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The Current

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## The Current Volume 30 : Issue 8

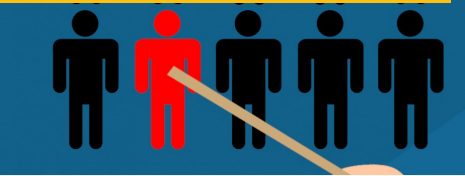
Nova Southeastern University

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## Happy! on view at NSU Art Museum

By: Kelsey Bruce  
Arts & Entertainment Editor



NSU students get free general admission to the NSU Art Museum with their NSU ID.

Follow @NSUArtMuseum to learn more about upcoming exhibitions.

PRINTED WITH PERMISSION FROM FRIENDSWITHYOU, *Unified Field II, 2019*, is one of the highlighted pieces of *Happy!*

On Friday, Oct. 27, the NSU Art Museum will hold an exhibition opening for “Happy!,” curated by museum director Bonnie Clearwater. The exhibition will house a multitude of contemporary works ranging from 1938 to today that aim to affect viewers’ emotions. Artists involved in the exhibition include Andy Warhol, Keith Haring, Alma Thomas, Yayoi Kusama, Tracey Emin and more. Members of the NSU community have free membership to the museum and will be admitted at no cost.

According to communications manager Jessica Graves, “Happy!” is about more than just being happy, and in Clearwater’s words, “For many of these artists, art-making is a

way to channel sadness, stress, depression and trauma. Their acts of creation reward them with a sense of euphoria or hope. Even when faced with a hopeless situation, they can usually find a solution.”

On opening day, LA based artist Alake Shilling will give a free tour at 1 p.m., and FriendsWithYou, a collaborative art duo from South Florida comprised of Samuel Borkson and Arturo Sandoval III, will give an art talk regarding their installation and creative process at 2 p.m. The talk will cover their previous work, as well as never-seen-before pieces to be featured in “Happy!”

In regards to their work, Clearwater said,

“FriendsWithYou have emerged as innovators in the field of experimental art, and their positive messages have universal appeal.” The work includes a big inflatable rainbow, titled “Little Cloud” and a Monet-inspired large scale painting of “A Beautiful Place.”

Other notable pieces include a sculpture by American artist Kaws, an interactive room of found glowing objects installed by Kenny Scharf called “Cosmic Cavern” and an interactive room filled with helium-filled reflective pillows created by Andy Warhol titled “Silver Clouds.”

Fortunately, as Graves said, “There’s no reason you shouldn’t be able to see the entire

exhibit,” so making a trip to the museum will expose you to every one of the plentitude of artists on display. The exhibit spans the second floor and it has sections that range from “archetypal symbols of happiness” to “the power of music, dance, song, spirituality and sex” to “signifiers of childhood joy” such as cartoon characters and snuggly animals. Regardless of medium or form, the pieces are intended to juxtapose negative and positive emotions and to inspire a sense of hope and contemplation with any viewer.

## NSU’s Guy Harvey Research Institute tracks whale shark migration pathways

By: Alexander Martinie  
Opinions Editor

Researchers at the Guy Harvey Research Institute, a collaborative program between Dr. Guy Harvey and NSU’s Halmos College of Natural Sciences and Oceanography, are tracking the migration of whale sharks off the coast of Mexico.

According to Dr. Mahmood Shivji, a professor in the Halmos College of Natural Sciences and Oceanography and director of the Guy Harvey Research Institute, “the project is about studying the migration patterns of whale sharks, and the work is being done out

of Isla Mujeres, Mexico. The whale sharks form seasonal aggregations in large numbers at this particular place so they are easy to access. The study is being conducted [in international collaboration with] Mexican marine biologist, Rafael de la Parr.”

Whale sharks are the largest species of fish, growing up to 60 feet in length, and are migratory filter feeders. The research team is tagging the whale sharks by attaching tags to their dorsal fins while swimming beside them. This is the first time this methodology has been

used and is expected to provide accurate and continuous updated information about their migration patterns. When the tag is raised above the water, it is detected by a satellite that tracks the whale sharks’ movements.

The researchers are tracking these animals to gain greater insight on how their migration patterns interact with commercial fishing lanes and in efforts to reduce the number of whale sharks killed by ships. Whale sharks “are an endangered species, and by understanding their migration patterns and why they go a very long

distance, we hope to put together a big picture of these migration pathways and see whether these shipping lanes are intersecting with the migration pathways of this endangered species,” said Shivji. “We first have to determine how much overlap there is between the migratory pathways and shipping pathways. If there is not a lot of overlap, then no problem. If there is, that information can be used to try and change the regulations for shipping lanes.”

To learn more about the progress of the research, go to [www.ghrtracking.org](http://www.ghrtracking.org).



## global news, courtesy of the current

### Elephants found dead at waterfall

Since Sept. 27 eleven elephants have been found dead at a waterfall in Thailand's Khao Yai National Park. The bodies were found in the 260 foot drop called Hell's Abyss. Kanchit Srinoppawan, the director of the Khao Yai National Park, said, "We believe that the death of all these elephants happened at the same time because they wanted to save the little one." There were no witnesses of the deaths, but park officials used the elephant tracks to confirm. Last week, two living elephants were found trapped in a canyon in the same park.

### Migrant boat capsizes and kills 13

Last Monday, 13 bodies were recovered off the coast of Lampedusa, Italy. According to local officials, the boat was crowded with migrants from West Africa. According to the Italian Coast Guard, "The naval units approached the small boat, but

the adverse weather conditions and the sudden movement of migrants caused the vessel to overturn." The Italian Interior Ministry claims that about 8,000 migrants have entered Italy this year, which is a 63% decrease from last year.

### Turkey continues assault on Syria

After Trump pulled U.S. forces from Syria that supported Kurdish forces in northern Syria, Turkey began launching air and ground assaults. According to the Associated Press, "More than a dozen columns of thick smoke rose in and around the town of Tel Abyad, one of the offensive's first main targets. Turkish officials said the Kurdish militia has fired dozens of mortars into Turkish border towns the past two days, including Akcakale." National defense experts claim that Trump's decision disrupted regional stability and U.S. credibility in the region.

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## News Briefs

## get the scoop on events happening on campus

### Woman and children of the Holocaust exhibit

Opening on Oct. 24 and running through to Jan. 15, the Alvin Sherman Library, in association with the Holocaust Learning and Education Fund, will be holding an exhibit titled, "Women and Children of the Holocaust." The exhibit is produced and curated by the Yad Vashem, the renowned and official Holocaust memorial museum of Israel. It will feature aspects of Jewish women's daily lives during the Holocaust, particularly focusing on motherhood and the lost childhoods of the children who lived throughout the Holocaust. The exhibit will display historical pieces such as drawings, poems, letters and toys. It will be located on the second floor of the library in the Cotilla Gallery.

