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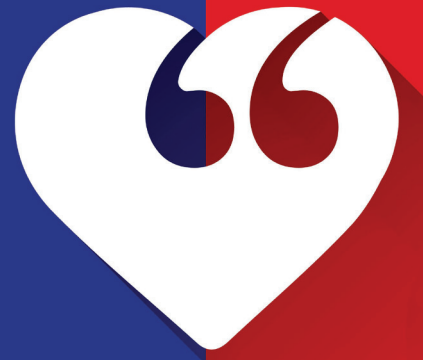
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Free Speech Week

Oct. 17 - 23

#FreedomSpeaks



Be aware of breast cancer

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Spin your way to fitness

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Costumes on a college budget

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Are trigger warnings worth the trouble?

P. 10

Mako sharks to 'predict' US president

By: Grace Ducanis
@GraceDucanis

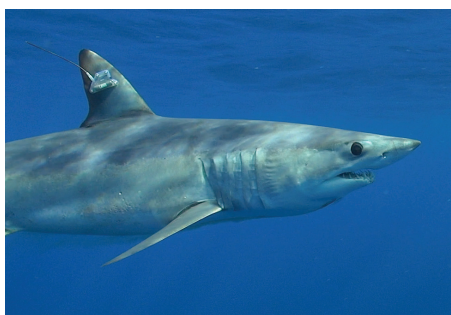
Look no more to the polls to figure out who's ahead in this presidential race because NSU is predicting the winner by racing sharks.

NSU's Halmos College of Natural Sciences and Oceanography tagged two shortfin mako sharks, named them Trump and Clinton and released them on Sept. 26, the day of the first presidential debate. The shark that travels the most miles before Nov. 1 will "predict" the outcome of the presidential race.

Matthew Johnston, an NSU graduate with a doctorate in marine biology and oceanography, runs the Shark Race to the White House website. Johnston said that the shark race was a way to get coverage for the school by leveraging the election and that the race is meant to be fun and not political.

"We want to spread awareness and get people interested in shark research and potentially raise some money to tag more animals and learn more about them," he said.

Mahmood Shivji, professor of biological sciences and director of the Guy Harvey Research Institute and Save Our Seas Shark Research Center, has worked with shark research and conservation for 22 years. Shivji said it's impossible to tell how far the Race to the White House sharks will travel in five weeks, but that it could be as little as 400 miles or as far as 2,000 miles.



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A satellite-tagged shortfin mako shark shortly after release.

The Shark Race to the White House is part of a larger worldwide shark tagging and research program. According to Shivji, NSU has been tracking some sharks for as long as three years. NSU's study of the travelling patterns, or movement ecology, of sharks has been ongoing since 2008.

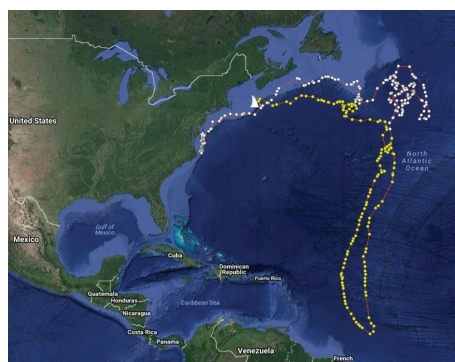
Researchers track a shark's movement by attaching a tag to the dorsal fin of the shark and then releasing the shark. Every time the shark's dorsal fin breaks the surface of the water, the tag sends a signal to a satellite, allowing researchers to track the location of the shark over long periods of time. Johnston said that he believes the program has tagged over 100 sharks, including mako sharks, tiger sharks, oceanic whitetip sharks and sand tiger sharks.

Johnston said that there are a lot of

unknowns regarding mako shortfin sharks, like where they breed, where they migrate and where they feed.

"The tags we put on the sharks send a signal to a satellite many times per day, and then we can gather that data and figure out what's going on with the population," Johnston explained.

Shivji said that the shortfin mako shark is a close cousin of the white shark, and is one of very few fish that is warm-blooded. According to Shivji, mako sharks, which range from 6-13 feet long, can swim massive distances very quickly



PRINTED WITH PERMISSION FROM GUY HARVEY
RESEARCH INSTITUTE, NSU
The path of shark 1-NSU, which was tracked for 13.5 months, travelling nearly 12,000 miles.

because of their high metabolic rate. Shivji said that over 20 percent of the mako sharks the

program tags are caught by fisheries and killed.

"Sharks are targeted globally by many different fisheries, legal and illegal," Johnston explained. "About 100 million sharks per year are killed... what we're trying to do is by tagging these sharks is track their movements and hopefully provide management advice to different areas shark species are using."

According to Johnston, sharks are persecuted around the world.

"People hear the word shark, and they're afraid of them," Johnston said. "They don't understand the role that sharks play in the ecosystem. A lot of people think that the only good shark is a dead shark, which is simply not the case. We're hoping that by having people interested and going to the website and gaining some personal attachment to [the sharks]... We need to understand them in order to protect them."

Shivji said that the Shark Race to the White House is a tongue-in-cheek way to have some fun while raising public awareness.

"It's a fun way to reach people and bring attention to the animal," Shivji said. "And at the same time, because of the [shark] mascot, it also brings outside attention to NSU."

To see how far the Clinton and Trump sharks have traveled, visit cnsu.nova.edu/sharktracking/pretrace. To see more shark tracks, visit cnsu.nova.edu/sharktracking.

SEA Board raises spirits with Halloweek

By: Michael Lynn

NSU's Student Events and Activities Board (SEA Board) will host Halloweek from Oct. 24-31. NSU students will be able to dress in costume, gather goodies from student organizations and celebrate Halloween with over a week of events.

This is the first time SEA Board is hosting Halloweek with Alpha Kappa Psi, although Halloween-themed parties have been hosted at NSU before.

Bernadette St. Sauveur, administrative assistant in the College of Health Care Sciences, created the concept one year ago and has been leading the project ever since. Sauver explained that her intention is to get students more involved and help them unwind after midterms.

"The main goal that Alpha Kappa Psi has behind this project is to increase the NSU community, as well as Shark pride. Participation is very easy for both commuters and

residents," Sauveur said.

The starting event will provide carnival games and food with the help of student organizations and departments. Set up similar to SEA Thursdays, student organizations and departments will create booths with games and activities for students to play. This event will take place at the NSU Flight Deck Pub Backyard from 7:30-9:30 p.m. on Oct. 24.

Two events are scheduled for Oct. 25 at the Don Taft University Center. The Chartwells' Legacy Event: Fright Fest with Enigma Haunt takes place from 6-8 p.m. Similar to Halloween Horror Nights, during this event, characters will walk around and scare people while they get food at the University Center Pit. RecWell's Dance-Jam: Halloween Edition will take place at the RecPlex Basketball Courts. The main purpose of this event is not only to raise Halloween spirits,

but to encourage fitness as well.

"Think Zumba, but Halloween-themed," Sauveur said.

The Dance-Jam event takes place from 8-9 p.m.

On Oct. 27, the Commons Residential Hall will host a haunted house from 7-9 p.m. Afterward, the Flight Deck Pub will host a Halloween Party from 9 p.m. to 12 a.m. There is a male and female costume contest at this event. The winners will receive an Apple TV or Wireless Beat Headphones.

The Performing and Visual Arts department (PVA) is hosting the Zombie Tag event on Oct. 28. There will be a few stations of activities set up for participants to enjoy before entering a maze with 20 zombies.

"We know that PVA has a presence on campus, but not everyone is aware of it. We

are super excited to present them to the student body," Sauveur said.

Registration for the event is from 6:45-7 p.m. and the event itself is from 7-9 p.m.

The Student Leadership and Civic Engagement (SLCE) office and SEA Board are coming together for the final event, Trick or Trunk, at the NSU Shark Fountain from 6-8 p.m. At the event, student organizations will pass out free candy and other gifts. The event is an opportunity for students to trick-or-treat.

"My goal is for this [week] to be an annual thing. It's very easy for everyone to pass by one of these events and still be able to get the same interaction without putting stress on yourself," Sauveur said.

For more information about the Halloweek events, contact Bernadette St. Sauveur at bs1116@nova.edu or 954-262-1181.

NEWS ANCHOR

Stay up to date with world events.

Man wearing clown mask attacks teenager in Sweden

According to BBC, a man wearing a clown mask stabbed a teen in Western Sweden. The boy was left with minor injuries. Swedish Interior Minister, Anders Ygeman, asked citizens to remain calm. The “creepy clown trend” has spread in Europe and in the U.S.

The king of Thailand dies at age 88

King Bhumibol Adulyadej died Oct. 13 at age 88, NPR reported. He was on the throne for 70 years, which is the world’s longest-reigning monarch. Thailand will now be facing a transition that hasn’t been experienced for the last 70 years.

Bob Dylan earns 2016 Nobel Prize in Literature

According to NPR, the Swedish Academy, the committee that decides the winner of the Nobel Prize every year, announced Bob Dylan as the winner of the 2016 Nobel Prize in Literature. An American hasn’t won the prize since Toni Morrison in 1993, and the Swedish Academy said that Dylan was awarded the Nobel Prize “for having created new poetic expressions within the great American song tradition.”

21 Chibok girls were freed to Nigerian government

Boko Haram militants released 21 Chibok girls to the Nigerian government after negotiations, BBC reported. Around 276 girls between the ages of 16 and 18 were kidnapped in 2014 at a boarding school in Chibok. Less than 200 girls are still missing after the release on Oct. 13.

Hurricane Nicole hits Bermuda

According to ABC News, Hurricane Nicole hit Bermuda on the morning of Oct. 13 leaving thousands of citizens without power and causing flooding. The Bermuda Electric Light Company said around 90 percent of the population is without power.

NEWS BRIEFS

College of Pharmacy to host medical marijuana debate

NSU’s College of Pharmacy will host “Florida’s Future — The Medical Marijuana Debate” on Friday, Oct. 21 from 11 a.m. to 1 p.m. in the Resnick Auditorium in the Terry Administration Building. The event will give students, faculty, staff and community members the chance to learn about the health, legal, political and social issues related to Florida’s proposed Constitutional Amendment 2, which will be put to a vote on November 8. Refreshments will be provided and it is advised to arrive early. For more information and to RSVP, contact Scott Kjelson at sk793@nova.edu or 954-262-1194.

