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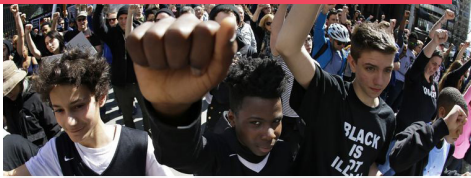
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CELEBRATING 50 YEARS OF THE BLACK POWER FIST



Features



Where did the Black Power Fist come from?

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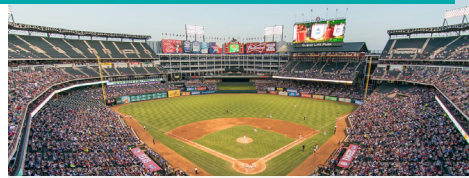
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Skip the department store and try these indie perfumes

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Clearwater Campus under construction

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

Moss Construction & Associates is well underway with the construction of the Dr. Kiran C Patel College of Osteopathic Medicine and the Dr. Pallavi Patel College of Health Care Sciences in Clearwater, FL, expected to open in Aug. 2019.

Last year, the Patel Family Foundation announced that they would commit \$200 million to NSU for future development. Part of that investment involved an \$150 million real-estate investment to develop the NSU Tampa Bay Regional Campus in Clearwater, FL to replace the pre-existing campus in Sabal Park.

This new 27-acre campus will replace the current facilities of the NSU Tampa Bay Regional Campus. There are approximately 1,100 students and 90 faculty members at the existing Tampa Bay campus. Current students will not be affected until the new NSU Tampa Bay Regional Campus in Clearwater is fully operational.

This new campus will host the existing 29 bachelor's, master's and doctoral programs



Here is an aerial view from the south side of the construction site taken last month. PRINTED WITH PERMISSION FROM D. ALFONSO

at the Tampa Bay facility. The Commission on Osteopathic College Accreditation (COCA) has granted approval for this new facility and the college plans to accept an incoming class of 150 D.O. students.

"It's a tremendous expansion of our universities reach," said Daniel Alfonso, vice

president of facilities management.

According to a media statement on Sept. 20, "the structural steel is approximately 65 percent complete and on track to be completed by the end of October," said Michelle Daniels, communication specialist at Moss.

As of last month, the construction of the

multi-level parking structure has begun. It will hold 1,377 spaces and be located on the south side of campus. There are future talks with the city of Clearwater to widen the access road due to the expectation of higher traffic conditions once the campus is open.

The 325,000 sq. ft. site sits on an area of land surrounded by wetlands, mangroves and bird nests. Because of this, NSU and Moss construction have been working with environmentalists to make sure any environmental concerns for the site are addressed and not disturbed in any way.

"It's a very interesting project since not only it is nestled in the bay but it is nestled within surrounding area that is environmentally sensitive. We have been working with the environmental protection of the city and county government which has been an important part of this project as well," said Alfonso.

Based on the most recent update, the site is currently scheduled for a certificate of occupancy by June 21, prior to the start of classes.

Add to your bookshelf at the used book sale

By: **Krysyan Edler**
Contributing Writer

Make room on your bookshelf because the Alvin Sherman Library will be hosting their 26 semi-annual used book sale.

The book sale will be open for NSU students Oct. 25 and 26 from 10 a.m. to 6 p.m. and Saturday Oct. 27 from 10 a.m. to 3 p.m. There is also a special pre-sale for NSU faculty, staff and Circle of Friends members on Oct. 24 from 4 to 6 p.m. Cash and checks are the only methods of payment that will be accepted.

There are over 300 boxes of textbooks, fiction, non-fiction and children's books to be sold. All items are priced at \$3 and under and there are several bundle options at low prices. A bundle of one to three fiction hardcover books are bundled for the price of \$2. There will be something for everyone with DVDs priced at \$1 each, Blu-rays priced at \$2, CDs for one dollar and video games for \$3.

Although the books are priced at a low cost, the books' quality is not compromised. "They're a great deal," said Emily Bibisi, library administrative coordinator. "It's kind of ridiculous. We physically check every book. You are never going to find a book that is dirty, written in or highlighted. It is just a really great deal. It's a win-win."

Several of the items for sale are donations made to the library. The books collected come from estates, members of the community, faculty and other libraries. These donations are either added to the Alvin Sherman Library's collection or put up for sale in attempt to find a good home. The Alvin Sherman Library has also donated items from their vast collection.

"Somebody wants [that book]," said Susan Berkman, library assistant director of collection development and technical services.

"After the book sale whatever is left we give to Better World Books. We ship it to them. They try to sell it on their website, and then they send us checks as they sell it. Sometimes the psychology department if they are working with a school, program or children in need, they'll ask for some of the books left over and bring them to local schools. We have done [donations] for a charity in the Bahamas one time. They get distributed back to the community."

"People get attached to their books," said Berkman. "One of my friends is moving. She went into her attic, and she pulled out her books. Now she has a grandchild, so she has pulled out all the Dr. Seuss that her kids had, all the Nancy Drew and all the books we read as a kid.



Find your new favorite book, CD, video game or DVD at the Alvin Sherman Library's used book sale. PRINTED WITH PERMISSION FROM E. BIBISI

It's nostalgic."

This book sale solely benefits the community. All the proceeds will contribute to the Donald E. Riggs Library Education Assistance Fund and provide four scholarships to library staff members. These scholarships will allow four librarians to continue their education in the library sciences.

For those interested in donating their gently used books, donations are accepted throughout the year. Donations can be dropped off at the library's circulation desk. Students and community members can add to their personal library and help library staff members at the same time.

News Anchor

Stay up to date with international and national events.

Hurricane Michael causes destruction in Florida's Panhandle

Hurricane Michael hit the Florida Panhandle as a category four hurricane on Oct. 10. The storm quickly grew into the most powerful hurricane to hit the Gulf Coast on record and the fourth largest hurricane to hit the US. As of Oct. 12, CBSLocal reports that at least 17 people have died in the storm. FEMA administrator William Brockmann says that they are currently still in "life-saving mode" and are still rescuing people from their homes.

All F-35 fighter jets temporarily grounded following crash

All US F-35 fighter jets and those operated by international partners have been temporarily grounded following a crash in South Carolina in September. The Joint Strike Fighter, also known as the Lightning-II, will have their fuel tubes inspected. A statement from F-35 Joint Program Office said "if known good fuel tubes are already installed, then those aircraft will be returned to flight status." The Marine Corps F-35B variant crash last month led to the suspicion of fuel tube issues, according to NPR.

A "breakthrough" new migraine drug approved by FDA

The FDA has approved a treatment called Emgality that aims to stop migraines before they begin, according to CBS. Minneapolis based headache specialist Dr. Gary Berman said "this is a huge deal, this is the best migraine medicine we had ever." Emgality is delivered through a once-a-month self-administered injection. The cost of the treatment is \$575 a month and the drug company Lily has offered some people a free year's supply.

Possible Toys R Us comeback to emerge from bankruptcy plan

Financial firms are planning to keep the Toys R Us company alive following its bankruptcy. The key investors have planned to keep the same brandings and mascot, Geoffrey, and creating a new wholesale venue called Geoffrey's Toy Box. USA Today reports that investors aim to have pop-up-stores around the holiday season and possibly re-opening Toys R Us and Babies R Us stores.

The Current

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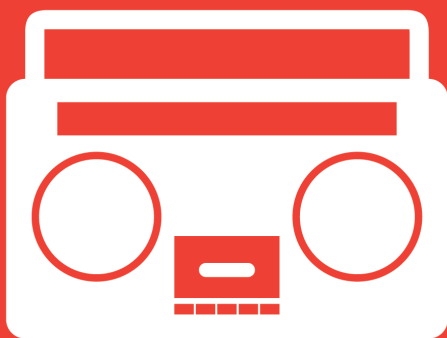
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WE'RE ON AIR AND WHEN WE'RE
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Visions of the Holocaust

By: **Alexander Martinie**
Section Editor

Starting on Oct 22, the Alvin Sherman Library will host the Visions of the Holocaust exhibit. This exhibit will feature a set of colorized images from the United States Holocaust Memorial Museum and Yad Vashem the World Holocaust Remembrance Center. The images were colorized by artist Yusuf Tolga Unker.

Housed in the Alvin Sherman Library, NSU's Holocaust Reflection and Resource Center was donated to the university by Craig and Barbara Weiner in 2016. Barbara and Craig are the co-founders of the Holocaust Learning and Education Fund, Inc., a nonprofit organization that encourages "the expansion of Holocaust education in the United States".

According to an NSU media release, "the room offers NSU students, and the general public [a place to] learn about, and to contemplate the horrendous acts that result from intolerance and hate. One of the two rooms houses a number of computers with headphones for NSU students, members of the faculty, staff

and the public at large to research and watch thousands of survivor testimonies, utilize a Holocaust encyclopedia and research images, films and topics of interest linked to research museums and memorials around the world including the United States Holocaust Memorial Museum in Washington D.C., Yad Vashem in Israel, the Museums at Auschwitz, Buchenwald, Dachau the Shoah Foundation and the Imperial War Museum in London".

