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Students still have concerns regarding housing changes to Rolling Hills apartments

By: **Michaela Greer**
Co-Editor-in-Chief

NSU's student population continues to have concerns following the university's Feb. 23 announcement which stated that the Rolling Hills graduate apartments would be used during the 2018-2019 school year to house the university's growing number of undergraduate residential students.

According to Aarika Camp, associate dean of student services and director of residential life and housing, the change would allow NSU to house up to 373 undergraduate students in the Rolling Hills apartments.

"Juniors and seniors, if [they] were able to reside in [Founders, Farquhar and Vettel (FFV) and the Cultural Living Center (CLC)], would have had less than 100 spaces available to them, and would have had to share bedrooms due to the number of rising sophomores that are remaining on campus next year," said Camp.

However, undergraduate upperclassmen

like Aldana Foigel, a junior pursuing her bachelor's degree in communication, said that the move to Rolling Hills comes with its own set of complications.

"This change will affect me enormously as a student-athlete," said Foigel. "My main concern is money. Rolling Hills is much more expensive than CLC — where I currently live — and my scholarship doesn't cover that difference between the residence hall rates ... I have been looking for off-campus options, but without a car it's just hard."

Foigel stated that if she decided to stay on campus in the Rolling Hills apartments, she worried that transportation to her classes, meetings, internships and practices would pose an issue. She said that without a car, based on the current Shark Shuttle routes she estimates that she will lose 80 minutes of her day using the buses.



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NSU's Rolling Hills Graduate Apartments will be used to house undergraduate residential students for the 2018-2019 school year.

Transportation to and from campus has also been a concern for composition, rhetoric and digital media graduate student Jeffrey LaPointe who has had to look for off-campus housing.

"I do not have a car, and so I will need to get an apartment to rent that is either close enough to NSU for me to walk to the university

center — up to half an hour should be fine — or is on a bus line," said LaPointe.

While students have complained about daily expenses regarding transportation, many displaced students also have also expressed concerns about NSU's moving arrangements, including graduate clinical psychology student Sara Staley.

"I can say that we were originally promised assistance if we moved within a 10-mile radius of campus, and that number has now been reduced to 5 miles with no explanation," said Staley.

While subsequent correspondence from the Office of Residential Life and Housing does list a moving radius of 5 miles, instead of the 10-mile radius previously quoted by Brad Williams, vice president of student affairs and dean of the

HOUSING CONTIUNED ON 3

Changes to look forward to

By: **Madelyn Rinka**
News Editor

The 2017-2018 school year has brought changes and new goals to NSU. Over the course of these two semesters, The Current has reported on all of the things students may be able to look forward to in the university's future — here is a recap of some of the biggest stories.

College of Education to begin the Fischler Academy

The Abraham S. Fischler College of Education is set to launch the Fischler Academy in the fall. Approximately 100 incoming students will be able to earn their bachelor's and master's degree in either a four or five-year track. Students who complete their degree, after partaking in various experiential learning activities, are guaranteed a job offer in a local county upon graduation.

Preparing for the Class of 2022

In line with the university's 2020 Vision, the class of 2022 is expected to enroll approximately 1,150 incoming students. The class of 2020 came in with 665 freshman and the class of 2021 enrolled 992. As of April, there was an estimated 11,700 applications circulating through admissions. The 2020 Vision, if

achieved, expects at least 1,505 incoming freshman for the class of 2024, and 515 transfer students, equalling 2,020.

Undergraduate students moving to Rolling Hills

NSU is expecting a record-high enrollment of incoming students this fall, causing a housing "crunch," as termed by Brad Williams, vice president of student affairs and dean of the college of undergraduate studies. The university was forced to make the tough decision to not offer graduate students on-campus housing at Rolling Hills. "You're a junior by credit status, but you may be 18 or 19. It's thinking about I'm going to make that 19-year-old live in [off campus housing] versus a graduate student," said Aarika Camp, associate dean of student services and adjunct faculty member in the College of Arts, Humanities and Social Sciences and Fischler College of Education. "That's really what it came down to."

NSU to build new residence hall and parking garage

NSU plans to begin the construction of a new residence hall, in public-private partnership

with an Atlanta-based company called Rise. The new hall will be located where the practice soccer field, just outside of Leo Goodwin Sr. Residence Hall, sits. It is expected to hold 500-600 rooms for upperclassmen. After this residence hall is opened, which is projected to be in the fall of 2019, the housing model is expected to return to normal, with graduate students being offered housing at Rolling Hills again.

Hybrid dining service to launch in the fall

The implementation of a new hybrid dining service is expected to begin in the fall. According to Adee Shekar, director of operations, the idea behind this new hybrid service is that, during certain meal periods, an "all you care to eat" section of the UC will open, where students can pay a flat rate and eat for the duration of the predetermined period. This is expected to make dining easier for students with dietary restrictions, as they will have full control over what is put on their plate.

Guy Harvey Institute hoping to expand to tracking more marine life

In 2014, a tiger shark named "Andy" was tagged off the coast of Bermuda by scientists

at the Guy Harvey Research Institute (GHRI), and has since become the longest tracked tiger shark on record. They are hoping to expand their tracking beyond the current 150 sharks of various species including tigers, makos and oceanic whitetips. To follow the GHRI and its future endeavors, go to cns.nova.edu/sharktracking/ for updates.

Teaching hospital to be built in the empty University Park Plaza

A new relocation and replacement of Plantation General Hospital is set to be built in the former space of the University Park Plaza. Plantation General Hospital will keep its emergency room at its current location open even after the new hospital is built, and will remain a fully functioning hospital until then. The land was sold to Hospital Corporation of America, but still plans to have close ties with NSU as a teaching and research hospital. The hospital, which is expected to take 24 months to construct, will also serve as a fully functioning medical care facility for the South Florida community.

News Anchor

Stay up to date with international and national events.

Student injured in shooting at Ocala High School

According to CBS Local, one student shot another in the ankle on April 20. Students of Forest High School were protesting gun violence in schools as the incident occurred. Police say the shooter was a student at the high school. The injured student was taken to the hospital.

American, British and French forces send missile strikes to Syria

The United States, Britain and France sent missile strikes to Syria last week. According to the Washington Post, the strikes were sent in response to chemical attacks in rebel-held Damascus.

The total 105 missiles targeted three chemical weapons facilities and managed to level at least one building, according to USA Today. The Pentagon said that this attack will set Syria's chemical weapons program back "for years."

Engine explodes mid flight on Southwest airplane

On April 17, a Southwest Airlines flight from New York to Texas made an emergency landing in Philadelphia. According to the New York Times, the left engine of the airplane exploded after one of its fan blades broke off. Shrapnel from the explosion blew out a window, causing a passenger to get sucked out of the airplane. The passenger was later pronounced dead at a hospital. Passengers said the successful landing was due to the pilot, Tammie Jo Shults' "nerves of steel."

Barbara Bush dies at 92

Barbara Bush, the wife of the 41st president and mother of the 43rd, died on April 17 in her home in Houston. Her husband, George Bush, said in a statement made on April 15 that Bush "decided not to seek additional medical treatment and will instead focus on comfort care." Bush is the second woman in American history to have her sons follow their father in the White House, according to CNN.

