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THURSDAY Oct. 19, 2023

THE CURRENT

VOLUME 34

NSU's student-run newspaper, housed in the Department of Communication, Media, and the Arts

First Lady Jill Biden visits NSU for Cancer Survivorship Summit

By Nicole Shaker and Bryce Johnson

Congresswoman Debbie Wasserman Shultz was diagnosed with breast cancer 16 years ago. After undergoing 15 months of surgeries and treatment, she is cancer-free and wants to help other cancer

"My story began like so many here almost 16 years ago with the same harrowing words: 'You have breast cancer," Wasserman Shultz said. "I never want anyone to hear those words that I did almost 16 years ago, but if they do, I want us to be there for them during and after their diagnosis and treatment."

On Oct. 16 in NSU's Rick Case Arena, Wasserman Shultz hosted the first Cancer Survivorship Summit, an event featuring speeches, panels and videos discussing the difficulties and inequities of the cancer survivorship journey.

First Lady Jill Biden was the keynote speaker of the event.

"When Joe and I lost our son Beau to brain cancer, we decided to turn our pain to purpose by helping families like ours," Biden said. "Cancer doesn't care who you vote for. It's not a red issue or a blue issue. It's a human one and it takes all of us to stop it."

Biden discussed the Biden administration's Cancer Moonshot plan, which she described as "our White House initiative to build a world where cancer is not a death

"Through the Cancer Moonshot, we will end cancer as we know it, Biden said.

The Cancer Moonshot's goals include improving the cancer



PHOTO BY BRIELLE AGUAYO

Congresswoman Debbie Wasserman Schultz hugs First Lady Jill Biden as she welcomes Biden to the stage.

experience for patients, promoting prevention and screening, ensuring cancer care is distributed more equitably, reducing cancer mortality by 50% in the next 25 years and eventually ending cancer.

Biden said that through the Cancer Moonshot, President Biden has expanded the number of patient navigation grants, established the new agency ARPA-H, the Advanced Research Projects Agency for Health, and provided \$330 million to research teams around the country to fund potential breakthroughs in cancer treatments and cures. He also revitalized the childhood Cancer STAR Act to help children with cancer.

days spent in treatment or surgeries, anniversaries and holidays, treatment.

missed pages of photo albums unfilled," Biden said.

NSU President George L. Hanbury II opened the summit. He shared that the day before, he gave the eulogy at the funeral of a cancer victim.

"What this summit is about is to let all of us know that there is life after diagnosis," Hanbury said. "It is a difficult journey and everyone is involved, and that's why we need to hear stories."

The summit also featured a collection of survivors' stories.

Many survivors discussed the long-term implications of their diagnosis.

"I'm cancer free, but I'm not 'Of all the things cancer steals—free of cancer," one survivor said,—tral location in my district, the only from us, time is the cruelest. The due to the side effects she contin- full university campus I have the ued to deal with after successful privilege of representing."

Another said, "So many people think cancer ends when you finish treatment, but that is not true. I am eight years out, and I have permanent nerve damage from chemotherapy."

Other guest speakers were Julia Lemigova from Bravo's "Real Housewives of Miami," U.S. Secretary of Veterans Affairs Denis McDonough and professional tennis champion Martina Navrati-

Wasserman Shultz said she hopes to continue to host this event at

"They have such a comprehensive approach to healthcare," Wasserman Shultz said. "[NSU is] a cen-

Florida's record high temperatures cause coral bleaching

By Lauren Do Nascimento and Milani Wetjen

Rileigh Gonzalez, sophomore marine biology major, works with the Coral Restoration Foundation, an organization that supports the recovery of coral reefs.

"They actually grow their own coral in coral nurseries and then they outtake it and plant it into other struggling coral habitats and plant it out there," Gonzalez said.

This summer set the record for the hottest summer to date. South Florida waters are heating up, and these warm waters are not ideal living conditions for coral reefs.

"It has profound effects on our nearshore ecosystems here in

South Florida. The corals are an important component of the organisms that live on the bottom," said Joshua Feingold, Ph.D., professor in the department of Marine Sciences and Environmental Sciences.

When stressed, the coral expels zooxanthellae, microscopic algae living in its tissues, causing it to bleach and turn white. Coral can

get stressed when a significant change in temperature occurs or with a chemical change in the water due to pollution.

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The Current serves Nova Southeastern University from its location in room 328 of the University Center. The Current is NSU's established vehicle for student reporting. All community members are invited to contribute.

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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 bias, real or perceived.

Letter from the editor

Dear Readers,

Hello! Thank you for reading The Current, NSU's student-run newspaper. I'm Bryce, The Current's editor-in-chief, and I'm excited for you to see the latest issue of Volume 34.

How are you feeling now that the semester is halfway over? If you had a lot of exams last week, hopefully, you can take this time to relax. For some of you, you may have even more work to do in this latter half of the semester. If you are feeling overwhelmed by everything you need to do, remember to take some time to do something that you enjoy, whether it's reading, hanging out with friends or taking a walk outside. It can really make a difference in your day.

I'd also like to thank everyone who came out to College Radio Day on Oct. 6! It turned out to be a huge success, and we could not have done it without your support. It was an eventful day hosted by Mako Radio, NSU's student-run radio station, featuring games, lively music and Razor the Shark. Other guests who stopped by were representatives from the Rose and Alfred Miniaci Performing Arts Center, the Office of Campus Life and Student Engagement, and Mako TV, NSU's student-run news station. Be sure to look through this issue for pictures of the event.

In addition to College Radio Day, this issue of The Current has articles on a wealth of topics, including how social media can influence the books we read, siblings creating their own businesses in the Huizenga Business Innovation



PHOTO BY CHLOE ROUSSEAU Bryce Johnson, editor-in-chief of The Current.

Academy, the impact energy drinks can have on your health and more.

There is also an editorial below about the ongoing war in Israel and Mako Media Network's reflection on it. I encourage you to read it and learn more about how this conflict impacts those around you.

The Current, alongside Mako TV and Mako Radio, is part of MMN. If you're interested in our team, we'd love to hear from you. You can come to us to share your comments, pitch story ideas or simply learn more about our journalism process. Please stop by our office in the UC in room 328.

Each of The Current's reporters, photographers, designers and advisers collaborated on this issue, making sure that it's as refined as it can be. We appreciate you picking it up and hope you enjoy reading it. Until the next issue!

