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spirit alive with socially distanced activities and extra sanitization, allowing for the expansion of new students. While NSU is expanding, other universities around the nation have seen a decrease in enrollment and a surge in coronavirus cases, leading to cancellations and closures.

"Our work is not done – it will never be done as we continue to strive to be better every day," said President Hanbury.

We are working our way through this pandemic as one Shark family. Together, we have achieved greatness despite the unfortunate circumstances we have been put in.

News



Global news, courtesy of the current

Italian engineers make 3-D print of renaissance masterpiece

Italian officials announced last week that a team of Italian engineers, technicians, craftspeople and restorers have been working on a 3-D print of an exact copy of Michelangelo's David sculpture. The replica is an attempt for Italian officials to showcase, not only classic Italian craftsmanship, but also high-tech knowledge in the modern age. The piece will be in the center of the Italy Pavilion at the next world fair, which has been postponed until Oct. 1, 2021.

EU takes legal action against Britain

Last Thursday, the European Union commission sent a formal notice letter to the United Kingdom government, which states the start of a protracted legal battle between the two, according to the Associated Press. The motivation behind the legal action takes place after the U.K. made significant progress in moving forward with the Internal Market Bill, which could lead to the reimposition of a hard land border between Northern Ireland, a part of the United Kingdom, and Ireland, a member of the EU. The EU provided the U.K. with significant forewarning of their motivation to proceed with legal action if the country continued to move forward with the bill, as the bill would erode stability between the two nations that has been settled since 1998. If the Internal Market Bill becomes British law, it will give the government of Britain the power to disregard part of the recent Brexit Withdrawal Treaty that deals with trade to and from Northern Ireland.

Protests erupt toward Indian government after brutal crime

Hundreds of protesters demanded for the dismissal of the government of a northern Indian state after a 19-year-old woman was a victim of sexual assault and later died in a hospital, according to the Associated Press. The protests erupted last Friday after Prime Minister Narendra Modi refused citizens to meet the victim's family by closing off the victim's village. Protesters have accused the government and authorities of trying to hush the crime due to the victim's low social caste. However, authorities have claimed that four suspects, all from an upper social caste, have been arrested and five police officers have been suspended due to their negligence.

After long term stalemate, Belgium forms a government

Last Thursday, a ragile coalition government took power in Belgium after nearly two years without a formal government in place, according to The New York Times. The new government is a combination of seven political parties as an attempt to ward off a growing far-right movement in the country. Due to its large body, officials are worried the new government may topple over even the smallest of disagreements. Additionally, the newly formed government means the removal of current ministers who have handled, not only the pandemic, but everything else for the past two years with emergency powers.

C TheCurrent

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The Current serves Nova Southeastern University from its location in Room 328 of the Don Taft University Center. The Current is NSU's established vehicle for student reporting, opinion and the arts. All community members are invited to contribute.

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News & Anchor Stay up to date with national events.

President Trump and

Wildfire evacuations ordered in Northern California As Northern California braces for powerful winds with ongoing wildfires, evacuations were ordered on Thursday afternoon. The evacuation order is to remain in place through Saturday morning, with hot, dry conditions and turbulent northwest winds. In the Bay Area alone, nearly 70,000 residents are under evacuation orders. According to NBC News, "24,000 buildings in Napa and Sonoma counties, north of San Francisco, remained threatened by the Glass Fire, which ignited overnight Sunday in the Napa Valley and burned

through vineyards, resorts and homes."

48-hour delay in audiotape

Mississippi becomes the first

Melania Trump test positive for COVID-19

In the early hours of Friday, President Donald Trump and first lady Melania Trump told the public they had tested positive for COVID-19 in a tweet by Trump saying, "Tonight, @FLOTUS and I tested positive for COVID-19. On Friday night, the President announced he would be going to Walter Reed National Military Medical Center to receive treatment. According to The New York Times, "The doctors said Trump's blood oxygen level dropped twice... after he was diagnosed with the virus, requiring medical intervention... But they insisted that his situation had improved enough since then that he could be released from the hospital as early as Monday."

release granted in Breonna Taylor case

On Wednesday, "Kentucky State Attorney General Daniel Cameron was granted a 48-hour delay in releasing the grand jury's recordings in the Breonna Taylor case after asking for more time just hours before he had been ordered by a judge to place the materials in the court record," according to ABC News. While Cameron had requested a week to redact names and personal witness information from the 20 hours of audio recording, Jefferson County Circuit Court Judge Ann Bailey Smith only granted him an extension until Friday to release the tapes.

state to lift statewide mask order

At a news conference on Wednesday, Mississippi Gov. Tate Reeves announced the reversal of the statewide mask mandate and eased some restrictions on social distancing for public gatherings. While masks will still be required in schools and close contact businesses like barbershops and salons, according to the New York Post, "Reeves said he would be leaving it up to residents to decide whether to wear a mask."

News Briefs

Get the scoop on events happening on campus

Beach Clean Up

On Oct. 10 at 9 a.m., NSU's Freedom Sharks and Green Sharks will host a beach clean up at Hollywood Beach. Individuals interested in attending the event are encouraged to bring their own reusable water bottles and gloves. Follow @nsu.green.sharks on Instagram for more information.

Digressions accepting submissions

Digressions Literary and Arts Journal is accepting submissions for Volume 18. Students interested can submit original works of poetry, short fiction, creative essays, dramatic scenes, artwork and photography for consideration. Interested students can learn more information or upload their submissions <u>here</u>. As well as submissions, Digressions is also looking for reviewers that want to be a part of the editorial team. Students interested in reviewing or who have additional questions may reach out to Mario D'Agostino at <u>mdagost0@nova.edu</u> or the Director of Digressions, Athena Edwards at <u>ae665@mynsu.nova.edu</u>.

