, Ohio ranked 21st out of the 50 states for job growth from Jan. 2011 to Jan. 2015.

VERDICT: Kasich’s statement about reducing Medicaid funding is false, as spending and enrollment both increased. His statement about job growth, however, is misleading. Although there was reported job growth, it was not as drastic and significant as he made it sound.

“And, frankly, we have to stop illegal immigration. It’s hurting us economically. It’s hurting us from every standpoint. It’s causing tremendous difficulty with respect to drugs and what that does to many of our inner cities in particular.”—Donald Trump, on illegal immigration

The American Immigration Council reported that immigrants are less likely to be criminals than native U.S. citizens. According to their data from the 2010 American Community Survey, approximately 1.6 percent of immigrant males between the ages of 18 and 39 are incarcerated, compared to 3.3 percent of U.S. males of the same age group. They further reported that in the 2010 Census, it was cited that 2.8 percent of foreign-born Mexican men between the ages of 18 and 39 were incarcerated and 1.7 percent of foreign-born Guatemalan and

Salvadoran men of the same demographic were incarcerated, compared to the 10.7 percent of native U.S. men of the same demographic who were incarcerated.

The Council also showed that the majority of illegal immigrants are deported based on their illegal status. Only 15.4 percent is for drug-related cases, including marijuana possession, 2.7 percent is weapon-related and 1.6 percent is sexual-assault related.

This can be compared to data provided by the Bureau of Justice, which shows in a 2014 report that 50 percent of federal inmates and 16 percent of state prisoners were convicted drug offenders, and 53 percent of state prisoners and 7 percent of federal prisoners were convicted for violent offenses.

Business Insider also reported on their website that it costs approximately \$23,480 to deport a single undocumented immigrant.

VERDICT: Extremely misleading. While illegal immigration does hurt the U.S. economically in relation to the cost of deportation, the assumption that illegal immigrants are the source for crimes and drugs is false.

“My tax plan, however, is the only tax plan among any of the candidates on the stage that is part of a balanced budget plan. I put forward three plans that actually balance the budget over a five-year period.”—Rand Paul, on the budget crisis

According to U.S. News, Rand Paul’s tax plan includes replacing personal income tax with a 14.5 percent flat tax, replacing corporate taxes with a 14.5 percent value-added tax, eliminating payroll tax, eliminating estate and gift taxes, eliminating excises and tariffs, eliminating most credits, deductions and loopholes, eliminating most double-taxations and eliminating the majority of the IRS.

The Tax Foundation showed a comparison of the Republican candidates’ tax plans.

Jeb Bush – establish three tax brackets, with rates of 10 percent, 25 percent and 28 percent; the rates depend on the amount of taxable income.

Ben Carson – establish a flat rate between 10 percent and 15 percent on ordinary income.

Ted Cruz – establish a flat rate of 10 percent on ordinary income and increase the standard deduction to \$10,000 per filer.

Carly Fiorina – no particular proposal.

John Kasich – establish three brackets with a top rate of 28 percent

Marco Rubio – establish three brackets of 15 percent, 25 percent and 35 percent, with the top rate applying to taxable income over \$150,000 for single filers and \$400,000 for joint filers.

Donald Trump – establish four brackets with 0 percent, 10 percent, 20 percent and 25 percent rates, the top of which applies the income that’s over \$150,000 for single filers and \$300,000 for joint filers.

VERDICT: True.

“Because economic growth, it’s foundational to every other challenge we have. As you rightly noted, from 2008 to today, our economy has grown 1.2 percent a year on average. The Obama economy is a disaster, and the IMF is telling us this is a new normal. It doesn’t have to be.”—Ted Cruz, on the economy

According to World Bank data, the U.S. economy increased by 2.4 percent in 2014, 2.2 percent in 2013, 2.3 percent in 2012, 1.6 percent in 2011 and 2.5 percent in 2010. In 2009, the economy decreased by 2.8 percent and in 2008 the economy decreased by 0.3 percent.

VERDICT: True. This data shows an approximate 1.2 percent growth per year.

THAT TIME I... WORKED ON BLACK FRIDAY

By: **Nicole Cocuy**
@CurrentNicole

Nicole Cocuy is a senior communication studies major and co-editor-in-chief of The Current. In 2012, Cocuy worked as a seasonal cast member at The Disney Store.

Desperate for money and eager for work experience, I decided to beef up my resume through an entry-level job I thought I could excel in: retail.

At the time, I was a freshman and had no clue what I wanted to do with my life, but there were a few things I knew about myself: I knew how to shop, I knew how to fold clothes, and I tend to be a relatively friendly person. So when I accepted a position as a seasonal cast member at the Disney Store that fall, I assumed that the following months of employment would be a breeze. I mean, how difficult could it be to put on a smile, carefully organize plushes and wish everyone a magical day? Apparently, not as easy as I had initially thought.

I was one of 19 seasonal employees hired that fall, and because we were overstaffed, I only worked maybe one or two shifts before being thrown into the madness of Black Friday. But despite my extreme lack of experience and unfamiliarity with many of the procedures, I was optimistic. So after a brief nap and with a turkey-

filled belly, I threw on my costume — Disney-speak for uniform — and my Mickey ears. I kissed my guests, who were still at my house at the time, goodbye and left my house at around 10:30 p.m. to make my 11:30 shift.

I felt pretty good about myself. I was put in charge of pajamas and plushes in the very back of the store — familiar territory. But once the clock struck midnight, my confident smile faded away as a frenzied mob stampeded toward me like a pack of wildebeests. My beautifully organized rack of pajamas that I spent a full half-hour perfecting was torn apart within the minute as angry parents fought over Rapunzel nightgowns and matching Mickey Mouse loungewear.

Small children swarmed around me, tossing plushes across the store like footballs with their sticky hands — plushes that I carefully arranged by movie, size and theme — and screamed to their parents to buy them the giant Perry the Platypus. I was tugged in 20 different directions to search for sizes, reach unreachable items and answer questions that I did not know the answer to. I was constantly cleaning, only to have my area destroyed over and over again.

The store was at its maximum capacity for about four hours, and unfortunately for me, pajamas were the hottest deal of the evening.

Parents lugged their screaming, sleep-deprived toddlers around in strollers at 3 a.m. through the tightly-arranged aisles straight to the back of the room to yell at me whenever they couldn't find their desired sizes. One mother made me get on a ladder, knock down every giant stuffed Minnie Mouse on display and make a massive mess just to prove to her that they all are same exact model as the Minnie Mouse she already had in her hands.

By the end of my shift, my eyelids were heavy, my legs were tired, my back was sore, and my patience, optimism and warm, friendly attitude were completely gone. I had begun lying to the customers, saying that we don't have more of a particular item in the back, that I didn't know the answer to their questions, but other poor, suffering employees did and even that the items on the top shelves aren't for sale. I even had taller customers help me reach tall, hard to reach places. To this day, I don't know why I wasn't fired on the spot.

After seven hours on my feet helping out hordes of people with the nastiest of attitudes, I finally left "the happiest store on Earth," embraced the sunshine and kissed the pavement below my feet. Freedom had never felt so good. A week later, I formally quit, picked up my final check and turned in my Mickey ears, never looking back at the large room filled with terrible memories.

While my Black Friday experience was pretty horrific, I still respect the Disney Store and everything it taught me. For one, it taught me that retail isn't easy and to treat every employee, even the ones who are clearly terrible at their job, with respect because that was once me.

In addition, as a result of my experience, I'm passionately against how Black Friday is encroaching on Thanksgiving's territory. It's incredible how many people pray at the dinner table and give thanks for the non-materialistic



PHOTO PRINTED WITH PERMISSION FROM N. COCUY
Senior communication studies major Nicole Cocuy had a bad Black Friday experience at the Disney Store three years ago.

things that truly matter, like family and health, and immediately transform into monsters enslaved by consumerism, willing to literally fight another human being in a store over a pair of half-priced pajamas. Meanwhile, others are forced to leave their families early on Thanksgiving and deal with these crazy, materialistic zombies just to make a living.

So this Black Friday, remember not to yell at the seemingly incompetent sales associate, who is likely inexperienced, overwhelmed, stressed-out, nervous and still recovering from a food coma. Remember to be humane, polite and civil, and don't let consumerism get the best of you.

Volunteer opportunities over winter break

By: **Erin Hebert**
@erin_hebert

Winter break is typically seen as time for students to rest and recharge after exams and spend time with friends and family. But winter break can also be a time for students to give back to the community through volunteering. There are tons of fun and unique volunteer opportunities all around Broward County during winter break, but here are just few opportunities to give your community service a kick-start.

Feeding the Hungry at the Jubilee Center 2015

When: Dec. 14-Dec. 18 from 8 a.m.-1 p.m.
Where: 2020 Scott St., Hollywood

Give back to the community by volunteering to help prepare and serve food at the Jubilee Center in Hollywood. The Jubilee Center serves meals to over 150 individuals in need every day. Volunteers are discouraged from bringing personal items and must wear closed-toed shoes in order to participate. You must be 18 years or older to participate unless supervised by an adult.

If you can't make a time commitment to volunteer, the Jubilee Center also accepts canned food donations. These donations will be used to create pantry boxes, which will be distributed to local families. The center needs items such as canned meats and vegetables, pasta, rice, soups and other nonperishable or shelf-stable items.

For more information, contact the Volunteer Coordinator at 954-920-0106 or JubileeHwd@hotmail.com.

Gift Wrap at the Galleria Mall for Heart Gallery of Broward

When: Dec. 13-Dec. 23 from 10:30 a.m.-7 p.m.
Where: 2414 E Sunrise Blvd., Fort Lauderdale

The Heart Gallery of Broward will hold their annual gift wrapping booth at the Galleria Mall in Fort Lauderdale and are in need of multiple volunteers throughout the holiday

shopping season to provide gift wrapping services to mall patrons. Volunteers must be 18 or older to participate or must be 12 years old and accompanied by an adult. No gift wrapping experience is required to volunteer.

The Heart Gallery is a traveling photography exhibit displaying photographs of children in foster care within Broward County that are available for adoption. All proceeds earned from the booth will be put toward the Heart Gallery's Christmas Wish program. The Christmas Wish program provides children in foster care with small gifts or experiences during the holiday season.

