Mako sharks to ‘predict’ US president

By: Grace Ducanis

Mako sharks to ‘predict’ US president

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. 3 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.

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 because he believes the program has tagged over 100 sharks, including mako sharks, tiger sharks, oceanic whitetip sharks and sand tiger sharks.

Shivji 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 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 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 csno.nova.edu/sharktracking/presrace. To see more shark tracks, visit csno.nova.edu/sharktracking.
NEWS ANCHOR

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NEWS

ANCHOR

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Prize every year, announced Bob Dylan as the
monarch. Thailand will now be facing a transition
Europe and in the U.S.

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 hadn’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.

By: Jacqueline Garcia

The men of Phi Gamma Delta, also known as Fiji, will host their sixth annual Miss Black Diamond pageant on Oct. 25 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.

Maiu 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 this 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 attending 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 people are actually doing a second
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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, as 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 connected 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.

So much to do, so little time

Oct 18, 2016 | nsucurrent.nova.edu

By: Jacqueline Lytle

Remember to assess your breasts

By: Rachael Hirstein

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 clubs, classes and jobs, when do these activities become too much?

Elista 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.

Daisha 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.

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 arm pit 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 your breast in a circular pattern from the outside to the center. Check the entire breast and arm pit areas for any lump, thickening or hardened knot.

“Tutoring for America Reads/America Counts is more than a part-time job; it’s a rewarding opportunity to add to your college experience,” said Priya Singh.

Priya Singh, America Reads Tutor 2015

Serving our community, is what we do at NSU.

Tutors travel to Broward County elementary schools and earn $135-$335 per week ($13.50/h). Must have dependable transportation and work between 10-25 hours per week. Apply through JobX in SharkLink which you can access by clicking on Student Employment on the Student tab.

Email studentemployment@nova.edu for questions.

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

By: Emilio Lorenzo and Emily Tasca

Career Corner

“Now that you know yourself better, you are ready to uncover your career goals. 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 in college.”

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 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 make those goals and make necessary sacrifices.”

Storytelling 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 ‘storytelling.’”

“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.”

Vienna Cafe and Bistro

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 traditional 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 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 cafe’s fine dining experience, specials upon reservation. The cafe does not offer any dinner options since it closes at 4 p.m.

Find Vienna Cafe and Bistro on Google Maps. Vienna Cafe and Bistro is a European experience without having to leave South Florida.

STOP BY THE CAFE ON MONDAY THROUGH FRIDAY FROM 8 a.m. TO 2 p.m.

Price range: $0-$25, high tea is $35-$45 per person.

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Vienna Cafe and Bistro

5724 S. Flamingo Rd., Cooper City, FL 33330

Monday through Friday 9 a.m. to 2 p.m.

Price range: $0-$25, high tea is $35-$45 per person

Vienna Cafe and Bistro

Vienna Cafe and Bistro is a European-inspired restaurant located in Cooper City, Florida. Vienna Cafe offers a range of dishes inspired by European cuisine, including breakfast options like the bacon, tomato, and Havarti sandwich on a croissant. The cafe also offers High Tea, a fine dining experience. Prices range from $0 to $25, with high tea costing $35 to $45 per person. Visit vienna-cafe.com for more information.
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 tailored 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 little black dress

Careful here, ladies. While this is a must-have on the line 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, starting thinking in 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

When people think of NSU, they may think about 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 research campus 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 “Die 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 (PV A), said that arts classes are available for all students, not just PV A majors and minors. Fitzpatrick also said that PV A events are also available for students to participate in. “We 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

Fashion Finatics:
Dressing like a professional woman

By: Kimberly Kloss

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.

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 “hastag 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 Jemes, 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.

Printed with permission from A. Derooss
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 it is.

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 work 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 out 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 workout is worth it. 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 Dancing 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 weeks due to a left 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.

ROCK OFF THE HILLSIDE

Florida International University forward Tyler 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.

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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 Fire, under the direction of Coach Patrick Gosnell.

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 the 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 on to 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. 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, so I looked into it, and they had my program. I’m a bio major, so that’s big here…Listening to Coach John talk, his vision for the program, it gets you really excited to be a part of it. I’m a bio major, so that’s big here…Listening to Coach John talk, his vision for the program, it gets you really interested and you want to do well.”

When did you start playing soccer?

“When I was four.”

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 house 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’ve 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.”

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 bring 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 his enthusiasm 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 fun in the end zone just adds to the excitement. This is football after all, not “Footloose.”
DIY Halloween costumes for the college student

By: Jacqueline García

The month of October is wrapped up in spooky festivities, ranging from cupcakes to costumes. Whether you love or hate the treats, you can’t deny that Halloween is right around the corner. With the weather still cooler, it is time to start planning your costumes for this event. This is a perfect opportunity to get creative and show off your spirit. Enjoy the season of autumn and treat your family and friends to a festive gathering. But before you do, here are some tips and tricks on how to make your Halloween memorable.

Individual costumes

Harley Quinn
I am going to call the Harley costume will probably be one of the most popular this year due to the popularity of the film “Suicide Squad.” In stead of paying over $50 for the costume, follow these easy instructions and you’ll be looking as sinister as Harley for less.

Here’s what you’ll need:  
● A Harley’s baseball tee with red sleeves  
● Iron-on transfer paper  
● Iron  
● Scissors  
● Nude pantyhose  
● Red/blue shorts, which can be purchased on eBay  
● Black boots  
● Baseball hat

Instructions
For the shirt:  
- Download the font Jezebel.  
- Type “Daddy’s Lil Monster” in Word or Photoshop, then print on an 8x11 sheet of paper. Make sure the font coloration 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, 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 eyeliner 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 eyeshadow.

