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## The Current - Volume 31 Issue 11

Nova Southeastern University

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## MEEC plans to educate with aquarium exhibits



By: Christina McLaughlin  
Co-Editor-in-Chief

PRINTED WITH PERMISSION FROM MARINE ENVIRONMENTAL EDUCATION CENTER

In early 2021, the Marine Environmental Education Center at Carpenter House (MEEC), a partnership between NSU and the Broward County Parks Department, hopes to unveil a series of habitat aquarium tanks to highlight different habitats such as coral reefs, mangroves and seagrass beds. This exhibit will be located on the east side of the pool that houses Captain, the MEEC's resident green sea turtle. The exhibit will also complement the existing educational programming at the center, which covers topics of marine science, conservation, marine debris and more.

"Anytime you can see an animal or coral up close, you will always learn more about it than if you just read about it in a book. There are a lot of people that aren't as exposed to this education, so this is a way to bring it to them... We want to teach people a bit about what is in our backyard and how these different habitats work together," said

Derek Burkholder, a research scientist at NSU and director of the MEEC.

According to Burkholder, the desire for an exhibit like this, focused on habitats, has been discussed. Each of these custom built tanks, expected to be about 300 gallons, will focus on the habitats that are present in South Florida. Each tank will exhibit a specific habitat along with the other creatures -- fish and invertebrates -- that live and use each of the environments.

Burkholder explained that, in South Florida, there are a lot of habitats struggling or in danger of being impacted by human activities and other factors. By bringing these habitats to the public, it becomes an educational tool to get people engaged with the local coral reefs and hopefully encourage them to want to protect the habitats.

"Florida's coral reefs have been decimated by stony coral tissue loss disease, a serious outbreak that started in 2014. We are excited to partner with NSU, which is

on the forefront of disease research and reef restoration, to bring awareness to our beautiful reefs." said Melissa Sathe, an NSU alumna and president of Friends of our Florida Reefs (FOFR).

This project and its funding is a collaborative effort between FOFR and other organizations to generate the funds to purchase, build and put these exhibits on display.

"We are still in the fundraising stage, but we were given a \$5,000 private donation to kick things off. Right now, we are focusing on one of these tanks to start, which is the coral tank. With the initial donation, we have started the custom build of the tank with inserts and designs. We are also developing educational components and signage that will accompany the tank. Hopefully, as we generate funds, we will be able to add the additional two tanks to the space as well," said Burkholder.

The mission of the MEEC is to provide the most up-to-date information in the field and provide access to research and educational

tools. With this collaboration, the MEEC believes it will broaden awareness of these local habitats, tap into the knowledge-base of local collaborators and drive traffic to visitors to learn more about what information the MEEC provides.

"As an NSU alum, I'm excited to partner with my alma mater. Last year, FOFR funded tanks for coral spawning research at NSU and we are excited to collaborate again with NSU through the MEEC as a way to educate and outreach to the local community. The MEEC is the perfect place to bring the wonders of Florida's coral reefs to the people of South Florida," said Sathe.

Their hours of operation are Tuesday to Saturday, 10 a.m. to 5 p.m. For those interested in donating to this project, they are encouraged to [donate to the FOFR MEEC Match Challenge](#) or [visit the MEEC's website to learn more.](#)

## JLL becomes sole leasing agent for Center for Collaborative Research

By: Alexander Martinie  
Opinions Editor

Jones Lang LaSalle Incorporated (JLL) is an international real estate company that has holdings in technology, banking, healthcare, scientific research, manufacturing and law. Late last month, JLL became the exclusive leasing agent for NSU's Center for Collaborative Research, adding 84,000 square feet of wet and dry laboratory space to JLL's expansive leasing properties, totaling roughly 1.07 billion square feet, in addition to their 4.6 billion square feet managed properties.

The leasing team from JLL for the Center for Collaborative Research consists of Brady

Titcomb, vice president and associate director of brokerage for JLL in Broward County, who works with landlord and tenant representation for office spaces, and Miles Glascock of Healthcare Practice Group.

According to Titcomb, "The Center for Collaborative Research is really a unique project, not just in Broward County but in all of South Florida. We are looking specifically for life science research companies that will not only occupy space in the building, but can also work collaboratively with NSU students and professors, sharing facilities. We are working

hand in hand with NSU to identify prospective tenants where we can find synergy between the school."

JLL has prior knowledge and connections within the life sciences research fields, which they believe will help the university and the Center for Collaborative Research in further success and the progression in the field of life sciences.

According to a press release, Paola Colberg, senior account executive at Schwartz Media Strategies, "As the need for medical research becomes more relevant in the U.S. today, the newly built, state-of-the-art life sciences facility

is considered one of the leading life sciences, research and innovation centers in South Florida. Prospective tenants will benefit from direct access to NSU's network including faculty, researchers and students, as well as clinical research programs and seven world-class, healthcare academic programs and colleges."

For a full version of JLL becomes sole leasing agent for Center for Collaborative Research, be sure to check out The Current's website at <https://nsucurrent.nova.edu/>.



Global news,  
courtesy of  
the current

### Putin proposes to extend nuclear arms control pact with U.S.

On Friday, Russia's President, Vladimir Putin, proposed to save the last existing nuclear arms control pact between Russia and the U.S. According to the Associated Press, "Putin's statement comes amid conflicting signals from Russian and U.S. diplomats about the fate of the New START treaty that is set to expire in February unless Moscow and Washington agree on its extension." Putin proposed to extend this pact for at least one year, emphasizing that Russia is ready to discuss the new weapons it deployed in talks with the U.S.

### Kyrgyzstan's president resigns

On Thursday, the president of Kyrgyzstan, Sooronbay Jeenbekov, resigned. According to NPR, "After 10 days of unrest sparked by disputed parliamentary elections... Jeenbekov abruptly stepped down, saying nothing was dearer to him than the life of each of his compatriots." Jeenbekov is Kyrgyzstan's third president to be overthrown since the country gained its independence in 1991. In a statement posted on the presidential website, Jeenbekov said, "I'm not clinging to power. I don't want to go down in Kyrgyzstan's history as the president who spilled blood and shot at his own citizens."

### French cities under curfew

As COVID-19 cases have begun to rise again throughout Europe, in France, President Emmanuel Macron announced on Wednesday night that Paris, as well as eight other densely populated areas, would have nightly curfews. According to NPR, "The curfews will run from 9 p.m. to 6 a.m. for the next four weeks, starting on Saturday. Anyone who violates the curfew would face a fine of 135 euros (nearly \$160) for the first offense. A second offense would bring a far steeper fine of 1,500 euros — around \$1,760."

### Former Mexican defense minister charged with drug trafficking

Salvador Cienfuegos Zepeda, a former Mexican defense minister was arrested for drug trafficking and laundering money while holding public office on Thursday. According to BBC, "Prosecutors accuse Zepeda, a retired general known as 'The Godfather,' of helping the H-2 Cartel -- 'an extremely violent Mexican drug-trafficking organization' -- smuggle drugs into the U.S." Zepeda has been arrested on a U.S. Drug Enforcement Administration (DEA) warrant and has been charged with conspiracy to distribute heroin, cocaine, methamphetamine and marijuana to the U.S.

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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.

### Voting site crash leads to extension of Florida registration deadline

On Monday, Oct. 5, the Florida voter registration website crashed due to receiving more than a million requests per hour. Governor Ron DeSantis resolved conflicts by extending the voter registration deadline until 7 p.m. on Tuesday. With that, there are concerns about these technological issues. DeSantis told The New York Times, "You can have the best site in the world... sometimes there's hiccups on it."

