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The Current

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Get informed before you vote

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Football doesn't have to be masculine

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Spend your weekends in Wynwood

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Celebrate Christmas as soon as possible

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Olympics take over homecoming week

By: **Melissa Boneta**

It's homecoming season at NSU once again. This year's Olympic-themed homecoming week will take place Nov. 5-12.

Daesha Roberts, homecoming chair, said that there's a lot more diversity in this year's homecoming events.

"We're trying to incorporate more athleticism to give the Olympic feel that the theme is portraying," she said.

The week starts with the Special Olympics 5K Run/Walk on Nov. 5 from 7 a.m. to 2 p.m. The run is open to the public and NSU students to participate in or watch. At 4 p.m., there will be a volleyball game in the NSU arena.

The Opening Ceremony will be on Nov. 7 from 8-10 p.m. at the Shark Circle. This event will feature different interactive activities, giving students opportunities to participate and get hands-on.

The Shark Race will take place on Nov. 8 at 4 p.m. in the library quad. This year Student Events and Activities (SEA) Board is incorporating inflatable hamster balls, banana bicycles, tire flipping and an inflatable obstacle course. The prize for the winning team is \$300. Students can sign up to play on nova.edu/sharkrace.

Nov. 9 will be the Unified Greek Council (UGC) Knockout at 8 p.m. in the Flight Deck Backyard. The Knockout is a competition between the UGC fraternities and sororities

where they stroll, step and salute.

On Nov. 10 from 12-1 p.m., there will be an Olympic-themed SEA Thursday. At the event, students will be able to get a free customized novelty ring.

The Homecoming Bash will be on Nov. 10 from 10 p.m. to 2 a.m. at Passion Nightclub. Tickets will be on sale starting Nov. 3 in the Office of Campus Life and are \$10 in advance or \$15 the day of the bash. Shark Shuttles will run all through the night during Homecoming Bash to transport students to and from the nightclub.

To prepare for the bash, students can participate in The VIP Challenge. To begin the challenge, students must download the app Goosechase and enter "#SharksHC VIP Party Challenge" into the search bar. Through the app, students will receive a list of activities to perform and different places to find clues. The student that collects and completes the most activities and accumulates the most points will win a VIP experience for the Homecoming Bash.

The winning students will get a limousine ride to the nightclub and dinner at Shooters Waterfront. They will also have access to a VIP section during Homecoming Bash. The winners of the VIP Challenge will be revealed at SEA Thursday.

The homecoming basketball game will take place Friday, Nov. 11 in the NSU Arena, and the homecoming king and queen will be announced



PRINTED WITH PERMISSION FROM THE OFFICE OF CAMPUS LIFE & STUDENT ENGAGEMENT
A group of NSU students at the annual Homecoming bash at Passions Night Club.

at the halftime of the game. After the basketball game, students can attend a "Laugh Your Fins Off: Homecoming Comedy Show." The show is free for NSU students, faculty and staff, but there will be a \$20 fee for guests. The location for the show has yet to be announced.

On Saturday, Nov. 12, the Mako Rangers will host Ranger Run from 8 a.m. to 12 p.m. on the library quad to raise money for the children of Broward County.

Roberts said she believes that this year's homecoming festivities will be better

than before.

"I think we will have a better turn out this year compared to other homecoming years," she said. "By replacing the Flight Deck Follies, it allows us to have a kickoff that is a lot more interactive and more students get to participate rather than a few students in the show and the rest just watching. Now everyone can have a full experience with all of the activities going on, everyone gets a of piece of the experience."

For more information, contact Daesha Roberts at dr1215@nova.edu.

Penny tax hits the ballot

By: **Steven Wang**

The new Broward County penny tax is set to appear on ballot on Nov. 8. The ballot will include two bills that raise the current six percent sales tax rate by 0.5 percent each, resulting in a total of 7 percent sales tax should the measure pass.

The first 0.5 percent will go towards measures to ease heavy traffic, such as synchronizing traffic lights and expanding bus services, and the second 0.5 percent will go towards municipal infrastructure, covering anything from paving roads and fixing drainage pipes to building new emergency

service stations.

According to estimates from apennyatwork.com, the tax will raise 15 billion dollars in 30 years.

If one of these taxes fail to pass on Nov. 8, both will fail.

Michael Hoffman, professor of taxation, said that sales taxes are regressive, which means it's generally the lower income households that get hurt the most by increased sales tax but it's less burdensome than a property tax increase.

Albert Williams, associate professor of finance and economics, said he thinks the 15

billion dollars in 30 years projection is an incorrect estimate.

"I don't think that is close to enough to meet the requirements," he said.

Williams said that the size and scope of some of the infrastructure projects in Broward are so large that 15 billion dollars, broken down to 500 million dollars a year, won't be nearly enough to the cover the costs of repairing bridges and highways and installing new pipes and flood pumps for the coastline.

However, he said he does agree that the tax should be passed.

"When I vote, I will vote for it because I believe that there is a need," Williams said.

Williams said that the other option would probably be to increase property taxes and that option will be harder on the local community than a sales tax. He also said we need to ensure these funds are spent efficiently.

"That's very hard to verify," he said.

Visit apennyatwork.com for detailed plans and explanations regarding how the tax will be used.

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NSUCURRENT.NOVA.EDU

NEWS BRIEFS

Walk to fight suicide

The annual Broward County Out of the Darkness Walk, co-sponsored by the American Foundation for Suicide Awareness and Lambda Theta Alpha Latin Sorority, Inc., will take place on Nov. 13 at 9 a.m. The walk starts and ends at Fellows Way, between the Carl DeSantis Building and the Rose and Alfred Miniaci Performing Arts Center. Registration begins at 8 a.m. the day of the walk. To register, donate and stay updated on funds raised, visit afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4133. For more information, contact Michelle Manley, director of student media, at 954-262-7482.

Volunteers needed for Special Olympics fundraiser

The Special Olympics and Sallarulo's Race for Champions are looking for volunteers for their upcoming event on Nov. 5. The event offers 21 different sports and raises money for the Special Olympics. For more information or to sign up, visit orgsync.com/45785/forms/225106 or contact Michelle Leonardo at mleonard@specialolympicsbroward.org.

Irish film series begins in November

The NSU Alvin Sherman Library and the College of Arts, Humanities and Social Sciences are hosting an Irish Film Festival from Nov. 7-13. This is the series' ninth year, and three films will be screened this year. For more information, contact David Kilroy, faculty member of the College of Arts, Humanities and Social Sciences, at dkilroy@nova.edu.

Get real with real estate career panel

The Office of Career Development is hosting a real estate career panel on Nov. 9 from 4:30-6 p.m. in the Carl Desantis Building, Room 3049. Professionals in the field will attend the event to give their insights and help students set up networking connections. To RSVP or attend virtually, go to nova.joinhandshake.com. For more information, call the Office of Career Development at 954-262-7201.

PVA to host dance concert

NSU's Performing and Visual Arts Department is hosting a dance concert on Nov. 4 and 5 at 7:30 p.m. in the Performance Center in the Don Taft University Center. NSU's Dance Ensemble is performing dances choreographed by dance faculty and guest artists. Tickets can be purchased online at cahss.nova.edu/arts or ovationtix.com. For more information, contact Elana Lanczi at lanczi@nova.edu or call 954-262-7632.

NEWS ANCHOR

Stay up to date with world events.

Two Yazidi women receive human rights award

According to the New York Times, Nadia Murad and Lamiya Aji Bashar Yazidi have received the European Union's Sakarov Prize for Freedom of Thought. These two Yazidi women received the award for their contributions to educating people of the atrocities that ISIS is committing against the Yazidis.

Authorities begin removing Dakota Access Pipeline protesters

North Dakota authorities began removing Dakota Access Pipeline roadblock protesters on Oct. 27, CNN reported. Authorities have already arrested 141 protesters. The conflict is over a 1,172-mile pipeline which could potentially destroy Native American burial grounds and damage the environment.

Uber drivers in the UK win the right to be employees

In a landmark case in the U.K., Uber drivers won the right to be considered employees, BBC reported. Prior to this decision, Uber drivers were considered private contractors who weren't entitled to employee benefits. They are now entitled to paid rest breaks, holiday pay and subject to the national minimum wage.

Thousands of men in Britain to be pardoned for homosexuality

According to The New York Times, Britain will pardon men that were once convicted of homosexuality. Though Britain had decriminalized homosexuality by 1982, there are still thousands of men with charges still on their record. The pardon is estimated to apply to 15,000 men that were convicted and are still alive.

