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Nova Southeastern University

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# The Current

The Student-Run Newspaper of Nova Southeastern University

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OCTOBER IS  
DOMESTIC  
VIOLENCE  
AWARENESS  
MONTH



## Features



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## NSU awaits licensing for tamper-proof technology

By: **Monique Cole**  
Contributing Writer

NSU researchers are waiting to receive licensing for their development of tamper-proof pill technology to help deter opioid addiction and abuse.

The technology consists of different prototype tablets with deterrent properties. The research is led by Hossein Omidian, who has a doctorate in polymer science, and his research team at Nova Southeastern University's College of Pharmacy. Rand Ahmad is a Ph.D. student that is part of the research team.

"The molecules and ingredients we are dealing with are already used pharmaceutically, so we are looking for new applications for these ingredients to deter drug abuse," said Ahmad.

The two main types of tablets that the researchers are working on are either crush or extraction resistant. One of the prototype tablets that Ahmad is working on is an extraction resistant tablet.

"What I am doing is developing a formulation that helps in deterring drug abuse by injection... It's not [as easy for the drugs to] exert its euphoric or like the high-effect that abusers are looking for [with this technology]," said Ahmad.

Scott Kjelson is the director of student transitions and assistant professor at NSU's College of Pharmacy. While he is not a part of the research team, he is a public health advocate for educating people about the opioid epidemic.



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Hossein Omidian is the lead researcher on the revolutionary technology of tamper-proof pills.

A person's reaction to the opioid will vary depending on how they take it. When the patient snorts or injects the drug, they can receive a high faster because the drug will bypass the first phase of metabolism.

"If you, for instance, put something under your tongue, put something like a suppository or you put something straight into the bloodline,

you don't have to go through the liver. And a lot of the drugs that we take or foods that we take are metabolized through the liver first and then into a second phase of metabolism," said Kjelson.

Aside from helping deter addiction and abuse, Kjelson said the technology will also generate improved communications and education within the healthcare field.

"The tablets with the deterrent properties within them are going to give opportunities for providers to provide better education without being direct to the patient and accusing them... It is an indirect way of handling addiction, but it also creates trust within the system of health care because now we are able to provide resources and [patients] know more about the drugs," said Kjelson.

Kjelson said that the opioid epidemic stands out from other substances being abused in the United States due to the assumption that pills are safe and not addictive.

"When you get a pill, if it's from a doctor, many people think that it is safe, and don't rank it as a harmful drug. When you have lack of education and you don't profile something as a high risk, [you think] it's safe," said Kjelson.

The tablet is still in its research phase and has not been approved by the FDA. Kjelson said that it would be smart for the FDA to start approving deterrent technology.

Once the team receives licensing for the tablet, pharmaceutical studies will be conducted for researchers to learn more about the design, such as abuse potential. These studies will be funded by the pharmaceutical company and can be costly.

Aside from this breakthrough, NSU is working on other ways to help curve the opioid epidemic. The College of Pharmacy is also considering how opioids affect genetics. In addition, Kjelson will act as moderator for the United Stance symposium regarding the opioid epidemic on Nov. 2. This event is to help encourage conversation and education about the opioid epidemic.

Kjelson said it's important to know that this tamper-proof technology is only one piece to solving the opioid epidemic and more solutions can be generated with a hands-on approach.

"We need the system to progress. We need tons more communication. We need engagement from the community and it needs to be an all hands-on-deck approach," said Kjelson. "So, this is a very important matter with the deterrent process, but this is a piece of a big puzzle. And it's going to take us all to be on this moving forward. And that includes us understanding the entire structure of this."

More information on this breakthrough can be found at [nova.edu/research/areas/drug-abuse/index.html](http://nova.edu/research/areas/drug-abuse/index.html).

## NSU's Office of Residential Life and Housing to host Commons Horror Story

By: **Toussaint Campbell**  
Contributing Writer

The Office of Residential Life and Housing will host a haunted house in Commons Residence Hall on Thursday, Oct. 26 from 8 to 10 p.m. This year the theme is Commons Horror Story, based on the FX series "American Horror Story." The event is free to all NSU students.

Andrye Austin, assistant area coordinator for Commons and coordinator for the haunted house, said that the theme is a great "way to be creative and scare the community, but also bring them together with something that a lot of people watch."

Commons Horror Story will feature four rooms based on seasons one through four of American Horror Story: Murder House, Asylum,

Coven and Freak Show.

According to Austin, the theme was originally going to be Spooky Commons. However, after speaking with Justin Smith, the associate director of residence life and housing, the idea was revamped.

All 16 RAs said they are excited to be working on the event and many students have expressed interest in volunteering for the event. Eight of the RAs watch "American Horror Story."

Nikhil Nagabandi, an RA in Commons, said, "It will be spooky because the RAs have put in a lot of great ideas and each room will have its own experience."

Last year the event was done in suites, but this year the event will be done in the community rooms, which means there will be much more space to decorate. At the haunted house, students can expect to see different scary scenes from the show and creative displays in the community room.

"You're not going to be able to tell that is where you go to do homework and study," said Austin.

This year's haunted house will be bigger and better than the previous houses, according to Austin. Check-in will be held in Commons 123, after which a tour guide will take students through each room. Each room will be

approximately two to three minutes with plenty of scares per room, according to Austin, and students will be able to tour the rooms multiple times if they want.

Samir Nacer, an RA in Commons, said students should "get ready before entering."

Students can visit Commons Horror Story anytime from 8 to 10 p.m. and there will be a photo booth for students to take spooky photos.

For more information students can contact Austin at [aa2525@mynsu.nova.edu](mailto:aa2525@mynsu.nova.edu) or 954-262-7081.

# News Anchor

Stay up to date with international and national events.

## Next year's elections could mean impeachment for Trump

According to CNN, White House advisors, lawmakers and donors have expressed concern that President Trump may not realize that he could face impeachment if he loses members of his own party in next year's elections for house representatives. Republicans have said in multiple interviews how important next year's election is and how fighting with members of his own party could put his presidency at risk. In a fundraiser held in the summer, donors were presented with slides that addressed those concerns and most of them realize that if Republicans lose the House, Democrats will try to stop the republican and presidential agenda and will start moving articles of impeachment.

## Harvey Weinstein's case causes others to speak out against sexual assault

According to the Washington Post, with more and more sexual assault allegations coming out against American film producer Harvey Weinstein, many people have started using the hashtag "MeToo" in social media platforms, as a way to speak out and tell their own stories against an experience in which they have been sexually harassed or assaulted. Actress Alyssa Milano urged women to contribute, adding, "If all the women who have been sexually harassed or assaulted wrote 'Me too' as a status, we might give people a sense of the magnitude of the problem." Within a few hours, thousands of tweets with this hashtag started appearing and by Monday, there were more than 200,000 tweets with this hashtag. Many men have used it to show that women are not the only victims of this type of harassment. "Sexual harassment and assault in the workplace are not just about Harvey Weinstein," Milano said. "We must change things in general. We must do better for women everywhere."

## Trump administration planning to withdraw from UNESCO

According to the Washington Post, the Trump administration announced on Oct. 12 that the U.S. is going to withdraw from the UNESCO, the United Nations Educational, Scientific and Cultural Organization. UNESCO is most known for its World Heritage seal, which is used to brand and protect some of the planet's most precious places, such as the Taj Mahal, The Statue of Liberty and the Grand Canyon. However, Trump is not the first president to pull out from the UNESCO. In 1984, the U.S. left in protest under the Reagan administration, claiming the UNESCO had reckless spending and a pro-soviet leaning.

It rejoined in 2002 under George W. Bush as a way to encourage international cooperation. Trump's decision will be effective in December 2018 under the claim that they have financial concerns and have an anti-Israel bias. Trump has also withdrawn from other international organizations such as the Trans-Pacific Partnership and the Paris climate accord and has threatened to leave others like NATO, NAFTA and the Iran nuclear deal.

## Hurricane Ophelia hit Ireland

According to BBC, Ophelia is the 15th named storm of this active and destructive hurricane season. Unlike most storms, Ophelia went to the east, toward Ireland and Scotland and hit as a post-tropical storm. So far, three people have died in Ireland and thousands of homes and businesses are without power. People were urged to stay indoors and not to travel unless absolutely necessary. Some British media outlets have compared Ophelia to the Great Storm of 1987 which ravaged many parts of the U.K. and left 18 people dead.

## Australian parliament received letter from North Korea

According to CNN, the Australian parliament received an open letter addressing several parliament members from North Korea stating that they are a "full-fledged nuclear power" and that President Trump is "trying to drive the world into a horrible nuclear disaster." Australia's Foreign Minister Julie Bishop stated that the letter was "unprecedented," pointing out that North Korea usually communicates by different means. The letter was sent about a week after Trump's address to the United Nations General Assembly where he commented that "the United States has great strength and patience, but if it is forced to defend itself or its allies, we will have no choice but to totally destroy North Korea." Australian Prime Minister Malcolm Turnbull called the letter "basically a rant about how bad Donald Trump is" and "it's North Korea that is threatening to fire nuclear missiles at Japan and South Korea and the United States. It's North Korea that is threatening the stability of the world."

