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Nova Southeastern University

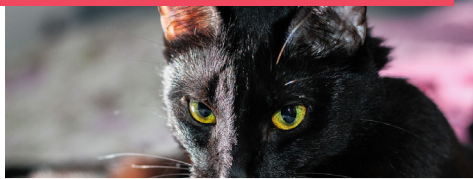
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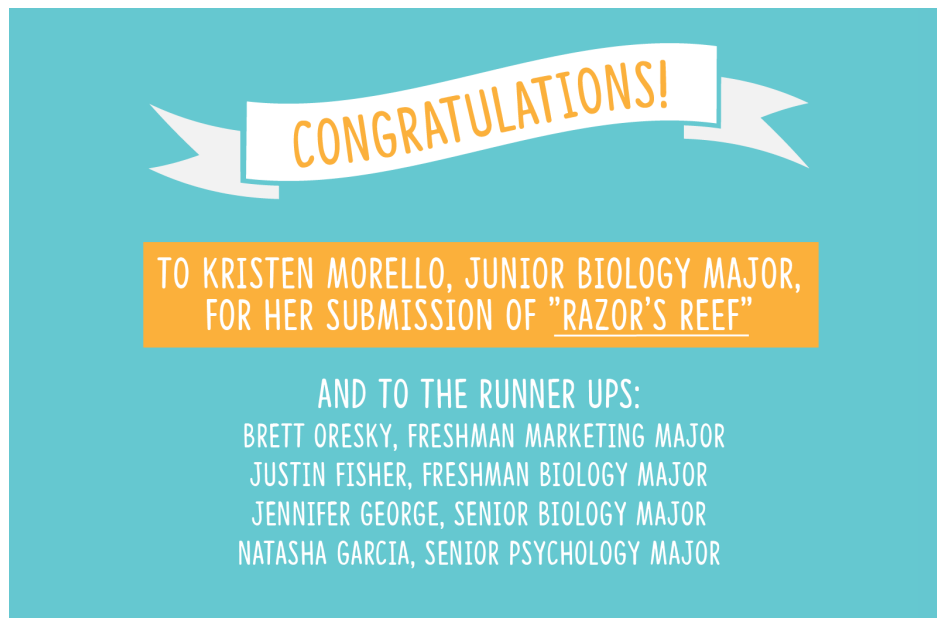
By: **Christina McLaughlin**
Co-Editor-in-Chief

On Monday Oct. 8, Kristen Morello, junior biology major's name submission of Razor's Reef was selected as the new name for the University Center Dining Hall.

NSU students were eligible to submit entries online and students were able to vote on selected submissions. There were over 2,100 submissions to the contest and from there, a committee of administrators conducted a blind review to pick the top 20 submissions for students to vote on. The grand prize winner Kristen Morello, junior biology major, received a free on-campus meal plan for the winter 2019 semester valued at \$1,495 sponsored by the Office of Business Services. Morello's submission of Razor's Reef is now the permanent name of the Dining Hall.

The four runner ups are freshman marketing major Brett Oresky, freshman biology major Justin Fisher, senior biology major Jennifer George and senior psychology major Natasha Garcia. These four finalists received a \$50 gift card for their contribution to the naming contest as well as recognition in the student e-newsletter, SharkFINS.

The decision to hold this contest was to engage students to be a part of the NSU community and make the dining area somewhere students feel comfortable.



"We want to be inclusive of students. We allowed students to vote since we feel that is a place for students and at NSU, students are the primary [focus]. We wanted to give students ownership of the space [through the naming process]," said Eddie (Supanchit) Jitraphai, assistant dean for division of student affairs and the college of undergraduate studies.

Razor's Reef includes each dining station, seating area and includes the UC pit for dining purposes during one-price dining hours.

"The new naming opportunity is a part of the new branding. We wanted to change the moniker of a "food court" and what that is supposed to look like. This was suggested by [the office of] student affairs and we thought that

was a great idea," said Adeo Shekar, director of operations for business services.

With the renovation of the dining hall over the summer, business services worked with facilities management, Chartwells and student affairs to improve the student experience based on student requests.

"We wanted to create an environment where students feel comfortable in the space and enjoy the atmosphere and the food. We want them to have a great place to hang out, more than just to eat," said Jitraphai.

Jitraphai explained that the new look and feel of the dining hall needed an identity that students can connect to and students are the best option for that input.

In the coming weeks, permanent signage will be placed in the UC to represent the new identity and help encourage students to accept the new name into their daily vernacular. Overall, the office of student affairs was surprised from the response to this contest.

"We didn't expect that much response [from students]. Students were excited and wanted to be part of this contest and we are very happy about the positive response," said Jitraphai.

First RazorThon at NSU

By: **Emma Heineman**
Features Editor

NSU's new club, Dance Marathon, will host the first ever RazorThon here at NSU, a 13.1 hour night full of fun, food, and games. It will be held from Feb. 16 to 17 in the NSU Recplex.

Chris Chookagian, the executive director of Dance Marathon at Nova Southeastern University said, "We've been planning this since March of last year and we officially became an RSO [registered student organization] over the summer. Our donor drive went live July 25, and within a week we made our first thousand dollars. At this point, we are 47 percent of the way to our initial goal of \$13,100."

The RazorThon will benefit the Children's Miracle Network, a network of about 170 hospitals around the United States and Canada. There are 300 colleges and universities which participate in Dance Marathon. All the money that each school raises goes directly to the nearest hospital. Here at NSU, the event will benefit the Nicklaus Children's Hospital of Miami.

To register, you can find the link in the bios @razorthon on Twitter and Instagram. The link leads directly to the donor drive page. There's a \$10 registration fee, but all the proceeds goes towards the fundraising for the children's hospital. When you register you will be asked to join a team. The generic teams are blue and white but there are also teams for greek life, an athletics team for athletes, the Mastii team, Cozy Corners, and some of the Razors Edge programs as well.



The razorthon hopes to raise donations for the miracle network while providing a new event on campus students can participate in.

When you sign up on the donor drive you get your own personal fundraising page. It comes with a generic story about what dance marathon is and why they raise money, but you can go in and customize it to yourself. All you have to do it share the link to your page. You can connect it to your facebook, twitter, linkedin and other social media platforms.

The minimum amount each participant has to raise is \$131. Katelyn Lanciano, a junior and the Dance Relations Manager for Dance Marathon at NSU said, "I know that scares some people to raise \$131 but based on the number of registrants, we will be able to meet our goal of \$13,100. So don't be scared, there are plenty of

ways to fundraise. It's actually super easy."

You can register at any time from now until the week before the event, but the sooner you sign up, the longer you have to raise the minimum amount required in order to participate.

The main way to fundraise is by sending the donation link to family and friends. "There are lots of different ways to make fundraising fun. You can post an image with balloons and tell people to pop the balloons with one dollar, five dollars, or \$10." said Lanciano. There will also be outside fundraisers at restaurants in the area, bake sales and other fundraisers in the UC.

"It's pretty much gonna be a huge party. That's the best way to describe it," said

Lanciano. "A lot of people get worried that it is about dancing but [even] the t-shirts associated with the event say [things] like "ugly dancing saves lives." It's more about the cause and just bringing people together to lift moral." The way for it to feel even more exciting is for everyone to register with friends so that no one is alone.

"It's a movement started by students, run by students, hoping that one day it will be the largest philanthropy on campus," said Chookagian.

For more information, you can reach out to Chris Chookagian at cc2890@mynsu.nova.edu or follow @razorthon on instagram, facebook, and twitter. They hope to see you all there!

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News Anchor

Stay up to date with international and national events.

Dunkin Donuts Name Change

Dunkin Donuts will be dropping the "Donuts" and changing their name to Dunkin this January. The company will be concentrating on coffee since 60 percent of products sold are beverages. The name change is target marketed towards millennials, as it hopes the new name change will appeal to younger customers. The name change is intended to have customers treat Dunkin like any other coffee shop. Dunkin will continue to use the classic orange and pink color scheme.

Indonesia Death Toll Climbing

More than 1,500 and counting perished in Indonesian following a 7.5 magnitude earthquake. Officials presume the death toll will continue to rise, with several towns and residents under debris unaccounted for. The quake triggered a tsunami that caused a mountain of debris from which residents are still being recovered. The quake triggered a soil collapse which caused a catastrophe for commercial and residential residents clinging for cover. Until the massive

debris cleanup concludes, the death toll is expected to continue to climb.