Happy reading, Bryce Johnson

MAKO MEDIA NETWORK EDITORIAL

Mako Media Network condemns violence

As the Israeli-Palestinian conflict continues to unfold, we at Mako Media Network share our deepest condolences for the innocent lives lost. We are sensitive to those of you impacted by the continuing tragedies, and we are actively listening for ways we can show support and promote peace.

NSU President George L. Hanbury II released a public statement on Oct. 10 about the conflict.

"Guided by our Core Values, our community stands firmly against all forms of violence and rejects hatred or discrimination from any group," Hanbury wrote. "Our sympathies and prayers are with everyone who is affected by this deadly conflict, especially those within our NSU community."

Hanbury also shared that on Oct. 9, more than 100 students, faculty and staff came together for a vigil to offer support and prayer.

"Part of what makes us NSU Sharks is respectful tolerance of all peaceful views. We demonstrate this daily on our campuses and through our activities," Hanbury wrote. "The NSU community will remain united in our embrace of these organic values as a demonstration of what we mean by inclusion."

At MMN, we strive for a community of peace and compassion. We hope that a resolution will be reached soon to put an end to the violence.

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FIRST IMPRESSION

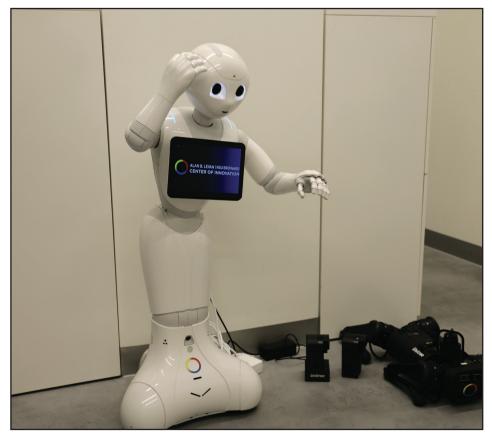


PHOTO BY BRIELLE AGUAYO Pepper, a robot in the Levan Center, performs a dance.



PHOTO BY BRIELLE AGUAYO
Danna Bertel, feature writer for The Current, and Pablo Carrillo, reporter for
Mako TV, test out virtual reality headsets at the Levan Center.

A day at the Levan Center with Mako Media Network

By Bryce Johnson and Danna Bertel

Ashley Trejos, senior management major, was first hired at the Alan B. Levan | NSU Broward Center of Innovation as a junior ambassador before it officially opened in

"They hired me, I loved it, and it was totally amazing," Trejos said. "It's so amazing seeing entrepreneurs grow."

On Oct. 12, Trejos gave Mako Media Network a tour of the Levan Center, which opened in April 2022.

At the Levan Center, entrepreneurs can pitch and develop their businesses, hold meetings, utilize artificial intelligence technology and more.

Trejos remembers Aurelia Edwards, an entrepreneur who used the Levan Center to create Nailstry, an app that scans people's fingernails to find the perfect fitting press on nails.

"You are able to choose from different artists, and then they will create your nails from scratch and send it to you," Trejos said. "I

Scan the QR code to reserve a free ticket for Innovation Day



admire her so much."

Located on the fifth floor of the Alvin Sherman Library, Research, and Information Technology Center, students have free access to multiple events, workshops and seminars hosted there.

Jaap Donath, assistant executive director for programs at the Levan Center, talked about the upcoming South Florida Innovation Day on Nov. 15.

"Innovation Day is a full day of panels, keynotes, networking, exhibitions. We have a pitch session," Donath said. "The theme is healthcare, emerging technology and entrepreneurship."

A past event was South Florida Space Day, in which NASA donated a tire to the center that was shot into space.

"We use it as a way to showcase the importance of space as an opportunity for entrepreneurship," Donath said.

Students are welcome to attend events hosted in the Levan Center, but must be either a member or in one of the programs to use its facilities.

here.'

Space of tenter' from

Students can complete the application process for the \$99/month student membership, which is discounted from the standard \$300/month membership.

"Once they are a member, they will have the same benefits as other members, which means they will have the opportunity to network with fellow entrepreneurs," Donath said.

Another way students can use the facilities is by becoming part of a free program. Depending on where they are in their business startup, they can apply for the Ideate, Incubate, Accelerate or Post-Accelerate programs.

"The next round of applications will probably open in the next couple weeks," Donath said.

Trejos showed several spaces that members can use. One that stood out is the Volumetric Capture Studio, where people can create 3D digital twins of themselves. It is a fully immersive space with augmented environments, perfect for imagining yourself anywhere in the world.

The Levan Center has the Media Production Studio, a room where members can film videos, podcasts and more, with a worker in a control room to assist. Members can export whatever they create, and the Levan Center cannot replicate it, meaning their content is secure. It is available to anyone in the NSU community, not just members of the Levan Center, for \$70 an hour.

"We have green screen and blue screen capabilities," Trejos said. "All information will not leave here."

Trejos presented the Tech Maker Space, a room with different types of technological devices, ranging from virtual reality headsets to drones and 3D printers, which we were allowed to use.

Mako Media staff were happy to see Pepper, a robot in the center who performed a dance for them. Also in the Tech Maker Space is the developing AI Digital Cities Lab, which will allow entrepreneurs to develop an entire city. Both the Volumetric Capture Studio and AI Digital Cities Lab should be open within the next several weeks.

"We're really trying to get the Innovation Center to be the hub for everything technology here in Fort Lauderdale," Trejos said.

Afterward, Trejos showed them the North Star Pitch Room, a space

where entrepreneurs can pitch their ideas to potential investors. The room is designed so that no matter where audience members sit, they will still be able to hear the speaker at the front.

"The Business Innovation Academy, they pitch up here," Trejos said. "I pitched for Mako Milkshakes, and that's how I got my funding."

The Levan Center wants to give students interested in entrepreneurship fruitful opportunities, like attending networking events to network with other entrepreneurs. The center also wants to create a safe environment for both students and companies like Disney, TD Bank and Amazon to feel comfortable bringing high value technology.

"We do want students to be able to use this in a safe way for everybody. We have very large companies that we also want them to feel safe when they are here. Because we do run on trust, offices are not locked," Trejos said.

Thank you Alan B. Levan | NSU Broward Center of Innovation for the visit. The center is a great addition to the NSU community, and we're excited to have such a groundbreaking space so close to us.

For more information:

- Mako Media Network

Visit http://www.nova.edu innovation.

Learn about the resources and events at the Levan Center.