## Afghanistan mosque attacks leave dozens dead

Suicide attackers took the lives of nearly 60 people at two mosques, one in the Afghan capital of Kabul and the other in the central province of Ghor on Friday. The attackers detonated their vests during worship services in the late afternoon leaving at least 39 people dead in Imam Zaman mosque in Kabul and at least 20 people in a Sunni mosque in Ghor province. So far, no one has claimed responsibility for the attack and the number of injured has increased to 50.

# The Current

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## Green Shark's Hallogreen to take place Oct. 30

By: **Gabrielle Thompson**  
Features Editor

The Green Sharks are hosting their first ever Hallogreen on Oct. 30. The event, which starts at 7 p.m., is the final Green Sharks event for Campus Sustainability Month.

"Campus Sustainability Month is a nationwide thing, so it's just getting campuses all over to recognize sustainability and look more into green initiatives," said Alexis Good, junior marine biology major and president of Green Sharks.

Megan Knights, junior environmental science major and vice president of Green Sharks, said the club is "focusing more on reusable materials, water conservation and living and eating sustainably."

Laid out like a fashion show, Hallogreen invites organizations to create Halloween costumes out of recycled or already used materials.

"The costumes will be judged by professors on campus based on percentage of recycled [materials used for the costumes], how Halloween themed [the costumes] are and just overall creativity," Good explained.

The winner will receive a prize. Knights came up with the idea for Hallogreen after seeing how popular fashion shows are on campus.



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Green Sharks aim to bring attention to living a more sustainable life and being more environmentally friendly.

"[NSU] had a fashion show last year [for] business attire," Knights said. "I thought we could do one out of recycled materials, and since it was Halloween time, I thought it would be a really good idea."

The Green Sharks are using Hallogreen and Campus Sustainability Month to help spread the message that it is easy to recycle and be sustainable.

"You can have creative Halloween costumes that you don't have to buy anything

for, that are free and [made of] reusable materials. You're saving the environment and you're making something fun out of it at the same time," said Knights.

"You can use already used stuff for new things. You can craft new things out of stuff you've already used or recycled things. It's called upcycling," Good commented.

If you want to participate in Hallogreen or have any questions, you can contact Alexis Good at [ag2060@mynsu.nova.edu](mailto:ag2060@mynsu.nova.edu).

## SLCE to hold Make a Difference Day service trip

By: **Jenna Kopec**  
Co-Editor-in-Chief

As part of their annual recognition of Make a Difference Day, the Office of Student Leadership and Civic Engagement, SLCE, is partnering with ArtServe on Oct. 28 to participate in the Open Canvas Art Project.

"Make a Difference Day is a national day to try to get people to get involved in their community," said Emily Kinocki, junior psychology major and civic engagement student staff member in SLCE.

Kinocki said that the Open Canvas Art Project is a new opportunity-type for the SLCE office. Students will join the community to help paint a mural alongside an abandoned building in Fort Lauderdale.

"We try to give our students multiple



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Last year's service trip took place on the beach for Make A Difference Day.

options," said Kinocki. "This was geared

toward students who are interested in art. Obviously, it's open to everyone but we just wanted tailor to them a little bit, just so everyone can get an idea of how they can help contribute to the community using their field."

Kinocki said that she thinks this project will help provide a sense of hope for the community.

"You can go out into your community and you can help even in the smallest way," said Kinocki.

The service trip will take place from 9:30 a.m. to 1 p.m. Transportation and food will be provided. Students can sign up to participate on Orgsync.

## GBSA to host Annual Business Ball

By: **Christina McLaughlin**  
Opinions Editor

The Graduate Business Student Association will host the Annual Business Ball Nov. 18 at the The Westin Hotel. GBSA is an organization on campus dedicated to students through academic and developmental growth as well as fun social events like the Business Ball. They offer students engagement in the community through networking opportunities to contribute to students' growth.

"We opened up the GBSA lounge as a way for students to relax. We also opened up a study room and provided students with salsa lessons and free food during Hispanic Heritage Month," said Vanessa Daley, marketing director of GBSA.

This year's "A Night at Sea" themed event will focus on one simple idea: that business is "anchored" in new horizons. This event is an opportunity to create relationships and network within the NSU community and its affiliates. It will feature a networking hour where communication with your peers, faculty members and alumni will be highly encouraged. A three-course formal dinner, entertainment

and giveaway portion will follow. Most of the giveaways and raffles remain undisclosed, but electronics and a room at the Westin are currently in the works. Event attendees will also receive free entry into a nearby nightclub if they choose after the ball.

This is a chance to engage with like-minded peers that you might not interact with on a daily basis.

"It's definitely a mix of business and pleasure. We have time dedicated to each. Towards the end, if you want to continue the fun, that's what the wristbands are for, to engage with your peers," said Daley.

The tickets for the event are available for purchase online at [bit.ly/2zgPvhI](http://bit.ly/2zgPvhI) until Nov. 15. The cost is \$15 per person with an option of up to three guests.

Daley said, "Business, networking and entrepreneurship are a part of everything. Every organization you interact with will require leadership and communication skills and that is what [GBSA] embodies."

### News Briefs

#### Tickets for NSU Athletics Hall of Fame Induction Banquet on sale

Tickets for the annual NSU Athletics Hall of Fame Induction Banquet will be on sale until Oct. 31. The gala is scheduled to take place Nov. 8 in the Rick Case Arena in the Don Taft University Center. For additional information about the event and ticket sales, contact Kim Carbo at [carbo@nova.edu](mailto:carbo@nova.edu) or call 954-262-8254.

#### RecWell hosts glow in the dark yoga

RecWell will host Gloyo on Nov. 2 from 7 to 8 p.m. Those who attend will be given paint and glow sticks for the experience along with a free tank top. The event costs \$5 for students and RecWell members and \$15 for guests. All participants must sign up at the RecWell front desk. For more information, contact [wellness@nova.edu](mailto:wellness@nova.edu)

#### NSU to host Employee Health and Wellness Fair

On Oct. 25 from 10 a.m. to 2 p.m., NSU will host its annual Employee Health and Wellness Fair which aims to highlight resources and health programs available at the university. The one-day event will take place in the Rick Case Arena in the Don Taft University Center and will feature a station for biometrics screening. For more information, visit [nsunews.nova.edu/nsu-employee-health-and-wellness-fair](http://nsunews.nova.edu/nsu-employee-health-and-wellness-fair).

#### Co-founder of Ben & Jerry's to speak at NSU's Distinguished Alumni Honorees event

Jerry Greenfield, co-founder of Ben & Jerry's ice cream, is not an alumni but will serve as the keynote speaker at the 2017 NSU's Distinguished Alumni Honorees event on Nov. 9 from 6 to 8 p.m. in the Miniaci Performing Arts Center. After the event, guests will enjoy a scoop of Ben & Jerry's Homemade ice cream. Visit [nsunews.nova.edu/distinguished-alumni-awards-keynote-speaker/](http://nsunews.nova.edu/distinguished-alumni-awards-keynote-speaker/) for additional information.

#### RecWell to host Pink it Out: Zumba Jam event

On Oct. 25 at 7 p.m., RecWell will present Pink it Out: Zumba Jam, an event that mixes dancing and exercise. Students and gym members are encouraged to wear pink in honor of Breast Cancer Awareness Month. For additional information, call 954-262-7301 or email [wellness@nova.edu](mailto:wellness@nova.edu).

#### NCAA names Sharks as top seed in south region rankings

In preparation for the 2017 NCAA Tournament to be hosted in November, the organization has announced NSU's women's soccer team as the No.1 seed in the first official south region rankings following a 10-1-1 record. The Sharks also have a win percentage of 0.864 and 3-0-1 mark compared to the region's eight top programs. Visit [nsusharks.com](http://nsusharks.com) for more information.

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## Achieving emotional wellness

By: **Monique Cole**  
Contributing Writer

Being a student can be stressful, so it's important for students to remember their mental health is important. October is Emotional Wellness Month, which is based on achieving and sustaining a positive mindset.

### What does it mean to be emotionally well?

According to Sanford Health, "the deciding factor in determining if someone is emotionally healthy is how one decides to 'mentally handle' the situations and circumstances 'dealt' to them ... People who are emotionally healthy are in control of their thoughts, feelings and behavior."

Professor Kristin Stover is an adjunct professor for NSU's College of Psychology.

"When I use the term 'emotional well-being,' I am referring to that general emotional state that the person experiences on an everyday basis and that series of feelings that guide the individual's interactions with their family, friends and the world around them," said Stover.

### Factors that interfere with emotional health

"Individuals who have greater degrees of emotional wellness have usually reported greater degrees of happiness and satisfaction with their overall place in life. They often find it easier to achieve goals and to maintain their focus on their goals, which is very important for college students," said Stover.