For more information, contact the Heart Gallery at 954-918-3008.

Movies, Muffins & Beyond

When: Dec. 18 from 7-9 p.m.
Where: 15 SE 15th St., Fort Lauderdale

Join the families at the Ronald McDonald House in Fort Lauderdale for a night of movies, baking and fun. Volunteers are needed to help bake and decorate cupcakes for families in need and are asked to donate one can of frosting or some type of cupcake decoration, such as sprinkles or small candies. Families staying at the Ronald McDonald House will join volunteers in baking and watching movies throughout the night.

Volunteers must be 13 or older in order to participate or must be 9 years old and accompanied by an adult. Before signing up, you must have completed a HandsOn Broward New Volunteer Orientation. Sessions are offered online or in person. Please see Handsonbroward.org for upcoming orientation dates and locations.

For more information, contact the Ronald McDonald House of Fort Lauderdale at 1-877-RMHC-735 (764-2735) or email info@rmhcsouthflorida.org.

Gardening for the community at Dania

Beach Patch

When: Dec. 19 from 8-11:30 a.m.
Where: 1200 NW First St., Dania Beach

Give back to the community right outside of NSU's doors by volunteering at the Dania Beach Garden Patch. Volunteers are needed to assist in the maintenance of the patch's above ground garden system by replacing soil, weeding and harvesting crops. Volunteers must wear closed-toed shoes and are encouraged to bring reusable water bottles, sun hats and sunscreen. Ice water and healthy snacks are provided for all volunteers.

You must be 16 or older to work at the patch or must be at least 8 years old and accompanied by an adult.

For more information, contact Teina Phillips at 954-561-9681, ext. 1325.

Eco Action Day at Anne Kolb Nature Center

When: Dec. 19 from 9 a.m.-12 p.m.
Where: 751 Sheridan St., Hollywood

Enjoy Florida's winter weather and help the environment at the Anne Kolb Nature Center's Eco Action Day. Volunteers are needed for outdoor work, including maintenance and removal of vegetation around the park. All volunteers must come dressed in appropriate clothing and closed-toed shoes. The minimum age to participate is 18 or 14 if accompanied by an adult.

The Anne Kolb Nature Center asks that each volunteer arrive with a signed and completed Broward County Workday Volunteer Application, which can be found at Handsonbroward.org.

For more information, contact Joanne Howes at 954-357-5174 or jhowes@broward.org.

Holiday Fantasy of Lights 2015

When: Dec. 13-Jan. 2 from 5:30-10 p.m.

Where: 3600 W. Sample Road, Coconut Creek

Get into the holiday spirit by volunteering at the Holiday Fantasy of Lights show. The show is a drive-thru holiday-themed light show at Tradewinds Park in Coconut Creek. Volunteers are needed to act as greeters, cashiers and traffic flow assistants throughout the night.

Volunteers are encouraged to dress appropriately for the weather and wear close-toed shoes, as well as wear the mandatory safety vest provided. All volunteers must be over the age of 16 unless accompanied by an adult.

For more information, contact Steve Klein at 954-971-7155.

Animal and Farm Care at FRIENDS Ranch 2015

When: Dec. 15, Dec. 17, Dec. 19 and Dec. 20 from 12:30-5:30 p.m.
Where: 19801 Sheridan St., Fort Lauderdale

FRIENDS Ranch is horse sanctuary in Fort Lauderdale in need of volunteers to assist in the care of their rescue animals and maintenance of their facilities at the ranch. Volunteers will help with tasks such a cleaning stalls or feeding animals. After the preliminary labor is done, volunteers will then be able to care for and interact with the rescue animals and assist in bathing, grooming and general upkeep of the animals.

Before volunteering, you must complete a new volunteer orientation/training session hosted by the Ranch. The Ranch hosts these sessions on the first and third Saturday of every month at 1 p.m. First time volunteers must also present a signed waiver and valid form of ID at their first session.

For more information, call the FRIENDS Ranch at 954-492-0168.

Visit Handsonbroward.org to sign up for any of these service opportunities.

Three easy ways to beat procrastination

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.

Monsters are real. They don't exist in any physical form, at least none that can be seen, but they do exist in our minds. As children, we're haunted by the monsters we believe are living under our beds. As adults, we're haunted by procrastination. It seems like procrastination is always lurking beside us, waiting to attack us and make our lives infinitely more complicated.

As the semester draws to its inevitable end, our to-do list seems to grow larger each passing day, and procrastination seems to grow stronger. With tasks piling up such as tests, papers and quizzes, it's easy to feel overwhelmed and to put things off for later. Putting things off is a problem because it is temporary fix and usually makes things worse in the long-term. To beat the evils of procrastination once and for all, try these three simple techniques:

Break it down. There's an old saying that goes like this: "How do you eat an elephant? One bite at a time." Sometimes when you have a lot of things to do, it's easy to feel overwhelmed and give up. Unfortunately, that type of response isn't very productive. Next time you're feeling overwhelmed, try making a little progress each day instead of doing everything all at once.

Remind yourself why. When you have a lot of things to do, sometimes the reason why you're



PHOTO PRINTED WITH PERMISSION FROM A. COAN
April Coan offers tips on how to avoid the force we all inevitably succumb to - procrastination.

doing things can get lost in the hustle and bustle of your everyday activities. Reminding yourself with pictures, inspirational quotes and other reminders can help you remember the purpose of your hard work and can give you the extra motivation to complete tasks now, rather than put them off for later.

Remove distractions. We live in a world full of distractions. Between emails, Netflix movies, tweets, Facebook posts, text messages and phone calls, it's amazing that we get anything done at all. Sometimes, beating procrastination can be as easy as temporarily removing the things that distract you the most. Instead of gratifying your impulses with distractions, try completing tasks now and rewarding yourself with distractions later.

Just like a monster from a horror film, procrastination rarely disappears completely once defeated. It will more than likely come back. However, these three simple techniques should help you ward off the evils of procrastination each time procrastination strikes back.

How to shop for the holidays on a budget

By: **Jazmyn Brown**

You're one of two people. One saves all year to buy everyone he or she loves holiday gifts, and the other waits until December to even think about gifts. Regardless, both are college students who also have to balance work, organizations and spending time with loved ones. Often, no matter how much you save, you find yourself in a pinch by the time the holiday season rolls around, so you have to set a budget. Here's how to get the most out of it.

Establish a budget

The first step to getting everything on your list is to know how much money you have to work with. Once you're done saving, if you chose to do so, set aside the money you want to use to buy gifts by opening a separate checking account that you don't touch for anything else; no, not even a drink at Starbucks. Self-control, young Padawan. Or you can put the money onto a Visa/MasterCard gift card, so like a bank account, it's all in one place and not easy to get confused with your other funds. By limiting your holiday funds to an isolated place, you're less likely to abuse it, meaning that you can get everyone their presents.

Know where and when the deals are

By November, most stores are kicking in their holiday specials or have at least announced them. Black Friday and Cyber Monday are just two days out of an entire month or so of deals and doorbusters. Amazon, for example, has year-round flash deals on the items you most love and sometimes need: electronics, home décor, clothes and toys. There's no need to

wait until Black Friday to get yourself killed over a 70-percent-off laptop when you can shop on Amazon from the comfort and safety of your home. And the site has holiday deals on top of its already low prices. 12 days of deals in December, anyone? Some other steals that extend beyond the dark time that is Black Friday: iTunes offers its best deals on iTunes gift cards in December, according to dealnews.com, and, according to bankrate.com, tablets and e-readers should be as low as \$40 this December.

Space purchases out

Timing is key. If you work, buy one or two gifts once you get your paycheck. That way, you don't blow your entire paycheck — or savings — in one shot buying all of your gifts at once. Even if you don't work, don't use all your money at once. It's best to wait in between buying your gifts so you always have some cash. Plus, you need to eat, too, and emergencies can happen.

Take advantage of coupons

Think of TLC's "Extreme Couponing." You may not end up getting money back, but you will save a ton, leaving you more room to buy more expensive gifts or multiple gifts for the same person. Comb newspapers and those annoying circulars, and download the Groupon and RetailMeNot apps, available for both Apple and Android devices. Most stores allow you to combine coupons so you can pile the savings on.

How to strategically prepare for interviews

By: **Emilio Lorenzo and Emily Tasca**

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

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

Interviews are like an audition. Just as any good actor or actress must utilize a variety of techniques to succeed in such settings, you as well must adopt a strong strategic strategy when being interviewed for a job or internship. Interviews can come in many different forms including phone, skype and in-person, and can feature one to as many as five interviewers. Taking the proper steps before going into each of these types of interviews can be key to not only a successful interview, but can also lead to stronger job prospects and career growth.

The first step to a great interview is to prepare ahead of time, which involves researching the company, managing the logistics of arriving for the interview, evaluating what the interview would entail, preparing questions to ask the employer and "story banking" examples to include with your interview responses. Research is very important because you want to show an employer that you are knowledgeable about their company.

For example, it would be embarrassing to go into an interview with FPL and ask them what the acronym means. Research is more than knowing what the organization name means; it also entails understanding the mission and vision statement, values the organization stands for, skills/abilities needed in prospective position, as well as any other details or initiatives you discover by visiting their website or social media pages.



PHOTO PRINTED WITH PERMISSION FROM E. LORENZO
Emily Tasca and Emilio Lorenzo give tips on ways to prepare for interviews.

Once you have gathered all the necessary information through research, it is time to prepare for some of the logistics and prep-work that goes into an initial meeting. Obviously, if you are being interviewed over the phone or via Skype, you do not need to worry about driving distance or getting to the location on time. When it is an in-person interview, however, this is a factor that needs to be considered, as South Florida traffic can be unpredictable. A good strategy is to visit the interview location a day before your meeting to determine the amount of time needed to ensure you will arrive about 15 minutes before the scheduled time of the interview.

When you do arrive for the interview, remember that first impressions are very important. Ensuring that you make eye contact and have a proper handshake can contribute to the interview getting off on the right foot. Be prepared for small talk after that initial greeting, and, more than anything, have a positive demeanor, which shows how excited you are for this opportunity. Positivity is contagious, and showing that this is a quality you possess will help the interviewers see how you can fit into the established culture of the organization.