"The vast majority of images that were taken in the 1930s and 1940s were black and white images. Very often, what people will do is look at them say how sad and they will continue walking. On the other hand, when you put these pictures in color, the images become far more impactful to the viewer. You end up having the emotion and the feeling that the people in those images would want you to have," said Craig Wiener. "It's an extraordinary exhibit. There has been no exhibit like this in South Florida in the past."

Nova High School student stabs fellow classmate

By: **Alexander Martinic**
Section Editor

On Friday, Oct. 5, Davie Fire Rescue and Police responded to a report of a student being stabbed during a fight at Nova High School. According to sources at WSVN Channel 7 News, two students were fighting, then one grabbed a pair of scissors and proceeded to stab the other in the leg. The student that was stabbed was transported to Westside Regional Medical Center for treatment of minor injuries obtained in the altercation. The names of the students involved in this incident have not been reported.

The school was placed on a temporary lockdown as students were removed from the area while the offender was detained. "There were minor injuries. There was a lockdown because it's a school and it's better to be safe than sorry," said Davie Police Sgt. Mark Leone to the Miami Herald.

The student has been charged with one count of aggravated battery with a deadly weapon, according to the official incident report provided by Stg. Leone. In the report written by Officer Nicholas Madias, the arresting officer and Nova High School's School Resource Officer stated "on 10/5/2018 while on duty as the SRO for Nova HS I was contacted by school security at approx.. 1630 [4:30 p.m.] hours that a physical altercation had occurred on campus that resulted in student/victim [victim's name redacted] being stabbed by a student later identified as [offender's name redacted]. The incident occurred at the dismissal of school in the bus loop area located to the

rear of the campus".

It was alleged that the fight was due to rumors that the offender heard about the victim wanting to fight due "to an incident that occurred the previous day. At no time did [offender's name redacted] notify administration or faculty about this in an attempt to prevent any further incidents". The fight was then instigated by the victim, who "struck [the offender] in the back of the head with a closed fist causing him to trip and fall to the ground," the victim then proceeded to repeatedly strike the offender in the head. When the arresting officer asked the offender why he had the scissors "in his pocket and not in his book bag," the offender responded with "he was in fear the [victim's name redacted] was going to 'jump' him after school and that he put the scissors in his back pocket for protection".

Upon arrest, the offender was transported to the Broward County Juvenile Assessment Center in Fort Lauderdale. According to the Broward County Sheriff's Office website, the Juvenile Assessment Center (JAC) "is the central receiving and intake facility for all arrested juveniles in Broward County. The JAC is a 24 hour 7 day a week processing facility for arrested youth. Youth brought to the JAC by law enforcement officers are fingerprinted, photographed and booked. In addition, youth receive assessments of their risk to the public, mental health and substance abuse disorders, and referral to court and community services."

News Briefs

NSU Genomics Core Facility proposes 2018 Illumina RNA-Seq Pilot Grant Program

The Translational Research and Economic Development Genomics Core Facility is proposing pilot projects using the Illumina NextSeq 500 platform for RNA-Seq applications. The goal of this new program is to give students a unique opportunity for gene expression research projects at minimal cost that can catalyze further sequencing studies at NSU. Proposed research must be relevant to basic, translational, and/or clinical science. The Genomics Core Facility will provide the sample preparation and sequencing free of charge thanks to a generous donation of sample preparation kits and sequencing consumables from Illumina. The deadline for applications is Oct. 31. For more information and to apply visit www.nova.edu/research/core-facilities/genomics/

2019 NSU Scholarship Fishing Tournament announced

The Halmos College of Natural Sciences and Oceanography is announcing the 2019 NSU Scholarship Fishing Tournament. The offshore fishing tournament will begin on Saturday, Jan. 12, with lines in at 7 a.m.. Students interested in the tournament are invited to a Pre-Fishing Tournament Reception at Lauderdale Yacht Club at 5:30 p.m.. All proceeds from Tournament donations go to the endowed NSU Fishing Tournament Scholarship Fund. For more information, visit www.nova.edu/fishingtournament/.

CAHSS 'Dance Works' to take place in November

The College of Arts, Humanities, and Social Sciences (CAHSS) will be hosting "Dance Works" on Nov. 2 and 3 at 7:30 pm in the Performance Theatre in the Don Taft University Center. Students will be performing works choreographed by NSU staff, students, and guest choreographers. To purchase tickets, cahss.nova.edu/departments/pva/

Union hosts the Diva Performance in the UC Spine

In celebration of LGBT History Month, Union is hosting the Diva Performance on Oct. 17 from 7 to 9 p.m. in the UC second floor lounge. Students will get to experience a drag queen show that is filled with music and dance. Union is the LGBT student organization on campus, so be on the lookout this month for more events that celebrate acceptance on campus. For more information, visit <https://orgsync.com/46467/chapter>.

Irish Film Festival

In the mood for a movie night? Look no further because the Alvin Sherman Library and the College of Arts, Humanities and Social Sciences are sponsoring the Irish Film Festival. Thanks to Professor David Kilroy, we will get the chance to see independent Irish film on campus. At this year's film festival, they will be playing two documentaries, and one feature length film. If you would like to come and see a free film, the dates are Nov. 5, 6 and 7 and it will be located in the Alvin Sherman Library. For more information, contact dkilroy@nova.edu.

GCM to host 'The Real You is the New You' event

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

On Oct. 17, Greenhouse Campus Ministry or GCM, a student organization on campus, will host the third annual outreach concert for students with games, live performances and food on the Flight Deck patio at 7:30 p.m..

This free event, entitled "The Real You is the New You" will focus on student experience and teach students about GCM and allow them to explore their faith. According to Greg Grzesiak, GCM's college outreach director, this event will give students an outlet and start a conversation on how to connect with their spirituality and cultivate a relationship with God.

"I don't want faith to be pushed on people but presented to students and maybe they can experience hope through [this event]," said Grzesiak.

In the past, this event was held within the Mailman Auditorium but with the success of the "Night of Worship" event on Aug. 20 at Flight Deck, the organization has decided that the Flight Deck patio would be a better location to house the event. "Everyone is moving to and from this space. If we are going to do an outreach [event], what's better than being on the prime location on campus?" asked Leite.

GCM expects students of all faiths, religions and ethnicities to feel welcome to attend and break stereotypes of the Christian faith. A core value of this organization is for members to belong within their community before attempting to change or alter their personal belief system. According to Marcos Leite, president of GCM, "[this event allows us] to be an open community that doesn't compromise on our beliefs but welcoming enough [for students] to come learn and be a part of this event. We want students to walk away respecting our [organization's] values, be positively uplifted and let people know that they are loved, welcomed and accepted."



PRINTED WITH PERMISSION FROM M. LEITE
The band from Greenhouse Church of South Florida performing at Flight Deck at the Night of Worship event.

The event will feature a full band, special performances and a special guest. The food will be catered by Chartwells and sponsored by NSU's Division of Business Services. After the festivities, there will be an opportunity for students to connect with their peers on a spiritual level to question and engage in their spirituality. The event is meant to be a glimpse of the organization's Thursday meetings but on a larger scale.

"[This event] is to expose students to the Christian message and [introduce] them to a community they can join on campus," said Grzesiak. "I'd like students to have an experience like I did, to have an outlet that is going to build them up and encourage them. A community that is going to promote positivity and godliness."

In the future, Leite hopes that events like this will set a standard of excellence for events on campus run by student organizations and how they can make a positive impact on the campus experience.

"[With GCM], we want to be a community that can positively help the students and give a sense of belonging," said Leite.

Levi Kreis
Tony Award Winning Artist

Celebration Artsage

NSU's Performance Theatre
at Don Taft University Center
Thursday, October 25, 2018

Reception 6:00 p.m.
(refreshments served)

Salon Concert 7:00 p.m.

Meet and Greet 8:15 p.m.

FREE for NSU students, faculty and staff
\$50 to general public

For ticket information, visit venetianartsociety.org/events/levi-kreis/

Study spots on campus

By: **Emma Heineman**
Features Editor

Have you ever walked into the library and paced the floors over and over trying to find the perfect study spot? While the midterm slam may have died down, nobody needs the added stress of trying to find the perfect study space. So in addition to the library, here are a few perfect spots on campus to get your study on.

UC Pit

The UC Pit provides a communal space where students can meet, interact and study. It's directly adjacent to Razor's Reef so you can indulge your study break cravings.

NSU's Medicinal Garden

If it's not pouring outside, the garden between DeSantis and Parker is the ideal spot for some secluded studying. Nestled in the trees and foliage are a few tables that work perfectly for an afternoon of notecards and review packets. It provides a cathartic environment where students

can escape from the concrete jungle of campus and relieve their stress. If you want a study break you can walk on the reflexology path which is specifically designed to target areas of stress in the body and relieve them.

Carl DeSantis Building

Another overlooked location, the Carl DeSantis building is a building where students go all day to classes throughout the week. There are offices on the second and third floors which are open to all students and are quiet spaces which encourage study and concentration. They are labelled student lounge and student study room and are easily found near the elevators of main stairs of the buildings.