### WaterWorks

WaterWorks has been rescheduled for Oct. 18. It was originally cancelled in late August during

Weeks of Welcome due to Hurricane Dorian and in turn, the brief closing of the university. WaterWorks, put on by the S.E.A Board and Undergraduate SGA, will take place in the Alvin Sherman Library Quad from 8 to 11 p.m. and will feature live music, water slides, foam and giveaways.

### Citation Resources Workshop

On Oct. 16 and 24, the Alvin Sherman Library and the Writing and Communication Center will be holding a workshop on citation resources. The workshop will present the library resources that are available and how to use them in order to cite in APA, MLA, Chicago or APSA styles. The workshop runs from 12 to 1 p.m., every 20 minutes covering a different citing format starting with APA. It will be held in Lab A on the second floor of the library.

### Make A Difference Day at NSU

Oct. 26 is Make a Difference Day, an unofficial

holiday celebrated on the fourth Saturday of October that emphasizes volunteering and community service. The Office of Student Leadership & Civic Engagement encourages NSU students to get involved and lists three different options for students to pick from: Free Little Libraries, Poverello Center and Lighthouse of Broward. Free Little Libraries will have volunteers work with the city of Ft. Lauderdale to build a small free library. With the Poverello Center, an organization that provides food and living essentials for those suffering from critical and chronic illnesses, volunteers have the option of assisting with donation intake for a thrift store or maintenance and gardening work for upkeep of the facility. At Lighthouse of Broward, an organization that provides resources to the blind and visually impaired, volunteers will be helping with their fall festival by assisting in games, crafts and food. Transportation from Shark Circle will be provided for each opportunity and students interested can RSVP on Sharkhub.

News Anchor

Stay up to date with national events.

California man cyberstalked Parkland victims' families

Last Tuesday, a California man, Brandon Michael Fleury, was convicted of cyberstalking and threatening to kidnap some of the families of the Parkland Marjory Stoneman Douglas High School shooting that occurred in February 2018. According to the U.S. Attorney for the Southern District of Florida, Ariana Fajardo Orshan, Fleury was sentenced to a maximum of 20 years in prison starting on Dec. 2 on three charges of cyberstalking and one count of threatening kidnapping. Fleury posed as Nikolas Cruz and Ted Bundy to target the survivors' families.

Bernie Sanders slows campaign after health problems

Following a recent heart attack, Vermont senator and 2020 Democratic presidential candidate, Bernie Sanders announced last Tuesday that he will slow the pace of his campaign. According to Sanders, "I think we're going to change the nature of the campaign a bit. Make sure that I have the strength to do what I have to do."

Vacationing family find 44 pounds of cocaine

While visiting South Carolina, a family found a package containing cocaine in the ocean near their rental home in Beaufort County. According to the Associated Press, "Beaufort County Sheriff's Maj. Bob Bromage told news outlets Monday that the family was walking along Fripp Island when they spotted the trash bag-wrapped package floating in the water." The family dragged the package onto the beach and lugged it onto their rental golf cart. When they later sliced it open, they discovered a brick of white powder." The package weighed roughly 44 pounds or 20 kilograms.

# New tech for deepwater research

By: Rick Esner  
News Editor

The Halmos College of Natural Sciences and Oceanography purchased two ROVs, remotely operated vehicles that contains pressurized units and cameras which allows for exploration of deeper oceanic areas. The purchases of the ROVs was made possible through the internal President's Faculty Research and Development Grant that was awarded last year. The purpose of the ROVs is for a study exploring deeper regions of the ocean, particularly in the mesophotic zone. The mesophotic zone, also known as the twilight zone, is an area from about 30 to 150 meters down, which can be a tough area to explore without specialized equipment such as an ROV.

The inspiration behind this research is thanks to a discovery through a mapping study with the government and the preliminary ROV work of Dr. Brian Walker, research scientist of the GIS & Spatial Ecology Laboratory, in which a specific area of interest off the coast of Ft. Lauderdale was found to be entirely covered in sediment. The area is about 30 to 45 meters down and speculatively covered in sediment due to the initial creation of Port Everglades, an inlet that was originally a freshwater lake and later drenched about 100 years ago. "That inspired this study to go to those areas and see what's happening 100 years later, what's growing in those areas, if anything, and then

compare it to areas to the north and south that are relatively undisturbed and unburied, compare and see what kind of impacts there were," explained associate professor Paul Arena of the department of Biological Sciences.

The study is still in the early stages since the college received the technology in August. Actually, Arena said that this study is "really just starting." It is, however, projected to be beneficial for both undergraduate and graduate students. "The value of having these units is really critical. This is a tool that we're seeing more and more of in universities and researchers utilize [ROVs] to really study the unexplored portions of the ocean," said Arena. As of now,

there are graduate students that are helping with the study in hopes of it leading to their masters' thesis, and one undergraduate student is doing independent study with the project as well. One of Arena's goals with this project is "to get as many students involved using this equipment and seeing how it's utilized so that they can take the skills with them into graduate fields or into a workplace."

Additionally, the ROVs need to be named to keep the units distinct and separate as well as keep them connected to the university. Any students with suggestions of names for the ROVs or wanting to learn more can contact Dr. Arena at [arenap@nova.edu](mailto:arenap@nova.edu).

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## How to minimize food waste

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

Most of us are guilty of taking a bit too much at dinner and tossing the remaining bites, or letting produce go bad in the back of the fridge and having to throw it in the garbage. Food waste is a major problem. According to the Food and Agriculture Organization of the United Nations, approximately one-third of food (about 1.3 billion tons) produced for humans is wasted every year, while more than 820 million people lack access to proper nutrition around the globe. If you want to help fight the food waste problem, follow these tips below.

### Eat the ugly food

Ever search through a bin of apples just to find the few perfect ones to take home? Most of the time, a few bumps and bruises don't impact the flavor or texture of your produce, but many people avoid them anyways. Instead of tossing these aside, grab some of the uglier produce and save it from rotting and being wasted.

### Bulk shop for grains and baking supplies

If you're making a recipe that calls for an ingredient you won't use often, try getting it from the bulk section at your grocery store rather than buying a few pounds of it. Some stores even have measuring cups in their bulk bins so you can be sure to get the exact amount you need rather than having to store bags upon bags of specialty flour or grains. Bringing your own reusable containers helps save the environment, too.

### ... But don't bulk shop for produce

Instead of getting a bulk bag of carrots or onions once a week, try going grocery shopping for produce 2-3 times a week. This way, you can use up what you've already bought before it goes bad so you don't end up with a graveyard

in your produce drawer. Try going on your way home from work or school so you don't have to waste gas.