News Briefs

Student Leadership Retreat to take place Aug. 17

The Office of Student Leadership and Civic Engagement will host a Student Leadership Retreat for undergraduate registered organizations. Presidents and treasurers of registered organizations are required to attend. The retreat will take place from 10 a.m. to 4 p.m. at a location to be determined.

Feeding Children Everywhere: Million Meal Pack to take place on NSU's Fort Lauderdale/Davie Campus

Feeding Children Everywhere and AARP are partnering together to have volunteers package four million meals during the summer. On Sunday, April 29, volunteers will be packaging one million meals at NSU's Fort Lauderdale/Davie Campus. The Office of Student Leadership and Civic Engagement is looking for a Support Team of 120 students and faculty to lead and facilitate the event. For more information or to become a member of the Support Team, visit feedchildreneverywhere.com/aarp-support-team.

OrgSync transition to take place

OrgSync will transition to a new platform for the NSU community with heightened security and more user-friendly features, according to SharkFins. Students with multiple OrgSync accounts are asked to merge them into one account under their mynsu.nova.edu email. Students with accounts linked to a nova.edu email or any other email are asked to change their email to their mynsu.nova.edu email. Changes to accounts must be made by April 30.

Eva Ayllón to perform at the Miniaci May 4

Eva Ayllón will be having a concert in The Rose and Alfred Miniaci Performing Arts Center on May 4 at 8 p.m. Ayllón is a música criolla singer from Lima, Peru. She has been called the "Tina Turner from Peru" due to her big stage presence. Tickets can be purchased at MiniaciPAC.com

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EDITOR'S NOTE

"All changes, even the most longed for, have their melancholy; for what we leave behind is a part of ourselves ..." - Anatole France

To our fellow Sharks,

When tides shift and seasons change, there is often an element of wonder and excitement that comes with the adjustment. However, there also tend to be feelings of sadness that accompany the transition. For us, this is exactly the case, as we prepare to hand the baton over to the next co-editors-in-chief of The Current.

As we reminisce on the past year, we feel honored to know that you have trusted us to report the news, feature your stories and share your opinions. Thank you for participating in the discussions on campus, be it through writing an article, answering a weekly Shark Speak question, showing up to our meetings with your concerns or by reaching out to us through email or over the phone. It means a lot to know that our work mattered to you, our readers.

We'd also like to thank our staff for their diligence, often going above and beyond to serve the NSU population that we love so much. Thank you to our advisors Michelle Manley and Megan Fitzgerald-Dunn for their guidance and support. This would not have been possible without you.

Thank you to every NSU representative who agreed to take time out of your day to sit down with us for an interview, especially veterans like Daniel Alfonso, vice president of facilities management, and Aarika Camp, associate dean of student services and director of residential life and housing, whose offices we basically lived in this semester.

Of course, we couldn't leave without helping to create one more issue — that tends to happen when you love what you do — so we hope that you'll enjoy the Orientation Issue which publishes on May 15.

It was a pleasure and a privilege serving you.

With wishes for an amazing summer,

Michaela and Jenna



Disinfectant chlorine temporarily added to the Town of Davie water supply, citizens told not to be concerned

By: **Madelyn Rinka**
News Editor

NSU students and staff have expressed some concern over the taste and smell of the water coming out of the university's taps. This unusual water isn't just news for NSU — the entire Town of Davie has temporarily returned to using free chlorine as a part of their annual preventative maintenance from the middle of March to the end of April, according to the town's website.

This routine procedure is common practice for water suppliers that use a chloramine treatment, a disinfectant composed of chlorine and ammonia, and is recommended periodically by the Florida Department of Health. It is regularly practiced once or twice a year, for a two to four week time frame, and returns to normal taste and odor afterward.

Potential health effects of the chlorination process are only listed after long-term exposure above the maximum contaminant level according to the National Primary Drinking Water Regulations. However, the process can create slight variations in color, smell and taste of the water during this time, which have been noticed on campus.

"Recently I've noticed that the water has somewhat of a chlorinated taste, as if they've added extra chlorine to the water — in the tap and in the shower," said Luke Dombroski, a freshman political science major. "Even the water at the UC has been noticeably worse tasting, with a slightly chlorine aftertaste."

Despite the undesirable taste and smell in the water, the NSU community is advised not to

be concerned. According to the EPA, chlorine and chloramines are used as a water additive to control microbes.

"Every water management district hyperchlorinates their water in different frequencies, and a few weeks ago I did notice a bit of a taste of chlorine. This is done for preventative measures by the Town of Davie," said Tony Todaro, associate physical plant director. "They all require that we hyperchlorinate every so often to kill bacteria... It's well within limits. Our facility across the street has the height of technology, I've been through the water treatment plant. It's state of the art."

While the water might have an unpleasant taste and smell for the time being, the Town of

Davie has a recommendation as to how to remove most of the chlorine. Filling an open pitcher with water and leaving it in the refrigerator should help, as this will cause the chemical to dissipate naturally.

Even though there is no expected impact to humans, some aquatic and marine species may be sensitive to free chlorine. Anyone who has aquariums with sensitive species are advised to speak with specialists or pet supply stores about potentially dechlorinating their water. In addition, people with questions about kidney dialysis should direct their inquiries to their doctor or dialysis expert.

For more information about chlorine or chloramines in the water supply, visit davie-fl.gov or call 954-327-3742.

HOUSING FROM 1

college of undergraduate studies, in a Mar. 13 article, Camp said that students who have had to move farther away can still receive help to do so.

Instead of submitting the standard Rolling Hills Graduate Students Movers Request form, students should contact Victoria Myer, assistant director of housing operations, by emailing vmyer@nova.edu for additional assistance. Myer stated that as of April 19, 15 students had utilized the moving services with one student moving beyond the 5-mile radius.

"[We were] able to not only assure that the student was moved 8.5 miles away, but this was done on less than 24-hours notice when we are asking for five business days to arrange the services," said Myer.

According to NSU's guidelines, students must request the appropriate services by filling out a Rolling Hills Graduate Students Movers Request form at least five business days in advance. Students must be present when the items are moved and are also responsible for packaging their items, ensuring that all boxes have been sealed with tape.

Still, graduate students Brittany Chabot and Cassandra Cacace said that the biggest problem lies in the securing of an off-campus living space.

"This has put a great burden on the ease of handling this semester. Not only have I been working daily to get an apartment, but I also will have to find the time to move everything over to my new place once acquired and I am not almost done with grad school," said Chabot.

Staley said the specials available at local apartment complexes which NSU secured were her greatest disappointment.

"For myself — and I'd imagine the average broke grad student — the complexes that NSU secured for these discounts are not the kind of complexes that students can afford to live in without excess support from parents or a great

"We have tried to extend services and support that many institutions would not ever consider. For example, movers can be quite expensive. Sometimes, it is important to put situations in perspective for students. While students may be inconvenienced to a certain extent, we truly try to be as accommodating as possible."

Aarika Camp, associate dean of student services and director of residential life and housing

deal of working outside of school," said Staley.

In response, Camp said the the university worked with 16 apartment complexes which were willing to provide discounts to NSU's displaced students. She believes that they were able to secure "nice deals" such as a month's free rent at Elan Maison Apartments and waived application fees at 10 other locations.

However, Cacace stated after working with NSU's realtor Jill Silvert, finding an available unit may be the biggest problem that displaced students might face.

