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# The Current Volume 28: Issue 11

Nova Southeastern University

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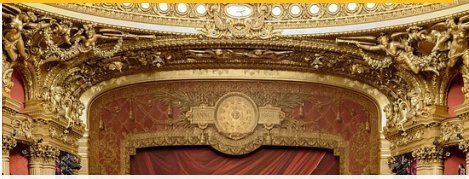
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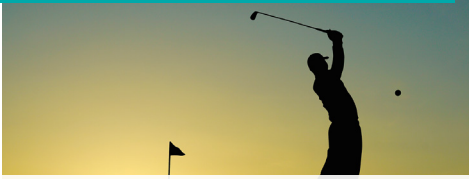
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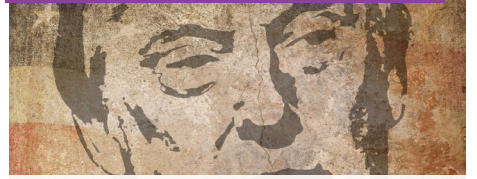
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## One NSU: NSU works to support Puerto Rico Regional Campus after Hurricane Maria

By: Jenna Kopec  
Co-Editor-in-Chief

Almost a month after Hurricane Maria made landfall in Puerto Rico on Sept. 20, the staff of the NSU Puerto Rico Regional Campus have contacted every student in the College of Pharmacy and Fischler College of Education, reopened between 7 a.m. and 8 p.m. and resumed classes.

Ricardo Belmar, vice president of regional campuses, provided some insight into how the campus has recovered. Puerto Rico's campus is a two-story building with classrooms, offices, lounge spaces, student spaces and study spaces.

"We're still having some difficulties with being able to broadcast through video service. From what I understand, we're not able to offer classes through that yet," said Belmar. "There are some areas that incurred some damage but I would say within the next month all of that should be corrected. Other than that, the campus is almost fully operational."

According to Belmar, this includes damage caused by water and wind after windows were blown out during the storm.

"The campus does have power, so it's good for the students, staff and faculty when they're there," said Belmar. "There's AC for them and they can do their schoolwork."

The College of Pharmacy resumed classes

on Oct. 16 and will run Monday through Friday, while the Fischler College of Education have resumed classes on a newly modified schedule. Belmar explained that the only reason the campus currently closes at 8 p.m. instead of its usual 12 a.m. is to help students get home before nightfall while traffic lights are still out across the island.

NSU has also sent supplies such as water, food, batteries and tarps over to the campus several times since the hurricane thanks to a loan of Dr. Kiran C. Patel's jet, who also made a legendary donation to NSU earlier this semester. Patel and NSU sent a fourth flight on Oct. 26 to the island with necessary supplies.

"Seeing what is happening in Puerto Rico, and knowing that NSU has a regional campus on the island, I knew I had to do something to help," said Patel. "I'm part of the NSU family and they are hurting; as a physician, a husband, a father – as a person – how could I not help?"

Belmar said NSU is also sending more supplies to the island via FedEx and will make a determination about whether or not another plane would be necessary. In addition to supplies, Belmar said that NSU is providing hot lunches for students on the campus Monday through Friday.



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Hot lunches are being provided by NSU Monday through Friday to students on the Puerto Rico Regional Campus. All students who attend the campus have been contacted after the hurricane and classes have resumed.

"NSU not only came with the jet, but they're also sending supplies via FedEx. Anything that they can think of and find they are trying to get to us," said Vanessa Blanco, director of NSU's Puerto Rico Regional Campus.

Belmar said that the overall goal is to give NSU students in Puerto Rico support and provide some sense of normalcy.

"I think the university, with the campus being open, has given the students some sense of normalcy to their lives at least from the academic side," said Belmar. "And I think that's

been helping them a lot to cope with the situation they're experiencing right now."

"It brings joy and even tears [to our eyes] because we know that NSU's Florida family really cares. It's really showing our core values at work," said Blanco. "I haven't seen any other company [or university] do this and do this for their students."

To donate to NSU's Hurricane relief efforts known as NSU CARES, go to <https://app.mobilecause.com/form/-kF4bw>, text NSUCARES to 41444.

## Investigating concerns about Shark Dining staffing

By: Christina McLaughlin  
Opinions Editor

For the past few weeks, students across campus have expressed their concerns to The Current regarding Shark Dining. Some mentioned long wait-times for food, unusually long lines and having no attendant available at registers.

"After eight or nine everyone is forced to go to the Flight Deck so it becomes over-crowded and they are always out of menu items," said Jessica Hunter, freshman biology major.

All of these issues could tie into one of students' main concerns: Shark Dining might be in need of more staff.

We spoke to Stefanie Furniss, director of operations for Shark Dining, who explained the mechanics of Shark Dining and their processes. In short, they work on improving any issue they may face based on sales history, analytics and customer response. Every semester, especially after a graduation, they use data collected during that year to establish a plan for the following year.

"At the end of every semester we look at the sales history of that semester against other semesters of previous years," said Furniss. "It creates an average and a way to track the behaviors of the customers."

This allows them to make improvements for the next semester or upcoming year.

This data analysis tends to be reliable but can still show inaccurate readings due to natural

phenomena.

"It isn't an exact science as Hurricane Irma did throw a huge wrench in our operations," said Furniss. "We lost some employees due to financial obligations and other factors."

Shark Dining runs on a 9-month operation process. Over the summer, the sales drop significantly and they tend to lay-off employees due to a lower demand than what is usually seen during the school year. During the school year, they work with their employees to create an availability based scheduling system.

"We have roughly 200 staff members, part-time and full-time employees, that change in frequency throughout the year," said Furniss. "Based on hours of operations, we try to create shift patterns and accommodate student schedules [of part-time student employees] and full-time employee schedules."

This school year has presented some challenges. With the largest incoming freshman class at NSU to date, Shark Dining had to estimate sales frequency to staff the locations around campus. On top of that, four new dining establishments were added this year: Chef's Table, Roma, World Market and Innovation Kitchen. Furniss shared that since these new establishments had no past sales history to give Shark Dining an idea of how much staffing would be required, they based staffing on estimations. They also refreshed Juice Blends,

Greens Etc. and Flight Deck with new menu items and updated the overall appeal.

"Sales history has a trend, but it's not an exact science," emphasized Furniss.

Customer response is one of the cornerstones of their work and Shark Dining has been trying to advocate for new ways to interact with their customers. With the creation of applications such as Txt2Solve and the Dining Surveys, they hope to gain more information about students' experiences.

"Txt2Solve is an anonymous service that helps us narrow down or immediately react to something," said Furniss. "When [customers] reach out immediately, we can pinpoint the root of the problem very quickly."

Another application put into place are the online Dining Surveys.

"Compass, our parent company, uses [a specific] metric to administer these surveys," said Harrison Davies, director of marketing and guest services at Shark Dining. "They are part of our operations and use the feedback we gain from that to get a grasp of the population. If several hundred people are saying one particular thing, it might mean we need to look into fixing that issue."

In the future, Davies and Furniss said they plan to place these Dining Surveys in the UC Spine to have guests provide feedback on specific visits or overall experience at any dining

establishment on campus.

These online Dining Surveys will be conducted until Nov. 30 at 11:30 p.m. This data will be analyzed and presented to Shark Dining in a concise report. They will be able to further analyze specific segments on an as-needed basis.

"We use the fiscal information, we use the surveys, we use the Nova plans from the partnership side, and we use all of these things for the big 10,000 ft view," said Furniss. "From this, we build our hours and operations for the semester or year to come."

While they focus on finding new ways for students to reach out to Shark Dining about experiences on campus, there are some old-fashioned ways that still "hold water" when it comes to customer concerns and feedback. For example, [www.dineoncampus.com/nova](http://www.dineoncampus.com/nova) is a resource with a feedback section to anonymously provide comments and pose questions or concerns directly to the source. Students can also opt to have in-person conversations with staffers about their concerns.

According to Davies, "The best avenue sometimes is the name-tag. You can always come up to anyone with a Shark Dining nametag with any comments or concerns you may have."

# News Anchor

Stay up to date with international and national events.

## Opioid crisis declared a public health emergency

On Oct. 27, President Trump declared the opioid use in the U.S. a public health emergency. According to NPR, Trump had originally promised to declare the problem a national emergency but the administration fell short of this declaration. This will free up some resources to help educate and fight the epidemic, but won't create additional funding. Some critics say declaring the epidemic a public health emergency does not go far enough.

## Court orders allow undocumented teen to have abortion

A 17-year-old undocumented immigrant teen being held in federal custody had an abortion on Oct. 27 despite efforts by the Trump administration to block the abortion, according to ABC News. The teen's case was adopted by the American Civil Liberties Union and Jane's Due Process, a nonprofit organization that provides legal counsel for pregnant minors, stated that the teen had a constitutional right to receive the abortion. Texas Attorney General Ken Paxton, an opponent, said the teen had no right to the abortion and that the government should not be responsible for facilitating the procedure.

## Evidence shows Clinton Campaign and DNC funded dossier research

On Oct. 24, it was revealed that the Clinton Campaign and the Democratic National Committee funded research regarding accusations about President Trump's connection to Russia. According to The New York Times, this information was the result of a letter which was revealed in court on Oct. 24 and will likely have an impact on federal investigations to Trump's ties to Russia.

## House passes new budget plan

The House of Representatives narrowly passed a new \$4 trillion budget on Oct. 24 with a vote of 216-212, according to ABC News. Although this was accomplished, critics speculate that because the vote was so close, Republicans in the House may have trouble passing tax reform promised by the Trump administration. A major component of the budget bill, however, tacks on rules that say fewer votes are needed to pass tax reform, which would redesign tax brackets.