### Learn how to store fruits and vegetables

Do some research into your produce. Some fruits and vegetables are best stored on the counter, in the fridge, in the freezer, in a dark place, etc. to help keep them fresh longer. Additionally, some foods shouldn't be stored together because one will make the other ripen quicker.

### Can, blend, dry, cook and bake

If you realize you're stuck with a lot of food that's going bad or you just had to save a few bucks on a big bulk bag, consider canning, blending, drying, cooking or baking it before it's able to rot. Look up some pickling recipes to keep vegetables longer or making jams and

preserved fruits. Blending up produce into smoothies or drying them can help when the texture might be getting a bit undesirable but the flavor is still alright. Lastly, try cooking wilting vegetables into a stir fry or soup, and baking fruits into pies or crumbles.

### Keep an inventory

Consider placing a whiteboard on your fridge or somewhere in your kitchen, and writing down the food you have in your stock. Seeing it written might help you remember to use it, or remind you not to get more of it when you're going to the store. Try picking a few items you already have and looking up recipes that use them all up instead of centering a meal around just one ingredient.

## Be Responsible, Take Initiative

By: **Nabeeha Nuba**  
Contributing Writer

Why are you studying? What is your purpose? Is it to get a good grade or gain more knowledge? Is it to have a good career in the future? Whatever it is, you have to realize that it is up to you to fulfill that purpose. You are the only person who can take responsibility for yourself. Thus, open your books if you need to study, pick up your pen if you need to take notes or turn on your laptop if you need to finish that project. It is important to take initiative and build a mindset that puts your full concentration into studying. If you can't concentrate, analyze your situation and see what you can change to put your mind to studying without distractions.

### Scheduling

What is more important to building an effective study habit than managing your time? When you are scheduling, make sure you are including your obvious activities: classes,

extracurricular activities, nap times, lunch, dinner, breakfast, work, commute time and any other activities that you do on a regular basis. Be honest with yourself! It is important to schedule breaks. Also, you should make your schedule flexible enough so that you are comfortable making necessary adjustments. Don't hesitate to cut off activities that are interfering with your schedule. Now, that you have the obvious activities down on the schedule, you have the duty of finding time before and after class to revise and go through the notes you took in class.

### Working Condition

It is important to study in an environment where you are able to concentrate and put your mind into what you are studying. You should prepare your study supplies beforehand so that you aren't constantly getting up to gather your items. Having adequate light, keeping your study

space clean and putting all your supplies in one place will help you garner study habits that will boost your efficiency. If you like quiet places, try going to the Alvin Sherman Library where you can find a lot of empty tables on the third and fourth floors. There are also study rooms in the library that you can book beforehand, and there are rooms where you can interact with your group members and practice your presentations.

### Learning

It is important to engage with your study materials and learn effectively. If you are having problems with any of your courses, it is best to utilize the resources that are available to you on-campus: testing and tutoring center, SI Sessions, the professor's office hours, the library database and so on.

### Consistency

It is important to remember that changing your schedule every week can affect your study habits. Without consistent behaviors, it is hard to grow effective habits. However, life happens and we have to shift things around every week, but try to find a consistent time slot that you can keep aside just for study purposes. For that you have to take some time to analyze your schedule and monitor your regular behavior. It is also essential to time yourself when you are doing an activity and how many breaks you take to create a schedule as realistic as possible. Again, be honest about everything you do. You are here to conquer your fears and create a beautiful future for yourself!

## National Hispanic Heritage month

By: **Valeria Ravachi**  
Contributing Writer

National Hispanic Heritage Month takes place from Sept. 15 to Oct. 15 every year. It all started in 1968, on the anniversary of the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. It started in 1968, when President Lyndon B. Johnson approved Hispanic Heritage Week, but later, President Reagan expanded it to a month. This is a very special time of the year, given the pride Hispanics feel for their identity and the love of shared traits and differences from the world. Being able to share our cultural background is what we love most, and it's amazing to see how many people are involved with our activities.

For most Latino families, celebrating culture is not difficult. It sure isn't for Colombians (like me!). Not only is our lifestyle and history kept alive, but it is also the perfect opportunity to learn more about our ancestors. Also, we as a community create a deeper knowledge of the role that Latinos have played in the history of the U.S and the impact we've made on other cultures. It has been said that adolescents who grow up

informed and proud of their own culture are far more likely to develop healthier behavior than those who don't. I have seen this firsthand back in my home country, Colombia. Children have been more open to learning about our culture and how big our impact has been in the world, and since then, they have created a united front to protect each other. We have become a family where we are open to every different belief. This is what we celebrate during National Hispanic Heritage Month.

Everyone should see the history of our community. Everything is connected as one, and the more we are informed about our past, the more open-minded we can be in the future. I encourage everyone to learn about my people and my community, go to events and ask questions. We are always open to talking about ourselves and how strong we are and how we have overcome difficult obstacles in our life to become what we are today. They motivate us to start thinking about the future and how we can contribute to the world. Viva la raza Hispana!

## Bullying Awareness Month

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

We talk a lot about respect and personal connections, but often we fail to talk about what happens when people refuse to be a part of that. Amongst other things, October is a time to reflect on how we treat the people around us and how maltreatment negatively affects others. Specifically, it's a time to acknowledge the prominence of bullying. In Scott Poland's words, professor of psychology and co-director of the Suicide Violence and Prevention office, the difference between good-natured teasing and bullying is when "One person walks away feeling powerful and good about the interaction and the other one feels vulnerable and put down." Further, he mentioned that while some resources often define bullying as "repetitive," one post online may be considered cyberbullying if it's amplified by other online users.

Bullying can have long-term negative effects on victims, especially vulnerable groups such as members of the LGBTQ+ community, people with special needs and disabilities and people marginalized based on race, ethnicity or faith. According to PACER's National Bullying Organization, bullying has significant impacts on more than just the short term; victims of bullying have increased risk of anxiety and depression, as well as relationship difficulties.

Moreover, researchers have found bullying and suicide to be correlated. Poland said, "Suicide almost always involves adverse

childhood experiences, and bullying is certainly one of those, but an adolescent suicide almost always involves untreated or under-treated mental illness as well."

In terms of coping with and intervening, Poland makes it clear that we should be active in directly asking people, especially adolescents we are concerned about, if they are experiencing bullying or emotional distress. Victims of bullying should know that the harassment they are undergoing is not their fault. While bullying peaks in middle school, it can happen in high school, college and even in the workplace, so it's important to remain adamant about prevention.

As for the bullies themselves, accountability is crucial to preventing this damaging behavior. Part of accountability may be directly intervening if you are a witness, which encompasses standing up to the bully, letting an authority figure know and supporting the victim.