SAB Patio

Unless you are on the side of campus near the Horvitz administration building you may have missed the little spot next to the Students



PRINTED WITH PERMISSION FROM E. HEINEMAN
Curl up with a good book, your biology assignment or an essay to write at one of these study spots on campus.

Affairs building. Complete with comfortable couches, chairs and lounge areas, the covered patio area is the ideal spot to relax and study. While it is outside, it is covered from Florida rain showers and has fans to ameliorate the afternoon heat. There are also outlets which

provide the convenience to charge computers, phones and other devices.

Upstairs UC

The UC is the central of life here at NSU, but the second floor provides some spots which are tucked away from the hustle and bustle of college life. Tables with comfortable chairs and lounge areas equip the spot with the perfect tools for a quiet study session.

Regardless of if you have five hours of studying or one, the stress of studying is a feeling which all college students can relate too. Whether you prefer to be inside, outside, somewhere quiet or somewhere where you can collaborate with friends and classmates, NSU's vibrant little campus has a spot for everyone.

History of the Black Power movement

By: **Taylor Murphy**
Contributing Writer

As an African American, I learned from an early age that the clenched fist in the air paired with a giant afro represents our Black Power. While most of us are unaware of the movement's beginning, many of us are very familiar with the movement itself. It appears frequently on things such as posters, afro-pick handles, and was widely used by groups like the Black Panthers. Historically, this simple gesture that carried African Americans through the Civil Rights movement originated from one man.

According to an article written this month by Reuters.com, this man was Tommie Smith. Tommie Smith came from humble beginnings. He was the seventh of twelve children from a sharecropping family in Texas. Smith always showed promise in athletics as he participated in basketball, football and track and field, setting numerous records that still stand today. Smith went on to compete in the Olympics, and it was there where he truly made his mark.

After receiving the gold medal for the 200 meter sprint in Mexico City, Tommie and



his fellow runner John Carlos silently raised their gloved clenched fists in the air during the National Anthem. It was then that the "Black Power" symbol was born.

Unfortunately for Smith, this silent protest was deemed unacceptable at the time. According to the Washington Post, the crowd began to boo, calling them anti-Americans. Because of their defiance, which broke the Olympics' rules, both medalists were swiftly removed from the stadium. Smith and Carlos were banned from ever competing in the Olympics and were sent home only to be welcomed by death threats and hate mail.

Carlos told the Guardian newspaper, "I had a moral obligation to step up. Morality was a far greater force than the rules and regulations they had."

Despite the bravery they demonstrated, their sacrifice isn't widely known or appreciated. Smith spoke later in an HBO documentary affirming that they were just trying to bring the injustice in America to light.

One could ask if it was even worth it; however, Smith stands firm in his decision.

"Without sacrifice, there can be no forward movement. You have to give up something

before you can receive something and usually that something is much better," he said.

To this day, movements such as BlackLivesMatter and #TakeTheKnee were inspired by Smith and Carlos' salute to Black Power.

"I don't like the idea of people looking at it as negative," Smith said. "There was nothing but a raised fist in the air and a bowed head, acknowledging the American flag — not symbolizing a hatred for it."

This is the same mentality of the taking the knee movement which was started by Colin Kaepernick in an effort to bring police brutality to light. These movements didn't begin in an effort to look down on or put America in a bad light. They weren't "anti-American." They were pro-equality, which is what America stands for. As citizens of our country, who else can correct our nation than the people who live here?

The Cost of Eating Healthy

By: **Brittany Poore**
Contributing Writer

Today, many people think that eating healthy is not worth the effort. The idea that a quick and cheap burger at McDonalds is a proper meal has caused obesity and other detrimental diseases to become epidemic. Eating healthy is not as costly as most people think, and is much more beneficial to personal health.

One can easily sustain a healthy and delicious diet at a cheap price. There are so many detrimental effects unhealthy foods have on our bodies that are not worth the momentary taste of a Big Mac. Even in cases where eating healthier is expensive, the overall health costs which come from having a poor diet can outweigh the small savings gained from making the healthier, cheaper choice.

While choosing which health foods to buy, instead of buying expensive, processed "health" foods, sticking to basic fruits, vegetables and legumes is a more affordable decision economically and physically. The human body is made to eat foods in their natural form, but organic foods are not always the cheapest.

When choosing what to buy, it is also important to know when certain foods are in season. Not only are in season fruits and vegetables normally tastier, but they also are less expensive.

The stigma that eating healthy is expensive can be easily debunked. Healthy eating can be as

easy as buying a bag of rice for 89 cents, beans for \$1, and seasonal vegetables for under \$2.10. A big mac meal at McDonalds is \$5.99.

While eating healthy meals is important, it is also important to eat healthy snacks. Rather than buying a bag of chips, buying a bag of carrots is more affordable and beneficial. Not only are carrots a delicious snack, they are also full of nutrients. A bag of chips is actually almost

twice the price of carrots.

A study from Harvard School of Public Health recently found that the cost difference between eating healthy vs. unhealthy is on average \$1.50. So many people use the excuse that money is why they are not eating well, when what may really be stopping them is unawareness or misunderstanding.

3 RECIPES FOR EATING HEALTHY ON A BUDGET:

SWEET POTATO CHICKPEA BOWL:

2 large sweet potatoes (\$1), 1 bundle kale (\$1), 25 ounce chickpea (\$1), 1 avocado (\$1.27). This comes out to be less than \$5.

WHOLE WHEAT PASTA:

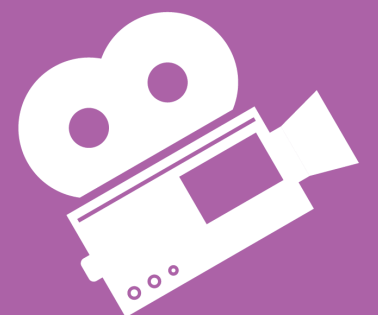
Pasta (\$1.49), Natural tomato sauce (\$.99), Mushrooms (\$2). This comes out to be under \$5.

MEXICAN BOWL:

Brown rice (.36), Black beans (.99), Avocado (1.25), Half a Tomato: (1.12). This recipe comes out to be under \$4

*Looking to get
behind the
camera or on
screen?*

MAKE AN APPEARANCE AT
OUR WEEKLY MEETINGS
ON FRIDAYS FROM
NOON — 1PM IN ROOM
104 IN THE STUDENT
AFFAIRS BUILDING TO GET
YOUR PART!



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Get your fright on at these haunted houses

By: **KaliVictoria Wilson**
Contributing Writer

If you're searching for some frightening fun this month, haunted houses are opening their eerie doors for you. Every haunted house gives people a different experience, and sometimes they're cheesy and overly-dramatized. Luckily, here in Florida, there are several haunted houses to explore and get your money's worth in scares and frights.

Distorted Dreams

If you're in for a fear filled night near campus, Distorted Dreams is the haunted house for you. The entire house is filled with gore, so if you can't stand the sight of blood, beware. The actors and actresses who participate in this house will make you think your experience is real. Also, touching is allowed, so you might be spooked by a ghoul or two if you attend this house. The cool thing about Distorted Dreams is that it is a non-profit haunt. Admission is free. Children can be brought along but it is not advised considering the amount of gore within the house. Due to Distorted Dream's popularity, the wait time to enter could be up to two hours. Distorted Dreams is located in Lauderhill and free parking is included.



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Get your spook on this October at one of these Halloween haunts.

8351 NW 45th Ct, Lauderhill, FL 33351
<http://www.distorteddreamshaunt.com>
distorteddreamshaunt@gmail.com

Enigma Haunt

Enigma Haunt, located in Boca Raton, has three new haunted house themes this year. There's Cursed, Twisted Mayhem and Realms

of Terror. All three attractions are in the same building on different floors. Each attraction is inspired by the superstitious stories around Florida that have been passed down through generations. Admission ranges from \$25 to \$45 depending on the amount of haunts and the experience guests want. One perk from buying your tickets online is that a portion of each

proceed goes toward Don't Be a Monster, a bullying prevention program.

1751 N Military Trl, Boca Raton, FL 33486
www.enigmahaunt.com
(855)-99-HAUNT

House of Horror Haunted Carnival

Located in Miami International Mall, the House of Horror Haunted Carnival gives you a wide selection of scary quests to choose from. There newest houses this year include Blossom Lane and Area 13. Each house has a different suspense filled theme. The best part about going to this event is that this location has options. If you're not up for exploring the creepy houses provided, the carnival is open and has unlimited rides, games and food. Tickets range from \$15 to \$30, but there are also group rates that you can apply for to get a cheaper option if you buy tickets online.

1455 NW 107th Ave, Doral, FL 33172
www.houseofhorrorcarnival.com
Sept. 27 - Nov. 3



Ann's Florist and Coffee Bar

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

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

There's something so relaxing about sitting in a little cafe, sipping on a freshly brewed cup of coffee and casually eating a scone. With the world bustling around you— specifically in the atmosphere of Las Olas— everything seems to slow down.

Ann's Florist and Coffee Bar offers a chance to escape from life's worries, even if just for a little bit. As the name suggests, this cafe sits in the same building as a petit flower shop. On the days when both are open at the same time, the smell of freshly cut flowers and coffee

mix together and add a beautiful aroma to the experience.