## Travel ban expires and replaced with new screening system

According to the Associated Press, President Trump has reinstated refugee submissions into the U.S. under a stricter screening process for refugees, especially refugees from 11 specific countries. The 11 countries which will face stricter screenings include Syria, Libya, Iraq and North Korea, according to Reuters. Supporters of the new system say that strict screening will help keep the U.S. safe, but opponents say it lengthens an already long process for individuals who need to relocate the most.

## Airport security to US-bound flights to increase

According to CNN, Homeland Security Secretary John Kelley announced stricter airline security for overseas direct flights that will enter the U.S. The tighter security will include restrictions of electronics, canines to detect explosives, enhanced screening of electronic devices and higher screening of passengers. This is in addition to the temporary travel ban from certain countries.

# The Current

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## Homecoming Week is bringing back the 90s

By: **Gabrielle Thompson**  
Features Editor

NSU's Homecoming Week will begin on Nov. 4 and end Nov. 10. Homecoming Week is designed to recognize alumni and build school spirit. As such, it will be full of different activities and events each day, all focused on student involvement. This year's theme is "Nothin' but the 90s."

Kristin Bingham, the vice president of traditional events for SEAboard, explained, "the reason we had chosen the theme 'Nothin' but the 90s' is because this last freshman class is the last set of incoming students that would have been born in the 90s. Next year's class would be born in the 2000s."

"In order to stick with the theme this year, we have incorporated 90s pop culture in events such as the Kick-Off, Shark Trivia: 90s edition and the UGC Knockout. Students will be reminiscing the good 'ole days throughout the week," said Bingham.

Homecoming Week begins with the Sallarulos's Race for Champions: Special Olympics. The event starts at 8 a.m. in front of the Alvin Sherman Library Quad.

On Nov. 5, students are invited to attend

the Fins Football home game where the Miami Dolphins will be playing against the Oakland Raiders at 8:30 p.m. at the Hardrock Stadium.

Nov. 6 is the Homecoming Kick-Off. The event will take place in the Shark Circle from 8 to 10 p.m. and aims to get all students excited and ready for the week ahead of them.

"Other than the Homecoming Bash, the Homecoming Kick-Off may be the most popular event," said Bingham. "This is where most students get their homecoming shirts. A stamp, a ring novelty, food trucks, giveaways, a mobile gaming truck, as well as performances will be there. You don't want to miss it."

The 26th Annual "Anything That Floats" Raft Race will start at 4 p.m. on Nov. 7 at the Gold Circle Lake. Traditionally, the event was only open for Razor's Edge Leadership students to participate, however this year the staff of the Office of Campus Life and Student Engagement and Recreation and Wellness have made the raft race open to student clubs and organizations as well. Participating clubs, organizations and Razor's Edge students will be racing their raft across the lake in hopes of winning a grand prize

of \$2,000.

After the raft race is complete, students can attend a 90s-themed Shark Trivia night. The event will take place from 8 to 10 p.m. in the Performing and Visual Arts Theater. Organizations will compete with each other in a game show, testing their 90s trivia knowledge.

On Nov. 8 at 7 p.m. in the Rick Case Arena, the NSU Athletics Hall of Fame Induction will take place. NSU students can pay a ticket price of \$40 to attend the dinner and ceremony, and watch their fellow Sharks get inducted into the NSU Hall of Fame.

At 8 p.m. on Nov. 8 in the Flight Deck backyard, there will also be a Greek Knock-Out hosted by the Unified Greek Council (UGC). The UGC will stroll in the third annual Homecoming Yard Show.

Perhaps the biggest event during homecoming week, Homecoming Bash, will take place on Nov. 9 at The Venue in Fort Lauderdale. The event will last from 10 p.m. to 2 a.m. where students can dance and have fun with their friends. Tickets will be sold starting on Nov. 1 at 9 a.m. The tickets are \$10 in advance

and \$15 on the day of the event. Tickets will not be sold at the door of The Venue.

On the final day of Homecoming Week on Nov. 10, students will be invited to attend the Homecoming Basketball Game and the Royalty Reveal. The men's basketball team will be playing against Florida National University at 7:30 p.m. in the Rick Case Arena. There will be giveaways during the game, and at halftime, the Homecoming Court winners will be revealed.

Bingham explained Homecoming winners will be chosen differently this year.

"We are starting to move away from popularity and more towards substance. Homecoming King and Queen are to be representatives of the student body and also are to embody what it means to have shark pride," said Bingham. "The introduction of interviews and a point system based for a more accurate evaluation will be used. They will also have responsibilities after Homecoming season."

For more information about Homecoming Week events, visit <http://www.nova.edu/campuslife/homecoming/index.html>.

## Office of Recreation and Wellness to host No Shave November Bash

By: **Clarisse El Khouri**  
Contributing Writer

NSU's Office of Recreation and Wellness will host a No Shave November Bash on Nov. 1 from 12 to 1 p.m. in the UC Spine as a way to promote awareness for men's health. Students will get the chance to learn about what No Shave November is really about while enjoying free food, giveaways and fun activities.

The Office of Recreation and Wellness usually hosts its events on Wednesdays, as Wellness Coordinator Ivelisse Diaz pointed out. However, promoting men's health and raising awareness for prostate cancer is what truly makes this wellness bash stand out from the rest.

"What we expect from this event is for students to have fun but, at the same time, know that November is the month that we have for raising awareness for men's health

issues," Diaz said.

The organizers of the No Shave November Bash will collaborate with men's hair product companies to allow students to create their very own beard-oil as a more organic approach to grooming men's beards. Additionally, many on-campus fraternities will host a variety of activities. Last year, Diaz said that "we had Kappa Sigma do push-ups for prostate cancer."

Information will be given out relating to important details and facts about men's health issues.

Men can also participate in signing a pledge — a piece of paper shaped like a beard — to grow their beards for the whole month of November. As anyone comes up and asks why the students are growing their beards, students are already raising awareness by explaining

the reasons behind No Shave November and the "stache" as a way to promote men's health issues.

"So really, it's that initiative for having students getting involved," said Diaz.

This year, the Office of Recreation and Wellness predicts to see more than 150 students attend the bash as the numbers continue to increase from year to year.

"Just because, as it goes with our events, more people find out about it and more people come," Diaz said.

Students can expect to see the Razor the Shark mascot and NSU's campus nutritionist, Marilyn Gordon, at the event. For more information, contact the Office of Recreation and Wellness at [wellness@nova.edu](mailto:wellness@nova.edu).

## NSU RecWell and Beyond the Map present Outdoor Adventures trip

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

This Thanksgiving break, from Nov. 21 to Nov. 25, the Office of Recreation and Wellness will partner with Beyond the Map, an organization focused on creating unique travel experiences, to invite NSU students on a friendsgiving trip to North Carolina.

Marcela Santiago, associate director of programs, recreation and wellness, said that while she wouldn't define the trip as a replacement for a traditional Thanksgiving, the trip allows students who wouldn't otherwise be able to go home for the holidays to do something fun.

"I think that because of the way the semester goes, where you have Thanksgiving break, come back and it's two weeks before

finals and then you have the winter break, it's hard for some students to go [home]," said Santiago. "So, this is a good opportunity to at least provide an option for students who are staying on campus."

At a ticket price of \$375, the trip covers all meals, a four-night stay in a mountain cabin, guided experiences, hiking tours, technical gear and park entrance fees. In addition to the sunset, waterfall and night hikes, participants will have an opportunity to explore the underground caves of the Appalachian Mountains.

"We partnered with Beyond the Map and actually the person that started the company is an NSU alumni," said Santiago. "He [Cody

Bliss] vets out all of these places beforehand and builds relationships with the locals there to really try to provide the travelers with an authentic experience."

Santiago said that although the trip will feature many outdoor activities, the trip is catered for a group of people with all levels in mind. Moreover, students will also have a day to explore the city of Asheville while on the trip.

For more information about the trip or to register, students should visit [rec.nov.edu/outdoor\\_adventures](http://rec.nov.edu/outdoor_adventures). Registration for the trip ends on Nov. 2.

## Annual Bowling for Boxers fundraiser strikes this week

By: **Diego Galvez**  
Sports Editor

The Pre-Veterinary Club and Beta Theta Pi will host this year's Bowling for Boxers event on Nov. 3 at SpareZ bowling alley located on 5325 South University Drive.

Michaela Johnson, marine biology and biology double major and president of the Pre-Veterinary Club said, "all the money collected will be donated to Boxer Friends, Inc. rescue group down in South Florida" adding, that the "[organization] goes above and beyond giving boxers life saving operations."

Boxer Friends, Inc. was established in 2000 and is a nonprofit charitable organization that is devoted to helping purebred Boxers in areas of Broward, Miami-Dade and south Palm Beach counties. They rescue displaced Boxers and those that are going to be put down in order to help them find new, loving and permanent homes.

In years past, Beta Theta Pi has hosted the event. However, the Pre-Vet Club will be taking the lead this year. They hope that the event will keep expanding and increase from last year's event which earned the largest



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The Pre-Vet club hopes to top the fundraising Bowling for Boxers made last year.

fundraiser Bowling for Boxers had ever collected with a total of \$2000.

"Personally, I want to try and get at least \$2500 this year" Johnson said. "I guess will have to see."

The event costs \$20 per person, and participants form teams of up to six people. The admission price includes access to lanes,

unlimited food and drinks and bowling shoes.

The Pre-Vet Club will table in the UC Spine on Oct. 30 until Nov. 3 from 12 p.m. to 1 p.m. where people interested in going can sign up to attend the event. The event will begin at 7 p.m. on Nov. 3 and end at 10 p.m.