### Mixed emotions due to new NYC shutdown

With a new surge in COVID-19 cases, New York officials swiftly put a new lockdown into effect in certain areas of NYC on Thursday, Oct. 8. The recent restrictions have affected various schools, churches and businesses. This caused mixed emotions and concerns among residents, as many parents are upset in neighborhoods like Brooklyn, NY, because schools are now shut down again after only recently having opened. These new and sudden lockdown measures are also causing violence in the streets as, according to The New York Times, people were lighting masks on fire to prove the extent of their anger.

### President Trump's first public appearance since COVID-19 hospitalization

On Saturday, Oct. 10, President Trump made a brief appearance in front of hundreds of supporters who stood around the White House. According to The New York Times, Trump appeared in front of the crowd with confidence and said, "I'm feeling great, I don't know about you." He expressed gratitude for the prayers and love his supporters have given him and Melania Trump while they were hospitalized at Walter Reed Hospital due to their positive COVID-19 diagnosis.

### Lakers win NBA championship

The Los Angeles Lakers took victory in game six of the NBA Finals on Sunday, Oct. 6. The Lakers beat the Miami Heat with a final score of 106-93. This is now the seventeenth NBA championship the Lakers have won. This win is particularly special because the last time the Lakers had been in the NBA Finals was in 2010 when Kobe Bryant won his fifth and final NBA title. Bryant died in January in a helicopter crash; the team has dedicated this win to him.

## News Briefs

Get the scoop  
on events  
happening on  
campus and  
around campus

### In Her Shoes: Event on domestic violence

On Wednesday, Oct. 28 from 12 - 1:30 p.m., the NSU branch of the American Association of University Women (AAUW) and Women in Distress of Broward County will hold a virtual event over Zoom about domestic violence. The event is being showcased to raise awareness for Domestic Violence Awareness Month and will include a discussion on important information about domestic violence as well as how to use the interactive educational tool "In Her Shoes." Those interested in the event can register on the [AAUW](#) website or at [this link](#).

### Success workshop series

The academic success coaches from NSU's Tutoring and Testing Center will host their last success workshop event, titled "Trick or Treat your Memory," on Tuesday, Oct. 27 at 5 p.m. Students interested can attend the event with the Zoom meeting ID: 926 5189 4995 and passcode: 692831.

If anyone is unable to make the live event, or is interested in the past three events in the series, all four workshops can be found on the Tutoring and Testing Center's [website](#).

### Chat with NSU alum about a position at Google

On Thursday, Oct. 29, the Center of Opportunities in Research and Technology Emerging Experience (CORTEX) at NSU and the NSU ehackers will host a chat with NSU alumni and Google employee Adedayo Adepoju from 5 - 6 p.m.. Adepoju will walk through his experience of landing a job at Google and other roles he has held. Along with his experiences, Adepoju will discuss the application and interview process for Google. Those interested can register via Handshake.

### Rock your LinkedIn profile

The College of Computing and Engineering at NSU will host a virtual training session to help students boost their LinkedIn profiles on Wednesday, Oct. 21 from 12 - 1 p.m. The session will be

hosted by Jen Cassidy, senior customer success manager at LinkedIn Learning. Attendees are expected to walk away with the knowledge on how to build a profile that attracts employers, expand their network, search and apply for jobs and publish content on LinkedIn. Those interested can register for the event via [Handshake](#).

### NSU for Veterans event

On Wednesday, Nov. 4 from 11 a.m. - 2 p.m., NSU's Veterans Resource Center will host both an in-person and virtual event for members of the NSU community to write letters to troops serving the country. Those on-campus can stop by Flight Deck in the University Center to write their letter and those off-campus can write their letter virtually via the following link: [TinyURL.com/NSUforVeterans](#). The Veterans Resource Center encourages students and staff to share the link with other members within the community.

## COVID-19 in the news: Understanding viruses

By: Madelyn Rinka  
Co-Editor-in-Chief

Since early 2020, COVID-19 has been on the front page of news outlets across the globe, and for good reason. As of Oct. 11, the disease has cumulatively infected 37,109,851 individuals worldwide and caused over one million deaths, according to the World Health Organization's (WHO) [Oct. 12 weekly epidemiological update](#).

Mark Cayabyab, associate professor in the department of oral science and translational research with the college of dental medicine, explained "this [SARS-CoV-2] is an interesting virus because it is so infectious, most likely because of the way it's transmitted. It can be transmitted person-to-person via [respiratory] droplets, and now the CDC thinks that it's also

airborne. Any airborne viruses are highly infectious... So, when the virus infects respiratory epithelial and endothelial cells, or blood vessels, it causes a lot of damage to the host."

With a disease as prevalent as COVID-19, there can be a lot of public health-specific jargon used by experts and officials that can be difficult to fully comprehend. While staying educated and up-to-date on the disease, you might repeatedly run into some specific words when reading the news. Below is a compiled list of some terms associated with COVID-19, along with their definitions and links to resources to learn more.

### Words you're seeing and what they mean

Check out the hyperlinks for more information regarding each of these terms.

**Virus:** As defined by the National Institutes of Health's (NIH) National Genome Research Institute, a virus is a "small collection of genetic code, either DNA or RNA, surrounded by a protein

coat." Viruses must use host cells in order to replicate themselves.

**Coronavirus:** The following is the CDC's definition for coronaviruses: "Coronaviruses, named for the crown-like

spikes on their surfaces, are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats and bats."

**COVID-19:** COVID-19 stands for coronavirus disease 2019.

**SARS-CoV-2:** SARS-CoV-2 is the name of the particular coronavirus that causes COVID-19, not to be confused with [SARS-CoV](#), the virus that caused the viral respiratory illness, SARS, outbreak in Feb. 2003. SARS stands for severe acute respiratory syndrome.

**Epidemic/pandemic:** According to the CDC, an epidemic is "an increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area," while a pandemic is defined as an epidemic that has "spread over several countries or continents, usually affecting a large number of people."

**Hotspot:** Merriam-Webster defines a hotspot as, generally, "a place of more than usual interest, activity or popularity."

A hotspot is a word applied to many different topics — in the case of the pandemic, it is likely referring to a geographic area, such as a country or state, with a high number of cases or cases per resident. However, a [study](#) published by The National Center for Biotechnology Information, a branch of the NIH, stated that "the precise meaning of 'hotspot' varies widely in current research and policy documents."

**Quarantine:** Quarantine is separating someone who was exposed to a disease to monitor their symptoms in case they do get sick.

**Isolation:** An individual who is sick with a contagious disease is told to isolate, or separate themselves from others who are not sick, to limit the risk of spreading the illness.

**Vaccine:** A vaccine is "A product that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from that disease," according to the CDC.

## Serving your community from home: Sharks and Service

By: Sofia Gallus  
Arts & Entertainment Editor

NSU offers many opportunities for students to give back to their community. The Office of Student Leadership and Civic Engagement offers the Sharks and Service program, a series of trips, which students can sign up to attend and serve their community over the course of a week or weekend. However, this year, Sharks and Service is adjusting their format because of the pandemic.

In the past, Sharks and Service allowed groups of students to travel locally, nationally and internationally to learn about and assist in service surrounding social issues. However, with COVID-19 restrictions in place, group travel is suspended. As students returned to school, the leaders of Sharks and Service were still determined to provide opportunities for students to give back to their community in a meaningful way.

Sharks and Service is offering a few experiences per semester that students can

sign up to attend from either their home or in person. According to Concetta D'Alessio, the assistant director of the Office of Student Leadership and Engagement, oversees Sharks and Service, they are more of an experience instead of a single trip, and each experience is made up of three mini activities.

"The experiences we're offering this semester are focusing on disabilities and COVID-19 as it relates to healthcare. Participants will go through three mini sessions, which can be attended in person or through Zoom. We're going to have community partners that join us virtually in those experiences as well," said D'Alessio.