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FROM THE FRONT

Because most of the coral reefs in the Florida Keys are in shallow waters, it results in higher sun exposure than reefs in deeper waters. The heat along with pollution is causing a fast decline in corals, Feingold said.

"It affects the marine ecosystem negatively because the corals are a major source of habitat and food for the surrounding animals," Gonzalez said. "So if you lose that, you lose the ability for those animals to get the habitat that they need or the food."

Coral Kovac, sophomore environmental science major, feels that learning about coral bleaching is very important.

" I feel strongly about this topic because I love nature and I want to preserve it for as long as possible. Learning about it is so important because we need to inform ourselves to be able to preserve it for as long as possible," Kovac said.

Feingold suggested several ways people can prevent coral bleaching.

"Having a smaller home, keeping your air conditioning at a slightly warmer temperature during summer, driving less, flying less. These are all things you can personally do to stop some of the issues we are facing globally," Feingold said."Here at the university, there are several research units that are working on monitoring the situation and offering a solution."

Feingold is concerned about how long coral bleaching has been occurring. He hopes it can be resolved in the future.

"My biggest concern is that we've known about this problem for decades and nothing has been substantially done about it," Feingold said. "Until we start prioritizing ecosystems over economic benefits from various industries, we will be sitting in this same issue for the foreseeable future."





PHOTOS BY MILANI WETJEN White coral is a sign of bleaching at an advanced state, located in Key Largo.





COURTESY OF FERNANDO MONTOYA

In Manila, the capital of the Philippines, NSU alum Fernando Montoya leads a discussion on information warfare, national defense challenges and cognitive warfare.

NSU alum joins the U.S. **Department of Defense**

By Bryce Johnson

NSU alum Fernando Montoya completed his Ph.D. in the conflict resolution program from 2010 to 2016. While attending NSU online, Montoya simultaneously served in the military in Hawaii.

"It was very challenging because at the time, in 2010, we were ending one war in Iraq, but efforts were ramping up in another war in Afghanistan," Montoya said. "I would wake up sometimes at three or two in the morning to be able to dial into classes, or to just write all my requirements that I would have to write before I was at work at 6:30 in the morning to go do physical training."

Now, Montoya is still in Hawaii and works for the U.S. Department of Defense, specifically for the Department of the Army.

region, where he helps develop nent of Hawaii. If you don't know operations informing the general public. In times of crises, Montoya also helps inform his department on how to allocate resources toward solutions.

"Our emphasis is primarily the Philippines, Indonesia, Japan and Korea, but we also inform and provide influence activities and influence strategies to advance U.S. political and military interests," said Montoya, whose department worked during the Lahaina wildfires in August.

He wasn't directly involved but had conversations about how best to keep the people of Hawaii informed.

"To understand the situation in Lahaina, you have to understand the sociopolitical context of Hawaii, and you also have to

Montoya works in the Pacific understand the economic compo- get back to law school. what questions to ask, or if you don't know where to go for answers, you're not going to be very effective in your policy formulation," Montoya said. "It was through the NSU program, the Ph.D. program, that I was able to hone in specifically those critical, graduate level questions and the answers that I needed to find for decision makers within my organization."

As part of his work, Montoya also frequently travels and holds conferences.

"I talk about information warfare, so my conversations are driven to political topics, defense topics and topics that are currently affecting the national discourse when it comes to defensive security of the nation," Montoya said.

In the future, Montoya hopes to

"I've already retired from the military in 2019. I've been retired now for four years, going on to five, but I'm still working. I still work as a full-time employee for the Department of the Army," Montoya said. "But I don't want to do this forever. I want to at some point be able to say I've already contributed enough to my nation. Now I need to step back, and maybe go into academia. I would love to go into academia. I would love to teach at NSU."

Montoya encourages students to pursue a Ph.D., especially one in the conflict resolution program.

"It brings you a whole different level of awareness and perception in the world," Montoya said. "The Ph.D., conflict resolution at Nova and the professors that you have are very, very good."

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PHOTO BY BRIELLE AGUAYO

Savannah Santos, junior finance major, and Ava, freshman marketing major, from the Acai Shark prepare a student's order.

Sibling trend in the business academy

By Daja Long

The Huizenga Business Innovation Academy lets undergraduate students earn their bachelor's and master's degrees in four years while developing entrepreneurial skills by running their own businesses. Recently, there has been an increase in siblings wanting to experience entrepreneurship in this program together.

"Our program has reached a steady state, and a lot of our students are following in the footsteps of their families. Business just runs in the family. It is so nice to see the future generations building into the program," Monica Paneque, program director, said.

The HBIA program now has eight pairs of siblings doing business together.

Ryan Mangamo, freshman

real-estate property development major, works with his older sibling, Julianne, graduate student, in their Shark Kits business.

"We definitely have a similar mindset. We both care about the business and want it to grow. We have grown up together, so we're close and this is not our first business venture either. We have always been in business together growing up, whether it was selling lemonade at a garage sale or other things like that," Ryan Mangamo said.

With some sibling pairs, there is a slight age difference between the two, creating a mentorship dynamic.

But, with all businesses, there are successes and difficulties throughout the leadership journey. Paneque has observed the challenges these sibling pairs have faced within the program.

"The challenge I have seen already for the younger siblings is the pressure of having to follow in the footsteps of the older siblings. I think there are expectations for the sibling to follow but at the same time, they are challenged to create their own process," Paneque said.

Having to share not only their personal life but also their work life with their business partner, it is important for them to maintain a harmonious relationship. Ryan Mangamo revealed ways in which he and his sister preserve a healthy connection outside of work.

"We try to have dinner together. Even though we're at dinner, we still talk about work a little bit. However, we can also just relax and celebrate our successes. If we have a day off, we will go out to lunch or to the beach together," Ryan Mangamo said.

The sibling business partnership must have a solid foundation to survive obstacles and ensure longevity, especially for younger entrepreneurs. Savannah Santos, junior finance major, created the business, The Açai Shack with her younger sister, Ava, freshman marketing major, and shares advice with other siblings considering taking a business partnership in the program.

"I think if they can get along well without a business, they should consider running a business. I got lucky with my sister because she is the best business partner for me. If they do not get along, they should communicate with each other and plan in cooperation. I would recommend just starting there and seeing how that goes," Santos said.



PHOTO BY JULES BATCHKER
NSU students line up for pasta, lemonade and doughnuts from the student-run
business GoodFellas on Oct. 2.