Islamic State kidnaps Mosul civilians

According to BBC, Islamic State (IS) militants have kidnapped thousands of civilians in and around the Iraqi city of Mosul. As Iraqi and Kurdish forces approach, the UN fears that these civilians will be used as human shields. The UN reported that the IS has already killed 190 former members of Iraq's security service and 42 civilians for disobeying their orders.

US lawmakers look into AT&T's deal to buy Time Warner

According to BBC, U.S. lawmakers and both presidential candidates have voiced concern over AT&T's deal to buy Time Warner. AT&T is paying \$85.4 billion for the company that owns Cartoon Network, HBO and CNN. This is the largest merger to occur in 2016.

The Current

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Beta Theta Pi and Pre-Vet Club bowl for Boxers

By: **Jacqueline Lytle**

Beta Theta Pi fraternity is teaming up with the Pre-Veterinary Club to host Bowling for Boxers, an annual event to raise funds for Boxer Friends, Inc. on Nov. 4 from 7-9 p.m. at SpareZ Davie bowling alley.

"We're collaborating with Pre-Vet this year because we want to expand our event and make it well-known around campus," said Michael DeSimone, president of Beta Theta Pi.

Established in 2000, Boxer Friends, Inc. is a nonprofit charitable organization in South Florida that rescues purebred, displaced Boxers from shelters before they are put down and helps them find safe and permanent homes.

The brothers of Beta Theta Pi and members of the Pre-Veterinary club are assigned their own team. They must recruit four participants to fill each team. Each participant must pay \$20, which includes food, drinks, three games of bowling and prizes.

Last year the event raised over \$1,200 in funds. Beta Theta Pi and the Pre-Veterinary Club hope to at least double that amount this year.

By raising donations for Boxers in distress who have been abused or abandoned, Pre-Vet and Beta Theta Pi said they hope to



PRINTED WITH PERMISSION FROM Z. MARTINEZ
Participants at Beta Theta Pi's annual event, Bowling for Boxers.

aid Boxer Friends, Inc. find Boxers families who will properly care for and love them.

"We want them to live a healthy dog life," said DeSimone.

The event is open to NSU students, family, friends and the public. Beta Theta Phi and the Pre-Veterinary Club said they want to draw in as many participants as possible.

Interested persons can also show up to the event to participate or donate, according to Zeta Martinez, president of the Pre-Veterinary Club.

Those interested in participating can contact DeSimone at md1873@nova.edu or Martinez at zm87@nova.edu.

SpareZ Davie

5325 South University Drive
Davie, FL 33328

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MEETINGS IN SAB 104.
AND YES, THERE WILL BE FREE FOOD.





Places to 'gill' out: O-B House

By: **Ben Underhill**
@ActualBenU

O-B House may be the definition of a fantastic hole-in-the-wall restaurant. Located right next to the Museum of Discovery & Science, the restaurant can easily be missed, but it would be best not to.

Staying true to its location in Downtown Fort Lauderdale, O-B House maintains an oceanic feel despite minimal seafood options. With boating memorabilia and photographs of laughing World War II sailors, the restaurant has a homey feel. Seating within the restaurant is close but not cramped. If outdoor seating is more appealing, then there's no need to worry. O-B House has both.

The menu offers simplistic but wholesome options. The restaurant does not have a dinner menu because it closes at 2:30 p.m. every day.

The O-B House breakfast offers a little bit of everything, with free-range eggs, thick slices of bacon or sausage, some delicious Yukon golds or cheese grits, and their signature toast, made with fresh bread. The breakfast menu also includes French toast, biscuits and gravy, fresh Mahi filet, breakfast steak and omelets.

One option for lunch is the Simple Roast Sirloin Lunch Plate. According to the menu, the steak is cooked medium in cast iron per the cook's request, and it is perfectly seasoned. Served with delicious Yukon golds and a buttermilk ranch dressing salad, this dish is sure to stimulate your taste buds. Other lunch items



PRINTED WITH PERMISSION FROM B. UNDERHILL
The Simple Roast Sirloin Lunch Plate, served with buttermilk ranch salad and Yukon golds.

include a BLT, steak sandwich, burgers and fish sandwich.

Breakfast ranges from \$15-\$22, with the exception of the Morning Sailor which is \$11. Lunch ranges from \$10-\$18 and lunch sides from \$5-\$8. But the taste, makes it worth it. According to their website, O-B House uses local, organic ingredients. Their bread is made from a bakery down the street, eggs are free-range, maple syrup is imported from Vermont and milk is imported from Orlando. More so, the price also covers the fact that O-B House is a no-tipping establishment.

O-B House is better suited to parties of a few friends, because the restaurant does not take reservations or seat parties of more than six. Sharks can check this great restaurant out during their time in Fort Lauderdale.

O-B House
333 Himmarshee Street
Fort Lauderdale, FL 33312
Monday through Friday 7 a.m. to 2:30 p.m.
Saturday and Sunday 8 a.m. to 2:30 p.m.
Price range: \$10-\$22

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Understanding your ballot ✓

By: Jenna Kopec

@Jen_Kopec

With election day right around the corner, many Sharks are preparing to cast their votes on Nov. 8. Although the presidential race has been a hot topic the past few months, voters may be surprised to learn just how much is on their ballot. Not only will voters cast their ballots on commander-in-chief candidates, but also Senate candidates, House of Representatives candidates and proposed amendments to the Florida constitution. With all of these options, it can be hard to stay well-informed about your vote.

Here's a crash course on what will be on the Florida ballot next week.

US presidential candidates

The presidential race may just be the most talked about item on the ballot this season. You may have seen the debates between Hillary Clinton and Donald Trump, but do you know about the other candidates running for president?

Here's the official group of presidential candidates, listed alphabetically by last name, and their vice-presidential counterparts.

Darrell Lane Castle/Scott Bradley: Representing the Constitution Party, Castle and Bradley's platform includes a strong adherence to the Constitution, withdrawal from the United Nations and a pro-life stance, according to Castle's campaign site. For more information on the Castle/Bradley ticket go to castle2016.com.

Hillary Clinton/Tim Kaine: Clinton and Kaine represent the Democratic Party. According to Clinton's campaign, she plans to preserve Medicare and social security, make all community colleges free and implement a tax system where the wealthy and corporations pay more. For more information on the Clinton/Kaine ticket go to hillaryclinton.com

Rocky De La Fuente/Michael Steinberg: De La Fuente and Steinberg represent election reform. According to De La Fuente's campaign site, his platform includes education

reform, withdrawal of military force from foreign countries and finding alternatives to nonrenewable energy. For more information on the De La Fuente/Steinberg ticket go to rocky2016.com.

Gary Johnson/Bill Weld: Representing the Libertarian Party, Johnson and Weld believe, according to Johnson's campaign site, in protecting civil liberties, maintaining internet freedom and allowing state and local government to control education. For more information on the Johnson/Weld ticket go to johnsonweld.com.

Jill Stein/Ajamu Baraka: Stein and Baraka represent the Green Party. According to Green's campaign site, her platform includes free education, including college, increasing minimum wage and making health care more accessible. For more information on the Stein/Baraka ticket go to jill2016.com.

Donald Trump/Mike Pence: Trump and Pence represent the Republican Party. Their platform, according to Trump's campaign site, includes strong immigration reforms, the repeal of Obamacare and reduced taxes for all, particularly the working and middle class. For more information on the Trump/Pence ticket go to donaldjtrump.com.

US senatorial candidates

This election year, one of Florida's seats in the U.S. Senate is open. Below is a list of the three leading candidates for the position, organized alphabetically.

Patrick Murphy: Murphy represents the Democratic Party. If elected to the Senate, he said he plans include working toward growing the middle class through the support of small businesses, reforming immigration policies and protecting social security and Medicare. For more information on Murphy's platform go to murphyforflorida.com

Marco Rubio: Rubio represents Republican Party and is the incumbent senator, meaning he currently hold the senate seat now. According to Rubio's campaign website, if re-

elected to the Senate he plans to promote strong families by adding tax credits for children and removing penalties for married people, allow local and state governments to create their own educational policies and restore intelligence programs that he believes will help fight ISIS. For more information on the Rubio platform go to marcorubio.com.