Pink spin ride

The Office of Recreation and Wellness is hosting a Spin Ride class on Oct. 19 from 6:30-8 p.m. in RecWell Multipurpose Room 2. This class is free for students and members, you must sign up 30 minutes prior to the class and the dress code is to wear pink. For more information, contact the Office of Recreation and Wellness at 954-262-7021 or wellness@nova.edu.

Chemistry club science week

NSU’s Chemistry Club is hosting science week Oct. 17-21 from 12-1 p.m. in the DeSantis building room 2072. Every meeting will include a one hour discussion from an expert in the field of forensics about topics relevant to forensics. The event does not require an RSVP. For more information, contact club president Alfredo Lam at al1450@nova.edu.

Presidential debate 2016 watch party

The Office of Student Leadership and Civic Engagement is once again hosting one of their presidential debate watch parties in the Don Taft University Center Flight Deck on Oct. 19 from 8-10:30 p.m., with the debate beginning at 9 p.m. For more information, email slce@nova.edu or call 954-262-7195.

International conservationist to discuss genomic cheetah research

International cheetah conservationist Laurie Marker will visit NSU on Nov. 12 for a reception, lecture and fundraiser to raise awareness about the endangered African big cat – the cheetah. Tickets for NSU students and faculty are \$50 and can be purchased at cvent.com/c/express/a0bedea9-83fa-4e27-be27-f588790b57de. For more information, email tred@nova.edu.

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3301 College Avenue
Student Affairs Building, Room 310
Fort Lauderdale, FL 33314-7796

nsucurrent.nova.edu

NEWSROOM

Phone: (954) 262-8455
Fax: (954) 262-8456
nsunews@nova.edu

BUSINESS & ADVERTISING

Phone: (954) 262-8461
Fax: (954) 262-8456
thecurrentad@nova.edu

Erin Herbert	Co Editor-in-Chief	nsunews@nova.edu
Jacqueline Lytle	Co Editor-in-Chief	nsunews@nova.edu
Grace Ducanis	Copy Editor	thecurrentnews@nova.edu
Rachael Hirstein	News Editor	thecurrentnews@nova.edu
Jenna Kopec	Features Editor	thecurrentfeatures@nova.edu
Alyssa Johns	Sports Editor	sportseditor@nova.edu
Ben Underhill	Arts & Entertainment Editor	thecurrenta&e@nova.edu
Open	Opinions Editor	thecurrentfeatures@nova.edu
Danielle Pucillo	Multimedia Manager	nsunews@nova.edu
Carli Lutz	Chief of Visual Design	thecurrentad@nova.edu
Aidan Rivas	Visual Design Assistant	thecurrentad@nova.edu
Morgan Thorn	Business Manager	thecurrentad@nova.edu
Dom Olesen	Distribution Manager	thecurrentad@nova.edu
Michael Lynn	Writer	nsunews@nova.edu
Toussaint Campbell	Writer	nsunews@nova.edu
Nikki Chasteen	Writer	nsunews@nova.edu
Adam DeRoss	Writer	nsunews@nova.edu
Jacqueline Garcia	Writer	nsunews@nova.edu
Joanna Ramirez	Writer	nsunews@nova.edu
Kimberly Kloss	Writer	nsunews@nova.edu
Emily Tasca	Writer	nsunews@nova.edu
Emilio Lorenzo	Writer	nsunews@nova.edu
Megan Fitzgerald	Faculty Adviser	mf821@nova.edu
Michelle Manley	Adviser	mmichell@nova.edu

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FIJI to host 6th Miss Black Diamond pageant

By: **Jacqueline Garcia**

The men of Phi Gamma Delta, also known as FIJI, will host their sixth annual Miss Black Diamond pageant on Oct. 28 at 7 p.m. in the Rose and Alfred Miniaci Performing Arts Center of the Alvin Sherman Library to raise awareness and funds for Broward Partnership for the Homeless, Inc.

Miss Black Diamond is a pageant where nine women from various sororities and clubs will compete for the title of Miss Black Diamond. By participating in the pageant, competitors have the chance to showcase their personalities, promote their organizations and raise money for Broward Partnership for the Homeless.

Mano Murugappan, a junior biology major and contestant in this year’s Miss Black Diamond, said that Miss Black Diamond was the first Greek event she attended after being initiated in Delta Phi Epsilon and she had a blast.

Murugappan said, “Many people said this was the event that had me blossom from my shell into a bigger social light. I decided then I wanted to participate in the upcoming year and I did not want to back down from what I said I would do last year. I would love to win it for the third year in a row for Delta Phi Epsilon. It would also be a memorable experience for me for senior year.”

Contestants will compete in four themed rounds including a casual round, a mystery

round based on the theme of espionage, a talent round and trivia round in which each contestant must answer a question about FIJI and Broward Partnership for the Homeless.

Andy Phan, recording secretary for Phi Gamma Delta, said in the weeks leading up to Miss Black Diamond, contestants will be asked to participate in events and challenges to raise awareness and funds for the event and Broward Partnership.

Phan said, “Two weeks before this year’s Miss Black Diamond, we are going to have a service opportunity where we are going out to the homeless shelter to serve food to the people that are living there.” The week of Miss Black Diamond, contestants will be selling t-shirts and participating in an Instagram challenge. One of their challenges is to find as many FIJI brothers on campus [as they can] and post photos with them.

The four main criteria the contestants will be judged on are their involvement, which includes all of the events leading up to Miss Black Diamond, the money they raised, the Instagram challenge and their overall performance during the show.

“This will be the fourth or fifth time we actually are going out to the homeless shelter to serve the people living there and you get to hear their stories. They aren’t like the regular people on the streets. We stereotype them, saying they spend the money on alcohol or drugs but these are people that actually deserve a second

chance,” Phan said.

In the past years, FIJI held the Miss Black Diamond competition in the Performance Center of the Don Taft University Center. So many people attended that audience members had to sit on the steps along the rows of seats. This year, by hosting the event in the Rose and Alfred Miniaci Performing Arts Center the fraternity is hoping to have a greater audience. Overall, their goal this year is to bring the NSU community together to raise money for Broward Partnership.

Phan said, “Miss Black Diamond is free for everyone to attend. This year we aren’t doing VIP tickets so the food that is there will be open to everyone. The direction we want to go in is to have as much attendance as possible.”

During the event, buckets will be passed around for each contestant and there will also be a credit card chip reader for audience members who would like to pay with a card. Those who want to donate to the organization before the event can do so through the fraternity’s GoFundMe as well as the contestants’ individual GoFundMe pages.

“This is probably going to be our biggest event yet. We are putting all our effort into this one so we just really want people to come out,” Phan said.

For more information about the event, contact Phan at ap1802@nova.edu. For more information about FIJI, visit their chapter website nsufiji.com.



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Remember to assess your breasts

By: **Jacqueline Lytle**

October is breast cancer awareness month. As NSU puts on various events to spread awareness and educate our student body about the life-threatening disease, such as Pink Spin Ride and Pink it Out, it brings to our attention the necessity of self-breast examinations.

What is breast cancer?

Breast cancer is a disease that invades the cells of men and women's breast tissue. According to the National Breast Cancer Foundation (NBCF), one in eight women are affected by breast cancer in their lifetime. This means, according to NBCF, that approximately 270,000 women are diagnosed each year and an estimated 2,600 men will be diagnosed annually.

Early detection methods include clinical breast exams, mammograms, healthy habits and, the easiest and cheapest, self-breast examinations, according to NBCF.

With breast cancer diagnoses occurring every two minutes, early detection is a huge factor in decreasing the effects of this fatal illness. What more of a reason do we need to check our breasts?

Are self-breast examinations really necessary?

According to the Susan G. Komen organization, breast cancer is less likely in men and women under 40, as less than five percent of breast cancer cases involve those younger than 40. Chances increase after 40 and are highest at age 70.

With my paternal and maternal grandmothers having suffered and survived breast cancer, the disease has always been a worry for me.

Two years ago, while completing a self-breast examination, I discovered a lump in my left breast. My parents were calmer than I was when I told them. They reiterated the above statistic: less than five percent of breast cancer cases involve those younger than 40. However, they contacted our family physician for a quick check.

My doctor sent me to our local breast health center for an ultrasound of the lump. I was relieved to find out it was benign – not cancerous.

I go back every six months for an ultrasound, as a preventative measure suggested by my doctor.

While the lump is not cancerous, this

helped me to understand the importance of self-exams.

How do I complete a self-breast examination?

The National Breast Cancer Association suggests that all men and women 18 and up perform self-breast exams at least once a month. It's important to become familiar with the look and feel of your breasts, so you can alert your doctor when irregular changes occur.

While mammograms can uncover the disease before you might feel a lump, according to John Hopkins Medical Center, "40 percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."

Completing a self-breast examination is simple. The National Breast Cancer Association states the exam should be done in the shower, in front of a mirror and lying down. Below are detailed steps the NBCA suggest men and women follow.

In the shower, use the pads of your fingers and move around your breast in a circular pattern from the outside to the center. Check the entire breast and armpit areas for any lump, thickening

or hardened knot.

In front of the mirror, visually inspect your breasts with your arms at your sides. Then, raise your arms overhead. Look for changes in contour, any swelling, dimpling of the skin or changes in the nipples. Next, rest your palms on your hips and press firmly to flex chest muscles. Look for puckering, dimpling or changes to either breast.

When lying down, place a pillow under your right shoulder and right arm behind your head. Using your left hand, move the pads of your fingers around the breast gently in circular motions. Do this to the entire breast and armpit area. Repeat these steps for the other breast.

While eight out of 10 lumps are not cancerous, according to the National Breast Cancer Association, it is important to take preventative measures and contact a medical professional if any irregularities are found.