Alvin Sherman Library is a voting site for upcoming election

The Alvin Sherman Library has been selected as an Official Polling Site for the upcoming general election and as an early voting site. The site will be available Oct. 19 - Nov. 1 from 7 a.m. to 7 p.m. for early voting opportunities and 7 a.m. - 7 p.m. on Election Day, Nov. 3. Voters may also deliver voteby-mail ballots at any early voting location, including the Alvin Sherman Library.

Mask Competition open for voting

As part of the Return of the Sharks Initiative, NSU has asked students and employees to send in photos of their face coverings for the "NSU Fabulous Face Cover Competition." This competition is now inviting the NSU community to vote for the finalists <u>here</u>. The deadline for voting in this competition is Oct. 16 and prizes will be available for the winners.

Second term scuba classes

Offered at the RecWell, NSU students can participate in courses this semester to learn about and participate in Scuba diving. Term 2, starting the second week of October, marks the start of the Beginner Open Water Diver, Rescue Diver, Enriched Air Nitrox and the Dan Diving First Aid for professional divers courses. Students interested in participating or learning more about these courses can visit <u>nsuaquatics.</u> <u>com</u> for more information.

"Doing the right thing:" COVID-19 Update

By: Madelyn Rinka Co-Editor-in-Chief

Between the new BlendFlex model, classroom capacities, limited gathering sizes and masks covering the faces of every Shark, it's hard to miss the impact the COVID-19 pandemic has had on NSU.

As of Oct. 3, NSU did not currently have any confirmed COVID-19 cases or quarantines within the residential halls or among any undergraduate professors. Beth Welmaker, the executive director of environmental health and safety for NSU, stated that, while the low number of total cases are considered positive news for NSU's campus, she wants the community to know that the university is here to support anyone coming forward with a positive or potential case of COVID-19.

"I'm very encouraged and happy that we don't have cases right now on campus, but I do hope, earnestly, that it's not for a lack of willingness to report a positive status. I think that NSU has done a phenomenal job of supporting students during the time of isolation and there hasn't been any punitive action. I would hope that our students would be willing to reach out for that care and support rather than trying to go about it on their own," said Welmaker.

An NSU student, who asked to remain anonymous, reported that they felt the university was taking the right precautions when it came to handling their "case." The student was ill and had symptoms of COVID-19, but did not test positive for the virus, and out of an abundance of caution, they decided to isolate and treat their illness as if it was a case of COVID-19. The student has completed their standard 10-day isolation period and in-person appointment, and are gradually transitioning back to partaking in in-person activities.

"In terms of food delivery and making sure that I got a Telehealth appointment set up, [Welmaker] was really helpful that whole time... and the fact that we were required to take the Return of the Sharks course was really helpful because I knew what to do. In terms of [how my case was handled], I was very pleased with the resources," the student said.

Welmaker encourages students who have symptoms or any suspicion of COVID-19 to

reach out to NSU's Telehealth line at (954) 262-4100 and <u>COVIDcase@nova.edu</u> for guidance and support. If it is determined that a test is necessary, students can get tested at the campus site, which has been delivering results in 24 hours. Additionally, staying diligent in preventing the spread of other illnesses, such as the flu or strep throat, is particularly important this year.

"The flu is very serious for a lot of individuals as well, and it can be very confusing to determine if your symptoms are flu symptoms or COVID-19 symptoms, and they're both respiratory viruses, which are both very debilitating," said Welmaker.

The student echoed Welmaker's suggestions, encouraging other students to take COVID-19 seriously and do their part to protect the health and safety of the community.

"Just continue to follow the guidelines that NSU is giving out. They have been very helpful so far with all of the resources they gave us, even before we got to school. Make sure you're keeping your own circle and everyone around you as safe as possible [by] doing the right thing, not hanging around a bunch of people and only going out when you need to," the student said.

If a student is having any symptoms, they are advised to reach out to NSU's Telehealth line at (954) 262-4100, where they will be connected to a physician who will review their symptoms and, if needed, schedule a COVID-19 test on campus. Additionally, students can email COVIDcase@nova.edu to provide updates on their symptoms and test results, even if the results are still pending, and to get assigned a COVID-19 case manager to oversee the situation and offer assistance, if necessary. Emailing COVIDcase will also immediately provide students with the Telehealth number, as well as links to employee and graduate/professional student report forms, the undergraduate student form and the form to report exposures.

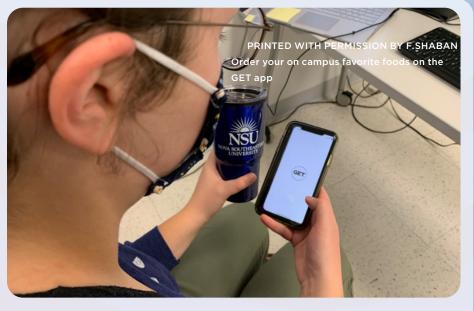
Additionally, to help find a clinic that offers the flu shot near you, <u>visit the CDC's</u> <u>vaccine finder widget online</u>.

Shark Dining changes: more convenience, less hours

By: Rick Esner News Editor

Along with various other changes to oncampus experiences this semester at NSU, significant changes to the on-campus eateries and Shark Dining have been announced by the Office of Business Services. These new changes to Shark Dining are meant to reflect the current state of the university and provide a dining experience that is not only safe, but convenient and delicious. The most significant change to dining on campus is the implementation of the GET app, which allows students to order from their favorite eateries around campus for pick-up or residence hall delivery by using SharkCard funds. Students can use either their meal plan or their SharkCash when using the service. The GET app is available for both Apple and Android devices and instructions for installation posted by Shark Dining can be found here.

of fulfills that challenge. We want students to eat and feel comfortable eating, and this is a solution for students," said Jason Fitch, resident district manager for Chartwells at NSU.



"We have always talked about rolling an app out for delivery, but because of the pandemic, it was put on the front burner due to there being students who are concerned with food preparations or getting sick. This kind Shark Dining has also announced changes to the hours of operation for the restaurant options around campus.