"They provided us with the NSU realtor, but when my future roommate and I contacted her, she said there were no availabilities in the area," said Cacace.

Silvert, a licensed real estate agent who has assisted the NSU community for the past 12 years says that while she "always goes above and beyond" for her students, the lack of available housing units in the current market has affected her ability to place students in homes at this time. She noted that more housing units

would become available moving into May as current students begin to move, but there has been a shortage for students looking to relocate before then.

"If you're trying to move now in April, there isn't much available," said Silvert. "I work with private listings and so many owners just don't know what they'll have available right now so they don't all list in April for July."

"Rentals in Davie don't typically function like college towns like the ones near University of Florida where students have to find a place months beforehand — people don't always understand that students are trying to find places to live three, four or six months in advance."

She also added that the lack of availability for students might also be a reflection of their budget.

"It could be their price. Prices for apartments in these new complexes are expensive," said Silvert. "I've seen a one-bedroom for \$1100 - \$1800; \$1300 in Cameron Cove, another furnished in Arrowhead Condominium for \$1200 ... but then students still have to pay for things like water, electricity, trash services and so on. It's not like with the Rolling Hills apartments where everything is included, so I'm really trying but my hands are tied."

According to the NSU website, total costs of room rates for units in the Rolling Hills apartments range from \$4150 for a quad room to \$6760 for a one-bedroom unit per semester. Prices for these units include appliances like stoves and refrigerators and a bed. Students living in the Rolling Hills apartments are also required to purchase a \$205 meal plan.

Additionally, Camp stated that NSU has allowed returning undergraduate students, who will be moving to the Rolling Hills apartments for the 2018-2019 year, to split the one-bedroom units in Building A for a cost of \$3180 per person for each semester. As of April 22, Camp

"This change will affect me enormously as a student-athlete. My main concern is money. Rolling Hills is much more expensive than CLC — where I currently live — and my scholarship doesn't cover that difference between the residence hall rates ... I have been looking for off-campus options, but without a car it's just hard."

Aldana Foigel, junior communication major

noted that 20 students had secured singles for this purpose.

Camp added that the decision to move NSU's graduate students out of the Rolling Hills apartments for the 2018-2019 school year was not easy to make. However, she hopes that students will "keep things in perspective."

"We have tried to extend services and support that many institutions would not ever consider. For example, movers can be quite expensive," said Camp. "Sometimes, it is important to put situations in perspective for students. While students may be inconvenienced to a certain extent, we truly try to be as accommodating as possible."

She invites concerned students to contact representatives of the Office of Residential Life and Housing by calling 954-262-7052 or by visiting the office in The Commons on weekdays from 8:30 a.m. to 6 p.m.

Career Development to expand their Peer Advisor program

By: **Jenna Kopec**
Co-Editor-in-Chief

The Office of Career Development will hire an additional two new students to expand their Peer Advisor program that began this year.

Peer Advisors are student employees who receive training in career counseling and work as advisers to students for walk-in appointments and during Career Labs. The program began this year with two students.

Maggie Morrissey, experiential learning career adviser, said that in addition to counseling other students, peer advisers will have other professional opportunities.

"They'll work on different projects for the office as well as going out and doing Career Development presentations with clubs and organizations on campus and classes," she said. "So there's definitely a lot of opportunities."

According to Morrissey, this opportunity is open to all students but could be a good fit for students who are interested in a future career in counseling.

"This is one of the rare opportunities for undergraduate students to be able to counsel people," she explained. "Even though you'll

be talking about careers and not mental health, you'll still be developing those transferable skills."

In addition to professional development and hourly pay, students who become peer advisers can also receive ExEL credits.

Students will apply for the position through JobX, but the listing is not yet posted. Students can express interest in the position or request more information by contacting Ashley Rizzotto at arizzotto@nova.edu.

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STAYING AFLOAT

with Tutoring & Testing

The best environments for studying

By: **Jessica McDonald**
Contributing Writer

Jessica McDonald is a doctoral student in the Clinical Psychology Program at NSU. She works as an academic success coach at the Tutoring and Testing Center.

Living in South Florida has a ton of perks, the most notable of which is the constant stream of sunshine. The beach weather we've come to expect year-round is not only awesome for our tans, but weirdly, it's extremely helpful for our studying.

According to researchers from the University of Colorado at Boulder, Harvard

Medical School, and the Psychiatric University Clinic in Basel, Switzerland, exposure to differing levels of light changes your body's cortisol levels. Cortisol is the hormone responsible for stress and metabolic regulation, which impact your energy levels.

Under artificial or dim lighting, our cortisol levels decrease, which means we are more susceptible to feeling stressed and having lower-than-normal energy levels. Moreover, scientist and researcher Mirjam Muench found that individuals who are exposed more frequently to daylight are more alert in the early evening

than those who were more frequently exposed to artificial light. So basically, natural sunlight makes us feel less stressed and more awake, which is exactly what we need when we're studying — especially for those final exams that are coming up.

Exposure to light isn't the only thing that changes how we study. Temperature is a huge factor in our ability to be productive. One study from Cornell University specifically indicated that, when people are in cooler environments, we are more likely to make mistakes than when people are in areas at the "optimal" temperature

of 77 degrees Fahrenheit. This isn't necessarily because you may be uncomfortable in the warmth, but mainly because we are more easily distracted when the temperature is low.

So, if you want to do well on finals, you should take advantage of your geographical location in ways which are backed by science such as with light sources and temperatures. Go outside and be in the sun because it can help to make you calmer — ergo happier — as well as more energized and more capable of focusing on what is important.



Izgara Express

By: **Suvina Daryanani**
Contributing Writer

NSU is a unique and lively campus, but that doesn't mean Sharks can't band together and take an afternoon to explore the South Florida area — even if that just means finding a quaint place to study.

Izgara Express is a great place to go for a tasty bite off campus. If you're searching for a place to devour some delicious Mediterranean food, look no further than this eatery located in Plantation only 11 minutes away from NSU's Fort Lauderdale/Davie campus. With fresh Mediterranean food, friendly prices, incredible service and a relaxing environment to visit with your family or friends, Izgara Express should be on your list of favorites. This place is a casual restaurant and has a healthier menu, catering to everyone from picky eaters to vegetarians and vegans.

The main menu stays the same for lunch and dinner. However, the specials vary every other day. My favorite special is the mouth-



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Izgara Express, located in the Turtle Run Plaza, is only 11 minutes from NSU's Fort Lauderdale/Davie campus.

watering shrimp shawarma with the special "Izgara Sauce" — a secret ingredient used in most of their foods, giving their dishes a unique taste in every bite. I usually order the Falafel Pita or the vegetarian shawarma. Those dishes are the tastiest things on the menu.

If you are trying to eat on the healthier side, this restaurant is the right choice for you. The Izgara House Salad with lettuce, cucumber, tomatoes, corn salad with a light tahini and lemon dressing is absolutely delicious. Their hummus — a thick spread of ground chickpeas, sesame seeds, olive oil, lemon and garlic — paired with the grilled pita bread is also a popular dish at the restaurant. They also offer a vegetarian pita with eggplant, Israeli salad and hummus tahini.

