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The Current

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Plan the perfect Friendsgiving

P. 5



Keep children out of contact sports

P. 7



Falling for fall games

P. 8



Yelling isn't the answer to our political problems

P. 11

Sorority raises awareness for AIDS

By: **Rachael Hirstein**
@RachaelHirstein

To raise awareness about AIDS and HIV and to promote safe sex and testing for STDs and STIs, Zeta Phi Beta Sorority Inc. is hosting AIDS Awareness Day on Dec. 1, which is also World AIDS Day, from 12-2 p.m. in the Don Taft University Center Spine.

Monica Sapp, senior elementary education major and president of Zeta Phi Beta Sorority Inc., explained how this event will raise awareness.

“Every month we, Zeta Phi Beta, do an awareness, so this month has AIDS Awareness Day, and we decided to have an event to promote safe sex and getting tested,” she said. “There will be testing, giving out condoms and playing games to see how much people know about AIDS and how important it is and how rapidly it’s spreading in the community.”

While AIDS Awareness Day is not new to NSU’s campus, this is only the third time that Zeta Phi Beta Sorority Inc. will host an event for it.

Sapp said that this event is important to have on a college campus and that she believes this event will have a great impact on NSU.

“I think it is really important because this is a college and people do have sex,” she said.

“Sometimes people don’t use protection, and they don’t know the effects it can have if they don’t use protection. I really feel like this will have a big impact and we will really try to get the word out to get people there.”

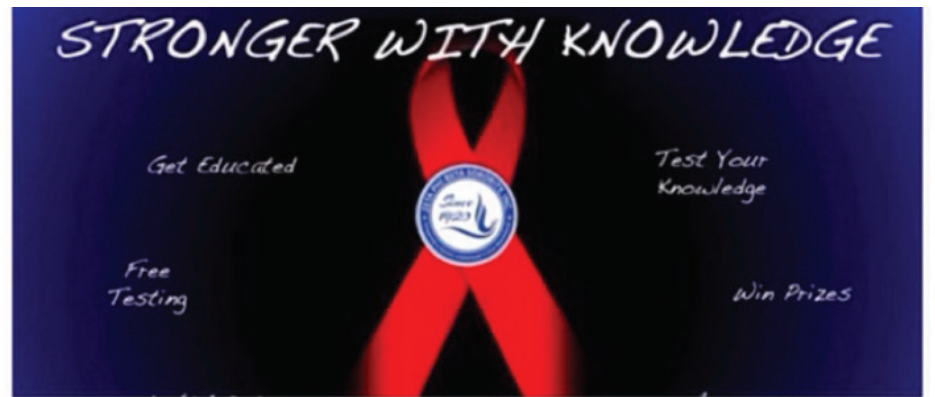
According to Brianna Walker, senior communication studies major and vice president of Zeta Phi Beta Sorority Inc., HIV and AIDS are very prominent in this area. She said that they can affect college students.

“I know as college students we think, ‘Oh, that can’t happen to me,’ but it really can,” she said. “Broward County is the number one county [in Florida] with AIDS and HIV.”

Walker said this event is important to her. “AIDS and HIV plague black women,” she explained. “As a black woman, this is near and dear to me because this event can help save a lot of lives. It can have the potential to stop someone from making a wrong decision at a wrong time.”

Walker said that this event can positively affect the community.

“If we’re able to inform our community about it, we’ll at least cut the numbers down,” she said. “We’ll be able to better it or at least not add on to the number of people in Broward



Zeta Phi Beta Sorority Inc. is helping to promote AIDS awareness on campus for the third year.

County who have HIV and AIDS.” This event is free and attendance is open

to all. For more information, contact Sapp at ms3003@nova.edu.

Condoms: practical and fashionable

By: **Adam DeRoss**

The second NSU Latex and Lace condom fashion show, hosted by the Office of Campus Life and Student Engagement, will take place in the UC spine on Dec. 1 at 8 p.m.

Dec. 1 is World AIDS Day and, according to graduate assistant for SEA Board Yabi Demissie, the event aims to spread awareness of HIV/AIDS and sex education among students in a fun and non-conventional way.

Shanygne Bitna, senior communications major and Thursday Night Live chair for SEA board, said that students and organizations will create themed outfits and styles primarily using condoms for the show. The Student Engagement Office will provide the materials and the

organizations will provide the models and create the clothes.

Students can expect a variety of participating organizations such as the Indian Student Association and their Indian-themed clothes as well as games and activities and guest speakers who will talk about sex education and HIV/AIDS awareness.

“The Latex and Lace fashion show is a way to bring sex education and HIV/AIDS awareness to the NSU community in a fun and creative atmosphere. This way, students can learn more about health issues in the community and learn how to protect themselves without being afraid or uncomfortable with the topic,” Bitna said.

Demissie said that the idea came to fruition in 2014 when Danielle McCalla, now a graduate student and graduate assistant, proposed the concept for the show after being inspired by another university’s event. McCalla wrote up a proposal and was able to put on the fashion show that year with the assistance of SEA board.

“As an undergraduate student here, you live in the residence halls and you work with a lot of students. You have conversations with them and they’re not aware of what’s happening around them and how they’re putting themselves in danger sometimes. It kind of took a while for the student body to grasp the idea because it’s so unconventional, but it definitely grabbed

their attention,” she said.

McCalla also said that, from what she remembers, all of the students participating and in the audience had a great time last year.

“The most fun part about it is getting to see the students’ faces because it’s not something they’re accustomed to seeing,” she said. “Their classmates or their peers in clothing made out of condoms is definitely exciting and interesting, but I don’t want the message of why we’re doing it to get lost. It’s all about bringing awareness on World AIDS Day in a fun and creative type of way.”

For more information or to sign up for the show, visit.nova.edu/latex.

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Have an opinion you want to share?

Stop by The Current’s meetings on Tuesdays from

Noon to 1p.m. in SAB 104.

NEWS ANCHOR

Stay up to date with world events.

Trump wins presidential election, sparking protests

Republican candidate Donald Trump surpassed polling estimates to defeat Hillary Clinton for the presidency with the majority of electoral votes early Nov. 9, according to NBC. Republicans also took control of the United States House of Representatives with over 230 seats and the United States Senate with 51 seats, according to Google News. Clinton's support was not as strong among African-American, Latino, women, and younger voters as Obama's was in 2012, CNN reported. According to CBS, lack of support from these groups made Clinton unable to offset white voters who turned out in substantial numbers for Trump. Protests of Trump's election have taken place in major cities such as Los Angeles, Minneapolis, Philadelphia, Baltimore, San Francisco and New York City, according to BBC. Trump's inauguration will take place on Jan. 20.

Iraqi airstrike kills Isis commander

According to reports from the Iraqi military to CNN, senior ISIS commander Mahmoud Shukri al Nuami was killed on Nov. 8 in western Mosul as the result of an Iraqi-led airstrike. His death was confirmed in a video by ISIS. CNN also reported that on the same day, ISIS killed 40 in Mosul for treason, according to the Office of the UN High Commissioner for Refugees. The battle for Mosul continues.

South Sudan at risk for acts of genocide, says UN official

The Associated Press reported the UN's special adviser on the prevention of genocide claimed the conditions produced by South Sudan's civil war could result in genocide. The adviser cited instances of civilian killings, razed villages and ethnically-targeted rape, saying that the country possesses weapons and an undisciplined military. To remedy South Sudan's conditions, the adviser suggested a strategy to reconcile the different groups and build trust, according to the Associated Press.

Measures to combat fraud cause financial panic in India

The New York Times reported that Indians are waiting in long lines at the bank to exchange currency after the Indian government announced on Nov. 8 that it will be combatting the counterfeit production of 500 and 1,000 rupee notes by removing 500 and 1,000 rupee notes from circulation. According to the New York Times, this action has caused panic and distress among Indian citizens. The BBC reported that new notes valued at 2,000 and 500 rupees will begin circulating throughout the next month.

French president and British prince honor WWI deaths

According to the Associated Press, on Nov. 11, also known as Armistice Day, Prince Harry of Britain and Francois Hollande, president of France, both attended ceremonies to honor the millions of deaths caused by World War I. Hollande visited the Arc De Triomphe in Paris for a ceremony while Prince Harry attended a service in Staffordshire, England at the national Armed Forces Memorial. The Associated Press reported that over 8 million soldiers died during World War I.

The Current

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SLCE engages in national day of service

By: **Mike Lynn**

The Office of Student Leadership and Civic Engagement (SLCE) will host service trips on Nov. 19 at 8 a.m. to HOPE South Florida and People's Access to Community Horticulture (PATCH).

For Homeless and Hunger Awareness Week, SLCE is creating an opportunity for NSU students to get involved and help those who are less fortunate. Volunteers will be given the chance to either help organize clothes that will be distributed to the homeless with HOPE South Florida at the New Life Baptist Church or work at Dania Beach with PATCH to give healthy foods, such as fruits and vegetables, to those who cannot afford them.