On the inside, Ann's is an interior designer's dream. Filled with a rustic bar, little coffee tables, cute knick knacks and even writing on the ceiling, this place is sure to meet all of your Instagram needs. They even have a flower wall— quite literally an entire wall covered in pastel roses— that was almost definitely made for taking pictures.

Even though the atmosphere in the coffee bar is a treat, the real reason to make a trip over there is for the food and drink. They have delicious standard drinks like lattes and espressos, in addition to more creative seasonal iced teas, lavender flavored syrups and more. Ann's also has a rotating array of baked goods. From loaves and muffins to breakfast



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Ann's Florist and Coffee Bar is sure to meet all of your coffee, food and Instagram needs in one trip.

and it's hard to go wrong picking anything—they even have healthier and vegan options. My personal favorites are the zucchini loaf or empanadas, but I have some friends who claim the macarons or tiramisu are the way to go. The only way to find out for yourself is to head over and have a taste of their menu— and take some pictures while you're there.

Ann's Florist and Coffee Bar
1001 E Las Olas Blvd,
Fort Lauderdale, FL 33301
Monday-Thursday: 8 a.m. - 10 p.m.
Friday and Saturday: 8 a.m. - 11 p.m.
Sunday: 9 a.m. - 8 p.m.
Price range: \$5-\$15

sandwiches and empanadas, there's something for everyone. All of the bakery is delicious,

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SOUNDBITE

LANY: "MALIBU NIGHTS"

By: **Samantha November**
Contributing Writer

A cohesive yet interesting album is a rare thing to come by in the age of music streaming services such as Spotify and SoundCloud. These are the albums that stand out, setting themselves apart from the competition. They are jewels in the midst of rubble. Their songs speak to you in a unique way, bringing you into a new world with catchy beats and meaningful lyrics. Each song is better than the last, and once you've reached the album's end, you're left wanting more.

LANY's sophomore album "Malibu Nights" is definitely not one of "those" albums. The songs are equally lackluster and vapid, relying on melodies that feel forced and aren't melodic to begin with. The lyrics aren't relatable and don't delve deep enough for listeners to feel any sort of connection with LANY's point of view. In fact, I would've named this release "Malibu Night" because that's how long it would've taken anyone to write all nine tracks.

LANY is an American indie pop band formed in Nashville, Tennessee in March 2014 and is currently based out of Los Angeles, California. The band consists of three members: Paul Jason Klein (lead vocals, keyboard, piano and guitar), Les Priest (backup vocals, synthesizers, keyboard and guitar) and Jake Goss (drums and sampling pad). The name LANY is combo-acronym for Los Angeles and

New York, and it is pronounced "Lay-Nee."

Prior to the release of their self-titled debut album on June 30, 2017, the band released four EPs: "Acronyms" (2014), "I Loved You" (2015), "Make Out" (2015) and "kinda" (2016). In 2015, "ILYSB," a single from "Make Out" and, undoubtedly, the band's best song, was certified Gold by the RIAA. During this time LANY served as the supporting act for artists Zella Day, Ellie Goulding, Troye Sivan and John Mayer.

The band's debut "LANY" was a decent beginning, and I found myself saving only a couple songs to my Spotify song list. Still, I was hopeful that the band would eventually refine their sound—to be more unique and less mainstream—but I don't think a year between releases gave LANY enough time to do that. So here I am, forcing myself to listen to every single song on "Malibu Nights," waiting to find some sort of saving grace. Unfortunately, the last song ends before I'm able to do so. At the beginning of the song, "Let Me Know," Klein sings the lyric, "I wish the dance floor would come to life and tell the story," but who's going to let LANY know that the storytelling is their job?



"Lab Girl" by Hope Jahren

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

Hope Jahren's memoir, "Lab Girl," is an incredibly honest telling of a woman finding her way in her field, her friendships and her life. Throughout the book, Jahren speaks candidly about working in a male-dominated profession, non-romantic bonds, mental health, being pregnant as a professional woman and much more. The intimate story-telling she uses to invite her reader deeper into her life is something not done by many other authors.

Jahren begins with "Roots and Leaves," the section in which she explains her upbringing. As a child in Minnesota, she spent most of her time playing in her father's lab at a nearby community college. As an adult, she received a bachelor's degree in geology and a Ph.D in soil science, overcoming various challenges along the way. While adventuring throughout academia as a teaching assistant, Jahren met Bill—an undergraduate student with a gruff and humorous facade. At this point in the book, you'd expect it to fall into some sort of romance, but alas, the two remain closely bonded, but simply as friends—the sort of relationship that is disappointingly underrepresented.

Between her anecdotes, Jahren peppers the memoir with metaphors about plant life and our interconnectivity with nature in a seamless, reflective fashion. Quotes like "a cactus doesn't live in the desert because it likes the desert; it lives there because the desert hasn't killed it

yet," and more stem from these in between.

Her love of nature and commitment to her studies is inspiring. In a world where science is becoming increasingly less believed and increasingly less funded, her utter devotion and curiosity is something that has been bred out of many people, but is not absent in Jahren. The way she speaks about the earth proves to the reader that she loves nature in a similar way she would love a friend.

As a young female following in footsteps similar to Jahren's, this book spoke to my core. I've felt the mix of emotions associated with walking into a large expo center full of mostly men—it's intimidating, and it's hard not to feel at least a little bit out of place. The cruel words Jahren is subjected to multiple times in her retellings speaks to the same emotions but to a greater extent. As a person, Jahren is endlessly impressive. Not because she's perfect—but because she's truthful, often painfully so at times. Her struggles with mental illness are not buried between lines to create a utopian memoir, but rather pushed to the surface, proving it is nothing to be ashamed of and quite frequently a difficult reality for many.

"Lab Girl" is unlike many books out there. If you want something that can speak to your soul, regardless of your background, this memoir is for you.

Cast your ears on these podcasts

By: **Lena Holmes**
Contributing Writer

There truly is a podcast for everyone. They are always a great way to spend your downtime. However, don't let a lack of downtime stop you from listening to podcasts: the great thing about them is that you can listen anywhere and anytime.

“Don't Blame Me” by Meghan Rienks

Have you ever offered your friend advice but then added a disclaimer to make sure that they couldn't blame you if things went wrong? “Don't Blame Me” by Youtube personality, author and up-and-coming actress Meghan Rienks is a funny, quirky lifestyle podcast that follows the same principle: don't blame her advice if something goes wrong. On the podcast, Rienks invites celebrities and friends to answer fans' questions and share stories about various types of relationships, friendships, work and life in general. The podcasts typically last a little over one hour. You can find them on her YouTube channel, SoundCloud, iTunes and at the show's website dontblameme.show.

“Gals on the Go” by Danielle Carolyn & Brooke Miccio

“Gals on the Go” by YouTube personalities and college students Danielle Carolyn and Brooke Miccio is about handling life while attending college. It covers a mix of topics from tips on being productive and studying to telling stories of traveling while being a full-time student. Carolyn and Miccio interview other YouTube personalities, college students and people of other professions on their show. The podcast ranges from 30 minutes to an hour. The girls post the podcast once a week on Wednesdays. The podcast is streamed on Spotify, iTunes, Podtail.com and on listennotes.com.

“Just a Tip” by Meghan Batoon

Meghan Batoon, an actress, dancer, writer and YouTube personality, hosts an advice podcast about absolutely anything called “Just a Tip.” She and her celebrity guests answer questions about relationships, periods, car trouble, quantum mechanics and much more. The podcast is put up on Fridays and can be

found on iTunes, Spotify and headgum.com.

“Gilmore Guys” by Keven T. Porter & Demi Adejuyigbe

“Gilmore Guys,” its title a play on the show “Gilmore Girls,” headed by Kevin T. Porter and Demi Adejuyigbe is podcast that discusses every episode of “Gilmore Girls.” Porter, who is a long-term fan, and Adejuyigbe, a first time watcher, comment and give their opinions on each episode. They also occasionally invite special guests to watch. Every episode is currently available on Spotify and are each about an hour long. The podcast is also available on SoundCloud and iTunes.

“Wait Wait... Don't Tell Me” by NPR

“Wait Wait...Don't Tell Me” by NPR is a weekly news podcast. The hosts takes satirical approach on the news. NPR tests fans' news knowledge by giving them real or fake news or news quotes and having them determine which is which. In addition, NPR invites different celebrities on to discuss. The podcast is released on Tuesdays and Saturdays. Each podcast is

about hour long. It is available on Spotify, the NPR website and iTunes.

“Switched on Pop” by Panoply Media

Panoply Media puts on “Switched on Pop,” a music podcast hosted by Nate Sloan, a musicologist, and Charlie Harding, a songwriter and producer. It muses on the meaning and making of today's popular music. The podcast comes out twice a month and ranges from 20-50 minutes.

“A Video Game Podcast” by What's Good Games

“What's Good Games: A Video Game Podcast” hosted by What's Good Games is a weekly podcast that analyzes current video game news. The hosts give their first impressions of video game titles and trailers. They also answer video game questions. The podcast is streamed every Friday at 8 a.m. PST. The podcasts last anywhere from one to two hours, and they are available on YouTube, Spotify, SoundCloud and iTunes.