People are drawn to this restaurant by not only their great, fresh food but also the calming atmosphere and soothing music that is always playing. If you can't dine in, Izgara Express also works with Uber Eats and Grub Hub for food deliveries so you'll never have to miss out. Izgara Express also offers a 10 percent NSU discount, which makes the already price-friendly restaurant even friendlier.



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One of my favorite dishes is the shawarma trio which features chicken, beef and falafel with a side of french fries.

Izgara Express
1251 S. Pine Island Road
Fort Lauderdale, FL 33324
Monday - Saturday from 11 a.m. to 9 p.m.
Izgara Express is closed on Sundays
\$10 - \$18

Brand yourself this summer

By: **Bianca Galan**
Contributing Writer

College is more than just graduating, so being able to get a job or internship during and afterward really matters. We're at the end of the semester, meaning that no matter if you're a freshman or a senior, you should be preparing to get a job or an internship sometime soon.

Often, when we think about getting a job, we only think about having a resume ready. Most of the time, this resume looks like a plain white page with a list of achievements, devoid of even a block of color. We're living in a world where creativity adds value, so here are some ideas to creatively work toward branding yourself over the summer break.

Make yourself a creative business card

According to The Balance, having a business card is still essential today; not only for those who have their degrees but for those who are planning on pursuing one. Having a business card not only gives you the ability to network professionally, but shows people how you are

ready for any opportunity that may come your way.

Business cards don't have to be plain to be professional, but they should look clean with some creative elements like applicable graphics, pops of color and interesting shapes. Employers value creativity and hard work no matter if you're a graphic designer or a doctor. This is also the perfect moment to create your own personal brand logo that you can include in your portfolio and on your resume for cohesiveness.

Create more than a resume; create your digital portfolio

Often we think that the only way to show our work is to either have a stack of papers and projects or to simply use our resume to show the extent of our work. However, according to The Muse, having a portfolio makes it much easier for the interviewer and the interviewee to show his or her work.

While physical portfolios are always

handy, having your digital portfolio ready also gives you the chance to send it to employers, in addition to a resume, which will help them to see what you have done, even before the interview. There are many websites — like Wordpress and Wix — that give users the opportunity to customize their own professional website. These websites allow you to organize all you have created and put it on display at an easy-to-find domain. Remember: The more the employer can see, the more professional and able you will look.

What image does social media cast of you?

Our social media platforms are the best way for employers to see what potential employees are involved in, who their friends and so forth. Therefore, you should try to keep it clean. Think of your accounts as an extension of your portfolio. According to the New York Post, sometimes employers won't hire you despite your accomplishments if you do not appear to be

professional in all aspects of your life. Take care to keep unsuitable pictures hidden by archiving them, untagging yourself and prevent them from ever going up on the internet at all. Don't lose an opportunity for something because of an inappropriate picture.

In a brand, everything is connected

All of your designs should feel connected. Your social media accounts, portfolio, resume and business cards should all have the same color palette and logo; the cleaner the better. Little details like keeping everything connected gives the employer the opportunity to see how detail-oriented you are, which is always be a good sign. Since you're creating your brand, everything should be cohesive as well. As writer Tom Peters said, "We are CEOs of our own companies: Me Inc. To be in business today, our most important job is to be the head marketer for the brand called 'you.'"

Living a week almost waste-free

By: **Madelyn Rinka**
Contributing Writer

What is “zero waste?” As people become increasingly globally aware, more attention is being paid to the impacts our daily habits can have on the environment. According to the Grassroots Recycling Network, “Zero Waste maximizes recycling, minimizes waste, reduces consumption and ensures that products are made to be reused, repaired or recycled back into nature or the marketplace.” Some “zero wasters” can even fit all the trash they’ve created over several years in a container no larger than a liter glass jar — others simply limit their waste as much as possible.

For a bit of background on my lifestyle: I am not a “zero waster.” I wanted to try it out for a week, because I am already interested in the environment and I thought that since Earth Day is coming up, now would be the perfect time. I have been vegetarian for three years and went vegan around two years ago, originally for the environment, and I am an environmental science major. I consider myself to be pretty environmentally friendly, but I have a long ways to go compared to bloggers who are dedicated to the lifestyle.

Monday

Monday went surprisingly well. I headed out the door with my lunch in a reusable container

and my glass starbucks cup to refill later. I felt like I was on top of the world, until I got back from work that night. I started to realize there was trash all around me, like labels on produce, deodorant containers, sticky notes, mesh bags for potatoes. I did, accidentally, grab a few paper towels twice that day, but I folded them up (I had just used them to wipe the counter) to reuse them another few times. Besides that, I didn’t have to throw anything out, but I still had a lot to learn.

Tuesday

The next day was a little rougher. Before going to work, I reached for a single package of acetaminophen, realizing it was going to create garbage. Since I already had it, I just decided to take a loss and use it anyways. Later in the evening, I went grocery shopping. I know I shouldn’t have felt as weird with a bunch of loose vegetables and fruits rolling around in my cart as I did, but it pained me to the core — and most of them still had rubber bands or labels attached. I also travelled to the bulk section, before I realized the only containers that were offered were plastic. I left feeling somewhat discouraged after being unable to find weekly staples like bread, rice, and pasta without packaging.

Wednesday

I didn’t have many problems on Wednesday. Later in the evening, I was practicing my makeup (my sorority’s formal was coming up) and I was really having difficulties getting it off without makeup wipes. Besides that, all I had to focus on was eating zero waste. For a little bit of insight, this is what I ate in one day to produce zero waste with packaging:

Breakfast: oatmeal with a banana, blueberries (in a recyclable container) and peanut butter made of just dry roasted peanuts.

Lunch: collard green wraps — I couldn’t find tortillas without packaging — filled with rice, beans, quinoa, corn, beans and onion, with plenty of hot sauce.

Snacks: clementines, an apple and rice crackers with peanut butter

Dinner: vegetable sandwich on a ciabatta roll, packaged in a recyclable container

Late night snack: rice with grapefruit jam and blueberries

Thursday

When I was making my lunch this morning, I spilled rice all over my countertop. I was in a rush, just getting back from an appointment that morning and heading out to meet up with my

friends, and I didn’t want to waste time picking up pieces of rice, so I cracked. I used a paper towel.

Friday

Friday marked the last day of my “zero waste” challenge. Everything was going very well — I got used to reaching for a cloth towel instead of a paper one, and using my reusable bags instead of single-use plastics. Looking back on my week, I am pretty proud of myself for sticking to it. Yes, a few times I did cave, but for the most part, I produced as little waste as possible. But going zero waste, by definition, is pretty much impossible to do overnight. I already had items in my pantry that were going to produce waste once I used them up, but since I didn’t purchase them this week, I didn’t beat myself up too much over it. Overall, I’m planning on using some aspects of this lifestyle in the future, like bag-free grocery shopping — one of my great co-workers actually got me a few reusable produce bags, which I will definitely be using from now on —, bulk shopping and recycling. For the time being, “zero” waste may be too difficult in college, but I want to do whatever I can to help the environment right now.

University Rankings: Do they matter?

By: **Christina McLaughlin**
Contributing Writer

When students look at colleges, they search for a variety of criteria including a wide offering of majors as well as average class sizes and other factors that they feel meet their needs for a good college experience. Many incoming freshman are sometimes stumped about where they should look, so they turn to the well-known world of college rankings. Forbes, US News & World Report and Niche are a few places students can turn to find basic information about colleges and see how they fair compared to others. However, there’s just one problem with this: Most of these ranking systems have some version of bias and selectivity, which makes relying on them a little bit difficult.