Concetta D'Alessio, assistant director of SLCE, said that volunteers will meet at Shark Circle and will depart to the two locations at approximately 8:30 a.m. Volunteers will then be transported to either the New Life Baptist Church or The Patch Green Market. After heading back to NSU's campus, volunteers will then be given time to reflect on the experience.

"We will do service for a few hours in the

garden and clean up the space that distributes the clothes," D'Alessio said. "Then we will have lunch and reflect on how the day went and how you feel like you have impacted the community."

Emily Konicki, sophomore biology major, has been a part of the SLCE day of service in the past and said that they are great ways to get involved and be engaged on campus.

"You're not only learning about social issues in your community, but you are also meeting new students and making relationships with new people," she said. "You get to lead these reflections with them and learn about different perspectives on the issues too."

Konicki said that service days focus on different issues in the community each time so students are engaged in the projects and are more aware of the world around them.

Up to 30 students can sign up for the event at orgsync.com/45785/events/1534001/occurrences/3518874 by Nov. 16. For more information, contact the SLCE office at slce@nova.edu or 954-262-7195.

NEWS BRIEFS

Calling for nominees for NSU Everyday Heroes

NSU's Team 2020 is looking for Everyday Hero nominees for the 2017 Team 2020 celebration. Videos must be 15 seconds long and can be filmed with a smartphone, webcam or tablet. Your hero can be anyone from NSU including a co-worker or supervisor. Submit your video to Team 2020 at team2020@nova.edu.

SGA State of the Union Address

The Undergraduate Student Government Association (SGA) will be presenting their State of the Union Address on Nov. 16 from 11:30 a.m. to 1:30 p.m. in the UC pit. The purpose of this address is to promote what SGA has accomplished this semester and what they plan to do, network to connect NSU interdepartmentally and gather ideas and concerns from those attending. For more information, contact Erin O'Keefe at eo271@nova.edu.

H1-B workshop for international students

The Office of Student Leadership and Civic Engagement (SLCE) is hosting a workshop about getting an H1-B visa on Nov. 17 from 2-4 p.m. in the Carl DeSantis building. This event will explain the process of obtaining an H1-B visa including visa allocation, government and legal fees, the labor condition application and much more. This event is free to attend and all are welcome. For more information, contact SLCE at slce@nova.edu or 954-262-7195.

Holidays and faith forum

The Office of Student Events and Activities (SEA) Board is hosting a holidays and faith forum on Nov. 29 from 6-9 p.m. in UC pit to promote religious freedom and bring attention to winter holidays. This event is free to the community. For more information, contact SEA Board at sea-board@nova.edu or call 954-262-7223.

Get loco for hot cocoa

NSU's student organization Medicine Education and Development for Low Income Families Everywhere (MEDLIFE) is hosting an event on Dec. 2 from 8:30 a.m. to 1 p.m. in front of the Parker building. Hot chocolate will be provided while MEDLIFE discusses their upcoming medical mission trip to Cusco, Peru. This event is free to attend and all are welcome. For more information, contact Nadia Siddiqi at ns996@nova.edu.

Surviving Thanksgiving as a vegetarian

By: **Shennel Warner**

Thanksgiving, that annoying meat-eating holiday, can be a challenge for us vegetarians. You have the giant turkey that sits at the center of the table staring at you. Plus, the annoying relatives who will judge and ask many questions such as, “Where do you get your protein from?” Celebrating a holiday that revolves around food can be struggle, especially if you have limited or no food options. You might end up starving and wondering why you even showed up for dinner.

If you’re scared that you might fall into this Thanksgiving trap, don’t fret. Here are a few tips to help you survive this Thanksgiving.

Cook

Don’t sit back and let your parents do all the cooking. Chances are, if your parents eat meat, they will serve it. So don’t be afraid to go online and look up recipes. This is something that will also work if you’re spending Thanksgiving with family or friends who live close by. You can cook something and bring it with you. There are websites, such as foodnetwork.com and allrecipes.com, that have vegetarian recipes.

By cooking, you also get to spend quality time with family in the kitchen. It could be a great way for them to get insights into your vegetarian lifestyle. In the end, they might be inspired and try your dish.

Side dishes

Side dishes can become your best friend. There will probably be many side dishes you will be able to eat, such as mashed potatoes minus gravy, mac and cheese, string beans, sweet potatoes, salad, etc. The list can go on. So, don’t be afraid to load up a little extra on the side dishes if you can. However, always double check and politely ask for ingredients.

Tofurky

As we all know, turkey is the staple Thanksgiving dish. If you’re not looking forward to the many side dishes, Tofurky can come in handy. Tofurky is a company that creates meat alternatives, and luckily they have something that caters to Thanksgiving. They have a roast that is meant to be a replacement for

the turkey, gravy to put on your mashed potatoes and the feast that comes with both the roast and the gravy, including a brownie for dessert. You can buy Tofurky at the nearest Wholefoods. The price ranges from, \$15.99-\$20.00. For more information visit tofurky.com

Dessert

If nothing else, eat dessert. Who wouldn’t want to take advantage of the unlimited desserts? If that apple pie and ice cream is your only option, don’t hesitate and go a little crazy, even if that might warrant a few looks from jealous children. You can also help yourself to cookies, pumpkin pie and cake.

Eat something before you go

If you are going to someone’s house and have no control over what is served, and none of the options work out for you, eat something before you go. You never know how dinner is going to turn out, and chances are you won’t know what is on the menu until you get to your destination.

Don’t let relatives get to you

There are always those family members who shame us, crack jokes or ask too many questions. Honestly, there is no perfect way to handle difficult relatives who suddenly think that they are the food police. The best way may be to try not to let it get to you. If they have a question, answer it. If they make a joke, try your best to laugh even though that will be difficult. Try to remember that this is only a couple of hours of your life and it will be over soon. Don’t ruin your Thanksgiving by obsessing over every comment or question.

Being a vegetarian can be a challenge, especially on a day like Thanksgiving. Hopefully, with these tips, your Thanksgiving will run a little more smoothly. However, Thanksgiving is just not about food. It is also a holiday where you get to spend time with family and friends. So, despite the obstacles, try and enjoy your Thanksgiving.



By: **Erin Herbert**

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



Ella Cafe offers a wide variety of coffees, entrees and desserts.

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NSU is a unique and lively campus, but that doesn’t mean Sharks can’t band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Luckily for NSU students, one of the best coffee houses in the area is only a short drive away. Thanks to its relaxed and cozy atmosphere, Ella Café is the ideal place to grab lunch with friends or to kick back with a cold brew for a study session.

The exterior of this hidden gem is underwhelming; Ella Café is nestled in the middle of a sleepy plaza off of Broward Blvd, with only a sign reading “Coffee House” out front, but don’t be fooled by its modest exterior. The inside of the coffee house is warm and inviting, with quaint and simple décor featuring wooden furniture and vine-covered brick walls.

One of Ella Café’s biggest draws is its huge selection of gourmet coffees. From cold brews and lattes to espressos, they have something for any coffee lover. Spice up your visit to Ella

Café by trying one of their unique flavors, like the Caramel Rosemary Iced Cafe Latte, or one of their seasonal specialties like the Apple Pie Latte. But the options at Ella’s don’t stop there. In addition to their wide variety of coffees, Ella Café also serves desserts, pastries, flatbreads, sandwiches and salads.

There are plenty of café tables for patrons to enjoy their coffee, chat or study. The back of the café even features a small reading nook with large armchairs and fully stocked bookshelves. So, whether you’re looking for a place to grab a quick bite to eat or somewhere to spend a few hours curled up with a book, Ella Café can be the perfect place to gill out.

Ella Café

9743 W Broward Blvd.,
Plantation, FL 33324, \$5-\$20

Open Monday and Tuesday from 7 a.m to 5:00 p.m., Wednesday through Friday from 7 a.m. to 8 p.m., Saturday from 8 a.m. to 8 p.m. and Sunday from 8 a.m. to 3 p.m.

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Career Corner

Our 50th article part 3: Gaining hands-on experience and landing your dream job

By: **Emilio Lorenzo and Emily Tasca**

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

Emily Tasca is a member of the career advisement team in NSU's Office of Career Development. She works with current students and alumni at the undergraduate, graduate and professional levels.

In order to celebrate our 50th article, we have created a three-part series that highlights quotes from the best Career Corner articles. Each will provide insights on gaining hands-on experience and landing your dream job.

Getting comfortable with the uncomfortable

"In life, you will come to understand very quickly that you have to get comfortable with the uncomfortable, which applies to your career as much as your personal life. Some of these uncomfortable career situations can include engaging professionals and faculty in conversation, answering difficult interview questions, networking with professionals and negotiating salary."

"Building relationships with faculty, professionals in your desired field or key stakeholders who will help you reach your goals not only stretches your comfort zone, but also plants the seed to create avenues, which may lead to job opportunities upon graduation."

Personalizing your resume

"Personalizing your resume to a specific job or industry is essential as you try to showcase your fit to an employer."

"Though it's true that being a sales associate at Banana Republic isn't similar to being a nurse, many skills acquired from customer service experience are helpful and applicable to any field. So, ask yourself what skills you'll need to be successful in a new field and try to connect those past experiences, no matter the setting."