With over 2.8 million breast cancer survivors in the U.S. today, the Susan G. Komen organization says it is best to diagnose and treat breast cancer at the earliest possible stage.

For more information on breast cancer detection and treatments, visit nationalbreastcancer.org/breast-cancer-awareness-month.

By: **Rachael Hirstein**
@RachaelHirstein

So much to do, so little time

Some freshmen are searching for ways to get involved, and college is a good time to find yourself by getting involved in clubs and events.

NSU offers so many different ways for freshmen to find their niche, but with so many options, freshman may become overwhelmed. With classes, clubs and jobs, when do these activities become too much?

Elora Thomas, a freshman whose major is undecided, is involved in intramural volleyball, nature club and Theta Phi Alpha and shared her experiences of being overwhelmed.

"I feel overwhelmed because of schoolwork more than I do by my clubs," she said. "At that point, I just go home, buy a large sweet tea with no ice and vent to my parents."

Thomas also said students should take on one activity at a time until they feel comfortable putting more on their plates, and should not overdo it.

Daesha Roberts, a senior business administration major who works for SEA Board, is on the rowing team and is involved in the Student Government Association gave some personal advice for anyone feeling overwhelmed.

"I do what I need to do and keep my schedule organized," she said. "Sometimes things get a little messy, but you just have to roll with the punches. "I put everything in my phone too. If I didn't have my phone, my life would be over."

Roberts said for students to ignore the fear of overwhelming situations because stress is bound to happen at some time in college. She said to not miss out on an opportunity because of fear because there are many resources on campus that can help make students' schedules more manageable.

NSU also provides resources for those

who feel they just cannot fit academics, clubs and jobs into a matter of 24 hours, such as Henderson Student Counseling Services and the Office of Undergraduate Student Success. Samantha Yorke is the assistant director in the Office of Undergraduate Student Success as well as a success coach and she offered some information and advice on how to keep up with a busy college life.

"Something that we do in this office is the success coaches will sit down and plug in all of your classes, then plug in all of your other commitments into your schedule, and from there, we'll see what time is left to plug in things like study hours, involvement and if you are looking to join a club," she said.

Although making time for studies, clubs, jobs and other activities is stressful and overwhelming, Yorke encourages a bit of a strain.

"It's important to embrace the discomfort and to know that college is a time to grow and develop. I think it's exciting to have a lot going on at this time in your life because college is only four years. Enjoy it while it's here," said Yorke

Henderson Student Counseling Services allows students to make appointments with counselors for issues such as stress management, homesickness and social struggles. Henderson is located at 3538 S. University Dr., and appointments can be made by either walking in or by calling 954-424-6911. The Office of Undergraduate Student Success is located in the Rosenthal Building next to the University Center. Appointments with a success coach can be made by phone at 954-262-8386, online at nova.edu/yoursuccess or by walk-in.

Serving our community, is what we do at NSU.

Students awarded Federal Work-Study funds can make a difference in elementary school children's lives by becoming an **America Reads or America Counts Tutor.**



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Email studentemployment@nova.edu for questions.



"Tutoring for America Reads/America Counts is more than a part-time job; it's a rewarding opportunity to add to your college experience. I found that often times the students you're trying to inspire are the ones that end up inspiring you."

Priya Singh, America Reads Tutor 2015

Career Corner

Our 50th article part 1: Uncovering your passion and journey to your career goals

By: **Emilio Lorenzo and Emily Tasca**

Emilio Lorenzo is the assistant director of career advisement in NSU's Office of Career Development. He 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.

In order to celebrate our 50th article in The Current, we have provided a three part series that highlights the best Career Corner articles so far. Part one of the series will provide insights on uncovering your passion and the journey to your career goals.

I am a freshman. Why do I need Career Development?

"Career development can offer you an avenue to explore your interests, strengths, values, motivations and overall fit for a certain career or field of study."

"Just remember that the journey to reaching your goals is never a straight shot, and your first year in college is the ideal time to consider all your career options."

"Career Development isn't just beneficial if you are deciding on a major as a freshman, but it can help you implement a game plan to make the most of your first year."

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

"A great starting point is to explore campus resources. Find out where your classes are, where certain departments are located and all of the avenues by which you can receive support for academic, social or personal needs."

"Identify potential involvement opportunities to get your first year in gear. By joining groups and clubs, you are able to connect with others in your program to start study groups, find academic support and build new friendships."

"Attending faculty office hours after class may seem tedious, but down the road, it can be a hidden treasure, including having someone to ask for letters of recommendation upon graduation."

Journey to you: How to explore your major and career

"The first step in this journey is learning more about yourself, which includes evaluating your overall interests, personality and skill sets."

"Sometimes, it's difficult to be objective when evaluating yourself, which is why engaging in more formalized assessments, such as the MBTI, MyPlan and StrengthsQuest can also be useful in collaboration with your own self-exploration."

"Now that you know yourself better, you will apply theory to practice. There is hardly a better way to do that than participating in internships, clubs and organizations or even engaging in informational interviews with professionals in your field of choice."

Don't let lists and trends decide your major

"The problem with lists on Yahoo or MSN listing the top 10 careers is that they do not take into account an individual's personality, values, skills, interests and overall fit within each field of study."

"At the end of the day, no career journey is a straight shot to the finish line, as the road may have a few obstacles on the way — including negative feedback from articles. It is up to you to explore your interests and take ownership of your passion, while creating a strategic plan for how to reach those goals and make necessary sacrifices."

Story banking and preparing for the interview process

"A question that always comes up as students enter the interview process is, 'How do I make myself stand out amongst a pool of applicants?' The answer lies in the ability to quantify skills and experiences through storytelling during the interview."

"A good strategy to use as you are preparing for the interview is to go through a list of questions that may come up in the interview and reflect upon past stories to include when responding, which is called 'storybanking.'"

"By taking time to reflect on your experiences, you'll be prepared and confident to tell stories about yourself to employers, meaning you'll be more likely to be hired."

To be or not to be? Graduate school and my future

"Graduate school can be a great opportunity if you're looking to gain additional knowledge

and training in a particular industry, but it is a big commitment, so you'll want to avoid pursuing it if you are just looking to dodge the current job market."

"Another step in making a smart decision is considering why you want to attend graduate school and if that desire matches your long-term goals."

"People have their own sets of goals, short- and long-term, and there are a variety of paths to those ends. At the end of the day, graduate school may not be the right fit if you have other goals you want to accomplish before continuing your education, such as traveling abroad or gaining experience in your field."

Climbing the mountain – writing an effective personal statement

"Personal statements are generally used to determine a student's interest in a certain program of study, ability to overcome obstacles, achieve goals, think critically and write effectively."

"Writing a personal statement can seem like climbing a mountain, in which the goal seems thousands of miles away and the challenge itself is discouraging. The best way to get the ball rolling is to have a brainstorming session, in which you write down all ideas, good and bad, to later reflect upon."

"A personal statement is most effective and memorable when it includes detailed individual stories as opposed to general statements."

"A mountain cannot be climbed in one day, but setting up shorter goals for yourself and approaching the personal statement paragraph by paragraph will lead to a much stronger result."

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By: **Joanna Ramirez**

Vienna Cafe and Bistro is a hidden gem located in Cooper City, Florida on Flamingo Road and Sheridan Street. The cafe is the perfect little spot for brunch with some friends or an intimate meal with your special someone. Vienna Cafe and Bistro offers a European experience here in Broward County.

The bistro is European-inspired and decorated beautifully with authentic European treasures. There is an outdoor sitting area surrounded by trees, flowers and a mini-waterfall. The cafe is the perfect spot to have your next study session or if you are in need of some relaxation. No matter your reason for visiting, don't forget to pair your experience with some English tea.

Vienna Cafe is also perfect for a birthday celebration. The staff has given out mimosas on the house in honor of a patron's birthday.

Vienna Cafe offers a wide variety of different European-inspired dishes. For brunch, the bacon, tomato and Havarti sandwich on a croissant is to die for. The sandwich is my



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Visit Vienna Cafe and Bistro for a European experience without having to leave South Florida.

favorite breakfast item on the menu. Other breakfast options include veggie crepes, a traditional English breakfast, Croque Monsieur and much more. Lunch dishes that I would suggest giving a try are the spicy pecan Thai salad, the Vienna Monte Cristo sandwich and the prosciutto caprese salad. The cafe also offers High Tea, the café's fine dining experience, specials upon reservation. The cafe does not offer any dinner options since it closes at 4 p.m.

Stop by this quaint European style Cafe and see for yourself the delights it can offer.

Vienna Cafe and Bistro

5724 S. Flamingo Rd,
Cooper City, FL 33330

Monday through Friday 9 a.m. to 4 p.m.

Price range: \$8-\$25, high tea is \$35-\$45 per person

Fashion Finatics:

Dressing like a professional woman

By: **Kimberly Kloss**

To be professional in today's generation, you need two things: confidence and drive. While you stand for only the best of the best and will do what it takes to be a professional, there are items in your wardrobe that are a must and will help you look your best and feel your best. Confidence is key here.

The suit

While some girls find this intimidating, fret no more. The only thing you should be fretting over is whether you prefer a pantsuit or a skirt suit. This is the first look for a professional career and will take you far in the business world. Minimum makeup, a simple pair of comfortable black heels and a bun are the ideal complements for this outfit on interview day.

The not-so-mundane Monday blouse

Often, girls look to peplum shirts as a saving grace for the median between business and classy. Peplum shirts are great for comfort and they maximize the physique, emphasizing the curves of the individual and providing comfort throughout the workday. A peplum top to a boss is like a pen to paper: they go hand in hand.

The little black dress

Careful here, ladies. While this is a must-have on the list of how to dress like a professional, there is a length rule that must be abided by. While we all were not a fan of the finger-length rule in middle school, in the business world, this rule is a saving grace. While we before might have felt restricted by the length

of our skirt in the hallways, now we may feel empowered by the pencil skirt length we parade in around the office. By allowing more length to the dress or skirt you are wearing, you are able to partner your outfit with a pump that not only adds inches to your height but adds respect to your outfit. You don't have to spend a fortune on an LBD, just remember simplicity is key here.