Resources for bullying exist, but Poland said, "Frankly, we need a lot more resources about bullying prevention, especially in the workplace." This also applies to creating a more efficient, accessible procedure for reporting bullying. In the meantime, people who want to learn more about bullying can visit stopbullying.gov, and anyone struggling with bullying can reach out to Henderson Counseling Services.

More features articles can be found online at  
[nsucurrent.nova.edu](http://nsucurrent.nova.edu)



# *Celebration Artsage*

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# Spooky events to look forward to

By: Laurel Gallaudet  
Contributing Writer

The time has come upon us when — unless you're already singing Christmas carols — everyone is wearing their skeletons on the outside, spiders are our friends, pumpkins are our favorite plants and there's never a shortage of fun to be had no matter where we are. For those looking for a good time, look no further than what we've gathered together here, and get ready to be terrified — in the best way.

## Halloween Party at Davie Ranch (\$10)

From 10 a.m. to 2 p.m. on Oct. 26, come down to the Davie Ranch for an eerie good time! With a slew of activities, featuring unlimited horse and pony rides, hayrides, free entry to a petting zoo, a treehouse playground and a bounce-house, there's never a dull moment. If you need a little kick to get you into the spooky-spirit, this is the place to be no matter what age you are. Price is \$15 for children and \$10 for adults over 18.

## Ghosts in the Garden

If you're looking for some fresh, freaky fun for people of all ages, head on over to Miami Beach Botanical Gardens on Oct. 27 from 11 a.m. to 2 p.m. for some fall fun. While you browse the beautiful flowers and plants on display, make sure to hit up the pumpkin carving station to carve out your own Jack-O-Lantern, which is only available with the purchase of a pumpkin. There will also be several spooky craft stations for those with a creative spirit, so be sure to attend and assemble your own barrage of creepy crafts. Along with open trick-or-treating for all ages, there will also be a costume parade, so come dressed to impress! This event is free for everyone and is family-friendly.

## 9th Annual Howl-O-Ween (\$5)

Everyone, especially students, needs a good fur-fix from time to time, and what's a better time to see some dogs than at a Halloween parade for pups? On Oct. 27 from 12 to 5 p.m., you can find endless furry-fun in Pinecrest

Gardens, Miami, with an adorable assortment of costumed canines making their way through the gardens and searching for treats. Featuring a doggie fun-zone, pumpkin patch photos, a costume contest and more, you'll enjoy yourself as well as the dogs amongst the gardens' gorgeous foliage. There will also be adoptable dogs at the event, and you are welcome to bring your own dogs. Admission is \$5.

## Trunk or Treat

Fun for everyone regardless of who you are or how old you are, trick-or-treating out of people's decorated cars right here on NSU's main campus is sure to spark your fancy. From 5 p.m. to 7 p.m. on Oct. 30, stroll around the North Circle — located directly next to the Alvin Sherman Library — to gather free candy from members of the NSU community who've decorated spooktacular cars or tables. If you're looking for some old-fashioned and timeless Halloween fun, you've found it. This event is free for everyone and also family-friendly.

## HalloWYN 2019

Without fail, Wynwood Marketplace is almost always the place to be on the true night of Halloween, and they haven't disappointed this year. For those looking to go wild this fright night, look no further than the HalloWYN Block party at the Wynwood Marketplace on Oct. 31. This event begins at 7 p.m. and ends on Nov. 1 at 3 a.m. and is the perfect opportunity to party with ghosts and ghoulies while the witching hour approaches. Some of Miami's best DJ's will be at the event and the party will also have a costume contest with cash prizes, fire spinners, LED shows and a few other eye-catching activities and presentations that you won't want to miss. Twenty different food trucks will be on the scene to cater every hungry need, and for those 21 and over, Fireball Whisky will be giving away free shots. This event is free for all ages.

# Enchanting Fall Elixirs

By: Tava Boeckel  
Contributing Writer

These simple potions are perfect for spooky season! Some take a watchful witch's eye over an open cauldron, while others let the freezer do the hard work. These sweet drinks are themed from some of your favorite magical characters ranging from evil queens to "The Boy Who Lived." They make for a scary good time whether on your own or sharing with the whole graveyard.

## Butterbeer

As any patron of a school of witchcraft and wizardry would know, this is the favorite drink of the magical world — even a muggle would enjoy it.

### Ingredients

- ¾ cup brown sugar
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1 teaspoon apple cider vinegar
- 3/4 cup heavy cream, divided
- 1/3 teaspoon butterscotch extract
- 4 12-ounce bottles cream soda,

chilled

### Directions

1. In a small cauldron, combine brown

sugar with 2 tablespoons water. Bring to a gentle boil over medium heat and turn off the heat after about a minute of cooking. If the flames of the netherworld are not available for use, a stovetop is fine.

2. Turn off the heat and add butter, salt, vinegar, butterscotch extract and 1/4 cup heavy cream. Stir until smooth with the wooden spoon carved from the limb of a cursed birch tree. Cool mixture to room temperature.

3. In a medium bowl, whisk together the remaining cream (1/2 cup) with 2 tablespoons of the brown sugar syrup until it becomes light and fluffy like an apparition.

4. In each glass, mix 1/4 cup brown sugar syrup with 1/4 cup cream soda. Pour in the rest of the cream soda until it is nearly to the brim of the glass. Top with whipped cream.

## Wormy Witches Brew

The spooky great thing about this potion is it can be made for a solo practitioner or given to the whole coven.

### Ingredients

- Green Hawaiian Punch
- Lemon lime soda
- Gummy worms

### Directions

1. Take one muffin tin and place a few gummy worms into each section. Pour in Hawaiian punch and cast a petrification spell on your brew — or place it in the freezer until solid.

2. Place a frozen worm ice in your chalice.

3. Mix in equal parts punch and lemon lime soda.

*Tip: It's more fun to not tell friends there are worms in the drink!*

## Poison Apple Punch

Whether attempting to get rid of your rival to be fairest in the land or entertaining seven dwarves and a huntsman, this potion is perfect for you!

### Ingredients

- 2 quarts apple juice
- 1/2 cup light brown sugar
- 1 cinnamon stick
- 1 ½ teaspoon ground allspice
- 1 cup orange juice
- 1 cup cranberry juice
- 1 ½ quart chilled ginger ale

### Directions

1. In a small cauldron, slowly heat 2 cups of apple juice with a cinnamon stick and allspice. Don't let your cauldron bubble over.

2. Stir in the light brown sugar while stirring counterclockwise and chanting a hex using your rival's name until the sugar is dissolved.

3. Let the mixture cool with a blow of magic breath that steals the heat from even the heart of your enemies — or just use the fridge.

4. Remove the cinnamon stick and add the new mixture in a large potion pitcher with the remainder of the apple juice, orange juice and cranberry juice.