Tesla CEO Elon Musk Resigns as Chairman

Elon Musk resigned as chairman following concerning fraud allegations by the U.S. saying he was taking his company private. By misleading investors, both Musk and Tesla were fined \$20 million by the Security and Exchange Commission. Musk will remain CEO but not as chairman. As chairman, he will no longer be responsible for board meetings and supervising and managing his team.

U.S. vs. China Trade War

The U.S. imposed tariffs on a further \$200 billion worth of Chinese products. Beijing has retaliated with tariffs on \$60 billion of US goods and 25 percent tariff on imported soybeans. China is the world's biggest buyer of soybeans, using them to feed livestock. With more than a third of the product coming from the United States, Chinese importers may turn to other countries, but China may struggle to find alternative suppliers.

News Briefs

NSU graduate student earns spot in Florida Blue Health Innovation Competition finals

Graduate student Fiorella Marquez beat out students from across the state and earned a spot in the Florida Blue Health Innovation Competition finals. The competition involves students coming up with a solution to affected people with certain conditions. Marquez achieved her spot with a mental health management mobile application she helped create to provide users with tools and information about mental illness management techniques and coping skills. She teamed up with Michelle Velez from Florida International University to create the application. Marquez is the only student at Nova Southeastern University selected to one of 12 teams that will compete in the finals at GuideWell Innovation Center in Orlando's Lake Nona Medical City on Oct. 10.

Make a Difference Day 2018 aims to keep the ocean and beaches clean

The Office of Student Leadership and Civic Engagement will hold this event on Oct. 27 from 8:30 a.m. to 1 p.m. Participants have the opportunity to snorkel, scuba and to clean the beaches. Students who participate in scuba must be scuba certified.

Free lunch and transportation will be provided. For more information, visit <https://orgsync.com/45785/chapter>.

Off Campus Housing Fair to take place Oct. 23

The Office of Residential Life and Housing will hold an Off-Campus Housing Fair on Oct. 23 from 11:30 a.m. to 1 p.m. in the UC Spine. Students will learn about off campus housing opportunities. Several representatives of rental communities and properties from the Broward County will be present. For more information, email Ryan Oakner, Graduate Assistant of Housing Operations at ro326@nova.edu.

Alcohol awareness event to show students the cause and effect of drinking and driving

NSU RecWell Wellness Team, NSU Campus Life, and NSU ResLife are teaming up to host an alcohol awareness event Oct. 24 from 5 p.m. to 8 p.m. at the Flight Deck backyard. Students will learn more about alcohol awareness and the risks and dangers of driving under the influence. Students will have the opportunity to run an obstacle course while wearing beer goggles. There will be free food and giveaways. For more information, email wellness@nova.edu.

The Current

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Retraction: NSU's College of Optometry receives new name

By: **Madelyn Rinka**
Co-Editor-in-Chief

On Oct. 1, the office of the president announced that the decision to rename the NSU College of Optometry to the National Vision College of Optometry had been withdrawn. Previously, on Sept. 25, NSU announced that the College of Optometry had received a significant donation from National Vision Inc., and would be renaming the college for an initial period of 10 years. An article titled "NSU's College of Optometry receives new name" was published in issue eight of volume 29 of *The Current*.

Soon after the original memorandum was released, an online petition was created anonymously. As of Oct. 2, the petition had received over 2,500 signatures, surpassing the original 1,000 signature goal, and garnered over 600 comments. The anonymous petition alleged, "the decision to rename NSU College of Optometry, the National Vision College of Optometry, was made... without having considered the opinion of staff, current students and alumni."

While the memorandum sent out on Oct. 1 did not directly address the petition, Dr. George

Hanbury, NSU's president and CEO, explained "the CEO of National Vision and I appreciate the passion and engagement that many NSU optometry students, faculty and alumni have expressed."

"Although our organizations share many core values – particularly for serving our larger communities – we have come to realize that the issues associated with corporate philanthropy in the health sciences are still too nascent," said President Hanbury. "This topic deserves further thought and consideration over time from the broader academic, professional, philanthropic and alumni communities. To that end, the CEO of National Vision and I have mutually agreed to end this philanthropic partnership. We greatly appreciate National Vision's well-intended philanthropic gift and partnership, and look forward to continuing to explore meaningful collaborations between our two organizations in the future."

The endowment would have supported the college with student scholarships, faculty research and equipment for the simulation lab,



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NSU's College of Optometry will not be renamed, despite an earlier memorandum stating it would be the National Vision College of Optometry in the future.

according to the original memorandum.

"All gifts received have been and always will be for the greater good of the university, its students and faculty; however, no gift has been or will be received that has control of

curriculum, operations or academic freedom. All gifts are only for the advancement of knowledge and success of all students and faculty," wrote President Hanbury in the memorandum sent to the NSU community on Oct. 1.

President Hanbury expressed that both NSU and National Vision Inc. will be exploring options for collaboration in the future. The corporation has been a longtime supporter of the university, and has donated equipment in the past.

The staff at The Current, Nova Southeastern University's student-run newspaper, works hard to deliver you up-to-date news as efficiently and accurately as possible. Based on the time of the announcement, an article written based on the first memorandum was published in our print edition on Oct. 2. This article serves as a retraction and a correction to that initial story. We apologize for any confusion.

TheCurrent

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Don't Fear the Black Cat, Adopt One

By: **Flor Ana Mireles**
Contributing Writer

Imagine yourself walking down the street. You are already having a bad day when a black cat crosses your path. Your initial reaction of paranoia and superstition has you thinking: "now my day can only get worse." You avoid any kind of contact with the feline and hurry along, keeping in mind the unlucky creature you've just encountered.

Black cats' association with bad luck might not have a definitive origin; but it has been noticed throughout history that they do have an affiliation with the color black, witches and Halloween. It was not until the Middle Ages that black cats began to gain a reputation of bad luck, and many believe this association began simply because of the color of the cat's fur. The color black has been typically associated with fear, death and the unknown. That said, it is easier to understand why the black cat has unfairly gained this "bad luck" stigma.

Now in October, and with Halloween around the corner, it becomes a dangerous time for stray and sheltered black cats. According to

journalist Lee Litas in her article "Black Cats Don't Have a Bad Image in all Cultures," people have used black cats as live decorations and in satanic rituals in honor of Halloween and cult traditions throughout history. Black cats were once the victims of mass murders due to religious leaders thinking black cats had been the cause of the Black Death pandemic. Ironically, this action only brought upon more disease and death as it was later found out that the carriers of the plague were actually rats. Although no physical proof of current abusive actions and rituals of black cats are present, many states are still taking precaution with these furry creatures. For a few years, during October, the state of California had prevented the adoption of black cats in shelters to lessen the probability of them being adopted with intention of harm. Now, California requires those interested in adopting black cats during this month to take safety measures and go through a very detailed background check.

According to a 2013 ASPCA report, the adoption of black cats worldwide in recent years



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With Halloween around the corner, black cats may be left in shelters but they shouldn't be judged based on the color of their fur.

have increased as people lose their superstitious fears and even see them as signs of good luck. The release of the film "Black Panther" also increased these adoption rates as people were growing an internet obsession with black cats and their resemblance to black panthers.

Aug. 17 has been declared Black Cat Appreciation Day in the Western Hemisphere in

hopes of saving the lives of these cats by raising awareness. On this day, people can also adopt black cats for a reduced fee through the ASPCA (American Society of the Prevention of Cruelty to Animals) which not only helps black cats, but provide a "forever home" to a homeless animal.

The Kindness for Cats nonprofit organization released an article on why one should adopt a black cat and the reasons are that they are loving creatures and bring good luck. They also list other reasons including that black cats have stronger immune systems than other colored felines and have been recognized as animals of good luck in different parts of the world including the United Kingdom and Japan. Their philosophy is: "black cats need love and a safe home too."

This Halloween season, keep an eye out for black cats and remember, if they cross your path, it is for a reason. Maybe you will end up taking the black and mysterious kitty home.

Influenza Kills

By: **Alexander Martinie**
Section Editor

The Influenza virus claimed the largest death toll in the past four decades

This past winter, over 80,000 Americans died as a result of influenza, a viral infection that affects the respiratory system and is commonly referred to as the "flu." About 172 of those who died were young children and teenagers, according to the Center for Disease Control and Prevention (CDC). Of the 172 pediatric patients that died, 60 percent died after being admitted to a hospital, while 40 percent died either in their own homes or in an emergency room. 80 percent did not receive a vaccination.