"You won't be in the room with the employer as he or she reads your resume, so it is imperative that you connect the dots on why your past experiences are related to the current opportunity. Every job requires training, but the transferable skills you've developed from other experiences will showcase that you're the right fit for the employer."

Building the bridge from University Island to Dream Job City

"Typically, a bridge is made of bricks and cement; however, the bridge to your career goals is built on relationships and pre-professional experiences that will prepare you to navigate the challenges of your dream job and transition into a well-rounded professional."

"There are many ways you can build professional relationships and gain pre-professional experiences. The value in each of these experiences encapsulates, or provides a glimpse, as to what the future would hold within a certain career path, as well as provides an avenue to develop key skills that would be needed in such environments."

"Gaining transferable skills, whether through volunteering, internships or independent projects, is not the only reason pre-professional

experiences are useful, as they can also be an ideal way to build relationships with key stakeholders in your future."

The importance of internships

"Internships can be defined many different ways, but essentially, it is an opportunity to help you explore a certain career path and understand skills needed as a professional in such a field. It also provides professional growth as you become more marketable for future opportunities through hands-on experiences."

"Now, here is the conundrum: How do you get a position after graduation when you have no experience and are a new graduate looking to transition into the field? This is why internships are so important in college because it provides an avenue to gain such experience and exposure to your area of study without needing prior years of experience or a completed degree."

"In addition, internships can also be a great way to explore a certain major or career path, as what better way to understand your fit within the field than to see it up close and personal."

This is my first professional interview. How do I handle difficult questions?

"The key is to prepare appropriately for your interview and to keep in mind a few tips and tricks that will make you a better candidate, including the strategic use of storytelling."

"The first step you should take is to research the position, employer and organization as much as possible...The more you know about a company, the more prepared you will be to handle questions like 'why do you want to work for us?' and 'what have you heard about our organization?'"

"A good strategy to use as you are

preparing for the interview is to go through a list of questions that may come up and reflect on past stories to include when responding. This strategy is called story banking; it can be used almost like a utility belt as you decide which anecdote suits the situational questions."

"You want to be honest and sincere with your answers. When you're asked to identify your weaknesses, make sure it's a real one you're able to thoroughly explain. The key is to include strategic details about how you plan to realistically improve or even turn this weakness into a strength."

Career guide to summer planning

"During the fall and spring semester, it may have been difficult to find sufficient time to engage in certain initiatives that will help you long-term, including but not limited to obtaining an internship or networking with professionals in your field. However, during the summer, you have plenty of time and freedom from a heavy academic workload, making it an opportune moment to take advantage."

"It all starts with developing a strategic plan early on. If you would like to use your summer to obtain an internship, then you do not want to wait until the first day of summer to see what options are available. Internship planning should be done least a month or two before the actual internship begins."

"In addition, you can use the summer to get involved in your community or do something exciting like studying abroad. Getting involved in your community allows you to develop key, transferable skills like relationship building and communication."

Fashion Finatics: Saying farewell to your wardrobe

By: **Jenna Kopec**

@Jen_Kopec

'Tis the season to overhaul your wardrobe. As holiday deals and steals flood the racks, you may be looking for your next look or items to compliment your current one. But with new and improved ensembles filling up your closet, you may find some clothes no longer fit in your closet or your life.

Don't fret: your once-prized fashion pieces don't have to meet a gruesome end in the garbage. Here are some ideas on what you can do with clothes you don't want to kick the bucket.

Financially support your fashion habit

Let's be honest, being a fashionista can be financially taxing. Luckily, shops like Plato's Closet can help. This shop buys and sells gently-used, fashionable clothing. If you're looking to get rid of some clothes, Plato's Closet accepts walk-ins. They pay in cash or store credit. The nearest Plato's Closet to campus is located at 7161 West Broward Boulevard, Plantation, FL 33317. Their business hours are 10 a.m. to 8 p.m., and they can be contacted at 954-583-4773.

Create a new place to lay your head

If you know how to thread a needle and do some basic stitching, or know your way around a hot glue gun, crafting your old clothes may be the way to go. Winter break is fast approaching and what better way to catch up on some sleep than by resting your head on a homemade pillow? With some old clothes, scissors, stuffing

and binding material of your choice, you'll have a unique accent for your bed, couch or recliner.

To craft your own pillow, choose a piece of clothing you want to get rid of and cut out two of the same shape. You can choose two different materials if you want. Flip the fabrics so that the sides you want to show are facing each other. Either sew or glue around the edges of the shape, leaving only a small hole. Using the small opening, turn the fabric so that it'll be right side out. Stuff the pillow, sew or glue the opening and voila: your one-of-a-kind pillow.

For more tips on creating your own pillow, go to wikihow.com/Make-a-Pillow.

Set up a swap party

In the event that you're part of a fashion pack and have a few well-dressed friends, you can always pass on your possessions to those you know will take care of them at a swap party. At a swap party, people trade the clothes they no longer want for new-to-you ensembles. Think Plato's Closet but with the people you love instead of strangers. Since the holiday season usually coincides with peak party season as well, inviting about 8-10 friends to your own swapping shindig will be in keeping with the spirit.

For information on how to plan your swap party, go to realsimple.com/holidays-entertaining/entertaining/everyday-celebrations/host-swap-party/tricks-of-trade.

Give your garments to charity

Of course, you can always take your fantastic fashion sense and pay it forward.

There are multiple organizations that provide gently used clothing to those in need, including the Salvation Army. Donations can be taken directly to The Salvation Army Family Store & Donation Center located at 1791 West Broward Boulevard, Fort Lauderdale, FL 33312. Their hours are from 10 a.m. to 8 p.m., and they can be

contacted at 954-467-5816.

So as you round-up a new wardrobe, you won't have to worry about the fate of your once-treasured fashion pieces. There are plenty of ways to give these pieces a new purpose.

When did Black Friday become a thing?

By: **Jacqueline Garcia**

For many people, Black Friday, the day after Thanksgiving, is the beginning of the Christmas shopping season. It's considered one of the biggest shopping days of the year in the United States. Even before the last of the Thanksgiving turkey is gone, our minds may flood with thoughts of Black Friday deals. But when did this unofficial holiday begin?

While there are many myths as to when the term "Black Friday" began, the true story of how Black Friday became a "thing" is not as positive as retailers may make it seem.

One of the most common misconceptions about the origins of the term "Black Friday" is directly connected to retailers, according to Tech Times. In the '60s, as post-Thanksgiving shoppers flooded the stores on the hunt for discounted products, stores operating at a loss, also known as "in the red," would finally earn a profit, which was referred to as going "into the black." While this story may sound good, the actual story as to where the term comes from might surprise you.

The term "Black Friday" was coined in the 1950s by the Philadelphia Police Department. According to the History Channel, Philadelphia police used the term to describe the mayhem that happened the day after Thanksgiving as a result of the shoppers and tourists who flooded the city

in advance for the annual Army-Navy football game on Thanksgiving weekend. The police had to work overtime, dealing with crowds of shoppers and additional traffic, resulting in the negative connotation of the term.

By the 80s, the term "Black Friday" had spread in Philadelphia. According to Tech Times, the city attempted to change the name of the dreaded day to "Big Friday" to remove the negative stigma attached to the term, but it didn't stick. It wasn't until the 1980s that the term "Black Friday" spread across the country when retailers reinvented the term from something negative to something positive.

Since then, what started out having nothing to do with discounts, deals and everything in between has grown into a huge shopping event in the United States. Before fully digesting Thanksgiving turkey, some shoppers are ready to run out the door for this one-night bargain-shopping jackpot every year. While not many people are aware of Black Friday's origins, it seems the chaos that ensued in Philadelphia in the '60s isn't far off from the shopping experience every year on this unofficial holiday.

For more information on the origins of Black Friday, visit history.com/news/whats-the-real-history-of-black-friday and techtimes.com/articles/110156/20151126/the-real-history-of-black-friday-is-not-what-you-think.htm.

Thanksgiving foods from around the world

By: **Rachael Hirstein**

Many associate Thanksgiving with turkey, stuffing and pumpkin pie, but have you ever wondered what dishes different cultures make for this holiday? What you eat this holiday may not correspond to what others from cultures around the world eat.

Here's a look at Thanksgiving dishes from around the world. Don't be afraid to add these unique dishes to your holiday meal.

Europe

According to Mashable, European-Americans, from countries like Germany, include dishes of fried and pickled foods alongside traditional turkey and stuffing. Bacon-braised purple cabbage is a dish that adds unique flavor to the other simple dishes. Fried latkes, or potato pancakes, can take the place of regular mashed potatoes, and using stock from the turkey will make a great broth for matzo ball soup the next day.

Korea

Mashable states that Korean cuisine brings sweet, spicy and tangy flavors, as well as rice-based dishes, to the Thanksgiving dinner table. Add a little heat and saltiness to your macaroni and cheese casserole with some Korean kimchi, which is a mix of fermented vegetables. Koreans also make Songpyeon, which are little rice cakes filled with red beans, chestnuts or other ingredients. The next day, add leftover turkey to your rice for a quick meal.

