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The Current

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## The Current - Volume 33 Issue 2

Nova Southeastern University

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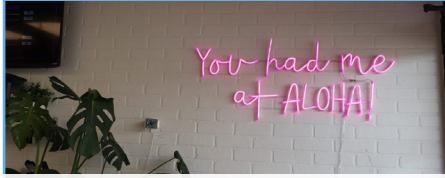
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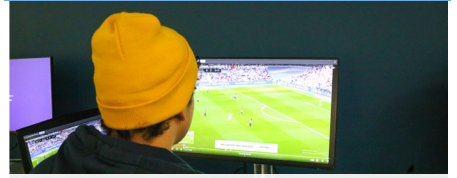
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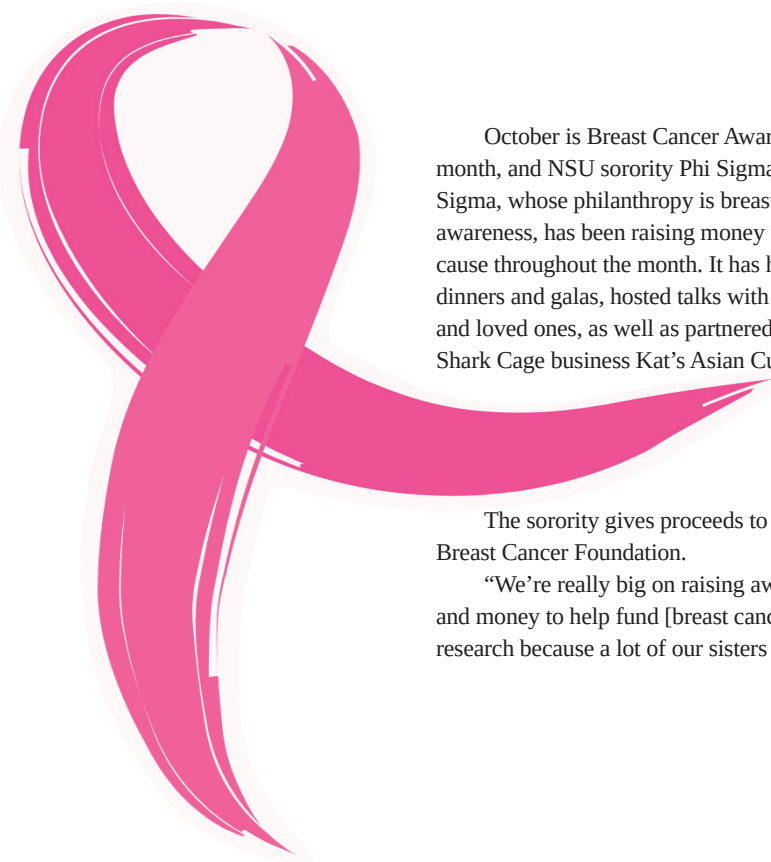
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## October's Pink Pride: Breast Cancer Awareness

By: Jennifer Griggs  
Contributing Writer



October is Breast Cancer Awareness month, and NSU sorority Phi Sigma Sigma, whose philanthropy is breast cancer awareness, has been raising money for the cause throughout the month. It has held dinners and galas, hosted talks with survivors and loved ones, as well as partnered with the Shark Cage business Kat's Asian Cuisine.

The sorority gives proceeds to the Florida Breast Cancer Foundation.

"We're really big on raising awareness and money to help fund [breast cancer] research because a lot of our sisters are

affected by it, and one in every six women are affected by breast cancer," said sorority vice president and junior communication major Yasmeen Hughes.

One such affected woman is G "Gay" Landreth, a breast cancer survivor and step-grandmother of NSU freshman and communication major, Sofie Daiberl. In November 1997, when Landreth was 43, she was diagnosed with stage two breast cancer. Upon diagnoses, the doctors told her she had already had the disease for seven years.

With the love and support from her husband, parents and daughters, Lauren and Lindsay, Landreth was able to endure the "aggressive" Monday through Friday, two-to-three-hour chemotherapy procedures, surgeries

and the 32 radiation treatments.

While she suffered some physical impacts, including the loss of some hair and some scarring from chemo ports, she views the experience as a faith-filled and strengthening journey. It deepened her appreciation for her life, her family and her faith.

"The Holy Spirit [was] still awake within [me]," Landreth said.

After her chemo treatment, even though she was not yet cleared by the doctors, Landreth said that she knew in her heart that she was fine.

Breast cancer does not only affect women, however.

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## Santiago Rodriguez Marengo's NSU Soccer Debut

By: Santiago Diaz Finochietto  
Contributing Writer



Santiago Rodriguez Marengo plays in the men's soccer Senior Night game on Oct. 19.

PHOTO BY INDAYA BYER



Team captain Farid Sar-Sar plays in the men's soccer Senior Night game on Oct. 19.

PHOTO BY INDAYA BYER

## DIY Halloween costumes for trendy students on a budget

By: Ashley Diaz  
Contributing Writer

If students don't have enough money to buy costumes this year, they shouldn't fret! They can make costumes with any materials they have in their homes. And if they don't already have the materials, there are tons of inexpensive options available in thrift stores. A great DIY way to celebrate Halloween on a budget is recreating characters from popular shows and movies.

### Rue from "Euphoria"

This is a simple, yet extremely recognizable option. All students have to do to dress up as Rue is put on a maroon hoodie over a tie-dye dress or shirt paired with shorts. Along with the tie-dye outfit, students should look for a pair of Rue's signature Converse sneakers. And to really sell it, they should act sarcastically and introvertedly, staying true to Rue's iconic character.

### A fairy from "Winx Club"

This is a fun and unique option for any students looking to do a group costume. All students have to do is pick their favorite "Winx Club" fairy, find out her signature color, and simplistically recreate her outfit with whatever they have in their closet or whatever they can

find in a local thrift store. For example, for the fairy Bloom, they'd get a teal-colored top, skirt and pair of boots. Or for Tecna, they'd grab a lavender bodysuit and knee-high boots. The outfits are simple—it is the wings that may cause some complications.

The wings could be constructed with fabric like chiffon or tulle. To start off, students need to measure their arm width and height to determine how much fabric to cut off. After cutting off the excessive fabric, students must fold the fabric being used in half. Then, they should cut the unfolded edges into the shape of a wing (if it's not perfect, a rough-edged look can be charming). If they want their wings to sparkle like the Winx fairies', they should lay the fabric flat on a table and sprinkle on sequins. The final step is cutting two holes into the upper corners of the wings and putting either a ribbon or an elastic band through each of them. This gives the illusion that the wings are moving and flapping naturally when they are put on. Students can use safety pins to keep the wings in place on the outfit. Now, they will be flying and looking stylish at the same time.