However, emotional well being can sometimes be hard to maintain. Factors like stress, school, work, homesickness, social issues, self-esteem and even social media can interfere with one's state of emotional well-being.

"There are a number of factors that can impact anyone's emotional well-being and their physical well-being in turn. I think this is a particular concern for young adults who are engaged in education or enrolled in college courses," said Stover.

### Finding a balance between work and school

One of the main problems college students might face is trying to find a balance between working a job and course work.

"We can also find ourselves with a poor work-life-balance and that can be detrimental to emotional health. A good work-life-balance includes setting aside time and scheduling for work and scheduling time for activities that provide a relief from the anxiety that could be caused from those scenarios. Things like working out, hobbies, family, friends, etc. It is incredibly important to make sure that you do create time for yourself in order to maintain the positive outlook."

### Self-esteem and social media

When it comes to emotional well-being,

low self-esteem and anxiety from social media can lead to unfavorable results. According to the Huffington Post, "social media has been linked to higher levels of loneliness, envy, anxiety, depression, narcissism and decreased social skills."

"Social media comes with its own specific set of liabilities for individuals. It can be a source of comfort and support, as well as a source of distraction and discontent for a number of people. We can only control what we put into social media and what we ingest from social media. If it is upsetting to you, causing a distraction from your schoolwork, your family, your relationships or the people who are important to you, turn it off... A little time away can do wonders for your state of emotional well-being," said Stover.

When it comes to improving self-esteem, Stover has the following advice:

"Improving self-esteem is often accomplished through introspection and questioning those negative things that we might have. A healthy sense of self-esteem is rooted in reality, but often has a tendency to be positive. It focuses on the positive attributes of the individual. By stopping the comparison game and understanding that each individual is different and we all possess individual talents, we can certainly work on building self-esteem or

stop the destruction of self-esteem."

### Options offered for NSU students

Stover wants students to know that help is always there and that emotional well-being matters.

"Never underestimate the importance of emotional wellbeing. While we focus on the attainment of education in college, it is important to remember that you cannot achieve these goals at the sacrifice of your emotional state. So, it's never a weakness to ask for assistance, and there are multiple organizations within the university and even outside the university who are happy to provide assistance to individuals who find that they might be struggling with their own sense of well-being or emotional health," said Stover.

For NSU students hoping to improve or maintain their mental health, Henderson Student Counseling Center provides NSU students 10 free student counseling sessions every year. Henderson also provides a 24/7 crisis hotline, which students can reach at 954-424-6911. Students can find more information at [nova.edu/healthcare/student-services/student-counseling.html](http://nova.edu/healthcare/student-services/student-counseling.html)

## You have the power to make a difference

By: **Michaela Greer**  
Co-Editor-in-Chief

With National Make a Difference Day around the corner on October 28, the idea of getting involved on campus and within the community has understandably been on many people's minds. As a student, likely on a strict budget, it can sometimes feel as though you're limited in terms of what you can do to encourage change. Here are some ideas that prove otherwise:

### Voice your opinions

While you may not find yourself on a podium giving a speech to a large audience, you shouldn't underestimate the power you hold in voicing your opinion. If you have something to say, people will take notice, especially if you're passionate about your cause. Support those who are moving toward the change you wish to see in the world and explain why you disagree with others. Our society thrives when there is a marketplace of ideas and your views should count.

Moreover, we live in the age of social media where your audience can exist on a global

scale. In this way you can learn from others and encourage change in areas you haven't even set foot in.

### Find your strength in numbers

If addressing an audience of any size gives you anxiety, consider encouraging change with a group of people who are also working toward the same goal. It's comforting knowing that you have the support of others, particularly when broaching a controversial topic. Find a group of people to rally with. Your friends are often a likely source, but don't be afraid to seek out alternative groups among your peers.

### Consider joining a club or organization

Another bonus of joining an organization is that resources are able to be pooled which can lead to a greater overall impact. Identify causes that you would like to contribute to and then join a network of people who are working toward the same goal. You might find these groups in the form of clubs, organizations, nonprofits and religious entities. Check out NSU's Orgsync platform, perform a Google search or talk with

those around you to find the organizations that are right for you.

### Can't secure the bag? Donate your coins

There are times when there's a cause you wish to contribute to, but your budget just won't allow. As college students, odds are that you won't be able to donate large sums of money but a little forward planning can go a long way. You can decide to create a saving stash just for charitable giving or pay into a cause on a regular basis through installments; it's all about doing what works best for you.

### Small acts of kindness are still appreciated

I have never met a single person who was upset with me for holding a door open, giving up my seat on public transportation or returning a dropped item to them. Even if you decide not to rally with an organization or speak out one social media, you can still make a difference in someone's day for the better by performing a random act of kindness.

### HOW MY LITTLE BROTHER HELPED MY CAUSE

I identify with college students who don't have money in their budgets to give a grandiose donation, but still wish to contribute to a cause financially. My solution came a few years ago after helping my little brother exchange his piggy bank money. He wanted to trade in his coins for dollar bills at the bank, so I took him to the Dollar Store where we bought coin roll wrappers and got to work separating his monies.

After realizing how much money he was able to save, granted this was over a span of years, I had the idea of saving my own change for one year to partially fund my charitable giving. I figured that while I would probably make smaller contributions throughout the year, the extra money that I did manage to save would come in handy for donations I typically made around Christmas, like filling Operation Christmas Child boxes.

So, the next year, beginning in January, at the end of each week, I collected all of my saved and found change and placed it into a cardboard box. Then, in December, I got my box out, rolled my coins and changed them at my bank for free, instead of using those Coinstar machines that retain a percentage. That first year, I was able to leave the bank with over \$100 for charity that didn't even dip into my monthly budget.

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# Thanksgiving: Showing people you care

By: **Marti Bennett**  
Contributing Writer

Contrary to popular belief, Thanksgiving is not celebrated merely for the prospect of devouring an oversized turkey and enjoying a succulent feast. It is a time to reflect on those who are important to you and to let them know you care. Below are a few suggestions on how to express your thankfulness.

### Practice acts of kindness

Be it cleaning up the table after dinner, or coming home with a bouquet of flowers, practicing acts of kindness is as easy as ever. We tend to fall into ruts during long-term relationships or friendships, and although it is normal, one's counterpart might appreciate the

extra effort you put into the relationship during the holidays. After all, they may just want to know that you care. Make a picnic by your local park for a date with a loved one or take a friend out to go shopping with you.

### Celebrate with family and friends

There is no better way to prove someone's worth than by celebrating Thanksgiving with them. Host a Thanksgiving potluck with family or a "Friendsgiving" with friends to show them you care. Make sure to assign your friends or family members with an item to bring to the gathering. You can't celebrate Thanksgiving without a turkey!

### Give gifts

Gifts can come in any shape, size or package, as long as they are from the heart. If you and a friend have an inside joke or a favorable memory, buy them something indicative of the times you laughed together. Those who are true to you won't care about its monetary value, but its sentimental worth. Sometimes, the best gifts are the homemade ones.

### Specifically, give compliments

One of the most underrated gifts you can give is a compliment. A gift from the heart is a million times more valuable than a gift from any store. As long as it is heartfelt and meaningful,

compliments can transform someone's day. Give either friends or strangers random compliments such as, "I love your outfit today" or "thank you for your bubbly personality."

### Be charitable

Volunteer at your local homeless shelter, retirement home or animal shelter. There are an infinite number of individuals who are in need of love and care, and any effort helps. Not only does volunteer work benefit those you are helping, but it makes you feel like a better and more fulfilled person.



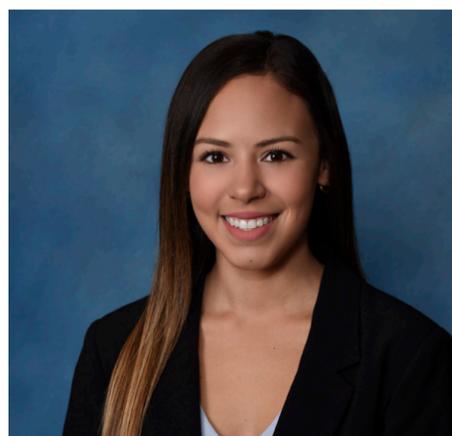
## Career Corner



By: **Fransheska Pacheco**  
Contributing Writer

# Tips on achieving a well-balanced college experience

Fransheska is completing her master's in College Student Affairs at NSU. Prior to starting her masters, Fransheska worked as a Collegiate Development Consultant for Delta Phi Epsilon where she supported student organization success, leadership development and recruitment efforts. These experiences have led Fransheska to want to be a support system to NSU students as well as help them grow professionally.



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Fransheska Pacheco is a Career Adviser at the Office of Career Development.