According to the National Foundation for

Infectious Diseases, the immune responses from vaccines "decline over time" and anyone, "even young, healthy people," are at risk from exposure to strains of this virus. "Flu vaccinations save lives. That's why it's so important for everyone six months and older to get a flu vaccine every year," said Surgeon General Jerome Adams in a statement by his office to the media.

On average, the vaccination rate for influenza in the United States is around 47 percent annually, with college students being among the groups with the lowest rate. A survey conducted by NPR found that "among [the college] students who don't get the vaccine,

36 percent say that they are healthy and don't need it, and 30 percent say they don't think the vaccine is effective."

According to the National Foundation for Infectious Diseases, while "the flu vaccine is made with flu viruses," these viruses are essentially killed and cannot cause the flu or flu-like symptoms. Once administered, the vaccine can take up to two weeks to work effectively. While there are some side effects, like soreness or swelling, the vaccine cannot cause the flu. The claim that healthy people do not need to be vaccinated is also false, because "anyone can get the flu. Getting vaccinated every year is

important, regardless of how healthy a person is. Vaccination can help [to] prevent the spread of the virus to others who may be vulnerable to flu and related complications," according to the National Foundation for Infectious Diseases.

There are several companies in the surrounding area that offer flu vaccinations at low or no costs. Companies like Walmart, Walgreens and CVS offer vaccinations at no costs with most insurances. Companies, like CVS, are also running promotions to encourage people to get vaccinated.

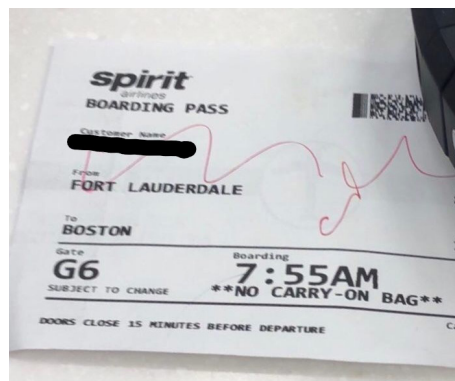
How to make Long-Distance Relationships Work in College

By: **Shivani Patel**
Contributing Writer

When it comes to long distance relationships, there is a common misconception that it doesn't work. Yes, long-distance relationships or LDRs are hard to maintain and can require effort than other romantic relationships, but the amount of effort put into LDRs to make it work and keep it alive is worthwhile in the long run.

Today, we are surrounded with peers in long-distance relationships. According to campusexplorer.com, about 32.5 percent of college students are in a long-distance relationship. So, if you hear your roommate complaining about how difficult it is to maintain a long-distance relationship, you're not alone. It is easy to judge others, but if you put yourselves in their shoes for once, you understand that the "distance" part of the relationship will eventually come to an end one day and the people move on to the next stage in life. To make it through the busy schedule of classes, work, or social life, LDRs require earning and giving trust, lots of patience, quality communication, and a few basic guidelines between you and your significant other; but this no different from other relationships. LDRs just need an extra touch to keep it going. Some LDRs may not work in the end, but it doesn't mean that every long-distance relationship is ill-fated.

In LDRs, technology is our best friend. We can see our partner every day with FaceTime or video-chatting, or we can get instant replies to our texts instead of having to wait for the letter in the mail. However, technology doesn't make up for everything. The lack of physical proximity still makes it notoriously tough. You get to see your significant other every day, but seeing their



PRINTED WITH PERMISSION FROM C. LUTZ
Long Distance relationships could be tough but traveling to visit the other as much as possible could help with the distance.

face on a screen is hardly the same as seeing someone face to face. Missing out on activities and various couple-things is heartbreaking, but here are a few tips to ensure that your relationship is in sync with your college experience:

Setting rules/guidelines

According to a 2013 article in Online Dating Magazine, setting rules and parameters to guide your relationship is very crucial. This is not something that you have to write down as a list of what to do and what not to do. These rules help you fight against the odds, to stay together undeterred by the distance. Rules like communicating daily, meeting up every few months in person, understanding each other's needs, etc. will help you know what you expect from the relationship.

Prioritize your schedule

School is important, the long-distance relationship is also important and so are the other aspects of life. You need to create a schedule where everything fits in and you have time for your relationship as well as your college life.

Quality communication

Communicating daily is one of the key points in a long-distance relationship. This is the only way the relationship is going to work. Focusing on quality communication helps you understand your partner better. Knowing little details like their everyday routine, or anything related to their college life, or work helps you feel closer to each other despite the miles. You need to communicate with your partner about your needs and schedules, and what expectations you can get from them and vice versa. Being on the same page on what stage a relationship is at is also very important.

Create a visiting schedule

You cannot rely entirely on technology. To maintain and grow your relationship you need to visit each other every few months. If you live a couple hundred miles apart, you can plan ahead to book your ticket and surprise your S.O. If you live in two different countries, it is a little difficult to meet up every few months, but try to see each other at least three times a year.

Spend time together while apart

This is a productive way to share your college experience with your partner. You can spend some time together and do couple-activities even if you're apart. Like, plan a date

where you can cook together and video-chat simultaneously. You can add an extra touch to this date setting up a nice ambience.

Online Dating Magazine wrote, "this way you can pretend as if you're actually having a date together."

You can also send gifts or packages to surprise your partner. It helps keep your relationship lively, on the right track and it is a great way to strengthen your bond.

Trust one another

Trust is one of the most important factors in making any relationship last: be it a friendship, a business partnership, or a romantic relationship. Trust goes both ways, so earning it and having it in your partner is equally important. One way to build trust is to be honest with each other.

Patience

Even in long distance relationships you can expect disagreements, arguments, or fights where you don't talk to each other for a couple days, but that doesn't mean you have to give up. You chose an LDR to make it work for the long run and that requires a lot of patience. It also requires sacrifice, but you need to be careful to not sacrifice more than its necessary.

There is a saying, "Distance means so little when someone means so much". So, distance gives us a reason to love harder and if you are willing to put the time and make the effort, that long-distance relationship will last.



Career Corner



Dealing with Transitions

By: Career Development

“College is a big transition”

This phrase is often said to incoming college students, whether it be for the first time, as a transfer, or re-entering after starting their career. The thought of adapting to new levels of expectation and responsibility is enough to start worrying about all of the “what-ifs.”

I’m here to say “no worries.” The transitions you experience in work, in life and in relationships can cause a lot of stress, but there are some ways to prepare for your new direction and make the most from it. Planning for your career can be a great way to think about dealing with transitions.

Transitions in life can be anticipated, unexpected, or even a “non-event” — when you really want something to happen and it doesn’t. With all these events influencing our life and our decisions, here are four factors identified by theorist Nancy Schlossberg that can help you prepare: self, situation, support and strategies.

Self:

Understanding your values, personality and your social identities makes you specifically unique in the way that you perceive and react in a time of transition. Taking the time to reflect upon your habits, your needs and your motivators can help give you perspective in how to approach a stressful situation. In career planning, I refer to this as soul-searching. This is the time to get to know yourself. Career Development can help you through preference and values assessments and deeper conversations about the causes that motivate you.

Situation:

Along with understanding what you bring as an individual, it is important to analyze the situation you are in. Going through a situation for the first time could be the most challenging experience, but encountering it again can make it seem easier as you’ve gone through it before. Being mindful of the other people connected to the experience you are navigating can help you

decide on the best ways to move forward. For career planning, this emphasizes the need for experiential education. Taking on an internship, a case competition or joining an organization can be challenging at first, but you can learn a lot about yourself and your ability to adapt through experience.

Support:

It is very important to have a support system. Building a network of family, friends and others to help provide affirmation, feedback or constructive criticism can aid in the decision making process. This sounding board can help you gather potential options as ways to work through your transition. Building a network of professionals in the industry you want to pursue can help you gain a realistic understanding of the responsibilities of the role. Networking can open up potential avenues for work experience too.

Strategy:

After reflecting upon the situation and

considering your needs and the support you’ve gathered, you can develop a strategy. Here you can finalize an action plan and move forward to help you close the chapter on the issue in front of you. This is the essence of career planning, taking the time to reflect and make meaning of your experiences so you can make a well-informed decision as you put your career plans into action.

It’s okay to take your time when you are dealing with a stressful transition or life event. It’s okay to feel sad, frustrated, or annoyed through a tough process, but keeping these factors in mind can help. As a result, you will be more resilient to change and start to find it easier to bounce back when the stress of a transition is weighing you down. If you need support related to career planning, please come visit the Office of Career Development. If your life event or transition is causing you stress, contact Henderson Counseling Services at (954) 424-6911.