OFF SHORE CALENDAR

Beartooth

Oct. 16 | 6:30 p.m.
@Revolution Live | Fort Lauderdale

The Struts

Oct. 16 | 7 p.m.
@Culture Room | Fort Lauderdale

The Phantom of the Opera

Oct. 17 | 8 p.m.
@Au-Rene Theater | Fort Lauderdale

Maxwell

Oct. 17 | 8 p.m.
@Seminole Hard Rock Casino | Hollywood

Love, Abbey, and Kids

Oct. 18 | 6 p.m.
@Revolution Live | Fort Lauderdale

Brett Elredge

Oct. 19 | 7:30 p.m.
@Minzer Park Amphitheater | Boca Raton

Ha*Ash

Oct. 21 | 8 p.m.
@The Fillmore | Miami Beach
@Minzer Park Amphitheater | Boca Raton

Death Cab for Cutie

Oct. 22 | 7 p.m.
@The Fillmore | Miami Beach

Cultivate your own artistic aroma

By: **Kelsey Bruce**
Arts & Entertainment Editor

Fall is here, which means it's the time of year to fill your life with pumpkins. In the autumn spirit, you should eat pumpkin food, wear pumpkin-colored clothing and now smell like pumpkins, too. Fortunately, several independent perfume companies cultivate fall-specific scents to ensure you can adorn your aroma with the smell of jack-o-lantern carving and pumpkin-pie baking. In addition to lighter fall notes like pumpkins, cotton candy and candied apples, these companies offer mystical smells like woodsmoke, ink, leather, whiskey and fresh tobacco. Make your aura unique and distinct this season with these companies Halloween and fall collections:

Nocturne Alchemy

A San Francisco based company, Nocturne Alchemy (NE) has brought the world cruelty-free concoctions of niche floral, musk and herbs since 2006. For Halloween, the company has released over 40 distinct scents, some of which are combined into themed sets. If anything piques your interest, be sure to order before Oct. 28 as they are limited edition. For a sweeter smell, try their “Bastet's Halloween Ice Creams” set: it includes four creamy gourmand flavors Candy Corn Crystalline Creme, Halloween Spice Cake Santalum Creme, Caramel Apple Kobalt Creme and Pumpkin Pie Crystal Creme. The perfumes break down with notes of candy corn accord, almond, butter, french vanilla bean absolute, nutmeg, cinnamon and even espresso. If you prefer to smell more mystical, NE also offers a “Clive Barker” set composed of scents Priest, Ghost, Rorschach and Curled Figure. Aspects in this set are frankincense, leather, smoke, sandalwood, red and white musk, cinder vanilla, black honey, patchouli, lavender, chamomile and cardamom. NE also sells individual scents like Coven, featuring black ylang ylang, white jasmine, tuberose, bastet's amber and crimson red musk, and Hallowed Evening, featuring red wine, black tea, white sandalwood, red musk, hot apple cider and spices. Whatever aromas appeal to you, NE is (spell)bound to have a perfume to



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Sick of department store sickly scents? Try one of these perfumes from an indie brand.

make you feel spooky. Check out this collection at nocturnealchemy.com.

Poesie

This brand is designed for “the adventurers, the dreamers, and those who know how to enjoy the view as this crazy world spins on its axis every day.” Poesie's Halloween set may not be as expensive as NA's, but there's no trick here — treat yourself to one of six scents in their “Mary Shelley's Nightmare” gothic perfume collection. Smell like a warm pastry shop with Creature Comforts or like a rosemary-surrounded lake in the middle of a pine forest with Villa Diodati. For those hopeless romantics who want to smell gooey even in the spooky season, spring for Young Romantics and let the presence of dark fig, velvet red rose, exotic spice, musk mallow and vanilla bean consume your lover. More unique scents from Poesie are Obedient Element, containing dragon's blood incense, ink splashes on paper, pipe tobacco and melted beeswax, and We Shall Be Monsters, composed of bitter almond, licorice, bloody graveyard dirt, galbanum and taboo manuscripts. Lastly, “Mary Shelley's Nightmare” offers a Year Without

Summer option made of sweet opium, black amber, fresh coffee and green cannabis. Visit poesieperfume.com to purchase.

Hexennacht

This indie company sells soap, hair care and incense, but of course, we're here to dissect their perfume products. With plenty of creepy compositions, Hexennacht will certainly provide you with an idiosyncratic scent to haunt your Halloween. Their Graveyard perfume boasts of overturned dirt, pine and cedar wood. Mandrake takes a different approach with ginger beer, black peppercorn and cardamom while Moon smells like smoked vanilla, frankincense, Peru balsam, amber, vetiver and more musky mystery. Another oddity Hexennacht offers is Needful Things, smelling of vintage collectibles, furniture and knick-knacks.

As you can see, you can have every option to smell like anything from cotton candy to a seductive sorcerer. Take advantage of these independent companies' hard work and treat yourself to more than candy this Halloween.

Want to read even more?

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ON DECK

MEN'S SOCCER

@ Eckerd
Oct. 20 | 6 p.m.
St. Petersburg, FL

WOMEN'S SOCCER

vs Eckerd
Oct. 20 | 7 p.m.
NSU Soccer Complex

WOMEN'S VOLLEYBALL

Southern Region Crossover
Oct. 19-Oct. 20
Orlando, FL

MEN'S CROSS COUNTRY

Sand Shark Invitational
Oct. 20 | 9 a.m.
Hardeeville, SC

WOMEN'S CROSS COUNTRY

Sand Shark Invitational
Oct. 20 | 9 a.m.
Hardeeville, SC

MEN'S GOLF

Copperhead Championship
Oct. 15-16 | All Day
Innisbrook Golf Resort, Palm Harbor, FL

WOMEN'S GOLF

Saint Leo Invitational
Oct. 15-16 | All Day
Lake Jovita Golf & Country Club, Dade City, FL

MEN'S SWIMMING

@ Tampa
Oct. 20 | 10 a.m.
Tampa, FL

WOMEN'S SWIMMING

@ Tampa
Oct. 20 | 10 a.m.
Tampa, FL

WOMEN'S ROWING

Head of the Charles
Oct. 20-21
Cambridge, MA

This Week in Sports History

By: **Lindsey Spina**
Contributing Writer

From the original Ancient Grecian olympics to last year's Super Bowl, sports have been around for millenia. Today's public, however, often don't know the history of some of the nation's favorite sports. Here you can find some relevant, monumental, and inspiring games that have changed the future of sports forever.

OCT. 16, 1916

Los Angeles Dodgers manager Wilbert Robinson receives a \$5,000 bonus.

In 1916, a \$5,000 bonus was an exceptional amount of money. In 1916, \$5,000 is equivalent to \$119,671.84 in 2018.

OCT. 17, 1920

Chicago Bears play their first NFL game and win 7-0.

The Chicago Bears, formerly known as the Decatur Staleys, played—and won—their first NFL game in 1920. It was towards the end of the

1921-1922 season that they decided to change their name to what we know now: the Chicago Bears.

OCT. 18, 1889

The first all New York MLB World Series.

The game was the New York Giants versus Brooklyn. The NY Giants are now known as the San Francisco Giants. The then NY Giants beat Brooklyn in this game. The Giants are the sixth oldest baseball team in the MLB.

OCT. 19, 1943

Joe Gordon announces his retirement to serve in the military.

Gordon, Yankee second baseman, announces his retirement from the MLB in 1943 to go into the military for two years. Gordon had played on the New York Yankees for six years before he retired. Gordon came out of retirement after serving in the military and played for the

Yankees for one year. Gordon then moved to the Cleveland Indians for four years.

OCT. 20, 1910

Cork centered baseballs makes its first appearance in the World Series.

In 1858, a rule was set in place that required all baseballs to have a rubber core. A lot of controversy and rumors were caused due to this rule. It wasn't until 1910 that baseballs were made with a cork center. A cork centered baseball is still used today in the MLB.

OCT. 22, 1939

The very first NFL game is on TV.

This date marks a world-changing event. The NFL is known all over the world and this first televised event marks a huge moment in NFL history. The game was The Eagles vs. The Dodgers. The Dodgers beat the Eagles 23-14.



Men's Soccer

On Wednesday, the Sharks played against the Palm Beach Atlantic Sailfish in a very tight 0-1 game. This is the first game in almost a full calendar year that the Sharks got shut out. For the entire game, both defensive lines were incredibly strong, making it hard for both teams to score. The first shot was taken just after nine minutes into the game by the Sailfish, but was blocked by freshmen goalkeeper, Brian Lopez. Ten minutes later, graduate student Bradley Fountain had the Shark's first try on goal. For the rest of the half, there were only four more shots on goal. Fountain tried again at minute 28, but both his shot and junior Ignacio Goya's rebound were both blocked. In the second half, the Sailfish had a shot that looked like it was going in, but luckily for the Sharks, it ricocheted off the crossbar. After 75 minutes of no scoring, there was a foul called in the box against the Sharks. This was the easiest opportunity to score for either team. Goalkeeper Lopez tried to ready himself for the kick, but dove the wrong way to try to block. There were only two other opportunities for the Sharks to score: senior Darwin Lom's attempt at minute 79, and freshmen Juanchi Nunez's attempt at minute 82.