## News Briefs

### NSU to host run for Special Olympics

NSU will host the Annual Sallaluro's Race for Champions, a 5k that benefits Special Olympics Florida - Broward County, on Nov. 4 at 8 a.m. Faculty, staff or students who register with the NSU team will have the \$25 registration fee waived and receive a free T-shirt. NSU's partnership with the Special Olympics makes it the only private university to house a local chapter on campus. Students can register at [firstgiving.com/raceforchampions/2017-sallalulos-race-for-champions](http://firstgiving.com/raceforchampions/2017-sallalulos-race-for-champions).

### Per-Olof Lööf will lecture as next guest in Distinguished Lecture Series

Per-Olof Lööf will speak at NSU on Nov. 7 from 6:30 to 7:30 p.m. as part of the Huizenga College of Business and Entrepreneurship's Distinguished Lecture Series. Lööf, who is also the college's Entrepreneur and Business Hall of Fame inductee, is the Chief Executive Officer of KEMET and former CEO of Sensomatic Electronics. He will discuss topics such as boosting corporate identity and maneuvering acquisitions. To RSVP, contact [loval02@nova.edu](mailto:loval02@nova.edu) or call Alyssa Lovitt at 954-262-5035.

### Oxfam Hunger Banquet seeks to educate about world issue

Student Leadership and Civic Engagement will host the Oxfam Hunger Banquet in partnership with Meals on Wheels on Nov. 16 at 6 p.m. in Commons 123. Participants in the event will be assigned roles to demonstrate how income levels can affect hunger. This event is open to all students.

### Service in the City continues on Nov. 14

The final leg of Student Leadership and Civic Engagement's Service in the City program will take place on Nov. 14. This is a weekday service opportunity through a partnership with HOPE South Florida. Students will serve the homeless community in Broward County from 5:30-8:30 p.m. Transportation will be provided and students should meet at the Shark Fountain at 5 p.m. To sign up, go to the SLCE Orgsync page.

### Gabriel Suciú next lecturer in Neuro-Immune Medicine Research Seminar Series

As part of NSU's Neuro-Immune Medicine Research Seminar Series, Associate Professor Gabriel Suciú will deliver the lecture "Effects of Treatment Outcome on the Survival in Elderly Women with Stage III and Stage IV Ovarian Cancer" on Nov. 3 from 12 - 1 p.m. The event will take place in the Center for Collaborative Research, room 242. Students should RSVP at [mf1184@nova.edu](mailto:mf1184@nova.edu) to attend.

### Fort Myers Campus hosts Community Day and Health Fair

NSU Fort Myers will host Community Day and Health Fair on Nov. 11 from 11 a.m. to 2 p.m. This event is free and open to the public and will feature music, activities for all ages and food. The event will also collect canned food for hunger and hurricane relief. For more information, call 954-274-6070 or email [SAFortMyers@nova.edu](mailto:SAFortMyers@nova.edu).

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## STAYING AFLOAT

with Tutoring & Testing



### Take classes with a purpose

By: **Jessica McDonald**  
Contributing Writer

*Jessica is an NSU doctoral student in the Clinical Psychology Program at NSU. She currently works as a writing tutor at the Tutoring and Testing Center.*

We often hear people describing college like they might describe Hogwarts—a magical place full of wonder, possibilities and opportunities. They're not necessarily wrong, but the important thing to remember is that while there are hundreds of opportunities to learn whatever you want, it isn't a bad idea to try to narrow your classes down and study with a purpose.

Every employer has certain expectations of what the ideal employee should have on his or her transcript. Employers may require you to have taken certain classes in order to have the fundamental knowledge and skills necessary for the job. With this in mind, here are some things that you can think about when planning for the next semester, graduation and what comes afterward.

Every job and career has certain

expectations of what the ideal employee should have on his or her transcript. There are often certain classes that are required at both the undergraduate and graduate levels that guarantee employers that you have some fundamental knowledge and skills you will need. With this in mind, here are some things that you can think about when planning for the next semester, graduation and what comes afterward.

#### Have a plan

There are so many classes that you can take that will expose you to many different fields. If you know for sure what you would like to do for your career straight out of high school, you likely have an idea of the classes that you will need to take in order to get to where you are trying to go. You can talk to academic advisors in your discipline if you want to be sure that you are on the right track.

If you don't exactly know what your plans are, that's okay. My advice is simply to utilize the resources around you. Take as many general courses in the areas that interest you and use

those experiences to narrow down your interest to something specific. You can even use your life experience to help you decide. For example, if you have never considered mechanical engineering as a career, but you know that you love taking apart and putting together radios or spending time under the hoods of cars, you might consider branching out to fields that involve building machines or fixing cars and take related classes. If you truly have no idea where your interests can take you, you can always talk to academic advisors or career counselors on campus to help you get an understanding of what your options are.

The bottom line is: take classes that get you where you want to go. Having 16 psychology, nine English literature, and 13 criminal justice classes on your transcript is awesome, and you'll probably be knowledgeable on all of those subjects, but ultimately it isn't helpful if you're trying to be a marine biologist.

#### Do your research

Once you have a job in mind post-

graduation, the best way to ensure you are prepared to tackle that field is to do some research about the expectations employers have and what the job requirements are. Are you expected to get a certification before applying? Are you more likely to get the job if you get a graduate degree?

Conversely, it is also important to know what your expectations for your job are. If you get a certain job, are the tasks what you imagined they would be? What are your expectations of your employers? If you get a job with a certain company doing a certain job, does this job align with your personal values and ethics? Additionally, what can this job do for you? Does the job you are looking into provide room for professional growth over time?

I recognize that there are many things to think about. It may seem like you are getting hit with all of these thoughts all at once, but I assure you it will be so worth it to take a few moments everyday to regroup and to assess if you are on the path that you imagined for yourself.

### What to know about flu season

By: **Monique Cole**  
Contributing Writer

Flu season is the time of the year where the number of flu outbreaks is higher than usual. To help beat the virus, here is what you should know about flu season.

#### When it is happening and what to expect

Julie Torruellas Garcia, who has a doctorate in immunology, is an associate professor for NSU's Halmos College of Natural Sciences and Oceanography. Garcia said that the flu occurs "more towards the winter months: November, December and January."

Knowing the difference between a flu and cold can save a patient's time — and sometimes life — because the flu can result in more serious health complications.

According to the CDC, "the symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue."

#### First line of defense

One precautionary measure is getting the flu shot.

"The first tip would be to get the flu vaccine, and get it early so your body has time to prepare," said Garcia.

The CDC recommends that certain patients should receive the flu vaccination before flu season starts because it allows the body to build up this memory and protection.

"That's why they usually suggest that you get your flu shots before flu season starts because it takes two weeks to actually start protecting you," said Garcia. "The Center's for Disease Control recommendation is usually six months and older to get the vaccination. Then there are always the people that are most susceptible to getting sick, like young children, elderly and anyone that might be immunocompromised due to other illnesses."

#### What about nasal spray?

In the past, if patients didn't want to get the flu vaccination, they could opt for a nasal spray. However, the CDC is changing its recommendations.

"This year, they are not recommending the nasal spray because of issues with effectiveness. Their only recommendation is to get the shot," Garcia said. "The vaccine is like pieces of the

virus that allow our immune system to think that we have the infection. Our body builds immunity to it by making antibodies ... that will just stick to [the infectious bodies] and block it from causing disease to you."

#### Cover that cough

Garcia said that the main source of contamination is through aerosol transmission. Aerosol droplets can spread through direct contact with the person who is ill, or touching things that have been contaminated.

"It's a little tricky because this is something you would breathe in if someone is coughing or sneezing," said Garcia. "You would hope that when people cough or sneeze, they would cover their face either with their arm or cough or sneeze into a tissue."

#### Other precautionary measures

Sometimes staying healthy consists of limiting factors that weaken the immune system.

"Wash your hands, try to avoid touching your face and always cover [your face] when you cough and sneeze," said Garcia. "If you are touching objects that maybe had the virus on them and then you are rubbing your nose, putting your fingers near your mouth or touching your eyes, then that is the way for the virus to get in as well."

#### Feeling better and stopping the spread

If the flu does attack, there are options for treatment.

"There is a drug called Tamiflu, but in order for it to be effective, you pretty much have to start taking it at least within the first two days being sick," said Garcia. "That would mean by the first day you would probably go to the doctor to try and get a prescription. It reduces the symptoms and reduces the length of the illness, but you would still be sick. It makes it a little bit easier to recover from it."

Natural remedies also help relieve symptoms.

Garcia said, "The standard recommendation of rest, lots of fluids and just trying to prevent spreading it to other people is to stay home and try not to interact with people."

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## How Halloween originated

By: **Diego Galvez**  
Sports Editor

The meaning and the way Halloween is celebrated has seemingly changed throughout the years. We consider Halloween as a holiday in which we scare people, dress up in a costume and go to parties. However, that was not the intention of the holiday when it originated.

According to History.com, Halloween started out as early as 2,000 years ago with the ancient Celtic festival of Samhain, in which Celts celebrated their new year every Nov. 1. This celebration marked the end of summer and the harvest, and the beginning of the winter, which was dark and commonly associated with human death. Because of this belief, Celts thought that the transition between seasons meant that the boundaries between our world and the underworld were less stable. As a consequence, spirits and other creatures could come and go from one world to the other. Celtic priests would use the presence of spirits to make predictions about the future, which gave people a source of comfort and direction through the long winter.

According to Irish genealogy, Celts celebrated this event by building huge sacred bonfires. People would burn crops and animals as sacrifices to their deities. Additionally, they would wear costumes that consisted of animal heads and skins to avoid being possessed by

ghosts. That was the first time people ever celebrated Halloween.