Cuba

Traditional Cuban-American Thanksgiving dinner consists of tortillas and pork, as well as turkey and cornbread, according to Havana Journal. A roasted pig or seafood may be served in place of turkey. Potatoes are either mashed and seasoned with garlic and green onions or boiled, mashed and then covered with olive oil and adobo — a type of marinade. If turkey is served, it is marinated with garlic and oranges before being basted with butter. The stuffing is seasoned with adobo, garlic and chorizo, a

kind of pork sausage, and is made with tortilla or cornbread. Many types of bread are served, like cornbread, biscuits, dinner rolls and Cuban bread.

The Middle East

Middle Eastern-Americans, from countries such as Persia, add rice, vegetables and fragrant spices to mix up the traditional feast, according to Mashable. Step up your stuffing game by making Persian basmati rice stuffing, which consists of goat cheese, pomegranate paste and turkey stock, in addition to the cranberry sauce and gravy. Replace your typical salad with a labneh salad, which includes labneh, or Greek yogurt, cherry tomatoes and sumac. Instead of pumpkin pie for dessert, make zalabia, an Egyptian fritter.

Italy

Mashable states that Italian-Americans' Thanksgiving tradition consists of different pastas and cheeses. Antipasto platters full of salamis, olives, cheeses and stuffed mushrooms

are common appetizers. Cheesy, vegetarian manicotti is a delicious replacement for bacon-filled vegetable dishes. Put away the apple crisp for some tiramisu, a coffee-flavored dish which is very popular in Italian culture.

South America

South American Thanksgiving cuisine involves savory meat and cornbread, according to Mashable. Brazil's national dish is feijoada, a smoky pork and black bean soup that could compliment a cultural Thanksgiving feast. Argentinian buttery dulce de leche-filled cookies called alfajores are a great post-meal snack to enjoy with coffee. If you want a late-night snack, whip up some Venezuelan arepas, which are flat, grilled corn breads, and fill them with leftover turkey to make miniature sandwiches.

With so many different foods to eat at Thanksgiving, you may never get bored of the same old things every year. Consider exploring other cultures and expanding your tastes this November by trying these new dishes.

Friendsgiving: not your mother's Thanksgiving feast

By: **Jeweliana Register**

Thanksgiving is a time to reflect on the good times and give thanks for everything that makes you feel blessed. While Thanksgiving can be a wonderful holiday filled with turkey and all things fall, our Thanksgiving break is only three days long and the airports are usually swamped, not to mention heightened holiday traveling prices make it difficult to get home.

So, if you are staying on campus for Thanksgiving or even going back home to spend time with friends and family, hosting a Friendsgiving could be the perfect way to celebrate turkey day. Friendsgiving is a modern-day take on Thanksgiving. Instead of celebrating with family, friends gather together to give thanks. So, here's a roundup of nine things to help you host the ultimate Friendsgiving.

Invites

These can be as simple as a text with the location and date of the party or as elaborate as old-fashioned, printed invites sent by snail mail. There are tons of options for free printable invitations on Pinterest and tons of templates online you can customize through InDesign and Photoshop.

Decorating

Nothing says fall quite like leaves changing color and pumpkins outside of storefronts... even though fall in South Florida only means the weather goes from miserable to bearable. Regardless, a fall-themed party is incomplete without festive decorations. Decorations can be simple and understated or over the top, so whatever your style, you'll be able to find something that puts your guests in the holiday spirit. Sticking to a color scheme like red, orange, yellow and brown can help tie in carved pumpkins, colorful leaves and turkey recreations.

Turkey, mashed potatoes and green beans

Turkey is a Thanksgiving staple, but cooking a turkey in a dorm room is basically impossible. Thankfully, a turkey can be purchased from a variety of different places. Some restaurants offer cooked turkeys to go around Thanksgiving and supermarkets have cooked meats as well. Thanksgiving is not complete without a few homemade sides, but if you want to have Thanksgiving in a dorm, most supermarkets have sides that taste close to, if not identical to, home cooking. Most Thanksgiving staples can be bought in a grocery store and heated up in a microwave if necessary. It eliminates the reality of slaving in the kitchen all day, leaving more time to socialize with friends.

Anything pumpkin

'Tis the season for pumpkin spice and everything nice. The desserts are almost as important as the meal, so be sure to provide your guests with a few options to treat their sweet tooth, like a festive pumpkin pie or pumpkin roll. Dessert recipes can be somewhat challenging to make, though, especially in a dorm. For Friendsgiving purposes, picking up a pie or cake at a local supermarket will provide Thanksgiving desserts, while minimizing the work.

Apple cider and hot chocolate

Even though South Florida may not feel like sweater weather, an assortment of hot drinks will be appreciated by your guests. A hot chocolate bar is not only a big crowd-pleaser but is easy to make. All you will need for a hot chocolate bar is an assortment of toppings and extra ingredients like peppermint sticks, pumpkin spice, cinnamon, whipped cream, caramel and salt. Hot chocolate could be substituted for coffee or apple cider, depending on your preference. Apple cider and hot chocolate can be made in bulk using a crock pot. The crock pot not only alleviates some of the work but works nicely in a dorm room.

Movies and blankets

Once you've been sufficiently stuffed with all of the Thanksgiving food, you will probably want to curl up and take a nap. For this reason, planning to watch a movie after your Friendsgiving is perfect. Movies like "A Charlie Brown Thanksgiving" and "Home for the Holidays" are good picks that will put your guests in the holiday mood.

Party games

Party games can either be really corny or really entertaining, so be sure to put some thought into what type of games your friends might enjoy. Some great fall-themed games and activities could be fall bingo with pumpkin and cornucopia stickers, painting pumpkins or bobbing for apples. If the latter seems too complicated, a simple stack of cards and a few board games will also liven up the party — with way less effort for the host.

Photo backdrops

Friendsgiving is a great excuse to fill your Instagram feed with fall photos. Picking up some photo props or designating an area in your dorm for photos will liven up the party and provide a way for guests to document all

of the fun. If you're looking to get fancy with your pictures, you can always run to a local craft store and purchase a fall-themed or coordinating colored fabric to hang on your wall. Either way, be sure to document all the amazing food and all the memories.

Thankful opportunities

Thanksgiving is all about taking the time to express your gratitude for all of the things you appreciate, and this shouldn't be overlooked just because you're not at home with your family. Reflecting on all everything you feel blessed to have is a good way to change your perspective about Thanksgiving away from home. There are so many interesting ways to incorporate

thankfulness into your Friendsgiving, like giving your guests the opportunity to write down as many good things as they can in one minute.

Whether you're unable to return home for Thanksgiving or you just want to spend time with friends during the holidays, preparing a Friendsgiving is a great place to start. Friendsgiving can be the perfect way to make Fort Lauderdale feel a little more like home during this time of year, whether you decide to plan a simple gathering or go all out like Monica from "Friends." The main idea is just to enjoy the company and reflect on all of the things you are grateful for — like pumpkin pie and macaroni and cheese.

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Nov. 19 | 11 a.m.

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vs. Palm Beach Atlantic
NSU Arena
Nov. 16 | 7:30 p.m.

Tampa, Fla.
Nov. 19 | 4 p.m.

vs. St. Thomas
Miami, Fla.
Nov. 26 | 4 p.m.

vs. Southern Connecticut State
NSU Arena
Nov. 27 | 2 p.m.

WOMEN'S VOLLEYBALL

vs. Florida Tech
NSU Arena
Nov. 15 | 7 p.m.

vs. Saint Leo
NSU Arena
Nov. 18 | 7 p.m.

vs. Tampa
NSU Arena
Nov. 19 | 4 p.m.

WOMEN'S BASKETBALL

vs. Palm Beach Atlantic
NSU Arena
Nov. 16 | 5:30 p.m.

Tampa, Fla.
Nov. 19 | 2 p.m.

vs. Valdosta State
NSU Arena
Nov. 25 | 2 p.m.

vs. Armstrong State
NSU Arena
Nov. 26 | 2 p.m.

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Athlete of the Week:

Katie Pyles

By: **Grace Ducanis**
@GraceDucanis

Life's a beach. At least, for Katie Pyles, senior graphic design major and captain and setter for NSU's women's volleyball team.

Pyles, a Colorado native, came to NSU because of her passion for beach volleyball. She went on to talk about playing volleyball for NSU and how the sport has influenced her life.

How did you get into volleyball?

"I was probably 14 the year I started. It was just a family friend who introduced me. I probably started playing just doubles on the grass, so like two and two, just for fun."

Why do you play volleyball?

"I enjoy the competitive part of it...my favorite thing about volleyball is once the game is over there's always another one, no matter if it's playing on the beach for fun, with family, or competing for a championship."

Have you had any influential coaches?

"I got in a lot of trouble my freshman year of high school, and one club coach, who was actually the director of the club...he was like, 'Well, figure it out or you can't play for my club,' and that's exactly what happened. He was a big push in showing me that there were college scholarships. I wouldn't have even been here or been recruited if it weren't for him being like, 'You have potential and you could play in college.' So I worked with him as much as

I could. Every day when everyone else was at school I was in the gym."