Paul Stanton: Stanton represents the Libertarian Party. If elected to the Senate his plans include working toward lowering taxes for businesses, ending the war on drugs and eliminating FICA taxes for anyone under the poverty line, according to his campaign website. For more information on Stanton's platform go to stanton2016.com

State amendments on the ballot

Along with electing officials, voters also have a say on amendments made to the state's constitution. Here are the issues being discussed.

Amendment 1 and solar energy: This amendment grants the right for consumers to own solar equipment on their property. According to mytimetovote.com, the law does not punish consumers who choose not to install solar equipment. According to bereadytovote.org, a central issue with this amendment is Florida's ban on purchasing from third-party solar energy providers. This amendment has been widely criticized as being written in a way that is difficult for voters to understand. Overall, opponents of the amendment say the law would hinder solar growth and favor utility companies. Proponents of the amendment say it's needed to pass regulations that protect both solar power and utility users.

Amendment 2 and legalization of medical marijuana: The law grants the use of marijuana for medical purposes prescribed by a doctor. The law does not legalize recreational use. The legalization of medical marijuana was proposed in the 2014 elections but failed by narrow margins. The difference with this amendment, according to bereadytovote.org, is that this amendment has more precise wording about the medical conditions that qualify for marijuana use. Opponents of the amendment say the law legalizes marijuana under the façade of clinical purposes. Proponents say that the law would allow patients to benefit from the medicinal qualities of the drug.

Amendment 3 and tax exemptions for permanently disabled: This law would grant tax relief for a first responder who is totally and completely disabled as a result of injury while working. First responders are defined as police and correctional officers, fire fighters, EMTs and paramedics. The state legislature unanimously passed this amendment so that it could be put on the ballot. According to bereadytovote.org, there doesn't appear to be any organized proponents or opponents to the amendment.

Amendment 5 and homestead tax exemption for seniors: This amendment would revise the homestead tax exemption to redefine certain terminology so that individuals who are getting the exemption won't lose it if property values rise. The tax exemption is applicable for certain senior, low-income and long-term residents, according to mytimetovote.com.

For more information on these amendments go to ballot.mytimetovote.com/florida.html or bereadytovote.org/2016-florida-constitutional-ballot-amendments.

It's important to note that some parts of the Florida ballot will vary depending on where the voter lives. Refer to the infographic to find out your districts for the U.S. House of Representatives and other varying election topics.

Whether you plan to vote for each item on the ballot, or you just want to vote for the next commander-in-chief, it's important to do your research to choose laws and representatives that reflect your wants and interests. There's no doubt that your vote counts.

DON'T MISS THIS

Some parts of the ballot will vary based on where the voter lives. Here's some resources for each of these topics.

US House: To find out what district you are in and who your current representative is go to house.gov.

State Senate: To find your representative for the Florida Senate go to fsenate.gov.

State House: To find your district for the Florida House of Representatives go to myfloridahouse.gov.

For more information on the Florida ballot go to ballotpedia.com or ballot.mytimetovote.com/florida.html.

Speaking of speech...

By: Jenna Kopec

@Jen_Kopec

What do Nicole Kidman, Michael Phelps and Joe Biden have in common? They've all overcome a speech impediment or disorder.

Although society sometimes acknowledges speech disorders in inspiring movies such as "The King's Speech" or through unlikeable characters like Barry Kripke in "The Big Bang Theory," there often isn't a lot of discussion about what a speech disorder actually is.

Tambi Braun, associate professor in speech language pathology, answered some questions and discussed some misconceptions about speech disorders.

What is a speech disorder?

Medline Plus defines a speech disorder as a condition in which an individual has difficulty communicating with others. Typically, society associates the term with stutters or pronunciation issues.

Although stutters and pronunciation issues do fall under the category of speech disorder, Braun said that speech language pathology, the career field that studies and treats communication disorders, includes a "broad scope of language and medical topics" like cleft palate, swallowing difficulties and autism.

How is a speech disorder treated?

Speech disorders are usually treated with speech therapy from a speech language pathologist. Patients receiving speech therapy through early intervention efforts tend to be a bit younger, according to Braun.

However, the length, frequency and type of therapy is dependent on the client. Some clients

may correct the mispronunciation of certain sounds after a couple of months while others may need to attend therapy for a couple years. Braun said she follows her clients who are born with cleft palate from birth until they are 21 years old.

What kind of effect can speech disorders have?

Braun said that there are challenges individuals with speech disorders might face. When clients are younger, they may face judgement from their peers because there is more pressure to not be different. Braun said this is often the case with students in upper elementary and middle schools.

Braun also said that society has a tendency to associate a difference in speech with an intellectual disability or a lack of intelligence.

"But pairing speech and intelligence is not correct," said Braun.

Overall, Braun said there has been improvement with the way society views individuals with speech disorders and communication difficulties.

"I think that your generation and the generations coming up are doing much better at making sure that people that have a difference or have a challenge feel less bad about it because you're a very inclusive generation," said Braun.

What if I'd like speech therapy now?

Students who think they might benefit from speech therapy because they have difficulty communicating with others can go to NSU's speech pathology clinic on Griffin Road. Braun said that appointments at the clinic are typically once a week for an hour or twice a week for 30 minutes. Students can contact the clinic at 954-262-7726.

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Fashion Finatics: *Outsourcing is en vogue*

By: **Marie Ontivero**

Picture this: you're out shopping and you find a blouse you really like. You catch a glimpse of the tag that reads "Made in China" and you just go along with your purchase. That tag does not phase U.S. citizens, considering that many of our products come from overseas. If anything, finding something that is made in the U.S. may cause some temporary shock.

According to the United States Trade Representative, in 2015, the U.S. imported \$482 billion worth of products from China alone. Imports can be seen as a really great thing for both manufactures and buyers - one profiting and the other saving money. However, if the sole purpose of manufacturing in China is to lower costs for both manufacturers and buyers, then why are higher-end brands moving their manufacturing companies from France and Italy to other developing countries? Will these luxury products now cost less?

The answer is no. Designer brands are raising their prices to maintain their upscale image. In this digital age, with social media displaying various lavish lifestyles, the desire and demand for these products is rising, so brands are becoming more expensive. With high demands and prices rising, how do brands continually grow each year? Basic business 101:

they cut costs. They move their manufacturing to a country where they pay less for labor.

For example, 20 percent of Prada's products are made in China, according to the Wall Street Journal. This doesn't make the bag any less authentic than if it were made in Italy. It also doesn't keep Prada from charging the same amount.

Abercrombie and Fitch were involved in a huge scandal in 2010 because they were manufacturing their clothes in sweatshops with children, according to the International Labor Rights Forum. Instead of their sky-rocket profits funding better work environments, profits were going into pockets.

Designer brands charging the same amount for a bag that was made by Europeans in the craft and one made by underpaid factory workers in China not only takes away heritage from the company but also creates exuberant profits. College students can get involved in these issues by getting educated and reading up on specific brands and stores. A lot of information can be found online - like on laborrights.org. So next time, put a little research into your next purchase to make sure you're paying a valid amount for brand, quality and labor.



Career Corner

Our 50th article part 2: Build your professional brand

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.

To celebrate our 50th article, we have developed a three-part series that highlights quotes from the best Career Corner articles so far. Part two of this series will provide insights on how to build your professional brand.

Being aware of your professional brand

"Your brand can be defined as the 'essence of who you are and how other professionals perceive you.' Your brand can be affected by the manner in which you market yourself to the outside world whether through your professional documents, social media presence or in formal/non-formal networking settings."

"A good rule of thumb for social media is to take a moment to look over what you post and ask yourself if this is something you want your name tied to over the internet."

"Another great way to build your brand is to evaluate your current professional documents. Your resume and cover letter should be using terminology common in the industry and your experiences should highlight transferable skills you can bring into the field."

Social media and the American business culture

"The growth of social media has led to the emergence of websites like LinkedIn, which offer students an avenue to connect with professionals, engage in meaningful discussions and market experiences strategically to the outside world."

"I always suggest that students include their LinkedIn address in resumes and emails as part of their contact information, as it may peak the curiosity of the employer to visit that student's profile."

"Your LinkedIn account should be focused toward desired careers and must avoid the use of jargon from your past jobs."

The importance of being a well-rounded professional

"How does watching CNN or following current events help me in my career? It's true that if you watch the news and CNN all day you will not just be offered a job, but being well-informed can help give off the message to potential employers that you take your career seriously and that you are a well-informed professional."

"Engaging in meaningful conversations early on in college will help you grow intellectually and professionally, as it will challenge you to think in new ways and step outside your comfort zone."