Never underestimate the importance of matching underclothes

The power of matching your bra and underwear is a real phenomenon. Having the same pattern or color bra and underwear allows you to focus and follow through with more tasks, according to a study done at Stephen's College in Columbia, Missouri. So ladies, why not put on the extra pair of wings and guide your way

to a great day in the office with pretty undies?

The bag

It's important to have a confident display of your belongings when entering a board room or business luncheon, and the main key to choosing the right professional bag is structure. It's common to wear a purse or backpack on the college campus. While there's nothing wrong with that, start thinking into the future and seeing structure and confidence.

You are your first impression, followed by your outfit of choice and the content of your interview. When you look your best, you feel your best and are able to perform to the best of your ability.

Expressive outlets on a research campus

By: **Ben Underhill**
@ActualBenU

When people think of NSU, they may think about its many research opportunities, but they often forget about the many expressive outlets available to all students. No matter what their major is, creativity is at their fingertips.

When surrounded by the strictness of science, it can be beneficial to allow oneself to be able to use the arts to maintain individuality.

According to Tennille Shuster, associate professor of visual arts, the arts are what make NSU unique.

"[The arts] provide an outlet for self-expression. I think it brings a lot of culture and value to the students, to the offerings on campus," Shuster said. "It's just part of the fabric of what makes us an interesting and diverse population on this campus: being able to express ourselves visually and being able to communicate in a visual form."

William Adams, associate professor and director of the Razor's Edge Shark Talent Program, holds a similar view. He said the arts matter everywhere because of the opportunities they hold for expression.

Adams also said the arts are important because they provide a platform to talk about heavy topics, such as NSU's fall theatrical production of "Dog Sees God." Adams said, "Many of the themes in "Dog Sees God" are uncomfortable, but we can present them in a theatrical way and then they make the themes palatable and more easily discussed and learned from."

Luckily, NSU provides multiple opportunities on campus for students to express themselves.

Edward Fitzpatrick, facility manager for the Department of Performing and Visual Arts (PVA), said that arts classes are available for all students, not just PVA majors and minors.

Fitzpatrick also said that PVA events are also available for students to participate in.

"You can also participate in any of our events," Fitzpatrick said. "We have open auditions for our dance shows, our theatre shows and music concerts. Some of our art exhibitions are open to student entries as well."

As an example of expressive outlets, Elana Lanczi, associate professor of dance, said Dance Awareness Day is an event promoting different styles of dance to students. She also said that master classes occur fairly regularly.

"Sometimes we bring in artists in a



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There are a number of creative outlets available for students at NSU.

particular genre or professional companies that are in town. We bring them in to work with the students," Lanczi said.

These classes are available to all students on campus. Some students, of course, might be nervous to immediately jump into performances.

Adams said that PVA classes help overcome those nerves.

According to Adams, "You should do an acting class or a voice and movement class, a beginning voice class, something where you have to get up in front of people and get over your nerves because you just need to get over it."

Each discipline within the PVA provides a number of opportunities for students to participate in expressive outlets.

"[Students] can always audition and be a part of any of our shows, any student on campus. Any faculty, staff or student can. And we do [multiple] shows a year, so all of those are open to everybody," Adams said.

Students can also have a more administrative or hands-on experience within the arts, too.

The Don Taft University Center's second floor houses an art venue called Gallery 217. The gallery is mostly student-run in the fall and houses rotating exhibits.

Shuster said, "It's great because people can register for the museum studies and gallery practices course [ARTS 3040], but if they're not, we take lots of volunteers. They come and they help to install the show, unpack, install, patch and paint walls, get everything ready for any of our new opening exhibitions."

NSU is a research university that offers opportunities for students with different interests, including the arts.

As Lanczi said, "You don't have to stay right in your discipline, and that's something that's unusual about NSU is that we kind of like to have people experiment with other disciplines."

Sharks weigh in on marriage and "Brangelina"

By: **Toussaint Campbell**

Hopeless romantics may be waiting for their soulmates to come into their lives, but seeing marriages end in the media can make it seem like love never lasts. For example, look at Brad Pitt and Angelina Jolie. Things aren't so hot for them right now.

According to People magazine, after 12 years together, Jolie is filing for divorce from Pitt. Only a few weeks ago many people considered this power couple "hashtag relationship goals." Does their divorce tell us that marriage just isn't working out?

If you were thinking about buying a ring or hoping to get a shiny rock on your finger, don't worry. Many NSU students still believe in love.

Divya James, sophomore biology major, said celebrity marriages and their divorces don't affect her perception of love at all. She said that once your relationship is in the spotlight, like Pitt and Jolie's, it becomes a whole different ball game because there is additional stress coming from the pressure to hold a solid front for the public.

James said at the end of the day, "There is still hope for love." However, being in the spotlight isn't the only thing celebrities or regular people have to worry about.

Junior business administration major Garland O' Brady said that often marriages come down to financing and communication.

With Pitt and Jolie frequently traveling

for business, it becomes more of a challenge to communicate. According to the 2010 research study "Communication and distance: A special issue," from the Journal of Applied Communication Research, relationships require regular face-to-face contact to succeed and being apart often creates additional challenges. This could be why Pitt and Jolie's relationship is now ending.

While O'Brady said communication is key to relationships, he said he still believes that "celebrity divorces have no influence on mainstream divorce."

Overall, the death of Brangelina doesn't seem to be shaking up many NSU students.

According to Laura Enzima, a junior biology major, "Hollywood doesn't foster a conducive setting or environment to create or maintain relationships."

She said relationships without the stigma of celebrity attached have a better chance of lasting.

That isn't to say that it's going to be easy. According to the American Psychological Association, 40 to 50 percent of marriages in the United States end in divorce, but according to some Sharks, not being a celebrity increases the chances of your relationship maturing into a successful marriage that won't end in a divorce.

Finding Fitness: SPIN CLASS

By: **Ben Underhill**

@ActualBenU

When I first moved to NSU this past August, I knew I should take full advantage of the RecPlex and its many amenities. Of the multiple group fitness classes available, which are free to NSU students, I immediately fell in love with spinning. The mere mention of spin class is enough to send shivers down people's spines, but the full body workout is worth it.

Spinning takes place inside one of the group fitness rooms, which are to your left once you scan into the RecPlex. The room is dimmed and music blasts as you pedal away on stationary bikes.

You begin to pedal a few minutes before the class even starts as a warmup, and the instructors often encourage you to increase the resistance to get a better workout. During the course you transition between sitting, standing and leaning positions in order to exercise different muscles in the body. Your leg muscles, especially your quads, are worked out the most in my opinion, especially during sprints. Your abs are worked during transitions from sitting to standing or leaning. Some instructors use the transition to exercise your abs,

and you will definitely feel the burn.

Spinning attempts to create the feeling of actually riding a bike over the outlined course, with downhill sprints, plateaued cruising and uphill strides; the variation of intensity allows for a better workout.

According to the frequently asked questions on the official Spinning website, "On average, participants burn about 400-600 calories in a 40 minute workout. The 'distance' traveled depends on cadence. As an estimate, an average 40 minute class at a cadence of 80-110 rpm is equivalent to approximately 15-20 miles on the road."

The best part about spinning is that it actually is for everyone, no matter how physically fit you are. Although the instructors encourage you to push yourself, you are still able to go at your own pace, and you do not need to do every transition or set of sprints. Simply being on the bike and pedaling for the full 45 minutes to an hour is a great cardio workout. Just make sure you do the post-workout stretches the instructor leads you through, and do some stretches in your own time.

Overall, spin class is a fantastic workout for you and your friends to go to. Stay fit, NSU.

OUT OF THE SHARKZONE

Former NFL player killed in car crash

Former New York Jets defensive end Dennis Byrd was killed in a head-on-collision on an Oklahoma highway on Oct. 15, according to ESPN. Fifty-year-old Byrd was pronounced dead at the scene of the accident due to extensive injuries. Byrd's NFL career ended in 1992, after he suffered from a broken neck.

Eichel expected to miss 6-8 weeks

Buffalo Sabres General Manager Tim Murray announced that center Jack Eichel is expected to miss 6-8 due to an ankle sprain, according to Yahoo!

Sports. The Sabres chose Eichel second overall in the 2015 NHL Entry Level Draft, and the 19-year-old scored 56 points in his first NHL season.

Steele opens PGA Tour Season with win at Safeway Open

Professional golfer Branden Steele earned his first win in 141 starts with a victory in the Safeway Open on Oct. 16. Steele closed out the final round with three straight birdies, and managed to come back from a four stroke deficit, according to Yahoo! Sports. Steele's last professional win was at the Texas Open during

his rookie season.

Roethlisberger to undergo MRI

Pittsburgh Steelers quarterback Ben Roethlisberger announced that he will undergo an MRI to evaluate a knee injury sustained in the first quarter of the Steelers game against the Miami Dolphins on Oct. 16. Though Roethlisberger was able to return to the field, he later told NFL Network that the injury "obviously hurt," and that it may be more serious than originally thought. The Steelers are scheduled to play the New England Patriots on Oct. 23.

ON DECK

MEN'S SOCCER

vs. Barry
Miami Shores, Fla.
Oct. 19 | 6 p.m.

vs. Eckerd
St. Petersburg, Fla.
Oct. 22 | 7 p.m.

MEN'S SWIMMING

Indian River
North Miami, Fla.
Oct. 21 | 5 p.m.

WOMEN'S SWIMMING

Florida International
North Miami, Fla.
Oct. 21 | 5 p.m.

WOMEN'S ROWING

23rd Head of the Charles Regatta
Boston, Mass.
Oct. 22 | time TBA

WOMEN'S VOLLEYBALL

vs. Barry
NSU Arena
Oct. 18 | 7 p.m.

vs. Tampa
Tampa, Fla.
Oct. 21 | 7 p.m.

vs. Saint Leo
Saint Leo, Fla.
Oct. 22 | 4 p.m.

vs. Lynn
NSU Arena
Oct. 25 | 7 p.m.