Why did you decide to play with NSU?

"They recruited me. I knew I wanted to come someplace where there was a beach, because of beach volleyball."

What's been your proudest achievement in volleyball?

"Making the national team, the USA Beach National Team...that was pretty exciting. It opened up a lot of doors and I met a lot of different people."

What's the most difficult thing about volleyball?

"As much as I hate to say it, it's the mental part of it. You just have to forget about the last point. It's tough. It's probably the only sport where you stop in between every play and reflect on what's happened even though you shouldn't. It's that quick turnaround that's tough, especially when you have six people who are all thinking something different...That's probably the hardest part: to get everyone to forget about it and move on to the next point in literally 30 seconds."

What are your plans for after college?

"I'm going to go to Grand Canyon University in Phoenix to get my master's in business."



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Katie Pyles is the captain of NSU's women's volleyball team.

What do you like to do when you're not playing volleyball?

"I enjoy my art, whether it's school-driven or not. I like to go to yoga, and I love the outdoors and doing anything outside. The beach, obviously. [Although] coming from Colorado it's hard to be here and not hike and stuff."

Has playing volleyball influenced your life?

"Absolutely. I mean, that's what I want to do for the rest of my life. I want to play professionally. The beach game is a little different because it's more like a lifestyle. You go around and you travel and hopefully I'll be able to travel around the world...[Volleyball's] opened my eyes. I've met a lot of people, like through the [national team]."

OUT OF THE SHARKZONE

Grossmann's contract terminated by Flames

Defenseman Niklas Grossmann and the Calgary Flames came to an agreement to terminate Grossmann's one year, \$575,000 contract, according to Sportsnet. Grossmann has cleared waivers and will become an unrestricted free agent, but is expected to continue his career in Sweden.

Tate announces retirement from UFC

Former bantamweight champion Miesha Tate announced her retirement from fighting at UFC 205 on Nov. 12. After losing to former teammate Raquel Pennington, the 30-year-old decided to announce the end of her decade-long career.

Hurricanes' Bickell diagnosed with multiple sclerosis

Carolina Hurricanes forward and former Stanley Cup champion Bryan Bickell has been diagnosed with multiple sclerosis, according to Yahoo! Sports. Bickell hopes to take some time off for his recovery, but ultimately hopes to return to the NHL at a later date.

Kelce fined \$24,309 for tossing towel at official

Kansas City Chiefs tight end Travis Kelce was fined \$24,309 for tossing a towel at an official during the Chiefs' victory over the Jacksonville Jaguars on Nov. 6. Kelce was also ejected during the game for his actions.

On the Bench: Contact sports are not for children

By: **Jenna Kopec**
@Jen_Kopec

It's no secret that the head trauma players are exposed to in contact sports, particularly football and boxing, puts them at greater risk for CTE, a degenerative disease of the brain that is only able to be diagnosed through an autopsy. According to the Mayo Clinic, those with CTE often have memory loss, impulse control problems, depression and eventual dementia. In severe cases of CTE, the individual can show signs of other diseases such as ALS and Alzheimer's.

With this information, I can't understand why we, as a society, have not taken a stance against youth playing contact sports that put their future health in danger.

Look at the case of former NFL fullback Kevin Turner who died in March 2016 at the age of 46. On Nov. 3, researchers from the Boston University CTE Center announced their findings that Turner died from advanced stages of CTE and not from ALS, which he was previously diagnosed with. According to an article published by the Boston University Medical Center, this was the most severe case of CTE researchers had seen in a patient who died in his 40s. They believe that this was a result of Turner's two season career in the NFL and the age at which he started playing tackle football: five.

This research supplements a study conducted by the Mayo Clinic, which found

that males who play amateur contact sports in their youth are more susceptible to CTE. According to ESPN, a total of 1.23 million kids ages 6-12 played tackle football in 2015.

Youth sports themselves are not bad. They encourage teamwork, exercise and self-discipline. But there are plenty of sports that don't put the future of the children who play them at risk. There are even sports like flag football that can help players develop the skills they need to play tackle football when they are at a more appropriate age, which, according to the Clay Center for Healthy Minds, is high school.

Of course, athletes of other sports can also develop CTE, but not to the same extent as in full contact sports. The Boston University CTE Center recorded a case of CTE in an individual who is only 18 years old. Therefore, it is not appropriate for youth to play contact sports.

The NFL has acknowledged the connection between head trauma and the development of CTE but we really can't expect them to do much about it since so little is known about the disease. Parents and society need to be proactive in protecting the lives of amateur and professional athletes for the years to come. No child should be put into a contact sport until they are at least in high school.

SPORTSSHORTS

Men's basketball

The men's basketball team fell 65-71 against St. Thomas on Nov. 11. Gerard Tarin led the Sharks with 22 points and 10 rebounds.

Women's basketball

Union defeated the women's basketball team 75-65 on Nov. 12. Christen Prasse had 10 points in the second quarter and 16 overall, leading the Sharks in scoring.

Women's soccer

The women's soccer team was knocked out of the NCAA tournament after a 1-0 loss to West Florida on Nov. 11.



Fall games

By: **Steven Wang**

The fall game season usually brings a host of new titles and highly anticipated releases, and this year is no different. 2016 may be sporting one of the most robust and longest fall release lists in quite a while, and it's all AAA titles and fandom riding games clashing for the top.

“Gears of War 4”

“Gears of War 4” for PC and Xbox One was released Oct. 11. Even though it's the fourth game in an acclaimed series, so far it's living up to its legacy. The game takes place 25 years after the events in “Gears of War 3.” The protagonist of this game is J. D. Fenix, son of the legendary Marcus Fenix from the previous games, who sets out with his friends Kait Diaz and Del Walker to save their loved ones from a new enemy called The Swarm. According to IGN, the game's new enemies, the Swarm and the Deebies, add a new layer of challenge to this cover-based shooter as they use tactics different from the Locusts of the previous titles. Players will mostly feel pressured and challenged by the mechanics of the new enemies. “Gears of War 4” is currently rated as 9.2/10 on IGN and 85 percent on Metacritic.

“Battlefield 1”

“Battlefield 1,” which released on Oct. 21 on PC, PlayStation 4 (PS4) and Xbox One, has been long-awaited. The game dives headfirst into World War I, going all in with the guns, technology and appearance of the era. The main

focus of the game is the multiplayer aspect, with objective-based gameplay and an arsenal of WWI guns, vehicles and settings to back it up. The multiplayer gameplay has been overhauled so that every weapon and tank feels unique and specialized, encouraging cautious gameplay and teamwork to fuel the chaotic nature of the game's multiplayer setting. The game currently sits at 9/10 on IGN and 88 percent on Metacritic.

“Call of Duty: Infinite Warfare”

Another year, another “Call of Duty” game. “Call of Duty: Infinite Warfare” hit the shelves on Nov. 4 for PS4, Xbox One and PC, but it might as well not have as the game is dry. The single player is slow and the multiplayer is better at making the game hard rather than fun to play. The single player campaign is lackluster to say this least, and even actor Kit Harington couldn't carry the story for long. With a very generic storyline featuring a group rebelling against Earth, along with space combat and spaceship fights, “Infinite Warfare,” isn't giving us much to hope for. The only redeeming aspect of the game is that you can get “Modern Warfare Remastered” packaged with it. The game currently sits at 7.7/10 on IGN and 80 percent on Metacritic.

“Civilization VI”

Moving away from the first person shooter genre, Sid Meier's “Civilization VI” was released on Oct. 21 for PC, Mac and Linux. The

game once again bears the robust tried and true real-time strategy gameplay with a plethora of options for managing and running your country. The game features a new civics technology tree, as well as a new style of multiplayer combat where who moves first is determined based on who moves first in real time, adding a new dimension to the game. Another shining addition to the proud 25-year-old series, “Civilization VI” currently sits at 9.4/10 on IGN and 89 percent on Metacritic.

“Titanfall 2”

A title that's making its revival this year, “Titanfall 2” came out Oct. 28 for PS4, Xbox One and PC. The game has drastically improved since its predecessor and now sports a single player campaign. In the campaign, you play as Jack Cooper and the vanguard class titan, BT-7274. The campaign is beautifully designed on every level and area and the story writing is refreshing, playing hilariously on the human and robot friend trope. Multiplayer is where the focus is, again, as the game has received several tweaks and upgrades to make for an overall better experience that doesn't suffer from the same dryness as “Titanfall 1.” “Titanfall 2” sits at 9/10 on IGN and 86 percent on Metacritic.

“Watch Dogs 2”

Another game that will, hopefully, see its heyday is “Watch Dogs 2,” which will be released Nov. 15 across Xbox One, PS4 and PC.

You play as Marcus Hallaway, a hacker who joins a hacking group called DedSec to stop a corporation named Blume, which has been gathering private info on pretty much everyone in the city through questionable methods. “Watch Dogs 2” awaits reviews, but it may be able to redeem the series after the “Watch Dogs 1” flop.