Blood Snow

By: Marti Bennett

Contributing Writer

Yellow snow isn’t the only colored snow to fear nowadays. Blood snow has been ravaging the snowy regions around the world, creating a slippery slope for chilly ecosystems worldwide.

The “blood” snow isn’t even the worst part: The higher melting rate of ice that it causes is far more problematic.

During summertime in chilly ecosystems around the world, the sun’s heat causes snow to turn a pinkish-reddish hue. This pink snow is called *chlamydomonas nivalis* - algae that contains a red pigment second to chlorophyll. The algae thrives in liquid water and produces a pink pigment upon gaining an abundance of sun. The color adds to a darkish tint that fosters the heating of snow at a quicker rate.

In simpler terms, a feedback loop is created: As the snow melts the algae blooms,

which further melts the snow. Red algae also decreases the snow’s albedo, or the amount of light, that is reflected instead of absorbed. Based on recent studies, pink snow has a thirteen percent decrease of albedo compared to normal snow, which means that dark snow absorbs more light and increases melting.

This process doesn’t just occur in the polar regions of the world: The Himalayan Glaciers, Alpine, and even California suffer from this “blood snow” as well. The pink snow proves to be a worldwide epidemic with real effects that should be further investigated to decipher its connection with global warming.

Researchers are trying to gain more information on the melting. “There’s a growing push to understand the impact of microorganisms on glaciers and ice sheets,” says Christopher



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Suburban areas with picturesque views like this might be a thing of the past with the effects of red tide.

Williamson, microbiologist at the University of Bristol.

Pink snow is increasing due to global warming, and if this epidemic continues, winter wonderlands might become replaced

with what looks like the aftermath of a blood bath. However, with proper treatment of the environment, yellow snow might be the only color we have to keep our eye on.

Conflict resolution for college students

By: Christina McLaughlin

Co-Editor-in-Chief

College is an opportunity to meet new people and expand your professional career. These endeavors are very important to your future, but a part of growing up also involves learning how to deal with conflict. Conflicts are commonplace in our everyday life, whether it be friendships, relationships or even in the workplace. Learning how to deal with conflicts can be difficult at times, but having a rolodex of tips can improve the likelihood of a positive outcome. Here is a review of some basic conflict resolution methods to improve communication skills and the likelihood of positive resolutions.

Clarification and Communication

Every person communicates in different ways and have different experiences that influence their communication style. According to Judith McKay, associate professor of conflict resolution and community studies, how we communicate as people is dependent on our upbringing and the experiences we come into contact with. It’s important to always ask for clarification if an individual doesn’t understand another or use reflective listening skills. To reflectively listen means to be actively listening to what the other is saying instead of only

listening to prepare a rebuttal in an argument.

Assumptions are another negative impact to communication that should be avoided. It’s important to grasp that everyone deals with conflict differently. Some people are naturally confrontational and like to deal with situations head on, while others prefer to avoid the situation or accommodate the other person’s wants to avoid the situation entirely. Keeping this in mind and reflecting on these facts while these issues arise is a pivotal step in conflict resolution.

Work on Emotional Intelligence

“Rather than being reactionary to situations, [take] a moment to pause and reflect and work on finding peace within yourself,” said Robin Cooper, associate professor of conflict resolution and ethnic studies. Emotional Intelligence involves recognizing emotions and working towards managing those emotions for the improvement of sound communication skills. It is important to communicate in a calm and respectful manner to control the emotions of yourself and the emotions of others. Another key factor of emotional intelligence is knowing when to walk away. If the conversation is escalating or if the individual is having a bad

day, it is important to address the surrounding factors of a situation and handle it accordingly.

Avoid Communication Blockers

When the conversation is at hand, avoid targeted or pointed language. Words like always, never, or emotionally targeted words like hate shouldn’t be used in conflict resolution. This pointed language becomes a game of who’s at fault and only heightens emotions for all those involved. A good suggestion is using assertion statements or the old fashioned “I statements” we learned as children. Making sure that your thoughts and feelings are understood by stating them clearly can prevent situations from escalating or develop further problems.

Evaluate your goals

In most conflicts, being right or wrong in the situation naturally takes precedent. This at times, cannot be avoided but evaluating the true goal of the resolution before the conflict develops can prevent further issues down the line. Ask yourself what is more important: winning the argument or salvaging and improving the relationship? Once an individual has made that decision, it makes the conversations flow much better.

Recognize conflict is natural

Conflicts might be uncomfortable to run into in life but they are only a chance to develop professionally and personally. It’s natural for people to disagree on issues which is why communication in any form of relationship is a key component. Constructive conflicts, which can improve understanding or improve professional skills are pivotal in development as a person and college is the perfect breeding ground for this type of growth. As long as the conflict and the parties involved are determined to solve the problem, it can only improve the skills and understanding of the individuals for further communication.

Students can visit mediate.com for additional information on conflict resolution with user friendly articles and advisory tips. Students with conflicts on or off campus are encouraged to contact Henderson Student Counseling at (954)-262-7050 or Student Mediation Services at (954) 262-7196 for advice or help with mediation.

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How to integrate kale into your diet

By: **Kelsey Bruce**

Arts & Entertainment Editor

Superfoods are super cool. Even cooler than going through Taco Bell's drive-through at 3 a.m. to get yourself through the rest of your drive home. Why? Kale has nutritious value and it has a lot of it: fiber, protein, vitamins A, K and C; minerals potassium, calcium and zinc; and more. So even though Taco Bell's \$1 spicy potato tacos taste like the answer to all your problems, the correct answer is kale. As for how to make kale taste as great as Taco Bell, we've got you covered:

Swap kale chips for potato chips

Instead of munching on potato chips, which are high in saturated fat and sodium, try baking your own kale chips. You'll be able to guiltlessly snack while feeling totally healthy doing so. You might even like them more than the alternative.

Ingredients

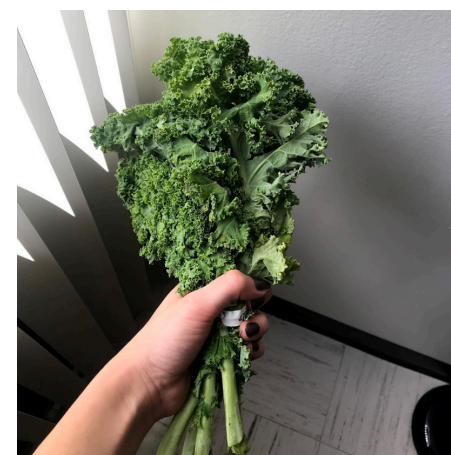
- 1 bunch kale
- 1 teaspoon salt
- 1 tablespoon olive oil
- Add other herbs or spices like garlic powder, paprika, chili powder and cayenne pepper to cater to your tastes!

Directions

1. Preheat your oven to 350 degrees Fahrenheit
2. Tear apart kale by hand, removing tough stems
3. Rinse useable kale
4. Spread kale across a baking sheet
5. Drizzle with olive oil and season evenly
6. Bake until edges turn golden brown, 10-14 minutes

Sneak kale into your smoothies

As long as you've got a blender, this is a great way to trick yourself into gorging on some greens. Throw in a bunch of sweet, tasty fruits and berries, and you can call home to tell your



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Kale is a green with an abundance of nutritional value and can be a great addition to a variety of meals.

mom you're eating your veggies all the time.

Ingredients

- 1 cup almond milk
- 1/2 cup greek or plain yogurt
- 2 cups kale
- 1 cup blueberries
- 2 tablespoons maple syrup (optional)
- 3-5 ice cubes
- Switch out blueberries for strawberries and bananas for variation!

Directions

1. Thoroughly wash kale and fruit
2. Add all ingredients to blender
3. Blend well until kale is evenly dispersed

Along with those two recipes, kale is a great addition to many dishes you may already make. Add it to soups, pastas and salads or sauté it with your other favorite vegetables to enjoy its rich, earthy flavor. You can buy a bunch of kale for only \$1 at your local Target or preferred grocery store, and for all the tastiness and nutrients it will bring, it's completely worth your money.

SOUNDBITE

"Visceral" by Getter

By: **Carli Lutz**
Chief of Visual Design

Tanner Petulla, known by his stage name Getter, is a jack of all trades within the industry. He is an electronic music producer, a rapper (Terror Reid), an owner of a clothing line (Trippy Burger), a Twitch streamer, as well as the owner of his own music label/collective called Shred Collective. On Sept. 28, Getter released his long-awaited full-length album "Visceral."