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## Letter from the editor

By: Nicole Shaker  
Editor-in-Chief



Nicole Shaker, editor-in-chief of The Current  
PHOTO BY LAUREN DO NASCIMENTO

introduce myself. My name is Nicole Shaker, and I am The Current's editor-in-chief. I want to, first, thank you for picking this paper up, and second, let you know how much I want to hear from you. A newspaper's pride is its readers, and I want to get to know you! Come by our office on the third floor of the UC or write a letter to us (or an email, if you don't feel like going retro). Maybe you'll get published!

On another note, I have some exciting news to share. We are starting a new column: Current Spotlight. You'll be able to learn more about our staff members and contributing writers and what we do outside of the office. Read our first installment on Jennifer Griggs (the writer of this issue's front-page story on breast cancer) at the bottom of this page. And after reading it, let us know if you were inspired to join an intramural sports league.

Thank you for giving this paper a chance, and I hope you stick around for our upcoming issues.

Happy reading,  
Nicole Shaker

Dear Reader,  
Boo! Welcome to The Current: Spooky Edition. Though not every page in this issue is about Halloween, this one surely is! If you're not into the spooky spirit yet, read the article below and we'll fix that right away. In case you didn't catch the last issue, let me

## OPINION

### Why Halloween is the best holiday

By: Suzan Kinran  
Contributing Writer

The most beautiful time of the year is here. If you are thinking about Christmas, hold your horses, Rudolph; you are a few months early. It is October, which means we are in the midst of spooky season. I am not ashamed to admit that Halloween holds a special place in my heart. From the dark decorations to the haunted houses and creepy costumes, Halloween is clearly the most iconic holiday.

I have always been a fan of Halloween. There are plenty of reasons behind my fascination, which is mostly fueled by the freedom of becoming whoever you want to be without public judgment. On almost every other holiday, you need to be presentable. Compared to more formal holidays, like Thanksgiving and Christmas, on Halloween, you can be the opposite of presentable, and no one can judge you for that.

Another reason why Halloween is the best is that it is for anyone who chooses to celebrate. Everyone from the age of 7 to 70 can get into the spirit. For some people, it is about partying in crazy costumes, and for some, it is about having a horror movie night with family. If you

are living in a residential area, you might need to watch out for trick-or-treaters (for some, Halloween is all about the candy).

Halloween is also an excellent opportunity for every generation to show its creative skills in fashion. But if that is not your forte, there are tons of pre-made costumes available. You can have a simple costume, a crazy costume, or even no costume.

Halloween also falls into the best season. In Florida, where summer weather reigns for almost the whole year, fall is one of the only times when you can feel some crispness in the air, and the humidity becomes bearable. I love sweater weather more than anything, so it is no wonder I enjoy the rapid temperature drop around Halloween-time so much.

Once you have grabbed your Pumpkin Spice Latte and hot-glued your wings for your Tinkerbell costume, dance to "Calling All the Monsters" by China Anne McClain and enjoy this magical holiday. Cherish the spooky season in a way that fits your style and be whoever you want to be.

## Current Spotlight: Jennifer Griggs

By: Ashley Diaz  
Contributing Writer

When Jennifer Griggs stepped onto NSU's Davie campus, it felt like home to her.

She thought of her older sister's words: "When you go to visit your colleges, when you step onto it, you will know it's your college by the feeling you get."

She loved the environment and wanted to connect with other students.

But her family convinced her not to play club sports, so she wouldn't have too much on her plate for her first year.

The freshman communication major with a minor in writing, who is also a contributing writer for The Current, then joined the intramural sports program as an alternative to NSU club sports.

"Being able to join intramural sports has helped me love the school even more because I'm still able to stay connected with the sports I love, and still be able to be with my friends and do well in my classes," said Griggs.

Intramural sports is a program of leagues and tournaments for all NSU students. There are a variety of sports and leagues offered for students and faculty to explore.

Registration is open for two leagues: Dunk Contest/Three Point Contest and Squash Tournament.

Sports have been a favorite activity for Griggs and her family, now one of her biggest influences in continuing her sports career here at

NSU.

Her father, David Griggs, has played professional baseball and Jennifer, her mother Angela and sisters Jessica and Christine have all played soccer through high school and college.

"We're a big family of athletics and my family's all about playing soccer," joked Griggs.

But at NSU, her journey in intramural sports started with flag football. She joined the 7v7 Open Recreational League on a team called The Riots. The Riots won one game with 6 points per game, while the other teams averaged 11 points against The Riots.

Even though her team lost, Griggs said she still had a great time.

"It's just fun to get together, and I was able to meet new people," Griggs said.

While she was playing for The Riots, she also joined another team, that got her closer to her passion, the Soccer Sharks, a team within Futsal.

Futsal is an indoor soccer league that lasts usually one week. This fall, the games took place in September and were played in the basketball court at the RecPlex.

"Soccer and flag football kind of overlapped, but I was able to still attend both sports, so it all worked out," said Griggs.

The Soccer Sharks won one of the games in the weeklong Futsal tournament with 4 points

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Contributing writers must not be directly involved with their coverage. Coverage by contributing writers must be meaningful and of interest to the NSU community. The Current reserves the right to edit, publish or deny submitted works as it sees fit. The Current shall remain free of associations and activities that may compromise integrity or damage credibility or otherwise create a bias, real or perceived.



Griggs plays as goalkeeper for a 2020 game for St. Joseph's High School.

COURTESY OF MAC TIBBITS

per game, and the other teams scored 10 points against them.

Griggs is currently registered for the 6v6 Open Recreational Volleyball League. The season will begin Oct. 24 and run through Nov. 17.

She is also looking ahead to the future. If

the intramural sports program follows the lead of the club sports program and introduces a lacrosse league, Griggs is sure to join.

"It's a great way to stay active," said Griggs. "I even had my friends come out and they were cheering me on. It was really fun for everyone."

# Sharks Speak

By: Nicole Shaker, Ashley Diaz, Kymane Faria-Stein  
Editor-in-Chief, Contributing Writers

With midterms just recently coming to a close, many students are practicing self-care to recover from the heavy workload.

What does self-care mean to you?



“Self-care for me personally: everybody needs to take the time to reflect a little bit. You need to take the time to self-reflect physically.”  
Emily Vernuccio, freshman exercise science major



“I think self-care means taking time for yourself. Taking a break from studying and doing something you love.”  
Harsh Chheda, senior biology major



“Loving yourself and putting yourself before others at times.”  
Francesca Clerjuste, freshman exercise science major



“Making sure that you’re emotionally and physically healthy and making sure you’re looking after yourself and you’re doing alright.”  
Camila Avlia Escobar, freshman biology major

## Award-winning actor joins NSU as full-time faculty

By: Ashley Lopez, Bryce Johnson  
Contributing Writer, Copy Editor

In 2012, NSU’s theater company, the Promethean, performed its final show, a production of “The Unseen.” One of the actors in the play was Alex Alvarez, who won the award for Broward/Palm Beach New Times Best Supporting Actor for his performance. Years later, Alvarez is back at NSU as a full-time acting professor and a director of the main stage shows.