After attending two mini sessions, students can choose from a number of different ways to complete their service experience. The different options to complete the service experience depend on the subject that the experience is focused on.

"For example, for our experience focusing on disabilities, students can work

together to assemble mental health kits for other students or they can make sensory boards for those who might have seeing challenges or things like that. Even if a student is off campus, we still plan on providing them the tools and resources to complete the project," said D'Alessio.

Not only will students be able to give back to their community and serve their peers, but if they attend all three mini sessions, they will receive an ExEL credit for their work.

While D'Alessio hopes that Sharks and Service will return to being an experience that can bring students to new places to learn about social issues, she and the Sharks and Service site leaders have worked hard to develop a program where students can still give back to their community while staying safe and socially distanced.

"We came up with this Sharks and Service 2.0 hybrid experience, which I would say still stays pretty true to our values:

service, education, leadership and community," said D'Alessio.

Current and future experiences for Sharks and Service can be found on SharkHub, but spots are filling up quickly according to D'Alessio. Students can RSVP for experiences up until the date they are scheduled and can find all of the information for the sessions on the SharkHub page for each respective experience.

"While our fall trips are filling up quickly, students should be on the lookout for four more experiences next semester. The four areas focus on education, global climate change, hunger and homelessness and immigrant youth. These experiences will all happen between January and April next semester. If students aren't able to sign up for any this semester, just be sure to be on the lookout for those next four," said D'Alessio.

## Classes every student should take

By: **Rey Perez**  
Contributing Writer

There are already so many classes to take in college. Everything from Algebra to Biology seems to be on the laundry list of credits each student needs. It's a miracle we don't have to take rocket science. With so many classes to choose from, it's very easy to miss some of the hidden gems outside of your major. Whenever you have a free slot in your schedule, be sure to take one of these three classes. They are sure to bring value to students of every major.

### Introduction to psychology

Although it may be outside of a lot of people's majors, a basic knowledge of psychology can go a long way for students of every background. Whether you are a doctor, businessman, author or athlete, understanding the way the human mind works and its behavioral

patterns can give you the insight needed to get an edge up on the competition. Not only will you be able to have a rough prediction of what someone's response to something will be, but you will become more empathetic towards people and their issues. Now, all of this is speculative, assuming you apply what you learn to others, but what is true for almost anyone who steps inside a psych classroom is that you will learn more about yourself than anything else. You may notice quirks you have that you assumed were normal and learn to solve or come to terms with them. Interactions you have with other people may change when you know what's going on under the surface.

### Public speaking

Communication is an element of every person's life. When you order food, talk to friends

or even do something as simple as saying "hi" to an acquaintance, you are communicating. If we do it all the time, we might as well do a good job of it. A public speaking class at NSU will put you up in front of the class talking about a subject as early as the first week in my experience. It is understandable if this is horrifying to some, but like jumping into a cold pool, you get used to it and it gets easier. You will learn how to talk about topics as serious as foreign affairs and as casual as your life, which gives you a range to choose from for when you meet a variety of people with different formality levels throughout your life. Speaking is a skill, which means it can be improved. Just because you may be an awkward mess now does not mean you have to stay that way. With a public speaking class, you might just find yourself having the confidence to say "hi" to a stranger

### Any law class

It may not be the most thrilling of subjects to everyone, but a law class is essential for any field. It could be business law, media law or even legal studies. There is a law class for many majors outside of students pursuing a career as a lawyer. Just taking one of these classes can give you the knowledge necessary to avoid having to lose money on fines, or even worse, legal fees. Even if you are going into a relatively suit-free field, why take the risk of going in blind? Better to be prepared than have to show up at 8:30 in the morning for civil court. Most field-related laws are very straightforward and are based in common sense, but there are a lot that would surprise any reasonable person. So, do yourself a favor and just know the rules.



## KEEP WITH WHAT'S CURRENT



@THECURRENTNSU

## Let's relieve some stress

By: **Briana Ramnauth**  
Contributing Writer

School and life itself can be stressful, which is why it is important to take a step back and relieve that tension. Everyone has their own ways of relieving stress, but it may take time to find the right fit. Looking for some ideas to kick back and relax? Here are three actions you can take to help decrease stress and improve your mental health.

### Exercise

Depending on whether you prefer indoor or outdoor activities, exercising can be a great way to relieve stress. Some ideas are going for a walk, going to the gym or taking a yoga class. Certain exercises may help more than others, which is why it is good to keep an open mind when finding the right fit. Exercising will reduce stress by releasing endorphins, which improves your mood. Exercising also helps clear the mind of any worries and helps build confidence. It is a good idea to take a break once in a while to go outside and get some fresh air to help reduce stress and help better your mental health.

### Do things that make you happy

As busy as life can get, it is important to make sure that you still are doing the things

that make you happy. Some things that may be relaxing include baking, cooking, painting, reading, writing or spending time with family and friends. The list goes on. Getting in touch with your creative side may be just the thing you need to release some stress. It is also good to try new things, whether that be hiking, riding a bike or doing puzzles. Dedicating one day a week to doing the things that make you happy is a great way to recharge.

### Support system

Instead of bottling up emotions, talk to someone -- whether it is a family member, a friend or someone else you trust. Sometimes, talking about the things that make life stressful will decrease the tension and make you feel better. When we get stressed, our judgment tends to get clouded and we can't focus because everything seems overwhelming, but having that support system is extremely beneficial. They can give advice and guidance, which may be just the thing you need. They can give another viewpoint or a shortcut, which can help reduce your stress. It is important to find the right people to talk to -- people you know that can be uplifting.

When life becomes stressful and overwhelming, find your outlet.



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Take some time to do things that make you happy

## Habits: How to make them actually stick

By: **Emma Heineman**  
Features Editor

Habits. They can be good, bad or anywhere in between, but they all affect how we live our daily lives and everyday actions. From what time you get up in the morning, to the food you eat and the activities you pursue throughout your day, most things in life are the results of our habits. Unfortunately, forming healthy habits and breaking unhealthy ones is not always an easy task. So, whether you want to break your habit of always sleeping in or pick up a new habit like journaling or working out, continue reading below for some tips and insights into how habits form and how we can build them to improve our lives.

### Start small

While the end goal of implementing your new habit might be an overhaul of your daily schedule or a dramatic change in your lifestyle, it shouldn't start out that way. By starting with small, easy actions, you can better build a foundation on which to base your future successes. For example, if you want to get in better shape, start by doing a few small exercises every day and work up to long, arduous workouts at the gym. Since you aren't used to exercising as a part of your daily routine, starting too big can doom the habit altogether.

### Stacking

Choosing a new habit without first setting

yourself up for success can be one of the biggest mistakes made when implementing a new habit. To avoid this, rather than choosing a habit to adopt that diverges from your established daily routine, experts suggest "stacking" your habits. According to The New York Times, by starting small and working new habits into your pre-existing routine, habits become easier to implement. Rather than blocking out a new time frame for a habit you want to develop, look for ways to incorporate it into your daily schedule. If you want to get into the habit of reading, try picking up a book instead of your phone while you eat breakfast or before you go to bed. This way, you aren't setting aside an entirely new time to implement your new habit.

### Consistency is key

Regardless of the habit you want to adopt, being consistent is a key part of your success. According to various studies, forming a new habit can take anywhere from 18 to 254 days, with an average of 66 days for a new behavior to become automatic. This means that sticking to a new action is integral to having a habit stick. To maximize your success, aim to do your new action daily. That way, your body and mind get used to it and implement it into your daily routine.