"Visceral," as explained by Getter in an interview with thissongissick, is his coping mechanism and also a diary of sorts. The album title itself speaks to this as "Visceral" relates to feelings that are so deep-rooted that they're hard to control and deal with. Prior to the release of this album, Getter explained how important this album is to him and how important it's been in his process of coping with his depression and anxiety. Through honest lyrics and emotional melodies, Getter makes it a point in each track to open up just a little bit more. Each melody, each drop, each sample is all thought out so intricately to create an album that hits home in one way or another to everyone who listens. It feels almost as if, while going through a full listen of "Visceral," you are living vicariously through his beats and feeling his every emotion. Not only is this album important to Getter emotionally, it is the first release he's made solely for himself and not just for the hype. It's totally different from anything he's ever released, and I'm here for it.

The opening track, "Purgatory" builds into the album that includes many musical themes from the following tracks within "Visceral."



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The album art for "Visceral" was created by Adam Medford aka @strange_creature_collages on Instagram and was originally put together as an analog collage.

It sounds like a track from a video game that might indicate a dream sequence. It's creepy but whimsical in a way that keeps you wanting more.

The fourth track on the album, "All is Lost," is the track that stands out the most to me on the album. "All is Lost" features nothing, nowhere., an indie rock and emo vocalist who is a perfect fit for this song in particular. The song is about feeling like everything around you is falling apart and going through a rough time. The song itself is beautifully produced and sounds like a combination of future bass and trap with faster paced drums in the background and hints of chimes and birds chirping here and

there. It builds pretty slowly to the drop, but it's totally worth the wait.

This feature-heavy album includes features and collaborations from AudioOpera, Allan Kingdom, nothing, nowhere., SweetSound, Midoca, Name UL, NJOMZA, Party Nails and Joji. Though nine songs out of the 12-track LP have features, it is not heavily reliant on the features like a lot of feature-heavy albums. Rather than taking away from the quality of the songs, the seemingly perfect-fit features each add a new layer to each song helping to emphasize the deep-seated emotion in each song.

"Visceral" was a project that Getter worked on over a span of three years, and it definitely shows. It's an album comprised of songs that can stand out on their own as well as fit perfectly together in one unit. It's amazing how much more meaningful and beautiful a project can be when you know the artist poured their heart and soul into it.

STAND-OUT TRACKS:

- All Is Lost (Feat. nothing.nowhere.)
- Numb (Feat. Allan Kingdom)
- Made for You (Alone Again)
- On My Way Out (Feat. Joji)



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TheCurrent

Group Halloween Costumes for you and all of your besties

By: **Lindsey Spina**
Contributing Writer

Halloween is quickly approaching, which means it is time to start planning your group Halloween costumes! Choosing your costumes can be a stressful event for some people, so I'm here to give you a few ideas. Whether you do the bare minimum or go all out is up to you, but either way, your group costumes are going to look spooktacular.

If this is your first Halloween participating in a group costume, I recommend you and your group take it easy. The seven dwarfs are the perfect group Halloween costume to start with, and it is extremely easy to execute. If you don't have seven friends, don't worry— this group costume can involve only three of the dwarfs and people will still know who you are. I recommend wearing simple denim shorts with a black tank top or t-shirt. Both black or brown low-rise or knee-high boots will work. Now it's time to get creative. You can go to any party store and pick up colorful hats to write or glue on the letters of which dwarf you are. Your options include: Sneezy, Sleepy, Bashful, Grumpy, Dopey, Doc and Happy. To add even more flare, you can create the belts that the dwarfs wear in the movie. Simply use a belt you have at home, cut out a square of brown construction paper and



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You and six of your friends can quickly and easily become the seven dwarves with colorful hats and matching outfits.

tape it onto to the belt. This is an easy and fun group costume and requires very little work.

To take on a classic snack that has been around for decades, you and your group could become M&Ms! This group costume is a great last-minute idea for those who weren't planning on doing a group costume. All you need is six friends maximum and shirts that are yellow, red,

blue, brown, green and orange. You can take a sharpie and write the letter M on the shirt, or you could even cut the letter M from a white piece of paper and tape or glue it on. You can wear any bottoms you want, but I recommend white bottoms to complement the letter M. If you want to take it to the next level, you and your group can wear white gloves. This is a costume that

any group can pull off and come out with some sweet pictures!

This next costume is perfect any group going in the dental route or in dental school. You and your group can be the different types of teeth. These could include being a wisdom tooth, canine tooth, baby tooth, sweet tooth, gold tooth and rotten tooth. This group costume requires planning and work. Using this idea requires wearing black leggings and a white shirt. However, to go the extra mile you could buy teeth costumes and wear them over your black leggings! For the wisdom tooth all you need is a long beard; the canine tooth requires doggy ears, a nose and a tail; the baby tooth requires a bonnet, bib, and bottle; the sweet tooth requires a bunch of candy; the gold tooth requires some swag; and the rotten tooth requires black and grey marks. This is a really fun group costume and will definitely be something people remember.

As you can see, your group Halloween costume can be really basic or can be on the extreme side. I hope everyone has a great Halloween night and that your group costumes are extra sweet!

Celebrating Halloween as an Adult

By: **Kali Wilson**
Contributing Writer

Halloween is not exclusive to children. There is a certain stigma that adults cannot celebrate Halloween like children do. Of course, it would be a little weird to see a 21-year-old person standing in front of your doorstep asking for candy; however, trick-or-treating is not the only Halloween tradition. There are other activities that adults can do without walking around town in superhero costumes and knocking on the doors of strangers for treats.

Halloween party

Costume parties are the perfect way to celebrate Halloween. Invite friends to dress up and have fun comparing outfits. Decorate your home with scary things like faux spiders, cobwebs, ghosts or even a smoke machine to have a spooky dance space. Revel in the scary atmosphere you created — make haunted memories in the comfort of your home and

enjoy your friends' company. If hosting a party is not for you, you could attend a costume party as well.

Horror on screen

If going out on Halloween isn't really your thing, grab a seat on the couch and prepare to explore the genre of the season: horror. Horror movies and television shows make a major comeback this time of year with new sequels and seasons. Shows like "American Horror Story," which released its newest season "Apocalypse," come out of hiding. Additionally, platforms like Netflix or Hulu will provide you with scary movies like "The Conjuring," "Hush," "Veronica," "Oculus" and "Children of the Corn". If you're into old-school horror, rent older movies like "Nightmare on Elm Street" or "The Blair Witch Project". Although you might not be afraid of someone dressed up as Michael

Myers, seeing his story on television will keep you fearful this coming Halloween.

Haunted houses

If you're someone that still likes to go out for Halloween seeking frightful activities, going to a haunted house will give you the scary experience you crave. There are several haunted houses near Davie that will make you wish your only concern on Halloween was not getting enough candy. These include the House of Horrors, located in Doral; the Enigma Haunt, located in Boca Raton, and the closest haunted house, Distorted Dreams Haunt, located in Lauderhill. As adults, we like to think we can handle the intensity of fear, but if you want to challenge yourself, you'll be in for a treat in these haunted houses. Each house will surely knock your adult socks off.

Treat yourself

Halloween does not necessarily have to be celebrated with daring activities. For the faint of heart who don't participate in scary things, the activity for you is to treat yourself and the neighborhood children. Go out and buy discounted candy, set up a plastic pumpkin bowl, fill it to the brim with the sweet treats you bought and set it on the side table by the door. When the doorbell rings and kids say, "trick or treat!" give them their candy and go back to a calm evening. Treat yourself to the candy you bought and relax around the house. Enjoy your blood pressure staying at a steady level instead of intentionally scaring yourself.

No matter how you celebrate Halloween, there is no age limit for this holiday. Kids will be kids and adults will be adults. We may do different activities because of our age gap, but adults can have just as much fun as kids do.