Throughout his childhood, Alvarez had always been interested in theater and the arts. But it wasn’t until high school that he decided to train in acting professionally.

“At first, I was really terrified of even presenting the idea to my parents that I would want to be in the arts because it’s not known as something stable,” said Alvarez. “But I think around high school, I tried it out, and I felt like I was good enough at it to pursue it, and then it just sort of became this lifelong pursuit. My goal was always to grow, stay curious, stretch myself and push myself as an artist.”

In addition to “The Unseen,” Alvarez has acted in plays such as “Kiss of the Spider Woman” and “Fade” and has also had voiceover roles in anime like “A.I.C.O. – Incarnation –” and “Guintama.” Typically, Alvarez gravitates toward thought-provoking works with emotional and complex themes.

“That’s the interesting thing about the performing arts: it should spark your intellect, but sometimes it sparks your intellect by way of your gut, and it can marry the two,” said Alvarez. “I think that’s why the intellectual ideas stick. Because it’s more than just an idea. It’s a feeling.”

His favorite play, “Angels in America,” has elements of comedy and drama, and it also deals with topics of racism and sexual health. It opened on Broadway in 1993, and throughout the years, actors like Daniel Craig, Jeffrey Wright and Andrew Garfield have performed in it.

“It’s got this really beautiful mix of fantasy and also some really hard-hitting human issues,” said Alvarez.



Alex Alvarez as Abel in GableStage’s production of “Fade” in August 2022  
COURTESY OF MAGNUS STARK

When choosing plays to present in his courses, which include Comedy and Improvisation, Acting I, Acting II, and Performance for Film and Television, Alvarez looks for those with an emotional core. Two plays he often teaches are “Gruesome Playground Injuries” and “Marius” because of their emotional themes and how they can influence his students.

Alvarez said that studying these plays

gets students “out of their head[s] and really challenges them to be there with each other and make bold choices.”

He also said students gain public speaking skills from acting in plays.

“They get confidence because it’s really difficult to speak in front of a lot of people. I mean, I still have issues with it,” said Alvarez.

He continued to say that participating in an

acting class can make students more empathetic because they have to imagine themselves as other characters, considering “the emotional life of the character, the circumstantial life of the character, the desires, and the dreams of the character.”

He hopes that his students take away important values from his courses, and that they use them both on and off the stage.

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# October's Pink Pride: Breast Cancer Awareness

By: Jennifer Griggs  
Contributing Writer



Phi Sigma Sigma sisters raise money for breast cancer research by selling egg rolls from the Shark Cage business Kat's Asian Cuisine

PHOTO BY ILISHA DESAI

Dr. Appu Rathinavelu, executive director of the Rumbaugh-Goodwin Institute for Cancer Research, said breast cancer also affects a small percentage of men because of the mutations they may carry or inherit from their family history. He said everyone should be aware of the disease.

"It is highly recommended that if there is a family history, if someone in the family had cancer, that individual should be going for a breast examination every year or as quickly as is recommended by doctors so that they can catch it early," Rathinavelu said.

He said common symptoms of breast cancer include any kind of swelling, lump formation, or pain in the breasts.

He also mentioned that breast cancer can affect an individual's lungs and brain, even after they complete chemo treatment.

Landreth advised trusting the medical professionals, but not being afraid to get a second opinion.

She said the most important thing for those who are going through breast cancer treatments is to have gratitude for the little things in life, to acknowledge they are strong and to not make decisions based on fear.

# New housing lease at UPointe and renovations to CLC

By: Ronald Martinez  
Contributing Writer

In response to the influx of new students, NSU administrators have leased a new building at University Pointe, an off-campus apartment complex on Griffin Road in Davie. Renovations to the Cultural Living Center, an on-campus residence hall, will also commence in the summer.

Director of Housing Victoria Myers acknowledged how the increase in student enrollments may cause problems in providing enough housing options for students.

"While it's an issue, it's a good problem to have," Myers said. "I'd rather have a problem where we have a lot of students than where we don't have any."

By acquiring the lease to the new building at UPointe, NSU added building G to the already leased A and F. The new lease has opened more housing options for non-local students.

Architects have also begun planning renovations to refresh and modernize the CLC, including adding more cameras along the exterior, as well as updating windows, roof, furniture, and other aesthetic aspects during the summer of 2023.

Students are concerned that even with these new additions, there will not be enough space in the future, or they may not receive their first choice of housing.

"The biggest issue that I hear in my day to day from students is that they want to live in areas that we cannot fit them all," Myers said. "I foresee Mako is going to be all sophomores."

Juniors and seniors are expected to live off-campus in either UPointe or Rolling Hills. Many sophomores will prepare to transition from on-campus housing, such as Mako Hall, to one of the off-campus housing options.



The Cultural Living Center, an on-campus residence hall, will undergo various aesthetic upgrades to the windows, roof, furniture and more this summer.

PHOTO BY RONALD MARTINEZ

"We know that they want Mako. We know that they want to be on-campus, and we will do our best," Myers said. "However, it's just not possible. It's not feasible."

Because underclassmen have priority when it comes to on-campus housing options, NSU provides off-campus housing services.

On Nov. 1, the housing department will host an off-campus housing fair, where different complexes from around the area will come and showcase their features. This will take place in the Don Taft University Center Spine.

NSU administration predicts that, as more students enroll, NSU may not be able to

guarantee housing for new students in the future.

"I think it really comes down to paying attention to when you can register to get into certain buildings that are [open] and... paying close attention to those dates and meeting those deadlines," said Randall Seneff, executive director for facilities management.

# Bleed shark blue this homecoming

By: Lauren Do Nascimento  
Managing Editor

One of NSU's most awaited events, Homecoming Week, is around the corner. Homecoming runs from Nov. 6 to Nov. 13 and is filled with events for students, faculty and staff. Here are some events to look forward to next week.