Women's Soccer

On Wednesday, the Sharks had a very close game with the Palm Beach Atlantic Sailfish, but the Sharks prevailed. From the start of the game, the Sharks were aggressive. The Sailfish were able to hold off the onslaught until junior Emma Heikkila landed a shot in the top left corner of the net. The Sharks kept attacked the goal six more times during the first half, but the score stayed 1-0. At minute 55, the Sailfish countered with a shot, evening the score. Less than five minutes later, the Sailfish score yet another goal, but the lead was only held for just under two minutes when sophomore Adanna Edwards assisted junior Hannah Christophe for a goal that rocketed towards the far post. During minute 78, Christophe would try for her fourth goal of the season, but the crossbar turned her away. The last goal scored was from Christophe to Heikkila, bringing the final score to 3-2.

Women's Volleyball

On Friday, the Sharks faced off against the Eagles, only to lose all three sets. In the first set, Nova took a quick 4-0 lead. Graduate student Leslie Atherton and senior Denvyr Tyler-Palmer preyed on the Eagles' multiple errors, resulting in the two of them getting kills. Embry-Riddle eventually got a 4-0 run, which tied the game up at 9-9. A kill by sophomore Maya Patterson and blocks by senior Maddie Uilk and Atherton brought Nova back in front with a score of 11-9. The Eagles then had a 5-0 run to take the lead for the rest of the set. The final score after the Sharks tried to fight back was 25-18. In the second set, the two teams stayed neck and neck, but when the Eagles were leading 10-7, the Sharks took off with a 6-0 run that started with a kill by Atherton, bringing the score to 13-10. Nova held onto the lead before four unanswered points by the Eagles that brought the score back up to 19-18. Tyler-Palmer had one last kill, giving the Sharks the set point, but Embry-Riddle managed to close out the set with a score of 28-23. In the third and final set, the Sharks were behind early. Yet another kill by Tyler-Palmer brought the score to 10-8 with Embry-Riddle still in the lead. The Eagles responded to that by going on a 9-2 run, before the Sharks came within five points, but the Eagles still ended up winning with a score of 25-18.

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On The Bench: Women sportscasters blitz the broadcast booth

By: **Krysyne Edler**
Contributing Writer

Amazon Prime played a critical piece in sports history with their week four Thursday Night Football broadcast of the Los Angeles Rams and the Minnesota Vikings. This game was the first time a women duo called an NFL game. The duo was back in the booth for week four and five. According to ESPN's Adam Schefter, the longtime sports journalists Andrea Kremer and Hannah Storm will be calling eight more TNF games this season despite the vociferous pushback because of their gender. I grew up listening to Al Michaels in the broadcast booth. He is a legend that provides vivid commentary, so I am not writing this to man-hate. All I am saying is it's about time.

In 1987, Gayle Sierens became the first and only woman to provide play-by-play for an NFL game. NBC offered Sierens more opportunities but contractually required her to choose between national television or her local network. Sierens opted to stay with her local network and raise her family. Thirty years later in 2017, Beth

Mowins took Sierens' mantle, becoming the first woman to call Monday Night Football. After their success, why has it taken 31 years for a pair of women to take over the football broadcast booth?

Like in any job, the gender of the broadcaster shouldn't matter. What should matter is their experience and qualifications. Kremer has a decorated career as a sportscaster and was inducted into the Pro Football Hall of Fame this year for her television contributions to the game of football. Kremer has been co-hosting an all-women sports talk show panel for four years now on CBS. Storm has experience in practically every sport you can name and was the first play-by-play broadcaster for the Women's National Basketball Association. She has even interviewed world leaders. Their portfolios speak for themselves.

Kremer and Storm are breaking down gender misconceptions. Women can talk sports and not just about what team has the prettiest

jersey or what player is the most attractive. Women can talk about trades, play calls, routes, and penalties, too. Last year, Carolina Panthers Quarterback Cam Newton laughed at reporter Jourdan Rodrigue because he thought it was funny to hear a woman talk about receiver routes. It is not a new fact that women can know and love sports. It is the twenty-first century. Women have been excelling in a wide range of career fields, so why has the field of sports journalism been so exclusive?

Their first broadcast started a little rocky as the two women established their on-air chemistry, but the sportscasters were able to quickly get into a groove after the first few minutes. Their broadcast style was immediately established as personable. The commentary didn't just focus on breaking down coverages and routes. Kremer and Storm utilized their strengths as storytellers by providing several quotes from interviews, context behind statistics, observations from previous games and player

background information. The broadcast didn't focus on the numbers put up by the player but the player underneath the pads and helmet.

At the moment, Kremer and Storm can only be heard on Amazon Prime as one of three language alternatives, to Hall-of-Famer Troy Aikman and Joe Buck's commentary. Their accomplishment is a victory for women everywhere. Amazon has not yet announced if Kremer and Storm will continue after this season. If Amazon continues to use Kremer and Storm in upcoming seasons, doors to the sports industry will be opened for generations of women. Maybe women will begin to integrate broadcast teams of other networks. For now, we should embrace Amazon's selection of Kremer and Storm as sportscasters. I'm not advocating to give Al Michaels and Cris Collinsworth the boot, but maybe we can hear some more women on the air. Hopefully soon, the all-women booth won't be just a language option to tune into for a game. They will be the only option.



ATHLETE OF THE WEEK: Alessandro Xella



By: **Emma Heineman**
Features Editor

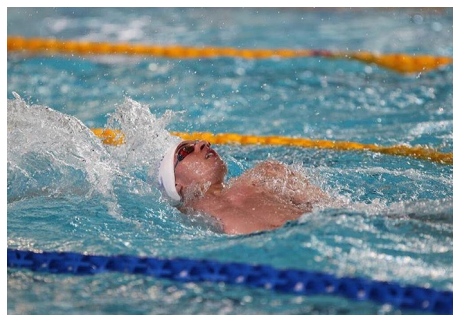
Alessandro Xella is a freshman mathematics and computer science double major. He is from Imola, Italy and competes on NSU's men's swim team.

How did you start swimming?

"I started swimming when I was a little child. I was maybe two or three years old. I started doing it as a sport when I was 10. I started swimming because it is healthy. My brother, he was a swimmer, and so my mom said I should try it too. I didn't like it at the beginning, but as soon as I started doing it as a sport and there was a competition linked to the swimming, I started to like it."

Have you ever considered playing another sport?

"I played basketball [but] stopped playing when I was 13. I did both swimming and basketball for two years and then I decided to keep swimming."



PRINTED WITH PERMISSION FROM A. XELLA
Xella moves swiftly through the water with one of his favorite strokes at a recent tournament. perfumes from an indie brand.

Why did you come to Nova?

"[I came] mostly for swimming. That's the reason I saw Nova the first time. I spoke to coach Ben last summer, and we had a conversation. I looked for other schools but Nova was the best one."

How has swimming helped you adjust to college life?

"It helps a lot. I was thinking about that

with my roommate. [There is] three to the room, two swimmers and one non swimmer. We have a full schedule, and it's hard but it has helped me. I don't ever waste time. I am always doing something."

How would you describe the relationship with your teammates?

"I like it so much. Here, it's more about the team than the single athlete. It's something different than what I am used to. Here, you swim for the team, so you have to score as many points as possible. It's not only about you. When you are tired during a competition you know that you are swimming for the team, and you have to push yourself more. "

What is your favorite thing to do after a big meet?

"The first thing I do is relax mentally, and then the best thing to do is always celebrate with the team. In particular, [it is good] if it was a good meet but also if it was a bad meet because it helps you to [not] think about it."

Do you have any pre-meet rituals?

"I [watch] videos on YouTube of NBA players with a song in the background. This is what I used to do the day before the meet or before going to the pool."

What does your downtime look like?

"It's hard to say because I am adjusting to a new life. On the weekend, [my friends and I] always plan something. We like to go to the beach. That's one of the other main reasons I came here because it is really close to the beach. We like traveling. We went to the Keys one week, and I also want to see the Everglades. Exploring around this new place is what I like to do."

What is advice you would give to other student athletes?

"Do not stress too much. It's hard but you can do it. Just work hard and keep focused. Just take it step by step."

OUT OF THE SHARKZONE

Antonio Brown claims pending lawsuits are false claims

Pittsburgh Steelers receiver Antonio Brown spoke out on Thursday about two pending lawsuits filed against him. The lawsuits involve an incident at a \$10 million apartment rental in Florida. One of the lawsuits filed by the landlord claims that Brown left \$15,000 in property damage to the apartment during an alleged altercation which involved a gun theft and \$80,000 in cash. The other involves a claim that Brown threw furniture from a 14th floor balcony which nearly hit a child and the accused's grandfather. Brown told Professional Football Talk run by NBC sports, "It has now been made public that the two lawsuits containing false claims have been filed against me...The facts will soon come out that prove my innocence. My focus will remain on football and I will not let the cases serve as a distraction." As the lawsuit proceeds evidence will be developed through the pretrial and trial process. Brown was not arrested or charged as a result of the incidents but could face possible NFL scrutiny under their policy of Personal Conduct.