OFF SHORE CALENDAR

HED(P.E.)
Oct. 9 | 7 p.m.
@Respectable Street | West Palm Beach

Symphony of the Americas
Oct. 9 | 7:45 p.m.
@Broward Center Amaturio | Fort Lauderdale

Electric Six
Oct. 10 | 7 p.m.
@The Kelsey Theater | Lake Park

War of Ages
Oct. 11 | 6 p.m.
@O'Malleys Sports Bar | Margate

Romeo Santos
Oct. 11 | 8 p.m.
@American Airlines Arena | Miami

Iration
Oct. 12 | 6:30 p.m.
@Revolution Live | Fort Lauderdale

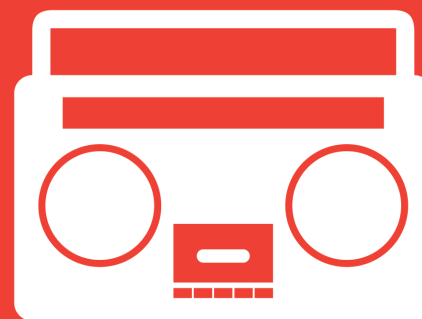
Alex Campos
Oct. 12 | 8 p.m.
@The Fillmore | Miami Beach

Kid Rock
Oct. 13 | 6:30 p.m.
@Coral Sky Amphitheatre | West Palm Beach

Anderson East
Oct. 13 | 7 p.m.
@Revolution Live | Fort Lauderdale

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ATHLETE OF THE WEEK:

JJ Guerra

By: **Krysyne Edler**
Contributing Writer

21 year-old JJ Guerra has been playing golf for 19 years. The Dominican golfer devoted himself to golf and has high aspirations of becoming a successful professional golfer. The senior business major is on pace to break NSU records during his last year as a Shark. The modest golfer was reluctant to discuss his accomplishments, but after he opened up, his aspirations do not seem out of reach.

How were you introduced to golf?

"I started playing when I was 2 in 1999, and my dad started playing in 1997. When he started getting better at it, he started taking me with him to the course in the golf cart and stuff. As soon as I could walk, I grabbed the club and started swinging, and I just kept with it."

How did you feel after securing your first individual tournament win of the season at the Griffin Invitational?

"It felt good considering that my first score of my first round didn't even count for the team. I was the worst on the team for the first round. Then to be able to come back and win the tournament, that was a feeling I've never had before. To come from way back and end up winning the tournament by four felt good. It gave me confidence. I know that going forward that is going to help me a lot. If I'm having a bad round or something, I know that I can still compete even with a bad round. It was a great way to start the year and a

huge confidence booster."

What are your goals as a golfer this season?

"I want to be the best player in the nation. I want to get ready for my professional career which is what I'm working for right now. This is just a personal goal of mine, but I want to be the person that wins the most individual tournaments in his career at Nova. I think I'm three short. I just want to get to that number."

What steps have you had to take on your path to becoming pro?

"To be honest with you, I used to be pretty bad at golf. I was pretty good in the general population, but to be a golf pro I wasn't even close when I was 16. Then when I was 17, I left the Dominican Republic to go to a golf academy when I was a senior in high school. I spent my last year of high school there in Orlando. Then I just got better there because I started working really hard. Before, I said I wanted to be a golf pro, but I didn't really work for it. Then I started working for it during my senior year of high school. I slowly just started getting better. Then I signed with Nova, and then this happened."

What gets you out of bed every morning?

"Workouts, class, and the fact that I want to get better. That feeling like someone out there is out working you, I don't like that feeling. I hate feeling like people practice more than me. Even though I'm not a morning person, I sometimes



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JJ Guerra presented with an award at the Griffin Invitational.

prefer to do it to get out on the course, to be the first one there and last one there. Just to feel like I'm outworking them, even though they're playing better than me. The fact that I work harder than them makes me feel better about myself, and like I can beat them or feel like I deserve to beat them in a way.

What is your favorite memory on the golf course?

"Growing up I had a lot of really good memories with my dad that we shared on the course. My best memory of all time was [when] I shot 60 in the beginning of April 2017. That was the most fun I've had in my life on the golf

course. My dad was there to see it. He came for three days just for that tournament and to be able to do it in front of him was just fun."

Who is your role model?

"Off the course it's my dad. I've always looked up to him and my mom. On the course, I would have to say Tiger. I know off the course he hasn't been the best of people, but to turn his life around like he has in the last five, six years. To come back and win two weeks ago, I feel like that's pretty amazing. To be that low and try to come back from it is hard to do."

What are your goals as a professional golfer?

"It's a different life when you turn pro. You're playing for money. You're on your own. Here, you have people that are helping you to get better, but when you turn pro you're on your own. I just want to be able to have fun and have a good time while I'm doing it. If I'm having a good time, I'll probably be making a good amount of money. That's the hard thing about golf. If you're good at it and you're a good professional, then you'll be okay. But if you're not good, it's going to be a hard life. There's not much money if you're not good at it."

Where do you see yourself in 10 years?

"On the PGA tour, having fun with the sport that I love and the people I love around me. Hopefully [I'll have] a few tournaments under my belt and a green jacket."

ON DECK

MEN'S SOCCER

vs No. 2 Palm Beach Atlantic
Oct. 10 | 7 p.m.
NSU Soccer Complex

vs Saint Leo
Oct. 13 | 7 p.m.
NSU Soccer Complex

WOMEN'S SOCCER

@ Palm Beach Atlantic
Oct. 10 | 6 p.m.
West Palm Beach, FL

@ Saint Leo
Oct. 13 | 6 p.m.
Saint Leo, FL

WOMEN'S VOLLEYBALL

@ Barry
Oct. 9 | 7 p.m.
Miami Shores, FL

vs Embry-Riddle
Oct. 12 | 7 p.m.
Fort Lauderdale, FL

vs Florida Tech
Oct. 13 | 7 p.m.
Fort Lauderdale, FL

WOMEN'S ROWING

Head of the Indian Creek
Oct. 13 | TBA
Miami Beach, FL

OUT OF THE SHARKZONE

Hailie Deegan becomes the first female winner in NASCAR K&N

On Sept. 29, Hailie Deegan, the daughter of X Games motocross rider Brian Deegan, became the first female winner in NASCAR K&N. Coming into the race on Monday with two runner-up finishes, the seventeen year old from Temecula, California finished the race with a lead in the final lap. Deegan is the leading rookie-of-the-year and drives for Bill McAnally Racing.

Golf fan blinded by errant tee shot

According to USA Today, Brooks Koepka, an American golfer, said he's "all messed up inside" after his tee shot at the Ryder Cup last Saturday hit spectator Corine Remande. It has been confirmed that the 49-year-old from Egypt was blinded by the incident which fractured her right eye socket. At this time, Remande is considering taking up legal action against the tournament organizers to pay for her medical expenses.

Women's soccer team triumphs over Mexico in World Cup qualifying game

Last Thursday was the first of what is hopefully a long series of wins for the United States women's soccer team. The 6-0 win against Mexico, the only team to ever beat the U.S. women in the World Cup qualifiers, puts the team in a good place to continue their momentum into the coming games. The U.S. women completed twice as many passes as Mexico in the first half and accumulated more than 70 percent possession. The 2018 CONCACAF Women's Championship will serve as the CONCACAF qualifying tournament for the 2019 FIFA Women's World Cup.

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On The Bench:

Same game, less green

By: **Emma Heineman**
Features Editor

Women play the same games, with the same equipment and for the same amounts of time as men. The difference between the two: their pay. Since the enactment of Title IX, many professional sports opportunities have been opened to women. Women coach, referee and participate in many major sports including football, tennis, soccer, and even NASCAR. While it may seem like a large step in the right direction, there is still a far way to go to achieve equality.

One of the largest issues, the pay gap, is a problem that transcends all aspects of society. On average, a women makes 80 cents for every dollar made by a male counterpart. In the sports world, the disparity is even more

alarming. Recent figures from the National Women's Soccer League shows that the women players make an average of \$99,000 per year, provided the team wins 20 exhibition matches, the minimum number of matches they would play. Men, on the other hand, earn an average of \$263,320 for the same feat and still earn \$100,000 even if the team loses all 20 games. Women receive no extra pay for playing any additional matches above 20, while the men earn anywhere between \$5,000 and \$17,625 for each additional match.

This means, on average, men make two to three times as much as women playing the same sport. The pay gap isn't caused because of more support for men's teams. In fact, the women's

teams in the last World Cup had the highest number of viewers, some 25.4 million, for a soccer game, mens or womens, in the United States.

The trend also appears in basketball. According to Newsweek, in 2014, 52 National Basketball Association (NBA) players each earned more than all of the players in the Women's National Basketball Association (WNBA) combined. The league minimum in the NBA this season is \$525,000. The WNBA league minimum last summer was \$38,000. While it is important to note that the women have a 34 game regular season in comparison to the 82 game season of the NBA, the wage gap still demonstrates women earning less than one-

sixth the salary of their male "equals."

Tennis is one of the most lucrative sports for women. It is the only sport which lists women on Forbes "world's highest paid athletes" list. Maria Sharapova placed 26th (\$29.7 million) and Serena Williams 47th (\$24.6 million).