## That Time I – Went to Disney during a pandemic

By: **Veronica Richard**  
Contributing Writer



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Washing hands at Walt Disney World's Magic Kingdom Resorts

With the pandemic looming over the shoulder of every American, going on vacation seems to be the last thing on everyone's minds. However, after much debate and research, my family and I decided to visit Walt Disney World and saw first-hand how a major theme park is handling safety during the pandemic.

Before making our trip, we had to first make reservations, which must be made on the Walt Disney World website. If you are staying on property at one of their many themed resorts, have an annual pass, or are a member of the Disney Vacation Club, you are given first access to making reservations. Park hopping to multiple parks on the same day was not allowed at the time, so guests had to reserve which park they wished to go to each day in advance. My family has annual passes and were staying on property at the Wilderness Lodge, so we were able to reserve a day in Epcot and a day in Magic Kingdom.

Upon arriving at the Wilderness Lodge, we proceeded with our virtual check-in. Our room number and digital keys were linked to our Magic Bands. Everything was touchless and virtual, keeping both guests and employees safe. The My Disney Experience app was recommended as our room key, map, time guide and overall assistant during our stay to avoid physical interactions with employees. The app alerted us with a health announcement, listing all the sanitizing and work being done at the resort to keep things clean. Our room had been deep cleaned on multiple occasions and smaller items such as television remotes were in bags labeled clean.

While in the parks, there were a multitude of safety measures put in place to assure health, but still kept things magical. There were no-touch hand sanitizer dispensers at the beginning and exit of all

lines. My family never had to use the personal hand sanitizer we brought. Near all hand sanitizers were portable sinks with antibacterial soap for guests to wash their hands. Plexiglass dividers separated each side of the lines, keeping everyone at a safe distance from all sides. Floor markers indicated where standing was allowed. Cast Members were in constant movement; whether it was sanitizing where a guest once stood or reminding everyone to wear their masks at all times, even when sitting. Miniature parades were held hourly, with socially distanced characters waving from Halloween-themed floats. Every 30 minutes, an announcement would play across the park reminding everyone of the rules set in place to keep them safe.

Before leaving for this trip, I was wary. I was nervous about crowds, cleanliness and the "mask relief stations." Mask relief stations were located in various areas around the park and allowed guests to take off their masks for a short period of time while keeping 10 feet apart. While in the Magic Kingdom, my family and I took advantage of the area in Tomorrowland to get out of the heat and cool off in air conditioning without wearing masks. Other than the Cast Members, we were the only people there. The attendants escorted us to a table that had been cleansed and instructed us to stay 10 feet away from everyone at all times while there. We were only there for 15 minutes, but it was a much needed break and I felt completely safe.

My trip to the Walt Disney World Resort was overall fantastic. Everything was handled with precision and care from all Cast Members and not once did I feel a lack in Disney magic. If you are heading to the parks soon, make sure you abide by all guidelines and have a magical time!

## From quarantine to Halloween

By: **Jaden Wilson**  
Contributing Writer

It's finally October -- or what I like to call spooky season. We've all presumed that Halloween this year is going to have to be different. We are still in a pandemic and we all need to continue following COVID-19 protocols, which means that we have to stay socially distanced. However, Oct. 31 is still on the calendar, Halloween decorations are still being put up and costumes and candy are still being sold. The show must go on. We just might have to be a little bit more creative when engaging in fun Halloween activities.

As a college student, you may think that you are too old to trick-or-treat, but that is absolutely false. You are never too old to trick-or-treat, and if you were planning to this Halloween, you still can -- well, sort of. Instead of going door-to-door with a candy basket like you normally would, you can leave pre-packaged candy on the doorsteps of your neighbors, friends or family's houses as a way of socially distanced "trick-or-treating."

As mentioned earlier, we might have to get more creative this Halloween. A way we can get our creative juices flowing is to make some sweet or savory Halloween treats. You can gather a couple of your closest friends and look up some of the best Halloween desserts and treats to make at home. Some ideas may

include baking a cake, brownies or pie and adding some edible Halloween decorations. For example, "flying" bats made out of Oreos or spider webs made from chocolate. If baking a cake isn't your cup of tea, you can also do one of the most traditional Halloween activities: carving a pumpkin. You can carve out silly faces in the pumpkins and use them as decorations outside or inside your house.

Usually, college students would attend Halloween parties or go Downtown as a fun way to celebrate the spooky season, but of course, that might not be a good idea during the pandemic. Socially-distanced parades are one way to have fun while still being safe on Halloween. The parade could consist of you decorating your car, bike, golf cart, etc. and showing off your Halloween costume. You could also use this opportunity as a drive-by trick-or-treating concept in which you give out bags of candy to the attendees at the parade.

When it comes to Halloween, you don't always have to do something creative to have fun. Enjoying Halloween in a pandemic can be as simple as snuggling up under the blankets with some popcorn and binge-watching all of your favorite horror movies. The important part is simply enjoying and being safe doing whatever activity it is that you choose to take part in. Spooky season can still be amazing, no matter what's going on in the world. Happy Halloween!



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A bowl of candy for Halloween

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## Freaky features: It came from New England

By: Rey Perez  
Contributing Writer

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The Stephen King Movie Collections



It's haunting season and people of all ages across the country are venturing to the "horror" tab of Netflix and Hulu for the first time since last year only to be utterly disappointed at the quality of horror on the steaming services. Sometimes, it feels like you could find better horror at the bottom of the Walmart \$5 bin, but don't worry. Not all horror has to be bad. Below is a list of the absolute essentials from New England author Stephen King. Turns out there are many horrifying things in New England: killer clowns, undead cats and Massachusetts. It's enough to give you the shivers all October long.

### Pet Sematary (1989-2019) Available on Sling (1989), Hulu (2019)

Everyone takes it hard when a pet dies, but the residents of the town of Ludlow never seemed to get over it. By using an ancient native burying ground, they have found a way to bring their fur babies back to life. I know what you're thinking, "Not another zombie movie," but what comes out of the "Pet Sematary" is worse than any zombie. Things take a turn for the worst when one man finds out what happens when you bury a human in the haunted ground. The following is just another chapter in the long and dark history of Ludlow. Although

the original movie adaptation is more in line with the events of the book, the 2019 version is more visually appealing and the actors who appear as the major characters, in my opinion, give a better and more believable performance. However, the 1989 film has that off-putting 80's flair to it and is not reliant on CGI as many movies today are.

### It (1990-2019)

Available for purchase on Youtube, various streaming platforms

The movie that has probably put hundreds of clowns out of work, "It" follows the story of the Loser's Club, a group of outcasts and oddballs in the town of Derry, Maine and their encounters with the entity known as It. It takes many forms throughout the story: a werewolf, a mummy, a giant spider, dead children and most famously, Pennywise, the dancing clown. Packed to the brim with symbolism, this story is actually a metaphor of the evils that plague society. The two new adaptations of King's classic, "It" (2017) and "It: Chapter Two" (2019), give an exciting new take on Pennywise and set the story in a new decade, even including elements from the book not mentioned in the previous movie. They also have the benefit of being more accessible, being on every major streaming platform, except Netflix. The 1990's miniseries is where it's at -- no pun intended. Tim Curry as Pennywise is not only haunting and sinister, but surprisingly hilarious.

### The Shining (1980-1997)

Available on Prime Video and Philo

Jack Torrance and his family are the winter caretakers at the Overlook Hotel, keeping the lights on and making sure the facility does not burn down or freeze over. Sounds easy enough, except the job

description forgot to mention that the hotel wants Jack to murder his family. Jack descends into madness -- or a very bad case of cabin fever -- in this Stanley Kubrick classic. Stephen King, unsatisfied with the film's betrayal of the original story, decided to oversee his own version of the story for the screen in 1997. Although it follows the original story much better, that is all that it has going for it. Please just stick to the Kubrick version.