Considering how important positivity is within an interview setting, it can be even more important when you are not physically there for the interview, such as in phone or Skype

interviews. When being interviewed over the phone, it is always important to put a smile on as, although the employers cannot see you, they can easily distinguish if someone has that general excitement they are looking for in an applicant.

Even with a positive attitude, phone interviews can be tricky, especially if you are unprepared for the interview. A good rule of thumb when job searching is to always be prepared for a potential interview if you receive a phone call from an employer. You never know if that person will jump right into the "meat and potatoes" of figuring out if you are an ideal candidate. It's more than fine to respond honestly if you receive an unexpected call from the employer, and they ask, "Is this a good time?" If you are unavailable to have a quality conversation, like if you are driving or in the middle of class, it is acceptable to let the caller know and to set up another time to talk.

Being prepared for Skype interviews includes a bit more work, as you must ensure that your technology is running perfectly and that the background image an employer will see as you are being interviewed is professional and not distracting. It is a good idea to send your Skype username to the employer prior to the Skype interview to avoid any confusion or delay in the actual interview.

In addition, just as eye contact can set a good

tone in an in-person interview, it is important for Skype interviews, too; when using Skype, you'll want to look at your camera as opposed to the computer screen itself. Although it doesn't feel as natural, looking at the camera on your side will make it seem like you are making direct eye contact with the employer on their side.

Now it's time to review what you are probably most worried about: answering the actual interview questions. The best strategy to take in preparing for this is to research potential questions found with this type of position. As you start looking over all of these questions, remember to reflect on past experiences that can help you answer the question not just in terms of telling the employer but also showing the employer. This process of identifying potential stories or examples to include in your responses is known as "story banking," and can lead to a much more effective and impressionable interview as a whole.

Interviews can come in many different forms, and if you plan accordingly, you put yourself in a better position to be successful and reach potential career goals. Preparing for the interview can be tedious at times; however, the benefits far outweigh the workload involved. With proper preparation, you will come off as knowledgeable regarding the organization, and you will be able to articulate how your skill sets and previous experiences relate to the position and make you a good fit within the organization itself.

How to prepare for interviews

- [Step 1:](#) Research the company
- [Step 2:](#) Plan out all of the logistics in advance, including how long it would take to arrive at the location, to make sure you arrive 15 minutes early
- [Step 3:](#) Prepare questions to ask the employer
- [Step 4:](#) Research potential questions you might receive and start "story banking"

Mythbusters: The truth about vaping and hookah

By: **Amanda Kaplan**

 @Current_Amanda

According to the CDC, cigarette smoking has caused more than 10 times as many premature deaths among U.S. citizens than in all of the wars ever fought by the U.S. Yet while we all know that smoking is dangerous to our health, many still decide to do it anyway.

As a way to promote a safe and healthy campus, NSU adopted the tobacco-free campus policy in July 2012. The use of tobacco products are prohibited everywhere on campus, including in vehicles, parking lots/garages, the Oceanographic Center, the Museum of Art, University Park Plaza and all the Student Education Centers.

But what about the new “cool” technologies that we have today including electronic cigarettes and hookah?

Tom Vitucci, director of Recreation and Wellness, said electronic cigarettes are also banned by in NSU’s policy.

Vitucci said, “We have few reported violations of the policy. We judge success in hoping that people understand that NSU cares about the health of its community and that hopefully the policy encourages some people to attempt to quit smoking.”

Below are a few facts that clear up some of the myths we hear every day and why these forms of smoking are included in our policy here at NSU.

Vaping

Myth: Electronic cigarettes (e-cigs) only produce water vapor.

Fact: According to cigbuyer.com, the fluid cartridge contains a mixture of many different chemicals, just like a tobacco cigarette would. The fluid in the e-cigs are “vaped.” Common ingredients include propylene glycol or vegetable glycerin, nicotine and flavoring. Propylene glycol has been linked to soft tissue (lungs, throat, and eye) irritation. Vegetable

glycerin, even though it may have vegetable in the name, can cause organ damage. Nicotine in electronic cigarettes is still highly addictive and poisonous. Nicotine is linked to heart and circulation problems and may damage reproductive and fetal health, according to shcs.ucfavic.edu.

Myth: Smoking e-cigarettes helps tobacco smokers quit.

Fact: In 2014, according to ABC News, Thomas Kiklas, co-owner of e-cigarette maker inLife and co-founder of the Tobacco Vapor Electronic Cigarette Association, said little evidence exists to support this theory. Because e-cig smoking still involves hand-to-mouth smoking, Kiklas, said, “E-cigarettes might help transform a smoker’s harmful tobacco habits to a potentially less harmful e-smoking habit.” Many e-cigarettes are compared to nicotine patches and other smoking cessation methods. In the medical journal Lancet, a study found that this is statistically comparable in helping smokers quit over a six-month period, but FDA regulations still forbid e-cig marketers to market them as a way to kick the habit.

Myth: The sale and use of e-cigarettes/vaping is regulated by the FDA as tobacco products.

Fact: According to fda.gov, only e-cigarettes that are marketed for therapeutic purposes are currently regulated by the FDA Center for Drug Evaluation and Research. Currently, the FDA Center for Tobacco Products regulates cigarettes, cigarette tobacco, roll-your-own tobacco and smokeless tobacco. They proposed a “deeming rule that would regulate e-cigarettes as tobacco products,” but it has not been adopted. Regulating e-cigarettes would mean they are subject to the federal prohibition on sales to minors, the federal prohibition

on free sampling, federal warning label requirements and the requirement that tobacco manufacturers register with the FDA and seek the agency’s review of new tobacco products, according to changelabsolutions.org. Even though the FDA has not moved forward yet with regulated electronic cigarettes, most state and local governments have adopted laws regulating the sale and use of e-cigarettes.

Myth: Second-hand vapor smoke is not harmful.

Fact: According to foxnews.com, a 2014 study published in the Journal of Environmental Science, Processes and Impacts found that second-hand smoke from e-cigarettes resulted in almost no release of carcinogens that are released when tobacco cigarettes burn. Even so, e-cigarette smoke did contain chromium and nickel at levels four times higher than tobacco cigarettes. Lead and zinc were also found in the smoke, but the levels were lower than in tobacco cigarettes.

Hookah

Myth: Hookah (shisha) smoke is filtered through water so it filters out harmful ingredients.

Fact: According to health.umd.edu, smoking tobacco through water does not filter out the harmful chemicals. The water-filtered smoke can damage the heart of lungs just as much as cigarette smoke does. Inhaling the hookah smoke does not burn your lungs because it is cooled through water. But it still contains carcinogens that are extremely unhealthy. Just because there are flavors, and the tobacco is mixed with honey or fruit, does not mean less nicotine or chemicals.

Myth: Hookah smoking is not as addictive as smoking a cigarette.

Fact: The tobacco in hookah does contain

nicotine. In a 60-minute session, smokers are exposed from 100-200 times the volume of smoke inhaled from one cigarette, according to health.umd.edu. Hookah is socially acceptable, and unlike marijuana, if you continue to do it, it can become very addicting. It all depends on how much you expose yourself to.

Myth: Smoking hookah is healthier than smoking cigarettes.

Fact: Even though hookah smoke is generated by heating tobacco in a bowl using charcoal, while smoking a cigarette is produced by heating it, hookah is just as dangerous. Compared to one cigarette, hookah smoke contains higher levels of arsenic, lead and nickel, 36 times more tar and 15 times more carbon monoxide than cigarettes. This is said to be the case because smoking hookah requires increasing the levels of the nicotine and carcinogens inhaled into the lungs. A 45- to 60-minute hookah session can contain approximately the same amount of tar and nicotine as one package of cigarettes. The longer the session is, the more that is taken in, according to health.umd.edu.

Myth: All hookah products contain tobacco.

Fact: There are certain sweetened and flavored nontobacco products sold to use in a hookah. But studies have been shown that just because these products do not contain tobacco, preparations contain carbon monoxide and other toxins that can increase the risks of smoking-related cancers, heart and lung disease, according to the Centers for Disease Control and Prevention.

Just because hookah and vaping are not the conventional methods of smoking, does not mean they are safe or not as serious as smoking tobacco cigarettes.

Fun facts about peanut butter

By: **Emalee Shrewsbury**

November is the month of many things, including National Peanut Butter Lover’s Month. Not many can resist a peanut butter pie from the bakery, or even the random spoonful of peanut butter as a late night snack, but there are many uses for peanut butter other than baking.

Cecilia Rokusek, professor of Family Medicine, Public Health and Disaster and Emergency Preparedness in the College of Osteopathic Medicine, said, “First of all, let me say that peanut butter is a very good food, except for those with any type of nut allergy. For those individuals, it can be almost deadly.”

She said some will debate that peanut butter is rich in calories and salt (if not unsalted) and high in fat, but the benefits far outweigh any of the anti-peanut butter debaters.

“Overall, peanut butter is a good protein source that is an excellent source of bone-building magnesium, potassium and vitamin B6.” Rokusek said. “In addition, peanut butter is high in carbohydrates, other B vitamins, vitamin A and C and a myriad of other minerals, including manganese, phosphorous, selenium, copper, iron and zinc.”

Rokusek said there has been a fair amount of research on the best health benefits of peanut butter, including decreased heart disease and diabetes.

“Peanut butter has been shown to decrease diabetes by almost 30 percent. Peanut butter contains monounsaturated fat, which is good for you. It is heart healthy,” said Rokusek.

But all things are good in moderation.

“One to two tablespoons, depending on body size and energy expenditure, and if it is a snack or in a meal such as a peanut butter sandwich, [is good],” Rokusek said.

Potassium content

Peanut butter is rich in potassium. Two tablespoons of smooth peanut butter, a 210 mg serving size, is considered a high-potassium by drugs.com.

Rokusek said, “Potassium is a macro-mineral, meaning that it is important in larger amounts in the body and is essential to the body [in regulating] fluid and mineral balance in the body and balancing fluids in and outside of body cells.”

She said that potassium helps to maintain normal blood pressure by blunting the effect of sodium. Potassium also helps to reduce the risk of recurrent kidney stones and possible bone loss as we age.