German Magazine, Der Spiegel stands by reporting of rape allegation against Cristiano Ronaldo

In April 2017, Der Spiegel, a German magazine published a detailed account of Kathryn Mayorga's claims of Cristiano Ronaldo, raping her in a Las Vegas hotel room in 2009. According to CNN, Kathryn Mayorga filed a lawsuit against the Portuguese football player on Sept. 28. On Wednesday, Ronaldo's lawyers issued a statement calling the documents cited in the Der Spiegel report as "complete fabrications." According to

CNN, Ronaldo's lawyers claimed these documents were stolen by a cyber criminal who "attempted to sell this data" to media outlets. Der Spiegel has since responded and said they have no reason to believe that those documents are not authentic and are meticulously fact-checked and was legally reviewed. Police has since reopened the investigation. Ronaldo, who plays for the Juventus, an Italian football club, has denied any wrongdoings. According to NBC sports, Ronaldo's sponsors like Nike and EA sports have expressed concerns about the rape allegation.

Tiger Woods vs. Phil Mickelson match will have no spectators

The nine million dollar match planned for Nov. 23 in Las Vegas will have no public spectators.

The Las Vegas Review Journal reported that "a small gathering of sponsors and VIPs will be given access to the course. This event is believed to be the first televised pay-per-view golf event. All broadcasting rights are held by WarnerMedia."

"[Fans] will have unprecedented access up to and during the competition via wide-ranging platforms distributed through live pay-per-view, Bleacher Report Live sports streaming service, Direct TV and other on-demand platforms," said WarnerMedia in a statement to Review Journal. HBO sports program "24/7" will chronicle Mickelson and Woods leading up to the match and Bleacher Report's "House of Highlights" will offer behind-the-scenes content and comprehensive highlights from the competition.

Stop saying “but you don’t look sick”

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

Everyone has seen it or heard someone make the comment. Whether it’s a seemingly healthy person taking a handicapped parking spot or the front seat on the bus, it’s rare not to hear someone whisper “they’re not even sick.”

According to Disabled World, it is estimated that “96 percent of people with chronic medical conditions live with an illness that is invisible”. That demographic covers approximately 10 percent of the total U.S. population. Invisible does not mean equal imaginary. Plenty of conditions, whether they’re chronic pain conditions that can stem from Lupus or Fibromyalgia, mental illnesses like anxiety, depression or OCD, visual or auditory disabilities that don’t require canes and hearing aids or any other kind of ailment that’s undetectable from the outside are considered invisible illnesses. Even though we can’t see them, it doesn’t mean they’re not there.

Humans seem to have this (occasionally harmful) natural instinct to assume everyone is healthy unless we can see otherwise. Meaning, unless we see someone who clearly has some sort of medical condition, like if they’re an amputee or have cochlear implants, we don’t automatically assume that they’re not able-bodied. This does make sense, generally, since not everyone we meet has some sort of chronic illness or disability.

However, if you see someone using a handicapped parking spot, a reserved seat on public transportation, a motorized scooter in the grocery store or any other kind of accommodation or mobility aid, try not to assume they don’t need it or that they’re messing around. This especially goes towards if a “younger” person is doing any of this— there’s no such thing as “you’re too young to be sick, to need that or be disabled.”

People need mobility aids, time to rest,

places to sit down or other accommodations for a wide variety of reasons. Many chronic conditions come with a side effect of achiness or fatigue, meaning that even if you can’t visibly see bruises, swelling or any other indicator of pain, they might still be feeling it. Sitting down on a bus ride might help them save some energy that they need to walk to their home or job right after. Even if someone gets out of their handicapped-parked car looking completely healthy, they might need to park closer to the store because their hands hurt to carry their bags out after or walking back out after walking through the store might just be too much.

Additionally, don’t make these people “prove it” to you. Just because you’re curious or want to “make sure” they’re actually sick doesn’t make you entitled to asking them what’s wrong or berating them in public. A person using an accommodation isn’t an open invitation to

rudely ask “what’s wrong with you?”

Are there people who do take advantage of these accommodations who don’t really need them? Of course. Are there younger kids and teens who think it’s fun to use mobility aids without needing them? You bet. But just because a few people might take advantage of a system doesn’t mean everyone who truly does need it should be penalized and scrutinized every time they try to make their lives a little closer to normal in public.

Chronic illnesses, fatigue, pain or mental illnesses are a reality for an unfortunately large number of people. It’s hard enough to handle having one of these problems— don’t make their lives more difficult by accusing them that what they’re feeling everyday isn’t real.

Hiring Gone Wrong: A comment on the Brett Kavanaugh case

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

Brett Kavanaugh was confirmed as an Associate Justice of the Supreme Court. The investigation on Kavanaugh in regards to the alleged sexual assault of Christine Blasey Ford was dropped due to not having sufficient evidence to prove him guilty. The American people are now seeing the Internet flooded with claims about “rape culture” and how the confirmation of Kavanaugh could be discounting what Ford has claimed to have gone through. However, there’s another perspective that should be taken into account when discussing why voting Kavanaugh into the Supreme Court was a bad idea, and that perspective is from the side of

protecting the image of our government.

The issue with Kavanaugh isn’t what he may or may not have done in the past. Although those factors definitely still matter, the issue is that he was accused of such things in general. To put into context, let’s say for example you own a business. You’re in the process of hiring someone and you look into their criminal record. They were once accused of being an alleged sex offender but was never proven guilty. It is logical for the sake of protecting not only the image of your business but the image of yourself as well to not hire this person. Hiring someone like that who in someone else’s eyes is viewed

under the scope of being a criminal is a lot of baggage to attach to your company. From then on, you will have the stamp of the organization who hired a man who allegedly forced himself upon someone. Kavanaugh, under the eyes of the law, is innocent. However, especially during these times where the Me Too movement is only growing and showing how much sexual assault actually happens, the Senate shouldn’t have voted Kavanaugh in.

Now while America sees itself as the fairest of them all via the mirror on the wall, and since the constitution by which the American government abides by religiously makes confirming

Kavanaugh legally okay, is that smart? The first initial hearing of Ford v. Kavanaugh was a spectacle of its own in terms of how Senators behaved and how big of a moment it was in terms of today’s current social issues. Now the Senate has voted Kavanaugh in and on Twitter alone one can see how the American people feel about that. Whether Kavanaugh deserves the spot in the Supreme Court or not is up to the Senate’s own line of thinking, but one thing is for sure. The Senate elected an alleged rapist to be a judge in the highest most powerful court in the country. Let that sink in. It may not be my place to say whether he is guilty or not, but that just doesn’t have a nice ring to it.



How to never stop being sad

By: **Kelsey Bruce**
Arts & Entertainment Editor

The title of this article is also the title of a beyond-melancholy song by dandelion hands I used to listen to religiously.

Choice lyrics are “avoid your friends for weeks even though/they’re the only sense of consistency you have/left in your life, if they really wanted/to see you they’d come, but they won’t (who cares?)”

For me, this really epitomizes the outlook I had on myself and the world at the time. I was unquestioningly faithful to my depression to the point that it was an intrinsic part of my identity. Every song I loved was tragic, and every philosophy I formed was jaded. One night, I was crying to a friend, and she asked me a question that lives vigorously in my memory to this day, “do you like being sad?”

It shocked me because, curiously, I did not immediately have an answer. No one is happy being sad, but perhaps people are comfortable with it. I certainly was. Though it took me years of work and many a relapse since that friend asked me that, she pointed out to me something I view as the basis of any recovery: a need for the desire to claw your way out of the hole you’ve made your home.

All too often, I see the people around me embrace their self-loathing the way I knew so well. From parading around their lack

of sleep, to boasting about how constantly subject they are to abandonment, my peers swim in a sea of self-deprecation. Almost as if it is a mechanism of belonging, I see people one-up their buddies on whose life is worse, contributing to a collective of continuous isolation. People are discouraged from asking for the help they need because admitting they can’t push themselves further than the next guy has become uncool. When everyone on campus expresses their desires to be hit by a car, anyone feeling suicidal might perceive hopelessness as a norm and truly, we’ve made it one. Loving yourself is an elusive prospect not worth working towards when self-hatred is so impressive and edgy, but people should want self-love, whether that means working through mental illness or accepting a part of themselves that they usually repress. Hearing a friend say that they don’t like anything about themselves or that nothing ever is going or ever will go right should be jarring. Students wear their sad playlists and undereye bags like badges of honor, and I wish I could broadcast my friend’s voice around campus like a weather warning, “do you like being sad? Are you comfortable?” If not, do something about it.

Welcome to the life of a commuter

By: **Aldana Foigel**
Contributing Writer

Living off campus can have its pros and cons, but this year is different from any other. Due to construction, NSU closed two main parking lots in the residence halls. The parking lot located in front of the Athletics building used to be for athletes, but it is residents only since last September. Where do athletes park now?

As a commuter student-athlete, I have workouts at 6 a.m. on Tuesday and at 7 a.m. on Wednesdays and Fridays. Since I cannot park in the lot next to Athletics, where the gym is located, I park in the UC parking area and walk to workouts in the dark. Luckily, I feel very safe at NSU, but walking alone in the dark is no fun. A lot of athletes live off campus and have practice in the morning, and struggling to park should not be something to worry about; but it is.