WOMEN'S SOCCER

vs. Barry
NSU Soccer Complex
Oct. 19 | 7 p.m.

vs. Eckerd
NSU Soccer Complex
Oct. 22 | 7 p.m.

MEN'S AND WOMEN'S CROSS COUNTRY

Indian River State College
Sunshine State Conference
Melbourne, Fla.
Oct. 22 | 8 a.m.



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Athlete of the Week: Jessica Bonenclark

By: Alyssa Johns

Freshman biology major and exercise science minor, Jessica Bonenclark is one of the new athletes that joined NSU's women's soccer team.

Originally from Ocala, Florida, Bonenclark was named captain of her high school soccer team in her senior year. She also earned the title of team MVP and made the MCIAC All-County Athletic and Academic teams. Bonenclark also played club soccer for the Florida Force, under the direction of Coach Patrick Gould.

Despite having a mostly new roster, the women's soccer team is off to a phenomenal start, and Bonenclark is excited to continue the rest of season.

She said, "We have a lot of new players this year. Twenty-six freshmen is a lot to have on any team. Twenty-nine new players and only four returners. It's quite the feat coach John did to recruit all of us to come here."

Bonenclark went onto explain her passion for soccer.

How did you end up at NSU?

"It was mostly because the coaches saw me at a tournament last year, about this time actually. It's funny because my dad was actually here for work and came and saw NSU and was like, 'Oh my gosh you have to go here.' So, I looked into it, and they had my program. I'm a dual admit for the physician assistant program, which is interesting to me. I'm a bio major, so that's big here...Listening to Coach John talk, his vision for the program, it gets you really involved and you want to do well."

When did you start playing soccer?

"When I was four."

Are there any professional players you look up to?

"The whole American professional league. It's awesome to me because it just started coming around, like the women. Those who forged the way, it's awesome to watch them do that."



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After an impressive high school career, Bonenclark has brought her talents to NSU.

How do you balance being a student and an athlete?

"It's a little different in college, but since we've been doing it, I actually practiced an hour and 20 minutes away from my home when I was in high school. I have a little bit of practice in time management. But, it's just all time management. I have a planner that's full all the time. Studying when you can, basically."

What's the hardest part of soccer?

"I don't know what the hardest part would be. I mean a lot of people say, 'Oh my gosh, how do you do all that running?' but it's a lot of fun. I love it. I don't really have a specific negative."

What's the most rewarding part about soccer?

"I think for me it's the family that you're built into, like our team just becomes a family, even though we have 26 freshmen and 29 new players, it's building a team. Twenty-six freshmen is a lot to have on any team. Twenty-nine new players and only four returners. It's quite the feat Coach John did to recruit all of us to come here."

When you're not playing soccer, do you have any hobbies?

"It's a lot of soccer and a lot of school. I mean, the usual, I like to hang out with my friends and listen to music and things like that. I like to read."

SPORTS SHORTS



Women's Soccer

After an 11-day break, the Sharks dominated Florida Tech in a 2-0 victory on October 12. Within the first seven minutes of the game Alexys Nowak and Bailey Corbin both scored, giving the Sharks a lead they would hold the rest of the game.

The Shark's Oct. 16 game between No. 20 ranked NSU and No. 8 Rollins was a heated back and forth battle. The Tars took an early lead in the first 32 minutes. The Sharks were down at the half, their first time since Sept. 9 against North Alabama. In the 59th minute Emma Heikkila found the back of the net. The game ended in a 1-1 tie. This prevents Rollins from taking a four-point advantage in the SSC standings. The Sharks are one point behind the Tars and one point ahead of Saint Leo. The women's soccer team is now 9-1-2 overall.



Men's Soccer

On Oct. 12, the men's soccer team fell to Florida Tech. The Sharks managed to tie in the second half of the game against Florida Tech, but a penalty kick in the 85th minute put the Panthers on top. Bestun Mohammed scored the Sharks' single goal, his second of the season.

An intense battle between NSU and Rollins on Oct. 15 ended in a loss for the men's soccer team. Bestun Mohammed doubled his goal count this game and Caul Rodrigues' multiple assists earned him his first multi assist game. This is the Shark's fifth one-goal loss of the season, their overall record is 2-9.



Women's Volleyball

The Sharks lost their last match of the South Region Crossover to the West Florida Argonauts 3-1 on Oct. 15. Tashalyn Begon led the Sharks with 14 kills and seven digs, while Jessica Ronyak had 12 kills and 11 digs. The Sharks' overall record is 10-8.



On the Bench: Celebration penalties are pointless

By: Alyssa Johns

Football is fun to watch, but this year the NFL has really cracked down on its peculiar end zone celebration policies.

Players have been celebrating touchdowns with dances for more than 50 years. Some have become quite iconic, from parodies of Key and Peele's one-too-many pelvic thrusts to pulling cellphones from goal post padding. Some of the most famous dances so far this season have been by Antonio Brown, wide receiver for the Pittsburgh Steelers and former "Dancing with the Stars" contestant. Brown has been fined more than \$24,000 already for celebration dances. His dance? Twerking.

It seems that cheerleaders dancing half-naked on sidelines is acceptable, but a player twerking in football pads is downright deplorable. According to the NFL, celebrations that are "sexually suggestive or can otherwise be construed as being in poor taste" are considered unsportsmanlike. Brown immediately received a flag after he scored a touchdown in a game against the Washington Redskins. His first fine totaled \$6,076, but his penalty for hip thrusting three weeks later cost him four times as much.

Celebration penalties were put in place to reign in excessive celebrations. Excessive, like the Ickey Shuffle, which lasted far longer than Brown's nanosecond twerk or his hip thrusts. Excessive, like Terrell Owen pulling a marker out of his sock and signing the ball immediately after his score. Brown has been rightly penalized for celebrations in the past, but his dances this year are for pure entertainment value.

Billy "White Shoes" Johnson, who played in the NFL for 14 years, once said, "We're gladiators. We're in the arena. We're supposed to give a show. We're supposed to be entertaining."

Most complaints seem to be coming from the "armchair quarterbacks." It's easy to complain about someone's enthusiasm for success when we aren't the ones who earned it. Those who do complain about celebration dances should probably be reminded that they are not the ones working hard and putting on a show. Let the players dance, for goodness sake. If they work hard to achieve their goals, a little twerk in the end zone just adds to the excitement. This is football after all, not "Footloose."

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DIY Halloween costumes for the college student

By: **Jacqueline Garcia**

The season of Pumpkin Spice lattes, somewhat cooler Florida temperatures and many college student's favorite holiday, Halloween, is approaching. While Halloween is filled with many scary things, searching for a budget-conscious costume seems to be the scariest part of the holiday.

For college students, Halloween celebrations can last several nights and it's all about the costumes. If you've started to costume shop in-store or online, you'll notice all the different ensembles can seriously have you questioning whether you should purchase a costume that could cost you about a month's worth of groceries.

This year, skip out on spending so much on a costume you'll probably only wear for a night and instead try to Do-It-Yourself (DIY). With these ideas, you'll be the most creative on a student-friendly budget.

Individual costumes

Harley Quinn

I am going to call it: this costume will probably be one of the most popular this year due to the popularity of the film "Suicide Squad." Instead of paying over \$50 for the costume, follow these easy instructions and you'll be looking as sinister as Harley for much less.

Here's what you'll need:

- A kid's baseball tee with red sleeves
- Iron-on transfer paper
- Iron
- Scissors
- Net pantyhose
- Red/blue shorts, which can be purchased on eBay
- Black boots
- Baseball bat

Instructions

For the shirt:

- Download the font Zebebel.
- Type "Daddy's Lil Monster" in Word or Photoshop, then print on an 8x11 sheet of paper. Make sure the paper orientation is set to "landscape" so the wording will go across your chest.
- Lay your baseball tee on a flat surface.
- Cut out the wording and place it on the shirt.
- Place printed paper over the iron-on transfer paper to protect the shirt.
- Iron over the printed paper. Once you see it is completely transferred, carefully peel off the iron-on paper.
- The finishing touch is to cut holes in the shirt. After cutting holes, make sure to stretch the fabric to give the shirt a worn look.

For the makeup:

- Apply pale foundation to your skin to match Harley's skin color.
- Apply blue eyeshadow to your left eyelid. Be sure to smear the color down your eye. The key here is to make it messy.
- Apply red eyeshadow to your right eyelid. Repeat the same process on this eye.
- Once your eye shadow is set, apply black liquid eyeliner as close as possible to your lash line.
- Find your truest red lipstick and apply it to your lips.
- Use your black eyeliner crayon to draw a red heart under the eye you applied the red eye shadow.

Risky Business

Tom Cruise wore it first in "Risky Business," but this costume is still a classic. This costume is most likely the easiest and quickest to throw together for you last-minute costume-shoppers. Before going out and buying these items, make sure to check any man's closets as these items should be staple pieces in their wardrobes.

Here's what you'll need:

- Oversized white button-down shirt
- Long white socks

Couples costumes

Forrest Gump and Jenny

I didn't forget about you lovebirds planning to spend this Halloween together. Try recreating this couple from the film "Forrest Gump."

Here's what you'll need:

Forrest Gump

- Blue plaid shirt
- Khaki pants
- White running sneakers
- Red hat
- Black belt
- Box of chocolates

Jenny

- Flower crown
- White, long, flowy dress - think hippie
- Brown belt

Twinning Emoji

You know those symbols, the ones we incorporate in possibly every caption and text message. Why not bring them to life this Halloween? Make sure to grab a friend for this one.

Here's what you'll need:

- Black leotard
- Nude pantyhose
- Black bow headband

Group costumes

Minions

I mean doesn't everyone love a minion? The best part about this costume is that some of the items you can most likely find in your closet. Team up with two of your friends and you can

go as Bob, Kevin and Stuart.

Here's what you'll need:

- Denim overalls
- Yellow plain t-shirt
- Black boots
- Black gloves
- Minion beanie

Seasons

If you and your crew are looking for something to dress up as this Halloween but haven't found a creative costume that'll work for four people, DIY and go as the seasons.