Picture this: you're grocery shopping right before Thanksgiving Day. You wouldn't just purchase a pumpkin pie because although tasty, what makes Thanksgiving so great are all the different dishes that form your whole meal; the turkey along with gravy, mashed potatoes, cornbread, green beans etc. Similarly, employers look for well-rounded applicants who have a variety of experiences on their career plate. The following are some tips to help balance out your plate here at NSU:

### Classroom success

Your education is important. Classroom participation and visiting your professor's office hours will help you stand out and develop a relationship with the faculty on campus. Professors can also be used for guidance because

they are experts in their respective fields. Then, when you're applying for graduate school, jobs or internships, you can ask your professors for letters of recommendation.

### Networking

Eighty percent of the opportunities we find come from networking, which can be defined as socializing with a purpose. Creating a LinkedIn profile and connecting with classmates or colleagues from work is useful. A majority of people leverage who they know when searching for a job. Attending networking events can be ideal for meeting like-minded people with

similar interests, as well as employers looking to hire NSU Sharks.

### Internships

An internship is temporary on-the-job training. The best way to develop the skills you need in your industry is working hands on. Completing an internship will show employers that you are familiar with the work environment and you possess the skills needed to succeed. If you can't find an internship opportunity in your field of interest, you can reach out and do an informational interview with a professional and ask if you can shadow them. Building a relationship with that professional might get them to create an internship just for you.

### Research

If you are a pre-health, biology or life science student, research can be a major selling point either for graduate school or to find that next opportunity. Research shows that you are willing to expand your knowledge beyond the classroom setting. Staying up to date also showcases your passion for the field. Some research opportunities can be found by reaching out to those professors you have developed a relationship with or by applying to specialized summer programs.

### Leadership

Being involved in a student organization will open many doors. You don't even need to hold a leadership position to show that you have leadership experience. Simply by being a part of a committee within the club or helping with an event shows leadership characteristics. Tasks usually involve reaching out to members around campus and the community, managing time, organizing meetings and setting goals for your group. Many alumni in the area who were a part of the same organization can also help build your network.

### Study Abroad

Immerse yourself in diversity. Being exposed to different cultures, races and religions will give you a better understanding and respect for individual differences. Whether you want to do a mission trip, international internship or travel study, all of these options are great experiences to add to your resume. There are many benefits, like earning academic credits, and it has been shown that there is an increased hireability for students who studied abroad.

All in all, the focus before graduation should be becoming real-world ready by balancing your plate with other items or experiences. Leave employers feeling content with a full plate, just as you feel after a big Thanksgiving meal.

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# On The Bench:

## Dear politicians, stay out of sports

By: **Diego Galvez**  
Sports Editor

Since Trump declared war on NFL players who kneel during the national anthem, the sports world is becoming more and more political in every way. Owners, leagues, players and sports media all seem to be involved in some political controversy. From the most controversial news involving Colin Kaepernick's actions and the president's criticism toward Jemele Hill and the Twitter-fueled controversy that ensued, sports are slowly turning into another outlet for politicians to manifest themselves in a way that reaches a different type of audience.

I miss the time when sports outlets and YouTube channels related to sports were about one thing: Sports. Now, it seems like there's a new controversy every day surrounding a different aspect of the industry. These controversies are hurting the sports industry, and it's changing them in a way that makes it possible for politicians to make a statement and show their support or rejection toward X or Y issue. One clear example of this behavior was Vice President Mike Pence's stunt on Oct. 8. He walked out on the Indianapolis Colts game after

some players knelt during the national anthem to protest racial inequality, which President Trump has repeatedly condemned. This stunt ended up costing taxpayers nearly \$250,000 according to Vanity Fair.

Additionally, players are starting to notice the way sports are being used and how they could use it for their own agendas. If politicians and players can't keep their beliefs regarding politics away from sports, it will become a toxic and unpleasant environment to watch and hear about. One thing worth noting is that people can and should protest against any injustices they feel exist. However, it's important to find the right time and place in which it could be appropriate to do so.

Sporting events are not the right places to talk about social issues. Many people watch sports to get away from their everyday problems, including politics. If politicians keep doing things like this, sports could become yet another weapon for politicians to go after one another and make statements, something that the sports world was never intended to do or become.

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# ON DECK

**MEN'S SOCCER**  
@ Lynn University  
Oct. 25 | 6 p.m.  
Boca Raton, Fla.

vs. Embry-Riddle  
Oct. 28 | 7 p.m.  
NSU Soccer Complex

**MEN'S BASKETBALL**  
vs. Lynn University  
Oct. 25 | 7 p.m.  
NSU Soccer Complex

vs. Tampa  
Oct. 27 | 7 p.m.  
NSU Soccer Complex

**WOMEN'S GOLF**  
@ South Region Preview  
Oct. 27-31  
Memphis, Tenn. /  
Germantown CC

**WOMEN'S ROWING**  
@ Hatter Invitational  
Oct. 28  
Deland, Fla.

**WOMEN'S VOLLEYBALL**  
vs. Florida Tech  
Oct. 27 | 7 p.m.  
Rick Case Arena

vs. Embry-Riddle  
Oct. 28 | 4 p.m.  
Rick Case Arena

vs. Lynn University  
Oct. 31 | 7 p.m.  
Rick Case Arena



## Sports shorts



### Men's Golf

The men's golf team went to the Copperhead Championship on Oct. 16 and Oct. 17 where they finished third out of 15. Freshman Tomas Millet finished with a score of three and tied for 12th in the tournament.

### Women's Golf

The women's golf team finished first out of 10 at the Saint Leo Women's Invite. The invite took place on Oct. 16 and Oct. 17. Senior Michelle Ruiz finished second place after having a playoff against a Tampa player.

### Women's Rowing

The women's rowing team raced at Head of Indian Creek in Miami, Florida on Oct. 15. The 4,000 meter race was head race style, meaning boats started one at a time, and the goal was to catch the boat ahead. The varsity boat brought home fourth place

overall against Barry, Stetson and Miami with a finishing time of 14:59.

### Women's Soccer

The women's soccer team brought home a win against Saint Leo. The game took place on Oct. 14, and the final score was 2-1. Sophomore Hannah Christophe and sophomore Emma Heikkila scored goals, each within two minutes of each other.

### Men's Soccer

The men's soccer team traveled to Saint Leo on Oct. 14 for their game. The Sharks won 2-1. Junior Darwin Lom scored the winning goal when his penalty kick made it past Saint Leo's goalie.

### Men's Swimming

NSU hosted the Shark Invite on Oct. 13 and Oct. 14. The men's swimming team finished

fourth out of eight. Senior Franco Lupoli, a top performer during the invite, won in the 1,000 free finishing in 9:23.09.

### Women's Swimming

The women's swimming team took first place out of eight at the Shark Invite on Oct. 13 and Oct. 14 with a total of 780. Freshman Jenna Johns won both the 100 fly in 56.25 and the 100 back in 57.10.

### Women's Volleyball

The women's volleyball team played the South Region Crossover tournament in Hoover, Alabama on Oct. 13 and Oct. 14. Unfortunately, the volleyball team lost each game in the tournament. Junior Denvyr Tyler-Palmer reached the 1,000 kill club, only the 11th in NSU history to do so.

# OUT OF THE SHARKZONE

### Miami Dolphins victorious against Atlanta Falcons

The Miami Dolphins won 20-17 against the Atlanta Falcons on Oct. 15. It was a turning point in the Dolphin's current season after several losses. Several outlets have reported that it feels like the team is finding itself the same way they did in 2016, when its turning point was the fifth game. "It was a great win for us," running back Jay Ajayi said. "With how we have been playing, it was great for us just to finish a game no matter what the obstacles are."

### Las Vegas Golden Knights apologize for sexist tweets

According to USA Today, the Golden Knights made a public apology 18 hours after a post from the team's twitter account featured a series of sexist tweets that have since been deleted. The tweets in question

used female names instead of Boston Bruins' actual starting lines and defensive pairs for Sunday's game. "Before Sunday's game against the Boston Bruins, we issued a series of tweets quoting a Boston-based movie with a bear as its main character that was in poor taste," the Knights' email said. "By no means were the tweets intended to disparage females or female hockey players in any way. We do not condone sexism in any form and fully support the inclusive culture of hockey that makes our sport great. We accept full responsibility for our actions and apologize to those who were offended."

### Indonesian Soccer player dies after collision with teammate

According to USA Today, Choirul Huda, an Indonesian goalkeeper, died over the weekend after colliding with his teammate

Ramon Rodrigues' knee. Huda, 38, made more than 500 appearances in his soccer career and played for the Indonesian team Persela F.C. The incident happened in a match between Semen Padang. While charging a ball in the penalty box in the first half of the match, Huda's upper body collided with Rodrigues' knee leaving Huda unconscious as he was taken off the field. Dr. Yudistiro Andri Nugroho said that the incident caused Huda to stop breathing and go into a cardiac arrest moments later. "All of the players finished the game and went to the hospital, where it was announced that Choirul Huda had died," Persela coach Aji Santoso told The Daily Mirror. "The loss of Choirul Huda has hit us all hard."