## Homecoming & ALUMNI Week

<p><b>Special Olympics 17th Annual Sallarulo's Race for Champions 5K Run/Walk</b> Nov. 5: 8 a.-11 a.m. NSU Fort Lauderdale/Davie Campus</p>	<p><b>Homecoming Tailgate</b> Nov. 11: 3:00 p.m. Mailman Hollywood Parking Lot</p>
<p><b>One Spectacular Night Fireworks Show</b> Nov. 6: 8:00 p.m. Alvin Sherman Library Quad</p>	<p><b>NSU Men's Basketball vs. The University of Fort Lauderdale</b> Nov. 11: 7:00 p.m. Rick Case Arena</p>
<p><b>Bleed Shark Blue Pep Rally</b> Nov. 7: 6:00 p.m. Rick Case Arena</p>	<p><b>Homecoming Bash: Yacht Edition</b> Nov. 12: 8:00 p.m. Fort Lauderdale</p>
<p><b>31st Annual "Anything that Floats" Raft Race</b> Nov. 8: 4 p.m. Gold Circle Lake</p>	<p><b>NSU Athletics Alumni Brunch, Celebrating 40 Years of Excellence</b> Nov. 12: 10:00 a.m. - 12:00 p.m. Championship Club Room in the Rick Case Arena at the Don Taft University Center</p>
<p><b>Stroll Off</b> Nov. 9: 7:00 p.m. Rick Case Arena</p>	<p><b>Backyard Beach Bash</b> Nov. 12: 4:00-6:00 p.m. Marine Environmental Education Center 4414 N Surf Rd, Hollywood, FL 33019</p>
<p><b>Distinguished Alumni Lecture</b> Nov. 9 (Via zoom) and 11 (In person) 4:00-5:00 p.m. Carl DeSantis Building, Room 3000</p>	<p><b>Pharmacy Class of 1992, 2002, &amp; 2012 Reunion</b> Nov. 12: 6:30-9:30 p.m. Funky Buddha Brewery, 1201 NE 38th St. Oakland Park, FL 33334</p>
<p><b>Forman Field Dedication and Veterans Celebration</b> Nov. 11: Dedication: 10:00 a.m., Celebration: 11:00 a.m. NSU Armed Forces Service Flag Plaza on Forman Field, NSU Fort Lauderdale/Davie Campus</p>	<p><b>Out of the Darkness Walk</b> Nov. 13: 9:00 p.m. Carl DeSantis Building</p>
<p><b>Homecoming Parade</b> Nov. 11: 2:00 p.m. Don Taft University Center, Shark Circle</p>	<p><b>Sharks in the Garden</b> Nov. 13: 12:00 p.m. Flight Deck Backyard.</p>



**Bleed Shark Blue Pep Rally**

NSU's annual pep rally kicks off all homecoming activities and events on campus. Students, faculty and staff are welcome to show off their school spirit. There will be games, giveaways, competitions and more.

When: Nov. 7 at 6 p.m.  
Where: Rick Case Arena

**31st Annual "Anything that Floats" Raft Race**

NSU's "Anything that Floats" raft race is an event where students can build their own rafts and test them out in Gold Circle Lake. Participants will race against each other to the other end of the lake while trying to stay afloat. This race is a yearly tradition at NSU.

When: Nov. 8 at 4 p.m.  
Where: Gold Circle Lake behind the Alvin Sherman Library

**Greek Stroll Off**

The Unified Greek Council hosts the annual homecoming stroll off. Various sororities and fraternities on campus will come together and compete for the title of "homecoming stroll off champion," and a grand prize of \$1500. This event is free for all NSU students, faculty and staff, and guests can purchase tickets for the event from the Rick Case Arena Box Office for \$5 starting Monday, Nov. 7 at 9 a.m.

When: Nov. 9 at 7 p.m.  
Where: Rick Case Arena

**Homecoming Parade**

The annual homecoming parade is another display of NSU's school spirit. Students can cheer on clubs and organizations as they show off their best floats, banner decorations, cars and more. There will be games and prizes.

When: Nov. 11 at 2 p.m.  
Where: Don Taft University Center, Shark Circle

**Homecoming Game**

The homecoming game is the ideal way to get into the school spirit for basketball fans. NSU students can support the Sharks in their home game opener.

When: Nov. 11 at 7 p.m.  
Where: Rick Case Arena

**Homecoming Bash Yacht Edition**

The NSU homecoming bash ends the week with a climax. The bash will be held on a private yacht filled with entertainment, food and dancing. This event is only for NSU students and they must purchase a ticket online. Tickets will go on sale online Nov. 7 at 9 a.m. and are \$50.

When: Nov. 12 at 8 p.m.  
Where: Fort Lauderdale, FL.

# Walk in support of Sallarulo's Race for champions

By: Lauren Do Nascimento  
Managing Editor

The 17th annual Sallarulo's race for champions will be held on NSU's Fort Lauderdale campus Nov. 5 at 8 a.m. This event is a 5K walk and run that is in support of Special Olympics Florida. Walkers, runners, NSU alumni, faculty, staff and students are welcome to attend the event. Registration for this event starts at 6:30 a.m., and the run starts at 8 a.m. on Ray Ferrero Jr. Blvd.

Participants who register under the NSU team will have the \$39 per person fee waived. Registered participants will also receive race shirts, gift bags and a medal. Those interested can also start their own fund-raising page to support the Special Olympics.

An announcement of the overall times for male and female runners will be given at 9 a.m. after the race, and participants can stay to hear their results. The ceremony will include breakfast, lunch, celebrity guests and other entertainment.

The code to waive the registration fee is code NSU2022 and participants can register at [Champions5k.org](https://Champions5k.org).

## FOOD

# Gill Out: Sweet Aloha Ice Cream

By: Brielle Aguayo  
Lifestyle Editor

“Aloha, South Florida” are the first words customers are greeted with when they walk into Sweet Aloha Ice Cream.

Since opening less than a year ago, Sweet Aloha has blossomed into a favorite spot for the local community and NSU students.

“As an ice cream fanatic, I can honestly say this is the best ice cream shop around,” said Alicia Phillips, a senior education major. “I had two flavors combined, which were cookies and cream and mint chocolate chip. Both were sweet, creamy and fulfilled my sweet tooth.”

The shop, known for its Hawaiian-style snow cones and ice cream, is the perfect place to unwind after a long day, said Jimmy Anderson, the owner, who traveled from Southern California to Davie, where he is now able to cherish his wife Lynn’s Hawaiian heritage through ice cream.

“You need to reward yourself when you’re working really hard and trying to accomplish your goals,” he said. “I think a dessert is a great option for a reward. Come and relax with some sweet treats and have something different for a change.”

The atmosphere makes customers feel as if they are in a local Hawaiian shop, as they eat their desserts amidst cultural music and décor.

Morgan Anderson, a sophomore environmental science major (not related to the owners), enjoyed her experience and plans to go back soon.

“The ice cream was so good, and there were flavors for everyone,” she said. “It was such a cute spot.”

When walking in, customers are automatically welcomed with a neon sign that says, ‘you had me at aloha,’ followed by a counter full of unique ice cream flavors that can be dipped into shaved ice items.

A common syrup combination is pink lemonade, blue raspberry and pineapple.

Vanilla ice cream can be added at the bottom of the dessert, giving it a refreshing feeling.

Other flavors for shaved ice creations include banana, blue bubblegum, cake batter, cherry and tiger’s blood.

Sweet Aloha Ice Cream also offers milkshakes.

Some ice cream and milkshake flavors are the typical cookies and cream, vanilla and chocolate. But it also has more exotic ones like rum raisin, adzuki, guava cheesecake and rainbow sherbet, also offering uncommon flavor combinations, such as pineapple with Kahlua almond fudge.

The shaved ice is made in-house and crafted by using a huge block of ice as the base and combining that with any flavor of ice cream.

The shop always has at least 20 big blocks of square ice in the freezer, so that it can continually make shaved ice items.