Here's what you'll need:

Summer

- Summer shorts
- Bathing suit top
- Flip-flops
- Lei
- Sunglasses
- Inner tube float

Winter

- White sweater
- White leggings
- White skirt
- Earmuffs
- Optional: White tutu

Fall

- Fall sweater
- Leggings
- Boots or booties
- Fall leaves to incorporate as accessories

Spring

- Colorful sundress
- Flower crown
- Sandals
- Fake flowers to incorporate as accessories

Shopping for a Halloween costume doesn't have to be scary this year. With a little inspiration, creative costumes can be fun and attainable, even on a college budget

Halloween festivities in South Florida

By: **Michael Lynn**

The month of October is noted for Halloween, the holiday that screams fun and creativity with those you love. For those passionate about the seasonal spirit, South Florida has your fix with plenty of fall events. With colorful costumes, plump pumpkins and several spooky adventures, there's an activity for all ages.

This year, make your holiday season as bright as jack-o-lanterns. Here are some of the many celebrations you can participate in during the month of specters and skeletons.

Pumpkin Patches

Whether you have hopes of finding the Great Pumpkin or intend on carving a jack-o'-lantern yourself, pumpkins are the icon of Halloween. Fortunately, the Flamingo Road Nursery provides pumpkins varying in price from \$4-\$28, depending on your budget. You can stop by this fresh food market from 8 a.m. to 6 p.m. any day of the week. If you feel tired and need to hit the hay, the Flamingo Road Nursery also provides hayrides every Friday through Sunday for free. There are many more local pumpkin patches to pick from, such as the New Horizon United Methodist Church on Flamingo Road. Above all, you're certainly not going to want to miss the Scarecrow Festival and Contest in downtown West Palm Beach on Oct. 22 from 2-5 p.m. This event has a pumpkin patch, scarecrow contest, bake sale, pie eating contest and a whole variety of autumn essentials – what more can you ask for? For more information on these pumpkin patches,

visit flamingoroadnursery.com, newhorizonumc.com/pumpkinpatch.html and <http://hspbc.org/calendar/scarecrow-festival-and-contest>.

Haunted houses

If you can't make it to commercialized scare trails such as Halloween Horror Nights, we have you covered. You can join FrightNights at the South Florida Fairgrounds for \$25 every Thursday from 6-11 p.m. and Friday and Saturday from 6 p.m. to 12 a.m. Otherwise, Enigma Haunt in Boca Raton challenges you to three hair-raising attractions every Thursday through Sunday until Halloween night. For more information on these events, visit myfrightnights.com or <http://enigmahaunt.com>.

Fall carnivals

Caramel apples, Ferris wheels and challenging games to win prizes bring crowds far and wide seasonally. You can experience this and much more excitement for all ages at Saint David's Catholic Church from Oct. 20-23. Admission is free, but you can endure as many rides as you want throughout the night for \$20. Challenge yourself and your friends to midway games and win stunning artwork or fluffy stuffed animals. If you're a thrill seeker, there are plenty of roller coasters and other blood-pumping rides to get you going. Once all the energy is out of your system, sit back and enjoy the live musical performances varying every day. For more information about the Saint David Carnival, visit saintdavid.org/carnival.aspx.

Costume parties

Who says you're too old to dress up for Halloween? You can celebrate the Day of the Dead on Nov. 2 in Downtown Fort Lauderdale from 4-10 p.m. For a not-so-spooky event, the Halloween Happenings in Davie takes place on Saturday, Oct. 29 with free admission. The Halloween Happenings has a variety of events, including food, drinks, haunted houses and a pumpkin patch. Ever wanted to re-create a cult-classic film live? The Sudgen Community Theatre presents "The Rocky Horror Picture Show" on stage from Wednesday through Sunday for \$10 for students 21 and younger. For more information, visit dayofthedeadflorida.com, davie-fl.gov/gen/DavieFL_SpClPrjcts/eventinfo/Halloween%20Happenings, and naplesplayers.org.

Ghost tours

Do you believe in ghosts? Embark on a journey to find some on the Fort Lauderdale Ghost Tour happening Friday, Saturday and Sunday nights for \$20 a head, if you think you have the moxie to pursue the most haunted house in South Florida. Some say the ghosts of many years ago still inhabit the homes and are waiting for new guests. For more information, visit fdghosts.com.

Whether you love the treats or playing tricks, the month of October is calling to raise your spirit. Enjoy the season of autumn and make some memories while the temperature stays cooler.

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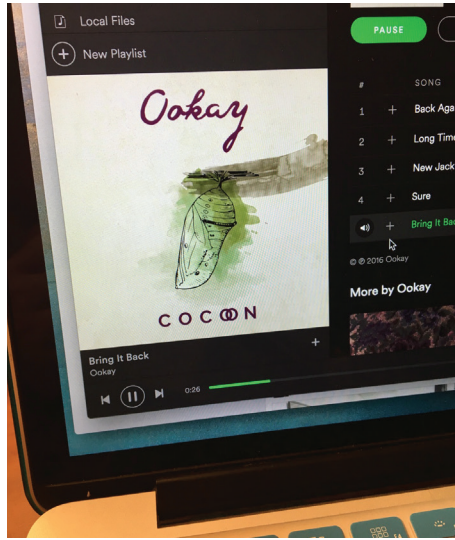
SOUNDBITE

"Cocoon" by Ookay

By: **Adam DeRoss**

Ever since he dropped his debut EP "Ghost" in 2014, Abe Laguna, better known by his stage name Ookay, has proven himself a versatile and relevant new musician. He produces tracks in a variety of different styles and genres including trap, future bass, progressive house and even dubstep. He consistently surprises his fans with each new release and completely subverts expectations every time with tracks like "Thief" and "Matters." This is definitely still the case with his newest EP "Cocoon," released Oct. 7. While the EP doesn't stray too far from genres Ookay's explored in the past, it still showcases his skills as a producer and how he can make completely different sounds flow well together.

Each track brings its own distinct mood and interesting instrumentation. The first cut, "Back Again," starts off with a beautifully calming combination of strings and piano chords led on by echoed snapping. When Ookay's signature dreamy vocals and silvery snares lead into the melodic string-driven drop, the whole track comes together in an excellent way. "Long Time" begins with a mysterious and crackly synth line, bolstered by the same dreamy vocals and deep punchy drums. All of this leads to a dark and smooth, deep house drop with vocal sample splicing that would make anyone want to groove on the dance floor.



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Cocoon is available on iTunes and Spotify.

My favorite two cuts off of the record, however, are the final two: "Bring It Back" and "Sure." "Bring It Back" immediately caught my attention with its amazingly soulful jazz organ intro with reverb effects and soul singer vocal samples. The cut then takes an immediate left turn and contradicts itself in the best possible way by introducing a rattling and metallic trap bass drop on top of the same jazz organ progression. This is made even better as the vocals of the soul singer and some new trap vocal samples battle for attention between the

lines of the drop. "Sure" is one of the most beautiful tracks I've heard in a long time. It's combination of plucky shamisen chords, guiro rattles, the sounds of clinking glass and pouring liquid over the flowing lyrics and hi hat make it ideal to relax to. The track is reminiscent of iconic trip-hop music pioneered by legends like Nujabes, may he rest in beats, and Tsutchie.

Out of the five tracks, there was only one I disliked. The cut "New Jack Swing" starts off relatively well. It's a simple house music drum and snare progression that melds into the signature wavy and guttural hum of a future bass bassline. But as the track hits its drop, it instantly flops into an unimpressive and repetitive wobble that sounds like the modulated sound of a frog being stepped on. This annoyance is backed up by some very simple and barely noticeable snares. This cut is both surprising and unsurprising. It sounds low-quality and uninspired compared to the rest of the excellent tracks but, then again, Ookay's future bass tracks are among his weakest material.

Collectively, this second EP by Ookay is an excellent collection of his eclectic style, and the one dull and repetitive cut on the record is not enough to diminish its cumulative value. As Ookay explores more genres, I imagine he will open up a variety of new audiences to his music. Ookay is quickly becoming one of the most versatile music producers on the scene today.

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Vinyl never died

By: **Nikki Chasteen**

In today's digital age, there are many different ways to listen to music. Listeners can find music on YouTube, a smartphone, an iPod or downloaded on any computer. However, one way to listen to music you may not have thought about is on a vinyl record. What is a vinyl record? It is a 78, 45, or 33 1/3 rotations per minute disc that has grooves in it. To listen to music on a vinyl record, it is necessary to have a vinyl record player. This player contains an arm with a needle at the end that runs over the grooves in the disc to distribute the sound of the music.

This may seem like an ancient way to listen to music, but to the surprise of researchers, vinyl is making a comeback. According to Matthew Hughes, author of "4 Reasons Why Vinyl is Better Than Digital," vinyl never died. Radio-Active Records is located in Downtown Fort Lauderdale at 845 North Federal Highway.

Radio-Active Records manager Natalie

Martinez said, "Vinyl never died, people just forgot about it."

I agree. Vinyl records have been around my whole life, people just simply forgot about them.

Radio-Active Records has been owned by Michael Ramirez with his business partner Sean Kayes for the last 15 years. I love going into their store and just perusing around. Led Zeppelin, Jimi Hendrix, Bob Dylan, The Doors and Janis Joplin all released dozens of records throughout their careers. Their records can be purchased, along with hundreds of other genres and artists, in the store.

Record buying is also a fun experience. I thoroughly enjoy going to the record shop here in town and in other cities when I travel. Walking into a record store is exciting. There could be thousands of albums available for purchase. Prices vary according to artist and popularity, of course. Albums range from \$1 to \$100 and up.

When I first got into buying records in

2012, I knew where I could find records to buy, but I had no clue where to find the actual player I needed to listen to them. Thanks to a little help from my friend Google, I found a reasonably priced player with some added features at Bed Bath & Beyond. Who would have thought a national retail chain like Bed Bath & Beyond sold record players? Depending on the type of player and other features it may have, the record players range in price from \$59.99 to \$399.99.