PHOTO BY JULES BATCHKER

Senior brothers Luigi Ventimiglia, business adminstration major, and Frank Ventimiglia, entrepreneurship major, operate Goodfellas Pasta Bar together.

Social media influencing young adults to read

By Danna Bertel, Yasmin De Andrade Rodrigues and Elizabeth Franklin

Julia Ribeiro, freshman psychology major, scrolls through TikTok when looking for a good book to

"Everything is so connected on the internet. You can find posts on books about something you might be interested in reading, and Tik-Tok is the biggest app [on which] I can find recommendations," Ribeiro said.

Over the past few years, platforms like TikTok, YouTube and Instagram have encouraged young adults to read with diverse, enjoyable recommendations.

"BookTok is a corner of TikTok where readers, authors and book lovers come together to talk about books," said Ruth Shaw, youth

services librarian at The Alvin Sher- It's a great way to spread the word," man Library, Research and Information Technology Center.

In search of more books to read, Ribeiro plans to check out books from the library.

"I have only checked out one book so far, but I plan to check more books in the future because there is a lot you can find in the library that is interesting," Ribeiro said.

Shaw said that social media platforms are introducing people to books and stories that they can relate to and that they feel represented in.

"BookTok and Instagram are so influential that people found an untitled book by Rebecca Yaros. The novel, "The Red Tower," will only be published on Nov. 7 and it is already one of the No. 1 best sellers on the website. This wouldn't be happening if it wasn't for BookTok. Shaw said.

Not only do social media platforms help people find their passion for books, but they also help writers promote and sell their books.

[Writers] have the opportunity to say, 'Hey this book is coming out, maybe you will want to read it,' before it's even published," Shaw said. "Moreover, it's inspiring young people to put their stories out there and follow their path in writing. Some teenagers are having books being published even before finishing college."

The Alvin Sherman Library makes sure to stock up on popular BookTok books for students to enjoy. Shaw mentioned that two popular works, Colleen Hoover's "Fourth Wing" series and Casey McQuiston's "Red White & Royal Blue," are available.

"We do we try to purchase almost anything that's trending," Shaw

Students like Katherine Vitebsky, freshman computer science major, take advantage of the library having popular books available for checkout.

"I bought books from social media that were promoted by big Book-Tok creators. I think it's cool that you can get a popular book from our library that you would see on social media without having to buy it. It gives readers an idea of what they want to read without spending money on something that they perhaps wouldn't like," Vitebsky said.



Sharks speak: Do you still dress up for Halloween?



"I don't dress up for Halloween. I've personally never celebrated the holiday due to my religion, being a Christian, so I don't really dress up," said Callia Pusey, sophomore public health major.

By Veronica Richard and **Alexandra Acevedo**



"I have not dressed up in the past years, but I think I'm going to dress up this year. Not sure what I'm going to dress up as though yet, I literally have no idea at all," said Mason Wilson, freshman marine biology major.



"Yes, I dress up sometimes. It really depends on the year though. School's been kind of busy this year so I haven't really thought about what I want to be this year yet," said Rachel Seganti, senior speech language and communication disorders major.



"No, I don't dress up for Halloween anymore. I've kind of grown out of dressing up. I have not dressed up in around five years," said Ethan Espeland, freshman finance major.

> **PHOTOS BY VERONICA RICHARD**

Resolving roomate issues does not have to be a nightmare

Ciara Peselli, sophomore exercise and sport science major, had a traumatic experience with her firstyear roommate.

"My roommate wanted to stab me, and she would bang on my door when I was taking a nap and tell me to get out of my room and threaten to hurt me if I left my door unlocked," Peselli said.

Peselli's situation had to be handled urgently due to the gravity of her circumstances.

"I slept in my friend's room for a bit, and then the Office of University Housing found out that I wasn't staying in my room," Peselli said. "So they got the cops involved, and I came back to my room one night, and there were eight cops in

my dorm, and I got an emergency housing transfer."

Peselli said anyone having a problem with a roommate should talk to the Office of University Housing

"They will definitely help you and get you out of the situation, and make sure you're safe and find you better roommates," Peselli said.

Kendall Andries, senior exercise and sports science major and resident assistant at Goodwin, said roommates should try to deal with most conflicts by themselves first before getting others involved. These types of conflict include disagreements on chores around the dorm, bringing people to the dorms without letting others know and cooking routines.

"Obviously if they can't resolve it,

that's why I'm here, but I think one thing that people forget is there are multiple sides to a story," Andries said. "Everybody should listen to every person, so they have a full understanding of what's going on, so no one is biased. Because Goodwin is a three-person room, it's usually two against one, so I try to talk to everybody individually.'

Meliyah Boyd, first-year biology major, who also had some conflicts with her roommate, said roommates should be open with each other.

"I think it's just open communication," Boyd said. "We sit down and talk about it."

Some students, like Boyd, look for specific traits when choosing their roommate.

"I looked for someone who had

mutual respect for me and also respect for our area," Boyd said.

discussing the problem between roommates and with the RA does not resolve the problem, moving out of the room can become an option.

"If I can resolve the issue then it should be fine, but if it's not resolved and they want to move then I have to take it to my boss," Andries said. "If the situation does get bad to where a resident doesn't feel comfortable living there, they can request to move."

For housing concerns:

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FOOD

Shark Dining hosts annual farmers market

Students sampled and bought fresh produce, such as pink pineapples and red dragon fruit, at Shark Dining's farmers market on Oct. 5 in the Don Taft University Center. The event also included bracelet making and paint-a-pot stations.



PHOTO BY INDAYA BYER



PHOTO BY INDAYA BYER

Alexandra Acevedo, freshman communication major, orders a red dragon fruit.

Sarah Etienne, junior nursing major, orders a chocolate croissant.

Rocco's Tacos offers Tuesday discount

By Devin Johnson

Maddie Meagher, freshman nursing major, goes to Rocco's Tacos every Tuesday with her roommate, Porsha Da Cunha, freshman exercise science major. They share a love for Mexican food, and once they discovered Rocco's Tacos, they never looked back.

"Porsha and I simply looked up the best Mexican restaurants in Fort Lauderdale and everyone seemed to enjoy Rocco's," Meagher said. "We tried it and both were amazed by the atmosphere and food. We started going on Tuesdays for Taco Tuesday and we kind of just stumbled into our tradition."