"Some of the hours were abbreviated due to the lack of traffic on campus. It is just a temporary abbreviation of hours. What it really allows us to do is to focus on the high traffic areas during peak periods and serving students in those locations during that time," said Fitch.

The majority of options within Razor's Reef will stay the same, in regards to their hours of operation, but branded restaurants, like Starbucks and Einstein Bros. Bagels, have had their hours reduced. Additionally, some locations will be permanently closed until further notice, including West End Deli, Supreme Court Cafe and the kiosks in the HPD and Parker building. A full list of hours can be found online on the <u>Shark Dining</u> <u>website</u>.

"We are also held up to social distancing

guidelines, so we can only have so many associates in a space during service times. This allows us to minimize our footprint of where we are serving on campus and focus on the most popular areas during those peak times," Fitch further explained. It is worth noting that the GET app has yet to fully launch for all students. Fitch mentioned that he is hopeful for the app to be up and running for students to use sometime this week.

Features

NSU researchers work to understand migrational patterns of hammerhead sharks

By: Daniella Rudolph Contributing Writer

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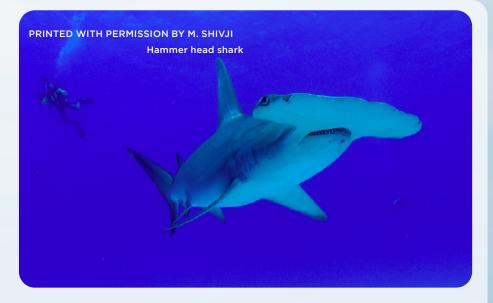
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pandemic as one Shark family. Together, we have achieved greatness despite the unfortunate circumstances we have been put in.

That time I... spent New Year's in Rome

By: Chloe Rousseau Contributing Writer

Chloe Rousseau is a sophomore communications major with a political science minor from Tampa, FL.

As we have been unable to travel, I have spent quite a bit of time reflecting on when I was able to do so. My dad and I went to London, Rome and Naples all in six days. You would not believe how much you can see just walking around, especially in Rome. However, we were not there just to take in the sights and history of the rise and fall of the Roman empire. We had a mission. A year or so prior to visiting Italy, my grandpa died after having spent years working on our family genealogy -- and there were still missing links. We knew that my family was from Caserta, Italy, but we needed to find a few more marriage and birth records to complete the family tree.

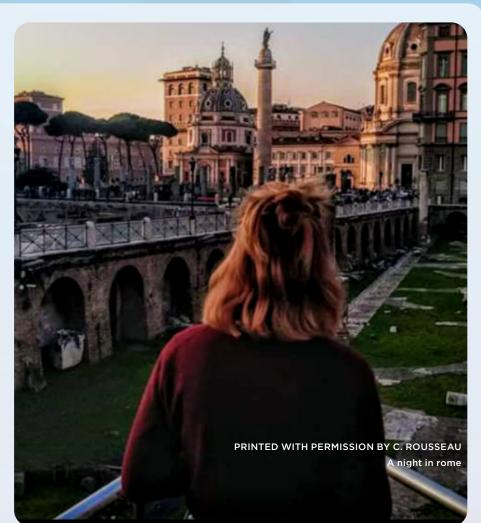
So, we flew into London Gatwick airport and took the tube to Piccadilly Circus, where our rental was for the night. We dropped off our bags and set out to explore. I had the best pork belly bao in chinatown and we even did a tour of all the places where Jack the Ripper struck down women. The next morning, we flew into Rome and Ubered to our rental atop Vatican Hill. It had a beautiful view, and every morning, you could smell fresh-baked bread from the city below. We spent the day exploring on foot since all of Rome is walkable and it's much easier to get around that way. We attended the big New watched live performances from Italian artists, saw art installments all throughout the city and even watched a woman performing aerial silks hanging from a balloon.

After spending a couple days having fun, exploring and diving into the culture, we got on the train and made our way to Naples. The ride was about three hours each way, but the view was stunning and I could not stop looking out the window. Once we arrived, we split up. I looked for a café to grab a bite to eat and my dad looked for the heritage center.

This is where things get spicy.

As I was walking around, I noticed that I was being followed from a distance by a pretty large man. I began to cut through alleyways and through fish and produce markets trying to shake him off my trail, and I called my dad to tell him to meet my back at the station. We were supposed to go to Caserta by rental car since it was only a 30 minute drive, but we ended up going back to Rome because I did not feel safe in Naples and the heritage center ended up being closed anyways.

We spent our last day in Rome eating as much traditional food as possible and thrifting in the local vintage stores before we had to fly back to London and then back home.. I can not wait to be able to travel again, and I would love to see more of Italy, maybe actually visiting the village my family is from without nearly being kidnapped.



Year's celebration in the Circus Maximus,



Features

Forests on fire

By: Nicole Shaker Contributing Writer

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The west coast has been on fire for over a month now -- and it's not stopping any time soon.

The state of California is aflame due to the abundance of wildfires occurring -- and so are other parts of the west. So far in 2020, millions of acres have burned across the state. The fact that California is going through a heatwave right now does not help the situation at hand either. With temperatures reaching highs of 121 degrees in Los Angeles and 130 degrees in Death Valley, right now, the western U.S. has scorching weather. Due to the forest fires and the blazing heat waves, residents have had to evacuate, families have had their homes destroyed and hiking trails have been demolished.

These fires appear to be caused by California's climate, which has resulted in dry weather and dry vegetation. Unfortunately, during the summer, California did not get much rain. While they get most of their rain and moisture during the fall and winter, the abundant amount of dryness in the state's climate created a catalyst for large fires that spread for miles.

The biggest wildfire to hit California in the past month is the August Complex Fire. The August Complex Fire is a massive fire that has been burning for over a month and has destroyed over 794,801 acres of land. The fire began at the start of August, erupting due to a thunderstorm brought in by a passing tropical storm. The thunderstorm started several small fires, which then combined into one large fire. The fire has burned three major forests along with other private land owned by residents. Firefighters have been struggling to put out the areas ablaze due to the rugged terrains, high winds and the extremely hot weather. This fire has forced hundreds of people to evacuate from the area to avoid injuries and deaths as well as the risk of breathing in the smoky air.