Later, as Romans conquered Celtic territory, they changed Samhain to “All Saints’ Day,” which was also known as “All Hallows.” The night before when people put offerings as food to appease the spirits was named “Hallow’s Eve.” Hallow’s Eve eventually evolved into Halloween.

One of the most famous traditions, trick-or-treating, originated from the combination of two medieval European practices. One of them was where the needy would beg their dead relatives to give them pastries called soul cakes. The other tradition occurred when medieval children would dress up in costumes and offer a song, poem or joke in exchange for food, wine and money.

As Halloween started becoming more and more similar to what we know today, it became popular in Ireland. Irish immigrants brought that tradition to the U.S. and, in conjunction with Scottish immigrants, they introduced trick-or-treating, as well as other traditions associated with Halloween. So, by the 1950s, Halloween became the family-friendly holiday that is today.

## How to solve the holiday shopping blues

By: **Madelyn Rinka**  
News Editor

Maybe it’s a Secret Santa assignment, a new friend in the group or just someone who’s difficult to shop for, but almost everyone has experienced holiday-shopping-induced stress. Have no fear: with the holidays swiftly approaching, it’s not necessary to bust your brain or give up an arm and a leg to find the perfect present — it just takes a little time and effort, and you’ll have a great gift in no time.

### Find their friends

If you’re not close enough with someone to know what to get them, find someone who is. There’s no shame in asking someone what to get another person. You might get lucky and find that the person you ask has been told exactly what to get, or they may have no clue either. If that’s the case, try probing around for ideas — find out what they like, their hobbies or even their dislikes — which can be equally important.

### Take a scroll through Amazon

Amazon has a daily list of “Interesting Finds,” and, although it can be financially dangerous to see all of those fun baubles in one place, it can be a great way to find trendy items. Overflowing with fun patterned socks, sarcastic mugs, quirky home decor and unique tools, there’s sure to be something to catch the eye. They even embed sub-lists of more specific

finds. Even if none of these items are your style, maybe you’ll get an idea while looking through them to point you in the right direction.

### Use social media

In the age of oversharing on the internet, you can learn how to use social media apps to your advantage when it comes to gift shopping. A person’s social media profile is a great way to dip into what they’re interested in. If you notice a lot of photos of the beach on their Instagram feed, maybe you can consider buying them a new beach towel or some ocean-themed decor. Or, if you notice a lot of pictures of them at a specific restaurant, consider getting them a gift card.

### And when all else fails...

Get to know them better. Maybe suggest going to a movie, restaurant or park to walk around and talk. Their suggestions for hanging out might even give you some ideas. While it’s probably not the best idea to flat out ask them what they’d like for a present, you can weasel it subtly into your conversation. Ask them about their favorite foods, pastimes, where they like to shop or what kind of exercise they’re into, and, with a little brain power, you can dream up a great gift.



## PLACES TO gill OUT

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

## Lester’s Diner

Looking for a place to grab some great late-night diner food? Look no further than Lester’s Diner. With its shiny, metallic, silver exterior and classic diner sign out front, this place is a throwback to the 1950s. Once you’re inside, you’ll see rows of traditional diner booths and a wall full of iconic black and white photos. You’ll feel like you’ve stepped back in time and, if you’re anything like me, you’ll immediately crave a milkshake.

Lester’s menu does not disappoint. No matter what you are craving, whether it be a homestyle breakfast or a deli-style sandwich, you’re likely to find something you’d like. Personally, I recommend trying their to-die-for fries and the grilled cheese. While it seems like a simple meal, this diner staple was delicious and offered me just the right amount of comfort during a stressful week. Another notable side is the apple sauce. It may seem somewhat random to mention, but the applesauce was so much better than anything I’ve ever had from the grocery store. In addition to sandwiches and breakfast, the diner also serves burgers, salads, soups, fish, steaks, roasts and Italian and Greek cuisine; basically, anything your heart desires.



Lester’s offers delicious diner food 24/7.



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Quite possibly the best part about the diner is the huge dessert menu. When you walk in the doors, you’re greeted by a spinning case full of

beautiful cakes, from a variety of cheesecakes to coconut cream pie, to assorted fruit pies. The diner also has a large case full of fresh pastries

like chocolate horns, apple turnovers, cheese Danishes and a large array of cookies.

Lester’s Diner is home to the “14 oz. coffee cup,” which is music to most college students’ ears. The diner offers ice cream sodas, ice cream sundaes and banana splits. Plus, who could forget about the milkshakes? Lester’s offers milkshakes in traditional flavors like chocolate, vanilla and strawberry, making it easy to have a mock “Pop’s-Chock’Lit-Shop” experience like in the hit show “Riverdale.”

With its large menu, delicious food and adorable 50s décor, Lester’s Diner is the perfect place to take a study break with friends. If you are looking to have a throwback moment or just a cute milkshake Instagram post, a trip to Lester’s will be well worth the drive.

### Lester’s Diner

250 W State Road 84

Fort Lauderdale, FL 33315

### Hours:

Open 24 hours a day, seven days a week

### Price range:

\$5 - \$20

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## OFF SHORE CALENDAR

### “Day of the Dead”

Nov. 2 | 4 p.m.  
@Downtown Fort Lauderdale

### “So You Think You Can Dance”

Nov. 2 | 8 p.m.  
@Broward Center for the Performing Arts

### “Gavin DeGraw”

Nov. 4 | 8 p.m.  
@Adrian Arsht Center for the Performing Arts

### “Sunday Jazz Brunch”

Nov. 5 | 11 a.m.  
@Fort Lauderdale Riverwalk

### “My Favorite Murder Live”

Nov. 5 | 7 p.m.  
@Broward Center for the Performing Arts

## SOUNDBITE

By: **Gabrielle Thompson**  
Features Editor

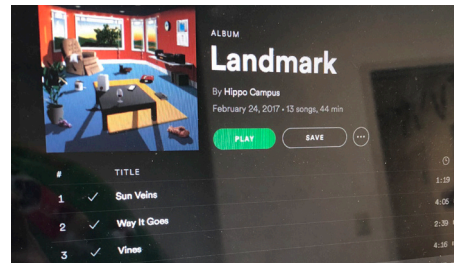
### ‘Landmark’ by Hippo Campus

Released in February 2017, “Landmark” by Hippo Campus quickly found its way into my heart. Very rarely do I like every song on an album, but “Landmark” showed me that it isn’t as impossible as I once thought.

The 13-track album is Hippo Campus’ first full-length album, following two EPs: “South” and “Bashful Creatures.” Hippo Campus also released a new EP, titled “Warm Glow,” in September. The three song EP, while still similar to “Landmark,” has a more airy and relaxing sound to it.

The indie rock band is sure to stir emotion and get you thinking. Whether it is a feeling of nostalgia, joy or sorrow, you will leave with a different emotion than when you started.

According to Hippo Campus, “Landmark” has a couple of major themes. The first half of the album focuses on the way college-aged students use social media. It is almost a sarcastic tone, critiquing youth culture. The second half of the album focuses more on experiences and personal growth and understanding. It’s a lot more emotional and relatable. Unlike many albums these days, “Landmark” is not centered around the usual romantic, love songs. It talks a lot more about personal opinions and realizations.



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“Landmark” exceeds expectations as Hippo Campus’ first album.

The first song I actually heard on the album was “Buttercup.” A local college radio station back at home had it lined up in a playlist, so I was sure to hear it at least once when driving to and from my internship. “Buttercup” is one of the more upbeat and harder songs on the album in that it definitely will get you tapping your feet and humming along. The song ends strong and leaves you pumped up and ready to go. The lyrics of “Buttercup” mention a lot of phrases that allude to a fist fight or a boxing match.

“Epitaph” is probably my favorite song on the album, though it is honestly very hard to choose a favorite. The song starts out slow with isolated vocals. Once the guitar comes in, the song picks up, but does not lose the original vibe from the beginning of the song. The addition of

vocal harmonies throughout the song gives it both emotion and a feeling of nostalgia. I also like that it doesn’t follow the typical pattern of popular songs: verse one, chorus, verse two, chorus, bridge, chorus. Instead, it strays away and does its own thing, which is refreshing and new. The lyrics in “Epitaph” allude to the feeling of nostalgia and thinking back to past situations and relationships.

“Monsoon” is quite different from all the other songs on the album, which gives a refreshing and new feel to the album. It is slow throughout with somber and serious lyrics. The first half of the song feature vocals complemented by a piano. Guitars and drum present themselves as the song goes on and give the song a little more layers and depth. The song ends with the lyrics, “it should’ve been me” repeated until it fades out. The song, from what I have gathered, is about the guilt that a person feels after a family member or friend dies.

Overall, “Landmark” exceeded my expectations as an album. The relatable lyrics matched with the music create a beautiful and attention-catching album. I could not recommend Hippo Campus enough, as I couldn’t honestly tell you that there is a song I do not like on the album.



## SENIOR SPOTLIGHT

*Priscila Cassiano Salinas*

By: **Samantha Villarroel**  
Contributing Writer

Priscila Cassiano Salinas is a native South Floridian and senior theatre major with a minor in dance. Throughout her time at NSU, Cassiano has performed in improv shows, musicals and plays such as “Hamlet,” “Streetcar Named Desire,” “Suburbia” and “Freckleface Strawberry.” Cassiano has also worked as a properties master, stage manager, assistant stage manager and crew member for shows like “A Piece of my Heart,” “The Taffetas,” and “BatBoy the Musical.”



PRINTED WITH PERMISSION FROM S. VILLARROEL  
Priscila Cassiano Salinas is a senior theater major who hopes to one day create a children’s theater to help children who are shy gain valuable skills.