Rocco Mangel, the original founder of Rocco's Tacos, opened the first location in West Palm Beach Florida in 2007. Originally from New York, Mangel moved to Florida in 1997 and worked at local Mexican restaurants until he decided to open his own. Mangel has opened eight different locations, including Fort Lauderdale, Boca Raton and Delray Beach, that offer Taco Tuesday and bottomless brunch specials on weekends.

The menu offers various options like the "Wet Burrito," which is smothered in rojo and chihuahua cheese and their table sidemade guacamole. The restaurant also offers more than 100 different kinds of tequila the bartender can put in your drink of choice.

"Everyone has to try the pork belly tacos. They are to die for. I get them almost every week and they are always just so amazing," Da Cunha said.

Meagher often orders the black diamond margarita without tequila.

The handcrafted drink is made with Santo Fino Tequila, Black Cherry Purée, Simple Syrup, Freshly Squeezed Lime Juice and Black Sea Salt on the rim of the glass. Meagher said she replaces the tequila with soda water to make it under-21-friendly.

"My favorite drink is the virgin Black Diamond. I ask for it without tequila and it is unreal. The black salt on the glass adds a fun twist to the drink and I look forward to it every time we go," Meagher said.

> **Rocco's Tacos Fort Lauderdale:**

Address:

Phone number: (954) 524-9550

Price range:

Foods to get you into the fall spirit

By Danna Bertel

When hearing the word fall, Carissa Isolano, freshman criminal justice major, thinks of foods such as mashed potatoes with gravy. Isolano feels that fall reminds her of Thanksgiving meals.

"The foods I think are the ones I eat at Thanksgiving, like meatloaf, and mashed potatoes, which I love. I can't make it myself, but I really like my mom's," Isolano said.

Mashed potatoes are an easy food

and are known as a classic side dish for a Thanksgiving meal. It is one of the simplest recipes, as it only requires boiled potatoes, butter, milk and a hint of salt.

Bianca freshman Gambino, speech pathology major, feels that mashed potatoes and candy are a must for the season.

"When I think of fall, I think of Thanksgiving and eating foods like sweet potatoes, turkey and mashed potatoes, which are my favorite and so easy to make," Gambino said.

"Since it's October and I love Halloween, I, of course, love candv."

For students like Sophia Fazio, freshman public health major, soups are her favorite things to eat in the fall.

"During the fall I like eating chicken noodle soup, especially if it's made by my mom," Fazio said.

Chicken noodle soup is another easy and quick recipe to make. It's often made with vegetables and leftover chicken.

With different celebrations happening in the fall, some NSU students find these foods remind them of the comfort of the holiday and get them into the fall spirit.



Are energy drinks as bad as they seem?



PHOTO BY DANNA BERTEL

An NSU student grabs a Celsius from The Market in the Don Taft University Center.

By Adam Sadik and Paul Paronich

With the hectic schedule that students endure to get through classes, students often turn to stimulants like coffee and energy drinks to get through the work, sometimes pulling all-nighters to study. This gives students an added boost of focus to accomplish most of the tasks they need.

Melissa Jimenez, freshman biology major, has started drinking energy drinks recently because of her schedule.

"I'm a college student and I'm

usually tired. I started drinking them this year, but the main reason why is because I realized I was always falling asleep in my 8 a.m. classes. My last class is around 5 p.m. so I had to start drinking them," Jimenez said.

These energy drinks, such as the commonly consumed ones on campus being Celsius, Monster, and Red Bull, typically contain high concentrations of caffeine and sugar to give that buzz feeling. Since caffeine stimulates the nervous system, it is classified as a drug.

But is it unhealthy as the connotation may make it seem?

Jose Antonio, Ph.D., professor of exercise and sport science, has 125 peer-reviewed published scientific papers on sports nutrition and exercise physiology. He recommends a safe threshold for daily caffeine consumption.

"Energy drinks, coffee, etc., it's best not to exceed seven milligrams of caffeine per kilogram of body weight. Overall, energy drinks, like caffeine-based drinks, are safe," Antonio said.

This means that for an individual weighing around 70 kilograms, or 154 pounds, a safe amount of caffeine to consume a day is around

490 milligrams. A 12-fluid-ounce can of Celsius HEAT contains 300 milligrams of caffeine per can, which is around 61% of a safe and recommended daily caffeine intake.

When consumed in moderation, energy drinks are fine.

This is a relief to some students who have made drinking energy diets part of their daily routine.

"I have heard that Celsius does something with your heart that isn't good, but I don't know for sure. People continue to drink it and so do I," said Jonathan Covert, sophomore biology and pre-nursing major.



NSU Florida

ALVIN SHERMAN LIBRARY



All In! Author Talk with Chris Bertish

Friday, October 27, 2023

7:00-8:30 p.m.

Rose and Alfred Miniaci Performing Arts Center

lib.nova.edu/allin



Author Talk With Lauren Groff

Thursday, November 16, 2023

7:00 - 8:30 p.m.

Rose and Alfred Miniaci Performing Arts Center



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Moderated by Laurie Jennings former WLPG Local 10 news anchor









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ARTS | October 19, 2023 The Current

Professional singer to host coaching session open to all students

By Danna Bertel

Soprano Elana Galván will visit Nova Southeastern University for an open coaching on Oct. 24 at 4 p.m. at the University Center, room 310.

"Open coaching is a type of masterclass," Bill Adams, professor in the Department of Communication, Media, and the Arts, said. "Student singers will sing in front of an audience and be given professional feedback from the coach. Then the students will attempt to integrate the feedback into their performances while the coach and singer encourages and prompts them."

Adams is excited to invite Galván to be the coach leading this open coaching at NSU.

"She came from a friend of a friend and I'm thrilled to have her. I just read her reviews and see that she's an absolutely amazing artist," Adams said. "She's also teaching across the street at Broward



COURTESY OF ELANA GALVÁN

Galván performing in Le nozze di Figaro with the Hawaii Opera Theatre, 2020.

College, so I know her by reputation only."

Galván is a Mexican-American soprano. She recently debuted at the Hawaii Opera Theatre and has won multiple awards such as the Nate and Nora Schoenfeld Award and the Bea and Irving Solomon Award.

"I'm really excited to be coming to NSU for a little open coaching," Galván said. "So excited to see what the students are like and what the school is like."

Galván will work with several singers including NSU student Julia Marn, senior theater major, who will present a song. The event is open to the public.