To start, US News & World Report outlined the relative weight of ranking indicators that they use to rank each university on their website. For the Best Colleges of 2018, undergraduate academic reputation and faculty resources account for 20 percent. That means that factors such as peer evaluations and class size each account for 40 percent of the school’s overall rating. However, this doesn’t explain what exactly about the class size is rated. Does a

school that enrolls more students per year get a better rating? If so, then how is that fair to small schools that try and keep themselves small as a contributing factor of their education style?

This year, NSU was ranked 198 on US News & World Report’s list on national universities. Niche ranked NSU as a B+ and Forbes ranked it 538 in their Top Colleges list. These three websites are just a few examples of the disparities in these ranking systems. Niche runs mainly off of student responses and specific statistics from each universities. Forbes ranks on indicators of academic success, graduation rate, student experience, debt and post-graduate success. While US News & World Report ranks on graduation and retention rates, academic reputation, faculty resources and student selectivity, to name a few indicators. Since most students aren’t going to investigate the factors that go into these rankings, they might miss out on a school that is perfect for them just because it doesn’t match the standards of these services.

Another interesting factor is the lists or categories each college or university is segregated under. NSU is classified as a Doctoral

University with High Research Activity by Forbes and the Carnegie Classification. US News considers NSU a national university and on a separate list as a private not-for-profit. The classification system of these lists is based on many different selective factors and is all up to the rankers’ interpretations.

Don Rudawsky, vice president of institutional effectiveness, explained that NSU is aware of these ranking systems and understands that all of these classifications of the university are relevant. NSU tries to be aware of all possible ranking systems of the institution and, depending on their quality, try to improve those rankings.

“The most popular and well-known [college ranking system] is US News & World Report and we track all of the different factors that go into that ranking and we try to improve in those categories,” said Rudawsky.

But should colleges be focusing on these rankings so heavily that they change to improve scores? If it’s to improve student experience and academic success, it can be argued that changing may be for the better of the university.

The university has made some changes in response to improve their ranking in US News. Graduation and retention rates are a major contributing factor in US News and in response, the university has changed mission standards, scholarship standards and instituted first-year seminar courses to better their ranking and student experience. So far, it has been successful, as NSU has jumped 16 spots compared to last year.

College ranking systems are a major contributing factor in the college search for high school students. Even though there might be some disparities between what a college is ranked as or what they are classified as, it doesn’t mean that a university is less than another. Not every university is a perfect match for each student, even if it’s ranked No. 1. So do college rankings really matter? Maybe not, but it wouldn’t hurt to start at a college ranking website when thinking about graduate school.

Summer safety

By: **Jieun Son**
Contributing Writer

Summer can be the most exciting season, especially for college students, since it typically means time away from school. While some students spend this time working, interning or taking summer classes, others prefer to spend their time resting on vacation. If you’re in the group who enjoy summers filled with traveling, swimming and sunbathing, you should also be wary of a few unseen dangers that are slightly unique to the season. Here are some suggestions for keeping safe over the summer:

Stay hydrated

This is really important for staying safe during the summer. Hot weather will cause dehydration and that is a trip to the emergency room if it gets out of hand. According to the

American Heart Association, keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. It helps the muscles work efficiently.

For most people, water is the best thing to drink to stay hydrated since the sugars and additives in sodas or juices might not be as efficient to the body as plain water. However, sports drinks may be useful for people doing exercise in very hot weather as they help replenish lost electrolytes and other nutrients.

Avoid vigorous exercise in very hot weather

According to Johns Hopkins Medicine, heat stroke can happen to anyone who overworks themselves on a hot day. If the temperature of the day rises too much, it is better to stay out

of the sun. Also, try not to walk or run barefoot when temperatures rise as doing so can lead to injuries including severe burns.

Additionally, they advise that people wear swim shoes around pools and in public showers to reduce the risk of athlete’s foot. It’s especially important to wear them when visiting a beach to prevent injuries from hidden sharp objects and keep feet comfortable on hot sand.

Be wary of the sun

It is a natural to want to get out in the sun during a warm summer day, but according to the American Cancer Society, ultraviolet (UV) rays from the sun are the main cause of skin cancer. Too much exposure to these rays can also cause sunburn and premature wrinkles. Shielding skin

with clothing, broad-spectrum sunscreen as well as staying in the shade can help lower the risk of skin damage caused by the sun.

It is also good to know what sunscreen is the best to use. The American Cancer Society suggests choosing a sunscreen with a SPF of 30 or higher. The SPF number is the level of protection the sunscreen provides against ultraviolet rays, though higher SPF numbers don’t necessarily equal more protection. Additionally, it is important to keep in mind that no sunscreens are waterproof or sweat-proof and manufacturers are not allowed to claim that they are. For best results, reapply sunscreen at least every two hours a day and after swimming or sweating.

Sing-along karaoke songs

By: **Siena Berardi**
Contributing Writer

Karaoke nights are a great way to build lasting friendships. You can bond over mediocre covers of classic songs while impressing — or depressing — your counterparts with your musical talents. Here are 10 songs sure to make a statement at your next karaoke outing.

‘Don’t Stop Believin’ by Journey

What do sports teams, bar dwellers and your dad all have in common? They probably know all of the words to this ‘80s power tune.

‘Mr. Brightside’ by The Killers

The ultimate anthem of several generations. It’s okay if you only know the chorus, just belt it loud and proud.

‘All Star’ by Smash Mouth

From the moment it first appeared in “Shrek” until its reappearance in social media

meme culture, this jam has flooded our eardrums and made lasting impressions.

‘Teenage Dream’ by Katy Perry

This upbeat teen classic will have everyone up on their feet asking for an encore of California Gurls.

‘I Wanna Dance With Somebody’ by Whitney Houston

Dance and sing along with this feel-good pop tune. Be sure to hit all of the high notes, even if it doesn’t sound good.

‘Baby ft. Ludacris’ by Justin Bieber

After “Bieber Fever” infected almost everyone and their cousin, this modern pop song is an easy one to put on and hope at least one person in the audience can sing along with you.

‘Hey There Delilah’ by Plain White T’s
Get the crowd in their feels with this light love song.

‘Livin’ on a Prayer’ by Bon Jovi

Put your lung strength to the test with this ‘80s rock hit sure to get the crowd up and out of their chairs.

‘Hey Jude’ by The Beatles

Even decades after its release, this song has remained a classic to croon at your local karaoke night.

‘Party in the USA’ by Miley Cyrus

Odds are you’re probably lying if you say you don’t know the words to this song. It is basically the second national anthem.

LOCAL KARAOKE JOINTS

Ye Olde Falcon Pub
2867 S University Dr,
Davie, FL 33328
Monday nights

Inn-Field Bar and Grill
11439 W Oakland Park Blvd,
Sunrise, FL 33323
Fridays and Saturdays

Smarty Pants Bar
2400 E Oakland Park Blvd #101,
Fort Lauderdale, FL 33306
Fridays and Saturdays

ROK
4954 N University Dr,
Lauderhill, FL 33319
Daily

‘Beirut’ Review

By: **Adam DeRoss**
Contributing Writer

Directed by Brad Anderson and written by Tony Gilroy, “Beirut” is a film that shares a familiar premise with countless other political thriller films on the market: a tense and complicated struggle between two warring sides over a hostage of high importance set in a Middle Eastern country. While the basis of this story is one that has been seen countless times before, “Beirut” manages to stand out from the crowd with the strength of its performances from Jon Hamm and Rosamund Pike. However, the overall experience of watching the film feels a bit unbalanced due to some narrative and perspective blunders.