### When did you first realize that theatre was the field you wanted to go into?

“When I was 8 years old, I started to go to school for theatre in elementary school. I was really shy and my mother was looking for ways to get me to not hide behind her legs when we were in public, so she put me in a performing arts school. First, I started to do dance and then I took my first theatre class, which was called drama back then..”

### At what age were you cast in your first show? What show was it and what was your role?

“I probably was 9 or 10 [years old]. The first real show was ‘Annie Junior’ and I played Miss Hannigan and my little sister actually played Annie so that was pretty fun.”

### What’s the hardest role you’ve played so far?

“I guess the hardest role could be Bee-Bee in a play called ‘Suburbia’. The show was set in the suburbs; she was an alcoholic and she was very depressed... completely opposite from me. I’m not from the suburbs so I don’t know what that life is like; I don’t know what it’s like to be an alcoholic. Having to tap into that character and make it believable every night [was difficult]. At the end of the play she drinks so much she gets alcohol poisoning and dies. Every night I had people come up to me and saying how powerful they thought it was. So, that was challenging: having to tap into that character and

make it believable because it is something I’ve never gone through and hope I never will.”

### How have the arts impacted/affected your life?

“Totally, completely. It’s become my whole universe. Well, that’s a bit dramatic, but it has helped me become the person who I am today. From like what I listen to, what I talk about, what I like to watch, how I watch T.V. shows or movies — all of that has changed from being able to see it from the other side of creating it and my personality has grown a lot since joining theatre. I wouldn’t be who I am today if I didn’t get the opportunity to start performing.”

### Is there someone who inspires you?

“Natalie Portman. I have appreciated her and her work and all that she is from a young age. She’s able to keep her personal life private and still be this actress and icon that people look up to. Also, one of our professors here, Elena Maria Garcia, inspires me. Just knowing that [there are] a lot of women in our own community out there doing work and doing it well and performing and talking about her culture on stage is inspirational.”

### Can you explain your theatre journey as part of the PVA here at NSU?

“I started watching shows at NSU before I got here, so I’ve gone from not being part of any shows to being part of almost all of them.

After [‘Freckleface Strawberry’] [there are] only three shows I haven’t participated in. I’m always involved in some kind of aspect and I’ve been able to learn and be on stage, as well as doing tech work, and know that I’m not going to stop being pursued as an actor just because I’m also interested in the technical side.

Alex Shore and I are the senior leaders of our class. So it’s been cool to be given the responsibility to lead my fellow seniors and be able to do that in a way that makes our professors know what we’re interested in doing and what we do like and don’t like about the program. Having the opportunity to co-host Improv Jam last year, and now I’m in charge of Improv Jam, I kind of went from being the new kid who wasn’t involved in any shows, to being able to run her own show... I [also] get to be one of the hosts of the Blackbox Awards this year; a lot of exciting stuff.”

### What is next for you after graduation?

“I’m hoping to get into the Disney College Program, which is a paid internship with Disney, and I’m hoping to become a Disney performer or a Disney princess but we will see. Then, I hope to pursue theatre locally, doing Miami Shorts or Micro-Theater and then audition for some of the programs that Second City in Chicago has. They have some fellowships there that I will audition for and get into, then I’ll start my improvisation journey in Chicago.”

## 'Marshall': So (Thur)good

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

At a time where the U.S. is flooded with social unrest, evidenced by highly-controversial NFL protests and accusations of bigotry and white supremacy, Chadwick Boseman has stepped out of his role as Marvel's Black Panther and taken on the persona of real-life superhero Thurgood Marshall. The biopic, directed by Reginald Hudlin, follows the life of a young Marshall framed by the 1940 Connecticut v. Spell case which helped solidify his role as a champion for civil rights.

The premise of the case was based on the accusations of a wealthy, white socialite named Eleanor Strubing, played by Kate Hudson, who alleged that her black chauffeur, Joseph Spell, played by Sterling K. Brown, raped her one evening in the family home while her husband was away. She professed that Spell entered her room with a knife, raped her four times and forced her to write a ransom note in preparation of her kidnapping. She said that he later tied her up and drove her to the Kensico reservoir where he threw her off of the embankment, intending to kill her.

After his arrest, Spell retold the events of the evening from a differing perspective, stating

that the pair had consensual intercourse. It was at this point that Marshall, who had begun working as an attorney for the National Association for the Advancement of Colored People (NAACP) decided to represent Spell with the help of a local Jewish lawyer, Sam Friedman, played by Josh Gad in the film.

The case is seldom referenced in the recounts of Marshall's career as it took place over a decade before Marshall challenged segregation in the infamous Brown v. Board of Education trial. It also predates his ascension to the U.S. Court of Appeals for the Second Circuit and the United States Supreme Court by more than 20 years. Given Marshall's lengthy track record, there are many cases that could have been chosen for movie adaptation. However, no other might have shown him to be such a formidable force — especially since Judge Carl Foster, portrayed by James Cromwell, forbade him from speaking during the Spell trial, leaving Friedman to serve as his mouthpiece.

The details of the case are fascinating in and of themselves but it is the cinematography and acting that really won me over. Sitting in the theater, it felt as though I was pushed into

the 1940s, an era that I'd only read about in historical texts. Somehow it felt familiar to see wooden radio dials in shiny American-built cars and women in conical-shaped brassieres. Then I felt a pang in my heart as I took in the symbols of segregation, from the water fountains labeled for different classes of people to the slavery-themed artwork that hung in the courtroom. Each stitch of clothing, flash of a vintage camera and race-based brawl took me deeper into what it would have been like to live in 1940s America. I found myself transfixed, unable to travel through time back to 2017 until the credits began to roll.

Yet, it was the acting that took centerstage — as it should. Boseman delivers a riveting performance as Marshall, matching his fierceness and mannerisms, down to the slight tilt of his mouth as he spoke. Gad, ever the comic, added a few laughable moments to the drama through witty one-liners but remained true to his character. Brown did an excellent job embodying a black man on trial in the 1940s, terrified for his life amid stories of lynching following such accusations. I was able to feel his anguish as he testified while on trial, as he weighed the options of telling the truth as he

saw it or taking a plea deal to forgo a harsher verdict. Even Hudson managed to leave the audience feeling a touch of pity for the desperate housewife.

There were also little snippets that allowed viewers to peer into Marshall's personal life with his wife, Buster, portrayed by Keesha Sharp, and their pregnancy attempts as well as gatherings with his friends Langston Hughes, played by Jussie Smollett, and Zora Neale Hurston, played by Rozonda "Chili" Thomas.

### SPOILER ALERT

The final scene of the film served as foreshadowing for the cases that Marshall would take on later in his career, and those that we continue to face today. In this scene, Marshall moves on to Mississippi to work on a case involving a young boy where he meets the boy's parents, played by Tracy Martin and Sybrina Fulton, the parents of Trayvon Martin.

Go see this film and then thank me later.

## Andrea Pilar talks playing Eva Perón in "Evita"

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

A story rooted in history and culture, "Evita" is hitting the Actor's Playhouse stage from Nov. 1 through Dec. 17. A true rags-to-riches story, "Evita" focuses on the story of Eva Perón's rise to power from a poor childhood. Andrea Pilar, who plays Eva Perón, is thrilled to be playing a role that is so diverse that the theatre is offering two different productions: one in English and one completely in Spanish.

### Can you tell us a little bit about your character?

"Eva is based off of Eva Duarte or Eva Perón, the first lady of Argentina. In the musical, which isn't necessarily 100 percent historically accurate, she is a very strong-willed woman who finds her way to the top from a lower class in Argentina from a small town. She meets this singer, he buys her tickets to Buenos Aires, the capital of Argentina, and kind of has him bring her to the city and then she basically climbs her way to the very top. She meets a colonel, who was doing very well in the military, and they fall in love and get married. She actually becomes the spiritual leader of the country because she represents the lower classes and kind of speaks to them. She has a Robyn Hood theme about her where she takes from the rich and gives to the poor. Unfortunately, she dies very young; she had cervical cancer really early on, and it

metastasized. Since it was pretty early, we didn't have great preventative treatments for her, so she died pretty young. It's a little bit tragic, so it's sort of operatic in that way."

### What originally attracted you to this role?

"She's a powerhouse singer. It's been played by many fabulous actresses that I admire the most in the industry. Notably, Patty Lapone early on. I was attracted to playing a female role that takes on not only a ton of incredible music but also the sheer power of her. She's unafraid to speak her mind and take on men. She's the one who has the say, she's the one who has the power, and I don't get to take on roles like that very often so that's definitely what attracted me to it."

### What is your favorite thing about being apart of this cast?

"I would say that the cast is about 90 percent Latino, and as a Colombian-American in musical theatre, I like to believe that representation matters. It's just really refreshing to spend time with a group of Latin-American performers and telling our own story. I'd say that that's the most special part for me. These actors and actresses are some of the most generous and kind that I have ever worked with, they are just fantastic to be around. The spirit of Miami is



PRINTED WITH PERMISSION FROM A. ROMEU  
Samuel Druhora (Juan Perón) and Andrea Pilar (Eva Perón) star in Evita at Actors' Playhouse at the Miracle Theatre.

well alive in in the show."

### What do you think makes this story so unique?

"It's different than most musical theatre, they think about musical comedy or that everything always has a happy ending. Unfortunately, this show opens with her successes, and in the first scene we see her rise to the top, and then, like we see with many icons who die too soon, if you rise too quickly you are inevitably going to fall. Unfortunately, cancer was her downfall and this story has a very muted, tragic ending in a huge spectacle of a show. I think that's what sets it apart from anything else that could be maybe a bit more lighthearted. But, it still has moments

of comedy, it's not a total downer."