Networking: Where to get started

"Networking can be defined as 'socializing with a purpose.' About 80 percent of the jobs found today come from networking."

"One great way for you to start networking with potential employers is by creating a list of potential companies you wish to work or shadow at."

"Practice your 30-second commercial as you get hold of a hiring manager or the doctor

for the practice within the targeted organization."

The secret weapon: Informational interviews

"An informational interview is a strategic way of gaining valuable information about a certain profession, while networking with employers."

"Before you arrive for the informational interview, fully research the company and its mission statement. Ask questions to give you a better idea of a typical workday in that field, as well as to gain valuable job search advice. This process will provide you an avenue to have a conversation with someone who can relate to your career journey and possibly lead to a potential internship or job. Your 30-second commercial should include your name, educational background and reason for wishing to conduct an interview."

Career guide to dressing right: Business casual versus business professional

"Knowing your environment and audience is crucial to professionalism, specifically when deciding what to wear to follow proper dress protocol for a business event, interview or potential networking setting."

"Business professional is a term used in American business culture that indicates that the dress attire requires a higher level of professionalism in the form of a suit."

"For men, business professional entails classically tailored dark suits with a tie, paired with a solid-colored dress shirt as well as your suit jacket matching the pants."

"For women, classically tailored, coordinated pantsuits or skirt suits with knee or calf-length skirts, ironed blouses with conservative necklines and classic closed-toe and low-heeled leather dress shoes. You want to

ensure that your hair is neatly styled and that you are wearing a minimum amount of jewelry."

Big fish in a small pond

"When going through the decision-making process for a job or internship, it is important to keep all of your options open and avoid the 'job snob' mindset, as not every opportunity you accept has to be in a large well-known employer setting."

"Being a big fish in a small pond can have its benefits because if you accept a position in a smaller company, you may also be taking on larger responsibilities that someone with the same position in a larger organization may not have to manage. When you are the big fish in a small pond, you tend to wear many different hats as you may need to stretch out of the typical duties associated with a position of that type."

Strategic planning for professional conferences

"Start by creating a short hit list of potential companies, employers and professionals that you wish to interact with during the event. This approach will help you stay organized and focused, while giving you a networking goal."

"First impressions can play a crucial role in networking. Giving a bad handshake or wearing unprofessional clothing can make employers skeptical about hiring you, no matter how well you answer their questions later on."

"A conference or career fair is a great way to interact and network with professionals, share experiences and put you in the position for potential opportunities - as long as you're prepared, confident and know how to best tackle the experience."

Finding Fitness: RUNNING

By: **Nikki Chasteen**

I began running in 2014 as a way to lose a few pounds and be healthier. I started walking at first and gradually I realized, "Hey, I am walking so fast I can probably run." And so my walking progressed to running. After a few months of running consistently, I looked into running competitively in local events.

It isn't about how fast you can run or how far you can run. Pacing yourself is most important. There are even running apps that help you start the process, such as CouchTo5K. It does exactly what it says: helps the new runner or the rusty runner go from sitting on the couch to running a 5K, which is 3.1 miles. If your goal is to run farther and faster, there are also apps that help you train for longer distances such as a 10K, half-marathon or full-marathon.

Running has several benefits. It burns calories and fat and tones your muscles. It gives the runner a sense of accomplishment once any given distance is completed, especially if an event provides finisher medals. The finisher medals are my favorite part and I love seeing how each event designs its respective medal.

Another benefit of running is that you can run anywhere. If it's raining, you can go to the gym and run on a treadmill. You can run in a park and you can run on the sidewalk. Even if you are traveling, you can always run wherever you are

staying, if it's safe. There are several local parks that are great for running, although I do find that NSU has a great campus for running. There are a lot of trees and sidewalk space to run without having to deal with crossing streets and dodging cars. But if you want to get off campus and go to a park, here are a few nearby:

- Secret Woods, 2701 W. State Rd. 84
- Tree Tops Park, 3900 S.W. 100th Ave.
- Vista View Park, 4001 S.W. 142nd Ave.

Broward County Parks do charge a \$2 entrance fee for each person in a vehicle.

If running alone becomes too boring, you can always run outdoors with a friend or a group of friends. The club Great Fort Lauderdale Road Runners hosts different groups separated by location throughout Broward County.

Annually, NSU hosts several race events. Among these are the upcoming Sallarulo's Race for Champions on Nov. 5, as well as the Arthritis Foundation's Jingle Bell Run on Dec. 10. Registration fees for most races contribute to a cause, which is another benefit of running competitively.

For a complete list of South Florida running events visit sfrunningforum.com/Calendar.pdf. The calendar is updated regularly with new races.

OUT OF THE SHARKZONE

Brazil soccer hero, Carlos Alberto, dies at 72

Carlos Alberto, known most for his fantastic goal in the 1970 World Cup, died on Oct. 25 of a heart attack. At 72, Alberto was the youngest player to captain a World Cup team, according to CNN, and he would later be a part of two more World Cup winning teams for Brazil. Alberto was named part of the World Team of the 20th century in 1998 and FIFA included him in its top 100 living players in 2004.

Josh Gordon out of rehab

Cleveland Browns' wide receiver, Josh Gordon, was suspended from the NFL last season for substance abuse. Although he was reinstated in July, Gordon left the NFL for an intensive 30 day rehab program, as reported by ESPN. Gordon was released from the rehab program last week and the Browns are waiting for confirmation from the NFL on Gordon's reinstatement.

Stephen Curry is fastest player to reach 1600 three pointers

Golden State Warriors guard Stephen Curry made his 1600th three-pointer during the Oct. 28 game against the New Orleans Pelicans. According to ESPN, the previous record for the number of games to reach 1600 three-pointers was 693 games. This record was held by future hall of fame inductee, Ray Allen. Curry broke that record with 497 games. Curry is 19th in career three-pointers, with only eight active players ahead of him.

Corey Kluber crushing Cubs

Corey Kluber, starting pitcher for the Cleveland Indians, has pitched and won games one and four of the World Series. According to ESPN, if the Indians win, they will be the second team in 22 years to win a World Series with only three starting pitchers.

SPORTSSHORTS

Men's Soccer

The Sharks won 2-1 on Oct. 26 against the Saint Leo Lions. Both goals were shot in the first half by Faycal Oulahbib, who doubled his number of goals during the game. Oulahbib is a senior this year and will soon be finished with his NSU career. The Sharks' victory kicked Saint Leo out of the Sunshine State Conference Tournament race.

The Sharks lost 4-2 Oct. 28 against Florida National. Down 4-0 in the second half, the Sharks pulled together to score twice, but it wasn't enough to win. Prior to the start of the game, NSU honored its six seniors: Michael Rosario, Caue Rodrigues, Jose Giron, Faycal Oulahbib, Viktor Johnson and Santiago Camacho. Despite the loss, the Sharks were the first team to score multiple times against Florida National since Eastern Florida State on Sep. 4. The Sharks' final record is 4-11 and 2-7 in conference.

Women's Soccer

The women's soccer team lost on Oct. 25 to Saint Leo 2-0. The game was tied until the second half, when the Lions scored twice. This is only the Sharks' second loss this season, and their first since Sep. 9.

After the Oct. 25 loss to Saint Leo, NSU's women's soccer returned to the win column with a 3-1 victory over Lynn on Oct. 28. After the Knights tied the game in the first half, the Sharks stepped up and took the lead they held the rest of the game. All three goals for the Sharks were shot by Hannah Christophe, giving her 10 for the season. Christophe is the first freshman player in 10 years to reach double digits in scores for NSU. The Sharks' overall record is 11-2-3 and 6-1-2 in the Sunshine State Conference.

Women's Volleyball

NSU fell to Lynn 3-1 on Oct. 25. Tashalyn Begon led with 15 kills and Denver Tyler-Palmer came in second with 10 kills. After a 25-20 loss in the first set, the Sharks won the second but couldn't hold the momentum. After this game, the Sharks are 11-11 overall and 3-6 in conference.



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Athlete of the Week:

Harrison Goodrick

By: **Jeweliana Register**

Harrison Goodrick, senior business and marketing major from Sydney, Australia, is an integral member of NSU's men's basketball team.

Goodrick has been a part of the NSU basketball team since his sophomore year after transferring from Metropolitan State University of Denver. Since arriving at NSU, he has been named MVP twice and was also named best offensive player.

Goodrick went on to explain how he started playing basketball and the journey it has taken him on so far.

How did you start playing basketball?