"Elena will work with Julia and will be giving her pointers from her professional perspective," Adams said. "I'm hoping that she'll demonstrate during the event, and you'll hear her voice. We have lots of female student singers and I want them to hear how strong her soprano can sound."

Galván hopes to teach students based on their musical needs and their desire to grow in skill.

"That's kind of the beauty of open coaching. You sort of meet each student and sometimes it's just simply getting them used to being up in front of an audience and getting the habit of getting up there and getting comfortable and let their voice to come out. So it really depends on the student, which is what I love about it. It's very tailored to where they are and what they're presenting," Galván said.

For more information:

Contact Dr. Bill J. Adams at wadams@nova.edu.



COURTESY OF ELANA GALVÁN Kris Irmiter (Don Pasquale) and Elena Galván (Norina) in Don Pasquale at Florida Grand Opera.



COURTESY OF ELANA GALVÁN

Galván performing in Le nozze di Figaro with the Florida Grand Opera, 2019.

Step into beat with NSU's Drumline

By Danna Bertel

Jaime Valdez, sophomore computer science major, has always loved playing drums. He brought his passion to NSU and joined the NSU Drumline, a group on campus made up of snares, tenors, bass drums and cymbals, that performs at various university events.

Valdez plays the snare drum in the Drumline, while also being part of the Razor's Edge Shark Talent program.

"I've always had an interest in music, and drums are one part that I wanted to improve and get better. I also wanted to play the drums with other people," Valdez said. "Who else to go to for that besides Drumline? I found a great place there."

With 12 members, Drumline is open to any student interested in music. No audition is required. Most of the members had never played drums before joining.

Carlo Alberto Ricchi, adjunct faculty for the Department of Communication, Media, and the Arts, leads



COURTESY OF REBECCA FAZIO NSU's drumline performs during Sharkapalooza.

the Drumline program.

"A majority of our musicians in Drumline are former musicians, but they did not play drums before. Most of them were French horn and trombone players," Ricchi said. "They just want to be a part of it, so as long as they want to be there and participate, they're good to go."

Every Monday, Drumline meets for a one-hour rehearsal. The group's rehearsal begins with stretches in a circle to prepare the students for the weight of the drums. They then go into learning a new song or formation style.

"We do stretches because sometimes these drums can get a little hefty and carrying them for an hour or two hours is challenging. This is all part of the physical aspect of Drumline," Ricchi said.

Ricchi said that despite every member of Drumline having a different background and plan for the future, they are connected by their passion for music.

"We have people from all backgrounds that just come together. They do this because they love music and there's no ripping them away from the drums," Ricchi said.

Valdez has made many fond memories with the rest of the players, especially when waiting to perform.

"We mess around, we laugh and try to get over the fact that we're about to play in front of a bunch of people. We all make jokes to calm our nerves. I think those are some of the greatest memories," Valdez said.

Drumline performed at Sharkapalooza in August and will be performing at the Nov. 6 Bleed Shark Blue Pep Rally and the Nov. 10 Homecoming Parade.

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MUSIC



PHOTO BY JULES BATCHKER

Mako Radio DJs play music outside the Don Taft University Center.

Mako Radio hosts College Radio Day

By Alex Hernández

On Oct. 6, NSU's Mako Radio WKPX 88.5 FM celebrated College Radio Day with the theme "All Voices are Welcome." College Radio Day is an international event that spotlights college radio stations. Mako Radio celebrated the event over the air on 88.5 FM and in-person outside the Rosenthal Building, taking song requests

from students and hosting diverse music-related activities.

"College Radio Day is an event where all college radio stations across the country unite over a central theme and raise awareness about what it means to be a college radio station," said Mike Lynn, assistant director of Mako Media Network. "[We share] the content that we play, the diversity we have, and the community we have built."

Mako Radio played music on 88.5 FM from 11 a.m. through 8 p.m. It also had hourly talk-show segments hosted by Mako Radio DJs and guests, including Eric Mason, associate professor in the Department of Communication, Media, and the Arts.

The in-person festivities included a game where attendees tested their music knowledge by guessing artists from graphics related to specific artists.

The event also provided a forum for music discussions. Students shared their favorite genres, artists and memorable concert experiences. These conversations showed many musical perspectives, creating an environment where students could discover new sounds and meet people with similar music tastes.



PHOTO BY INDAYA BYER
Jessica Cherniak, freshman psychology major, and Zafreen Abdullah, freshman
biology major, play Guess The Artist.



PHOTO BY JULES BATCHKER Mako Radio tables outside the Rosenthal Student Center.



PHOTO BY ALEX HERNÁNDEZ
Denisia Martimbor, Mako Radio host/producer, MBA in management, hosts a
talk show segment featuring practicum student Luqman Gbenro,
junior communication major.



PHOTO BY BRIELLE AGUAYO NSU's mascot Razor plays corn hole to celebrate College Radio Day.

NSU women's golf coach builds off last year's success

By Bella Giaquinto and Isabella Fernandex De Cueto

As Heather Wall enters her eighth season as head coach of the NSU women's golf team, her knowledge and love for golf has only grown since her first time swinging a golf club.

After participating in various junior golf tournaments, Wall brought her golf skills to Florida Southern College, where she won a national championship and set several school records. She was inducted into FSC's Athletic Hall of Fame.

Post college, Wall played golf at a professional level from 2009 to 2015 before starting her coaching career.

"Coaching was always in the back of my mind because I know the game well and I love the idea of helping young people develop to prepare them for the real world," Wall said.

Wall began coaching at the University of Arkansas Monticello, where she was head coach for both the men's and women's golf programs. As a first-time coach, Wall encountered numerous difficulties, especially because she coached both teams with no assistants on staff. Wall said despite this, she persevered and improved both programs during her four-year coaching tenure at UAMONT.

Wall said she was appreciative of her time at UAMONT and excited to bring that extensive experience to NSU. She was hired as head coach for the NSU women's golf team in 2016.

"All of my family is in Florida, so I was eager to get out of the cold and come back," Wall said. "Having played at Florida Southern, I was familiar with NSU's beautiful campus and great athletic program, so everything about this school was very appealing to me."

Since 2016, she has led the program to regionals five times and nationals three times. She also holds 23 career wins, which places her as second all-time in total coaching wins at NSU.

Golf is as much a mental sport as a physical one, and Wall attributes part of her coaching success to the unique perspective she has on the mental aspect of the game.