### Colin Kaepernick files grievance against the NFL over protest

According to CNN, football player Colin

Kaepernick filed a grievance on Oct. 15 claiming that the National Football League and team owners punished him for his protests demonstrations and they conspired against him being signed. Kaepernick first took a knee during the national anthem before a 2016 preseason game, in protest of the treatment of black Americans around the country, especially by the police. Since opting out of his contract with the 49ers in March, he hasn't been picked by another team. Mark Geragos, Kaepernick's attorney, said in a statement that the grievance was filed "only after pursuing every possible avenue with all NFL teams and their executives," adding that athletes who protest peacefully "should not be punished" and not prevented from working because of "partisan political provocation by the executive branch of our government."

# ATHLETE OF THE WEEK:

## Michelle Ruiz

By: **Nicole Chavannes**  
Copy Editor

Senior psychology major Michelle Ruiz from Toronto, Canada has played on NSU's golf team since she was a freshman. Recently, she helped the team win its second championship of the season at the Saint Leo Women's Invitational on Oct. 16 and shot a personal best in a tournament at five-under 67.

### So what brought you to NSU?

"Golf scholarship, the opportunity to play on a collegiate team, the weather and just the school. It's a great school."

### How long have you been playing golf?

"I've been playing golf since I was nine years old, and I'm 22 now so that's ... 12 years."

### What got you started playing?

"My dad. My dad traveled a lot for work and I only got to see him a majority [of the time] on weekends. So, he wanted something for the whole family to do – we're a family of four; my mom, my dad and my brother – and so he wanted to do something for all of us as a family and my uncle actually suggested golf. My dad said no, but then he was like, 'Why not? Let's try it.' And then the first time I ever swung a club it was just natural. So then my dad was like, 'You're playing golf.' And that's how it started."

### Did anyone in your family have a history in golf?

"No. Nobody ever. The only reason my



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Michelle Ruiz is a senior psychology major who has placed within the top ten in three of four championships she has played this fall.

uncle suggested it was because he worked at a golf course. So he was like, 'I work there, I could get you on the course for free,' so why not try it at least once? And then the first time I went my dad was like, 'You're playing golf, you're a natural.' There's no family history of golf at all so it was really out of the blue."

### What's your favorite thing about playing golf?

"I just love being out on the golf course. Even if I'm practicing for three or four hours I love just being in that environment. It's quiet,

it's peaceful, I can listen to my music. For me, it's really relaxing and it's like my happy place when I go there. I think that's what I love most about it, just being outside."

### How would you describe your team's dynamic?

"We're very close as a team. In all the four years I've been here it's been really good. There's team chemistry; everybody gets along and we're very open. I think it's great. We support each other all the time because we're there as a team and our scores count so we want to push each other to be better. But at the same time we're very competitive within the team because it's an individual sport and you want to win individually as well. As a team we're really close and very supportive. We're always practicing together, even with the men's team. We've gotten a lot closer with the men's team this year than we have in previous years."

### Do you have any unconventional training methods or odd rituals?

"Before I tee off, my warm-up is the same time, an hour and ten minutes every time, before my tee time, I'm out there warming up. Before I leave the putting green to go to the first tee, I have to make three four-footers in a row, or else I keep doing that again until I leave. I have to finish that before I go out there. If I do that and I do it well, I know I'm going to putt well that day. It's just a thing that I've had since I was

really young. I also only hit opposite clubs – I don't hit every club when I warm up. I only do every other club."

### What are your plans following graduation?

"After graduation I'm going to move back home to Canada and I actually want to turn pro in golf. That's what I want my career to be and that's what I want to do for the rest of my life until I retire. So, next step is, over the summer I want to try and get a part-time job, but majority just train and play tournaments and get ready for LPGA [Ladies Professional Golf Association] school, which starts in August. I'm excited."

### How has your experience here at NSU been overall?

"Oh, it's been amazing. Athletics in general, they're really helpful. With the tutoring downstairs and study hall hours, they really help. The academic advisors always try to make it as easy schedule-wise and find the best times for you that work with your schedule. The professors here are great. My coach – we actually switched coaches halfway through. My freshman and sophomore year I had Amanda Brown and then junior and senior year we have Heather Wall, she just came in, and both coaches have been great. Amanda made it so smooth for me to come in and now Heather's just being amazing. We're dominating with her. It's been really great. I'm going to miss it, definitely."

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# SOUNDBITE

By: **Adam DeRoss**  
Contributing Writer

## "Onism" by Photay

New York based experimental electronic producer Evan Shornstein, better known by his stage name Photay, is still a relatively unknown name in the music industry. Over the past four years, Shornstein has released a total of three projects almost completely under the radar. 2014 saw the release of his debut self-titled EP, 2016 saw the release of his second EP "Sadie" and this year, Aug. 11 saw the release of his first full album "Onism." Photay, being a polyrhythmic percussionist with an intuitive and creative thought process, strives to blend the familiar with the unusual in his music. Many of his tracks fuse the world of traditional analog recording with the modern practice of digital recording. Photay regularly layers his own recordings of noises from the great outdoors with digital instruments. The tracks featured on his two EP's range from jazzy and melodic to quirky and confusing, and it seems that he has taken his experimental nature a step further on "Onism."

### Best cuts

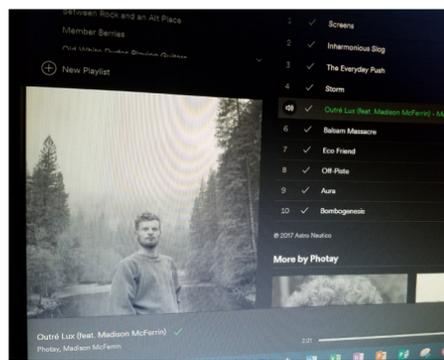
"Inharmonious Slog" is a dreamy and rhythmic cut that combines all the best elements of a typical Photay track. The ambient noise of

footsteps on concrete leads into smooth synth riffs and percussion breakdowns and remains a staple underlying feature of the bassline. The middle of the track dips into a minimalistic valley of relaxing melodies that blend perfectly into the following progressions topped off with Photay's trademark "squeaky" distorted piano samples. Reflective of its name, the whole track moves forward with a consistent and mechanical pace, almost like the ticking of a clock over the course of a long work day.

"Outré Lux" featuring vocals from Madison McFerrin is the most relaxing and surreal experience on the record. The track begins with nostalgic and warm orchestral string progressions that soon meld with deep muffled bass and plucky electronic clicks. McFerrin's soft and syrupy voice provides an almost ethereal quality to the track that is backed up by the high tone clarinets making up the main melodic fills. The droning, ambient echoes provide a perfect backdrop for the rest of the components and complete the track perfectly.

### Filler tracks

While there are some strong tracks on



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Evan Shornstein's "Onism" showcases the creativity that goes into electronic music.

the record that play off each other nicely, there are also just as many that don't live up to the expectations set by the aforementioned.

A prime example is the track "Storm." It is an ambient and haunting track that manipulates mood effectively, but there isn't enough complexity within it compared to rest of the record to justify it being a full three-minute track. The only two noticeable components of the track are echoed and whistling vocal samples with the occasional organ fill. This track would be more befitting of an interlude rather than a

full cut.

The same applies to "The Balsam Massacre." This track is another full 3-minute cut that doesn't feature much variation in its sound. While it does use many interesting distorted horn samples as well as a very smooth and funky saxophone, the whole track feels and sounds like the buildup to something bigger, but that something never comes. The track slowly rises in intensity and then slowly fades back out without much payoff.

### Closing thoughts

Evan Shornstein is one of the most creative minds in the electronic music industry today. While his projects haven't received nearly as much attention as other ambient electronic artists like Bonobo have, that may change very soon. "Onism" may not be perfect or entirely consistent, but considering Photay's discography as a whole it is apparent that there is a lot of untapped and interesting potential for his career to grow.

### Other great cuts

"Aura"; "Bombogenesis"; "Screens"

## Pasta with a twist: How to shake up your recipes

By: **Jenna Kopec**  
Co-Editor-in-Chief

This one's for all the pasta people! We all know that friends come and go, but pasta is forever. Unfortunately, sometimes you may find yourself in a rut... If that's the case, check out these recipes that can help spice things up.

### FOR THE ADVENTURER: AVOCADO SPAGHETTI

#### What you need:

- 1 pound whole wheat spaghetti
- 2 peeled and pitted avocados
- 1 garlic clove, smashed
- Green onions, about 2 bunches
- Juice of 1 lemon
- ¼ cup of olive oil
- Salt and pepper to taste

#### What to do:

Cook the pasta.  
Put the avocado, lemon juice, garlic, olive oil and onions in a blender or food processor and blend together until smooth.

Combine the sauce and cooked pasta in a bowl. It may help if you save a quarter cup of leftover water from the boil to add if you find the sauce too thick

Add seasonings.