According to the Dialysis Clinic, Inc., the kidneys “keep the right amount of potassium in the blood to keep the heart beating at a steady pace.”

Fiber content

According to Fitday.com, one tablespoon of peanut butter contains one gram of fiber, which is about 4 percent of the daily recommended dosage.

Rokusek said, “Peanut butter contains both soluble and insoluble fiber. Soluble fiber itself helps to lower the risk of diabetes and high blood

cholesterol. Insoluble fiber has been linked to the prevention of digestive disorders, including diverticular disease, constipation, intestinal ulcers, colon cancer and hemorrhoids.”

According to nutritionmd.org, fiber is important for proper digestion and adequate bowel movements. It prevents constipation, reduces blood sugar levels and lowers cholesterol. Fiber is filling and helps to control appetite, and diets high in fiber have also been shown to decrease the risk of developing type 2 diabetes.

Protein content

According to bodybuilding.com, peanut butter contains plant protein important for energy and muscle building. It specifically repairs damaged tissue and helps boost the immune system. Protein is found throughout the body — in muscles, bones, skin, hair and tissues. For every two tablespoons of peanut butter, there are 8 grams of protein.

Cosmetic uses

Natural products used in cosmetics are not a new concept, according to lifehack.org. However, with the development of organic products, more people are creating a market for these organic cosmetics. The peanuts used to make peanut butter are high in hydrogenated peanut oil. In cosmetics and personal care products, peanut-derived ingredients are used in moisturizers, skin care products and skin cleansers. Believe it or not, shampoos use peanut



oil. The oil helps with dry scalp care because of its natural moisturizer contents, similarly in shaving cream and a variety of lotions.

“People often do not realize that peanut oil is in many cosmetics, lotions, soaps and creams. Creams are often used for scaly or irritated skin,” Rokusek said. “Peanut oil is also found in vitamins, eye drops and eye pencil.”

With the numerous ways to use peanut butter, it’s no wonder this delicious snack is more than just a treat for your tummy. Whether you use it for late night bingeing during finals, to meet your nutritional goals for the day or even in your morning cosmetic routine, peanut butter is a staple in everyone’s life.



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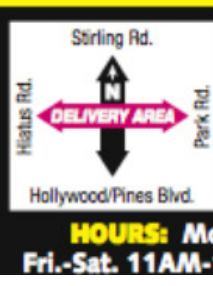
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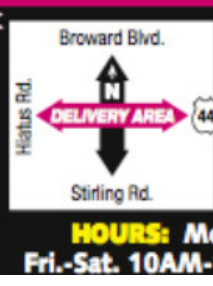
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ON THE BENCH:

Thanksgiving is for family, not college football

By: **Nicole Cocuy**
@CurrentNicole

Every family has their own Thanksgiving traditions, be it a large feast on a long table filled with enough turkey and stuffing to sustain a small village for days, an early morning game of football or a casual gathering around the TV to watch your family's favorite team duke it out with this year's rival. But one universal theme rings true for every household: Thanksgiving is about spending time with family.

Many students who leave home in late August to move onto a college campus don't reunite with their families again until Thanksgiving break, considering how expensive travel can be and how busy the average college student's schedule is. Yet, due to scheduling conflicts, football players and members of their accompanying marching bands aren't given the same opportunity to travel home for Thanksgiving and feast with their families because they are forced to play on the holiday.

Of course, nothing says "family bonding" quite like wearing matching jerseys and watching your school or your parents' alma mater destroy a regional rival, particularly if it's a shared fandom. But while everyone else gets the privilege to root for their teams from the comfort of their living rooms with their families as they guzzle down apple pie and sweet potato casserole, the players have to spend the holiday separated from their families, or families of the players and their marching bands have to end family traditions, rearrange plans and, if they can afford to, travel to the location of the game. It's inhumane that these young adults, sometimes as young as 18, aren't offered the same opportunities to

take a break and catch up with loved ones because their peers want to watch the games from home on Thanksgiving for entertainment purposes.

My brother has been a member of the University of Central Florida's Marching Knights for the past two years, and for the past two years, my family hasn't been able to celebrate Thanksgiving with our extended family members — family members whom I usually only get to see on Thanksgiving. Instead, we have to pack our bags every year and create a makeshift Thanksgiving meal from a cramped hotel room once the game is over. Comparatively speaking, my family has it pretty easy. Orlando is a short three-hour drive away from home, but, unfortunately for others, including my brother's roommate, a Marching Knight from Chicago whom we adopt every Thanksgiving, the trip to campus isn't always affordable or easily accessible.

Granted, professional football players are also forced to play on Thanksgiving, but at least they are paid to do so. College football players and their supporting bands receive no financial compensation for sacrificing their holiday.

So this Thanksgiving, when you all are sitting at the table with your family, listing all of the things that you are grateful for, don't forget to mention family and tradition, in reference to those who don't have the same opportunity to spend the holiday with their families or have to give up traditions for the sake of everyone else's desire for entertainment.

Coach's Corner: Julie LeMaire

By: **Erin Herbert**
@erin_herbert

With an intense passion for the game, continuing her softball career into the realm of coaching was an easy decision for Julie LeMaire, head coach of NSU's softball team.

LeMaire began playing softball at a young age and continued playing through high school and college. LeMaire received a scholarship to Quincy University, where she played softball all four years. After ending her career as a collegiate softball player, LeMaire began the transition to the coaching side of softball, in order to give back to the sport that she loves.

LeMaire said, "I found out that I loved coaching and loved the game and wanted to stick in it and give back a little bit more than I was able to give as a player. That's when I got a GA position and just moved throughout the steps to becoming a coach."

Although she was initially hesitant to begin the journey to coaching, LeMaire credits it as one of her best decisions.

"When I was at Quincy, I was recruited by a lady who only lasted one year with us, and then she transferred back closer to home in North Dakota, and started coaching there," said LeMaire. "Basically, I just kept in contact with her throughout my career, and she offered me a graduate position. I was a little hesitant to take it in North Dakota, but I did, and it was the best decision that I made. It was a great opportunity for me, and I've just stayed in coaching ever since then."

Coming off of a four year stint as the head softball coach at Emporia University in Hays, Kansas, LeMaire will begin her first season coaching the Sharks this spring. LeMaire was initially drawn to NSU due to the great potential the softball program has.

"[NSU] had a good history with softball, and I think I always recognized that NSU has the potential to be very good," said LeMaire. "The university has really grown over time, and it's always been something that I thought if it were to open back up, it's something I would look into and see what exactly it was and what it had to offer. And coming back here I learned it's a beautiful campus; it's a great place to recruit to and play softball."

As a former assistant coach at Lynn University, LeMaire is excited to return to the Sunshine State Conference and help expand NSU's softball program.

She said, "NSU has always been somewhere I thought could be very good in softball, and just having been in the conference and knowing how the conference is within athletics and softball, it was definitely intriguing to come back and basically be a part of the new direction for NSU softball. I decided that this was the place that I wanted to try to be a part of turning the success back around and getting it going on the upward."

Although most coaches set season expectations in terms of wins and losses, LeMaire's main expectation is to help NSU's current players reach their full potential and stay

healthy enough to improve over the course of a full season.

LeMaire said, "Expectation wise, it's just to get the most out of the current players who we have. We have a very low roster; we have 13 currently on squad, so being able to keep them healthy is going to be important. And just evaluating the kind of players that we have and the direction that we want to move with Nova softball. I'm someone that tries to find the best in all of the athletes that we have, and being able to get them to compete at their highest level is very important to us."

LeMaire doesn't have exact expectations for the team; she wants to create a new culture going forward.

"The expectation, I'm not going to put a number on it or anything, or say we're going to do this, but I think really being able to get our kids to buy into a new foundation, a new culture that we want to start in the future years. To be able to get them to go as hard as they can every single day and get better as athletes every day, and be able to get them to perform at their highest standard are what our expectations are of the girls."

But LeMaire knows that meeting her expectations for the team will not be a simple task. She acknowledges that coaching is a difficult career, and that many aspects of the job are a challenge.

She said, "The hardest part of being a coach is being able to manage everything and making sure that you're giving your athletes the proper attention that they need."

LeMaire also acknowledges that, although it's challenging, helping her athletes succeed is one of the main objectives of her job, and it also one of the most rewarding.

"As a coach, you have to do the daily stuff in the office, and you're constantly recruiting for the next team and the next group to come in, and you're trying to put your players in the best situation to be successful for future years by putting good players around them, but yet you also want to put a lot of focus on making them the best players they can be in that moment too," said LeMaire.

Through helping athletes succeed, LeMaire has been able to form personal relationships with the girls she coaches. LeMaire credits these relationships to be her proudest achievement as coach.

She said, "I could say we went 20-0 or undefeated in the conference play during my first year at Emporia four years ago. Or that we've won a regular season Championship and a Conference Championship, but when I get texts from those kids that I've coached along the way, during my last eight years as a head coach, and see that they've become a fan of me no matter where I'm at, even if it's the place they were at or not, it's probably by far my most proud moment. They impact you so much, and you want to make sure that you impact them as well."

ON DECK

Men's and Women's Swimming and Diving

vs. Tampa
NSU Aquatic Complex
Nov. 21, 11 a.m.

Women's Volleyball

vs. Tampa
Tampa, Florida
Nov. 21, 4 p.m.

Men's Basketball

vs. Saint Leo
St. Leo, Florida
Nov. 21, 4 p.m.

vs. West Texas A&M
Canyon, Texas
Nov. 27, 6 p.m.

vs. Eastern New Mexico
Canyon, Texas
Nov. 28, 8:30 p.m.

vs. Palm Beach Atlantic
NSU Arena
Dec. 2, 7:30 p.m.

Women's Basketball

vs. Saint Leo
St. Leo, Florida
Nov. 21, 2 p.m.

vs. Florida Tech
Melbourne, Florida
Nov. 24, 5:30 p.m.

vs. Washburn
NSU Arena
Nov. 27, 2 p.m.

vs. Valdosta State
Valdosta, Georgia
Nov. 29, 2 p.m.

vs. Palm Beach Atlantic
NSU Arena
Dec. 2, 5:30 p.m.