While it is important that women do have a step up in the world of tennis, their place in most other sports has a long way to go. It doesn't make sense that someone doing the exact same job should be paid so much less than a man. If they play the same game, and are good at it, they should be compensated for the work they complete.

SPORTS SHORTS

Women's Volleyball

The Sharks played on Saturday against Florida Southern. NSU started the first set with a 6-0 to get a 7-2 lead. The Moccasins came back with a 9-2 run to steal and hold onto the lead for the rest of the set. Senior Denvyr Tyler-Palmer got a kill, her record-breaking kill of the night, to cut the lead to four, making the score to 18-14. The Mocs went on another run of 7-1 for a 25-15 win. In the second set, the Sharks weren't able to get a lead, as the Moccasins got a 13-6 lead. Later on, NSU was able to go on a 3-0 run with kills by senior Maddie Uilk and graduate student Leslie Atherton, with help from an error by the Mocs to get the score to 23-18. Florida Southern got a 2-0 run to win the second set. The Sharks were able to hold the lead through the majority of the third set. When the score was at 11-10, sophomore Gabby Bauch made a kill and the Mocs got an error, bringing the score to 13-10. When Florida Southern came within one point, the Sharks took off on a 8-2 run for a score of 22-15. The Moccasins wouldn't give up, going on a 10-1 run to win the set and the game.

Men's Soccer

On Saturday, the Sharks defeated Rollins 3-1 for the first time in 10 years. In the first eight minutes of the game, graduate student Bradley Fountain took three shots on goal but all were blocked by Rollins keeper. In the 19 minute of the game senior Darwin Lom earned himself the first goal of the game and his sixth goal of the season which was assisted by senior Arns Carrenard. Three minutes later, sophomore Sebastian Loibl beat the goalkeeper one-on-one with an assist by graduate student Curtis Thorn, marking his ninth goal of the season. In the beginning of the second half, Rollins came back with a goal to trim the margin. Later on, junior Stefan Faistenauer scored the final goal of the game, assisted by junior Ignacio Goya and Loibl. This game improved junior keeper Titouan Le Roux's SSC-leading numbers to .889 save percentage and .318 goals-against average in play.

On Wednesday, the Sharks suffered a loss against Barry 2-1. Barry struck six minutes into the match scoring with a free kick 21 yards out. The Shark tried to tie minutes later with shots by Loibl and Fountain, but both were blocked. In the 15 minute, Faistenauer lined up for a penalty kick but it was yet again, blocked by Barry. The Sharks first goal of the night came from freshman Aleks Berg, which was assisted by graduate student Jan Luca Ahillen in the 27 minute of the game. In the 59 minute, Barry scored from 20 yards out to seal the deal. This loss marked the end of the eight-game winning streak for the Sharks. The Sharks made 21 shots overall with 14 on target, yet Barry's keeper held strong with 13 saves.

Women's Golf

On Tuesday, the Sharks won the BUBBA Burger Jacksonville Classic. This win was led by senior Sophie Madden who shot an even-par 72 in the final round to earn a second career win at one-under par for the classic. The Sharks fended off NCAA Division I programs Coastal Carolina and College of Charleston for their eighth victory in their last 10 regular season tournaments. Freshman Hanna Ahlander tied for 13th place with a strong final round of (+1) 73. Senior Aldana Foigel earned 16th place which gave the Sharks three players among the Top-20. NSU paced in both par-4 and par-5 with stroke averages of 4.08 and 5.00. Overall, the Sharks 179 pars were two more than any other team in the field. Madden has now garnered eight Top-10 finishes in her previous nine tournament starts.

Women's Soccer

The Sharks four game winning streak was broken by a 3-1 defeat by Rollins on Saturday. The Sharks pressured Rollins early by outshooting 7-1. But a costly foul in the 34 minute of the game resulted in a penalty kick with gave Rollins the lead 1-0. In the 40 minute, Rollins scored again to double their advantage. In the second half, Rollins had the upper hand with a third goal in the 53 minute of the game. However, junior Liz Haizlip scored her first goal of the season for the Sharks in the 84 minute of the game but it wasn't enough for the Sharks to regain momentum. NSU held a 10-9 advantage in shots and a 3-2 advantage in corner kicks in this match-up. The Sharks now stand 7-5 overall this season and 2-2 in the Sunshine State Conference.

On Wednesday, the Sharks met their match with No. 8 Barry, which ended in a tie game. In the first half, junior Emma Heikkila drilled a strike to give the sharks an edge by the 18 minute of the game. In the 67 minute of the game Barry answered for an equalizer. A corner kick by Heikkila in the 84 minute gave a strong opportunity to the Sharks but the attempt was eventually shut down by Barry's defense. This draw marks the first in the Sharks regular season since it's tie last year against Florida Southern. Barry outshot NSU by a 17-16 margin but the Sharks held a 5-2 advantage in extra time. Heikkila's goal of the game marks the fifth goal of the season which now ties her with senior Jemma House for the team lead. Freshman keeper Natalie Robayna collected four saves in the game which brings her goals against average down 1.53.

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Sharks attack but relax

By: **Taylor Murphy**
Contributing Writer

Ever since I was young, I always associated sharks with death. As a child watching Shark Tale and Finding Nemo, the stigma that sharks are a natural enemy was planted into my brain. This was further cemented by movies like the Jaws franchise and Open Water. Hollywood painted sharks as vicious bloodthirsty, flesh-eating monsters whose favorite dish is “human à la mode.” However, that is not the case. Sharks don’t swim the ocean on the hunt for human flesh.

If that were true, most sharks would be extinct by now. Not only that, out of the 480 shark species, only three of them cause the most

damage. Those species are the great white, tiger and bull sharks. While there is an influx of shark attacks, it has more to do with the number of humans in the waters than anything else. The International Shark Attack File, or ISAF, points out that as beach attendance rises, so does the number of shark attacks. Shark attacks are tragic, but they are also rare and fatalities are even more rare. While people have died from shark bites, the bite is more of a ‘dog bite’ so to speak.

According to an article written in July on an Australian news website news.com.au, expert shark keeper Aaron Hay even went so far to say that on average 24 people died a year from

being hit in the head by a flying cork which is compared to the six or seven being killed by sharks around the world.

The truth is that humans are killing sharks more than sharks are killing humans. According to the article “Shark Attacks,” statistics show that humans are responsible for the deaths of 100 million sharks per year,

Hay continues to describe the first bite of the shark which was dubbed as the ‘test bite.’ To sharks, people look like these black blobs in the ocean and mistake us for an injured seal or turtle.

“That test bite can do some damage,” said Hay. “They don’t have hands like we do to feel

first — all they’ve got is their sense of smell and a mouth and unfortunately that mouth has very sharp teeth.”

While it is unlucky, it is the unfortunate fact. Sharks don’t deliberately attack humans because they are blood thirsty. They actually find us bland and lacking the meat that they know and love from seals. Sharks are not murderers. They are an essential part of keeping ocean ecosystems balanced and healthy by maintaining the fish population.

Freedom of the Press is still a thing... At least I think

By: **Alexander Martinic**
Section Editor

Since before the 2016 presidential election, issues involving fake news and journalism have been floating around the political stratosphere, mainly being proposed by one side of the aisle. President Trump has repeatedly, and fondly, referred to journalists and the media as the “enemy of the American people.” He also has referred to major media outlets, such as the New York Times and CNN, as “fake news.” Comments like these are detrimental to the already shaky relationship between the press and the government.

The current political climate’s attitudes towards the press begs the question, is freedom of the press still an unalienable right? Many Americans are adamantly against the freedom of the press. According to a series of polls conducted this year by The Boston Globe, over a

quarter of Americans agreed with the statement, “the president should have the authority to close news outlets engaged in bad behavior,” with “bad behavior” being at the discretion of the president. Of those who agreed with that statement, 13 percent believe that “Trump should close down mainstream news outlets, like CNN, The Washington Post and The New York Times,” according to the same series of polls.

The current administration also has a history of mocking and mistreating journalists. While on the campaign trail, Trump mocked New York Times reporter Serge Kovaleski for his disability. More recently, on Oct 1 at a press conference regarding the new Canada and Mexico trade agreements, Trump attacked CNN reporter Kaitlan Collins and ABC News’

Cecilia Vega. When Vega did not immediately ask a question, Trump added that “she’s shocked that I picked her. She’s in a state of shock,” in an attempt to belittle her. To which she responded with, “I’m not. Thank you, Mr. President,” which he incorrectly heard as “I’m not thinking.” He furthered his attempt at belittling her by saying “that’s okay, I know you’re not thinking. You never do.”