At its core as a political drama film, “Beirut” does a relatively solid job of providing the audience with a suspenseful story that achieves its goal of portraying a conflict with a huge moral grey area created by the complex intentions of the parties involved. This is in no small part due to the strength of the actor’s

performances, specifically Jon Hamm and Rosamund Pike. Hamm plays a former American diplomat by the name of Mason Skiles who flees from his residence in Beirut after a complicated situation involving the CIA and the Lebanese orphan Mason and his wife wish to adopt escalates into a terrorist attack on his home. Ten years later, he works as a small-time business negotiator in Boston and is forcibly called back to Beirut by the CIA to make a deal with a terrorist militia force for the life of his colleague and best friend (Mark Pellegrino). Hamm is in his element with this role after his time in the shoes of similarly sullen and sharp characters, such as Don Draper in “Mad Men.” He puts on a believable and empathetic performance as a drunken, broken man that remains haunted by his past and uses his skepticism and sharp tongue to eventually complete the deal. His counterpart and co-star Pike plays the role of Sandy Crowder, Mason’s handler provided by the CIA to keep an

eye on him. Pike’s character is strong-willed and competent, often putting Mason in his place and taking control when situations get out of hand. The dynamic between these two characters is engaging and their dialogue is well-written and believable. The plot being more deeply rooted in these two characters’ personal lives and struggles also helps give a little more depth to the on-screen events and helps the film to stand out from the dozens of other political thrillers set in the Middle East that have been released in the past decade.

Unfortunately for “Beirut,” good acting performances on their own don’t necessarily save a movie from some of its other glaring issues. The chief issue in this case is the setting and its complete insignificance to the plot or overall context of the film. The setting is Beirut in 1982 during the height of the Lebanese civil war, but the film never tries to actually include any historical context or political tensions of

the time period other than some shallow setup for conflict between the Palestinian characters and the Lebanese characters. The plot of the film could be set in various other countries and historical contexts and it would remain largely the same. This area of the film could be greatly improved with a little more contextual significance.

“Beirut” is a film that is interesting on the surface but doesn’t often do enough to make it a truly great film. While the plot and main characters themselves are handled a lot better than they are in many similar films, the setting is never really pushed to the forefront in any significant or supporting role. Collectively, “Beirut” makes a good film for a quick fix of political thriller action but never really makes the push for any deeper discussion or continued significance.

SUMMER 2018

BY CARLI LUTZ

EXPECTATION



REALITY



Want to
write
for us?

COME TO OUR MEETINGS
EVERY TUESDAY FROM
NOON TO 1 P.M. IN THE
CAREER DEVELOPMENT
CONFERENCE ROOM IN THE
HORVITZ BUILDING
TO LEARN MORE.
(YES, WE HAVE FREE FOOD.)

TheCurrent
The Student-Run Newspaper of Nova Southeastern University

How to throw a great 'May the Fourth' party

By: **Nicole Chavannes**
Copy Editor

Finals week is creeping up, and while that may make you tremble with fear, all you have to do is think of the last day of finals to feel better: May the fourth. A day commonly associated with Star Wars, May the Fourth is the perfect day to throw a Star Wars-themed party this year because it falls right as our semester ends and summer break begins. If you're having trouble getting through finals, just think of the awesome party you could have waiting for you on Friday if you follow these simple tips:

Set the mood with music and film

To truly embody the Star Wars spirit, you've got to have the right music. You can't go wrong with the score from any of the films, but if you're open to something outside of the Star Wars galaxy, you can opt for a pre-made John Williams playlist on Spotify. It'll include other greats like "Harry Potter" and "Indiana Jones" scores along with the classic "Star Wars," but you really can't go wrong with any of those. If you prefer, you can play the actual films in the background – which would feature some pretty great sound effects and one-liners. This would serve a dual purpose as you'd have the score in the background and your more introverted

friends can simply sit and watch the films.

Ham it up with themed snacks

You're only limited by your imagination with this – there are dozens examples of Star Wars-themed snacks that are sure to be crowd-pleasers. If you're crunched for time you can buy ordinary snacks like Teddy Grahams, any green soda and Rolos to create "Edible Ewoks," "Yoda Soda" and "Han Rolos," respectively. Just print out a few little signs with the names you dub your snacks and you're all set. If you're up for a little more work, you can create your own snacks. You can make edible Tie Fighters out of a couple hexagon crackers, spread and small blocks of cheese. You can also make wookiee cookies with any kind of cookie and some chocolate icing – just draw on a happy face and chocolate icing belt – or a snack mix complete with lightsaber pretzels covered in red and blue yogurt. Other hilarious ideas include "Han Solo Carbonite Jello" and "Jabba the Hummus."

Rebel Alliance vs. the Galactic Empire

If you and your friends are willing to risk your friendships, then make the party a game night. You can play charades by acting out

different characters, create your own trivia game by asking what characters said which quotes – bonus points for knowing which film the quotes are from – or print out free Star Wars bingo sheets. Divvy up into rebels vs. empire teams to make it interesting – just make sure no one goes over to the dark side and your friendships are strong with the force.

Jedi dress up

Of course, you can always challenge yourself and your friends to a costume contest. Most Star Wars costumes are attainable on a college budget, though they may not be the most high-end. Just remember not to judge too harshly – it is finals week after all – and give your friends credit for that predictable white-sheet and half-hearted buns Leia look. The prize can be control of the galaxy – or at least temporary control of the aux cord.

So, use the force for knowledge and defense this week, and in times of strife just remind yourself "I am one with the force. The force is with me." If all else fails, just think ahead to the most epic party in the galaxy: the one you'll be throwing after finals are over on May the fourth.

OFF SHORE CALENDAR

Coffee & Conversation at the Wiener Museum on #MuseumWeek
April 24 | 11 a.m.
@Wiener Museum Of Decorative Arts (WMDA)

PInk
April 25 | 7:30 p.m.
@BB&T Center

Pompano Beach Seafood Festival
April 27-29
@Pompano Beach

Diversity Honors 2018
April 27 | 7 p.m.
@Hard Rock Event Center

Taste of Oakland Park
April 27 | 6 p.m.
@Jaco Pastorius Park

Jeff Dunham
April 28 | 5 p.m.
@BB&T Center

My Heart in a Suitcase
April 30 | 10 a.m.
@Parker Playhouse

SOUNDBITE

Creation by E.P.I.C. the Band

By: **Michaela Greer**
Co-Editor-in-Chief

There are musical artists whom the public generally agrees are talented; the ones who can hold impressive notes and have decent stage presence. Then, there are artists who seem to have been genuinely blessed by God Himself. Who sing melodies that are pleasing to your ears, but were really made to touch your heart in a way that was unexpected, but absolutely needed. After just a few moments spent listening to the group's latest album *Creation*, you'll understand that E.P.I.C. the Band, unequivocally belongs to the latter.