5. Add ginger ale before serving over ice.

*Tip: For a brighter color, add red food coloring or the blood of a sacrificial goblin!*

More Halloween articles to get you in the spooky spirit are online at [nsucurrent.nova.edu](http://nsucurrent.nova.edu)

# Chase the Halloween spirit through "Buffy the Vampire Slayer"

By: Kelsey Bruce  
Arts & Entertainment Editor

It's spooky season, and that means all things that go bump in the night are coming out to boogie. Where's that party at? The Hellmouth of course, located in Sunnydale, California. In "Buffy the Vampire Slayer" lore, it's said that demons and vampires really prefer to take Halloween off — after all, it can be hard to identify the tastiest snacks when they're covered in glittery masks. However, the title character and monster maven, Buffy Summers, has a way of attracting mischief even on monster meditation night. Check out these cult-classic Halloween specials to make your spooks more slayer-ful.

## Season 2 Episode 6: "Halloween"

Worth watching, even for first-time customers of the Hellmouth Hotel

Halloween is all about having the freedom to be what you're not, so of course an interesting question to explore is who would you be if you weren't you? Characters in this episodes become their costumes and literally forget their previous lives. While it's goofy — and mildly unsettling — to watch a superhero become a princess or an awkward teenage boy transform into a disciplined soldier, it also opens up some fun introspection on how even the parts of ourselves we don't like are crucial to our identities.

## Season 4 Episode 4: "Fear, Itself"

Fun for anyone, including newbie vampire slayers

"Fear, Itself" has many merits, the primary one being its unapologetic relatability. The twist on Halloween this time around centers on fear. We all have a few go-to's when it comes to what we're afraid of — the dark, spiders, finals and so on — but when we think of our deepest, most unsettling terrors, they're likely to have some basis in our insecurities. In this episode, the Scooby Gang, a running nickname for Buffy and her friends, get trapped inside a fraternity house that actualizes their deepest insecurities. At the end, the characters have a little more understanding of how they are all struggling in their transition to adulthood, and they even kill a demon to boot.

## Season 6 Episode 6: "All the Way"

For experienced creatures of the night only

"All the Way" is another Halloween special, but it makes more use of internal drama than external spell-casting. In it, the characters all hash out relationship issues. Willow and Tara fight about Willow's excess use of magic, and Dawn runs off to cause mischief with a boy who's hiding his true identity behind more than a costume. Of all the Halloween specials, "All the Way" is pretty plot-heavy, so I would only recommend this episode if you've seen more than just a few episodes of "Buffy" before.

# Spark some self reflection with these personality quizzes

By: Madelyn Rinka  
Co-Editor-in-Chief

Ever fallen down the rabbit hole of personality quizzes late at night instead of doing homework or sleeping? Rather than finding out which city you should live in based off of your favorite foods or having an algorithm try to guess your hair color based off of your favorite 2000's songs, there are some personality tests that go a bit deeper and might spark a bit of self reflection. If you're looking for some fun ways to potentially learn more about yourself, look up some of the tests mentioned below.

### MBTI (Myers-Briggs Test)

The Myers-Briggs personality test ranks your answers on four different factors: extroversion (E) or introversion (I), sensing (S) or intuition (N), thinking (T) or feeling (F) and judging (J) or perceiving (P). This results in 16 different personality combinations, such as

INFP, ISTP or ESTJ. According to their website, since the test first launched in 1962, millions of people around the world have taken it. The goal of the test is to "understand and appreciate differences between people" and may be useful in workplaces and classrooms to understand others' points of view or approaches to a subject. A lot of speculative studies have also placed historical figures in MBTI types, letting curious test-takers see who may have potentially had their personality type.

### The Enneagram

Enneagram has been gaining a lot of attention on social media lately with Instagram accounts popping up depicting the nine personality types through references to pop culture and the like. Even if you don't care what Starbucks order is most like your Enneagram

type, the quiz can offer some intriguing insights. The Enneagram types are nine strategies relating to the self, others and the world, and reveals patterns of thinking, feeling and acting, according to their website. Each type is broken down into another word, such as "The Giver," "The Mediator" or "The Observer," and categorized into the head, the heart or the body. Supposedly, approaching situations with the Enneagram in mind can help foster healthy relationships and solve conflicts.

### Multiple Intelligences Test

While many multiple intelligences-type tests exist online, many of them have the same or similar results. Multiple intelligences may refer to one's strengths or styles of learning and understanding the world. Depending on the test, your results may be something along the lines

of visual intelligence, interpersonal intelligence, kinesthetic intelligence, and more or some blend of them. Tests like these might be able to give you insight as to how you (or others) learn or potentially how you should be studying. It might be fun to learn about and try to implement, but it shouldn't necessarily be used in place of visiting an academic or career advisor.

*Online personality tests should be thought of as entertainment or potential ways to spark reflection and should not be used in place of visiting doctors or other mental health professionals, if necessary. They should also not be used as a way to prove someone is "better" than another.*

## OFF SHORE CALENDAR

**Food Trucks Wednesday Festival**  
Oct. 16 | 5 p.m. - 10 p.m.  
@Pelican Harbor Marina | Miami, FL

**Deerwood Bonita Lakes Park Food Truck Festival**  
Oct. 17 | 5 p.m. - 10 p.m.  
@Kendale Lakes Park | Miami, FL

**Fall Fest**  
Oct. 19 | 10 a.m. - 2 p.m.  
@Davie Ranch | Davie, FL

**Lantern Festival**  
Oct. 19 | 3 p.m. - 8 p.m.  
@Morikami Museum and Japanese Gardens | Delray Beach, FL

**South Florida SeaFood Festival**  
Oct. 19 - 20 | 11 a.m. - 7p.m.  
@Miami Marine Stadium | Miami, FL

**Kitetober Festival**  
Oct. 19 - 20 | 12 p.m. - 5 p.m.  
@Haulover Park | Miami Beach, FL

**32nd Annual Las Olas Art Festival**  
Oct. 19 - 20 | 10 a.m. - 5 p.m.  
@620 E Las Olas Blvd | Fort Lauderdale, FL

**Creole Culture Fest**  
Oct. 19- 20 | 4 p.m.  
@Miramar Regional Park

**Jazz in the Pines Concert**  
Oct. 20 | 3 p.m. - 5 p.m.  
@Charles F. Dodge City Center | Pembroke Pines, FL

**Halloween Party**  
Oct. 26 | 10 a.m. - 2 p.m.  
@Davie Ranch | Davie, FL

**South Florida Sunset Challenge**  
Oct. 30 | 4 p.m. - 7 p.m.  
@Vista View Park | Davie, FL

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# ATHLETE OF THE WEEK:

## Carly Rothert

By: Cameron Pritchett  
Sports Editor



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Carly Rothert is Track and Field athlete from Elmore, Ohio, majoring in biology, and getting her minor in psychology for health sciences. At their most recent conference meet, Carly had the highest point score out of all the women's runners.