Lastly, listen up college students: vinyl records can be sold for a profit. There are countless vinyl collectors and resale stores that will pay for records. Often records can be found for 50 cents at a garage sale, and a store may pay \$25 for that same record. That's a profit worth about six skinny vanilla lattes, plus tax, at Starbucks. Ramirez said that the most expensive album he has sold at Radio-Active Records was from a band named "Anonymous" from Indianapolis, and the album sold

for over \$1,000.

Vinyl has been around for decades and is showing no signs of going away.

Ramirez said, "Keeping our business around for 15 years has been because of knowing where to spend money and what to spend money on. It has nothing to do with the 'death of vinyl.' Vinyl never died."

There are still plenty of places to purchase vinyl records and places selling players to listen to the music. Take a chance and try something new. Nothing compares, for me at least, to firing up my record player and putting on some Hendrix, cranking up the volume and dancing around my living room. The musical experience is one I have yet to replicate. Listening to Justin Bieber on a Beats Pill just doesn't compare to the grainy sound produced by the start of a vinyl record.

YouTube comedians

By: **Rachael Hirstein**
@RachaelHirstein

In a world full of memes and cat videos, YouTube comedians provide solace from the madness. Unfortunately, YouTube has thousands of wannabe comedians, making it extremely difficult to find quality humor. So, here are some of the top YouTube comedians of today.

Danisnotonfire

youtube.com/danisnotonfire

Dan Howell — YouTube alias Danisnotonfire — is the epitome of an existential crisis. If he is not reliving his most cringe-worthy, embarrassing moments, he is helping us all in his "Internet Support Group" series. Danisnotonfire helps us forget our most awkward moments by laughing at his, so make sure to check out his channel.

Jenna Marbles

youtube.com/JennaMarbles

An online comedic classic, Jenna Marbles made a name for herself on YouTube with her quirky personality and vulgar mouth. From her rants about things boys do to her "What ____ Means" series, Marbles will have you doubled over in laughter with every video. Marbles has also proven to be the ultimate fan of sharks, with her famous "Landshark" song. Give Marbles a try if you are looking for a new comedian to watch.

Jacksfilms

youtube.com/jacksfilms

Are you a grammar freak and love nothing more than laughing at the unfortunate spelling and grammatical errors others make? Then

Jacksfilms is the perfect comedy channel for you. With over 100 videos in his "Your Grammar Sucks" series, Jack Douglas pokes fun at the grammatically challenged haters of the world. If you want to laugh at the unfortunate comments others make, this is the comedian for you.

Smosh

youtube.com/smosh

Smosh has and is dominating YouTube with its comedic genius. Starting with Anthony Padilla and Ian Hecox, the channel made its way into viewers' hearts with the famous Food Battle videos. Now, the channel has over 22 million subscribers and has expanded to a team of seven members. "Every ____ Ever," "Part Timers" and "If ____ Were Real" are three video series that will bring tears of laughter to your eyes. Smosh

brings a mix of all kinds of humor and appeals to everyone, so they are definitely a go-to for YouTube comedy.

Game Grumps

youtube.com/GameGrumps

This comedy channel is for all you gamers out there. Game Grumps combines gaming with outrageous humor. From playthroughs of the latest games to single episodes of classics, Game Grumps has a game for everyone. Danny and Arin are two of the realest people YouTube has to offer because they will joke about everything and everyone, including themselves. A pair of loveable goofballs just looking to have a good time, their humor tends to be quirky and uncensored. If you have a knack for gaming and also want a laugh, check out Game Grumps.

FACEOFF:

Trigger warnings

According to Oxford Dictionaries, a trigger warning is a statement at the start of a piece of writing, video, etc. alerting the reader or viewer to the fact that it contains potentially distressing material. Should trigger warnings be mandatory in college classes?

For

VS

Against

Trigger warnings are just warnings

By: **Grace Ducanis**
@GraceDucanis

According to the Atlantic, the dean of students at the University of Chicago sent a notice to incoming freshman warning them that trigger warnings were not supported by the university.

"We do not condone the creation of intellectual 'safe spaces' where individuals can retreat from ideas and perspectives at odds with their own," the letter read. "The members of our community must have the freedom to espouse and explore a wide range of ideas."

While the sentiments expressed in this letter are valuable, they entirely miss the point of trigger warnings.

Trigger warnings aren't for students who are afraid of exposure to sensitive subjects; they're for students who've been exposed to traumatic experiences. A student who would legitimately benefit from a trigger warning regarding topics like suicide or rape isn't a student who needs to be further exposed to the subject for the sake of education. For the sake of those students, trigger warnings should be mandatory in educational settings.

Trigger warnings are not a form of censorship, because trigger warnings do not prevent a class from discussing a sensitive subject. All a trigger warning does is alert students to the fact that it will be discussed. In a survey of 800 professors at both public and private universities by NPR Ed, none of the professors surveyed who used trigger warnings said a student had tried to get out of an assignment or skip class because of a trigger warning, and that the most common responses to trigger warnings were nothing or a student excusing him or herself from class for a brief period of time. Trigger warnings don't prevent discussions about difficult subjects, and they don't interrupt a student's education. At most, they take a few seconds of class time.

Even if students have personal experiences with a subject they need to work through, the classroom shouldn't be a place to experiment. During my sophomore year of college, I lived through a traumatic experience and was diagnosed with PTSD by a psychiatrist. Some days the symptoms were worse and on other

days they weren't so bad.

One of my professors had announced previously that we were going to be discussing Virginia Wolfe's suicide note in class. I appreciated the warning and thought that I could handle it, but on that day she played a video with a voiceover that read the note, and I couldn't stay in the room. I left class abruptly, retreated to the DeSantis bathroom and cried there. My PTSD symptoms eventually lessened, partially because of time and partially because of repeated exposure to things that reminded me of that experience. But that day in class, I wasn't being an overly-sensitive millennial. I was a person going through a rough time, and I didn't want to openly weep in front of an entire class of students whose names I didn't even know.

According to the National Center for PTSD, prolonged exposure has been identified as one of the treatments with the most evidence for mitigating PTSD. Prolonged exposure involves helping those suffering from PTSD to confront the experience through exposure to things that remind them of the trauma. I don't doubt that prolonged exposure works, but a classroom isn't the place to be testing it out. Not using trigger warnings to preserve some perceived sense of academic integrity doesn't help anyone. Trigger warnings do make a difference.

NSU doesn't have a trigger warning policy, but according to the official university guidelines for appropriate conduct and ethical behavior for employees, NSU faculty and administrators should "employ teaching methods appropriate for the subject and objectives of their courses." Trigger warnings are a harmless way to teach a sensitive issue appropriately, with the wellbeing of all students in mind.

Sensitive issues are sensitive for a reason, and while college is often expected to be a place where students expand their experiences, students who benefit from trigger warnings are a captive audience. Forcing them to relive traumas by springing topics without warning doesn't educate them or expand their minds.

So what's the harm? Because there's no harm to free speech and there's no harm to students.

Surprise, college students discuss mature topics

By: **Toussaint Campbell**

Don't teach students what to think, teach them how to think. This is the Socratic Method or open forum, which is at the root of education. Trigger warnings, which are alerts that professors are expected to issue if something in a course might cause a strong emotional response, are becoming commonplace in U.S. colleges and could be the death of the current U.S. college system as we know it.

According to NSU's 2016-2017 Student Handbook, "The university is a community of scholars in which the ideals of freedom of inquiry, freedom of thought, freedom of expression and freedom of the individual are sustained."

Many universities have similar goals. Trigger warnings oppose those goals by creating a closed community where students feel unable to discuss trigger-sensitive topics.

One can argue that warning students about topics that may cause emotional responses is good. However, trigger warnings allow students to remove important topics from their curriculum and miss entire discussions because they feel offended by the content. As scholars, college students must be able to look at content objectively and analyze it to identify arguments, clarify them and refute or accept them depending on their positions, because that is part of the learning process.

According to The New York Times, a request to remove Chinua Achebe's "Things Fall Apart" and F. Scott Fitzgerald's "The Great Gatsby" was formally made by the student government at the University of California in Santa Barbara because the books portray racial violence, misogyny and physical abuse. The New York Times also cited similar requests from students at Oberlin College, Rutgers University, the University of Michigan, George Washington University and other places.

The request was made so that students who have been previously victimized by racism or domestic violence can choose to avoid these works they believe might "trigger" a recurrence of past trauma. What students are protected from is not threats or intended offense but important topics that people should think about, like why racial violence existed and how racial violence can be reduced.

The college experience prepares students for their professional careers in the real world by allowing them to explore concepts, become independent thinkers and better understand themselves and their community. College should give students an understanding of

the world around them. The use of trigger warnings in college will not prepare students for their professional lives because it reduces intellectual engagement with ideas some may find insensitive or wrong. College is beneficial because it creates an environment where people can gather and share ideas, as well as listen to opinions that may differ from theirs.

The idea of an open community is based on free thought and expression. College functions because of the marketplace of ideas theory, which is a rationale for freedom of expression based on an analogy to the economic concept of a free market. The marketplace of ideas holds that the truth will emerge from the competition of ideas in free, transparent public discourse.

However, trigger warnings create a scenario where offense becomes a trump card that those who feel offended can use to escape any discussion or lecture. This in no way creates an open community of discussion. Instead it coddles students. Coddling does not prepare students for the future or help them discover "truth;" it conditions students to become unresponsive to society and unable to develop and defend their own positions on important issues.

College classes are fluid. Students lead the discourse, and one class session can span a wide range of topics. Classes go on an academic journey together. Imagine one car with anywhere from two to 30 drivers sharing the wheel. It is impossible to ensure that students will never feel uncomfortable when entering a class because lessons are fluid and offense is subjective.

Trigger warnings lead to community censorship, which is the suppression of speech or writing that is deemed obscene, indecent or unduly controversial. This can then lead to self-censorship. If students can't explore challenging topics in college, where can they?