### Carrie (1976-2013)

Available on Hulu, Sling, and Starz

The first of Stephen King's novels tells of a teenage girl named Carrie who grew up with a zealous mother and is not particularly well liked at school. Well, that's an understatement -- she is the most hated girl in school with absolutely no friends. A group of particularly nasty kids decide to pull a very mean-spirited and gory prank on her, but unbeknownst to them, Carrie has been honing her telekinetic powers, strengthening them to kill. The original 70s adaptation is by far the best, but it's production quality is severely outdated and loses a bit of it's charm for that, and there are some very dated scenes which may be uncomfortable to some. The 2013 version featuring Chloë Grace-Moretz has some bends in the story and can get very dry, but overall, it sticks to it very well and with much less cheese.

Now that you've got a rough guide of where to find your horror, save the stumbling around Netflix to the newbies. You know what to watch when it's movie night. For more horror know-how, be sure to read Freaky Features every week in October, and for things you might have missed, check out last week's article. Happy Halloween.

## Skincare that won't clean out your wallet

By: Gaby Holmes  
Contributing Writer

Self-care is something that should be done all year long. Between studying for classes and preparing for exams, a skincare routine might seem less important than deciding on whether or not to get another bag of ramen noodles. Skincare can be expensive, but it doesn't have to be. Here are some products to help cleanse your skin without cleansing your wallet.

### Cleansers

Picture this: it is late at night, you have a test in the morning that you just finished studying for and you just want to go straight to sleep. You decide to simply forget about the leftover makeup on your face and let it rub off on your pillow.. It may be the quicker solution, but your skin will disagree. If you're going to follow any step in a skincare routine, it should be cleansing your face.

Whether your skin type is dry, oily or combination, the Glossier Milky Jelly Cleanser (\$9) or the Cetaphil Gentle Skin Facial Cleanser (\$6.59) available at Target are both good options. If you have acne-prone skin, then the CeraVe Renewing SA Face Cleanser with salicylic acid (\$9.89) is a great choice and can be found at Target, too.

### Toners

Toners are a bit of a hit or miss. Some people love them and some people hate them. It is up to you and your skin whether you include them in your skincare routine,

but just make sure that the toner does not have alcohol in it.

Thayers Natural Remedies Rose Petal Facial Toner (\$10.99) is a very popular choice -- and the mini size is only \$3.99 at Target. Another alternative available at Target is the Heritage Store Rosewater Facial Toner (\$4.79).

### Serums

Serums provide little boosts your skin is dying for. However, there are so many kinds out there, and finding quality serums that do not cost an arm and a leg can be difficult.

When choosing a serum, it is important to look for the key ingredients that target your skin's needs. The Ordinary line is fantastic at providing lower-priced skincare and serums that work. If you are looking for hydration, make sure the serum has hyaluronic acid. To brighten under your eyes or reduce puffiness, a serum with caffeine is a good start. Reducing acne scarring is a problem for a lot of people, so products like The Ordinary Niacinamide 10% serum (\$5.90) or The Ordinary Alpha Arbutin 2% (\$8.90) are lifesavers and are both available at Sephora.

### Moisturizers

Just like cleansing is an important step, moisturizing is equally important. Not using a moisturizer is like not putting lotion on your body after a shower. It's meant to protect your skin and keep your skin's cells healthy.

Your skin type is key to choosing a moisturizer. People with more oily skin should try using a lotion or gel instead of a cream as



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All products shown are under \$15.99

they have lower oil content. For drier skin, look for a cream that tends to have higher oil content. A few options are the CeraVe Moisturizing Cream (\$9.99) or the Cetaphil Daily Hydrating Lotion (\$12.49), which can both be found at Target. Bliss and First Aid Beauty brands also have great options.

### Sunscreens

Sunscreen is essential. Living in Florida, if you don't use sunscreen, you are doing your skin a disservice. Alba Botanica Hawaiian Green Tea Sunscreen Lotion (\$8.99) and Sun Bum Mineral Sunscreen Lotion (\$14.99) are amazing options available at Target. If you want to cut costs and get a combo sunscreen,

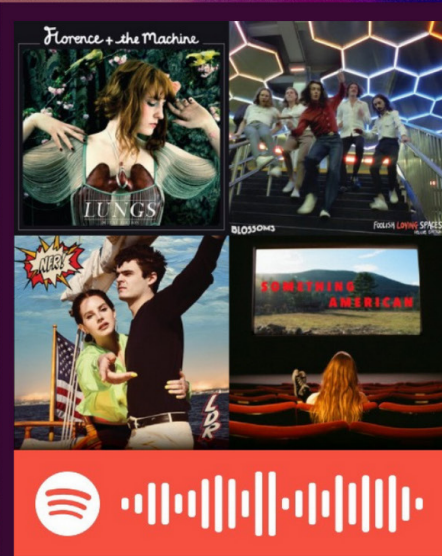
CeraVe AM Facial Moisturizing Lotion with Sunscreen is a nice option and only costs \$10.99 at Target.

### Masks

Masks are not an everyday essential, but they are a nice treat if you want to splurge. The Sephora Collection face masks are good quality and come in a variety of scents that range from \$4-8. The Yes To line also offers a variety of choices that will leave your skin feeling great.

All in all, it is easy to have a comprehensive skincare routine while on a college budget. You just have to find the right products.

# WAVES OF THE WEEK: NIGHTTIME NOSTALGIA



Ever spend your nights thinking about moments you wish you could relive? Go ahead and lay your head back and gaze at the ceiling while this playlist illuminates some bittersweet feelings of nostalgia that have stayed with you during those long nights.

- “Like Gravity - Acoustic”  
Blossoms
- “What Am I Here For”  
Jade Bird
- “Heavy In Your Arms”  
Florence + The Machine
- “California”  
Lana Del Rey
- “Pattern”  
The Last Shadow Puppets

- “Home To You”  
Cate le Bon
- “Lovesick”  
BANKS
- “Cherry Flavoured”  
The Neighbourhood
- “voicenote”  
Alaina Castillo
- “Take Yourself Home”  
Troye Sivan

## OFFSHORE CALENDAR

Just Between Friends  
Miramar Military Family & 1st Responder Pass Fall 2020  
Oct. 20 | 3 p.m.  
[RSVP Online](#)

Just Between Friends Miramar  
Teacher Pass Fall 2020  
Oct. 20 | 3 p.m.  
[RSVP Online](#)

6-Week Fat Loss Challenge  
Orientation  
Oct. 20 | 6:45 p.m.  
[RSVP Online](#)

Exclusive Cigar Tasting  
Experience  
Oct. 21 | 7 p.m.  
[RSVP Online](#)

Free Boca Raton Rockstar  
Connect Networking Event  
Oct. 21 | 6 p.m.  
[RSVP Online](#)

Rusko // The Venue Fort  
Lauderdale  
Oct. 23 | 10 p.m.  
[RSVP Online](#)

October Art Hop by Zero  
Empty Spaces  
Oct. 24 | 2 p.m.  
[RSVP Online](#)

Southern Deadly Yarns: Marlee  
Silva  
Oct. 25 | 9:30 p.m.  
[RSVP Online](#)

## Unleash your inner creativity with iOS 14

By: Aliyah Gomez  
Contributing Writer

The month of October sure is a treat, and I am not just talking about Halloween. Apple’s yearly fall tradition of presenting new products to the public did not let up this year despite COVID-19. A new iPhone is expected to release this month, and users cannot wait to get their hands on it. Another release people could not wait for was the latest iOS update, iOS 14.

iOS 14 has come out with a brand new look on the iPhone, something we have not seen since Safari was a compass rose. The power to design your screen at the touch of your fingertips with just a bit of creativity.