### What inspired you to start running track?

Initially, it started as just something to stay in shape for soccer; that was the first sport I was playing. I got a really bad concussion and wasn't able to play soccer anymore; I just fell in love with track because that was what I had left. I started getting more specialized in events, and started to actually like the events; it wasn't just running anymore. Now, I do high jump, hurdles, triple jump, and sometimes open events.

### Before track, did you play any other sport(s) that have carried over to running?

Like I mentioned, I played soccer to get in shape for track; in addition, I did ballet, tap dancing, tumbling, basketball; I pretty much did everything. I always loved track at the end of the day though.

### How do you balance studying, training, and having relaxation time?

We're not in season right now, so we don't have to worry about the competition aspect. I have a planner I use and basically live out of it; everything is planned to a tee in my day. We have practice in the morning, so after that I make sure I have time to get breakfast, and go to classes. At the end of the day, I make sure I study a bit and go to bed early. Fridays, I do nothing school related; Friday is my recovery day.

### What is your favorite part of the sport?

The team aspect. It's an individual sport that isn't individual, if that makes sense. Everybody trains together, everybody practices together; during competition you're the only one obviously, but you still have your teammates backing you.

### Do you have any pre-meet rituals?

I really don't; I have always been against pre-meet rituals. I'm superstitiously against superstitions. I feel like it's going

to cause me more problems if I have pre-meet rituals. If you don't do well, then you mentally mess up, which affects me negatively because all my events are very mental.

### What are some of your goals here in your career at NSU?

Academically, I want to keep above a 3.8 GPA and get accepted into medical school. Athletically, I want to get through my career without any injuries, and I want to at least provisionally qualify for nationals in something. That doesn't necessarily mean go to nationals which is the ultimate goal, but provisionally qualifying for something would be awesome.

### For some athletes, traveling to off-campus meets is tiring; do you like traveling to other schools to compete?

I absolutely love it. That's one of my favorite things because it gets me more in the zone; I get in the mindset of 'this is real.' It feels more professional; it's not like we're just going to the practice field. It makes me feel more ready for competition; I just sleep the whole way there and I get to experience different schools in different parts of Florida.

### What are your hobbies or passions when you're not training or competing?

I like to read and enjoy yoga. I took up yoga during my concussion because it was the only thing I could do and it's actually carried over to sports. It calms me down and resets me for the day. I try to get members of the team to come with me and I'll get a few people.

Visit [nsucurrent.nova.edu](http://nsucurrent.nova.edu) to learn more about NSU athletes!



## THIS WEEK IN SPORTS HISTORY



By: Ashley Diaz  
Contributing Writer

### October 15 NHL player Wayne Gretzky breaks point record

Wayne Gretzky broke the points record in 1989 for NHL, a record previously held by Gordie Howe. Gretzky started against the Edmonton Oilers with 1.849 points and tied Howe's record by the first period. He didn't play for nearly the whole game, but when he got called off the bench, he was ready. His team was behind, but once he got on the ice, he made the shot that both tied the game and broke the points record.

### October 16 Babe Ruth defies Landis

Commissioner Kenesaw Landis enforced a rule that banned World Series players from participating in postseason barnstorming tours. Ruth was going on a barnstorming tour, when sports teams or individual players travel to various locations to stage exhibition matches, but the commissioner canceled it. This, however, did not stop Ruth, and other players from the Yankees team, from going on the tour themselves. Ruth was sure that if he did the tour, it would get people to see them next season, and so he went on the tour. He was suspended from playing until May 20, 1922.

### October 17 Chicago Bears win first game

The Chicago Bears, originally called the

Staley's because of the person who founded the team, changed their name to the Bears when they were sharing the field with the Chicago Cubs. 1922 is when the Bears started their first official season, and some players even made the Football Hall of Fame. When the Bears played their first game against the APFA Rock Island Independents, they won 7-0.

### October 18 The beginning of a rivalry: NYC vs. Brooklyn

It was the first time that the New York National League and the Brooklyn American Association ever played together. When Brooklyn became an AA, the two teams arranged a postseason championship event.

They had played games before, but this was the first championship game. When the sun set, the game stopped and Brooklyn won 12-10, placing them in the lead in the series.

### October 19 First woman jockey in North America

Anna Lee Wiley becomes the first North American woman ever to join the jockey team in Mexico. At the Agua Caliente Race Horse Track, Wiley competed in the Coronado Town Plate race, and after a lot of primping, Anna Lee Wiley won in a walk in 1941.

## Now Hiring!!

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# On The Bench:

## Unsportsmanlike Conduct: We are taking it too far

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

On Oct. 6, head coach of the Dallas Cowboys, Jason Garrett, was penalized for unsportsmanlike conduct on the sidelines. What looked like a really dramatic flag throwing match became much more because, as the officials put it, Garrett was flagged for abusive language towards said official after throwing a challenge flag to the most recent call. This event was later joked about online, and even encouraged Jerry Jones, the general manager and owner of the Dallas Cowboys, to take to Twitter saying, "I hope the little darling didn't hear something he hadn't heard before. We should all stop the wheel over that if he got [a penalty for] abusive language."

Even though the comments are obviously condescending, I think this does point out an obvious problem in the NFL. Last season, there was a huge debacle over unsportsmanlike conduct and what penalties are considered unsportsmanlike. We had touchdown dances, tension between players, accidental run-ins during tackle and even trips and falls, all falling under the unsportsmanlike umbrella.

Now, the 2019 NFL rulebook outlines these absurd and arbitrary rules. According to Article 1 subsection F: "Prolonged or excessive celebrations or demonstrations by an individual

player or multiple players" is considered a prohibited act. But what is considered prolonged or even excessive? There are many times I watch a game and think that the team imitating a "bowling setup" celebration is excessive, but it really seems to depend on the official on the field that day. Some find it harmless and some immediately flag any and all celebrations in the endzone.

Another interesting rule is subsection C, which states that the use of baiting or taunting acts or words that may engender ill will between the teams is also prohibited. If you watch any game and can catch some of the side comments from the field, you'd know that this type of talk, commonly referred to as "trash talk" is part of the football culture, whether the officials like it or not. "Trash talk" is used to throw the other team off their game, making them flustered so that the other team can overpower them. All teams use these methods, and most of the guys on the team are used to this sort of culture. If this rule is seriously going to be implemented, then there will be a thousand unsportsmanlike calls this season. However, I don't think that's going to be the case.