Avocado sauce instead of marinara can be a little jarring, I know. But don't be fooled, this recipe adds a lighter sauce to an old favorite. I used a recipe from Erin McDowell on Purewow to help learn the ins and outs of the sauce game, but made some tweaks to the original. My favorite

part was the tang the lemon and avocado gave without being overpowering.

### FOR THE ENVIRONMENTALLY-CONSCIOUS: VEGAN AIOLI

#### What you need:

- 1 pound faralle pasta
- ¼ cup olive oil
- ½ teaspoon black pepper
- Garlic salt to taste
- 2-3 garlic cloves, smashed and chopped
- 1-2 handfuls of spinach
- 1 teaspoon cumin

#### What to do:

Heat olive oil in saucepan over medium heat. Add garlic when the oil is hot enough to sauté.

Sauté until the garlic changes color.

Add spinach.

Add seasonings.

Add in the cooked, unrinsed pasta, mixing it with sauce. You can add olive oil to taste.

Friends share recipes all the time, but I'd be wrong to say I'm not totally grateful for this recipe from my friend Taylor, which she said she created herself. This one definitely isn't for vampires, given its amount of garlic use. The best part of this dish is that the sauce is light but still provides flavor.

### FOR THE TRADITIONALIST: MAC AND CHEESE

#### What you need:

- 1 pound penne pasta

- 2 normal sized bags of shredded cheddar cheese
- Handful of shredded mozzarella cheese
- 2 tablespoon butter
- 3 tablespoon flour
- Olive oil
- 1 ½ cups of milk
- Nutmeg to taste
- Cayenne pepper to taste
- Salt to taste

#### What to do:

Cook pasta.

Pour olive oil into saucepan, about 1 turn all the way around the pan.

Heat saucepan over medium heat. Add the butter so that it melts with the oil.

Add flour and combine with oil and butter until it browns.

Add milk and let it sit until it thickens and starts to bubble.

Mix in cheddar cheese a handful at a time, creating a cheese sauce.

Add seasoning to taste.

Combine sauce and pasta; place in medium size pan.

Add mozzarella cheese and put the pan in oven to broil until melted.

This Mac & Cheese recipe has been in my arsenal for about a year, but I've changed it pretty drastically since I first tried it with Rachael Ray's help. I would consider this recipe best for barbecues, paired with some buffalo chicken, but it's definitely a stand alone item as well. The best part is its combination of a cream sauce and melted, baked cheese.

## OFF SHORE CALENDAR

### Tarzan: The Stage Musical

Oct. 19 - Nov. 5 | various show times  
@Amaturo Theater at Broward Center

### House of Horror Haunted Carnival

Oct. 24 | 6 p.m.  
@Miami International Mall

### Masquerade at the Museum

Oct. 27 | 7 p.m.  
@Coral Springs Museum of Art

### Caribbean Comedy Fest feat. Majah Hype

Oct. 28 | 8 p.m.  
@Charles F. Dodge City Center

### Fergie

Oct. 28 | 9 p.m.  
@Fontainebleau

### Miami City Ballet: Program One

Oct. 28-29 | 8 p.m. and 2 p.m.  
@Au-Rene Theater at the Broward Center

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## Riverdale: Murder mystery meets romance

By: **Jeweliana Register**  
Arts & Entertainment Editor

The CW's hit series "Riverdale" follows the teenagers of Riverdale through their high school experience, which is anything but normal. Between the budding romances and the complicated friendships, these high school sophomores have more than enough drama to keep an audience entertained. Throw in a murder mystery and a few sketchy adults and town officials and the plot immediately thickens.

Modeled after Archie's Comics from the 1940s, "Riverdale" is a blast from the past revamped. While "Riverdale" keeps the original characters' names, the show gives them more personal struggles and complicated backstories. In each episode, fans of the show learn more

about each character, like why Jughead Jones is so mysterious and why Veronica Lodge suddenly moved to Riverdale from New York. The series follows the characters' journey into adulthood, focusing specifically on their romances and their struggle to accept their family secrets and lies. With such dynamic characters, you are bound to find a one that you love.

If you are a fan of symbolism, you will enjoy all of the little details in this murder mystery show. Analyzing the seemingly miniscule color choices — like the type of milkshakes the crew is drinking at Pop's, or the color that Cheryl Blossom chooses to wear in pivotal scenes — can help viewers predict what will happen next

and what the underlying messages are.

After the end of season one left "Riverdale" fans with a few cliffhangers, season two started off with a bang. In case you've been living under a rock, or have yet to watch season one, after Archie and the gang discover who Jason Blossom's real killer is, the season ends with a shooting at Pop's. Season two opens up with the aftermath of what happens post shooting, leaving Archie and the gang struggling to feel safe in their home. With secrets unraveling and a new plot twist at every turn, season two is off to a great start.

As someone who doesn't normally enjoy murder mystery shows, I was surprised when

I finished binge-watching season one in three days this summer. Between the romances — Bughead forever — the lovable characters, the way that the cast is intertwined in each other's lives and the characters' fashion choices, what's not to love? "Riverdale" keeps fans guessing and speculating about theories in this "who dunnit?" type of thriller that appeals to a wide range of audiences.

If you are a fan of mystery, romance and drama, "Riverdale" is the show for you. With a new backstory and motive revealed after every episode, this series makes it hard to wait until the next episode airs every Wednesday night.



## STAFF PICKS: FAVORITE PART OF FALL

By: **The Current Staff**

Fall is officially here... Well, sort of. While South Florida is not known for having beautiful fall weather, our staff still finds ways to celebrate fall and all of its glory.

**Sydney Stoneback, visual design and multimedia assistant, said:**

"My favorite thing about fall is all the seasonal traditions. I love getting together with friends to celebrate the season, whether it be carving pumpkins or watching scary movies — I love it all. Also, since I'm from Orlando, I love going to Halloween Horror Nights every year at Universal. It's terrifying but in a good way."

**Jeweliana Register, arts and entertainment editor, said:**

"Fall and winter are my favorite seasons, not that we have much of either here in Florida. I love the flavors of pumpkin and maple that come around during the fall time, plus I just love the warm color palette of fall and the fall fashion that comes with it. Pumpkin patches and bonfires are my favorites during fall time, so you can probably find me there drinking pumpkin spice lattes or warm apple cider."

**Nicole Chavannes, copy editor, said:**

"My favorite part of fall is all the parts of fall. I love the fashion, the colors and the holidays. I love decorating and dressing up for



Halloween; I love spending time with my friends and family for Thanksgiving; and I love playing Christmas music and buying my Christmas tree the day after Thanksgiving, even though the Scrooges of the world try to harsh my Christmas mellow."

**Gabby Thompson, features editor, said:**

"I'm from the North, so I actually get to experience fall. I love pretty much everything about it: the leaves changing colors, the abundance of pumpkin and apple picking and the weather cooling down enough to wear

sweaters. It's just the perfect season."

**Martin Galvez, sports editor, said:**

"My favorite thing about fall is the food and the beginning of holiday season. With fall comes Thanksgiving and that means food. I get to eat one of my favorite dishes, turkey. In addition, with fall, the holiday season starts and it's interesting how malls, stores and houses begin decorating in preparation for Christmas and the New Year."

**Carli Lutz, chief of visual design, said:**

"My favorite thing about fall is Thanksgiving. Well, mostly the Thanksgiving food. Yeah, the food. I'm so excited for the turkey, mashed potatoes and gravy. I'm also excited for the amount of Thanksgiving feast leftovers I'm gonna be eating for the three weeks following the holiday itself. Wow, I love fall food. Bring on the pumpkin pie."

**Jenna Kopec, co-editor-in-chief, said:**

"The fact that winter is coming. That's not a 'Game of Thrones' reference. I just really like winter."

**Michaela Greer, co-editor-in-chief, said:**

"Since I don't celebrate Halloween and I moved from the Caribbean where Thanksgiving and pumpkin-spiced everything just isn't a thing, the aspects of fall that I enjoy tend to be the simpler things. For example, foods like apples and brussel sprouts begin to have that something extra since they're in season and the temperature falls to a comfortable chill. Plus, people are generally nicer as the holidays approach, at least until the sales begin."

**Skylyr Vanderveer, multimedia manager, said:**

"I love fall fashion trends. Oversized sweaters are my shopping weakness!"

## Fall pumpkin décor DIYs

By: **Jeweliana Register**  
Arts & Entertainment Editor

While the weather here in South Florida may not feel super fall-like, it's still fall in our hearts. If you are looking to spread some fall joy around your dorm or home, check out these fun DIY pumpkin decorating ideas to spice up your space.

**Fancy floral**

If you're a fan of floral patterns, this one is for you. Start by painting the pumpkin a base color, letting it dry completely. Once your base is finished, pick out four or five different colored paints to create flowers. You can look online at floral patterns that may inspire your design. Once you have painted on the desired amount of flowers, complete your floral pattern by drawing on some leaves as well. To spice up the pumpkin

a little more, add some glitter or rhinestones to the design.