Listening to the group members tell the story of how the band got its beginnings, it sounds like a script straight out of a movie, as each member sits around a table adding their two cents about what they remember. According to the band's keyboardist and producer Daniel Luis, the idea for the formation of the band came after the friends went to a 2015 Outcry concert – a Christian concert which is much like Coachella, according to singer Jessica Nicole Justo. After the friends enjoyed performances by



PRINTED WITH PERMISSION FROM E.P.I.C. THE BAND
E.P.I.C. the Band is sure to become your next favorite group with amazing songs with powerful inspirational messages.

groups like Hillsong United, Luis was inspired to create an instrumental which he later shared with Charles Ryan, the group's drummer. From there, the two pulled in Justo, Adrian Gonzalez, Alison Rodriguez, Nico Cabrera and NSU's very own Ricky Gonzalez. Since, the faces in the group have changed slightly – artists have joined for a season and others have been featured on certain tracks – but at the group's core, the

message has always been simple: to spread the news of the Eternal Power In Christ.

Whether you identify as a Christian or not, the album has something for everyone. Listeners are invited to go on an amazing journey which explores different textures, colors, and topics in the form of singles that were released in waves. With upbeat, pop songs "Free" and "Saved by Grace" in Wave I, the group celebrates what it means to be completely uninhibited by the weights of the world. Audiences are in for a ride in Wave II's "Nothing More," "Roam," "Pursue," and "Your Way" – admittedly my favorite – as the raw talent of singers Justo, Cabrera, Adrian Gonzalez, Ricky Gonzalez and Rodriguez is on full display accompanying beautifully organic guitar strums, and skillfully placed piano and drum rhythms. Electronic influences take over in the band's Wave III, yet don't overshadow the powerful lyrics which highlight the amazing love of God, embracing the true meaning of worship.

With all of the things that the band has

accomplished, including the launch of more than six EPs and singles since their establishment, the members have maintained a sense of humility, saying that their main goal is to touch audiences for the glory of God. It's no telling where that might lead, but with a tour already in the works, it's evident that this group is only just getting started.

E.P.I.C. the Band's music is available on Spotify, Apple Music and for purchase on their website: www.epictb.com. Also, stay tuned to their social media pages including Instagram, Facebook and Twitter because the group is preparing to announce the date of the release of Wave IV, and after being privileged enough to hear a sneak peek at one of the band's practices, I promise that you will not want to miss what they have in store.

HEAD OVER TO NSUCURRENT.NOVA.EDU FOR A BEHIND THE SCENES LISTEN INTO THE INTERVIEW WITH THE BAND.

Flicks to fill your summer

By: **Samantha Villarroel**
Contributing Writer

Finally, it is time to binge-watch all the shows and movies that you missed during the school year. This is the moment we have been waiting for all year. But don't settle for just the oldies, there are plenty of new releases lining up perfectly the summer. Here's a list of new shows and movies coming this summer. Enjoy.

NETFLIX

'The Rain' - May 4

Only a few survive after a virus wipes out the population in Northern Europe.

'Sacred Games' - July 6

Based off of Vikram Chandra novel, this drama explores the corrupted underground world of India's economic renaissance.

'Dogs of Berlin' - No released date yet

A drama about two detectives investigating Berlin's underworld.

'Raising Dion' - No released date yet

Single mother Nicole Reese while raising Dion notices that he has superhero capabilities. Nicole must now keep her son's gifts secret with the help of best friend Pat, and protect Dion from antagonists out to exploit him while figuring out the origin of his abilities.

MOVIES

'Life of the Party' - May 11

Deanna, played by Melissa McCarthy, decides to attend college after her divorce with her husband.

'Solo: A Star Wars Story' - May 25

The upcoming story of Han Solo and his journey with Chewbacca and Lando Calrissian.

'Ocean's 8' - June 8

A group of fabulous women are planning to steal a necklace worth more than \$150 million.

'The Incredibles 2' - June 15

After waiting for eight years, the supers are back. Helen saves the day while Bob takes care of the kids and tries to live a normal life until a new villain emerges. The Incredibles and Frozone will have to work together in the midst of dealing with Jack-Jack's new superpowers.

'Jurassic World: Fallen Kingdom' - June 22

After the destruction of the Jurassic World theme park, the dinosaurs need saving from an

erupting volcano.

'Ant Man and the Wasp' - July 6

Ant Man and the Wasp join forces to fight in a mission that will reveal secrets from their past.

'Skyscraper' - July 13

Former FBI agent Will Sawyer, played by Dwayne "the Rock" Johnson, must save his family from a blazing fire in the world's tallest building.

'Mamma Mia, Here We Go Again' - July 20

Sophie Sheridan (Amanda Seyfried) returns to the island for the musical sequel of the story of Donna, Sophie's mother and her multiple boyfriends. The story focuses on the Donna's past relationships.

ON DECK

MEN'S BASEBALL

@No. 1 Florida Southern
April 27 | 6 p.m.
Lakeland, Fla.

@No. 1 Florida Southern
April 28 | 3 p.m.
Lakeland, Fla.

@No. 1 Florida Southern
April 29 | 1 p.m.
Lakeland, Fla.

vs. No. 5 North Greenville
May 4 | 6 p.m.
NSU Baseball Complex

vs. No. 5 North Greenville (DH)
May 5 | 12 & 3 p.m.
NSU Baseball Complex

@Barry
May 10 | 1 p.m.
Miami Shores, Fla.

@Barry
May 11 | 6 p.m.
Miami Shores, Fla.

@Barry
May 12 | 1 p.m.
Miami Shores, Fla.

vs. NCAA South Region Tournament
May 17-20
TBA

vs. Division II Baseball Championship
May 26 - June 2
Cary, N.C.

MEN'S GOLF

vs. 2018 SSC Championship
April 22-24
Grande Oaks Golf Club, Davie, Fla.

vs. NCAA South/Southeast Super Regional
May 7-10
Rock Barn Golf & Spa, Conover, N.C.

vs. NCAA DII National Championship
May 21-25
Robert Trent Jones Golf Trail, Muscle Shoals, Ala.

MEN'S & WOMEN'S TRACK AND FIELD

@North Florida
April 27 | All day
Jacksonville, Fla.

@Seminole Twilight
May 4 | All day
Tallahassee, Fla.

@NCAA Division II National Championship
May 25-27
Charlotte, N.C.

WOMEN'S GOLF

vs. NCAA South Super Regional
May 6-9
Memphis, Tenn./Germantown

vs. NCAA DII National Championship
May 15-19
Houston, Texas/Bay Oaks

WOMEN'S ROWING

vs. Sunshine State Conference Championships
April 27 | TBA
Sarasota, Fla.

@Dad Vail Regatta
May 11-12
Philadelphia, Penn.

WOMEN'S SOFTBALL

vs. Florida Southern
April 27 | 6 p.m.
Ad Griffin

vs. Florida Southern (DH)
April 28 | 1 & 3 p.m.
Ad Griffin

On The Bench:

Once and for all: NASCAR racing is a sport

By: **Michaela Greer**
Co-Editor-in-Chief

Whenever I tell someone that I'm a fan of NASCAR racing, they give me "the look" — you may know it as the once-up-once-down, kind of head-to-toe sizing up. What usually follows is a genuinely confused, "But, why?" as the individual tries to understand why anyone would subject themselves to watching a car drive around in circles for hours. Those who are much bolder tend to simply assert that NASCAR racing could not possibly be a sport. I beg to differ.