### What can students attending the show expect?

"Students attending the show can expect to see a very specific perspective on the history of Argentina during this time, especially as it pertains to our society today. I'd say classism is still in effect and this show revolves around aristocracy and the military, and kind of how the aristocracy does not want to lose its privilege, and how these populous icons are trying to make the playing field a little more level. I'd say it's a little bit of a reflection of our society today."

### Anything else you'd like to add?

"One of the other things that has set this production apart from others that I have been a part of is that we will be performing three of the weeks in Spanish. Not only is it more accurate for the characters to be speaking Spanish; it is such a special opportunity for the community in Miami to be able to come out and see the show. Maybe if I had been younger and seen more Latin actors on stage telling our stories, I would have felt a little bit more represented. I hope this lends that opportunity to a younger generation.

For more information on tickets and showtimes, visit [actorsplayhouse.org](http://actorsplayhouse.org).

## A sneak peek at our web-exclusive: A guide to 90s fashion in 2017

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

You know what they say, "fashion trends always find a way to come back into style." The 90s fashion has certainly lived up to this saying, and we're totally here for it. Grab your favorite digital pet and a pack of Pixy Sticks, it's time to throw it back to the 90s.

While no one will ever be able to top Justin Timberlake and Britney Spears' take on fashion with their matching all denim ensembles, check out these simple pieces that can add some retro flair to your wardrobe.

### Crop it

Cropped clothing are an essential part of a 90s lover's wardrobe. Many items of clothing can come in this cropped style, like t-shirts, sweatshirts, tank tops, jeans and shorts. The



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Velvet tops and a faux leather skirt make for the perfect pairing.

oversized crop is quite popular for sweatshirts and vintage band tees, but slim-fitting tops can

be very nostalgic as well. Try finding a crop top with fun cutouts for added drama to the outfit.

### Touches of velvet

As much as the thought of wearing velvet in 90 degree heat may make you want to run the other direction, hear me out. Velvet does not have to be heavy and thick. Try out an off-the-shoulder velvet top or a loose-fitting velvet blouse to allow for some breathing room. Another great option would be a velvet dress in a trendy color like rose gold or cranberry red. The appeal of your outfit will be well worth taking on the heat.

### Rocker grunge

It wouldn't be true 90s fashion without a

little grunge. A grunge inspired look can easily be achieved with ripped jeans, cool band tees and a little bit of flannel. Since the heat can be brutal in South Florida, consider using the flannel as a fashionable statement instead of a practical piece. Once you have your jeans and band tee picked out, tie your flannel around your waist for some added grunge effect. This way, you won't have to sacrifice your style but you also won't dread walking in the heat to class.

For more awesome 90s fashion ideas and to read the full web-exclusive content, head over to [nsucurrent.nova.edu](http://nsucurrent.nova.edu).



## Sports shorts

### Men's Soccer

The men's soccer team had a 4-2 win against Eckerd last Saturday, Oct. 21. With the assistance of sophomore Ignacio Goya, graduate student Bestun Mohammed delivered the equalizer in the first half followed by a second goal, with the help of senior Nate Matthews shortly after. Junior Darwin Lom scored the third goal with a one-touch flick over the keeper. The Sharks held the lead with a goal shot by senior Noel Johnson in the 83rd minute of the game with an assist by Lom. Graduate student and goalkeeper Jack Howard managed four saves in his second consecutive start in net.

### Men's Cross Country

The men's cross country team participated in the 2017 Sunshine State Conference Championship in Boca Raton, Fla. on Oct. 21. In the men's 8-kilometer race, the Sharks placed sixth out of eight overall with a total of 156 points. Senior Ian McQuate finished 12th with a total time of 26:39.87. This is the second time McQuate has finished first for the Sharks.

### Women's Cross Country

The women's cross country team also participated in the 2017 Sunshine State Conference Championship in Boca Raton on Oct. 21. In the women's 6-kilometer race, the Sharks placed seventh overall and earned a total of 204 points. Freshman Michelle Bauer finished 19th place overall with an overall time of 24:20.14. Bauer has continued to be a top contributor by finishing first for the past five races this season.

### Women's Swimming

The women's swimming team participated in the DII Showcase in Melbourne, Fla. on Oct. 21. The Sharks placed first with 952 points. Freshman Emma Sundstedt, earned the NCAA B Standard Cut time in the 1,000-yard freestyle with a time of 10:13.44. In addition, freshman Jenna Johns won NCAA B-cut times with a time of 56.02 in the 100-yard butterfly and second place in the 100-yard backstroke with a time of 56.46. Senior Sydney Panzarino finished second with a time of 52.01 in the 100-yard freestyle category.

### Men's Swimming

The men's swimming team also participated in the DII Showcase on Oct. 21, where they finished second overall with a total of 757.50 points. In the 400-yard medley relay, they placed fourth with a time of 3:27.11. In the 200-yard freestyle relay, they placed third with a time of 1:23.88. Senior Franco Lupoli swam the 1,000-yard freestyle with a season-best time of 9:25.69. Sophomore Magnus Poulsen finished the 200-yard butterfly in first place with a season best and NCAA B-Cut time of 48.71. Poulsen also placed first in the 100-yard backstroke with a 51.91 finish.

### Women's Soccer

The women's soccer team traveled to Eckerd on Saturday, Oct. 21. Unfortunately, the team lost 2-1 in overtime. Sophomore Hannah Christophe scored the sole goal in the game. This is Christophe's third goal this season, which makes her the sixth Shark with three or more goals this season. This is NSU's first loss against Eckerd since 2003.

### Women's Volleyball

The women's volleyball team traveled to Tampa on Friday, Oct 21. Unfortunately, the Sharks lost to the Spartans with a final score of 0-3. The Sharks out-hit the Spartans in the first two sets, and earned six blocks compared to Tampa's five. Junior Samantha Blasko drove the offense with 27 assists. Junior Denvyr Tyler-Palmer led the game with 11 kills and freshman Amanda Pultorak led the Sharks with a total of four blocks.

## Finding Fitness:

### BattleRope burn

By: **Diego Galvez**  
Sports Editor

As high intensity workouts and functional training are becoming more and more popular, there are many different types of workout methods to try in order to find the one that fits you. I just discovered one of them: BattleRope burn training.

As a fitness junkie, when I heard NSU was offering this class I didn't hesitate and decided to go try it out. This type of training challenges both your physical and mental toughness and, in some intervals, it may require more mental strength than physical. According to RecWell, BattleRope burn is a high intensity interval training (HIIT) that develops your power and explosiveness.

It uses BattleRopes and firefighter hoses in a versatile way along with bodyweight exercises which are a perfect combination to make your heart pump. As scary as it may look, the instructors are there to remove any doubts you have and make sure you will achieve a high intensity training within your capabilities.

We began by warming up and getting familiar with the BattleRopes that we were about to use. Following that, they told us how the class was going to be: three main sets of three interval rotations between BattleRopes movements such as Russian Twist Slams and Forward Slams with Quick Steps Back, and bodyweight movements such as squats, lunges and pushups.

Once the workout started, the first few

rounds weren't bad. However, my arms started to get tired pretty quickly due to the rope movements. By the end of the first set, my whole body was hurting and I was taking longer breaks. I realized that this workout was no joke; if you over-exert yourself, you will sweat and burn out quickly. The second round started and the exhaustion started to set in but it was tolerable because I was able to work at my own pace. The second and third set went by pretty quickly and the next thing I knew, the workout session was over.

Everybody was sweaty and tired, but before we could leave we had to do one more thing: a round of one minute abs in pairs. Though, after the quick ab workout, I thought I was about to pass out. In fact, as I'm writing this, my body is still sore from the workout.

Overall, BattleRope Burn was an unconventional high intensity workout that delivers what it promises: burn. Even though the equipment might seem intimidating, everyone can do it as long as they are willing to train with the correct mindset. I encourage everyone to try it at least once because you never know, it might be the best training method for you.

Classes are available Mondays and Wednesdays from 6:45 to 7:45 p.m. and Saturdays from 9:30 to 10:30 a.m in the RecWell gym.

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## OUT OF THE SHARKZONE

### Draymond Green and Bradley Beal ejected from game after fight

Golden State Warriors forward Draymond Green and Washington Wizards guard Bradley Beal were both ejected from their game on Oct. 26 after a scuffle in the second quarter, according to USA Today. The fight started after both players went after a rebounded ball and Beal appeared to smack Green in the face. The players then wrestled on the ground before being ejected from the game. Beal later said, "We just got into it and things got out of hand... I told my teammates I can't put myself in a situation like that to leave them out there to battle out against a tough team without me out there."

### Yuli Gurriel faces potential disciplinary action after racially insensitive gesture

Astros first baseman Yuli Gurriel will face discipline from Major League Baseball after making a racially insensitive gesture to Los Angeles Dodger pitcher Yu Darvish, according to ESPN. Gurriel made the gesture after hitting a home run in the second inning. After returning to the dugout, Gurriel used his fingers to make a mocking gesture with his eyes and appeared to mouth a derogatory term in Spanish. Darvish, who is of Japanese and Iranian descent, found the gesture "disrespectful" saying, "I feel like, of course, Houston has Asian fans and Japanese fans... and acting like that, it's just disrespectful to people around the world, to the Houston organization. It's not okay." Gurriel will miss the first five games of the 2018 as a result of this gesture.

### Oklahoma City Thunder charter plane dented en route to Chicago, team lands safely

As the Thunder exited their charter plane in Chicago shortly after 1 a.m. on Oct. 28, they discovered that their plane had sustained a large dent at some point during their journey, though all players landed safely. According to ESPN, multiple players shared the bizarre occurrence on social media, with Carmelo Anthony posting on Instagram, "What possibly could we have hit in the SKY at this time of night?" The cause of the dent is currently unknown.