One major problem that has caused the residents in fire-prone areas discomfort is the air quality. North California resident Charles Wynter explained that the air was extremely foggy; he could barely see anything.

"There was a heavy amount of wind and fog, which made it hard to see. There was also heavy smoke in the air on the first day, which made it very hard for me to breathe," said Wynter.

As of Sept. 16, there have been over 25 major wildfires in California. There have been 25 deaths and over 4,200 compositions destroyed. California appears to show no signs of wildfires coming to an end soon. Unfortunately, the land is still dry and prone to more wildfires in the future.

CHECK OUT NSUCURRENT.NOVA.EDU For more web exclusives!

Screen time: a pandemic side effect

By: Tatiana Illis Contributing Writer



Between bingeing Netflix, Zoom class sessions and catching up with friends through FaceTime, the average person has racked up a lot more screen time since the beginning of the pandemic.

This is no surprise after the stay-at-home order was put in place and the only way to contact and stay up to date with the outside world was through technology. Social media has helped to bridge the gap that was left by strict social distancing guidelines, but has also proven to be harmful if not used cautiously. The idea of additional hours added to our screen time reports is nothing to be embarrassed or anxious about. The problem lays with how we spend our time online, rather than how much time is spent online. Staying connected online is important for us to stay informed, which can decrease situational anxiety. There are countless points to stay updated on, including revisions to the pandemic guidelines, details on the election and reports on racial tensions across the nation. Being in the loop is essential, but you don't want to become overwhelmed with information. The second major public crisis that we're currently dealing with, according to the World Health Organization, is an infodemic.

anxiety, reading too many sources of (sometimes contradicting) information can have the opposite effect.

How can you tell if you need a break from your screen? Jennifer Sincore, a Henderson counselor, recommends a self-analysis.

"A lot of it comes down to self-monitoring," she said.

Sincore explains that if you feel that scrolling rough social media offers some temporary entertainment, but produces long term negative feelings, then it's time to cut back. Although you may be tempted to simply delete social media completely to minimize screen time, it may be best to take a more gradual approach. Try using software that measures what apps and websites you've been devoting the most time to and decide which you'll actively decrease your time on. It's common to use your phone to scroll through social media as a break from school work behind a computer screen, but the best option is a visually stimulating intermission. Sincore recommends making use of non-screen time breaks. Anything as simple, but effective, as just taking a walk around the block would do.

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WHO describes this as "an overabundance of information — some accurate and some not — that makes it hard for people to find trustworthy sources and reliable guidance when they need it."

So, while staying informed can decrease

So, if you are feeling overwhelmed or simply want to decrease your screen time, put down your phone, take a walk and use the time to reconnect to other important things in your life.

Sasquatch, frogs and the internet: The power of weird online communities

By: Sofia Gallus & Entertainment Editor

The internet is a very weird place. In seconds, you can go from watching a video of a cat playing piano, to seeing a picture of an ancient artifact that has been discovered, to watching your family argue over a meme on Facebook. The internet certainly has the power to divide, but it also has the power to bring people together.

Over the past few months, many of us have dived deeper and deeper into the internet, exploring those strange corners often left unviewed when we had other things occupying our time. Now that we're all spending more time at home, we finally have the time to explore all the things the internet has to offer. It is during these times that I've discovered some of the strangest communities in the deep crevices of the

internet. What's even more baffling than the subject matter of these communities is the large follower count and number of active members who post on a daily basis.

One such community is the fanbase of Saxsquatch. Saxsquatch is an independent band whose largest community following is on Facebook, where he is a verified public figure. Saxsquatch is simply a man who plays the saxophone in the woods dressed in a sasquatch costume. As his nearly 600,000 followers would ponder, though, is it really a costume? Saxsquatch is so popular that he has his own merchandise, a five star rating on Facebook and is even on tour promoting his original mixtape. The ticket prices to see Saxsquatch live range from \$40 to \$240, and his first three tour stops in Indiana, Ohio and Kentucky are already sold out. The final four

stops of his tour include Ohio, Virginia and South Carolina, but according to his Facebook page, he is looking into adding more locations as his performance is in high demand.

Facebook seems to be the home of many of these strange figures and communities. One such community is a public Facebook group called Frogspotting. Much like the popular page Dogspotting, Frogspotting is for people to post pictures of frogs and frog related content. The group boasts nearly 300,000 active members, with an average of 3,000 people joining on a weekly basis. The group, while quite niche, has become so popular that its users are starting to spread the content onto other social media platforms. A trend has emerged on Tiktok where people go to Michaels craft store and buy the large plastic frogs -- which are meant to be Halloween decorations

-- lovingly nicknamed the 'Michaels Frog,' and make TikTok videos dressing them up, having tea with them and even turning them into purses. The popularity of these frogs originated from the Facebook group Frogspotting, where people excitedly posted about their new froggy friends. The trend has become so popular that some Michaels stores have run out of stock.

Strange communities such as these have taken the internet by storm. There are hundreds of groups just like those aforementioned where people interact on a daily basis and develop personal bonds over the weirdest interests. The question still remains: what draws people to groups such as these?



fire at Marjory Stoneman Douglas High School, killing 17 students and injuring 17 others. Mass shootings are a tragedy and have unfortunately become a somewhat common occurrence throughout the United States. These events inspire countless news articles, short films, podcasts, documentaries and movies. They often ask questions like "Why did this happen?" and "How could

Snyder.

On that fateful day in February, Snyder was working on a separate project in Tallahassee, FL. She happened to be there with a camera in hand as busloads of students from Parkland were driven up and joined with students throughout northern Florida.