Trump’s attack on Collins happened prior to her asking a question. Her question, which was in regard to Kavanaugh’s consideration for the Supreme Court, was cut off by Trump saying, “you know what. You’ve had enough. You’ve really had enough.” Obviously, these are not isolated incidents. Since the start of his presidency, Trump has attacked MSNBC anchor Mika Brzezinski, NBC journalists Megyn Kelly

and Katy Tur and New York Times columnist Maureen Dowd, all on the basis of gender stereotypes. While the Republican party worries that it is losing female voters, Trump’s actions show that he does not share their concern.

Thomas Jefferson once wrote, “were it left to me to decide whether we should have a government without newspapers, or newspapers without a government, I should not hesitate a moment to prefer the latter”. Freedom of the press is a key part of our society and has been since colonial times. The general populace must stay informed and the press is integral in maintaining an aware population. At first glance, the actions and attacks of the president on journalists show a growing divide between the press and the government, but it also drives a wedge between the press and the people.

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I'll have the first laugh

By: **Kathleen Crapson**
Visual Design Assistant

October is National Bullying Prevention Month. If you've read my byline, then you could safely assume that I am an expert on bullying. With a name like "Crapson," my life has been riddled with interesting encounters, especially when strangers learn my last name.

Although the bullying that comes from my last name is superficial name-calling, it is a welcome mat for further bullying. Childhood and adolescence was quite an experience. In middle school, someone let it slip that a girl had been calling me "Crappy Crapson" since elementary school.

At the time, I thought the only solution was changing my last name. My mom looked into legally changing it, but it was too expensive. The next best thing was clinging to the archaic idea that when I get married, I would take my husband's

name. My bullying would cease, and my life would be completely different. As ridiculous as it sounds, I wanted to forge a new identity, exempt from the past.

But here I am, 22, unwed, and still facing the "Crapson controversy." While names may just be words, I have let it define me for far too long. One of the main tenets of coping with bullying is to reclaim the words that are used against you. So, I am reclaiming "Crapson." For me, it means victory. Most people have their father's last name, but I have my mother's maiden name. She fought for my name; and I plan to hold onto it, despite the notoriety it brings me.

"Crapson" will always be a part of my experience. The occasional rude person still waltzes into my life, and I can anticipate their laugh. So I laugh first now.



Seriously Kidding

A satire column.

Life or Debt: A scholarship that keeps you afloat

By: **J. L. Glasthal**
Contributing Writer

The Life or Debt Scholarship is sweeping the nation, providing money for all of the low-income students who earn less than the federal loans they have to take in order to stay in their full-time classes. In an age where the only thing more stressful than loan debt is applying for loans, the Life or Debt Scholarship is lifting the spirits of undergraduate students. No longer will students have to worry about the 3.8 to 100 percent increase in tuition rates.

The Life or Debt Scholarship has a very simple application process. Applicants send a written application with all of their financial aid information. Then, applicants send a picture of the two most expensive things their family owns. However, applicants planning on sending a picture of a house are better off sending a second picture of a bike. Homeowners with cars have no shot at getting the scholarship. In the past, a winner sent a picture of a slice of bread and a used candle the size of an iPod Nano. Once the pictures and financial aid information are sent, applicants must send a two minute long video explaining why they deserve the

scholarship. If students are worried about the video quality, don't fret. The scholarship administration does not expect anyone with an iPhone newer than the fourth generation to need the scholarship.

Chet Chamberlain, an undergraduate student who is a member of the student-centered Learning Institute for Every Student (LIES), said, "I love going to my university, but I can't afford to pay for my education. The tuition is only getting higher."

Chamberlain and over 1,000 other students no longer have to feel the weight of their school's construction bills. The Life or Debt Scholarship will pay for everything. Students who are chosen to earn the scholarship will have a full ride for their college. Application submissions are now open on the federal website www.lifeordebtscholar.com.

Please be advised, schools that do not accept money from this scholarship include: private institutions, ivy league, public colleges, trade schools, international universities, pre-k, religious institutions, and after school karate programs. Students can expect any school that charges for education to not accept this scholarship.

Sorry we can't be friends because our signs aren't compatible

By: **Madelyn Rinka**
Co-Editor-in-Chief

Astrology is frequently lumped into the broad category of what many westerners believe to be false, fanciful fiction. The practice, present in several cultures over the past centuries, is based on the belief that the position of the stars in the sky can impact how one lives their life. Conceptually, it makes sense in a historical context. Ancient peoples, and even some remote modern ones, used the stars to navigate, tell the time of year and gave hints as to weather patterns that may come ahead. Some cultures even believed that their deities lived in the sky. To them, it would make sense that to believe that the stars ruled their lives because in many ways this was already true.

But now is the age of science, and a lot of people don't believe in this type of spiritual "nonsense." In 2016, NASA published

a scathing article explaining that astrology is a pseudo-science and doesn't actually have any weight behind any of the claims. In essence, they said these beliefs are incredibly outdated and ridiculous.

However, some scientists have found correlations between the months someone was born and certain illnesses or behaviors. According to Psychology Today, for example, those born in February are more likely to develop schizophrenia, winter and early spring birthdays have higher rates of bipolar disorder and dyslexia may be higher in the summer months.

A Japanese study found personality traits have tendencies to be higher in certain months as well. Agreeableness was found to be lower in December through February. A similar study

done in Sweden reported February through April birthdays likely have increased novelty-seeking behavior. Some astrologers use this as "scientific proof" that the time and location of when and where we were born does have the power to rule our lives.

But does this mean that psychology and science has proven astrology to be true? Probably not. Correlation does not equal causation, meaning that just because something looks like it might be the cause of something, doesn't mean it is. There's plenty of other explanations for these findings—the age one enters school, the weather for their first few months of life and much more.

That doesn't mean astrology is completely fake. Whether or not the stars and planets can control your life doesn't necessarily have to

be the question here—it's whether or not you believe they do. If your horoscope tells you that you're going to have a good day, and because you've been told that, you'll project that idea onto yourself and maybe seek out things that will make your day better. On the other hand, if all the news outlets are declaring that all of your communications will run into the ground because mercury is in retrograde and you believe it, maybe you'll be a little less careful with your messages. Whether or not you believe it's real, the placebo effect is. If someone gets positive effects from believing in astrology, don't use your angry internet science degree to rain on their good horoscope.

SHARK SPEAK

HOW DO YOU FEEL ABOUT THE SWITCH FROM BLACKBOARD TO CANVAS?



"I think that the switch has been a really positive one. Blackboard used to be an outdated program that I feel was often confusing to use. A lot of things were difficult to access, and now that we have Canvas, I have seen that it's a much sleeker, more modern program for us to use. I'm overall satisfied with the new program that we are using now."

- **Adrian Alfonzo**, senior business major



"I don't really feel like it's any different than Blackboard, but the whole convenience of it and having to relearn a new system was difficult for me at first, but I know that it helps out a lot of online classes. I think it's more user friendly, when you're actually within the application, versus being able to communicate with professors where you're not actually in class with them. I don't have that, but that's what I've heard."

- **Samantha Blasko**, senior exercise and sports science major



"I feel like it's much easier, and everything is easier to navigate. It's more organized, so I can find everything I need for my classes more [efficiently]."

- **Caroline Crispino**, senior theatre major



"I think Canvas is more efficient and has more clearer options on how to get to your primary things for your classes. Compare it to Blackboard, which I feel like was more unprocessed wealth. When you actually went on the site, it wasn't aesthetically pleasing, so it made that process of going to see your classes, and what's there so on and so forth, a little bit more difficult than Canvas does."

- **Alonzo Williams**, graduate student in the college student affairs program



"Canvas looks nicer and at times it can be easier to use. I have heard from professors that sometimes the grade inputting process, putting up modules and different things can be difficult. But I think for the future, it's a good change. I know right now it's new so a lot of teachers are getting used to it. I like the interface and how it works, and I feel it will be the future of NSU's shark learning."

- **Ferran Rivas**, junior biology major

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Minimum GPA & Major: 3.0 GPA/ Any STEM major

Skills/Experience: Familiarity with the research process; basic understanding of psychological concepts; completion of core psychology courses; and previous research experience and knowledge of SPSS preferred.

Marine Biology

Student Participation: We are looking for undergraduate students interested in assisting with the collection of scientific papers and journal articles pertaining to the 30+ non-native species of fish found in Florida marine waters.

Time Commitment: 10 hours per week; summer hours may be available.

Minimum GPA & Major: 3.0 GPA/ Any STEM major

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