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Athlete of the Week: Molly Blomer

By: **Emalee Shrewsbury**

Originally from Cincinnati, Ohio, Molly Blomer, senior software engineering major, has spent the past four years as the shooting guard for NSU's women's basketball team.

Blomer is on the executive board for the Student Athlete Advisory Committee (S.A.A.C.), and along with her software engineering major, is also pursuing a minor in marketing. With her degree, Blomer will look into a career in web or mobile development.

I got the opportunity to sit down and ask Blomer more about herself.

How did you start playing basketball?

"It was a long time ago, in second grade. Pretty much, my dad told me I was going to play basketball."

What is your favorite aspect of basketball?

"How close I am with my teammates. Even in high school, my teammates were my best friends. I think that is something really special."

What is the most difficult aspect of the game?

"Right now, it is knowing that I only have eight months left. That is probably the most difficult thing. It's kind of sad."

Coming into college basketball, did you strive to do anything specific for the team?

"I don't think I knew what to expect. It was

definitely a big change from high school. I think my view and role as a player has changed. In high school, I hated it, but being here I love it. It changed because here we are so successful, and I have a close relationship with my coaches and teammates."

Would you like to pursue basketball after college? Maybe in coaching or even the WNBA?

"If I had the ability to, I think I would go overseas to play, but I am not sure if that is a part of my future. I kind of go back and forth about coaching, but probably not."

What has been the most outstanding part of your basketball career?

"How successful we have been here. Going to the Elite Eight and Final Four three years in a row."

How do you balance athletics and a major and minor?

"For my major, a lot of my classes are project-based, and the professors are mostly relaxed. A lot of my assignments are online, allowing less time in class."

How do you cope with stress?

"I don't get stressed until it is last minute and I forgot to do something. To cope with the stress, I usually am frantic to get things done, which is usually the case."

Who have been some of the most influential



PHOTO PRINTED WITH PERMISSION FROM J. FRAYSURE
Senior software engineering major Molly Blomer works as hard off the court as she does on the court.

people in your basketball career?

"Definitely my high school coach. We are still pretty close. My coaches here, definitely."

How do you keep yourself motivated?

"This year, since it is my last year, I only have eight months I have to give it all that I've got."

Do you admire any professional basketball players?

"I do — Kyle Korver. Our old assistant coach showed me an article, and the article was really neat. He is kind of like the same type of player I am, not that I am that good, but I kind of relate to him as a shooter. The article talked about how he went above and beyond to train in an underwater marathon. It was really cool."

SPORTSSHORTS

Men's Swimming and Diving

The men's swimming and diving team beat Rollins 121.5-68.5 on Nov. 7. The men's team earned victories in multiple events, including the 400-yard medley relay, the 1650-yard freestyle, the 400-yard individual medley, the 50-yard freestyle, the 200-yard butterfly and the 200-yard backstroke.



Women's Swimming and Diving

The women's swimming and diving team also defeated Rollins with a score of 126-72 on Nov. 7. The Sharks were led by Georgina Allin, Caroline Oster, Emma Wahlstrom and Jordan Shows, who were all individual event winners.



Women's Volleyball

The women's Volleyball team defeated Rollins 3-0 on Nov. 7. The Sharks were led by freshman Denvyr Tyler-Palmer with 14 kills and three aces. The team is now 18-10 for the season.



OUT OF THE SHARKZONE

Russian reportedly sponsored doping program during 2012 Summer Olympics

Five Russian track and field athletes and five Russian coaches and administrators could face lifetime bans from the Olympics for doping violations. The World Anti-Doping Agency commission said the London 2012 Summer Olympics were sabotaged by Russian track and field athletes who were a part of a state-sponsored doping program. WADA reported that the athletes were allowed to compete when they should have been suspended, but Vitaly Mutko, Russia's sport minister, said, "Earlier Russia took all the necessary measures to fight the doping problem." Russia won 24 gold medals in the London Olympics, and these allegations could result in the Russian track and field team being banned from the Brazil 2016 Olympics.

Tommy Hanson, former Braves pitcher, dies at 29

The Braves announced that Hanson passed away on Nov. 9 after he went into a coma and suffered "catastrophic organ failure," and, as of Nov. 13, the cause of death is yet to be determined. He was hospitalized the morning of Nov. 8 and passed away a day later with his former teammates at his side. Hanson last pitched with the

Los Angeles Angels in 2013 and placed third in National Rookie of the Year voting in 2009. He won 11 games with the Atlanta Braves in 2009. In 2011, after 31 starts and 13 winning games with the Braves, the team traded him to the Angels. Hanson struggled with mental illness after his step-brother passed in 2013. He signed with the Texas Rangers and the Chicago White Sox in 2014 and then signed a minor league deal with the San Francisco Giants. Hanson's record is 49-35 with an ERA of 3.80.

Heat guard Mario Chalmers traded to the Grizzlies

The Memphis Grizzlies traded guard Beno Udrih and forward Jarnell Stokes for Heat guard Mario Chalmers and forward James Ennis. As a result, the Heat will avoid \$6 million in luxury tax payments. Chalmers was in the final year of his contract with the Heat.

French Olympian Laurent Vidal dies at 31

Vidal, two-time triathlete, passed away in his sleep in France, according to the International Triathlete Union. Vidal competed at the Beijing 2008 and London 2012 Olympics was a multi-time World Triathlon Series and World Cup medalist, according to ITU. Vidal suffered from a cardiopulmonary arrest in 2014 while swimming,

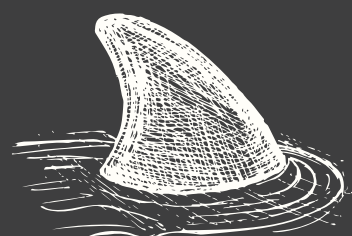
ending his racing career, so he coached other triathletes. Vidal leaves behind his fiancée, Andrea Hewitt, whom he coached, among others.

Broncos CB Aqib Talib suspended for eye poke

The NFL suspended Denver Broncos cornerback Aqib Talib for one game after he poked Indianapolis Colts tight end Dwayne Allen in the eye during the Nov. 8 game (24-27, Colts). Talib interrupted a squabble between teammate Von Miller, outside linebacker, and Allen, and he poked Allen in the eye, which he called an "honest mistake." Talib will appeal the punishment, according to a Broncos reporter.

Flint Firebirds owners dismiss coaching staff, entire team quits

In protest of the dismissal of their coaching staff, the Firebirds of the Ontario Hockey League, including owner Rolf Nilsen's son, quit the team. It is rumored that the coaches were fired because the owner's son, Hakon Nilsen, didn't get enough ice time. He has appeared in five out of 17 games for the season.



TGIF: Shopper's guide to Black Friday

By: **Roddia Paul**

Everyone loves a good sale, especially when it means buying someone you care about a gift from his or her wish list. If you are looking for a good place to burn off your turkey fat, see below for top sales that will definitely make you sweat.

Macy's

Macy's is known for its high-quality merchandise and even higher prices, so Thanksgiving sales are like hitting straight sevens. From Nov. 26 at 6 p.m. to Nov. 28 at 1 p.m., Macy's will have sales on clothes, shoes and house appliances between 30 and 75 percent off. Make sure you do not miss the magic of Macy's this holiday season.

Wal-Mart

You've been saving all year for that new 60-inch flat screen and still can't bear to pay 800 bucks for it. Fear not, because this Black Friday, Wal-Mart has 60-inch flat screens for as little as \$500. If you are looking for sales on electronics, toys, holiday decorative products and food, Wal-Mart is the place to be.

Sam's Club

This whole-sale store will lower their

already low prices, and the best part of it all is this year starting at 7 a.m. on Nov. 29, their Black Friday sales will be extended and open to everyone, even those without a membership. This Black Friday Sam's Club will have over 70 percent off electronics, clothes, furniture, kitchen appliances and more.

Old Navy

Old Navy's entire store will be 50 percent off Nov. 26 and Nov. 27. You can stock up on all of your favorite winter trends and shop for everyone on your shopping list at just a fraction of the price.

Staples

Supplying everything for your office and school needs, Staples will have sales on all electronics, accessories and computer applications. Doors open Nov. 27 at 6 a.m.

Hhgregg

You can look forward to discounts on your electronics and household appliances at hhgregg. If these prices still do not meet your needs, then hhgregg is offering a 24-month special financing fee. This sale begins on Nov. 26 at 4 p.m.

SOUNDBITE

1989 by Ryan Adams

By: **Marie Ontivero**



PHOTO PRINTED WITH PERMISSION FROM M. ONTIVERO
Ryan Adams's "1989," a Taylor Swift cover album is available on iTunes and Spotify.

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.

Taylor Swift's "1989" record was released over a year ago, selling over 5 million copies, breaking various records held not only by other artists, but by Swift herself, so it's no shock that Ryan Adams was so fascinated by her. While Adam's album, also named "1989," is a collection of Swift covers from Swift's most recent album, Adams manages to give his album a whole new set of feelings through his indie singing style and his full-on band sound. Adams is no stranger to the industry; being an active musician since the early 90s, this North Carolina native has released 15 albums, including "1989." There has been an enormous amount of controversy revolving this cover record — was it a way for Swift to make more money, did Adams want the attention, or was it something else? The actual context of the songs was not changed, just the singer and genre, removing Swift's big

name from the songs and changing the sound from bubblegum pop to Americana. It's as if its hype, genre and origin were the reasons many critics did not find Adam's rendition, put bluntly, any good. Not to pick a winner, but while Swift is an honest and deep lyrical genius, it's hard to jam out to something that's actually about heartbreak, just because it includes a sick beat. While Swift's tracks are catchy, the overall sound and the messages tied to the sound don't match up because of those energetic pop vibes. So, essentially, Adams took the same piece of art, added in his own sound and personality and simply explained Swift's music in a different way, bringing in an even better perspective that sonically matches the lyrics.

You can find Adam's version of "1989" on Spotify.

Perfect if you like: Bruce Springsteen and Pete Dinklage

Favorite Tracks: "How You Get the Girl," "This Love," "All You Had To Do Was Stay" and "Wildest Dreams"

Take a hike

By: **Emalee Shrewsbury**

Do not let this tropical climate and extraordinary weather go to waste. Get outside and enjoy nature by taking a hike.