Morgan Anderson, sophomore environmental science major and Alicia Phillips, senior education major, order ice cream and a milkshake at Sweet Aloha

PHOTO BY BRIELLE AGUAYO



Morgan Anderson, sophomore environmental science major, and Brielle Aguayo, sophomore communications major, tried the shaved ice from Sweet Aloha on Oct. 13

PHOTO BY BRIELLE AGUAYO

### If you go:

Sweet Aloha Ice Cream  
Address: 8600 West State Road 84, Suite A, Davie, FL 33324

Phone: (954) 530-2231

Price range: \$4.29 - \$5.00. College students get 15% off on Tuesdays.

For more information: <https://www.sweetalohaicecream.com/>

You can also find more information on Sweet Aloha Ice Cream on SUTV’S YouTube channel.

## HEALTH &amp; WELLNESS

## Candlelight yoga and other NSU events promote health and wellness

By: Sofie Daiberl  
Contributing Writer

When Sami Nandam, a 19-year-old sophomore and neuroscience student at NSU, stepped into an outdoor evening event at Nova Southeastern University, she didn’t know what to expect. It was the first time she experienced yoga, and this was a candlelight yoga event.

“I would definitely attend another event like this in the future,” Nandam said. “It is a great way to maintain a healthy mind and body while fostering community.”

On Wednesday, Oct. 5, NSU held this outdoor candlelight yoga event.

Nandam, one of about 20 students in attendance, said she was able to relax and enjoy herself, though entirely new to yoga when she walked in.

She found it especially helpful in light of upcoming exams.

“This experience was really relaxing, especially before midterms,” Nandam said.

Christian Bettencourt, the assistant director of the RecWell Center, said yoga has many science-based benefits. He mentioned, specifically, that yoga improves strength, balance, mobility and flexibility. It can help with pain relief, ease arthritis symptoms, benefits heart health, relax students, improve mood, help to manage stress, promote self-care and connect students with a supportive and inclusive community.

This NSU event brought in Lourdes Perez, a yoga instructor, to teach students a simple yoga flow, while incorporating breathing techniques with zen music, a peaceful environment and blue-toned candles.

Bettencourt added that the benefits of yoga to the student population are especially significant, which studies confirm.

The National Intramural-Recreational Sports Association, which surveyed 682 colleges and universities in the United States about the benefits of Recreation and Wellness programs on student academic success, found a strong positive correlation between participation in those events and academic success in students.

The RecWell Center, which is in the process of organizing another candlelight yoga event soon, has many other events planned for this year.

They include a safe sex education and safe sex products trick-or-treat event on Oct. 31, a healthy eating seminar on Nov. 7 and a rage room on Dec. 5.

These events are free for NSU faculty, staff and students to attend and sometimes include free giveaway items, such as yoga mats, stretching blocks and blenders. The RecWell Center also regularly holds raffles to win items like AirPods and iPads.



NSU students practice yoga at the Oct. 5 candlelight event.

PHOTO BY ASHLEY DIAZ

CONT. FROM PAGE 1

# DIY Halloween costumes for trendy students on a budget

By: Ashley Diaz  
Contributing Writer

## Persephone from “Lore Olympus”

“Lore Olympus” is a very popular Greek mythology comic about the love story of Hades and Persephone. One costume students could construct is Persephone’s look after she battles Kronos and becomes the queen of the underworld. For this costume, students should raid their closets for a black dress and black heels, as well as make a goddess crown. To make the crown, they could wrap zip ties around any headband, creating the illusion of a halo, and spray paint the headband black.

## Wednesday Addams from “The Addams Family”

Wednesday Addams is one of the most iconic Halloween characters, and her look is easy to replicate. If a student does not already have a black dress with a white Peter Pan collar, they can get a shirt with a white collar and put it under a black dress. They would then pair this outfit with black tights and any black boots. For makeup, students should aim to make themselves look paler by using black lipstick, and for hair, pigtail braids are the way to go.

And to really convince people, anyone dressing as Wednesday Addams should act as

morbidly as possible with a deadpan expression and a quick wit.

## Any character from “Stranger Things”

“Stranger Things” is a sci-fi/mystery show set in the 1980s. It is possibly the easiest DIY Halloween costume. Most of the clothing trends this year involve clothes from the ‘70s, ‘80s and ‘90s, so many students may already have some fitting clothing pieces. All that is required to dress up as any character from “Stranger Things” is some ‘80s-style pants and shirts, which can easily be found in thrift stores or online markets like Depop.

For a more creative “Stranger Things” costume, a student could dress up as Eleven during one of her most memorable moments, like in the scene where she was wearing a pink dress and had blood dripping from her nose. For this, any pink dress will do. Fake blood can be found at Party City, Walmart, or Target. But if a student is really on a budget, old, forgotten ketchup in the fridge would also work.

These easy, affordable options are perfect for students whose bank accounts are looking worrisome, but who still feel like being festive this Halloween.

# Kick-off spooky season with on-campus Halloween events

By: Ester Ferreria, Brielle Aguayo  
Contributing Writer, Lifestyle Editor

Spooky season is here! Nova Southeastern University offers many different on-campus Halloween events for students who don’t want to go off campus or spend money to have fun and get into the Halloween spirit. Here are two that you can attend.

Friday, Oct. 28, “Commons Spookfest”: Sponsored by the Office of University Housing and Residence Life, the Commons Spookfest invites The Commons Hall residents to participate in a fun Halloween-themed event.

Where: Commons Courtyard  
When: 7 p.m.  
No RSVP needed.

Monday, Oct. 31, “Trunk or Treat”:

Sponsored by the Office of Student Leadership and Civic Engagement, “Trunk or Treat” is becoming a tradition at NSU. The event combines trick or treating with giving back to the community. NSU students and faculty bring their cars or set up a table with candy for trick-or-treating with Davie community’s children.

Where: Alvin Sherman Library North Circle  
When: 5 p.m.  
RSVP in Sharkhub.

This week brings Halloween to the forefront of NSU’s campus. It provides students with accessible activities, fun plans for the holiday, and student-oriented events that promote engagement.