Although this update has had a lot of positive feedback, especially from users enjoying the fact that they have the option to be in full control of the design of their iPhone, there has also been backlash about the setup and new widgets that have been introduced in this update. Many of these issues include crashes, lagging and quick battery depletion.

Some Android users have spoken out regarding the fact that most of the updates Apple has introduced are something Android users are already familiar with. These updates include the translating app, the Clips app and widgets.

There are always comments made back and forth between iPhone and Android users about what apps and tools are the same and what are different, but no matter who did it first, Apple users seem to be having a lot of fun designing their lock screens.

There have been iPhone users who came out and said they’ve spent hours creating their suitable layout for their iPhone. Although this may sound a bit alarming, this is also a great way to spend your time while you’re at home with nothing else to do.

As we sit back and await the new Apple products, here are some ways to decorate your home screen and stay up to date with the current trends of iOS 14.

There have been some great ideas posted online for you to get those creative juices flowing. Grouping together pictures that fit your aesthetic and choosing the overall color that you want for each screen are great ways to begin.

Whether you want to use photos from your photo album or a screenshot of that new pair of sneakers that just came out on your homescreen, this is all possible with this new update. Creating your screen to fit your personality is one of the many options that those who have iPhones are looking forward to once they update to iOS 14.

For those of us who aren’t updating our phone because of the craze and simply because we need to fix some technical bugs, this update satisfies mostly every iPhone user’s needs, which is why many of us keep Apple around.

Apple continues to find ways to impress their users every year. Although this year is different from others, we can thank Apple for helping us pass the time by letting us decorate our home screens.



The new iOS 14 update with widget features

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# THIS WEEK SPORTS IN HISTORY

## Oct. 20, 1991: Ayrton Senna places in the top three at F1 Championship for the third time in a row

In 1991, Brazilian McLaren driver, Ayrton Senna, finished in 2nd place in the Japanese Grand Prix at Suzuka. This meant that he had secured his spot in the top three for his third time in a row in the overall Formula One World Drivers Championship.

## Oct. 21, 1964: Abebe Bikila runs a world record at Tokyo Olympics

On this day, Abebe Bikila, an the Ethiopian runner broke a world record, beating Briton Basil Heatly by more than four minutes and winning the men's marathon at the Tokyo Olympics with a final time of 2:12:11.2. With this win, he became the first athlete to ever win an Olympic marathon twice.

## Oct. 22, 1966: Bobby Orr scores his first career goal

On this day, ice hockey legend, Bobby Orr, scored his first goal with the Boston Bruins against the Montreal Canadiens. He remains the only defenceman to have won the league scoring title with two Art Ross Trophies and holds the record for most points and assists in a single season.

## Oct. 23, 2019: Kyrie Irving breaks an NBA record for points on debut

In 2019, Kyrie Irving, an all star point guard, poured in 50 points, setting a new NBA record for points on debut with a new team. He played with the Brooklyn Nets, losing against the Minnesota Timberwolves 127-126.

## Oct. 24, 1857: World's first soccer club was founded.

On this day, the soccer club Sheffield F. C. was founded in Yorkshire, England. The club is officially recognized by FIFA and The Football Association of England (FA) as the world's oldest football club. Prior to the formation of the FA, early football clubs used their own rules and the Sheffield rules were the first official set of rules and laws used for soccer games.

## Oct. 25, 1964: The first non-Japanese Olympic judo gold medal winner

On Oct. 25, 1964, Dutchman Anton Geesink became the first non-Japanese Olympic judo gold medal winner at the Tokyo Olympics. He competed in the open division, where he faced Akio Kaminaga of Japan, a favorite of the Tokyo crowd. He put Kaminaga in a sash hold and struck gold, making a major impact on international judo.

## Oct. 26, 1951: Rocky Marciano defeats champion Joe Louis in heavyweight boxing

On this day in 1951, Rocky Marciano, a future world heavyweight boxing champion, defeated former champion Joe Louis by TKO in the 8th and final round at Madison Square Garden.

# On The Bench:

## Cool it about Arch Manning

By: Christina McLaughlin  
Co-Editor-in-Chief

I'd like to preface this by saying that I am not a teenage boy with a "golden arm," a family NFL legacy or the entire world looking at me through binoculars. I can't speak for Arch Manning, the grandson of Archie Manning and nephew of Peyton and Eli Manning, as to how it feels to have an almost celebrity status for being ranked as the No. 1 quarterback in his class as a sophomore. However, I can say this: it must be really weird to have news outlets writing about your future potential, have your own Wikipedia page and have a televised game of yours called a "National TV Debut." It sounds like a waking nightmare to have that much pressure on you just because of your name, but I digress.

On Oct. 15, ESPN2 televised a high school football game where

Arch Manning, quarterback for Isidore Newman, a private school in New Orleans, played KIPP Booker T. Washington High School. Manning's team defeated Washington 55-22. This game, as well as his freshman year record, garnered a lot of attention from football fans, college recruiters and sports commentators.

To Manning's credit, he does deserve it. He is a great player, and according to those close to him, he is humble on and off the field. It's also rumored that he already has nine unofficial college offers.

I commend his family for keeping him out of the limelight as much as they can -- it may be one of the reasons that he is so humble. With the right guidance from his coaches and his family, he has a bright future ahead. However, we are forgetting that he is still so young, and talking about his potential for the pros is

a bit premature. Is it possible? Sure, but that's eight years away. A lot can happen between now and then and putting that added pressure on him won't help.

I can understand that there is some anticipation, especially among college scouts, to find the next "big one" for their programs. They need someone with talent and charisma to lead a college football team, especially programs with a reputation like the University of Texas, Boston College or Ole Miss. However, I think the sports world is acting too soon with this Manning "legacy." He is 15 years old. He already has a lot of pressure on the field as the quarterback and having his last name on his jersey. I don't think he needs the added pressure of colleges and sportscasters breathing down his neck on top of his responsibilities of being in high school— at least just not right now.

College scouts are looking earlier and earlier for potential players and that's fine, but for right now, that's all he is: a potential player for a standout college program. All we are hearing about Arch Manning is his potential and that's just it. He is not there yet. He still has a lot of room to learn, grow — well not physically, as he is already 6'3 — and to be ready for the world's level of attention he's been given so far. I get that the pandemic has really made people hopeful for the future, especially the future of college football and the NFL, but even Peyton and Eli weren't getting offers this early. How about we give the kid a little bit of breathing room as he figures out his path in life?

## Finding Fitness: Take a hike

By: **Flor Ana Mireles**  
Copy Editor

Living in South Florida, we are blessed with lots of nature trails to get exercise on. From the beaches to the Everglades, there are tons of beautiful sceneries to walk and find some fitness. Here's what you need to know.

you can walk, but because of the wildlife and flora you can see on different trails. You have the opportunity to see gators, a variety of bird species and even grasshoppers and crabs. Everglades National Park is accessible year-round and has a plethora of trails to choose from. Some include

“Whether you've been out hiking in the mountains or have never hiked a day in your life, South Florida has got some great unique trails for you to walk, run or bike on. All you have to do is get out there,

### Essentials

While Florida is known for its unpredictable weather, one thing is almost always certain: the heat. Regardless of where you go hiking, it's essential to bring water, snacks and sunscreen. Even if you're only hiking one mile, given the heat and humidity, you don't want to risk dehydration. Wear some comfy, lightweight clothing and good walking or hiking shoes, pack a small backpack with the essentials and get on a trail. Some other good items to bring include bug spray, a knife or multi-tool, first aid kit, sunglasses, and of course, your phone, in case you want to photograph or video some cool wildlife, insects or flowers.