**All that glitters**

Looking to add some sparkle to your space? For this you'll want to first lay down a base coat on the pumpkin in the color of your choice to mask the natural orange color. If you want to make a gold glitter pumpkin, consider gold paint, and if you want to have a pink glitter pumpkin, consider pink paint, and so on. After the base coat dries, apply a layer of mod podge and sprinkle the glitter. If needed, apply a second coat of mod podge and seal in the coats with hairspray.

**Plant-tastic**

If you are a lover of plants and succulents, consider making this pumpkin DIY. For this, you'll want to purchase a plastic or Styrofoam pumpkin so that you can cut off the top half and hollow it out if needed. Cut the top third of the pumpkin off to create a planter-like shape. Next, paint the pumpkin the color of your choice. Once it is dry, place soil and succulents of your choice into the pumpkin. This cute fall-themed planter is the perfect addition to any dorm or living area.

**Spell it out**

Maybe you want your pumpkin to really make a statement. For this DIY, paint the pumpkin the color of your choice and allow it to dry. Then, using stencils or by freehand,

paint out words onto your pumpkin. Some phrases could be "dorm sweet dorm," "happy fall" or "thankful." This DIY really lets you show off your creative side with the different combinations you can make. Whether it's your name or your favorite quote, these pumpkins are sure to wow your visitors.

**Get your shine on**

If all else fails, a little metallic touch never hurts. For this, you'll need a pumpkin and some metallic spray paint. Simply find space outdoors to safely spray your pumpkin and let it dry overnight. The metallic pop of this pumpkin will look perfect as a centerpiece or just a simple décor item in the corner of a home.

## Horror Movies are too predictable

By: **Christina McLaughlin**  
Opinions Editor

If you are a fan of horror movies, you probably feel that in the past few years, this genre has become a little tired. Don't get me wrong, even the worst horror movie will still scare me, but it's hard not to notice that the studios are having a serious case of writer's block. Haunted houses, zombies, killer clowns and slasher flicks of all kinds are the usual suspects when things go bump in the night. Ever so often, a movie comes out with a different plot line or movie monster, but not frequently enough. People can go to a movie theater and assume what or who the "bad thing" is prior to even reaching the climax of the film. Where's the fun in that?

Not only is the bad guy predictable, but there are many other elements of the genre that are overplayed as well. The "scary music" and jump scares are expected. The purpose of eerie music and the overall ambiance of the film is to

create suspense for the audience. The longer and more drawn out the suspense, the more fearful and anxious the audience will become, which is the whole point of the film, right? That is part of it, but people don't go to the movies to just listen to music that will make them react; they want to see things that scare them too. A visual element is needed and a majority of films nowadays will slowly play up the music or intensity of the music without anything scary going on. It will still keep you on the edge of your seat, but you won't understand why you're scared.

Jump scares are one of the pinnacle parts of a scary movie. A jump scare is a way of taking the audience by surprise with a sudden, unexpected change in sound or imagery. This is an ingenious technique in horror films which is used to break the tension of the suspense provided by the creepy music. This tension-breaker usually

gives audiences a little relief, but it's usually a let down. Most jump scares of today don't involve the big bad or scary thing of the movie; it's usually just a character turning on the light to reveal nothing is there. This is pointless because once you release that tension that's built up, you lose the scare of the "bad thing."

Another way studios remove the scariness of horror movies is by revealing all the "exciting" moments in the trailers. While this tactic attracts audiences to see the movie, it's dissatisfying when all the best moments have already been revealed. Poorly made trailers in the horror movie genre are the worst versions of spoilers. Trailers are supposed to entice you to see the movie, not give you all the major plot points. Now, when audiences go to the theater, they will feel disappointed because they don't have anything to look forward to and they've

seen everything already.

Horror, as a genre, is typically the most cost-effective option for large studios. These movies have low budget's in comparison to their other genres of film and, on average, they rake in the majority of the box office profits for their studios. It's not hard to understand that making films with similar components of successful ones is a smart move, but it can come at a great disadvantage for the audience members. When I already know what's going to happen in the movie, I can expect when the jump scares are coming and it takes the fun out of the experience.

Watching a horror movie in the past was considered an exciting adventure and to find something that truly terrifies you, but by turning it into a money-hungry environment, following the same strict plotlines movie after movie, makes the whole experience a disappointment.

## How not to be a jerk on Halloween

By: **Nicole Chavannes**  
Copy Editor

Halloween is a fun time to dress up and be something you're not – but maybe wish you could be – for just one night. You can go big and have the most extravagant or creative costume in the room with pounds of special effects makeup on, or you can go the simple route and wear the classic "404: Costume Not Found" t-shirt. Whatever you decide to rock on Halloween is fine – unless it's offensive.

Often times, offensive costumes are just misguided, perhaps borne out of ignorance, and aren't intentionally malicious. However, that doesn't excuse the offense. It's important to be sensitive to other people's identities and cultures, as well as their struggles.

Blackface, brownface, yellowface – and

any other variations of painting your face a different color to portray a certain race – are never acceptable. This kind of makeup is used to stereotype, degrade and dehumanize groups of people, and it's not okay. Just because the person or character you want to dress up as is a different race than you doesn't mean you need to paint your face a different color to get your message across. If your costume is good, people will get the idea without the offensive makeup.

In a similar vein, don't appropriate culture. There's a difference between appreciating another culture and honoring it versus finding something about that culture aesthetically pleasing and wearing a mockery of it. Halloween stores are teeming with "Indian Princess," "Hey

Amigo Mexican" and "Sexy Pleasing Geisha" costumes – or some variation of those terribly offensive and disparaging names – and as a result it may seem okay to don these costumes. Don't be fooled – it is most certainly not okay to wear an ethnicity as a costume. While many of these costumes are meant to be comical or sexy, there's ways of being funny and looking attractive that don't involve combining a series of stereotypes about a group of people.

Additionally, you shouldn't turn the struggles of others into your own personal comedy special. If you want to dress up as Amy Winehouse, don't trivialize her problems with addiction by walking around with a fake needle. Similarly, dressing up as "Dr. Luke," who has

been accused of sexual assault, with a name tag saying you work in the gynecology department, trivializes victims of sexual violence. This should also go without saying, but don't dress up as a national tragedy, like the burning Twin Towers. These are actual issues with real victims, and making a joke of them for Halloween doesn't make you funny, it makes you a jerk.

Halloween is a time to explore a different side of yourself by donning a costume and having fun with friends. Be funny, be creative, be sexy – but don't be mean, insensitive or malicious. It's possible to have fun and dress up without degrading others or making fun of social issues.

## Seriously Kidding

A satire column.

## Riverdale to begin filming on NSU Campus

By: **Diego Galvez**  
Sports Editor

On Oct. 17, it was announced that NSU's Fort Lauderdale/Davie Campus will serve as the next filming location for an unrevealed movie-streaming giant. Hollywood producers behind the hit show, Streamdale, have reached an agreement with NSU President George Hanbury that will give them full access to NSU facilities, including students' residence halls. Stars from the show have already expressed their excitement to be able to film at our renowned university. Production is set to begin Dec. 4.

"We chose NSU because it's a very spacious campus that has a lot of natural vibes and that's what our show is all about," Gary Pose, production manager, said.

Additionally, word has gotten around that the stars of the show will be staying in the sixth floor of the Commons residence hall, and will room with Razor's Edge Talent students as a way to help them learn more about the entertainment world. In preparation for their arrival, the Office

of Public Safety is developing measures in which stars can feel as if they are actual students.

"We want them to feel welcome and safe in our Shark family," said Patricia Mirtel, head of security. "The whole sixth floor will be under renovation starting next month."

Professors have shown their concerns about this decision stating that "this is a teaching environment, not a Hollywood set."

"If they are going to treat the stars as normal students, they should start getting ready to attend classes and be involved in some kind of club they find interesting," professor of mathematics John Sanchez said.

Cast and crew are expected to stay in the Fort Lauderdale/Davie Campus for at least a month, but it could take up to three months if necessary.

"I think that this is a great opportunity to learn more about show production and to put NSU on the map for future shows that would

want to use our campus as set location," stated Pablo Smith, communication major and student media staff member.

Many students have expressed their excitement about this news and there has already been an increase on student involvement around campus.

"Hopefully the stars will be interested in joining their respective fan clubs we have on campus!" Joanna Yennis, biology major and president of the Hollywood's Admirers fan club stated. Additionally, the fraternity Beta Alpha Sigma (BAS) stated that they'll make every male star an honorary brother.

Students, faculty and staff will be required to sign a non-disclosure agreement in order to prevent video, photo and information leaks of the new season. Those who decide not to sign the agreement will be sent to regional campuses, where they will continue their studies without compromising the show.

Are you always waiting for that **FINAL CUT** for the magic to start?