"I think it is helpful that I still play competitive golf myself. I still play in tournaments and love to compete," Wall said. "It helps me because I can relate to what [the players] are feeling while they are competing. I know exactly what they are going through, so I can help them through whatever they need."

Coming off a second-place finish at the Division II National Championship last season, Wall is confident in her team's capability to continue succeeding.

"The team has great chemistry, and the girls want to win this year. We just won our first tournament, so we are off to a great start, but it is a very long season," Wall said. "There will be peaks and valleys, but we will get through them together. I am very excited about this year."



COURTESY OF NSU ATHLETICS Heather Wall is the NSU women's golf coach.

For more information:

Follow the team on X, formerly known as Twitter, and Instagram @nsu_wgolf.

The synthetic vs. natural grass debate sprouts at NSU

By Angeline Gilliard and Michael Silva

The debate between natural grass and artificial turf, and professional athletes' preference for natural grass, has been a hotly contested topic for some time. The debate is rising again after recent comments made by NFL quarterback, Aaron Rodgers, whose season ended after an Achilles injury in the opening game of the 2023 NFL season. Rodgers, like numerous other pro football athletes, is vocal about leagues transitioning from synthetic to natural grass.

NSU competes in soccer and golf, both on natural grass fields. NSU chose to implement natural grass fields, a decision that was not taken lightly.

The choice between natural grass and artificial turf can have implications on athlete safety and the length of their collegiate playing career. Dustin Gatens, assistant athletic director for Sports Medicine at NSU, said that the preexistence of natural grass fields, along with athletes' preference for natural grass, played a role in avoiding



COURTESY OF JEFF ROMANCE

Men's soccer team takes the field at the new soccer complex at NSU.

artificial turf at NSU.

"From a player perspective, it's about personal preference. If you would ask me what most student athletes would say, they would prefer to play on grass," Gatens said.

While turf has some benefits, including lower maintenance costs and efficient drainage, it has notable drawbacks, such as heat retention, which could be especially significant for NSU athletes given the warm South Florida climate.

According to Gatens, what really

matters when it comes to choosing playing surfaces is not just the material but how well the field is maintained and its overall quality.

"Grass for sure. But a very good turf can be better than a bad grass," said Tobias Pellio, a graduate student earning his MBA in supply chain management and NSU men's soccer captain.

Georgia Monique Mokha, professor in health and human performance, believes that grass is a better choice for NSU. "The most prevalent injuries in soccer are ankle and foot injuries," Mokha said. "Grass can be a better choice for us, at least to help with the most common injuries that occur."

While there is an increased rate of foot and ankle injuries on turf, Mokha said ACL injuries do not discriminate.

"It's concerning because we all hear about ACL injuries and the research is showing that the rate of injury is the same on grass and turf," Mokha said.

Mokha also added that the rates of long-term knee injuries remain consistent, regardless of the playing surface.

For NSU, the athletic department's commitment to natural grass aligns with addressing injury concerns while prioritizing student athlete well-being and safety.

SPORTS EVENTS

Oct. 25, 7 p.m. Men's soccer vs. Saint Leo University

Oct. 28, 7 p.m. Men's soccer vs. University of Tampa Oct. 31, 7 p.m.
Women's volleyball vs.
Palm Beach Atlantic University

Nov. 1, 4 p.m.
Women's swimming vs.
Florida International
University

Fort Lauderdale

Fort Lauderdale

Rick Case Arena

NSU Aquatic Center

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COURTESY OF NSU ATHLETICS Bella Scott, sophomore cross-country



COURTESY OF NSU ATHLETICS Madison Cook, fifth-year senior volleyball setter.



COURTESY OF NSU ATHLETICS Adrien Zambaux, senior cross-country



COURTESY OF NSU ATHLETICS Nadia Lindner, first-year graduate student and volleyball outside hitter.

Four NSU athletes recognized as Sunshine State Conference Players of the Week

By Angeline Gilliard and Devin Johnson

NSU achieved a milestone as four student-athletes earned the Sunshine State Conference Players of the Week honors simultaneously for the week of Sept. 18-24. Madison Cook (women's volleyball), Nadia Lindner (women's volleyball), Bella Scott (women's cross country) and Adrien Zambaux (men's cross country) stood out across their respective sports.

Madison Cook, senior nursing major, began playing volleyball at the age of 8, developing a deep passion for the sport. For Cook, volleyball goes beyond the court. It serves as an escape and a source of happiness amid life's stresses. Cook's commitment to excellence is shown throughout her rigorous training regimen, which includes early

reps before practice. This regimen keeps Cook grounded and helps lead to on-court success.

"Volleyball really provides an outlet for me for anything that goes on in life," Cook said.

Bella Scott, sophomore biology major, found her love for running in high school. Each race was an opportunity to have fun and test her own limits. During a cross country meet at Saint Thomas University on Sept. 23, Scott overcame the challenge of a sandy course. Scott's commitment to the team's success contributed to a first-place finish, ultimately earning her Player of the Week honors.

"It's just fun to see my own progression and test my own limits," Scott said.

Adrien Zambaux, senior entrepreneurship major with minors in

morning gym sessions and extra international business and finance, faced setbacks when he was sick and unable to train for 10 days.

> But he entered the race with determination. Zambaux's mental preparation involved getting into the right mindset during the days leading up to the race, along with ensuring both his body and mind were ready for the challenge. Zambaux's mental formula propelled him to receive Sunshine State Conference recognition.

> "I still had everything that it took to be an athlete, even after being out," Zambaux said.

> Nadia Lindner was recognized as the Offensive Player of the Week for the third time in her career. Her performance secured victories for the Sharks in the recent matchups against Palm Beach Atlantic and Embry-Riddle.

Scott describes the cross-country

team as "our own little family." Zambaux explains that the daily communication and bonding within the team creates an environment where members help each other improve.

"We bond in and out of practice, so that way we improve, help each other improve, no matter if we're having an easy day or a hard day," Zambaux said.

Cook acknowledges that her success as a setter is linked to the quality of passes from her teammates and the effectiveness of the hitters. This reinforces her idea that success is not only individual but also collective.

"It's not possible for me to get that recognition without the people on my team. It is really nice to be recognized, but it's a team effort," Cook said.

Sports shorts

By Josh Leatherman and Jonathan Day

Women's volleyball, Oct. 6

women's volleyball dropped a match at Eckerd College in three-sets. Nadia Lindner (10 kills) led the Sharks offense.