### Where to hike

Luckily, we've got a lot of cool places to go on hikes, around campus and far from campus. Here are some of my favorites.

#### Everglades National Park

The Everglades is a given when discussing where to hike in South Florida, and it's not just because of its acres of land

Pine Island trails, Flamingo trails and Shark Valley trails. Most of the hiking trails in the Everglades are short and tame, suitable for everyone. Even if you have never hiked a trail before, Everglades National Park is a great place to start.

#### Tree Tops Park

Only ten minutes away from campus, Tree Tops Park is a 23-acre park filled with nature trails and a freshwater marsh. Tree Tops is a great hiking getaway, accessible year-round, if you don't want to stray too far from campus. Here you will find tons of flora and fauna and peaceful trails that will transport you somewhere else. There is even an observation tower where you can get a good bird's eye view of the forest you're in and is a great place for a simple picnic before or after your hike. If you're looking to do a trail with wildlife, Tree Tops has got you covered, too. Here you can find tons of turtles near the marsh. .

#### Biscayne National Park

Farther south, Biscayne National Park is a great place to hike near the ocean. Accessible year-round, here you will find wildlife, like crabs and blue herons, and have the opportunity to cool



Sunset at Biscayne National Park

PHOTO PRINTED PERMISSION BY F. MIRELES

down by the water after your hike on a hot day. Biscayne National Park offers a 9.9-mile trail that is good for all skill level hikers. Going right before sunrise is my favorite time to go because you get to reward yourself for a good hike by watching the sunrise right above the water.

Whether you've been out hiking in the mountains or have never hiked a day in your life, South Florida has got some great unique trails for you to walk, run or bike on. All you have to do is get out there.

## Club Spotlight: Check out NSU's ESports

By: **Siena Berardi**  
Sports Editor



A gamer's set up

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In-person club sports may be on hold for the moment, but the ESports club has never been more busy. In January, the ESports club was merely an idea. Today, it is an NSU club sport where video game lovers can come together to compete and play with one another. Although currently not listed as an official club sport on the NSU website, ESports is believed to be the most active club sport at the moment, in part, due to COVID-19.

Given members have the opportunity to compete and play video games, this club is just like any other club sport. Members pay dues, which are currently going towards customizable player jerseys and there are leadership councils for each video game. Members stay connected through an online platform called Discord, where NSU ESports has its own server. On this platform, gamers can chat live with their teammates while they play. The new academic year has brought many new members and the club has grown to include over 70 students.

Popular video games played by the club include League of Legends, which is an award winning multiplayer PC game where players battle in an arena as 'champions.' In fact, it is one of the most popular esports worldwide. Other games played are Overwatch -- which is a first person weapon based game -- Smash

Bros -- a crossover fighting video game including characters from the Nintendo universe, usually played on a Switch console -- and Rocket League, a soccer style video game where players play as vehicles. In order to play proficiently, this game requires coaching and practices for tournaments with other online gamers.

"The club is soon going to be able to share a classroom with other colleges that houses computers. In exchange for sharing a classroom, we will have access to high tech computers for our practices. It wouldn't have been anything I expected to do in at least five years," said Nelson Triana, ESports club president.

Games on the horizon for the club include Call of Duty, Rainbow Six Siege and Valor. If you enjoy video games and the community that comes with them, consider joining the ESports club.

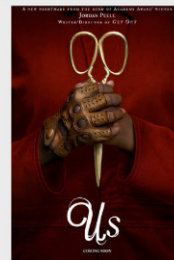


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## Falling for Fall

By: **Daniella Rudolph**  
Contributing Writer

Coming to the U.S. as an international student from South Africa, more than just the slang is different -- and this is to be expected. However, I never anticipated how much I would fall in love with fall culture.

Firstly, I just came from an icy cold winter to some of the world's most tropical climates. It should be Spring for me now and summer is a great season with many festivities in itself, but my body has felt out of place, not only with the humidity, but also because South Africa is six hours ahead time-wise.

Even though Fall is not celebrated where I live, I have decided to embrace everything that has to do with fall to get the full American experience, from burnt orange hues in my jumpers and pumpkin flavored everything, to buying pumpkins and ghost lights for my dorm. It atmospherically feels like fall, but it does not look like fall, which is weird for me because there is no better October activity than taking a long bicycle ride down the roads with trees deeply rooted on either side of the pavements, watching the leaves change in shades and graciously fall from the trees to crumble and crunch beneath the wheels of my bike.

Fall is also when the really cold season starts creeping into South Africa. So, after a day out, you'd come home and have a hot bath, jump into a fleecy onesie and drink a cup of warm soup before crawling into a pre-heated electric blanket in bed. I really miss the feeling of getting snuggled up underneath the blankets after this nighttime ritual. I can only turn the air conditioning so low here.

Secondly, fall shopping is to die for -- excuse the pun. It is Halloween all fall long, and as a Halloween enthusiast, I literally could not have asked for anything better. Going to the stores here was already such a fun and exciting experience for me because I do not have any of them back home. Now, add the fact that they are filled to the broomsticks with decorations. From pumpkins in any color imaginable, to animatronics so scary you couldn't keep them in your room, whatever your Halloween vibe is, South Florida has you covered. Lace up your boots, boil your cauldrons, drink your pumpkin spice lattes, pack your umbrellas and have the happiest of hauntings this fall.



## Avatar: The Last Airbender is more than just a kid's cartoon show

By: **Gabriel J. Stone**  
Contributing Writer

Avatar: The Last Airbender is one of the few programs to receive a perfect 100% score on Rotten Tomatoes. It's categorized as a kid's cartoon show, which seems warranted given the adolescent sense of adventure, colorful animation and unpretentious humor, but it's truly much more than that.

Since its reemergence on Netflix, old and new fans have come together to re-discover why this show has appealed to large audiences as it did the first time around. When it first aired, this show stood as a monument of accurate Asian cultural representation during a time it wasn't mainstream yet.

Although set in a fantasy world, the series pays homage to minority cultures. The Water tribe was inspired by Inuit and indigenous groups, the Earth Kingdom by China, the Air nomads by Tibetan monks and the Fire nation by Imperial Japan. By extension, the affiliated clothing, fighting stances, social norms and spirituality of each setting were authentic

depictions.

The complex and strong characters make great role models and deal with a variety of topics, including trauma, abusive households, imperialism and colonization, war, spirituality, genocide, government corruption, propaganda, class struggles, environmental pollution and animal abuse.

A children's show that covers this many topics in a light-hearted manner deserves a perfect score on the tomato-meter. Especially since it offers a spin-off that puts a queer woman of color as the main character on a journey of self-discovery, highlighting topics like depression and disability.

All wrapped up and topped off with smooth animation and phenomenal soundtrack, this series does it all while simultaneously appealing to every age group. So yes, technically due to the rating, it is a kid's show, but it's also so much more than that.

## Horror tropes: Horrifying or humdrum?

By: **Sofia Gallus**  
Arts & Entertainment Editor

When I was a child, I hated horror movies. It wasn't until I was an early teen that I started to truly appreciate the horror genre. I went from avoiding it at all costs to consuming all of the horror content I could. After I started, I simply couldn't stop.

My love of the genre has grown tremendously over the years, but I find myself seeing the same things happen in different movies. Things that used to make me gasp are now making me sigh because I see how abundant they are. While there are many different types of horror tropes and ways to scare your audience, some of them are offensive, unoriginal and just plain boring. These four horror tropes are so out of date that if you see them in the movie or show you've just started watching, I'd recommend looking for a new one.