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# If you lose your head, you lose your argument

By: **Jenna Kopec**  
Co-Editor-in-Chief

In the world we live in, ripe with tension between political parties, social media rants and know-it-all syndrome, holding conversations can be hard. Though, that doesn't mean we shouldn't have them. In order for society to improve, citizens have to have open dialogue in order to understand one another and find solutions to issues like inequality, war and financial instability — all concerns for the U.S. today.

If you engage in these conversations, I applaud you. You're partaking in what it means to be an active citizen. I ask, however, that you try to keep your temper under control in these conversations. It can be hard to at times, but it's worth staying calm in political conversations and here's why:

As humans, we're not perfect. Our perceptions, thoughts and beliefs are all shaped by our past experiences. Even if you are 100 percent percent convinced that your point of view is correct, you have to realize that the other person is convinced of this as well and will likely have a completely different reservoir of

experiences to pull from within the conversation. There are going to be times when the person you're talking to is wrong and there are going to be times where you find yourself wrong. But when anger comes into play, no progress can be made. Nobody likes to feel that they are being attacked or misunderstood. So, when you're angry and use divisive language, yell or insult another person, why would they have any desire to listen to you?

This can be hard to remember when you log onto social media and see celebrities like Rihanna and Eminem say they don't want fans who voted for the president or even see President Trump claim that NFL football players aren't patriotic for their political demonstrations. It can be hard to remember when your friends and family have similar sentiments. And yet, I always appreciate when people take the time to listen to my views,; I consider their arguments more valuable if they explain them calmly and openly. That Calm communication might be just what the U.S. needs.

# I don't agree with you, but that doesn't make my point less valid

By: **Michaela Greer**  
Co-Editor-in-Chief

As a black woman living in the United States of America, I am very aware that not very long ago, I would not have been able to express myself the way I have the opportunity to do now. Less than 200 years ago, I would not have had the right to vote, pursue higher education or work in circles as I have had the opportunity to do.

Yet, we're almost at the end of 2017, and I'm constantly being asked not to share my views to save someone's feelings, or to keep from stirring the atmosphere of a room. Why would I shy away from exercising the rights that I've been afforded?

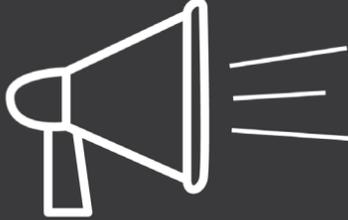
Time and time again, I have witnessed in person and online how people are shut down because they've shared a dissenting opinion. On one hand, I understand how difficult it can be to listen to someone share views that you wholeheartedly disagree with. Yet, I would assert that these are the best times for a conversation to begin. After all, change is never achieved without someone first disagreeing with a popular idea. Closing off a conversation just because you don't like what someone has to

say leaves both parties ignorant to the alternate viewpoints that exist.

It is very seldom that a group of people can agree on any one thing. This is the reason why we have referees, hold meetings and have created a judicial system. While these systems are not perfect, it is understood that it is necessary to consider both sides of the argument before making a decision. What makes these processes work is the fact that debates happen, ideas are shared and conversions are made.

It's time that we stop living within our bubbles, afraid or indifferent about hearing opinions that you disagree with. Are you going to be offended and will it be uncomfortable? Perhaps, but it's likely that the person who holds a dissenting opinion is uncomfortable too. It's not pleasant to go against the grain, but if you're being affected by something and you don't agree with it, you'd probably say something. Isn't that why you have your own opinion?

The next time you're preparing to shut someone down, try to keep an open mind, welcome lively debate, explore different perspectives and share openly. It may be awkward at first, even a little annoying, but it's necessary.



## HOW DO YOU FEEL NSU STUDENTS SHOW OR EXHIBIT SHARK PRIDE?

# SHARK SPEAK



"A lot of people show up to all the events that NSU puts on. I always see people at events, so there's no lack of school spirit. Everyone always shows up to all these events. Everyone's joining frats, joining sororities and going to all of the games, and it's all really cool that there's such school spirit here."

- James Bell, freshman business major



"I think that NSU students show Shark Pride through the actions and the roles they play in their community. I know we're really big on service, and I think that shows a lot about our thoughts on the community and how we express ourselves there. I also see a lot of NSU shirts. They even sell them at Walmart; I think that's hilarious. You can see us out in the community, serving others and just being proud to be Sharks."

- Mitchell Gilliland, junior marine biology major



"Mostly going out to events, like the basketball games, sporting events and just being a part of the NSU community and being a family."

- Christy Dorfils, freshman biology major



"I think since my freshman year, Shark Pride has gotten a lot better, like student sections are filling up at sports, which is a big deal. Also, I think academically we have the biggest Shark Pride here, simply because [NSU] has great academics, so seeing that spread throughout the U.S. after people graduate ends up being a big thing for [NSU]."

- Amy Anfinrud, senior marine biology major



"I like to show pride, honestly. I commonly talk with faculty and the rest of the students and help them out, in ways that I can. Just walking around, asking them if they're doing alright, I just mainly try to help out around as much as I can."

- Braden Coleman, freshman marine biology major

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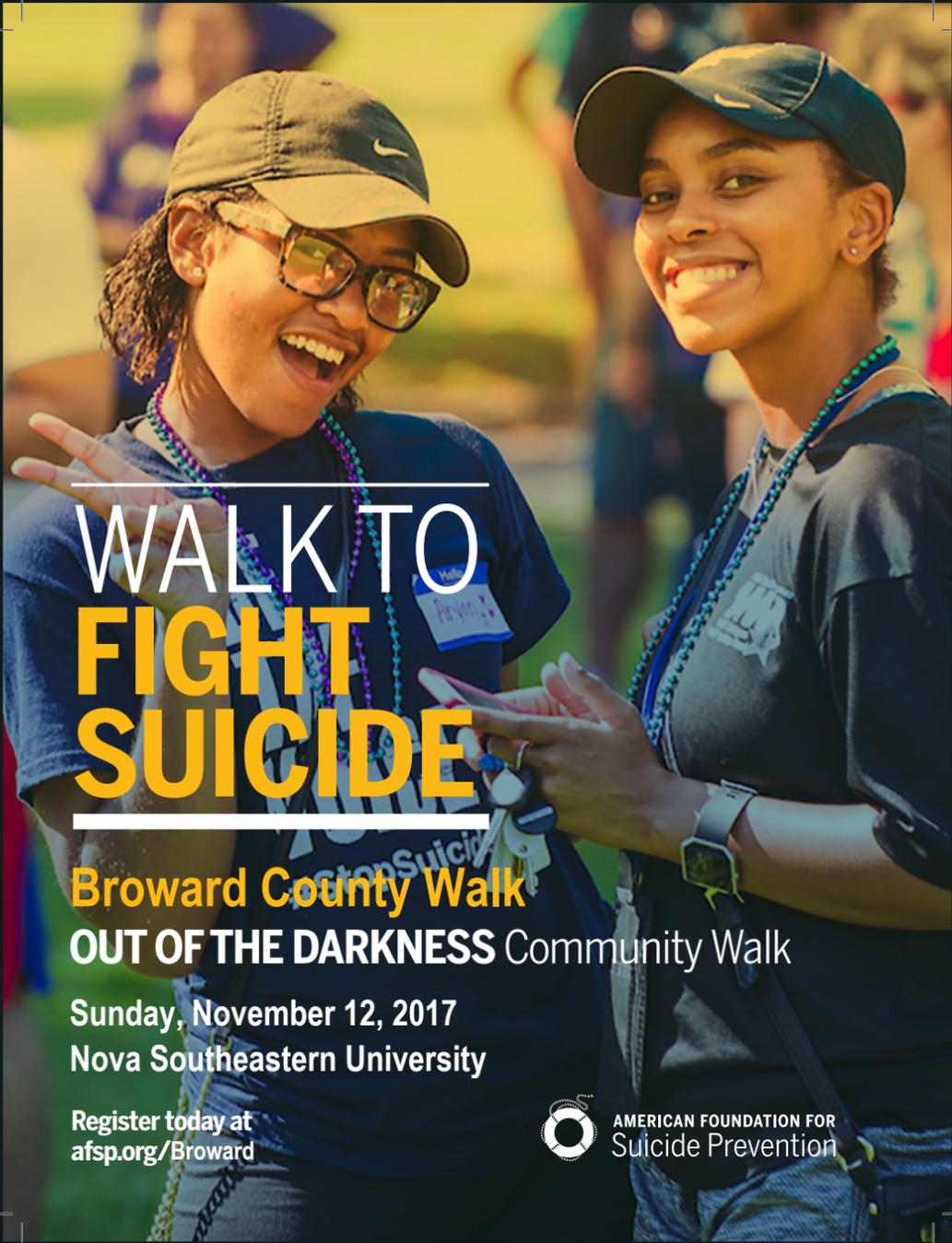
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4. On step 4 enter the coupon code '**NSU2017**' and click '**apply**'
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