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 your 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:  
● Black leopard  
● 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.

Couples costumes

Forrest Gump and Jenny  
I didn’t forget about you lovebirds planning to spend this Halloween together. Try recrecing this couple from the film “Forrest Gump.”

Here’s what you’ll need:  
● Oversized white button-down shirt  
● Long white socks  

Here’s what you’ll need:  
● Denim overalls  
● Yellow plain t-shirt  
● Black boots  
● Black gloves  
● Minion beanie

Halloween festivities in South Florida

By: Michael Lynn

The month of October is named for Halloween, the holiday that scamps 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 the chance to celebrate in comfort, there’s an activity for everyone. 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.

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-$20, 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 after 5 p.m. 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/newtonscornm, halloweenpumpkin.html and http://npbcs.org/calendar/scarecrow-festival-and-contest.

Halloween Happenings in Davie
If you can’t make it to commercialized scare trails such as Halloween Horror Nights, 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 myfrighthights.com or http://enigmahaunt.com.

Festival Carnivals
Caramel apples, Ferris wheels and challenging games to win prizes bring families 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 with your family to wear throughout the night for $20. Challenge yourself and your friends to midway games and win straining 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’s Carnival, visit saintdavid.org/carnival.aspx.

Halloween in Miami
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.

Fall carnivals
Caramel apples, Ferris wheels and challenging games to win prizes bring families 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 with your family to wear throughout the night for $20. Challenge yourself and your friends to midway games and win straining 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’s Carnival, visit saintdavid.org/carnival.aspx.

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To make fun of the unfortunate spelling and grammatical errors others make? Then take a try if you are looking for a new comedian to watch.

"Every ____ Ever," "Part Timers" and "Means" series, Marbles will have you doubled over with its comedic genius. Starting with Anthony Joshua meeting with his new, quirky personality and vulgar mouth. From her rambles about things boys do to her "What ______ Mean" 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 jokes at the grammatically challenged. For those of you who 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 comedians with its comedic genius. Starting with Anthony Padilla and Ian Haslam's "Smosh" videos, they brought in 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 "_________ First Time" and "If Wine 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. Daeny and Arin are two of the mallest people YouTube has to offer because they will joke about everything and everyone, including themselves. A pair of lovable goofballs just looking to have a good time, their humor tends to be quirky and unencumbered. If you have a knack for gaming and also want a laugh, check out Game Grumps.
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 reads. “The members of our community must have the freedom to express and explore ideas, even difficult or controversial 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 educators from discussing topics that concern a sensitive subject. All a trigger warning does is alert students to the fact that it will be discussed. In a survey of 1000 professors at both public and private universities in the U.S., 92% of the professors surveyed said 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 reasons for trigger warnings were negative or a student excusing him or herself from class because of a trigger warning, and that the most common reasons for trigger warnings were negative or a student neglecting a class because of a trigger warning.

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

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

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 firsthand how the arts are affected. As a member of the marching band, each week I got to perform on a shiny new field made for a football team that hadn’t worn 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 100+ 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 deeper 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 an accurate 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 thinking that art is second-class. Stop encouraging students to ignore art. Encourage students to find art forms of their own. Encourage art.

Stop allowing a trigger warning to be 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?

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. According to the Socratic Method definition of education, which is at the root of education, Trigger warnings, which are alarm 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 cloistered community where students feel uninvited to discuss their feelings.

One can argue that warning students about topics that may cause emotional responses is good. However, trigger warnings allow students to avoid reading, watching or listening to works they believe might “trigger” a recurrence of one of the treatments with the most evidence for mitigating PTSD. Proponents argue that this helps students who have had a traumatic experience and were afraid of exposure to things that reminded them of the trauma. I don’t doubt that PTSD has proven exposure works, but a classroom isn’t the place to be testing it out. Not using trigger warnings doesn’t mean that a classroom isn’t able to educate them or expand their minds. Many universities have similar goals.

Trigger warnings do make a difference.

NSU doesn’t have a trigger warning policy, but the university asks professors to provide trigger warnings for appropriate conduct and ethical behavior for employees, NSU faculty and administrators should “employ teaching methods appropriate for the subject and objectives of their course.”

Trigger warnings are a harmless way to teach a lesson. 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.

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Stop allowing a trigger warning to be 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?
NSU is renowned for its high quality of education and beautiful campuses. But there is something much more sinister lurking in its 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 Archid Notable 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, students have reported seeing a student being dragged behind the Parker building by at least a dozen oversized spiders. Students have reported multiple instances of being carried off by 30-something-inch spiders? In 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.

Hurricane Matthew 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 devasted 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.
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WHAT MAKES US DIFFERENT
ALL OUR FOOD IS EITHER BAKED OR SAUTEED TO ORDER. THERE IS NO MICROWAVE OR DEEP FRYER IN OUR KITCHEN.

Jeff Cohen, chef and owner, opened Pizza Loft in 1975. Jeff was only 19 years old and lived in the back room of the restaurant working non-stop developing recipes and training employees. Jeff can still be found managing the dining room and cooking on the line almost every night. With one glance you will see the passion he brings to the Pizza Loft every day. Jeff and the entire staff will make sure that when you leave you will be telling your friends...

“WE FOUND THIS GREAT LITTLE PLACE!”

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