“Pokémon Sun” and “Pokémon Moon”

On a lighter note, “Pokémon Sun” and “Pokémon Moon” are coming to Nintendo 3DS on Nov. 18. The long-running series has charged into oblivion as of late with more and more confusing design decision. Decisions aside, the new games have a new power system called the Z-Move system, where a Pokémon, holding a specific item, can use a one-time extremely powerful move called a Z-Move. Another new system being implemented Hyper Training, where you can train a Pokémon's individual stats to levels they normally would not achieve. “Pokémon Sun” and “Pokémon Moon” await reviews, but seem to indicate another strong title in the series.

It's certainly a star-studded season for games this year with a larger number of big-name titles taking the stage. With the usual suspects, the newcomers and the back-from-the-graves, gamers this fall have a lot to look forward too.

“Avenue Q” is for avenue you

By: **Ben Underhill**

 @ActualBenU

“Avenue Q,” the critically acclaimed Broadway musical that won the Tony “Triple Crown” of Best Musical, Best Score and Best Book, has come to Southwest 5th Avenue, specifically, the Broward Center for the Performing Arts. Produced by Slow Burn Theatre, this classic coming-of-age musical follows the life of Muppet-esque character Princeton, voiced by Rick Peña, as he navigates life fresh out of college and in his first apartment on Avenue Q in an outer borough of New York City. The show is, to say the least, a mix of PBS's “Sesame Street” and Broadway's “Rent” on drugs. Slow Burn Theatre's version of the show of it is great due to the production's passionate performers, but leaves mixed feelings due to poor technical aspects.

The show begins with an animated introduction that gives the “Sesame Street” feel to the show. These animations appear at random moments throughout the show, including a reference to the pronunciation bit from the popular kids show. Unfortunately, the inclusion of these animations drags the show on. Even though the real bits from “Sesame Street” help children learn, when addressed to adults they feel patronizing and take away from the excitement of the production. There are one or two funny bits, however, including counting night stands with a punch line that references a sexual one-night stand.

During the opening number, Peña appears with Princeton literally on his hand, singing about the lack of opportunities he has with a B.A. in English, satirizing the degree and those pursuing it. The strong opening number is quickly wasted. The energy of the cast, both those with and without puppets, was lacking in the first ensemble number, “It Sucks to Be Me.” The only excusable aspect of this song is the basicness of the choreography. People who are singing and controlling a puppet shouldn't be expected to execute complex choreography.

Luckily, “If You Were Gay,” a song as hilarious as the title suggests, brings the energy of the show up to a satisfying level and sustains it for the rest of the act. Sung by Peña and Christian Vandepas through the puppets Rod and Nicky,

respectively, the song left the audience laughing.

The first act continues the trend of satirical, slightly offensive songs including “The Internet Is for Porn,” “I'm Not Wearing Underwear Today” and “You Can Be as Loud as the Hell You Want (When You're Makin' Love),” as well as the introduction of a character actually named “Lucy the Slut.” This level of no-boundaries theatre creates a hilarious vibe that makes the show's first act fun to watch.

The second act focused more on drama than comedy but was far less eventful in terms of show-stopping numbers. The guttural performance of Piro draws the audience in regardless, but the two acts are obviously different. The slowness of the songs did, however, mask the evident shortness of act two compared to act one. The resolution was rushed but heartwarming.

In terms of characters, Piro's portrayal of Kate, Princeton's love interest, is emotional and brings necessary dramatic appeal to the show. Peña and Piro's chemistry brings the whole show together. Despite being puppets, the connection between Princeton and Kate Monster actually feels genuine. Vandepas also, who recently starred in “Mud,” directed by NSU's Mark Duncan at Thinking Cap Theatre, easily shows off his acting abilities. In “Mud,” he played an egotistical, mentally challenged man, but in “Avenue Q,” he utilizes comedic voice acting abilities to voice over four different characters, including leads Nicky and Trekkie Monster, flawlessly. Unfortunately, not all of the cast put on a great performance. Ann Marie Olson, who played Christmas Eve, seemed to be trying too hard to play a Japanese woman, accent and all. Her accent was spotty in places, and she lost it completely in the song “The More You Ruv Someone.” Her performance wasn't bad, but needed more work than it was given.

The technical aspects of the show are poor to say the least. Throughout the show, microphones either crackle or cut out completely, even during key songs. On top of that, the scenic designer seemed to pay no mind to the sight lines of the set. Bare wood under the floor of the second story of the buildings is clearly visible, along

with actors in the buildings that are not meant to be seen. Additionally, lighting cues are very quick during transitions between scenes, which is annoying when the stage lights come up.

Slow Burn Theatre's “Avenue Q” is definitely not one of the best shows out there, but it is still likely to give you a good time. The hilarity and drama will tug your emotions from

happy to down and back to happy again.

“Avenue Q” is showing at the Abdo New River Room in the Broward Center for the Performing Arts until Nov. 20. The show has mature themes and a parental advisory warning. Tickets are on sale on Ticketmaster for \$45 plus taxes and fees.

Miami Harvest Festival celebrates 42 years

By: **Ben Underhill**

 @ActualBenU

The 42nd Annual Miami Harvest Festival returns on Nov. 19 and 20, and it's as big as ever, with live music, Buckler's Craft Fair, a classic car show and more.

It wouldn't be a harvest festival without local goods, and the Miami Harvest will not disappoint. The festival will feature vendors offering homemade fudge and candy, jams and jellies, wine slushies, gourmet food and more.

Buckler's Craft Fair, a traveling Florida craft fair, will make an appearance at the festival. Reclaimed wood, recycled tires and wreaths are just some of the items craft fair vendors are expected to sell. Local vendors will be sporting their creations too, like jewelry, stained glass, folk art, homemade furniture or crocheted pieces, among other items.

The event will also feature many types of entertainment, with musicians, child-oriented events, contests and more. On Nov. 19, Ramblin Jennings will perform from 11 a.m. to 12:30 p.m., followed by the Leewood K-8 Glee Chorus from 2-3 p.m. On Nov. 20, Jennings will perform again at the same time, followed by the Show Choir from 2-4 p.m. Between each music group there will be a cutest baby contest, with categories for

boys 0-24 months and girls 0-24 months. Registration for the cutest baby contest is available at miamiharvest.com/cutest-baby-contest.php.

The entertainment doesn't stop there, with a classic car show featuring older car models as well as modern sports cars. The festival will also host a model train show, as well as offer rock climbing, zip lines and hay rides. For children, an indoor kids zone will be available, as well as pony rides and a visit from Santa Claus.

Speaking of Santa Claus, his visit won't be the only Christmas-related element of the festival. Some vendors will sell Christmas-themed goods, from ornaments to holiday décor to Christmas candy, for those starting Christmas shopping early.

With dozens of local vendors, along with entertainment and food, this festival might be worth the trip. Tickets for the festival are \$12 and can be purchased at miamiharvest.com. The fair will be held at the Miami-Dade Fair Expo at 10901 Coral Way, Miami, FL 33165.

SOUNDBITE

"WALLS" by Kings of Leon

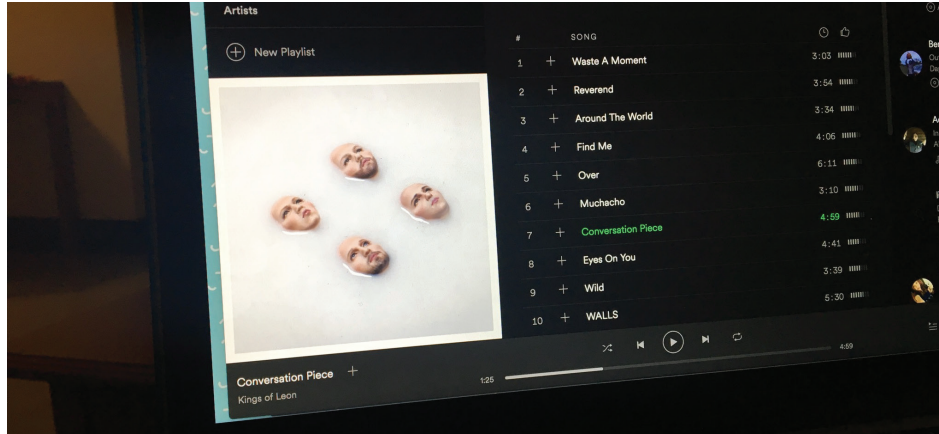
By: **Brandon Chow**

Kings of Leon's seventh studio album "WALLS" shows that the band has found its image as it has clear elements from its previous album. From the first song "Waste a Moment," you can hear the melodies and rifts that fans have grown accustomed to from their previous album "Mechanical Bull".

The question on most people's minds when this album was coming out was whether the Followill family, who make up the members of Kings of Leon, would be able to produce something as successful as "Sex On Fire," which put them on the map in 2008. The answer is no, but that's not necessarily a bad thing.

Kings of Leon has come a long way, from producing southern rock to stadium rock to softer alternative rock. They have continued producing catchier and softer tunes in their newest album.