With countless hiking trails in South Florida, opportunities for an outdoor adventure might be right around the corner. Florida is not just beaches, palm trees, and sand, but also a destination for a tropical outdoor experience. Here are some parks that are renowned for their hiking trails.

Vista View Park

4001 SW 142nd Ave., Davie
Open 8 a.m. to 7:30 p.m.

This park is located in Davie and overlooks a number of ponds and canals. Admission is only charged on weekends and holidays, \$1.50 per person or an \$8 maximum charge for six to eight people. The park covers 272 acres of land with a variety of amenities. A paved pathway runs around the park. There is also a half mile fitness loop with fitness stations periodically along the trail and a horseback riding trail that loops about 2.1 miles and connects to other horse trails in Davie. On the west side of the hill, there's a lake surrounded by a neighborhood. There are also benches that make a premier spot for viewing the infamous South Florida sunsets. On the northeast side of Vista View, there are three ponds and areas for children, and on the south side of the park, there's a fishing pond. Trails snake the hill Vista View is centered on, so many hikers, bikers, runners and people looking for an elevated hike go here to get outdoors.

Anhinga Trail at Everglades National Park

40001 State Road 9336, Homestead
Open 24/7

This trail in the Everglades is about a mile long and is considered an easy hike. The park's entrance fee is \$10, but that gives visitors access to the park for a week. The Visitor Center has a boardwalk with platforms that give visitors a chance to see wildlife, such as turtles, anhingas (crane-like birds), herons, egrets and many other birds — and maybe even an alligator. After walking the boardwalk, follow the paved path along Taylor Slough, one of the few waterways in this portion of the park that retains water year-round. Along the walk is an observation deck with a view over the marsh. Be careful, though. On the hike back, alligators hang out on the tiny islands around the path. Close to the end of the hike, the sawgrass prairies can be viewed to the right before the paved exit.

John Pennekamp State Park

102601 Overseas Highway (MM 102.5), Key Largo
Open every day from 8 a.m. to 5 p.m.

The park is slightly off the beaten path and costs \$8 per 2 to 8 people. John Pennekamp Coral Reef State Park covers roughly 70 square miles, but the museum at the park is an essential part of the park visit. The museum, also known as their Visitor Center, shows the area's history and aquatic wildlife in the area. The Visitor Center has a 30,000-gallon saltwater aquarium,

and nature videos can be viewed in its theater. Once deeper into the park, there are hiking trails into the mangroves. The park provides a wide variety of tropical vegetation, like hardwood hammock trees and tropical fruit trees, as well as locally recognized animals. Watch out for mosquitos, as this is their natural habit. The mangrove swamps and tropical hammocks offer visitors a unique and interesting experience. John Pennekamp Park is also well-known for its marine life and exquisite coral reefs that you can explore. The park offers not only hiking, but also boat and paddleboard rentals, guided glass bottom boat tours and camping.

Silver Springs State Park

1425 NE 58th Avenue, Ocala
Open every day at 8 a.m.

Silver Springs State Park has a general \$8 admission fee per 2 to 8 people. The park has over 15 miles of biking and hiking trails leading through wetland and swamp areas. The trails provide a view of oak hammock and pine tree forests. Simply by walking trails, visitors get a glimpse of the wide variety of ecosystems that Central Florida offers. Silver Springs is a premier location for bird watching, so keep a look out for wild turkey, bobwhite quail, hairy woodpecker, American kestrel and so much more. The Silver River Museum and Environmental Education Center is located at the camp's entrance. The center is open to the public on weekends and holidays from 9 a.m. to 5 p.m., while admission to the museum is \$2 per person. Children under 6 are free.

Arch Creek Park

1855 NE 135th St., North Miami
Open Wednesday through Saturday from 9 a.m. to 5 p.m.

It's free, it's close, and it's easy. Arch Creek Park has no entry or parking fees, is 31 minutes away and has linear and loop hiking trails that are considered easy by floridahikes.com. Natural trails snake through the darker forest of Arch Creek. While on the trails, look out for the plant identifiers; this identification system is an engaging way to learn about the tropical wildlife in South Florida. The park got its name from a natural arch in the trees known as the "Gateway to Miami." Sadly, the arch collapsed decades ago, but a limestone canyon is still a sight worth seeing. The park has a museum that details the long history of the archeological and geological site on which it sits. Also in the museum, there's a self-guiding trail map with interpretive information, and you can go on guided walks, ghost tours and historic walks. Reservations are required for guided walks and tours.

In college, it may be easy to get caught up in the studies and stresses of school. A simple way to escape is to take a hike in the natural wonders of South Florida. Some are easy, some are hard, some are free and some are not, but any way you look at it, hiking trails in such a tropical environment are worth experiencing.



Cyber crazy

By: **Roddia Paul**

For those who will spend the holiday season away from the chaos of Black Friday and near their family, there are sales for you, too. After you've eaten all the stuffing you possibly can, and you can't bear to move, shopping from home is perfect for you. This year's Cyber Monday will be on Nov. 30, so you might want to start stretching your fingers.

Best Buy

Not only can you look forward to sales on Apple products, vacuums, cell phones, cameras and much more, but Best Buy will also have free shipping on all orders up until Jan. 2.

Pacsun

Everyone loves Pacsun but hates their prices, but this Cyber Monday, you can look forward to a great sale. All tops are buy one get one 50 percent off, and there's free shipping on all orders.

Home Depot

You can look forward to a whole week of cyber fun. Starting on Cyber Monday through Dec. 7, Home Depot will have sales on all items, free shipping and free in-store pick up on most online orders.

Target

You've hit the target with this one. This year, you can expect deals on over 100,000 items, including everything from clothing to

toys. Start your holiday shopping off right.

Bloomingdales

This Cyber Monday, Bloomingdales is offering 25 percent off both regular priced items and items already on sale. You can also get free shipping, and the offer lasts until Dec. 1.

Express

Who doesn't want cute clothes on sale? Express is offering \$100 off \$250, \$50 off \$150, \$5 off of \$50 and many other sales. Plus, shipping is free.

Starbucks

Floridians love drinking coffee in this 100-degree weather, so why not get your coffee on sale? Starbucks is offering \$25 off \$70+ and free shipping. This offer ends on Dec. 1.

Perfumania

Everyone has that one person they want to buy a gift for but have no idea what to get them. When in doubt, perfume it out. Perfumania is having a 35 percent off coupon with the coupon code CYBER35. Sale ends Dec. 1.

Footlocker

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International Men's Day: Five feminist actors

By: **Jazmyn Brown**

We know November as "Movember" and "No-Shave November," but there's more to it than that. International Men's Day, on Nov. 19, is a day not only dedicated to men's health but also "improving gender relations, promoting gender equality and highlighting positive male role models," according to internationalmensday.com.

We often admire celebrities who embody these types of goals. Here are four actors who don't keep their stances on gender equality a secret.

Aziz Ansari

Comedian and actor, Ansari is widely known for his stand-up comedy and his role as Tom Haverford on NBC's "Parks and Recreation." Haverford is notorious for his womanizing ways, but this is contrary to Ansari's real-life take on feminism. According to MSNBC, in his stand-up show "Aziz Ansari Live at Madison Square Garden," available on Netflix, the comedian tackles misogyny and addresses the everyday struggles women face. Ansari researched these struggles, like sexual harassment in the street, in order to use them in

his routines and raise awareness.

He said in an interview with Cosmo magazine, "And then I just started asking more people about [these issues] and realized it's a pretty crazy, widespread thing, and it's insane that many women have to go through that and have to worry about that."

He also told the magazine he'd love to see a woman become president.

Joseph Gordon-Levitt

In 2014, actor and filmmaker told talk show host Ellen DeGeneres that he is "absolutely" a feminist, saying, "It's worth paying attention to the roles that are sort of dictated to us and that we don't have to fit into those roles. We can be anybody we want to be," according to ellentv.com.

More recently, Gordon-Levitt released a video on YouTube titled "RE: Feminism," in which he talks about the different definitions of feminism that he has discovered since his interview with DeGeneres in 2014, according to The Huffington Post. Gordon-Levitt invites his viewers to define what feminism means to them and explain why they do or do not consider themselves feminists in the comments, noting that establishing a standard definition of

feminism is "complicated, and I grant that it's complicated, and I think it's a really great thing for us all to be talking about."

Ian Somerhalder

Known best for his role as the bad-boy vampire Damon Salvatore on The CW's "The Vampire Diaries," Somerhalder is an active humanitarian, conservationist, animal rights activist and proud feminist. He is the founder of the Ian Somerhalder Foundation, which seeks to positively impact the environment and its inhabitants, according to its website. The foundation collaborated with Connecter, an organization that seeks to empower women and girls, for the Girls Impact the World Film Festival, in which participants submit a short video about global women's issues and possible solutions. Somerhalder and his wife, Nikki Reed, are judges for the contest.

"The collaboration between GITW and ISF was a perfect fit considering ISF acknowledges that our youth are the most undervalued and underutilized natural resource on this planet — and we feel so especially about young women," Somerhalder told SheKnows, an online media company for women. "Hollywood has enough attention. Let's celebrate the women achieving

the unthinkable in our local communities every day."

George Clooney

Golden Globe Award- and Academy Award-winner George Clooney has a solution to the statistic that just 12 percent of protagonists in 2014 films were female: cast females for male parts, according to Vanity Fair. Clooney got this idea when actress and producer Sandra Bullock called him and requested the lead role in "Our Brand is Crisis," a film that was originally about a male political strategist, according to Vanity Fair. Immediately after, production began, and the film was released on Oct. 30, grossing \$5.9 million in the box office, according to Rotten Tomatoes, a film rating and critique website.

In 2012, Clooney and actress Viola Davis were featured on the cover of Entertainment Weekly. Davis spoke about race and women in the film industry, whereas Clooney focused on gender equality.

"It's much harder to get a film with a woman lead made. When a man hits 40 is when roles just begin to happen. And for women, it doesn't happen. I find that to be a very concerning issue," Clooney told the magazine.