Censoring thought kills discussion, which is essential to gaining knowledge and solving problems. We can't solve problems in our society if we can't talk about them. Students should be eager to discover the problems of the world and fix them, not be offended by them or scared to offend others by talking about them.

When a college becomes a place of censorship, we should be scared because U.S. history and the protection of individual rights depend on free speech. Instead of shielding students from words, students should learn to understand and utilize words. Colleges need to have open discourse because that is what builds strong, diverse and tolerant communities.

Stop slashing art budgets

By: **Alyssa Johns**

It's no secret that when the time comes for schools to reign in their budgets, arts and education departments are usually the first to take the hit.

Coming from a small town in Texas, I have seen firsthand how the arts are affected. As a member of the marching band, every week I got to perform on a shiny new field made for a football team that hadn't won a single playoff game in years. More and more money was taken from the arts and poured into other programs, and those of us involved in the arts became bitter. We saw no reason for the football team to have 10 coaches, when our theater director didn't even have an assistant. Again and again the arts lost more money. Art teachers lost their

jobs. Art students were judged and humiliated.

I thought that when I came to college art would be more in the spotlight than it is. So much more can be done. The arts are so important, even for those who aren't majoring in any artistic field. John Hopkins' School of Education says that the arts "create a seamless connection between motivation, instruction, assessment, and practical application — leading to deep understanding." This proves to be important in any field of study.

Art is not easily defined. It's a universal language. It's a way of conveying truth that differs from science. It's freedom of expression. It's a mirror of humanity and culture. Art is intertwined with everything, everywhere. Art

facilitates individuality, but it brings people together and creates communities. To spend our lives not able to appreciate art because we have been encouraged to put it down is beyond unfortunate. As those responsible for inspiring and educating generations to come, it is our duty to facilitate the arts. We have to let everyone know that the arts are just as important as math and science. Art helps create a better understanding of the world, and as college students, we should be speaking up and putting an end to the unfair treatment of art.

If any school or institution at any level wants to create successful and well-rounded students, the answer is the arts. Not only does art

make people more creative, it makes us better problem solvers. It teaches us perseverance and accountability. Whether you are a biology major, a business major or a theater major, art can have a beneficial impact on you. It's time that universities and colleges recognize that.

Stop slashing the budget for arts. Stop putting art down. Stop teaching that art is second-class. Stop encouraging students to ignore art.

Start funding the arts with as much seriousness as the sciences. Start teaching students that art is important. Start teaching students to see art in everyday life. Start encouraging students to find art forms of their own. Encourage art.

Seriously Kidding

a satire column

Students terrorized by giant spider infestation

By: **Erin Herbert**
 @Erin_Herbert

NSU is renowned for its high quality of education and beautiful campuses. But there is something much more sinister lurking in NSU's immaculate flower beds and perfectly manicured lawns: banana spiders.

Brazilian wandering spiders, more commonly known as banana spiders in South Florida, have been running rampant across NSU's main campus and terrorizing students.

According to the South Florida Center for Arachnid Research (SFCAR), NSU is home to over 2,000 freakishly large banana spiders, and reports of large spiders sightings have increased dramatically across campus.

Recent studies from the SFCAR have also reported that the spiders present on campus have nearly tripled in size over the past decade. Currently, the largest spider to be reported on campus had legs approximately 31 inches in length.

Senior biology major Jamison Fowlkes, said, "It's impossible to walk across campus without walking through a massive spider web. They're literally everywhere, and there's no way to avoid them."

NSU's infestation of banana spiders is highly concentrated in the area surrounding the Parker building. Students have reported multiple instances of spider attacks on main campus during the fall 2016 semester.

Janella Romas, junior psychology major, reported seeing a student being dragged behind the Parker building by at least a dozen oversized spiders.

She said, "I was on my way to my Organic Chemistry class when I heard an awful hissing sound coming from the Healing and Medicinal Garden. All of a sudden dozens of spiders came rushing out from the bushes, carrying a student that was wrapped up in the spiders' silky webs. The spiders dragged the cocooned student behind the east side of the Parker Building, and I haven't seen him since."

The student has yet to be identified.

Raquel Ajis, sophomore theatre major, said she refuses to register for any class in the Parker building due to the spider infestation.

However, some individuals at NSU do not seem to be as concerned. Lena Howard-Xin, a maintenance worker for NSU, said she thinks that students are overreacting about the current spider crisis on campus.

Howard-Xin said, "These spiders are nothing compared to the ones we had over at Broward College back in my day. So what if students are being carried off by 30-something-inch spiders? In my opinion, we used to have it way worse. These students should be grateful that these little spiders are their only concern."

NSU has hired a team of private investigators to investigate reports of spider attacks across campus and plans to hold a press conference on Nov. 1 to update students on the state of the university.

Hurricane Matthew isn't a joke

By: **Grace Ducanis**
 @Grace_Ducanis

Hurricane Matthew didn't really hit South Florida. At almost the last second, it swerved slightly east, resulting in conditions not even reminiscent of a tropical storm for NSU and Broward County. And, despite the fact that almost 1,000 people died as a result of this storm, I've heard an overwhelming number of people complaining in real life and on social media about the fact that Hurricane Matthew didn't hit South Florida with any real impact. Hurricane Matthew could have destroyed our community, but it didn't, and instead of being thankful, some feel let down.

This attitude is not only childish and ignorant, it lacks compassion. Instead of complaining about the classes and tests that were cancelled, the money we spent on food, water and gas and the time we spent boarding up our houses, we should be grateful. News anchors weren't exaggerating the danger, as indicated by the enormous death toll. We didn't do all the work for nothing. We did the work because it's best to be prepared and because we didn't know what was going to happen. At the very least, after an 11-year-hiatus from hurricanes, we know how to be ready again.

Disappointment that the hurricane

wasn't "exciting" and joking about how you think the media was making a hurricane out of a raincloud is immature and disrespectful. When I was a kid, growing up in South Florida, I thought everything about hurricanes was exciting. I thought it was exciting for the house to be dark all the time, to have to use flashlights during blackouts and to watch the winds destroying the trees in my backyard. But now I'm older, and I understand those feelings for what they really were. I didn't really understand then the seriousness of a natural disaster like a hurricane.

There are likely thousands of people who wish very badly right now that the hurricane had missed them like it missed us. Instead of being grateful, some residents are actually disappointed and feel cheated. Cheated of what? Destruction of property? Days without electricity? Massive flooding? Death? So many people right now in Haiti and other states would give anything to have been cheated of Hurricane Matthew.

Hurricane Matthew was a serious natural disaster, and it needs to be taken seriously. A storm that merely inconvenienced this community devastated other parts of the world. Thankfully, it didn't hit South Florida, but that doesn't give anyone license to treat the cause of the death of hundreds as a punch line.

HOW DO YOU FEEL NSU HANDLED HURRICANE MATTHEW?

SHARK SPEAK



"I think they handled it really well. I'm a commuter student so, obviously I wasn't here when we were hit but, they sent a lot of alerts and a lot of emails. They were very on top of everything when it came to class cancellations or preparations. I know that they set up rooms in some of the dormitories for shelter for people. I think that they handled it very well. Everyone was calm."

- **Brittany Sheflin**,
sophomore marine biology major



"For the most part, I feel that NSU was very informative and up-to-date with their response. The library was closed [on Sunday], but fortunately I was able to come to the UC so I was able to use the UC computers. Starbucks was open until nine so that was still convenient. Overall, I would say there was a really swift decision to keep the school intact and everyone informed."

- **Lamar Pitts**,
junior law major



"They were really cautious, which was nice, but I feel like they exaggerated the hurricane a little bit. I mean I definitely would not have wanted to be stuck in a flood trying to get to class, but I also had to push back a lot of my midterms. It made things kind of crazy. It was kind of a good-bad thing. I'm glad everyone's safe but now everything that was due before is all weird now."

- **Brittany Nicholson**,
senior dance major



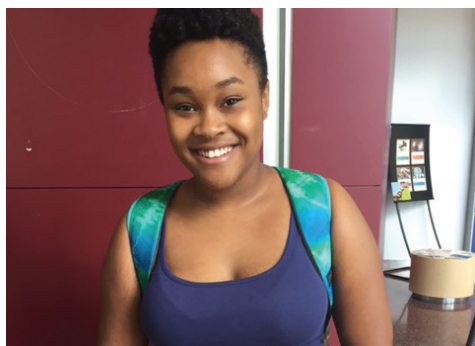
"I feel like they handled it pretty interestingly. I'm not from around here so it was kind of difficult for me that they pushed it off so much and didn't try to do anything sooner. I remember going through orientation and them saying, 'Oh, we try to let the students know sooner so that they can evacuate and proceed before the population of the state does.' So that was kind of frustrating but I just took matters into my own hands and evacuated when I thought was necessary instead of waiting for them to say anything. But I guess we're lucky since Matthew didn't really hit."

- **Jessie Grebin**,
senior biology major



"[I feel NSU handled Matthew] very well. They shut down the campus for Thursday and didn't open it again until Monday so I thought that was really good. Even though the storm didn't hit us that bad. It was good that we stayed shut down so that people had a chance to recover if they came from far away."

- **Kayla Cepek**,
freshman undecided major



"[I think NSU handled Matthew] pretty well. I was stuck at work during that entire email back and forth. I'm a residential student so I had to figure out where I was going to stay because one of the apartments that they were evacuating was mine. I didn't want to stay on campus because I didn't want to stay on campus. But, in general, from what I heard from my friends who stayed, the school gave out breakfast and dinner for them every day through the hurricane period. They took a while to let us know what was going on but besides that it was pretty good."

- **Francesca Verret**,
junior secondary math education major



"I think they handled it pretty well. They sent most of the people who lived close enough home and they gathered everyone around and said, 'The campus is shut down.' And they said everyone in Commons had different parking arrangements and made sure that everyone's car was safe. So I think they handled it the best way that they could and thankfully we didn't get hit hard."

- **Krystal Lloyd**,
freshman biology major



"They handled it OK, I guess. I think they thought it was going to be a lot worse than it actually was, but it's good to be over-prepared."

- **Dillon Burke**,
freshman computer science major

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