"Reverend," the second song on the album, has an easily digestible chorus that will run through your head for days. The same can be said of the next song "Around the World." However, the album does not slip into the category of shallow albums that rely solely



"WALLS" is available on iTunes and Spotify.

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on catchy choruses to carry the weight. There is depth, a storyline that runs throughout the album: the story of finding a loved one only to be destroyed by that person after you have lowered your defenses.

"WALLS" offers the listener with some new and some old. Kings of Leon carries the same southern charm that they showed on

"Come Around Sundown," but they add new elements of soul and flare. "Muchacho" has a Latin touch, with a soothing guitar and a strong vocal performance by Caleb Followill. This song is far from a shallow song that needs a catchy chorus. It has soul and a beautiful sound, coupled with an element of pain.

The first half of the album offers music

to fans that want a catchy tune and memorable lyrics, but the second half offers the dark, deep side of the band. It may not be the stadium sound that the band once had, but it has a softer, more mature sound than previous albums.

"Conversation Piece" is an excellent example of this darker side. It begins with a type of hopefulness that comes from returning to a place you love but ends with a pessimistic view as the singer realizes that this place is not as good as he remembers. Then you get the final song, "WALLS," which explains the title of the album; the singer is breaking down the walls of his relationship. The song offers depth within its dark lyrics. This is a man that has lost a significant piece of himself, which is displayed in the overt pain of his voice.

The Kings of Leon have changed the tone of their songs, but the sound remains similar. If you enjoyed their last album, then you will probably enjoy this one as well. However, if you were looking for a band that rocks out a massive stadium, you're out of luck.

By: **Ben Underhill**

@ActualBenU

If the on-campus food is getting old, then no need to worry: the area around NSU and Fort Lauderdale hosts dozens of restaurants with varying price ranges and foods. Want to add some seasoning to your meal choices? Here's some local cuisine for you to try.

Quarterdeck Restaurants

Right on University Drive sits Quarterdeck Restaurant, a bar- and grill-style restaurant specializing in seafood. With a hefty variety of sandwiches and salads, along with shrimp, oyster and lobster options, Quarterdeck also boasts a fulfilling sushi and sashimi menu with a large variety of rolls.

3155 S. University Drive, Davie, FL 33328

Price Range: \$7.99-\$19.99

Hours: 11-12 a.m. every day

Agave Taco Bar

When you have Mexican food on your

mind, check out Agave Taco Bar. Founded by NSU alumnus Ivan Alarcon, this taco joint boasts four locations, three of which are near campus, the closest being Davie East on Nova Drive. The bulk of the menu offers build-your-own sections for tacos, sopes, tostadas, burritos and quesadillas, with a large selection of fillings and toppings, including vegetarian options.

7750 Nova Drive, Suite A2, Davie, FL 33324

Price Range: \$3.49-\$9.49

Hours: 11 a.m. to 10 p.m. every day

Tabitha's Bistro

This local bistro has a little bit of everything, from paninis to wraps to sandwiches to soups.. Located in the Davie Square Shopping Center.

5511 S University Drive, Davie, FL 33328

Price Range: \$4.95-\$10.25

Hours: 11 a.m. to 4 p.m. Monday through Saturday

Marumi Sushi

If sushi is more your thing, then try Marumi Sushi. Offering a complete menu of noodles, sushi, sushi sashimi and more, Marumi might be a sushi-lover's dream. This sushi joint has almost two and half dozen different rolls, over a dozen different sashimi options and delicious noodle and rice options.

8271 W Sunrise Blvd., Plantation, FL 33322

Price Range: \$2.00-\$24.50

Hours: 5:30 p.m. to 1:30 a.m. every day

Uncle Al's

Looking for a classic American-style meal? Uncle Al's Public Bar & Grille might be your place., with 12 beers on tap and a wide variety of wings, burgers and sandwiches. This bar and grille also has a list of weekly and daily specials.

8200 Griffin Road, Davie, FL 33328

Price Range: \$4.95-\$15.95

Hours: 11-1 a.m. Monday through Thursday, 11-2 a.m. Friday and Saturday, 12 p.m. to 1 a.m. Sunday

Jaxson's Ice Cream Parlor & Restaurant

Rounding off the list is Jaxson's Ice Cream in Dania Beach. Offering burgers, wraps, salads and hot dogs, Jaxson's is more than just ice cream. However, the restaurant offers a large ice cream menu which includes 34 flavors, four sugar free flavors and six fat-free yogurt flavors, along with daily special flavors.

128 S Federal Highway,
Dania Beach, FL 33004

Price Range: \$5.25-\$21.95

Hours: 11:30 a.m. to 11 p.m. Monday through Thursday, 11:30-12 a.m. Friday and Saturday, 12-11 p.m. Sunday

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Seriously Kidding

a satire column

Survey shows milkshake machine best food on campus

By: Jenna Kopec
@Jen_Kopec

NSU students voted the milkshake machine, F'real, the best place to eat on campus, according to a survey taken at the beginning of November.

The machine was installed at the beginning of the fall semester and has seen steadily increasing revenue from students once they realized the machine isn't Chartwells-run. The election of F'real put an end to the reign of the water fountain, which had won the title for three years in a row.

"I was glad that the fountain finally had good competition because I was getting so tired of voting for it," said Anton Jacobs, senior chemistry major. "I heard it was a pretty close race though."

Jacobs said that he felt F'real won the vote because it provides students with a quality alternative to the regular dining options without having to sacrifice the necessary calories they need, like they do at the water fountain.

"When we got the machine earlier this year, all my friends were pretty surprised," said Sheila Roberts, sophomore biology major. "There has been a lot of talk that the food options on campus were going to improve, but we never expected such sophisticated cuisine."

Many students also enjoy the machine because they are able to get their milkshakes within a reasonable time frame.

"My mom always said if you want something done, you're probably gonna have to do it yourself. The milkshake machine is self-

serving, so I'm at least able to get something in the 15 minutes I have between classes," said Jacobs.

F'real isn't praised by everyone, however. NSU nutritionist Aletha Sanchez said she has concerns about whether Sharks are putting their health at risk by immersing themselves in the milkshake mania.

"I understand why the students love the milkshakes," said Sanchez, "But the truth is that they are consuming them at an alarming rate."

Sanchez estimates that the average student drinks one to two milkshakes a day, often in replacement of a meal.

"Taking the step from living off water is a good start, but there is an entire nutritional pyramid that students aren't engaging with," said Sanchez.

Nonetheless, the machine seems to be on campus to stay. Roberts said she hopes that more machines will be put around campus so she doesn't have to travel to the UC to get her milkshake fix.

Jacobs said he hopes the win for F'real will inspire other food providers to bring alternative dining options to campus.

He said, "Right now the water fountain and F'real are getting all the glory, man. I just want to see some more competition."

The same survey also showed that many students requested an automatic mac and cheese bar, but there has been no word from NSU officials on if, and when, that will occur.

Stop the boards

By: Rachael Hirstein
@RachaelHirstein

The residential students at NSU use the walkways around campus as their main form of transportation, and most students walk. This task can be very challenging when other students are speeding around on skateboards, longboards and penny boards.

Boards provide a faster way of getting around than walking, but they are getting to be a bit of a nuisance. It does not feel safe to use the walkways anymore.

The boarders go about their day riding from class to class, not realizing the fear they inflict. As they speed around and swerve, they make walking a daily challenge.

As a courtesy, the boarders attempt to avoid walking students by swerving out of the way. The problem is that they swerve out of the way at the very last second when the walker is trying to avoid a collision. This turns the situation into a game of "Dance Dance Revolution;" maneuver out of the way or be run over.

This last-second change in direction is nerve-wracking, especially when the boarder looks you right in the eye as they speed toward you. Not knowing whether you will be narrowly avoided or have to dive into the grass to escape is terrifying.

What is even worse than watching the boarders approach at intense speeds before barely avoiding you is when they appear out of nowhere from behind you.

The sound of rolling wheels and the frequent "thunk" on the sidewalk cracks is suspenseful, as the boards roll toward you. Not



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Long boards are a popular form of transportation at NSU.

knowing where to be or when they will move around you is terrifying. All you can do is walk the edge of the sidewalk as if it is a tightrope and hope they maneuver around you safely.

Even then, the boarders still cut it close and ride right past you. This happens even when the sidewalk has enough room for both board and feet. This takes the age-old game of "I'm not touching you" to the extreme.

Though there have been few or no boarder-pedestrian collisions, it is still off-putting to come so close to one. Walking should not feel like a challenge every day because there is enough sidewalk for everyone. Boarders and walkers alike have somewhere to be and someone to meet.

Boarders need to be aware and consider how pedestrians feel before someone loses a toe or gets run over.

It's Christmas 1st so it's time to shop

By: Jeweliana Register

Every year, the Christmas season comes sooner and sooner. Not only does the time seem to pass faster and faster as we grow older, but Christmas displays hit the shelves earlier and earlier each year. While it seems that we skip right from spooky on Oct. 31 to festive on Nov. 1 and completely neglect turkey day, there are a lot of benefits when it comes to those festive items on the red- and green-clad shelves a little early.