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Catching up with Caskey

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

Caskey, Orlando native, has been on the radar for quite some time now. With article features in Complex magazine, Hip Hop DX, All Hip Hop and many others, it's no surprise that Birdman tracked the 23-year-old rapper down to sign him to Cash Money Records. With the completion of his Black Sheep Tour, Caskey finally had the time to chat about what and who inspires him the most in his thriving rap career.



Up-and-coming rapper Caskey looks forward to the growth of his career. PHOTO PRINTED WITH PERMISSION FROM THE PURPLE AGENCY

When did you realize you had a talent for rapping?

"I realized it when I was 15 years old. My friends and I were free-styling, and I was really good at it."

How did you end up getting signed to Cash Money Records?

"Birdman called me one day and told me to come to Miami. I came [to Miami] and he was there with a mouth full of diamonds. I played my music [for him] all night, and we just kicked it. We hit it off very well."

How did he discover you?

"Honestly, I still haven't got the full story, but I believe that he saw a YouTube video that me and Kid Famous (currently known as The Rockstar) had done a while back, and he really liked it and looked up some more videos. He was looking for me for a couple weeks, which is weird because, during that time, I was really broke, but at the same time Birdman was looking for me."

Describe your rapping style.

"I aspire to be compared to the elites, the Waynes and the Drakes, and I think I'm on that level. I think I have a unique voice and a unique sound. My music is real dark and spacey."

What type of music do you like?

"I like everything. I've really been getting into chill and electronica music, lately. But, of course, I listen to rap every day, all day — it's my favorite."

Who are some of your biggest influences in the music industry?

"Lil Wayne. Young Thug, all of the great artists before us and anyone who pushes the culture forward."

When do you plan on releasing your next studio album?

"I don't know; I just got back from tour. So

I'm working on my CD now. I think Birdman and I may put out another mixtape before the album, but we are working on it right now. I've already started recording."

What's been your favorite song you've recorded so far?

"It varies every day, but right now, it's 'Sun Goes Down.' It's about Orlando and the things that go on there — the afterhours and the day in a life of a grimy street kid."

Who would you love to collaborate with in the future?

"Anthony Green. He's the lead singer

for Circa Survive. It's like an Indie band, and they're super dope."

If you could have dinner with any musician, dead or alive, who would it be and why?

"Jimi Hendrix. I think he's like one of the most humble artists I've ever seen interviewed. I think we're cut from the same cloth. I actually have him tattooed on me."

Do you have any cool stories about your tattoos?

"I have a Harley Davidson tattoo on my face. One day, I was in the tattoo shop, and my brother was like 'Yo' do you want to get Harley tattooed on our faces?' and I was like 'Yup.' And that changed my destiny forever."

Where do you see your career in 10 years?

"I see myself being the Kanye of my generation and being the biggest artist out there, but, at the same time, influencing artists to just be better and doper."

What do you want your audience to know about you?

"I don't want them to know anything about me. I want them to know about my music. I want them to know that I'm super appreciative of anyone who listens to my stuff. I dedicate my whole life to this, so I really care. Also, go get my music. You can stream it on Spotify and watch it on YouTube. My Instagram name is @Caskey407 and my SnapChat is @TATSONMYNECK."

Off Shore Calendar

<p>Music and Dancing Under the Stars @ ArtsPark 7:30 PM</p> <p>NOV 17</p>	<p>The Have-Nots Comedy @Fillmore Miami Beach 9 PM</p> <p>Hamlet @Black Box Theatre 7:30 PM</p> <p>Skylar Spence @Skylar Spence</p>	<p>Hamlet @Black Box Theatre 2 PM</p> <p>Open Streets Fort Lauderdale @Las Olas Boulevard 10 AM</p> <p>NOV 22</p>	<p>Art After Dark @Norton Museum of Art 5 PM</p> <p>Food Truck Invasion @Wellington Ampitheatre 5 PM</p> <p>NOV 26</p>	<p>Daryl Hall & John Oates @Hard Rock Live 8 PM</p> <p>NOV 28</p>
<p>Motion City Soundtrack and The Wonder Years @Revolution Live 6 PM</p> <p>99 Jamz Uncensored starring DJ Khaled @Revolution Live 8 PM</p> <p>NOV 18</p>	<p>NOV 20</p>	<p>Food Truck Rally @ ArtsPark 5:30 PM</p> <p>NOV 23</p>	<p>Daughtry @Hard Rock Live 8 PM</p> <p>NOV 27</p>	<p>Food Truck Rally @ ArtsPark 5:30 PM</p> <p>NOV 30</p>
<p>Art After Dark @Art After Dark 5 PM</p> <p>The Murder Mystery Company @Marina 84 7:30 PM</p> <p>NOV 19</p>	<p>Guitars Over Guns "Choose Your Sound" Benefit Concert @Fillmore Miami Beach 7 PM</p> <p>NOV 21</p>	<p>Falling in Reverse and Attila @Revolution Live 6 PM</p>	<p>Hamlet @Black Box Theatre 7:30 PM</p>	<p>Hollywood ArtWark @Comfort Zone Studio 7 PM</p>

About that sale

By: Jenna Kopec

Everyone loves a good bargain. I'd even wager to say that discounted prices are a kind of blessing for many. Black Friday is a perfect example.

Black Friday sales make it possible for families to give gifts they may be unable to otherwise. It has the capability of being a beautiful thing, an enhancement to the holiday season. I'm not opposed to venturing off in the early morning hours to hunt down a special item. I'd be lying if I said that I've never done it, but thanks to the U.S. market, Black Friday has gotten completely out of hand.

For years, stores have begun their blowout sales earlier and earlier, and now they've finally crept their way onto Thanksgiving. Last year, there were stores opening as early as 8 at night. I was disgusted. Call me old fashioned, but I always viewed the holidays as a time to bond with those who mean the most to us, family or

friends.

For me, and for many, the holidays begin on Thanksgiving. I'm a sucker for the grand feasts, the large tables with mismatched chairs to accommodate all the bodies and the chatter with family you haven't seen in a year. By opening up stores on Thanksgiving, that sacred time is cut out in many ways.

For starters, it's extremely unfair to the employees who are forced to work that day. Usually in retail, openers have to arrive an hour early to prepare the store. I'd imagine that planning for a big event might require them to arrive even earlier. Why is it fair that these employees should miss out on spending time with their families? We all know they won't protest because when it comes to your source of income, it can be pretty hard to argue.

Of course, stores probably wouldn't be opening so soon if they weren't sure people

would show up. I'm not sure who to blame for this, but I'd argue it's because of our culture. People living in the U.S. have become so materialistic and commercialized. We always feel like we have to have the best and when we're trying to show how much we care about someone, we feel like we have to give the best. Like I mentioned before, sometimes that's impossible without the help of an exceptional sale.

So by opening up the doors on Thanksgiving, stores almost force people who are in need of a discount on their Christmas shopping to go out. If they don't, they may miss their chance to get that one gift they've been waiting for. It's often not until later in life that people realize that what's most important is spending time with who the gift is for rather than buying them a gift.

Blaming the market itself may be unfair.

Money does speak louder than words in many cases. For that reason, I don't know how we'd fix the problem. The easiest way may be to change the current mindset of our society. But how do you change a culture of commercialism? Is it even right to? I don't have that answer.

Maybe the best way to fix a problem is by recognizing it's there. I'm not capable of changing the way an industry operates. Regardless of what I say, stores will still start their Black Friday sales prematurely this year.

This holiday season, I encourage everyone to spend time with those who matter most to you. Think about those who aren't as fortunate. Use Thanksgiving to actually be thankful for all that you have rather than yearn for something that you don't. It'd be great if Thanksgiving didn't become Black Thursday.

Loving the culture more than its people

By: Roddia Paul

Can we please address the elephant in the room? The one with a Bindi and gold chain, dancing Bollywood as he screams "West Side." He, like many of our recording artists, has no respect for culture. I cannot be the only one who is tired of and offended by music artists exploiting culture to promote their music.

I'm not sure if artists are just that dumb or that naïve — it's probably a mixture of both — but putting war stripes across your face doesn't make you anymore Native American than gold chains and saggy pants make you black. I get it, you've been in this business for umpteen years now, and you're afraid to admit that you've run out of ideas, so you've decided to try something new to appeal to a different crowd. Well, that was your first mistake.

Artists wear costumes in their music videos and forget that these are not costumes. People actually look like this, live like this and identify with this. The first artist who comes to mind is Miley Cyrus. It is true that many, if not all, of our male black rappers have gold chains, gold teeth and tattoos and sport baggy clothes, but we have to remember this is all a part of their lifestyle, not their image. These artists actually grew up in urban and poorer areas where they looked up to

men who had the gold chains.

So when artists, such as Miley Cyrus, who were born and raised in Tennessee insist on wearing what many identify as a part of black culture as a costume, I cannot help but feel insulted. The reason excessive gold chains and gold teeth are so prevalent in the black community is because coming from nothing and then being able to afford these things was and still is a symbol of success and wealth. The closest Miley, with her famous country singer father, has ever been to experiencing the oppression in the black culture was arguing with Nicki Minaj on BET.

Can we please just have a moment of silence for Selena Gomez and her disgusting attempt to dance Bollywood. With the release of her song "Come and Get It," somehow, she got the idea that the song had a tribal vibe and thought she'd pair this with a horrible attempt at Bollywood choreography. She wore her own version of traditional Hindu attire, and, to make matters worse, she sported a Bindi for several months after her performance.

Not only was her performance insulting, but the fact that she thinks a Bindi is a fashion accessory also makes me question her

intelligence. Bindis have religious value and are only supposed to be worn by married Hindu women. Let's examine this. Married? Negative. Hindu? Double negative. I don't see what made Selena think she was qualified to wear one.

My all-time favorite display of cultural appropriation has to be Katy Perry's performance of her song "Unconditionally" at the AMA award show. She exploited Asian culture to the point of no return. Not only did she use white face powder, but her attire was also a cross between a Japanese kimono and Chinese cheongsam. If you know anything about history, you'd know these two countries use to be arch enemies, and I have strong reason to believe they would not appreciate her mixing of their very different cultures.