# Three upcoming video game releases to watch out for

By: Kamari Downer  
Contributing Writer

## 1. “Sonic Frontiers”

“Sonic Frontiers” is going to be a 3-D platformer and action-adventure game. The player will be able to play as Sonic and explore the Starfall Islands, which comprise of various biomes, including flowers fields, forests, ancient ruins and deserts. This will be the first open-world Sonic game, and players will be able to dash around the world as Sonic solving puzzles, defeating enemies and exploring all the regions the game has to offer. There will be a total of five massive islands with their own unique action platforming, challenges and hidden secrets to discover. Release date: Nov. 8, 2022

Platforms: Nintendo Switch, PlayStation 4, PlayStation 5, Xbox One, Xbox Series X and Series S, Microsoft Windows

## 2. “God Of War: Ragnarök”

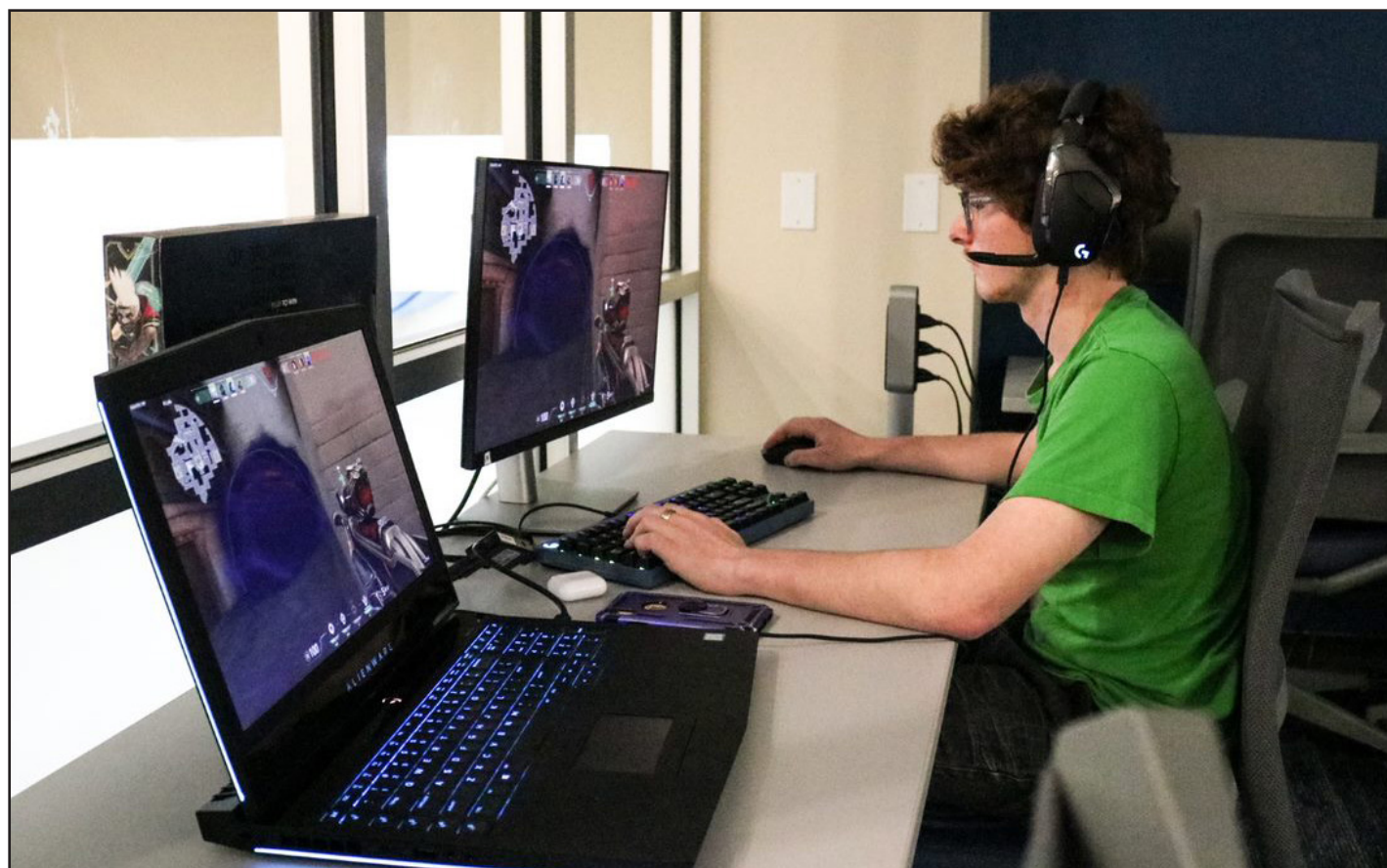
This game follows Norse mythology. Specifically, it chronicles the story of Kratos, the god of war, and his teenage son, Atreus, as they traverse nine realms to seek out a means to prevent the plots of Ragnarök while attempting to uncover the answer behind Atreus’s identity as Loki. This will be a third person game and players will be able to use Atreus’s help to find new enemies and big bosses. Players will make their way through the nine realms by doing puzzles while also exploring the scenery in the game.

Release date: Nov. 9, 2022

Platforms: PlayStation 4, PlayStation 5

## 3. “Just Dance 2023 Edition”

“Just Dance” has had a tradition of releasing



Damien Baize, freshman marine biology major, plays Valorant in the gaming lab, which is on the fourth floor of the Carl Desantis Building.

PHOTO BY INDAYA BYER

a new version of the game every year, but this will be its last annual game as all following releases will be added through updates. The game is by Ubisoft, and it is a game where players can

access a catalog of 200 dances and follow the dancer’s movements on screen by physically mimicking them to the best of their abilities. This game is often used as an exercise tool.

Release date: Nov. 22,2022.

Platforms: Nintendo Switch, Xbox Series X and Series S, PlayStation 5



# DanceWorks to begin this Friday

By: Brielle Aguayo  
Lifestyle Editor

The NSU Dance Program in the department of communication, media, and the arts will present the show “DanceWorks” on Friday, Nov. 4, and Saturday, Nov. 5. It will include performances by the NSU Dance Ensemble and original choreography created by dance faculty and featured guest artists, including Artist in Residence Hattie Mae Williams, dance alumnus Alonzo Williams and NSU dance faculty member Elana Lanczi.

“There are seven pieces in the show and the style varies from choreographer to choreographer. We have modern, contemporary, lyrical and sometimes even ballet,” said Madison Cantor, sophomore dance major and Lanczi’s assistant for DanceWorks. “My favorite part of DanceWorks is finally performing the piece with full makeup and costume and lights for the audience to enjoy!”

**If you go:**

What: DanceWorks

Where: Performance Theatre, Don Taft University Center

When: Friday, Nov. 4, at 7:30 p.m. | Saturday, Nov. 5, at 7:30 p.m.

For more information, contact Elana Lanczi at lanczi@nova.edu



Olivia Knerr, freshman dance student, and Madison Cantor, sophomore dance student, perform a hip hop routine similar to what will be featured at DanceWorks.

PHOTO BY BRIELLE AGUAYO



Olivia Knerr and Thomas Mcguire, freshmen dance students, perform contemporary choreography.

PHOTO BY BRIELLE AGUAYO

# Come see Agatha Christie’s “The Mousetrap” Nov. 18

By: Danna Bertel  
Arts & Entertainment Editor

The theatre program, under the department of communication, media and the arts, will present Agatha Christie’s “The Mousetrap.” The play will run from Friday, Nov. 18, through Sunday, Nov. 20, at the Black Box Theatre in the Don Taft University Center.

“The Mousetrap” is a mystery that follows the news of a local woman’s murder. Seven strangers at the Monkswell Manor find themselves stranded during a snowstorm, while suspicion grows that the killer is among them.