### 'About 10 players' on the Texans leave team facility after McNair's 'inmates' comment

Last month, Houston Texans owner Bob McNair made a remark about NFL player protests saying, "We can't let the inmates run the prison," which he has since apologized for, according to the Washington Post. In his apologetic statement, McNair said, "I never meant to offend anyone, and I was not referring to our players. I used a figure of speech that was never intended to be taken literally." However, several Texans players found the comment intolerable and subsequently walked out of the team's facility on Oct. 27. Pro Bowl wide receiver DeAndre Hopkins, who the team said missed practice altogether to take a "personal day," were among those that left the team. As of the morning Oct. 29, the Texans were planning a form of protest for their Sunday game.

# ATHLETE OF THE WEEK:

## Tomas Millet

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

Barcelona-native Tomas Millet is almost halfway through his freshman year as a business major. In that time, he's also held his own on the men's golf team. After a bit of a bumpy start at his first event in September, Millet came back in the Golfrank Invitational and tied for seventh on a 72-player field. At the Copperhead Championship, he tied for 12th.

**Why did you choose business?**

"I really like numbers and I really like that it's a very big college [major]. My sister told me it would be a good fit for me because I really like to do math and to work with selling."

**What do you want to do after you graduate?**

"Turn pro, probably. If I can."

**How did you start golfing? What got you interested in the sport?**

"My parents. My dad played and he used to take us to the golf course. So, I liked the game [ever] since I was little."

**What age were you when you started playing?**

"The first time I went to a golf course and played I was like three. But I started competitive golf when I was 8-years-old. So, very young."

**That's a very young age. Did you find it difficult to keep up with golf and schooling?**

"No [not with golf and school], but I also like to play soccer and it was very difficult to

play soccer and golf. It takes a lot of time to play golf — like a weekend. If there's a tournament on the weekend, it takes all weekend to play and a soccer match is just an hour and you're done. So, when I was 12, I needed to say which one I liked more."

**What about golf made you like it more?**

"I like soccer a lot, but I just think about golf all day. Soccer I think [about] but not [to] play. I really like it and watching it on a T.V. — I'm a Barca fan and I don't miss a match or anything they do. But at a golf event... I want to play all the events I can. I really like to play [golf] and soccer not as much."

**What brought you to NSU?**

"I knew that there were a lot of Spanish-speakers here and golfers too. They told me it was great and they are very good at golfing so I thought it a great opportunity to come here. I talked to Coach and he said he was interested in me and made it happen."

**Are there any differences playing golf in the United States than over in Spain?**

"Yeah."

**What are they?**

"Level. Like the level in our tournaments here is very good, the scores [it takes to win are] good. In Spain, there are a lot of good players, but to be an average player here is much more difficult than to be an average player in Spain. I think playing here, you have to really practice very hard to compete in the high level."



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Tomas Millet credits his coaching staff and team psychologist for helping in him gain his footing so quickly during his freshman year on the men's golf team.

**So, have you changed your training at all coming here?**

"Yeah, here we train a little bit more and with the the heat here — it's so warm — it's much more difficult. I get tired when I'm three hours in the putting green or three hours hitting balls and back home I could be [out for] two hours and it was okay. The weather was much nicer."

**But you've been doing very well this year.**

"Yes, and I'm very happy about that."

**So, do you have any secrets to that? Is it just training?**

"Yeah, training and the assistant coach and coach really helped me to make a practice plan. I played not my best in my first tournament. It wasn't very bad but they still helped me and [helped] better me for the next event. Because of

that I [owe] them a lot. They help me so much. Also, our psychologist, Dr. Rob, helped me a lot for my second event. I was a little bit nervous [because] I didn't expect to not do so well in the first one. So, to coming to a not very good event to my second event [being] very good. It was a big change."

**Were you nervous playing in Spain? Is that a normal part of your process or is that a new experience for you?**

"It's obvious you're always nervous, it means that you really care. But I'm good when I'm nervous, but you know I had a feeling in the first event that things weren't really [right]. My parents were telling me 'you need to stay calm, it's your first event in your college career.' But I trained so hard; I wanted to make it good so changing to seventh [position in my second tournament] was a big change."

**You have a tournament coming up. Do you have any hopes for that event?**

"As a team, yes. I think we are doing very well and I think we can win. I really hope we can finish the fall with a win. And as an individual, as my assistant coach tells me, just to change my strategy in the game. Now, I play 'easy golf,' as he says."

## ON DECK

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Nov. 4 | 12 p.m.  
Winter Park, Fla.

**WOMEN'S SWIMMING**

vs. Miami  
Nov. 3 | 4 p.m.  
Coral Gables, Fla.

vs. Princeton  
Nov. 3 | 4 p.m.  
Coral Gables, Fla.

**WOMEN'S TENNIS**

vs. Buccaneer Invite  
Nov. 3 - 5  
Miami Shores, Fla.

**WOMEN'S VOLLEYBALL**

@ Saint Leo  
Nov. 3 | 7 p.m.  
Saint Leo, Fla.

@ Eckerd  
Nov. 4 | 4 p.m.  
Saint Petersburg, Fla.

## On The Bench:

### Cam Newton needs a game plan for media and a lesson in politeness

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

On Oct. 25, at a postgame news conference following a loss against the Chicago Bears, Carolina Panthers quarterback Cam Newton abruptly left the podium and exited the room after rolling his eyes and declining to answer a reporter's question. While his behaviour doesn't come as a shock — especially given he had a similar reaction following a brutal loss to the Denver Broncos last year during Super Bowl 50 — it doesn't make his conduct acceptable.

Newton is a valuable athlete and as the quarterback for the Panthers, he has helped them reach some incredible heights as a team. However, his behaviour makes him a less desirable player because of his propensity to make headlines in not so great ways. In fact, just two weeks prior, stories began to circulate about the way he addressed a question asked by Charlotte Observer's Jourdan Rodrigue with an "it's funny to hear a female talk about routes," laughing through his response.

I don't know what your opinions are about his response to Rodrigue's question. Perhaps you think that it was a sexist comment, or maybe you believe that he was paying her a compliment but with a sarcastic tone as he later said in a statement. Who knows? Perhaps he just never noticed female representation at sporting events even though, according to a Gallup study, 51 percent of America's female population describe themselves as sports fans. After all, it's probably difficult to differentiate between women and men in the stands, on sports broadcasts or even sitting in a conference room ... as a reporter asking questions as they are paid to do. Whatever, the case, it wasn't a favorable response. Actually, the retort cost him a sponsorship deal with Dannon yogurt due to the media backlash.

What's most baffling is that Newton can avoid all of the media melee if he wanted to by simply being polite. Even if he had been

exasperated by the questions that he endured for a whopping nine minutes, he could have left the conference in a much better way than he had. It could have been as simple as a "that's all the time I have today," "no more questions, please" or a straightforward "thank you."

Cam, it doesn't feel good to lose, and sometimes you might not be in the mood to answer questions, but news conferences are a part of your job that should be taken as seriously and professionally as any other area. You excel on the field as a quarterback; there's no denying that even through your team's losing streak. Now it's time for you to make a game plan when it comes to the dealing with the media. If you need any help with that, let me know and I'll be on the next plane to you, with Emily Post's Etiquette in tow.

## Men can be victims of domestic violence too

By: **Christina McLaughlin**  
Opinions Editor

October is Domestic Violence Awareness Month and with that in mind, the topic should be addressed. It is widely known that women are the most common victims of domestic abuse, but we tend to forget that men can also be victims of these attacks. According to the National Coalition for Domestic Violence, one in four men have been physically abused — slapped, pushed or shoved — by an intimate partner, and one in seven have been severely physically abused — choked, burned, etc.— by an intimate partner at some point in their lifetime. This is not acceptable.

Men tend not to speak up about domestic violence the same way women might because of the social repercussions. They fear that they could be taunted for “being a wimp” and not “handling their girl” or even told they are stronger than her and should be able to defend themselves. This is not true.

Additionally, men are taught not to hit women but when women hit them, they can’t

fight back without being seen as the aggressor. Their partners might also be mentally abusive, using power and control to make the men fear standing up for themselves, so what are men supposed to do?

Most domestic violence-based shelters don’t focus or support abused men or at least don’t advertise it, making men feel that they don’t have a safe place to go when times get rough. They can call a hotline or the police if they are in need of immediate assistance but there is still a lot of courage required to make a phone call like that, just as it would be for women. The fear of walking away from an abusive partner can be earth-shattering as the fear of getting caught reaching for help can increase the abuse.

In our culture, men are also raised differently than women. They are taught not to express their feelings as openly as women are. Many of us know the saying “boy’s don’t cry,” so it can be challenging for men to change their beliefs which were instilled in them early on in

life. If they don’t just deal with the abuse, then they aren’t “a man” and are considered “weak.” That’s something that many men don’t want to risk being called. Instead, men who are being abused will most likely bury those feelings deep down inside and just deal with the issue of abuse, keeping it to themselves because that’s the way most of them were raised.

This isn’t just an issue in heterosexual couples either; abuse is seen in gay and lesbian couples as well. According to the Center for American Progress, one out of four same-sex relationships have experienced domestic violence. In same-sex relationships, the fear of the aggressor is often heightened. The abuser can “out” the victim, isolate them from their peers and threaten the same way that straight aggressors will. The reasons for not coming forward are equally, if not more, intense. The fear of public opinion, threatening the image of LGBT relationships or marriages and forcibly outing themselves to receive help are additional

worries that might prevent victims from stepping forward.