That's the one thing about rules, especially at this caliber in which not only are the players

and officials paying attention, but so are a vast majority of sport spectators. This picking and choosing of the rules they follow and how strictly officials will follow them is ridiculous. It should either be implemented fully or not implemented at all. By picking and choosing when it's convenient, as it seems, is leaving windows open for misunderstanding amongst players as to what they can and cannot do on the field, which can cause serious mess ups. Should the touchdown celebration last ten seconds or five seconds? Is a player allowed to accidentally trip another player in a tackle or trash talk their opponent before running a play? There is no true answer to these questions if these rules aren't being implemented accurately.

Listen, I get it. When you are playing a game that is as intense as football, there is a tendency for adrenaline and emotions to run high. Things are said and done that aren't exactly pleasant, but that is the game; there are tackles and rival tension between players, just to mention some. For me, as long as both teams can shake hands at the end of the game and support each other's endeavors — despite team rivalries or different positions or styles — then that is the mark of true sportsmanlike conduct, and anything other than that should be deemed unsportsmanlike.

### ON DECK

#### MEN'S SOCCER

v.s. Eckerd  
Oct. 19 | 6 p.m.  
NSU Soccer Complex



#### WOMEN'S SOCCER

@Columbus State  
Oct. 16 | 7 p.m.  
Columbus, GA

@Eckerd  
Oct. 19 | 1 p.m.  
St. Petersburg, FL

#### MEN'S GOLF

Miami Intercollegiate  
@Doral Golf Resort  
Oct. 21 | all day  
Doral, FL



#### WOMEN'S GOLF

Jupiter Women's Invitational  
@Jonathan's Landing Golf Club  
Oct. 15 | all day  
Jupiter, FL

#### WOMEN'S VOLLEYBALL

South Region Crossover  
Oct. 18-19 | all day  
Hoover, AL



## SPORTS SHORTS

### Men's Swim

Traveling north to Orlando for the SCC opener, our men's swim team glided past Rollins by a score of 148-57 on Oct. 4. Senior Aleksei Averchenko, sophomore Alessandro Xella, junior Magnus Poulsen and sophomore Martin Hemmingyth finished with a time of 1:33.35; in addition, junior Matteo Masiero took first in the 200 fly, posting a 1:54.46. The Sharks swept the next four events, and will look to continue their success when they head to Melbourne to take on Florida Tech. on Oct. 5.

### Women's Soccer

In a nail biter on Oct. 5, Women's Soccer were able to pull out a 1-0 win against Florida Tech, which also set a program record 9th straight victory. The Sharks recorded 19 shots with nine on goal, but did not find the back of the net until the 79th minute when senior Emma Heikkila scored a header off a corner kick. This goal moved Heikkila to 68 career points (3 per win), which now ranks fourth all-time in NSU history. After this win on Saturday, the Sharks have now run their scoreless streak to 456:07.

### Men's Golf

On Oct. 8, Men's Golf competed at the Shark Invitational, finishing 7th overall. Benjamin Hjort, the only senior in the lineup for the tournament, had a 7th place individual finish, marking his best finish since October of last year. Freshman Mike May narrowly missed his second straight top-10 finish, earning 11th with a final score of 219. The Sharks will look to improve in their next tournament on Oct. 14-15.

### Women's Volleyball

In a game on the road against Saint Leo, the NSU Women's Volleyball team suffered a 3-0 loss against the Lions. The Sharks managed to keep the early portion of the first set within three points, however a run by Saint Leo closed out the first set 25-17. After quickly facing a 3-0 deficit in the second set, freshman Brittany Landrum helped take charge of a 4-0 run by the Sharks; however, the Sharks took a 25-22 second set loss. The third and final set proved to be costly for the Sharks, as they quickly found themselves down 7-2; they would go on to lose the set 25-9.

## OUT OF THE SHARKZONE

caution: your sports news is now leaving NSU

### Simone Biles wins the all-around title

American gymnast, Simone Biles, won the all-around title at the gymnastics world competition for the fifth time on Oct. 10. Biles ended her floor routine by gesturing a mic drop. She claims that this was not her best performance, but it still earned the highest score of the competition. According to the Associated Press, "One of the few blemishes was skidding out of bounds on the landing of a triple-double, a skill no other female gymnast performs." Biles holds a total of 22 world championship medals.

### Public service announcement compares concussions to smoking

The "Tackle Can Wait" campaign, part of the Concussion Legacy Foundation, is trying to discourage children under 14 from playing tackle football and instead encouraging them to play flag football as a way to reduce the number of children who develop a degenerative brain disease called

chronic traumatic encephalopathy. According to the Associated Press, "The PSA, which will be released on all platforms, carries a note that the smoking shown on screen is simulated. The behind the scenes video notes that the [onscreen] football was also safe." Some states have also proposed banning children under the age of 12 from playing tackle football.

### Boxer injured in crash

Errol Spence, a welterweight boxing champion, was severely injured after crashing a speeding Ferrari early Thursday morning. Spence's vehicle flipped multiple times after hitting a median. Spence was ejected from the vehicle as a result of the crash and later placed in intensive care. Spence's family stated that "Spence is awake and responding and his condition is listed as stable. He did not sustain any broken bones or fractures, but has some facial lacerations. He is expected to make a full recovery."

Visit [sutv.nova.edu](http://sutv.nova.edu) for access to shows and movies before they hit Netflix or Redbox!





## The truth will set you free

By: **Flor Ana Mireles**  
Copy Editor

Sometimes, telling the truth can be scary, especially when we don't know how the person we're being honest with will react. As humans, we seek reward and avoid punishment. With that being said, it's easy to want to lie to avoid something we think will be negative. I won't lie, I used to lie a lot. Over time, I've learned the importance of telling the truth and being honest with myself and with everyone around me. One of the most important lessons I've learned in life is that the truth will set you free.

We don't like it when we're being lied to. Yet often times, we lie to others without putting into perspective how they would feel if they were to find out. People tell lies to avoid hurting others, avoid facing negative repercussions or for self gain, but this is really not the way to go about life. If the people we lie to find out, it may be very difficult for them

to trust us again. If we're living a life of lies, everything loses its value and we ultimately lose our true selves with it.

Trust me when I say the truth really can set you free. When we're honest with ourselves, as well as with others, we have clearer consciences, are more likely to generate and receive trust and genuinely lead better lives. Being true genuinely feels good and makes us better people.

At the end of the day, the worst truth is better than the best lie, and being honest will pave the path to a more successful, happier life, as well as help to create better, stronger relationships. If we're honest with ourselves and those around us, our days will be brighter and our souls will be lighter. It's all law of attraction and if we're spreading truth and positivity, it will make its way back to us. Ultimately, we'll be free.

## Don't limit yourself on Halloween.

By: **Rick Esner**  
News Editor

When a person hits a certain age and October 31 rolls around, they are inevitably told that "they're too old for trick-or-treating," or they are pressured by societal norms, making trick-or-treating simply not cool anymore. Those people usually end up turning to Halloween parties, whether it's in a friend's basement or at a Halloween event at a club. That is how the adults celebrate Halloween, right? Wrong. Why do we have societal norms for a holiday that was meant to be celebrated with fun games, tricks and candy? Throw it all out the window, get rid of those Halloween societal norms and just do what you want on Halloween.