Men's and women's swimming, Oct. 7

NSU's swim teams both had strong performances at the 2023 TYR Classic at Florida International University. The women, who had first place finishes from Emily Trieschmann and Rafaela Raurich, placed third with 425.5 points. The men, achieving first place finishes from Keith Peristeridis, Inigo Marina, Marcel Snitko and Luca Alessandrini, claimed third place with 421 points.

Men's and women's cross-country, Oct. 7

NSU's men's and women's cross-country teams concluded their regular season at the Ave Maria Invite at North Park (Ave

Maria, FL). Leena Saidi and Ally Jakubiak led the NSU women to a first-place finish. David Mahnke and Adrien Zambaux earned top 10 finishes leading the Men's Sharks to a third-place finish.

Women's volleyball, Oct. 7

NSU's women's volleyball picked up a win on the road at Saint Leo. The three-set victory was the Sharks third sweep of the 2023 season. Nadia Lindner (15 kills), Taylor Stockman (12) and Madison Cook (35 assists) powered the Sharks to victory.

Women's volleyball, Oct. 10

NSU's women's volleyball won on the road at Barry University in four-sets. The Sharks had four different players with double digit kills including Kate Mihacevich (17), Brittany Landrum (14), Nadia Lindner (12) and Taylor Stockman

Men's soccer, Oct. 11

NSU's men's soccer scored a huge 4-1 win over Eckerd College. All goals were scored in the first half by Marco Gueli, Alessandro Salvadego, Santiago Marengo and Tobias Pellio.

Women's soccer, Oct. 11

NSU's women's soccer suffered a hard-fought loss on senior night to tional wrapped up on Saturday Eckerd College by a score of 5-0.

Women's volleyball, Oct. 13

NSU women's volleyball tallied another win against Florida Tech in the 2023 SSC season. Nadia Lindner (13 kills), Taylor Stockman (12), and Kate Mihacevich (10) led the Sharks offense.

Women's volleyball, Oct. 14

NSU's women's volleyball added a three-set victory over Rollins College. Nadia Lindner (13 kills) and Maddy Hooper (4 blocks) were top performers for NSU.

Women's tennis, Oct. 14

NSU's women's tennis stars Natalie Espinal and Freya Davies won the ITA Cup Doubles National Championship in Rome, Ga. The

victory marks the third time in Espinal's career where she has won the ITA Cup.

Men and women's swimming, Oct. 14

The 12th Annual Shark Invitaafternoon at the NSU Aquatics Center. NSU women's team finished second with 709.5 points, while the Men's team finished in third with 496.5 points.

Men's soccer, Oct. 15

NSU's men's soccer won a crucial match against Embry-Riddle by a final score of 3-1. Goals were scored by Tobias Pellio and Marco Gueli (2).

Women's soccer, Oct. 15

NSU's women's soccer suffered a hard-fought 2-1 loss to Embry-Riddle. The lone goal for the Sharks was scored by Haley Mattrick.

OCTOBER EVENTS CALENDAR



Shark Pride Friday: Barbieland Edition

11:45 a.m. Don Taft University Center Spine

Annual True Crime Murder Mystery Halloween Edition

6 p.m. Mako Lawn

Comedian SHANG

8 p.m. The Rose & Alfred Miniaci Performing Arts Center



HCDT K-Pop Extravaganza

11 a.m. Don Taft University Center, second-floor lounge

NSU Game Night

5 p.m. RecPlex

Keith Urban Concert

8 p.m. Hard Rock Live \$40-\$480



HCDT K-Pop Extravaganza

11 a.m.
Don Taft University
Center, second-floor
lounge

Falling For Dance

5 p.m.
The Pose & Δl

The Rose & Alfred Miniaci Performing Arts Center

Miami International Piano Festival, Concerto Night

5 p.m. Aventura Arts & Cultural Center \$45-\$55



Trick or Treat Bake Sale

Noon Don Taft University Center Spine

Let's Vogue Together

6 p.m. The Rec Plex: Multipurpose Room 1



Shark Tank Thursday

11 a.m. Don Taft University Center Spine

Violectric Halloween Rock Concert

7 p.m. Pompano Beach Cultural Center \$25-\$35



"All In" Author Talk with Chris Bertish

7 p.m.
The Rose & Alfred Miniaci
Performing Arts Center
second-floor lounge



Dragonforce

6:30 p.m. Culture Room \$34.50

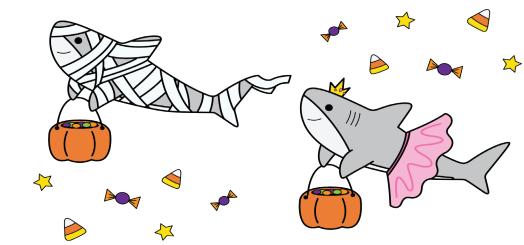
Eva Ayllón, Eternamente Criolla

8 p.m. The Rose & Alfred Miniaci Performing Arts Center



Trick or Treat Bakesale

Noon Don Taft University Center Spine



GAMES

WORD SEARCH

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MATH CORNER

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Directions and Rules:

Please send your answer (no need to send any additional scratch work or justification) to Dr. Jason Gershman, chair of the Department of Mathematics, at jgershma@nova.edu no later than 5 p.m. on Wednesday, Nov. 1. The correct answer to this question will appear in the next issue of The Current.

All members of the NSU community are invited to submit their answer and participate. Every member of the NSU community who submits at least one answer during the 2023-2024 school year will be invited to attend a celebration in April as part of Mathematics and Statistics Awareness Month.

The undergraduate student who submits the most correct answers during the contest year will receive the grand prize of a \$50 gift card courtesy of the Department of Mathematics. If, at the end of the contest year, multiple students are tied for the contest champion, a tiebreaker question to determine the grand prize winner will take place where the fastest person to answer correctly wins the grand prize.

Question: Assume you have a face clock whose hands indicate the exactly correct time on the date of the publication of this issue of The Current. If your clock loses one second per hour, during what calendar year (after 2023) will the clock next display the exactly correct time?

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Answer to last issue's question:16 Hundreds; 76 Tens; 8 Fives;

October 19, 2023 The Current

Digressions: Literary & Art Journal

is now open for submissions



Submit your creative writing, poetry, art, photography, music, videos, or performances by December 1, 2023

For more information, contact Dr. Janine Morris (jmorris2@nova.edu)

Halmos College of Arts and Sciences NOVA SOUTHEASTERN UNIVERSITY