Men can be aggressors and are seen as the most common abuser in domestic relationships, but that is not always the case and the numbers are only rising. In 2010, the CDC conducted a study on intimate partner violence and discovered that about 39 million U.S. women have been victims of physical violence from a partner in their lifetime. However, men were not far behind with 31 million U.S. men expected to be victims of physical violence from partners in their lifetimes. Those numbers aren’t that far apart and with every passing year that gap is closing. We need to address the victims on both sides to fix this problem. That means we can’t tell a man he is weak for asking for help out of abusive relationship. He is stronger because he is attempting to escape a bad situation. The day a man or woman can step forward regarding being a victim of domestic violence and be treated equally is the day this problem will stop.

## While you weren’t looking, President Trump’s been making a ‘covfefe’

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

We still don’t exactly know what President Trump meant by “covfefe” when he posted that infamous tweet over the summer, but perhaps he meant that he was making some moves; because he has. For better or for worse, the Trump administration has managed to make some pretty large changes while we’ve been busy languishing over Trump’s many headline-making statements. In fact, former president-hopeful and secretary of housing and urban development Ben Carson, told the Washington Examiner that “[he’s] glad that Trump is drawing all the fire so [he] can get stuff done.” So, what has been done?

Well, as of Oct. 13, Trump had signed 49 executive orders, despite his criticisms of Obama “going around signing executive orders.” In fact, he is on course to have signed more orders than any other president within the same timespan. If that number shocks you then you might want to start doing a little research. So far, according to Business Insider, Trump has signed executive

actions to:

- Review any designations made since 1996 for national monuments that are larger than 100,000 acres. This means that previously protected areas may lose that security.
- Rename some federal buildings such as a courthouse in Nashville, Tennessee, which will now be called the “Fred D. Thompson Federal Building and United States Courthouse”.
- Create a “Wounded Officers Recovery Act,” which will allow capitol police officers who have been injured in the line of duty to receive money for medical expenses.
- Create celebratory days, weeks and months such as Small-Business Week, National Charter School Week and Greek Independence Day.
- Remove climate change protections, stating that global warming is a “hoax.”
- Revoke Obama’s executive order that

required federal government contracts over \$500,000 to be given to companies that had previously violated labor laws. Now, companies do not need to disclose their violations of the Fair Labor Standards Act.

- Delegate presidential powers to Secretary of State Rex Tillerson regarding the National Defense Authorization Act.

Trump has also made promises to dismantle the Affordable Care Act created under the Obama administration and crackdown on immigration. While a bill intended to replace the Affordable Care Act which was created by the Trump administration never garnered enough support to even make it to the Senate floor, Trump has remained adamant that the change will come. However, changes have been made on the crackdown on immigration given Trump’s travel bans and stricter application process. Additionally, according to NPR, the Department of Homeland Security is looking for more detention centers as arrests increase,

with the daily average of centers across America standing at 38,000.

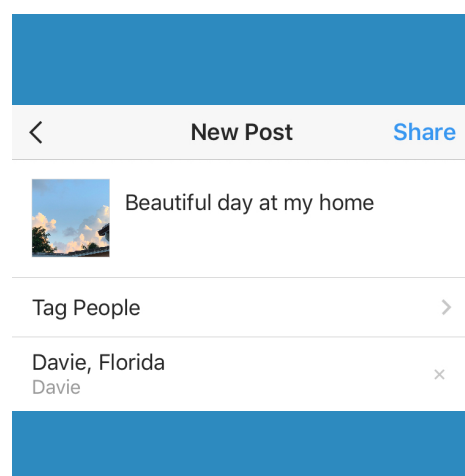
Yet, somehow executive orders and changes like these aren’t being spoken about as often as Trump’s comments about NFL players, bizarre Tweet storms, objectification of women and horrible spray tan. While these topics may all be worthy of conversation, other changes like the ones mentioned should not be allowed to fall behind a well-constructed smoke screen because sooner or later things happening in Washington will begin to seriously affect us. So, shake your head in disbelief as Trump takes credit for the release of the JFK assassination documents, even though they were scheduled to be released anyway. Wince when he makes fun of a disabled reporter. Scratch your head when he announces that we’ve pulled out of the Paris climate change deal. But, never lose sight of the bigger picture. Stay woke, people.

## Social media has changed stalking forever, so watch what you share

By: **Suvina Daryanani**  
Contributing Writer

Social media plays a huge role in many young people’s lives today as most people use social media to keep in touch with one another. By using social media wisely, sites can be entertaining and educational. However, these sites can be dangerous and jeopardizing to one’s life too. It can start off subtle with someone striking you as being a bit odd. Then they become a nuisance, always contacting you and interacting with your profile which transitions into them ultimately becoming an obsessive, frightening stalker.

Stalking is defined as a pattern of various forms of unwanted attention or contact that is unwelcome upon a particular sex. Stalking is a serious offense and social media just makes this issue easier every day. Our digital lives give stalkers the easiest opportunity to gain large amounts of information. With one click of a button, you can access anyone’s information like



where they are from, where they work or where they live, simply by clicking on their Facebook

page or by viewing their Instagram profile. It is also fairly easy to hack into people’s accounts and gain personal information. The Internet has changed many things for us today, with positive doings as well as negative happenings.

In fact, stalking has increased due to technology because of the way technology has advanced. It makes it easier for stalkers. Statistics from the John Carroll University show that people aged 18-24 years, to date, experience the highest rate of stalking in a lifetime. The report also states that three in 10 victims reported being injured emotionally or psychologically due to being stalked.

According to insidehighered.com, most stalking incidents now involve some form of technology, and in many cases, offenders exploit legal services for their purposes. Certain applications can also change the number that appears on a caller ID to anyone the stalkers

wishes. This allows stalkers to copy a personal number, like the victim’s mother or father, to be used to contact the victim.

College students should be more concerned when posting anything on their social media accounts. There is a lot that can go on social media and we aren’t always aware of everyone on it who can access information from our accounts. Therefore, while it may be nice to receive tons of followers on social media, students should block or report anyone who seems suspicious or who they don’t know. Be aware of your digital surroundings and begin to re-think what you post on your social media accounts. Creating boundaries and following precautionary measures will make you that much safer and lower the chance of you being stalked.



**Seriously Kidding**  
A satire column.

**NSU to replace sidewalks with slip and slides**

By: **Gabrielle Thompson**  
Features Editor

With the daily rain showers in South Florida and timed sprinklers, the busy sidewalks on campus always seem to be soaked with water. To make traveling back and forth from class easier and less time consuming, NSU officials have decided to replace the sidewalks around campus with very long Slip 'N Slides.

The change, which will take place in the summer of 2018, will result in major construction, as the commonly used sidewalks will be torn up. The sidewalks being replaced are those around Gold Circle Lake, leading to and from the dorms and around the library quad. The slip and slides will consist of three lanes: two lanes for sliding to and from class and a pedestrian lane.

The head of Sidewalk Management, Scott Concrete, explained why the change is for the best.

“There are many benefits to upgrading the boring cement concrete to something more fun and innovative,” said Concrete. “Nobody wants to have to deal with tripping over cracks or scuffing up their shoes. The traditional sidewalks get dirty so easily. This way, I won’t have to send my employees out every night to power wash the sidewalks. It’s a win-win.”

The Slip ‘N Slides are sure to decrease the travel time between classes by at least three percent. They will be fully-functional 21 hours a day, thanks to the abundance of

sprinklers located around campus and the constant rain showers. The sprinklers will run for approximately 45 minutes every hour, with three five-minute breaks between. However, they will not be operational between the hours of 1 a.m. and 4 a.m.

Klarissa Glide, a junior math major, said that she was glad NSU was making more student-centered changes.

“I used to be very irritated when I was on my way to class and the sprinklers were pelting me with water,” said Glide. “Now, the sprinklers are being used for something fun and convenient! I don’t care so much that I am getting soaked now that I can slide to class much quicker.”

For those who do not want to slide to class, the bookstore will be selling raincoats and special rain boots that will make the walk less wet and dangerous. The boots to be sold will have special traction, so there is no worry about slipping and falling while walking on the slip and slides.

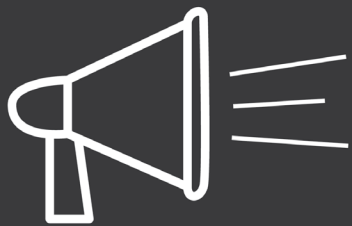
Overall, the plans to replace the sidewalks with Slip ‘N Slides have received many positive reviews from students and the faculty of NSU. Representatives say that this small change is the first of many in hopes to make NSU a more student-friendly campus.

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WHAT'S YOUR FAVORITE HALLOWEEN MOVIE, WHY?

SHARK SPEAK



“My favorite Halloween movie would be ‘The Nightmare Before Christmas’ because I’ve watched it since I was little and it’s my favorite childhood movie.”

- TK Cesar, freshman business major



“My favorite Halloween movies are ‘Halloweentown,’ ‘Hocus Pocus’ and ‘The Nightmare Before Christmas.’ ‘The Nightmare Before Christmas’ was the first movie [I watched] when I moved to America that was Halloween [themed], and the other ones are just good.”

- Yara Khalifa, senior biology major



“I actually have three tied [for my favorite]. ‘Child’s Play,’ the first Chucky movie, ‘It,’ the new movie that just came out, and ‘The Visit.’ Those are my top three.”

- David Rocha, freshman political science major



“My favorite Halloween movie is ‘The Nightmare Before Christmas’ because it ties in my favorite holidays.”

- Victoria Leon, sophomore biology major



“My favorite Halloween movie is ‘Twitches’ because I like Tia and Tamara a lot, and I also watched it when I was little a lot. I just really like it.”

- Rachel Sheppard, freshman marine biology major



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