"I really saw the birth of the movement, and I said 'Something is different here. Something has changed.' It inspired me to make a film that I really think is about a generation; it's not about Parkland, it's not even about guns, it's about a generation of youth that have grown up or that are coming of age against a background of trauma. I really wanted to stand by those youth and give them that voice to carve out a story that is a transformation from trauma and rage to one that is of action and hope," said Snyder. The film follows student activists from Parkland and other areas affected by gun violence in the U.S. as they pull off one of the largest youth protests in American history, visit over 50 cities across the nation and form what would ultimately become the March For Our Lives organization. The documentary takes a beautiful and unique angle, often juxtapositioning the incredible power of the movement that these students created while reminding the viewer that



we have stopped this?" They focus on the tragedy. "Us Kids" is not one of those films.

"Us Kids" is the latest documentary by director Kim A. Snyder, American filmmaker and producer. The film isn't one that focuses on the tragedy, but instead, the hope that rose from it. Snyder hasn't shied away from the issue of gun violence in the U.S. She previously directed and produced a documentary called "Newtown" in 2016 that focused on the mass shooting in Newtown, CT. Her latest film chronicles the rise of a youth-led movement filmed over the course of 18 months.

"I thought I was done with that issue, but I was really left asking myself the question, 'How many kids -- not just in schools, but throughout the country -- are left traumatized in the wake of gun

they are just coming of age themselves. It offers viewers a look into what it's like spearheading a cause based on hope while many had none.

For a full version of Things can change with "Us Kids", be sure to check out The Current's website at https:// nsucurrent.nova.edu/.

Arts & Entertainment

Noodles galore: Making your own

By: Briana Ramnauth

As college students, we all love some good Cup Noodles. Oct. 6 is National Noodle Day and the best way to celebrate is by eating some noodles. There are so many different types of noodles when it comes to taste, shape, and size. Different noodles can be used in different recipes or you can mix and match too. Now, is the perfect time to get creative and dig in. If you want to celebrate National Noodle Day, but do not know how to get creative with your noodles, you are in the right place. Whether you use a tool to make your own or buy them in a box from the store, check out these three interesting types of noodles to get started.

Chickpea noodles

There are many different kinds of noodles in the world, but one of the best are chickpea noodles. Making chickpea noodles can be relatively easy, once you get the hang of it. To make chickpea noodles, all you need is chickpea flour, as opposed to using just regular flour. Other than the chickpea flour, you will need all-purpose flour, salt and water. The benefit of having chickpea pasta is that chickpeas are a great source of protein. This pasta will give you those nutrients you're craving.

Zucchini noodles

A healthier alternative to pasta is zucchini noodles. All you have to do is take some zucchinis and slice them into thin strips. You can put the zucchini noodles in a pan and sauté them. The way you cut the zucchini depends on the type of noodle you want.. You can peel the zucchini, cut it or use a spiralizer. The only warning that goes



along with zucchini noodles is that you want to be sure that they are not too soggy. Making zucchini noodles is something quick, easy and healthy.

Sweet potato noodles

Sweet potato noodles are another healthy alternative to just eating regular noodles. You can cut your sweet potato however you want -- into thin slices, thick slices, small pieces or large pieces. To cook the sweet potato noodles, you can heat oil in a skillet and cook them over medium heat. You want to be sure that your noodles are al dente, meaning that they're still a bit firm, before serving them. Cook the noodles for about 2-3 minutes. This is a quick way to make noodles if you are in the mood for something healthy and light.

There are many different ways you can think out of the box and use different types of noodles. Make sure you go out and enjoy celebrating National Noodle Day.

OFFSHORE CALENDAR

Photography editing 101 with SocietyX Oct. 6 | 4:00 p.m. <u>RSVP Online</u>

Online dance cardio workout Oct. 7 | 8:00 p.m. RSVP Online

Take a virtual walk through Rocky Mountain National Park Oct. 8 | 3:00 p.m. <u>RSVP Online</u>

The Living Room Comedy Show Oct. 9 | 8:00 p.m. <u>RSVP Online</u>

Nature journaling workshop Oct. 10 | 1:00 p.m. <u>RSVP Online</u>

Morning yoga for all ages and levels Oct. 11 | 11:00 a.m. <u>RSVP Online</u>

Toni Costa hosts Zumba Oct. 12 | 6:30 p.m. RSVP Online

Freaky features: Demonic date night

By: Daniella Rudolph Contributing Writer

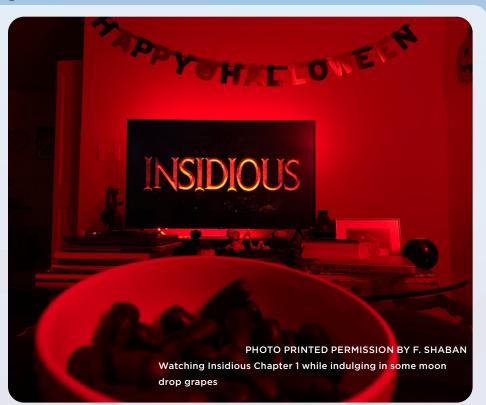
It is officially spooky season and if you aren't a horror movie fanatic (such as myself), you are probably not out shopping for Halloween decorations by the end of September. However, it would be an injustice to yourself not to watch at least a few scary movies. What better way to do this than going in with a bang and start with the spookiest genre there is: demonic possessions. Grab some snacks, turn the lights down low, fire up your cauldrons and binge watch my top five spooky season scares.

The Insidious quadrilogy

based on a grieving family trying to come to terms with the loss of their son Bhrams by keeping his spirit alive in the most terrifying of ways. The couple employ a full-time nanny to help them with this task. However, as the movie progresses, it seems that more than just the boy's spirit embodies this house. This movie has one of the biggest plot twists that I have ever witnessed in horror movie history.