In the past, the parking lot that is now for residents only, used to be for athletes only. Athletes had a two-minute walk to the weight room. Due to the changes that took place over the summer, athletes must now park in the UC parking lot, which is a 7-minute walk to the weight room. However, we hardly-ever are lucky enough to find an empty space in the UC parking lot, because it is packed. In the afternoons, the closest you can find to the

athletics building is the parking garage, which is a 12-minute walk. Athletes have extremely busy schedules and must always be on time for practices and meetings, and that is why we care so much about the parking issue.

The afternoon is the hardest time to park. I have a meeting every Monday from 12-1 in the Mailman-Hollywood building, and it is almost impossible to find parking in that area. Until last year, I could arrive at Nova around 11:50 and I would be on time for my 12 o’clock meeting. Now, I have no choice but to arrive around 11:20 and spend almost half an hour trying to find somewhere to park, and I am not the only one. I have talked with many athletes and commuters, and they all said it is very hard to find parking in the afternoon.

I understand NSU is expanding and I am very proud of it. During my four years at Nova, I have seen the university grow tremendously. However, I do not think it is fair for commuters to circle around parking lots for half an hour, or for athletes to walk in the dark on their way to workouts. I hope NSU can come up with a solution soon, because this issue affects a lot of students and they deserve to be heard.

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Seriously Kidding

A satire column.

Meow of Duty

By: **Mario Lorrimer**
Business Manager

Feeding wild animals usually makes them too dependent on free food. They tend to look to you for food instead of hunting for it naturally. The campus is cracking down on those that feed the animals but did they ever consider how the animals would react? I have information from sources who have chosen to remain anonymous due to the sheer fear of what they know. Word has it that the feral cats around the campus are planning a revolution and it's going to be big. They have already formed their black ops team and now they're in contact with the ducks to form an elite air force.

Eye witnesses have spotted what seems to be a training ground for the Toe Bean Coalition (that's their official name). Those eye witnesses have gone missing shortly after reporting their findings, which has everyone on edge. We have tried to contact the police but they are currently radio silent. I fear that they have already been removed from the equation. If

they are trying to scare us, I'd say it is working.

Every few minutes we get calls from hysterical students who have either seen the shadow of these cats or their tail slowly wrapping around a corner. It doesn't just stop there, the cats have been targeting unsuspecting visitors as well. They use their cuteness to their advantage. One cat will act as if it wants cuddles and then another will steal whatever items are available. It has gotten to the point of them kidnapping small children and ransoming them for kibble. If we stop giving them food, I guess they will just take it. There's also talk about them taking control of the entire university and declaring themselves an independent nation.

I have always dreamt of a nation of cats but not like this. We tried to get a statement from the Coalition's leader Pete Depaux but all he had to say was, "meow." A cat of little words but full of actions. If this doesn't trouble you then I don't know what will. We humans have

begun to form a defensive alliance to attempt to fight our way back to freedom. Many are hoping this conflict will end peacefully. The cats have recently raised a banner that says, "All boxes will be filled, all dots will be caught and all food will be ours." Could this be a call to arms for the other campus wildlife?

The higher ups on campus are attempting to form a peace treaty with the coalition. They had a meeting on Oct. 5 in the cafeteria (an area which has been claimed by the cats). Experts believe it's only a matter of time before they claim the rest of the university. Little is known of the extent of their military power, but whatever they have seems to be effective. Only time will tell if we make it out of this unscathed. I suggest that readers contact their family and friends to let them know they're loved. Pete, if you are reading this please give me my pen back, it's my only pen and I need it for class.

Want to write for us?

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TheCurrent

I don't have a title planned, I barely knew what to write about

By: **Alexander Martinie**
Section Editor

Since I learned how to write, trying to figure out what to write about has been the bane of my existence. So, I asked myself, what can be done to avoid the dread of having writer's block? Well, the schools of thought on this subject tend to differ. Some researchers believe that scheduling daily writing, or using writing prompts are the best way to get rid of writer's block, others speculate that writers should not write and instead should take a break for temporary distractions. Great—contradictory claims about solving writer's block. However, these claims look at writer's block as a whole, when in fact there are four different types of writer's block. The different types of blocks are categorized as the fears of failure, rejection,

success and the lack of motivation.

The fear of failure block is best described by author Margaret Atwood, who said, "if I waited for perfection, I would never write a word." This distinction of writer's block is caused by the need for perfection and self-criticism. This crippling sense of unproductivity and unworthiness goes against the wobbly mess that is the writing process. This block is driven by anxiety and benefits from taking time away from writing.

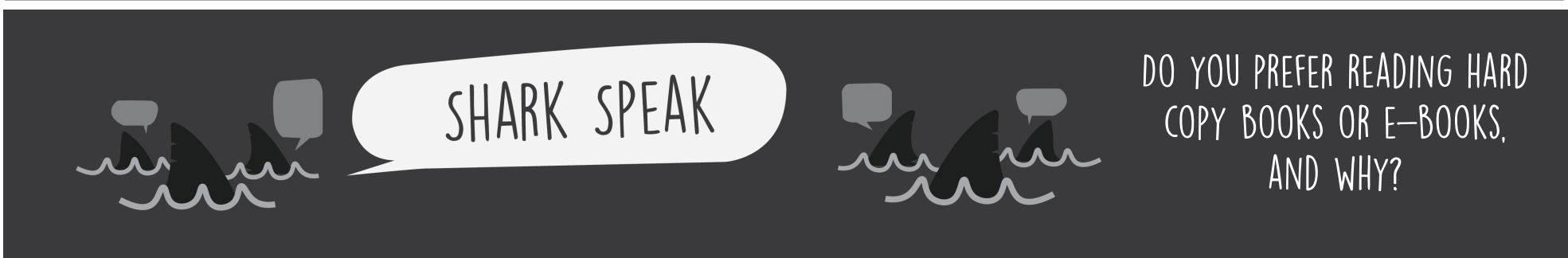
While the fear of failure deals mainly with self-criticism, the fear of rejection block is driven by the opinions and thoughts of others. The recommended way of solving this type of block stems from a John Steinbeck quote,

"pretend that you're writing not to your editor or to an audience or to a readership, but to someone close." Thinking about what others will say about your writing is important until it becomes maladaptive.

The lack of motivation block is quite straightforward. Simply put, you are out of ideas. Maybe try changing the subject or genre of your writing. If you are writing fiction, try killing off a character, show the grieving process. If you write nonfiction, find a new source, get a new perspective.

According to Dr. Melissa Burkley, a professor at the University of North Carolina at Chapel Hill, in her article "Got Writer's Block? Here's Your Cure", writers should look at writer's

block as a physical pain. "Your body uses pain to warn you that something is wrong and needs to be fixed. It is a necessary and beneficial system because it helps identify exactly where the problem resides. Writer's block is the same way; a little bit can be good for you. It can force you to take your work in new and exciting directions. It can tell you when you are writing for the wrong reasons. When you have writer's block, your mind is trying to warn you that something is off, so listen to it. What is it telling you? Then treat the block and get back to doing what you love". So, learn to listen to yourself. If the ideas do not flow, just wait and try something new. Your inspiration will eventually come to you, how else do you think I wrote this article.



"I like all my books hard copy because I just like to hold the book in my hands. Holding the book in my hand will definitely make me want to read it more, especially with textbooks. With a hard copy book, it's easy for me to document where I leave off unlike e-books which make it harder to do so. E-books are easy to forget about since they're online and not physically in front of me."

- Edward Almeida, freshman biology major



"I'm not a fan of e-books that much because sitting in front of the computer or iPad hurts my eyes after a while. Though e-books are very convenient in terms of finding information, having hard copy books are more nostalgic and helps me focus more. I'm old fashioned and I like being able to actually flip the pages of a book. Hard copy books are my book of choice."

- Stephanie Borbon, junior marketing major



"I prefer e-books. I don't like how expensive hard copy books are. They are double or sometimes triple the price than that of an e-book. E-books are way more convenient, less bulky and I can access them from my phone and laptop."

- Sabin Edwards, sophomore biology major



"I love e-books because they're accessible and sustainable. I don't have to go out anywhere and buy them which is a good thing. Being able to access an e-book and have it right in front of me at any time is very convenient."

- Sydney Lemon, senior marketing major



"I prefer hard copy books because it is easier to access due to having the book in your possession. E-books have a time limit and a hard copy book does not. I like that I am able to resell a hard copy book once I no longer need it, and resale is not an option with e-books. Everyone should have the ability to buy and sell books as we please rather than having limitations on how long we can hold the item."

- Tomas Meneses, senior finance major

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RESEARCH OPPORTUNITIES

Psychology Research

Student Participation: The Trauma Resolution and Integration Program (TRIP) research team is currently seeking NSU undergraduate students who have an interest in understanding the systemic, interpersonal, and intrapersonal impacts of psychological trauma.

Time Commitment: At least 5 hours per week

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

Skills/Experience: Biology and Marine Biology courses; and experience collecting data and scientific literature review

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