"It was back in Australia, where I'm from. I was playing rugby a lot and my body started changing shape so I was a bit too tall and scrawny to play rugby anymore, so I decided to get into basketball. I've loved it ever since. That was when I was about 12 or 13. Ever since then I've just been playing basketball and that led me to where I am today."

How did you end up at NSU?

"I transferred from a school in Denver after my freshman year. I was put in contact with my coach and we've been great friends ever since. It was through mutual friends and mutual coaches, and I ended up here, and I'm very happy about it."

How do you balance being a student and an athlete?

"It's all about using your time wisely. Getting enough sleep at night, your diet, when you eat, all that sort of stuff. Studying too. It's a lot of time management. I've always been pretty good at that so I would say being a student athlete really hasn't been too much of a big deal for me. I just use my time wisely and get it done. Be sure to use your time wisely and

don't waste too much time. In those down times, sort of relax and don't overdo it too much. If you overdo yourself you're not going to be able to do enough in the other areas you need to be performing in. Just set yourself up to succeed."

What's been the toughest part of your transition to college?

"The toughest part was being away from home and away from my family. When I first moved to college I was really, really homesick for about a month or two. I get homesick every time I go back now, but it gets less and less every year to the point where, even though I'm still homesick this year, it's minimal. So, yeah, homesickness and then also going back home and having to communicate with everyone and keep in touch. Definitely keeping those friendships back home strong, too, so that when you do go back you've still got them."

What is your favorite thing about being a Shark?

"The campus is amazing. So are the facilities and the staff we've got...Pretty much just the whole vibe you get here. It's so supportive. They allow you to succeed in every way possible. It's just a great atmosphere to be a part of."

Do you have any pre-game rituals?

"Personally, I have to put my socks on a certain way. I have to start getting ready at a certain time. I need to eat a certain amount of time beforehand. Just little stuff that I think goes into creating a good platform or routine. Usually I listen to a little bit of music as well."

What motivates you the most?

"I like being the underdog. It's never fun just being expected to win. They just came out with the preseason rankings for SSC and they have us as eighth out of nine teams, which is great. I'm excited about that. That's something I



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Goodrick has become an offensive staple on the men's basketball team.

wanted. I'm glad, I'm happy. They can put us at ninth if they want to, I don't care. It's something to work for. I think this group of guys we have is good for that. We'll do what we need to do and work hard for what we want."

Is there a moment that sticks out to you as one of the best or most rewarding when it comes to basketball?

"Not really. The whole college experience has been pretty amazing. I never could have expected it back as a 13-year-old. I just started playing basketball. I didn't expect to come over to America and play and have all of the opportunities that I've had. Yeah, just the whole experience...The opportunities basketball has given me as a whole are more important than a single, little memory. But, I also love just going home and playing with my friends and family, my little brother especially."

Did you always know that you wanted to come over to America?

"I was aiming to move to America, but I never knew if I was good enough...I've always wanted to come here and when I got the opportunity...I ended up taking it and moved here. It's been great."

Was it difficult to transition from Australia to a school in the United States?

"Yeah, the culture is really, really different. You have to learn the things you can and can't say. My first year we had five Australians on the team, though, so we were able to talk to ourselves. Just getting used to the culture change mostly. Warm up was very daunting. Over here sports are so much bigger. I get asked every time I go out, 'How tall are you?' and, 'Where do you play?' so much that I feel like I should get it tattooed on my head, but it's something I've gotten used to. Here at NSU there are so many internationals that it's a good environment to sort of take America and understand the culture while still buying into other, similar cultures. We've got two Swedes on the team. They have a similar culture so that helps."

Do you have any personal goals or team goals for the season that you would like to share?

"Just win as much as possible. We want to win that SSC championship, but also just enjoy the season and have fun with the whole team. There are no real individual players. We all bind together and know what we want to do this season and I think that it's a really positive environment. We have good leaders and good coaching staff. It's very fun to be a part of so we'll see how it goes."

What are your plans after graduation?

"I have no idea. I'm just playing it by ear like I always do. It could be playing over in Europe maybe for a year or two. That would be ideal if that could happen. I really have no idea other than that. I'm honestly just looking at this season and after that I'll start looking into other options. I'll graduate on time and it should all be good after that. Once I get to March/April when basketball finishes I'll start looking into other options."

On the Bench:

End dangerous masculinity in football

By: **Alyssa Johns**

While male players in many professional sports show sentiment, slaps on the rear ends of fellow players isn't what I would call affection.

University of Houston football coach, Tom Herman, kisses his players on the cheek before each game. Make no mistake, however, the kisses are given with full consent and the players are not weirded out by it. In fact, many of the players look forward to it.

"A kiss on the cheek is when he shows his love for us. No one here is thinking, 'Oh, I shouldn't let him kiss me,'" Garrett Davis, safety for the University of Houston, said in an interview with the New York Times.

As a physically rough sport, it's rare to see soft and warm displays of affection in football. Both players and fans alike often take the physical brutality of football at face value, and forget the emotions of the players involved. Herman has set out to change that. For the last 10 years, he has been kissing his players on the cheek, earning praise from psychologists for his actions.

In an interview with the New York Times Herman said that the kisses are a part of his plan to treat his players as if they were his own sons and that he was confused about why his actions

were garnering so much attention. Herman later detailed his sadness at how uncommon this is.

"They said it was the first time that they've ever been kissed by a man. Which is a shame in our society," Herman said, according to the New York Times.

Herman is right. It's embarrassing that players are ashamed to reveal their emotions for fear of being labeled as less manly, as if they would be deemed weaker for being human.

It's time that football players are allowed to show human emotions. They are not machines let loose on game day to fight the enemy. Sports are about bringing different communities of people together to celebrate and it should be no different on the field. Players should feel free to hug each other and show emotions with no fear.

This level of hyper-masculinity, often referred to as toxic masculinity, is old fashioned. It's time we change it. In addition to having coaches who care about the emotional health of their players, we should take action as fans. As the driving force behind professional sports, it's our job to show that we care about the players, not just about their performance on game day. Fans wouldn't insult a player who hugs his children, so why is it OK for fans to insult a player who cares for his teammates?

ON DECK

WOMEN'S CROSS COUNTRY
NCAA Regionals
St. Leo, Fla.
Nov. 5 | 8 a.m.

WOMEN'S VOLLEYBALL
vs. Embry-Riddle
St. Leo, Fla.
Nov. 4 | 7 p.m.
vs. Rollins
St. Leo, Fla.
Nov. 5 | 4 p.m.
vs. Palm Beach Atlantic
West Palm Beach, Fla.
Nov. 8 | 7 p.m.

MEN'S CROSS COUNTRY
NCAA Regionals
St. Leo, Fla.
Nov. 5 | 8 a.m.

WOMEN'S SOCCER
Sunshine State Conference Tournament
TBA
Nov. 1 - 6

Weekends in Wynwood

By: **Jeweliana Register**

Wynwood is a wonderfully unique area. The cool, modern vibe of the Miami neighborhood makes it a great place to unwind, explore and take some amazing photos. Wynwood can be overwhelming, though, so here are few of the must-sees and must-dos.

Art

The first thing that will catch your eye when you arrive in Wynwood is the art. It's everywhere: on the businesses, abandoned warehouses and sidewalks. As you walk down the streets, you will be captivated by the intricate graffiti and the greater message within each piece. The artists of Wynwood are committed to expressing their view of the world, encouraging the masses. The overall vibe of Wynwood is contagious and completely breathtaking.

Wynwood Walls offers a multitude of outdoor murals in addition to a large number of art galleries and exhibits. Currently on display is the "Peter Tunney Experience," an exhibit that spotlights the works, both new and old, of Peter Tunney. His pieces are both colorful and inspirational, revolving around courage, encouraging words and the idea of gratitude.

If you happen to find yourself looking for something fun to do on the second Saturday of the month, Wynwood's Art Walk is a great option. The artsy area is in full swing for this

event with street music, souvenir vendors and open door exhibits. The area is bustling with creativity and positive energy. Art Walk gives local artists a way to share their art with the world and gives patrons the opportunity to escape reality and enjoy art.

Dining

Panther Coffee, which has a location in Wynwood, is a great place to caffeinate. The coffee shop fits well with the rest of Wynwood with its cool, hipster-like vibe. The coffee house specializes in multiple brews and lattes, as well as latte art. The modern vibe mixed with the downtown buzz makes Panther Coffee a great place to check out.