One of the greatest benefits is the ability to plan. As someone who is permanently attached to my Google calendar and would have a minor panic attack if I misplaced my planner, Christmas gift planning helps take some of the stress out of the season of giving. I love shopping and I love Christmas, don't get me wrong, but Christmas shopping can be a bit overwhelming. If I only had three weeks to shop for everyone on my list I would probably drive myself crazy. I already seem to wrack my brain for the perfect gift for my best friend and the best thing to give my nephew, and let's not forget about my mother. What am I supposed to buy someone who deserves her own private island on a college student's budget? Seriously, if anyone has any suggestions, please let me know. Giving a gift is such a rewarding feeling, something I genuinely enjoy doing. I love shopping for others. I just need a little bit of time to find the perfect gift for all of my loved ones.

Another great benefit of getting your shopping done early is the savings. Christmastime is wonderful for so many reasons, but one of the most underrated reasons is the holiday gift sets. For any makeup-lover on your Christmas list, a Sephora gift set or holiday release of any kind is guaranteed to be

a hit. For any tech-savvy person on your list, you'll be able to find great deals on everything from laptops to iPhones. The list goes on and on, but the holidays are the perfect time to find great deals on anything you've been eyeing lately. Another perk of the holidays is that some stores bring back layaway for the convenience of the shoppers. Whether you're a college student, living paycheck to paycheck, or just a family with a plethora of gifts to buy, you'll be able to pay for the items until Dec. 25.

Who doesn't love celebrating Christmas as long as they can? Christmas has always been my favorite holiday for many reasons, but the unexplainable joy and cheer mixed with the idea of giving back and blessing others during the holidays is something that I am completely for prolonging. The season of spreading cheer should not be limited to only a month. The constant reminders of retail stores is welcomed because it makes people think. I know that when I start eyeing the red and green decorations and the "Ho Ho Ho" signs, a feeling of philanthropic love washes over me. The Christmas items on display are more than just a toy Santa on the shelf or a reindeer mug. They are a reminder to so many to reflect on their own favor and give back to those who are less fortunate this holiday season.

Overall, Christmas is the most wonderful time of the year, and I have no problem with extending it. Sure, stores might be crowded with gift ideas and all things festive and bright, but I see no issue with that. Getting a head start on Christmas shopping can only benefit in the long run, and I don't mind seeing the reindeer and snowman figurines starting on Nov. 1. After all, who doesn't love a little – or a lot – of Christmas cheer?

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Appropriation doesn't have to be a bad thing

By: Athena Edwards

With an increase in world traveling and migration, there have understandably been more reported cases of cultural appropriation. Cultural appropriation, often referred to as the stealing of another's culture, is often put in a bad light and has been the source of many arguments. This becomes very apparent around big holidays and celebrations like Halloween, Thanksgiving and Christmas. However, cultural appropriation doesn't have to be a bad thing.

Appropriation has been occurring since the dawn of time. The world has come a long way when it comes to mingling different people, which inevitably results in the spread of their

ideas and beliefs. If we are to stop prejudiced assumptions and laws, we should start thinking of ourselves as a uniform mixture rather than a salad bowl. If each culture were an ingredient in a salad bowl, it would make sense that people would pick out whatever they didn't like or thought looked weird. If we are a uniform mixture, this would be a lot more difficult.

Essentially, if we share our ideas and let others use them too, then we are one step closer to becoming one large, eclectic culture rather than separate cultures occupying the same space.

Sharing promotes understanding, support and equality among various groups. And if this is

being done incorrectly, usually unintentionally, it is an opportunity to educate and inform. The fact that people are using your culture's ideas just goes to show that they have some sort of interest in it.

It is also important to note that appropriation is not always clear. Many cultures share similar themes that arose separately from each other. Also, since so many cultures are coming together, people may associate with one culture more than their native one. For example, people that are exposed to different cultures through adoption, a community or a babysitter may associate with several. People may just want to

tip their hat to their heritage. I, for example, am part Irish and part Cherokee. I have always been fascinated by both cultures. My mom, a shawl dancer in her youth, used to put me to sleep as a baby using Native American rhythms.

Appropriation isn't all black and white so it shouldn't be considered all bad. In this diversified day and age, we should stop trying to separate ourselves from each other. Instead, we should appreciate that we are all of the same species and start acting like it.

Yelling won't accomplish anything

By: Grace Ducanis

@GraceDucanis

If this election has taught us anything, it's that U.S. citizens are exceptionally proficient at ripping each other apart. The proof? Check any social media. The strongest and most negative responses, for obvious reasons, have come from Clinton supporters, who have been cursing out Republicans, third-party voters and those who chose not to vote. And also Florida. While they have every freedom to do so, they're not going to make anyone regret their choice of candidate.

All the lofty sentiments about getting out there and making your voice heard no matter who you plan to vote for are gone. Understandably frustrated, Hillary supporters are just looking for someone to crucify. To many of them, anyone who voted for Trump hates women and minorities and is patently uneducated to boot. The 2012 election of President Obama generated similar responses from Republicans, some on Twitter calling his supporters "pimps, whores and welfare brats," according to ABC News.

What this tells us is that despite our lofty and inclusive rhetoric, we the people don't truly believe that those who disagree with us are entitled to their own opinions and lifestyles. The party that claims to represent freedom for

all often advocates the restriction of groups they feel threatened by, and the party that claims to represent diversity de-humanizes every group that doesn't agree with them.

The truth is, the same system that elected Obama twice this year elected Trump. That's America. The candidate with the most electoral votes wins. No Facebook, Twitter or Tumblr rant is going to change that. Donald Trump, barring some unforeseen event, will be the president of the United States beginning Jan. 20 for better or for worse. That's the democratic republic outlined in the Constitution, and if U.S. citizens want it to continue to exist, they must accept that sometimes, perhaps often, the candidate they vote for will not win.

Admittedly, very little about this election has been easy to stomach, and the electorate hasn't been immune. According to the New York Times, both Clinton and Trump had the worst favorable ratings of any Democratic or Republican nominee in decades. It was a difficult and unsavory choice, but Trump won and no one can recast a vote.

As satisfying as slamming the other side can be, it's not going to bring about the change

that Clinton voters desire. The United States faces four years with Trump and the newly elected legislatures. If either side is sincere about working with each other and promoting their platforms, then name-calling is the least effective way to accomplish that. If you tell a man you don't know that because they voted for Trump they hate black people, don't expect to change his mind. If you tell a woman who voted for a third-party candidate that voting third party is a sign of white privilege, don't expect her to listen to you. Doubtless, Republican voters made similar accusations against Democrats during Obama's election, but they didn't accomplish anything either. Saying that Obama supporters are all immigrants who want handouts didn't change any minds, and Obama was elected not once but twice.

Love does trump hate, but these election reactions have been anything but loving. You who tout the slogan must ask yourself whether it's just a clever campaign platitude or something you actually believe. Do you want real change in your opposition's views? Then find a better strategy.

And you who say you want to make

America great again, who do you want to make it great for? Do you really want to make the U.S. great for all people? Then start trying to understand the other side and don't taunt them with your win.

For both sides, responding with grace or refraining from responding may feel almost impossible. This election has shown that, as Hillary Clinton said in her concession speech, "Our nation is more deeply divided than we thought." If all both sides want to do is yell, then that's their constitutional right, but hateful and accusatory words are hardening people's hearts, not changing them.

And please, for everyone's sake, no violence. Both in real life and online, I've heard reports of violence and vandalism perpetrated by both sides of the political spectrum. It's morally disgusting. You have the right to be angry, but you do not have the right to physically or materially hurt another person.

This is our country. We either find a way to live peacefully with one another or we don't. It's up to us.

DO YOU THINK NSU IS A SAFE PLACE TO EXPRESS YOUR OPINIONS ON MAJOR TOPICS?



SHARK SPEAK



"I think it is because there are so many different clubs and things to be involved in. Everybody has their own opinions so it feels easy to express yours knowing that others will either share it or respectfully disagree."

- Casey Carotenuto, freshman criminal justice major



"I think you definitely have some space to express your opinions here, but I'm not sure if this would be the best place for it. I think it might be better to share opinions in the right context or in the right environment."

- Stephen Rafferty, senior communication studies major



"I feel comfortable talking about things like that within my group of friends but I don't know about everyone else. But in general, I do think it is a safe environment for someone to share their thoughts if they want to."

- Nicole Vega, senior biology major



"I believe that Nova is a safe campus in which to voice one's opinion because we are the second most diverse university in the United States. All in all, people are a little too lazy around here to get stuck in all the controversy. They like to hear different opinions."

- Christopher Ramirez, senior legal studies major



"Yes, I believe NSU is a safe campus to express my opinions because we all come from different backgrounds and all have different views. Despite our differences we all work well together as a student body so I don't see why any sort of conflict would ever arise."

- Mackenzie Thompson, sophomore nursing major



"I think it is. I see so many events going on all the time like the debate watch party at Flight Deck and all of the events for Coming Out Week. Everybody seems really chill about it."

- Ethan Lozano, freshman information technology major

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