“‘The Mousetrap’ holds the world record for the longest run of a play,” said Bill Adams, the director for the music and theatre programs. “Through this commercially successful piece of theatre history, our students learn to work with a world-famous female playwright, Agatha Christie, while embodying iconic characters and practicing their British dialect.”

Daniel Gelbmann, associate professor in the Department of Communication, Media and the Arts, oversaw drafting the set design for the play. Gelbmann noted that students can look forward to enjoying a classic murder mystery, with a great cast in period costumes.

“The Mousetrap” will be available for viewing free of charge for the NSU community on Nov. 18 at 7:30 p.m. The play opens to the public on Nov. 19 at 7:30 p.m. and Nov. 20 at 2 p.m. on a first come, first serve basis.



Students build the set for the show “The Mousetrap,” which runs from Nov. 18 to Nov. 20 in the Black Box Theatre

PHOTO BY FRANCESCA ABARCA

**ONSHORE CALENDAR**

Research Development Event  
Oct. 31 - 4 p.m.  
Carl DeSantis Building

Peter and the Starcatcher  
Nov. 3-5 - 7:30 p.m.  
The Rose and Alfred Miniaci  
Performing Arts Center

DanceWorks  
Nov. 4 - 5 p.m.  
Performance Theatre

Homecoming: Fire Work Show  
Nov. 6 - 8 p.m.  
Alvin Sherman Library Quad

Homecoming: Pep Rally  
Nov. 7 - 6 p.m.  
Rick Case Arena

Movie Night: Jaws  
Nov. 8 - 7 p.m.  
Alvin Sherman Library Quad

Homecoming: Raft Race  
Nov. 8 - 4 p.m.  
Gold Circle Lake

Homecoming: Stroll Off  
Nov. 9 - 7 p.m.  
Rick Case Arena

Homecoming: Parade  
Nov. 11 - 2 p.m.  
Don Taft University Center

Homecoming: Tailgate  
Nov. 11 - 3 p.m.  
Mailman Hollywood Parking Lot

CID 8TH Annual World Congress  
On Dance Research  
Nov. 12 - 7 p.m.  
The Rose and Alfred Miniaci  
Performing Arts Center

Homecoming: Sharks in the Garden  
Nov. 13 - 12 p.m.  
Flight Deck Backyard

Green Sharks & Nature Club Game  
Night  
Nov. 14 - 5 p.m.  
Rolling Hills Pool.

Agatha Christie's Mousetrap  
Nov. 18-20 - 7:30 p.m.  
Black Box Theatre

**OFFSHORE CALENDAR**

Sunny Days / Starry Nights  
Nov. 3 - 11 a.m.  
NSU Art Museum - Fort Lauderdale

The Fort Lauderdale International  
Film Festival  
Nov. 4 - 15 - 5 p.m.  
Savor Cinema Fort Lauderdale

Yoga in the Courtyard  
Nov. 10 - 5:30 p.m.  
TBR Courtyard - Clearwater, FL

The Taylor Party  
Nov. 12 - 8 p.m.  
Revolution Live - Fort Lauderdale

Homecoming: Yacht Party  
Nov. 12 - 8 p.m.  
Fort Lauderdale

Max North American Tour  
Nov. 15 - 7 p.m.  
Revolution Live - Fort Lauderdale

**Local film festival presents NSU student-made film "The Halls of Power"**

By: Santiago Diaz Finochietto  
Contributing Writer

Follow the story of a young, Black, queer activist who ran for the Florida State Legislature.

Official Selection  
Fort Lauderdale International Film Festival  
FILMED IN BROWARD  
OFFICIAL SELECTION  
LANE DOC FEST  
ASTORIA FILM FESTIVAL

**THE HALLS OF POWER**

The Fort Lauderdale International Film Festival

SAVOR CINEMA FORT LAUDERDALE  
NOVEMBER 5TH, 2022 | 5PM-6PM  
SCAN QR CODE FOR \$12 STUDENT TICKETS

"THE HALLS OF POWER" produced by JANAY JOSEPH GRACIEL QUEZADA and BIANCA VUCETICH director of photography JANAY JOSEPH & BIANCA VUCETICH directed & edited by JANAY JOSEPH GRACIEL QUEZADA & BIANCA VUCETICH

The 37th annual Fort Lauderdale International Film Festival will run from Nov. 4 to Nov. 13 and will have its opening night at the Hard Rock Seminole Ballroom. The Festival will feature more than 100 films from around the world, including "The Halls of Power," a documentary film by three NSU students.

Janay Joseph, who graduated with a history major in May 2022, Graciela Quesada and Bianca Vucetich, who are both senior communication majors, created "The Halls of Power" over the course of around nine months, starting production around this time last year.

The story follows Elijah Manley, a young, black, LGBTQ+ activist, who ran for the Florida State Legislature.

It started as a six-minute documentary for a class assignment, but the three student filmmakers decided to take the story further to follow Manley's journey on a deeper level and communicate it to more people. The film has been chosen for showcase at six different film festivals thus far.

"We have been working on this project for a year, and it has been hard to put everything together," said Joseph. "We're excited to see the people's reaction to the story."

"The Halls of Power" premieres on Saturday, Nov. 5, at the Savor Cinema at 5 p.m.

**If you go:**  
What: The Halls of Power Screening  
Where: Savor Cinema Fort Lauderdale  
503 SE 6th, Fort Lauderdale, FL 33301  
Price: \$12 for students  
When: Saturday, Nov. 5, at 5 p.m.  
For more information, visit: <http://bit.ly/hopfliff>

**Celebrating Veterans Through Art**

By: Vlada Petrushenk  
Contributing Writer

NSU opened a veterans art exhibit in the Alvin Sherman Library on Oct. 20 to honor those who have served in the military. The exhibit will present poetry, photography, drawings, paintings and video. The exhibit will remain open for viewing until Jan. 8.

There are two separate parts of the exhibit, "Art of Duty" and "Price for Peace."

"Art of Duty" is the main section of the exhibit and was curated in collaboration between the department of NSU archives and the NSU military affairs veterans' recourse center. It showcases the artwork of 11 veterans who were sourced locally as well nationally, mainly through social media.

Gena Meroth, university archivist, said the artists cover various themes in their pieces.

"The exhibit honors and celebrates veteran artists. 80% of the art is depictions of military life, being deployed, people they knew, people they lost," Meroth said. "The other 20% has nothing to do with the military."

The other section of the exhibit, "Price for Peace," was curated by the Florida chapter of the National Association of Women Artists. These pieces, though not created by military personnel, cover military themes.

There will be an opening reception for the exhibit on Nov. 1, as well as an "Ask the Artist" panel conversation on Nov. 7, which many of the non-local veteran artists will be flying in for.

The exhibit and both events are free and open to the public. Registration through the Alvin Sherman library website is required to attend.