> The Woman in Black (2012, 2014) Amazon Prime Video

This film is another fear packed twopart movie series with an unsettling twist. The protagonist, Arthur Kipps, is sent to a remote island to sort and close off the affairs of a deceased client from his law firm, but Kipps is also dealing with the grief of recently losing his wife. When he arrives, he discovers that he is not the only one grieving the loss of someone dear to him. However, he does not realize the magnitude of the dark, demonic secret the villagers are keeping buried deep within the soil. The storyline becomes even more horrifying in the second movie with the addition of an orphanage – if you know, you know.



(2010, 2013, 2015, 2018) Netflix

Follow the thrilling story of a young boy who suddenly falls into an unexplained comatose state, leaving him open to a world of demonic possibilities. His mother, desperate for answers after she notices chilling happenings around the house where her son is being treated, turns to a more unconventional style of healing: a medium and her team of "ghostbusters." There is never a moment of relief throughout any of these movies, as the hairs on your neck will be standing up straight throughout each minute.

The Boy (2016, 2020) Netflix This two-part movie series is

The Grudge (2020) *Amazon Prime Video* The Grudge has always been an iconic Japanese horror movie, where an ominous curse in the form of a demon is born and is set to haunt the spot of a killing and all those who visit it for all of eternity. The 2020 version gives a fresh blood-curdling spin on this concept whilst keeping to the classic story line, as the movie now takes place in the U.S.

Annabelle trilogy (2014, 2017, 2019) and The Conjuring series (2013, 2016)

Amazon Prime Video Chances are, you have probably already come to know the story of the demonic redheaded doll behind the glass kept in The Warrens' Occult Museum in Connecticut, but do you know her true story? Watch the Annabelle trilogy and The Conjuring series to see how both these series intricately intertwine to reveal the truth to us.

When you've watched them all and are probably sleeping with the lights on for the night, do not forget that these are just stories written for our entertainment... Or are they? Either way, happy haunting.

THIS WEEK SPORTS IN HISTORY

October 6 : First brothers to play against each other in the World Series

The Johnson Brothers squared off in the 1920 World Series, with Doc Johnson at the pitcher's mound for the Cleveland Indians and Jimmy Johnson playing third base for the Brooklyn Robins. It would be the first time two brothers played on opposing teams.

October 7: Howard Stern plays tennis against his producer

Stern, as part of his variety show "Howard Stern's U.S. Open Sores," played a match of tennis at the Nassau Coliseum in 1989. Stern went up against his producer after an extremely wacky night that featured the National Anthem played by tongue.

October 8: Two British boxers become the first to use gloves

An early adaptation of the modern-day boxing gloves were first used in 1818 during a match in France against two British fighters, setting the standard for centuries to come. A journalist who was present described the boxers wearing rough pillows on their hands. October 9: President Woodrow Wilson attends the first World Series

President Wilson became the first President to attend a game of the World Series in 1915. This tradition continues to be carried out today as presidents still set aside one night of their term to watch the championship games.

October 10: Women attend a soccer match in Iran

In 2019, women were allowed to attend a soccer match in Tehran, Iran. The first time since the 1970s. Taking advantage of the event, roughly 3,500 women showed up for the World Cup qualifier match.

October 11: Lou Gehrig named American League MVP

The Yankees' First Baseman Lou Gehrig earned the title of American League MVP for the year 1927. He would pass away in 1941 from a thenunknown disease, which is now known as Lou Gehrig's disease.

October 12 : Brett "The Hitman" Hart defeated Ric Flair for the WWE Heavyweight Championship

Hart secured the title belt after a nasty bout with "Nature Boy" Ric Flair in 1992, just a few years before the industry would change forever due to the Attitude Era. It would be just one of the many times Hart won the title, but by far, the most memorable due to his feud with Flair.



Baseball is better with vlogs

By:Ana Maria Soto Contributing Writer

Despite coming from a baseball family, I often find the sport can seen boring, especially when games drag on long past three hours.

The day-to-day life of a basebal player has often been not known to the public because of the lack of time between games to do anything promotional or fan based work, but that's changed with one player, in particular.

Trevor Bauer, pitcher for the Cincinnati Reds, has opened the eyes of many with his vlogs that showcase playing baseball in the times of COVID-19. These video blogs document his daily routines and what it is like to play professional baseball during these unconventional times.

Bauer's vlogs have not only given us an inside look at the profession in these odd times, but he has also given us an inside look at the mundane aspects of being a professional baseball player.

I found that watching Bauer's vlog on YouTube made me feel closer to the sport and even elevated my level of interest in the game itself. Since off days are minimal, it is hard for players to find the time to connect with their fans or even allow their fans to get to know them as players beyond statistics and play by plays.

I personally encourage all fans and

non-fans to take a look and find that baseball is not as boring, even when compared to basketball or football, which get way more media coverage. Seeing as basketball is a fast-paced game where things can change in the matter of seconds, it makes sports like baseball seem long and drawn out instead of enjoying the build-up to the turning point of the game.

I encourage this because I am not a Cincinnati Reds fan. I am not even a fa of Trevor Bauer, but he has opened up an inside look into the world of basebal . Bauer is granting fans access to a new angle on the sport and I can only hope that more players of the greatest American pastime can begin to explore how they can connect with fans on a more personal level than just through sporadic Instagram posts.

These vlogs allow for fans to know more about the lives of baseball players, from what they eat on a daily basis to struggles if something as simple as a warm-up routine goes wrong. If more players start doing this, we may just see an increase in interest for baseball.

Sports

Finding Fitness: Paddle your way to physical wellness

By: Emma Heineman Features Editor

When you think of "working out," what comes to mind? A gym teeming with testosterone? Doing more push-ups than you can count? Maybe a home workout in your dorm space or apartment, so you also a great way to get your heart beating and can burn up to 350 calories in just an hour, giving you all the benefits of a great workout far from the limits of a sweaty gym.

F If you are up for some adventure, some cool ocean creatures and a great workout, kayaking is definitely for you.

don't have to endure a workout session in a face mask? While all of those forms of exercise merit consideration, it is important to remember that not all "workouts" have to be conventional. If you are looking for a fun way to switch up your workout routine or just a fun weekend activity, look no further. Kayaking has it all.