If you're looking for a place to unwind and catch up with friends, the Wynwood Diner is it. Not only is the building extremely colorful, like most places in Wynwood, but it also has a cozy and eclectic interior. The Wynwood Diner is located in the heart of Wynwood and offers a brunch menu complete with chicken and waffles, "mouse trap" grilled cheese and assorted burgers. The restaurant offers a variety of seating arrangements from the lounge to the garden area. The Wynwood Diner is the perfect place to have dinner with friends or enjoy a cup of coffee before walking around Wynwood Walls.

Shopping

Wynwood can also be a great shopping experience. Nestled between the creative art and unique restaurants are equally creative shops.

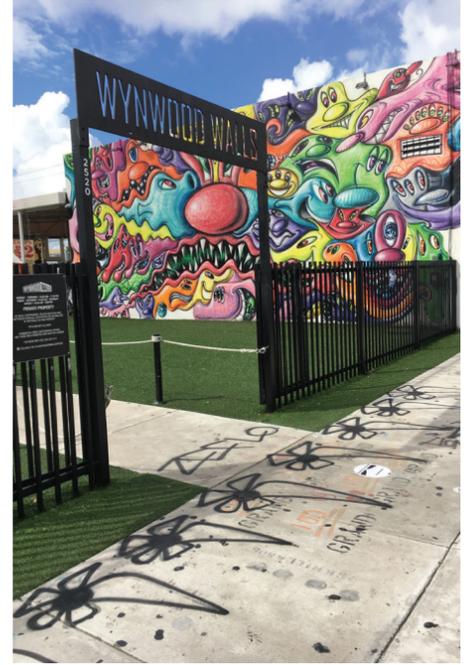
Elemental, a shop near Panther Coffee, is filled with diverse home finds. The items sold here are not your average home décor: they are artsy, modern and moderately-priced.

Plant the Future, a part greenhouse shop, has pieces that are inspired by the outdoors. These pieces are created by Paloma Teppa, who makes it her mission to combine art, landscaping and home décor beautifully. The greenhouse offers a variety of plant-based decorations, all of which are lush and unique and would definitely add some life to a dorm or apartment.

If you're looking to do some vintage shopping, Las Tias and Haus Fashion Lab are definite must-visits. Las Tias offers a variety of vintage pieces, from jewelry to clothing. Haus Fashion Lab combines vintage and new age with new designers and popular fashion labels.

If you are in the mood for boutique shopping, Frangipani offers unique jewelry, cool stationary, local designer items, various beauty products and so much more.

Wynwood's Art District is the center of cool and could be considered one of the most Instagram-worthy areas in the United States.



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Wynwood is a Miami neighborhood known for its art and fashion district.

Located an hour from NSU in Miami, it's definitely worth the drive. Wynwood truly has it all: delicious food, unique shopping experiences and endless inspiration that can serve as that weekend pick-me-up for any college student.

Five of the best sandwiches in Broward County

By: **Janai Sinclair-Bell**

Sandwiches are a quick and easy meal for college students. Even if you have a busy schedule, a sandwich is an amazing go-to meal when your day is a hassle. In honor of National Sandwich day on Nov. 3, here are some of the best sandwiches in Broward County.

Blue Willy's Barbecue 1190 E Commerce Blvd. Pompano Beach, FL 33334

Blue Willy's Barbecue is a one-of-a-kind sandwich place, featuring a thick-cut, sky-high sandwich served on a signature onion bun, or plain if preferred, with Blue Willy's signature coleslaw. That's probably why the owner of Blue Willy's, Will Banks, only serves his famous Pastrami Sandwich on Thursdays. In order for customers to acknowledge this honorable fat-rib boned meaty sandwich, we must recognize what it takes to make such an excellent pastrami.

This legendary sandwich costs about \$13.75.

LaSpada's Original Hoagies 2645 S University Drive Davie, FL 33328

Fort Lauderdale's "by the sea" sandwich shop started in Chester, Pennsylvania where the "Original Hoagies" originated. The Hoagie is made with fresh-baked rolls, decorated in mayo and mustard — olive oil and vinegar for the Italian style sandwich — top-quality deli meat, a handful of fresh lettuce, tomato, pickles, onions, sweet hot peppers and cold cuts, all attentively tucked inside of the roll. Today, the Italian style, better known as "The Monster," which costs \$11.70, is the most popular sandwich. It contains a meaty combo of ham, turkey, cheese and roast beef organized into a flawless hoagie only LaSpada's could create.

My Market & Deli 229 SW 17th Street Fort Lauderdale, FL 33315

A gas station convenience store is the first place you'll think to go when you're equal parts hungry and thirsty. Think about it, convenience stores are crowded with dozens of random items for sale. Now imagine making your way toward the back of the store and finding a deli counter that offers the best sandwiches in town; they can make you anything you're craving for. You can only find that at My Market & Deli, where the most popular sandwich is the Italian, packed with almost anything you desire. This sandwich costs \$7.99-\$13.99.

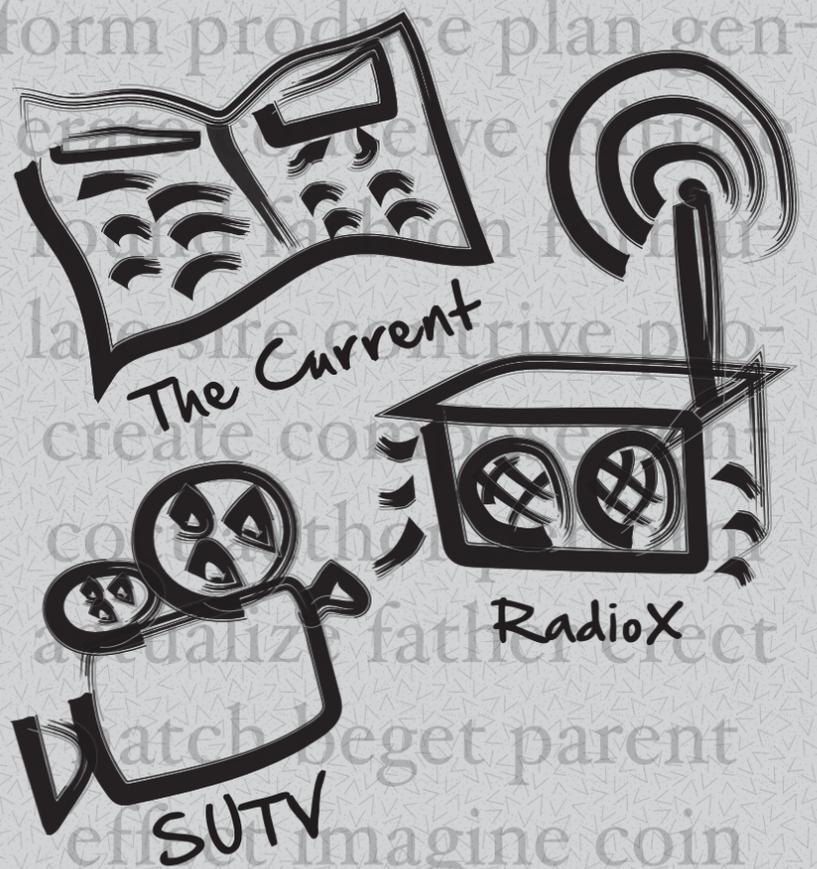
Georgia Pig BBQ & Restaurant 1285 S State Road 7 Fort Lauderdale, FL 33317

You can find a legendary pulled pork sandwich at Georgia Pig Barbe. Even though this Southern joint is all about barbecue, the Georgia Pig also serves breakfast and numerous lunch options. Their famous pulled pork sandwich, drenched in famous house Georgia-styled sauce, is worth the visit and most definitely worth \$5.75.

Bravo Gourmet Sandwich 2925 NE 6th Avenue Wilton Manors, FL 33334

Bravo Gourmet Sandwich is a Peruvian sandwich shop that promises "the best sandwich you'll ever taste." Even though Bravo offers many delicious entrées, it's the house favorite Steak Bravo sandwich that's truly amazing. The Steak Bravo is a sub stuffed with steak, fried egg, potato sticks and cheese served on a fresh, flaky bun that soaks up all the meat juices without getting soggy. The staff is friendly and the business is family-oriented. They are true to their Peruvian cuisine, and never fail to deliver that flavor. Their sandwiches range from \$11-\$30.