**ART OF DUTY**  
Celebrating Veteran Artists

— ★ ★ ★ —

Alvin Sherman Library  
Cotilla Gallery  
October 20, 2022 - January 8, 2023

BROWARD COUNTY FLORIDA  
NSU Military Affairs Veterans Resource Center  
NSU Florida

## FINIS UP SHARKS: HOME GAMES

**Nov. 1: 7:00 p.m.**  
Women's Volleyball vs.  
Florida Tech  
Rick Case Arena

**Nov. 11: 7:00 p.m.**  
Men's Basketball vs.  
University of Fort  
Lauderdale  
Rick Case Arena

**Nov. 22: 4:00 p.m.**  
Men's Basketball vs.  
University Pittsburgh at  
Johnstown  
Rick Case Arena

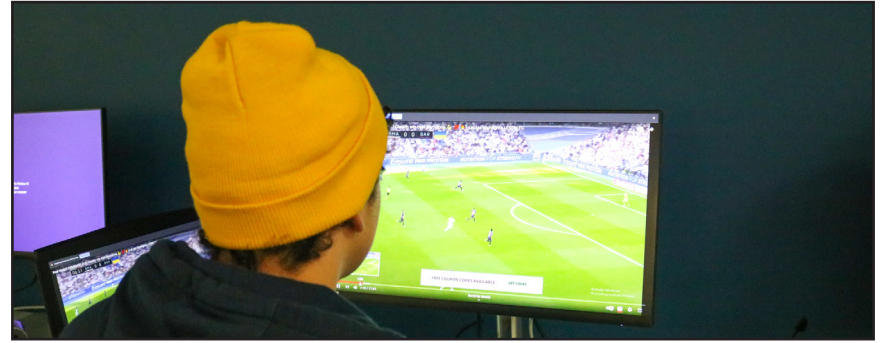
**Nov. 26: 12:00 p.m.**  
Women's Basketball vs.  
Purdue University Northwest  
Rick Case Arena

**Nov. 7: 7:00 p.m.**  
Women's Volleyball vs.  
Saint Leo University  
Rick Case Arena

**Nov. 19: 2:00 p.m.**  
Women's Basketball vs.  
Flagler College  
Rick Case Arena

**Nov. 25: 12:00 p.m.**  
Women's Basketball vs.  
University of Minnesota  
Crookston  
Rick Case Arena

**Nov. 26: 4:00 p.m.**  
Men's Basketball vs.  
Francis Marion University  
Rick Case Arena



Carlos Acacio, junior computer science and education major, is rooting for Barcelona in this year's FIFA World Cup

PHOTO BY INDAYA BYER

## How to be a World Cup fan as an NSU student

By: Ashley Diaz  
Contributing Writer

For the first time in 30 years, the World Cup will start in the winter because Qatar has scorching hot summers.

The 2022 FIFA World Cup will take place from Nov. 20 through Dec. 18.

That means students will have to work around their school schedules to be able to catch the games. They may not be able to watch as many games because of classes and homework, but there are a few ways students can keep track of the games.

### Following social media

Students can follow the FIFA Fan Movement. The Fan Movement, called #WeLiveFootball, was created by the Soccer Association to globally connect fans. It is a membership that allows fans to give their inputs about games and build a community with fellow fans. Students cannot join the membership at this time, but they can follow #WeLiveFootball on Twitter, Facebook and Instagram. Students can also follow FIFA on various social media platforms to get updates on the games and their favorite teams.

### Watching game highlights

Students could watch game highlights, which are shorter summaries of the main events of the games, in their free time, specifically on YouTube or ESPN. These are a great option because students can watch these brief highlights on their devices anywhere on campus at any time if they could not catch the last game.

### Watch parties

Students can make plans with their families and friends to host parties to watch the games. Students can incorporate different activities into these watch parties, like challenging each other with team spirit competitions. Another activity can be having a competition to see who can accurately predict which team will win, and whoever loses has to clean up the party.

FIFA fans at NSU do not necessarily have to forfeit their desires to watch the World Cup this Winter. By staying on top of their schedules and keeping up with games they missed, students will still be able to follow and root for their favorite teams.

CONT. FROM PAGE 1

## Santiago Rodriguez Marengo's NSU Soccer Debut

By: Santiago Diaz Finochietto  
Contributing Writer

Last season, the NSU men's soccer program had the best run in program history, ranking No.3 in the country. As such, the team has been working hard to become national champions this fall. During the off-season, Head Coach Matt Watts recruited and signed seven players for the 2022 roster.

Among these players is the sophomore Santiago Rodriguez Marengo.

With a No. 16 on his back, Marengo joined the NSU Sharks for the second season of his collegiate career. As a freshman, he played for Lindenwood University, starting in all 16 games, scoring two goals and assisting on four occasions.

The former forward, now a midfielder, has acknowledged the high-performance level necessary to play on NSU's team.

"I think the level is very good," said Marengo. "I knew I was coming to the No. 3 team of the nation."

Marengo played twelve out of fourteen games and has only started from the bench thus far. It was not until his eighth game that he found the net for the NSU Sharks. Against Embry-Riddle, the Argentinian scored and



Santiago Rodriguez Marengo and Farid Sar-Sar celebrate the end of a game with a teammate's embrace.

PHOTO BY SANTIAGO DIAZ FINOCHIETTO

assisted for the first time in his NSU career.

"Although he does not start, Santiago knows he is a key component to this team when coming from the bench," said Farid Sar-Sar, team captain. "The energy he puts in, not only on the field, but in practice, does not go unrecognized."

As the season has gone on, Coach Watts has given him more opportunities to deliver. In the game against Eckerd College on Oct. 22, Marengo played 34 minutes, almost half of the game, and scored for the second time as a shark.

"Coach Matt wants us to work extremely hard to get a spot in the starting line-up," said Marengo. "As time passes, I am getting more and more minutes on the field."

The Sharks won 7-1 in this game against Eckerd.

Although the Sharks have not shown the same consistency as they did last season, with almost as many losses as wins, both Marengo and Farid made it clear that they expect to keep their title as the reigning Sunshine State Conference Champions.

"I enjoy every time the coach calls my name," Marengo said. "I am very excited to show what I can do."

### Visit our Website

Check out our web exclusives, learn more about our staff, leave a comment on our articles or send us a letter to the editor.

Interact with us!

<https://nsucurrent.nova.edu/>



# CASTING CALL

## Calling all Sharks!

We're looking for NSU students, faculty and staff with big personalities to be featured in future TV, print, and web marketing efforts.

**TUESDAY, NOVEMBER 8**

**11:00 a.m.-6:00 p.m.**

**and**

**WEDNESDAY, NOVEMBER 9**

**9:00 a.m.-1:00 p.m.**

**RICK CASE ARENA at the  
DON TAFT UNIVERSITY CENTER**

This is an exciting opportunity to promote NSU!

**SCAN HERE TO SIGN UP**



*[bit.ly/NSUcasting](https://bit.ly/NSUcasting)*

If you have any questions, please  
contact [communications@nova.edu](mailto:communications@nova.edu).

**NSU**  
Florida