### Ignoring stranger's warnings

We've seen it far too often; a happy-go-lucky group of friends goes camping at a lake, campground, hotel or any other landmark that is famous for a string of murders that happened years ago. On the way, they stop at a local gas station where an eerie and rugged looking mechanic gravely warns them that they'll all meet their doom as soon as they arrive. You're telling me they decide to go anyways, without a second thought? I am begging horror writers and filmmakers alike to please reconsider making their protagonists so blissfully ignorant when it comes to being warned by strangers.

### Mental hospitals aren't like this

After the movie "Split" came out in 2016, there was a large discussion around how mental health should be addressed in horror. For too long, the horror genre has relied on throwing a different mental disorder on their villain and calling it a day.

One of my least favorite horror tropes is when they go to a mental hospital to inspect a runaway patient who turns out to be the murderer. They often pan to other patients who are mindlessly babbling, screaming and running around waving their arms. It isn't scary anymore, it's just sad. People with mental disorders don't automatically turn into psycho killers, and this trope further harms mental patients by portraying them as insane and dangerous.

### What's in the mirror?

Albeit, if you enjoy jumpscares, this one probably is a little scary. We all know what's going to happen when the protagonist looks into their mirror at night. We all get that tingling feeling knowing someone or something is lurking in the darkness behind them. While it does get your blood pumping, there's no longer that element of surprise. This horror trope is so overused that if I

see this scene in the beginning of the movie or in any of the promotional photos, I usually just turn it off.

### This is just offensive

You can't call your horror movie diverse if the only diverse cast member dies in the first 10 minutes. Minorities are horribly underrepresented in horror movies, and in many instances, the only diverse character dies at some point in the film -- it might even be in the very beginning. If the character manages to survive, then they face being undeveloped as a story character, instead relying on inappropriate cultural or gender stereotypes to further their own victimization. Recently, horror movies made to address racism, homophobia and gender inequality in society, or in the horror genre itself, have been created and widely acclaimed. Hopefully, we will start to see this offensive horror trope die out sooner than later

## Supreme Court justice for all?

By: **Gabriel J. Stone**  
Contributing Writer

Ruth Bader Ginsburg who served on the U.S. Supreme Court for 25 years was an avid advocate for women's rights, liberal progressivism, the first Jewish woman to serve on the supreme court, a mother of two and known as the Notorious RBG. In light of her recent passing, there has been much controversy on who could possibly fill such an incredible woman's shoes.

Whether you align with Democratic or Republican ideals, we should all be able to see that, despite whatever opinion you have on our current president, he should not be able to appoint a new Supreme Court justice this far

into the election -- not in the name of preference, but in the spirit of a fair democracy that is being disrespected by corrupt political representatives like Senate Majority Leader Mitch McConnell (R-Ky).

McConnell blocked President Obama's pick for Supreme Court nominee eight months before the 2016 election, saying it was too close to the election day. Now, McConnell has released a public statement, provided by the Washington Post saying, "Oh well. Fill it" when asked about the opposite-party vacancy that is now unfilled during Trump's election year.

Ginsburg died Sept. 18, only two months before the 2020 election. The bias McConnell

shows by supporting his own party's nominee when faced with a similar situation that happened during Obama's presidency may be an easy choice to make, but this should be considered an unjust abuse of his powers against the best possible representation of the people.

In a Washington Post article, McConnell said "Americans reelected our majority in 2016 and expanded it in 2018 because we pledged to work with President Trump and support his agenda, particularly his outstanding appointments to the federal judiciary. Once again, we will keep our promise. President Trump's nominee will receive a vote on the floor of the United States Senate."

By furthering the appointment of a new Supreme Court judge before an important election, this action is taking away power from the people in an obviously biased convenience to conservative republicans.

Waiting until the election has drawn to a close and until all votes have been counted to have the people choose their Supreme Court replacement is also a discussed opinion circulating the media right now.

If we ever hope to become a progressive country responding to the will of the modern-day citizens of the U.S., how can we do so when our judicial system is so skewed in belief?

# Fins FaceOff

## Are fall foods worth the hype?

### I'll pass on the fall food

By: **Jaden Wilson**  
Contributing Writer

The chill settling in the air is the first hint that the holiday season is fast approaching and people are diving headfirst into fall festivities. This means pumpkin patches, decorations, and most importantly, seasonal foods.

Soon enough, you'll start seeing the annual influx of posts on social media highlighting everybody's favorite seasonal treats. This has me wondering, though. Are these foods actually good or are they just trendy?

There are many staple foods that we have come to expect when fall arrives each year, some of which just don't live up to the hype associated with them. I can't imagine someone choosing to suffer through the sugary, headache-inducing goop that is a pumpkin spice latte for any reason other than a cute photo op.

Hot chocolate is another questionable favorite for me. It's chalky and relies too much on enhancements like marshmallows and cinnamon to be satisfying. The mediocrity doesn't stop at fall drinks though. Turkey is arguably the worst thing on any Thanksgiving dinner plate, and if people weren't so attached to tradition, it would've been scrapped years ago.

Normally, I would leave people be. Let everyone be happy with their festive (yet basic) snacks and be on my merry way. However, one fall food that I cannot reconcile with under any circumstances is candy corn. Candy corn is pasty, flavorless, and somehow, always stale. Whoever created candy corn either didn't know what they were unleashing onto the world or they had it out for candy lover



Thanksgiving meal

PHOTO PRINTED PERMISSION BY F. SHABAN

### Love me some fall food

By: **Chloe Rousseau**  
Contributing Writer

I love a nice, warm pumpkin spice latte like everyone else and their mother, especially when the weather cools off. However, this is not what I think of when I think of fall foods. To me, fall foods are your typical Thanksgiving spread: apple and pumpkin pie, turkey, ham and don't forget the yams (yes, the kind with marshmallows).

Something about fall food is just so comforting, especially when away from home at school. Thanksgiving is a huge holiday for my family -- we all love food. Our spread takes up the whole kitchen and we start cooking the night before and prep all day. When I'm really missing home, I make my mom's mashed potato recipe and my grandma's rolls, and sometimes, even a small turkey roast.

The foods we have in the fall are warm comfort foods that make me just want to stuff my face. It's something I always look forward to -- not to mention the fantastic breakfast made with leftovers the next morning. In addition, pumpkin spice everything is nice, too. I love pumpkin cheesecake and spiced muffins.

Fall foods are definitely worth falling for to me and my family. I can't imagine not having a big Thanksgiving with my whole family and doing it all with my friends the week before, too.

# Shark Speak



What holiday are you most looking forward to?



"I love the Christmas holiday season and the culture surrounding it. There's the Christmas music, the holiday decorations, the Christmas tree, all of it. It's honestly one of the highlights of my year," said Anastasiya Tsapenko, freshman international studies major.

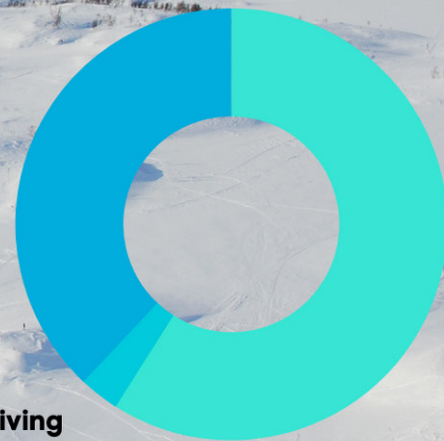


"I'm most excited for the winter holidays because I love how festive everything is around that time. I love decorating the tree, watching Christmas movies, buying and wrapping gifts and the slightly cooler weather," said Elizabeth Rai, senior English major.

Halloween  
38%

Thanksgiving  
3%

Winter Holidays  
59%



*Stay  
Safe.*

*Stay  
Current.*