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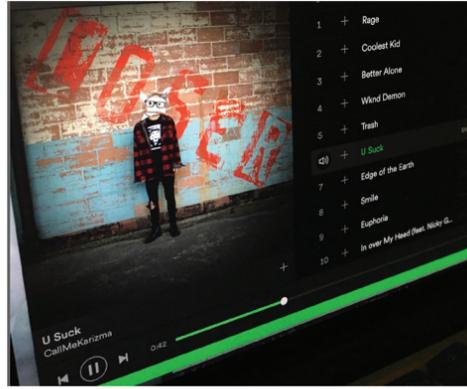
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SOUNDBITE

By: **Ben Underhill**
 @ActualBenU

"Loser" by CallMeKarizma



PRINTED WITH PERMISSION FROM C. LUTZ
 "Loser" is available on iTunes and Spotify.

I originally heard Morgan Francis Parriott, stage name CallMeKarizma, this past summer. Once I heard the deep, smooth rhythms, I was hooked, specifically on Karizma's second studio album, "Loser," which was released January 31.

The album's first song, "Rage," immediately hits you with a deep bass melody. The lyrics are reminiscent of other hip hop artists due to Karizma's immediate jabs at politicians, particularly Bill Clinton and Monica Lewinsky. The chorus exhibits an anti-establishment feel, repeating the lyrics "we just wanna rage." The track's use of natural hip-hop rhythm mixed with almost trap-sounding drum-and-bass highlights Karizma's powerful lyrics.

The next track on the album, "Coolest Kid," immediately switches gears, evident by the lighter melody that leads the song. Karizma even states in the song's introduction that he "basically wrote this song to let people know that they are [expletive] awesome no matter who thinks they're cool or not." The song, with its don't-care vibe, encourages the listener to think of themselves as the coolest kid.

"Loser" also touches on what seems to be Parriott's struggle with mental illness. Karizma spits powerful lyrics about self-destruction and depression in the cuts "Edge of the Earth," "45" and "I'm Alive, but I'm Not Here." If each song had a central theme, it would have to be addiction

for "Edge of the Earth," suicide for "45" and depression for "I'm Alive, but I'm Not Here." "Edge of the Earth" has a darker, melancholy melody, with Karizma spitting "drugs are bad they told me, but I'm sick of being lonely."

The album switches back and forth between raw, emotional songs and lighter, more whimsical ones. This variation is almost too prominent if the tracks are playing through its normal order. However, it seems that the placement was intentional, matching happy and sad songs in order to keep the listener on their toes, leaving the theme of the last song in the air until the next one hits.

The two songs that stick out most on the album are "F U Till I F U" and "U Suck."

"F U Till I F U" exhibits a slower, rawer tone than previous tracks and exposes some of

Karizma's attitudes towards relationships. The song's lyrics speak of hating a relationship that has turned purely lustful, at least on Karizma's end. Karizma states in the song "I hate you because you think that you are still in love with me." This expresses his desire to move on from the relationship, but the refusal of his significant other to do so as well. This track is definitely one of the more explicit on the album, with the chorus dominated by F-bombs, but Karizma's use of the double meaning of the aforementioned word proves his skillful poetic abilities.

"U Suck," yet another track dealing with relationships, describes Karizma's past significant other leaving him for someone new. Karizma's anger and resent toward this past partner manifests throughout the song, and the powerful lyrics reflect his intentions. He even goes on to expose this person as a cheater without a second thought. Overall, this song is perfect for someone who is angrily getting over a relationship and wants a song to reflect it.

Overall, the album "Loser" perfectly executes Karizma's rough-around-the-edges, sarcastic style. It definitely shows the musical growth from his Bandcamp and SoundCloud days, which were too DIY in their recording and mixing. Karizma's breakthrough into more mainstream media is exciting, and I can't wait to see what he produces next.

Stay updated
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 you know
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 rock out
 with us!

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Must-see movies in November

By: **Ben Underhill**
 @ActualBenU

November is known for Thanksgiving, Christmas shopping and the release of some of the most popular movies of the year. From action to horror to comedy to adventure, November is packed with some highly anticipated movies. Make sure you don't miss them this month.

"My Dead Boyfriend," Nov. 4, rated R

Starring Heather Graham, Katherine Moennig, Scott Michael Foster and John Corbett, this comedy follows Mary, played by Graham, when she finds her boyfriend dead on the couch. What follows is a mess of misadventures as Mary finds out her boyfriend wasn't so boring after all.

"Hacksaw Ridge," Nov. 4, rated R

Set in World War II, this true story follows Private First Class Desmond Doss, played by Andrew Garfield. Doss refused to use weapons during the war, but went on to save dozens of fellow soldiers during the Battle of Okinawa.

"Loving," Nov. 4, rated PG-13

Following the story of the landmark Loving v. Virginia Supreme Court case, which legalized interracial marriage across the United States, this historical drama stars Joel Edgerton and Ruth Negga as Richard and Mildred Loving, respectively.

"Doctor Strange," Nov. 4, rated PG-13

This highly-anticipated Marvel movie follows Dr. Stephen Strange, played by Benedict Cumberbatch, a renowned and highly-skilled surgeon. After a car accident that hinders the use of his hands, Strange looks for a less orthodox means of healing, but instead finds himself becoming the greatest sorcerer the universe has ever known.

"Shut In," Nov. 11, rated PG-13

After her husband died and son was left severely injured from a car accident, psychologist Mary, played by Naomi Watts, finds herself preoccupied with caring for her paralyzed son. However, during a dangerous storm, Mary believes that she and her son are not alone in their house.

"Billy Lynn's Long Halftime Walk," Nov. 11, rated R

During a Thanksgiving Day football halftime show, private Billy Lynn, played by Joe Alwyn, experiences flashbacks to a traumatic battle during one of his tours in Iraq. During the procession of his flashbacks, the audience discovers what really happened during the battle as well as the difference between America's perception of the war and what really happens.

"Fantastic Beasts and Where to Find Them," Nov. 18, rated PG-13

From celebrated author J. K. Rowling, audiences are transported back into the wizarding world made famous by the "Harry Potter" series. Eddie Redmayne plays Newt Scamander, an adventurous wizard who seeks out magical beings and documents. When his case of creatures is mixed up with the case of a non-wizard man's, misadventure and chaos ensues.

"Moana," Nov. 23, rated PG

Disney magic returns with a Polynesian adventure starring Auli'i Cravalho as Moana, an adventurous teenager, and Dwayne "The Rock" Johnson as Maui, a powerful demigod. The two sail across the ocean to save Moana's friends and family. Along the way, the team finds adventure, monsters and mystery while Moana fulfills a prophecy.

College must-reads

By: **Rachael Hirstein**
 @RachaelHirstein

November is National Novel Writing Month, and what better way to celebrate it than sitting down with a good book? From science fiction to romance, the possibilities are endless. Here are some top picks to give a try this month.

"Fahrenheit 451" by Ray Bradbury, 1953

This novel is a classic. In a dystopian future, books are illegal and are burned along with the household they are found in by men ironically called firemen. One fireman, Guy Montag, has an overwhelming curiosity for books and secretly collects them. This dystopian novel will keep you on the edge of your seat as you follow Montag's journey to keep his secret hidden.

"Artemis Fowl" by Eoin Colfer, 2001

This science fiction fantasy novel is the first book in a series of eight. Artemis Fowl is a rich, twelve-year-old criminal mastermind who captures a fairy, Officer Holly Short, and holds her for a ransom of 24 carat gold. Artemis is now public enemy number one in the fairy world and must watch his back as he messes with forces he does not understand. This novel is great a mix of science fiction, fantasy and humor, and once you read the first, you will want to read them all.

"Between the Lines" by Jodi Picoult, 2012

This young adult novel is a blend of romance and fantasy that takes you from fairytale to reality. Delilah is an introverted bookworm who has a love for her old storybook. Little does she know, the characters in her book are just as alive as she is. As she begins to confide in a fairytale prince, Delilah realizes he can not only hear her, but respond to her as well. This novel is unique, and the characters in both reality and the fairytale are very colorful, making it an entertaining read.

"Eleanor & Park" by Rainbow Rowell, 2013

This young adult novel is not your average



PHOTO PRINTED WITH PERMISSION FROM PIXABAY.COM
 It's important to make time during college to keep up on your reading.

love story. Two teenagers, Eleanor and Park, meet on the bus one day and slowly begin to love each other's faults. As issues with abuse and race become prominent in their lives, the bond they have grows stronger. The lives and relationship of Eleanor and Park will make you laugh and cry as they fight to be together.