In her defense, although these two cultures are considered Asian, I don't think she realized their geographical or cultural differences. No two cultures are interchangeable, and that's the problem with many people in the U.S.; we tend to classify people from the same continent as the same, forgetting that each individual country has their own beliefs, values and practices.

Stop exploiting culture to increase your sales. Not only do you look unintelligent, but

you are also corrupting your viewers. I don't think artists realize how much of an influence they have on the younger generation. Music artists are promoted on TV and paraded on billboards, and they conquer social media, and, unfortunately, the minds of youth are very impressionable.

So the things artists display in their videos ultimately shape and influence the thoughts of our adolescents and young adults. All of a sudden, people think it's okay to mock black dialect and classify all Asians as Chinese, and Bindis, henna, and Native American war paint have become fashion statements. People laugh at those who identify with certain cultures and then turn around and do the very thing they just mocked but are seen as cool for doing so.

The biggest problem with cultural appropriation in our music industry is that it stereotypes our communities. It makes viewers think that people of a specific race or ethnicity have to be a certain way and often is used to classify them as unintelligent. Most importantly, it makes the viewers see cultural customs as costumes open to be ridiculed. No one would find humor in an artist parading as one of the U.S. founding fathers in their music video.

Seriously Kidding

a satire column

Santa's red outfit hailed 'the end of Christmas'

By: Jazmyn Brown

Social media exploded when Santa Claus, patron of Christmas, revealed his outfit for this year's midnight gift run. The suit is minimalist — red with white trim, completely devoid of Christmas cheer. People can't seem to understand why his outfit isn't embroidered with snowflakes, reindeer and pine trees.

One man, Jacoby Einstein, posted a 15-minute rant on YouTube about Claus' negligence and anti-Christmas spirit. He encourages others to protest Claus with Christmas with lights that spell "Go away Santa Fraud" on their roofs.

"Can the ol' jolly man do his job properly in his anti-Christmas get-up? No, I don't think so. It's just disrespectful," said Einstein.

The Twitterverse joined in, with hashtags

like #clauskilledchristmas, #redisforthedevil and #wherearethesnowmen.

"Red just doesn't mean Christmas! #santaruinedchristmas," said one angry Twitter user. Another wrote, "He might as well take a break this year. Christmas is cancelled, guys!"

A 2015 book titled "The Real Nick" revealed the process that Father Christmas has gone through since the 19th century. Mrs. Claus cuts the finest swaths of fabric in different shades of red, and Claus chooses the one that he fancies most. The white fur trim is donated by the Coca Cola polar bears, who live a couple streets down from the Claus family.

Many believe Claus' plain red outfit signifies a war on Christmas.

"We simply can't entertain this sort of

anti-Christmas behavior," Einstein said in an interview with CNN. "Might as well change his name to Satan, with that outfit. All he needs is horns, a tail and a pitch fork."

Claus released a statement in response to the hype. "Under no circumstances can I see why any sane individual would think that this outfit, the same red design I wear every year, is not representative of everything I stand for. What other colors besides red represent Christmas, except maybe green?"

Several right-wing politicians called for their supporters to boycott Claus by making cookies for themselves and blocking their chimneys.

Parents are furious that they'll have to buy gifts for their children this year.

"In what universe does Santa Claus refuse his duty to embody the Christmas spirit?" said Shirley Slough, mother of two. "Now I'll have to go out and spend my own money on my children."

"What is Christmas? Christmas is pine trees, polar bears, wreaths, snow men and nativity scenes. He doesn't embody any of that," said Slough.

Claus said there's no reason to believe that Christmas isn't happening this year.

"I'm still making my round-the-world trip, even for all you naughty, misguided adults," he said. "This year, I may shoot for record time."

No-Shave November: Why is it just for guys?

By: **Afrin Naz**

With No-Shave November here, you are probably curious about the meaning behind these lumberjack or, in some special cases, Merlin-like beards. As a girl who practically has her dad's hair genes and most likely has the full capability of growing a beard, a little jealousy is inevitable when your male counterparts have the full freedom to participate in this shave-less month, and beauty standards say you cannot.

According to the Daily Mississippian, the tradition actually goes back to Australia in 2004 where a group of men began this trend to raise awareness of depression in men and prostate and testicular cancers. In their first year, these men raised \$40,000. Since then, there has been an exponential increase to outstanding \$126.3 million in funds raised.

Before I researched the origin of No-Shave November, I was actually very much

misled about what it was. Was this some childish joke? Some macho-hood initiation? Some boyish way to single out the girls? I'm glad to be corrected that the significance behind it is actually something meaningful. So as an avid supporter of breast cancer awareness, I totally support men in their beard-growing efforts and encourage women to support them in their facial hair endeavors and maybe establish some beard goals of their own. On the note of spreading awareness, my real question is: can I join in on the beard fun, too?

This is a man's world, but it ain't nothing without a woman. If women jumped on board, No-Shave November would certainly gain more attention. Although moustaches on females do not parallel the current beauty standards, financial support would skyrocket. Before razors, waxing strips or laser technology

were around, women did sport moustaches. Maybe not to the same lavishness as our male counterparts — women can only do so much with their little testosterone. But I am sure that women, even with their little facial hair, were beautiful then as well.

The responses I might get from the general audience regarding my question may range from a reassuring "yes" to a roaring "no." Some guys might actually support a girl's facial hair endeavors, maybe some girls, too. Other guys and girls might find it absolutely gross and unhygienic. My girlfriends would try consoling me by saying that we do have our discreet No-Shave November because by this time Floridians are layering themselves with Uggs and sweaters for this killer 70-degree weather. Trading in our shorts for a pair of sweatpants or leggings is also a must. For those who don't know, long pants

mean a skipped shave or two. Keeping up with our girly needs is demanding, painful and just plain exhausting. Imagine if we could not shave for a better cause.

I don't think it should matter if a girl participates in No-Shave November. I'm sure she might get a few laughs or some interesting looks, but I think we can compromise the current beauty standards for a humble cause. The fact that a girl is growing her facial hair might attract more attention to the cause than a man doing so because of just how peculiar it is. Let's not forget the heart of this month is for awareness and charity. Hence, anything that helps should be valid. Even if it means breaking a few facial beauty norms. I will not be sporting a moustache this November, but will my legs? Maybe.

By: **Destinee A. Hughes**

 @DestineeAHughes

The African-American culture is comprised of many admired attributes. We are resourceful, exultant, talented and innovative. But the one thing we are not is ignorant. It's very apparent through various forms of media, including popular TV shows such as Fox's "Empire" and specific genres of music such as hip-hop and R&B, that the African-American culture has a distinct language of its own.

Phrases such as "we gon' make it" or "what had happened was" are pervasive throughout the African-American culture. While blacks understand the dialect clearly, many other cultures perceive the dialect as a language with an over-abundant use of grammatical errors and the use of double negatives, and they confirm that blacks are, in fact, ignorant. But, that is rarely the case.

The word "Ebonics" can be broken down to ebony, meaning black, and phonics, or language. Its origins date back to a time where slavery was eminent throughout the southern regions of America, and slaves were unwillingly engulfed into a world of new traditions, religions and languages. Because of the hierarchy of whites to slaves, it's safe to assume that slave owners rarely took the time to teach slaves the English

language, let alone have full conversations with them to enhance their ability in comprehending the language.

So Africans, with the knowledge of their own dialect, took it upon themselves to catch on to the English language and extracted parts of their African dialect and the Creole/Caribbean dialect they learned during their brief stay in the Middle Passage. The African and Creole dialects, like many other languages, omits certain letters and words simplifying the pronunciation of certain phrases. For instance, "She hears you" would be said as "She hear you," or "that" may be pronounced as "dat."

While many people assume that speaking in such a way is a direct sign of a lack of education in the black culture, they fail to understand that this is a recognized dialect that African-Americans have created as a result of mixing several diverse languages. This spoken dialect not only confirms the ability to pick up various idiosyncrasies of different dialects, but it also indicates the ingenuity to create a new vernacular despite being denied a formal education.

The societal issue with this dialect is that it is perceived as an improper usage of the

English language, especially when the vast majority of this dialect is used within low-income, minority infused communities that lack proper educational opportunities. However, while society is busy ridiculing and mocking the African-American community, it completely ignores the other various languages, such as Spanish, which follow the same set of rules of omitting certain words and letters. The phrase "Te amo" in Spanish is translated to "I love you," and "¿Dónde estás?" is translated to "Where are you?" In both examples, the words "I" and "you" are omitted. Yet no one is condemning Spanish speakers for their lack of knowledge, because it is culturally respected and accepted.

Even popular British band Pink Floyd displayed the "socially improper" use of language in the popular song "Another Brick in The Wall." Lyrics like "We don't need no education, we don't need no thought control" come out the speakers, leaving listeners in a state of rebellion, and they don't question the improper use of double negatives. Yet when popular songs by Lil Wayne or Jay-Z hit the airwaves, they're considered uneducated and illiterate.

It's disheartening that in this day in age

the dialect of Ebonics, a black language, is correlated with those who lack education. Highly intelligent black poets, writers and authors such as Zora Neale Hurston, Toni Morrison and even Maya Angelou have all used this particular dialect in their writings. However, their dialect comes along with Pulitzer Prizes, honorary degrees and presidential medals.

Society is constantly looking for a way to remind African-Americans that they are not good enough. That they don't fit the standard. Their hair, their body, their skin tone and certainly their language are nothing to be proud of. Not only have they been forced to convert to Christianity, completely Americanizing their culture and shaming their ancestral African roots, but they have been required to speak the American English language, with a subconscious fear of exuding illiteracy.

Ebonics is not slang, it is not a confirmation of a lack of education, and it certainly is not a language to be mocked. Ebonics is a dialect created by a culture of repressed yet innovative human beings. A misunderstanding of the dialect does not make African-Americans ignorant; it makes those who degrade it incoherent.

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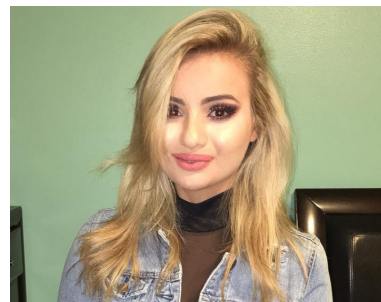
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