Do you remember when you were little on Halloween and you could not wait to get home and put on your costume just so you could race out and start collecting as much candy as possible? What a great feeling, and there is no reason to rid yourself of that feeling. My mother used to speak about other parents in the neighborhood complaining about college students trick-or-treating in their neighborhood, but my parents would always give those college students candy with the mindset of "Who cares, they're having fun!" The idea that just because

those college students are older, all of a sudden they don't like free candy is ridiculous. I do not care how old the person is, if someone comes to my door on Halloween in a costume, they are getting candy.

To be fair, however, Halloween parties can get crazy fun too. The first Halloween party I attended was my freshman year of high school and it is a night I will never forget. The feeling of walking into a dark room filled with smoke and skulls hanging from the ceiling sent a spooky feeling down my spine that was impossible to recreate any other time of year. Getting together with a group of people all decked out in their scariest costumes and just having some fun for a night can be a great time, so if you're invited to a party, then go for it.

Moral of the story: Halloween is a day to celebrate, so do whatever you want. There is no need to listen to those societal norms about age and Halloween. If you have fun trick-or-treating, do it. If you have fun going to a party, then do that. So wear a costume, have fun, and soak in the Halloween spirit no matter what anyone says.

## Appreciate culture, don't appropriate it

By: **Emma Heineman**  
Features Editor

With Halloween and Thanksgiving right around the corner, the controversy surrounding the appropriation of Native American culture again comes to the forefront of discussions and debates. From college and professional team mascots, culturally insensitive Halloween costumes with Native American symbols and caricatures plastered on advertisements for food brands and more, various groups have drawn different conclusions on where the line should be drawn between cultural appreciation and cultural appropriation.

According to National Geographic, Native Americans "make up only 1% of the population in the United States, but the names and images of Indians are everywhere... these symbols

of the European-American narrative ignore the genocide, disease and cultural devastation brought to native communities."

Much of the controversy surrounding the use of Native American images, names and symbols stems from the tumultuous relationship established by the European conquest and settlement of the "New World." Even the term "American-Indian" is regarded as a label indigenous people didn't choose. The term originated from explorer Christopher Columbus' erroneous assumption that he had landed in the West Indies when he landed in the Bahamas and highlighted the problems with European conquest — the forceful imposition of western ways onto the people already living in the newly

discovered land.

Another complaint of indigenous people is the fact that the holiday season neglects to acknowledge the hardships and maltreatment that native people have faced since the beginning of the age of exploration. Since 1970, National Day of Mourning has been observed on the fourth Thursday of November, the same day as Thanksgiving. The day serves as a reminder of modern-day Native Americans' struggles and the widespread demolition of the native people and their culture.

When it comes to deciding whether or not a personal action or word appropriates native culture, I think the delineation is simple — if you aren't being respectful, don't do it. I understand

that many of the things we do and say relating to indigenous cultures are done without so much as a second thought, but taking a moment to reflect on the consequences of our actions can make all the difference. Even if your intentions are not to be harmful, if you don't know how something you have said or done may be perceived, stop and think or even ask a friend. When in doubt, take the extra time and effort to ensure that you are respecting Native American culture. Make sure you are appreciating, not appropriating.

## Driving tests should be retaken by senior drivers for safety

By: **Flor Ana Mireles**  
Copy Editor

We've all heard the phrase "age is just a number," but when your age begins to affect your ability to properly drive, it is not just a number but a hazard to yourself, as well as others. Senior citizens are those who are 65 or older, and although they are more likely to wear a seatbelt, not text and drive or drink and drive, due to age-related vulnerabilities, they are also more likely to be injured in an accident or cause one. According to Jurek Grabowski, the research director for the AAA Foundation for Traffic Safety, "the amount of time the average driver spends behind the wheel each year is equivalent to seven 40-hour weeks at the office." That's approximately 293 hours behind the wheel, and therefore, it is important to be attentive and pay

attention to the road.

Advances in vehicle technology have definitely made it easier and more convenient for seniors to drive better. Standard features like seatbelts and airbags, as well as design features that reduce operator fatigue and discomfort, help compensate for physical changes as we age and are there for our overall safety. However, not every individual takes this into account.

In 2014, about 221,000 senior drivers were injured in traffic crashes and 5,709 were killed. AAA states that "Per mile traveled, fatal crash rates increase beginning at age 75 and rise sharply after age 80... due to increased risk of injury and medical complications." Senior drivers who use one or more medications often

times are not aware of the potential impact these medications have on driving performance. As we age, we usually begin to lose our eyesight and hearing, essential senses used while driving. Therefore, it should be taken into consideration for seniors over the age of 65 to retake their driver's license exam in order to remain on the roads.

Some states have already taken this suggestion into account and have implemented it into their driving laws. In Arizona, once an individual turns 65, their license expires and they must retake the driving exam in order to stay out on the roads. In Florida, after turning 80, individuals must renew their licenses every six years and pass an eye exam with each renewal.

These rules, however, needed to be more strictly enforced.

Growing older is inevitable, and while our minds might still be young, sometimes our bodies are not. While driving and out on the road, this can become a hazard to not only ourselves, but others as well. Retaking a driver's license exam after a certain age is not meant to be degrading, but rather a safety precaution in reducing the amount of vehicular accidents we see in the U.S. on a daily basis. Think of your elderly loved ones. They tell you to be a safe driver, but they should be one too.

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SHARK SPEAK



How can NSU better serve your major or program?



“I think NSU can work on promoting more of a connection between graduate students and undergraduate students to allow for us graduates to guide undergraduates and help them find what they want to do in their careers.”

**-Emily Heere, first-year student in the occupational therapy graduate program**

“NSU can start by providing more diversity in the criminal justice faculty. A lot of them operate on a very hands off basis. I wish that the professors were more involved with us rather than just assigning students a paper to write and telling us to read chapters in our textbook.”

**-Julien Stephenson, junior psychology major**

“NSU should provide more of an outlet on social media for research projects and extra-curricular activities. My major is involved in athletic training and I know of only a few work studies and internship opportunities. We had one social mixer this year, but besides that, it’s kind of free for all to find opportunities in the field, which I don’t feel is the case with some of the other majors.”

**-Anna Baretincic, sophomore exercise and sports science major**

“I feel there is not a great way to get in contact with professors to explore the major. The biology major is broad and you can’t really do a lot with the biology major as an undergraduate student. If there was a better way to talk to professors, or a research program that students could do [to narrow down their interests], I think that would help.”

**-Stephanie Shneydman, freshman biology major**

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