"The Madman's Daughter" by Megan Shepherd, 2013

This dark and suspenseful thriller combines science and fantasy, and is the first in a series of three. Juliet Moreau is a young maid in London who is attempting to live a life ruined by a scandal surrounding her scientist father. She finds out he is alive on a distant island and goes to see him to find out if the rumors about her father's gruesome experiments are true. This book is hard to put down with its gripping storyline and a surprising plot twist.

Seriously Kidding

a satire column

Christmas preparation should start Nov. 1

By: **Rachael Hirstein**

Pack away your Halloween decorations and break out the Christmas lights and music because the most wonderful time of the year is upon us. Thanksgiving may be next month, but let's be honest. Christmas celebrations are all anyone thinks about during November.

The radio always has a head start on the holidays. They play all the best: Bing Crosby, Frank Sinatra and don't forget the classic Mariah Carey. There are so many festive songs, but the radio stations know there's only five we really want to listen to. Hearing "All I Want for Christmas Is You" repeatedly for an hour is the best way to celebrate the season. No one is complaining about hearing nothing but jolly music.

Saul Clemonts, senior marine biology major, shared his feelings about the festive music on the radio.

"I love jamming out in my car to 'White Christmas' on my way to work and then again when I go home," he said. "Nothing says holiday spirit like repetition."

The near-instantaneous change in decorations brings just as much joy as hearing the holiday music at midnight Nov. 1.

Once the plastic bats and jack-o-lanterns are put away, it's time to break out the Christmas trees and wreaths. Forget about autumn leaves and candied apples, because mistletoe and eggnog are taking over. Why even take your decorations down? Just leave them up all year to save yourself time.

Yanira Zapata, freshman business major, talked about the reasoning behind the yearlong decorations.

"It is so convenient to just leave my decorations up all year long," she said. "As soon as October is over, all I have to do is plug my lights in and I am set for the entire season."

Though Thanksgiving is still celebrated in November, it clearly pales in comparison to December festivities.

Clemonts shared his love for the clash of Thanksgiving and Christmas.

"It is so colorful and fun seeing greens and reds mixed with oranges and browns," he said. "Who doesn't want tinsel in their mashed potatoes as they sit down to eat their Thanksgiving meal?"

Give Halloween a rest and start celebrating the most wonderful time of the year. If you don't get started now, then what's the point?

The Great Pacific Garbage Patch: It's time to start caring

By: **Alyssa Johns**

According to the National Oceanic and Atmospheric Administration, or NOAA, between 4.8 and 12.7 million tons of trash are dumped into the world's oceans each year. Currents then push the trash together in concentrated areas known as trash dumps. The trash in these dumps is mostly plastic and is incredibly dangerous to marine life. Not only do sea turtles ingest plastic bags, but albatrosses mistake plastic pellets for food and feed them to their young, who end up dying of starvation or ruptured organs. The biggest problem caused by this marine debris, however, is not something very big at all. As the plastics sit in the sun, they are broken down into smaller and smaller pieces, leaving them invisible to the naked eye.

The Great Pacific Garbage Patch, or GPGP, is a notorious trash dump located between the California and Hawaii coasts. Although its size is difficult to measure, according to The Guardian, the patch spans at minimum 386,000 square miles.

The GPGP was seen first-hand by Charles Moore, marine researcher, in 1997. In an article for Natural History magazine Moore said that he sailed for a week across the patch and saw plastic debris floating everywhere.

The Great Pacific Garbage Patch is not the only trash dump in the oceans. Large quantities of trash and plastic can be found in each of the world's oceans, floating and drifting with the circular currents, leaving them stuck to devastate the oceans. The GPGP and other trash dumps around the globe are detrimental to the oceans and by default the entire planet. Each year the problems and the trash dumps will continue to grow larger and become more significant.

We tend to look back and wonder how we let problems get as bad as they have. How could we have produced so much trash? How could we just dump it and not care? It's difficult to promote environmental advocacy without being called names. In fact, I was recently told, "Chill it, hippie," over my fear of losing the world's bees. But someone must stand up for the planet.

Fortunately, more and more people are becoming aware of the effects we have on our planet. Unfortunately, some of these effects are irreversible. Each day is an opportunity to make a positive impact. Sometimes, we forget the impact we have on the planet, and devastation can result. It's past time to fix some things, but if we take responsibility for our actions, we may be able to save the oceans before it's too late.



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Fast fashion needs to slow down

By: **Erin Herbert**
 @Erin_Herbert

Cheap, trendy and disposable.

Modern day-fashion is all about having the latest trends as soon as possible and for the lowest price. This type of fashion marketing is often referred to as fast fashion. Fast fashion lets average men and women wear the same fashion trends that grace the catwalks in New York City at a fraction of the price. Although fast fashion may be great for your wardrobe and bank account, the adverse effects it has on the environment are less than desirable.

In the world of fast fashion it's all about consumerism and profit. Stores like H&M and Forever 21 capitalize on questionably-acquired

materials and cheap labor to get products from the runway to their shelves in the blink of an eye. However, these clothes often break easily and go out of style quickly.

According to the Huffington Post, there were originally only two "seasons" within the world of fashion. However, in 2014 there was a record 52 major and minor seasons within the fashion industry. These seasons determine when new fashion collections pieces will be released. More fashion trends each year mean more waste. When clothes go out of style they are simply thrown out and replaced with the newest trend. People never stop to think just how many

resources they're wasting when they buy into the fad of fast fashion.

In 2013 approximately 15.1 million tons of textile waste were generated and 12.8 million tons were discarded, according to the Environmental Protection Agency. There is no way that the United States can realistically keep up with the proper disposal of this high level of waste.

You may think that \$10 pleated skirt was an absolute steal and a must-have for your wardrobe, but odds are it'll probably end up in the trash after a few uses. Society views clothing and fashion trends as disposable and many

retailers are to blame for this. The cheap quality of clothes leads consumers to think it's OK to replace their entire wardrobe on a regular basis, creating an incredibly high level of waste.

Between the creation of unnecessary trash and the exploitation of resources, fast fashion creates more problems for the environment than it's worth. Though looking good and keeping up with the latest trends is important in U.S. society, the state of the environment and our carbon footprint should be an even higher priority. We may love our fashion fast, but for the sake of the environment, we need to slow down.

COMMUNITY IS ONE OF NSU'S CORE VALUES. AS A SHARK, HOW DO YOU CONTRIBUTE TO THE COMMUNITY?



SHARK SPEAK



"Currently, I am a part of MedLife. We do different activities. I feel like if you contribute to different communities, it helps as one big thing."

-Sabrina Montiel,
freshman biology major



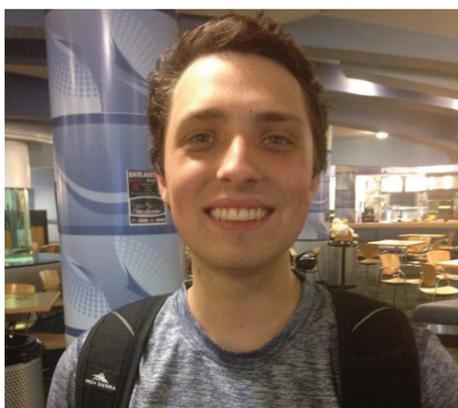
"A couple of weeks ago, I helped feed the homeless in South Florida with my fraternity. It was very beneficial."

-Anthony Laboriel,
sophomore computer engineering and science major



"Personally, I was part of a club that did a beach cleanup and went around town picking up trash."

- Jonathan Cunningham,
freshman sports management major



"So, I currently intern with the Special Olympics of Broward County. In the Nova community, they hold events on campus for students with intellectual disabilities. We provide sports for them and some activities that they can get into."

- Shawn Stricker,
senior sports and recreation management major



"I try to use the arts to help and connect people with my music, and find people who like and make music to make friendships and bonds."

- Chris Huntley,
freshman music major



"Mostly through service events with my clubs and organizations. I am a member of Cozy Corners service organization, and I am the president of Nature Club. Through this, I engage in the community through service projects."

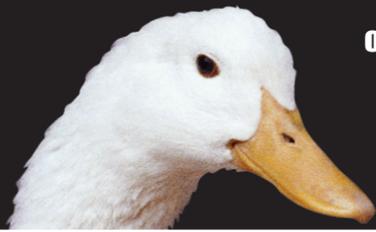
- Emily Harrington,
senior environmental science major



"I've been volunteering at a hospital for three years, and I have a total of 400 hours."

- Yara Eldabbas,
freshman computer science major

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