Kayaking can be done in a variety of settings with different purposes depending on what you are looking to gain from the experience. Continue reading for some of the reasons that adding kayaking to your list of things to do can help you find your fitness.

A hearty workout

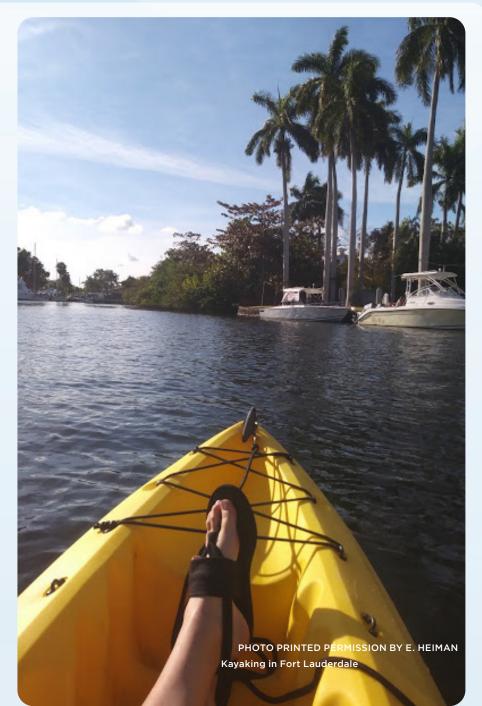
This one may be pretty obvious, but kayaking can be a great way to work and build muscles in your arms, shoulders, back and more. According to the Huffington Post, kayaking is a great way to use paddling and water resistance to create the perfect workout. It requires you to engage not only your arms, but also your core, torso and even legs. It's

A way to relax

In addition to being a great way to get your body moving and your muscles engaged, kayaking also has a plethora of mental benefits. Whether you are looking for an energized outing or a scenic paddle through the mangroves, kayaking is a way to relax, de-stress and clear your head. Being out in nature certainly has a cathartic element, making kayaking the perfect way to unwind after a stressful week.

A nature adventure

If nothing else, kayaking can be a great way to enjoy the beautiful South Florida landscape and sunny weather. From paddling through the ocean to discovering sea creatures hiding in mangrove mazes, kayaking provides something for every type of adventure seeker. Grab a friend, pack a lunch, lots of sunscreen and a waterproof phone case to try it out. Since moving to South Florida three years ago for college, kayaking is one of my favorite activities I have had the delight of trying. If you are up for some adventure, some cool ocean creatures and a great workout, kayaking is definitely for you.



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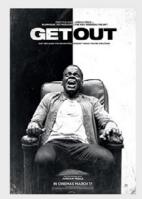


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Opinions

HEAR IT FROM OUR DJ! YOUR LATEST IN MUSIC, FEATURED ARTISTS & MORE EVERY FRIDAY





Biden is barely liberal, let alone a socialist

afford health care. Is not letting people die from modern medicine really that radical of an idea? really make you a scary far-left radical? If you

far left radicals — such as Bernie Sanders and

and overt racism? I'd like to hope not, but in

Celebrities don't need to be on every platform



Brie Larson 433K subscribers HOME VIDEOS PLAYLISTS COMMUNITY CHANNELS ABOUT So, I made a decision... So, I made a decision.

2,180,668 views · 3 months ago

you for watching my first YouTube video! It

way. It's a seemingly good deal for both the celebrities and the platform developers, but what about the content creators who were already on that platform?

Brie Larson, the actress who portrayed Captain Marvel, made a YouTube channel. The three-month-old account has only 12 total videos thus far, but boasts a 426,000 subscriber count. Kelsey Impicciche, a YouTuber whose account is seven years old and makes similar content, has 100,000 less followers than Larson.

While YouTube isn't necessarily a very competitive platform, live-streaming and pay-for-view platforms tell a different story. You can only watch one streamer on the live-streaming platform Twitch, and while the streamer is live, many people can donate money for shoutouts or a simple acknowledgement from the streamer. Celebrities such Brendon Urie, Snoop Dogg, and even Terry Crews, all livestream on the platform from time to time.

out smaller content creators.

Over the last year, people have begun flocking to platforms such as TikTok and OnlyFans, both originally created in 2016. It didn't take long for celebrities to invade these spaces either.

Popular users on TikTok can pay to make sponsored posts to promote themselves. Seeing as young people especially have begun using TikTok on a daily basis, using the popular platform would be an easy way for already known and loved celebrities to gain larger followings and more cash influxes.

OnlyFans offers a personal connection between content creators and their fans, offering a monthly subscription service to view content and interact with creators. However, celebrities, such as singer Cardi B and reality television star Dorinda Medley, have already hopped on the bandwagon. According to OnlyFans' own earnings calculator, if only 1-5% of 1 million of Cardi B's followers subscribed to her OnlyFans, she would make between \$49,900 to \$249,000 a month on that platform alone. Both platforms are heavily used by independent artists, musicians and other content creators to share their work and garner support and new customers. Celebrities joining these platforms not only hurt smaller content creators by taking attention away from their profiles, but continues to add wealth to celebrities that don't really need it. Celebrities need to learn how to share the spotlight, share their platforms and share their wealth.



learning from all of those who joined - make sure to Leave a comment letting me know which creator work with as well, please! I'm so excited about this ju sure to let me know what you want to see. Like or St you want... or don't. It's up to you!

READ MORE





Everyone wants to stay on trend, including the trendsetters. The addition of celebrities brings any platform a huge influx of users, and the celebrity gets a whole new platform to advertise from. Celebrities have been exploring new ways

to reach their fans now more than ever, as many of this year's social gatherings have been cancelled or postponed.

Using new platforms that rose to fame during quarantine are easy ways to maintain relevance and rake in a little cash along the

When it comes down to it, how are fans going to spend their money? Donating to an independent content creator or donating for a chance at being recognized by a celebrity?

Celebrities taking over spaces made for smaller content creators are harming creators who may be relying on their view count, subscribers or donations for their income. While it may be a sweet deal for the brand and the celebrity, the overall changes to the platform made to support celebrities who may be bringing in large quantities of fans has the ability to hurt content creators as well. Many application algorithms promote accounts that have larger followings and celebrities may be willing to pay more money to promote their accounts, drowning

Opinions

The Middle East "peace deal" is more than meets the eye

By: Isabella Gómez Contributing Writer

As you might have seen in international news, a diplomatic tie between the UAE, Bahrain and Israel has been initiated, and thus, is being celebrated globally. However, prior to this "peace deal," these countries had already made connections with Israel. So, finally the populace.

Usually in politics, an alliance of the economic and political leaders is kept in power usually by their ability to enact and enforce a certain foreign policy that seems beneficial to either administration rather than by their ability to represent the masses of their nation. This

So, before supporting this alliance and celebrating its establishment, you need to know what exactly they are celebrating: negligence to the suffering of the Palestinians.

making this alliance formal was seen as a "win" of some sort.

However, I must argue that the term "peace deal" is actually quite deceptive in this case. It lures people into joining in the celebrations for the sake of harmony and justice, but you should think twice about that. Whose victory is this really?

First, the deal is clearly in favor of our president, Donald Trump. He could use this substantial alliance as leverage in the upcoming presidential election, as far as his Middle East policy and foreign policy goes anyway. Second, it is an obvious win for the American-Israeli-Saudi alliance. Since the beginning of the tension and division in the Middle East, this operation has sought to shift the general focus of the people to the "Iranian threat" rather than what is really important to solving the constant unrest of their region: the Palestinian question. The intention seems pure on the surface, but it is destined to widen the divide between the rulers and

has created a problem where those in power take more of an interest in the maintenance of geopolitical matters as opposed to local and regional matters. A country's ruler should hold its citizens and the issues they have on a pedestal, yet the geopolitical agenda is what the Arab government presses forward. Is this not convincing enough?

Frequently, it is observed that Arab authorities work hard to repress the attitude of foreign policy on their population as opposed to working on their internal aspirations for equality and democracy. Hence, this deal will make countries like Bahrain, which already has inadequate human rights, to become more repressed.

This deal will also elevate the importance of geopolitical matters to authorities -- who should be looking out for their citizens and their wellbeing in all aspects -- that aren't important to the everyday lives of the nation's people. Both Jordan and Egypt have had a "peace deal" with Israel for a long time now. However, it is clear to everyone that these arrangements have not translated into peace between people. In fact, this will only occur when a just solution to the Palestinian question is found.

So, before supporting this alliance and celebrating its establishment, you need to know what exactly they are celebrating: negligence to the suffering of the Palestinians. I, myself, stand with this defeated party. This is just another "peace process" that ignores the elephant in the room. People are going to get fed up, and sooner or later, the real issue will have to be dealt with.

Columbus Day under a microscope

By: Nyla Whyte Contributing Writer

With Columbus Day on Oct. 12 and approaching fast, many people are taking the opportunity to reexamine the holiday. Columbus Day has been acknowledged as a federal holiday since 1937, occasionally celebrated with parades, but most often recognized as a day off in schools and some workplaces.

Over the last few years, more states and cities have chosen to rename this holiday Indigenous People's Day. This change seems to be a gesture to refocus the nation's attention on Native American and indigenous communities in this country. Centering indigenous people on this day gives them a platform to discuss their history in the U.S. from their own perspective, which many citizens would not seek out otherwise.

Unsurprisingly, there are varying opinions on this topic. Many of those that are supportive of this change feel that Columbus Day's recognition of Christopher Columbus' discovery of America is an inaccurate portrayal of events and not worth celebrating. Those that are opposed to this change seemed concerned with losing out on traditions and festivities attached to the holiday.

If we know these traditions have questionable origins, why is the nation clinging to them so fiercely? The reality is that Americans are in denial. They don't want to let go of their festivities because doing that would force them to acknowledge the true shameful history behind the holiday. The happy festivities are a mask that America

> Postive 23%

> > "I'm fine with the BlendFlex model because I'm used to it. I've taken many classes online and I just feel that, with a busy lifestyle, online classes are way more convenient. I still learn the same, so I'm not missing out on anything." said Mario Lorrimer, senior, business management major.

hides behind and it is not right. Indigenous people deserve to be heard, and they deserve to not have their transgressors championed or celebrating. Why was there ever a need to celebrate the facilitators of atrocities? Establishing Indigenous People's Day

If we know these traditions have questionable origins, why is the nation clinging to them so fiercely? The reality is that Americans are in denial.

glorified.

So, should more of the country get on board with this rebranding? Absolutely. The thing is, it can't only be a rebranding. It's important to be vocal about that full history behind this holiday, and that includes the fact that the name had to be changed at all. It should not be swept under the rug that, at one point in time, the U.S. believed this was a person worth will amplify the voices of Native Americans that often go unheard and give them an opportunity to share their culture. People can still have their festivities and their day off, but this time, they'd be uplifting an underrepresented population's culture.



How has the BlendFlex model affected your academic performance this semester?



Tim very much a hands-on learner and I benefit a lot from being in a classroom while I'm learning. It helps me focus more on what's being taught. However, I've essentially been forced to do my classes on Zoom because one of my professors doesn't like to wear a mask properly and I don't want to run any risks. My safety comes first, and at makes me sad that I have to choose between my health and my education like this," said Kristi Howell, sophomore, psychology major. "For the online students who don't have access to campus, they might find it difficult to experience the life this campus offers. Because this is something completely new, it's difficult and confusing to work completely online, especially at the same time with inperson [students]," said Vlad Radu, freshman biology major.



Not Affected

23%

Negative 54%