According to the Oxford Dictionary, a sport is "an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment." The way I see, if it is commonly acceptable to call chess, video gaming, bowling, fishing and competitive eating sports, then NASCAR racing deserves to be right up there with those activities, since it fits the above criteria.

NASCAR racing is a sport that requires much skill, planning and patience. I'm not sure about you, but having been on a few road trips, I can attest that driving for long periods of time can be exhausting. Couple that with the idea that these drivers are moving at speeds in excess of 200 miles per hour — while they try to overtake other vehicles driving at similar speeds around corners — while communicating with pit crews, without being able to get out to stretch or use the restroom, how could racing not be a sport?

Plus, I'm not sure how many calories video gamers lose, but according to the Bleacher Report, NASCAR drivers can lose up to 10 pounds due to physical exertion after an afternoon spent in a heavy, hot, flame-retardant suit in a car that has no air conditioning. Moreover, according to HowStuffWorks.com, racers can experience up to 3.2 Gs around the turns; 3.2 times the force of the Earth's gravity. For reference, one G is equal to 32 feet per second. Typically, rides on roller coasters reach three Gs, but only for a few seconds in length. Imagine being in a roller coaster for three hours.

Then, there is the drama and excitement of it all that keeps viewers glued to their seats. Forget courtside squabbles. Have you ever seen two drivers get into an altercation after crashing into each other while other drivers whiz past? What about watching in awe as a driver — still going at a top speed — steers his car with only his grip after losing his steering wheel, as Dale Earnhardt Jr. did in 2016 following a crash? Also, I've certainly never been to an automotive shop where they've been able to clean my windshield, change four of my tires and give me a full tank of gas in under 16 seconds. Have you?

Sports can go beyond an athlete kicking, running with or bouncing a ball. Although, NASCAR racing doesn't take any of those forms, based on the skills required and dictionary definition, it definitely still is a sport.

SPORTS SHORTS

Women's Golf

The Sharks won the Sunshine State Conference Championship Tuesday afternoon in Boca Raton, FL, five shots ahead of second place, Barry. The team set a new single-round tournament record score of (-2) 286 and senior Michelle Ruiz earned an individual medalist honors by setting the 54-hole tournament record by finishing six-under par. The Sharks next tournament will be in Memphis, Tenn. for the NCAA South Super Regional Tournament on May 6.

Men's Baseball

On April 15, the Sharks defeated Lynn with a final score of 16-6. This victory extended the teams winning streak to 12 with four Sunshine State Conference sweeps in a row. On April 17, the Sharks suffered a loss against the St. Thomas University Bobcats with a final score of 7-3, ending the winning streak. The Sharks welcome the Tritons of Eckerd College next for a three-game series. The team hopes to continue the 14-game conference win streak.

OUT OF THE SHARKZONE

American woman becomes first to win the Boston Marathon in 33 years

American Desi Linden, two-time U.S. Olympian, won the 2018 Boston Marathon and became the first American woman to win the race since Lisa Larsen Weidenbach in 1985. According to USA Today, Linden ran the annual Boston Marathon that was held on April 16 and, after an unofficial time of 2:39:54, she finished first. Linden, who trains in Michigan, was fourth last year and second in 2011. Meanwhile, Sarah Sellers, a nurse anesthetist, surprised everyone when she placed second despite starting her training in September of last year. She finished with a time of 2:44:04 beating 194 women.

Manchester City wins English Premier League

Manchester City won the English Premier League title on Sunday, April 15 after their rival, Manchester United, failed to defeat West Bromwich Albion, according to CNN. The United team managed by Jose Mourinho needed to win against West Brom in order to keep the title race alive. However, the team had a surprising loss at home with a score of 1-0. Manchester City had already beaten Tottenham Hotspur 3-1 on Saturday. Soon after United's defeat on Sunday, the City's twitter account tweeted: "Our Time. Our City. Premier League Champions 17/18."

James Harrison to retire

James Harrison, longtime Steelers linebacker and five-time Pro Bowler, announced on Monday, April 16 that he is retiring from the NFL. According to USA Today, the 39-year-old linebacker posted pictures of his children on Instagram with the caption, "I've missed way too much for way too long... and I'm done," adding, "Many thanks to my family, coaches, the fans, and everyone who played a role in my football life." He will retire after 15 seasons in the NFL, with most of them with the Steelers. Harrison won two Super Bowls and earned five Pro Bowl nods. This is not the first time Harrison has announced his retirement; he announced that he was first leaving the NFL in 2014 after a one-year stint with the Cincinnati Bengals.

Linesman in Blue Jackets-Capitals game falls, dislocates kneecap

Linesman Steve Barton suffered an ugly spill during Sunday's Game 2 between Capitals and the Blue Jackets on April 15. According to CBS Sports, during Game 2, his leg turned all the wrong ways, taking him off the ice as the injury Barton had was serious. NHL Director of Officiating Steve Walkom said that Barton dislocated his kneecap and tore his quadriceps. He will need surgery; however, doctors have already told him that he can come back 100 percent.

For the complete version of this week's Out of the Sharkzone, visit nsucurrent.nova.edu.

ATHLETE OF THE WEEK: Lisette Villarreal

By: **Diego Galvez**
Sports Editor

Lisette Villarreal is a junior biology major from Steger, Ill. and she's a member of the women's rowing team. Villarreal claimed a second-place finish behind the University of Florida in the novice eight race at the FIRA Championships as a freshman. During her sophomore year, she was named to the SSC Spring Commissioner Honor Roll. She raced with Mikayla Switzer in doubles at the FIRA Championship, finishing third and fourth at the Knecht Cup.

How did you start rowing?

"I started rowing my freshman year when I came here in 2015 and I'd never done it before."

What made you interested in rowing?

"I was at my freshman orientation in the summer and the rowing team had a table during an exposition of all the clubs here at NSU and one of the players, a soon-to-be senior at the time, approached me and some other people I was with said that we should come to the tryouts to see how it goes. So, I went and stuck with it after that."

How's your relationship with your teammates?

"It's good. I get along with everybody, even though it's a big team I feel I have a pretty good relationship with everybody."

What is the most difficult thing about being a student-athlete?

"Sometimes just fitting in all the extra workouts and my work, especially since we race on the weekends. We are gone all those days, so I have to squish all my work in at one time. It's time management."

In your opinion, what is one of the most important things a sport teams just like your rowing team needs to have?

"For our sport in particular, I think is more self-discipline, especially when we are training on our own in the summer and the winter. It's a lot on you, even though it's a team sport, a lot of it depends on you putting in your own individual work and trying to push yourself. If you don't have that self-discipline, you are not going to get the progress that you need. ... So, the more disciplined you are, and the more everyone sees you putting in that work, that



PRINTED WITH PERMISSION FROM D. HENDRICKS
Lisette Villarreal's previous experience consisted of lacrosse, concert and marching band at Marian Catholic high school.

kind of pushes the team."

How do you think you have grown these past couple of years here at NSU?

"Well, physically, this is the best shape I've ever been in in my life. I never thought I would be able to do the things that I do. Especially

since it's a sport where we race, and it tends to be painful just getting to that point. I never thought I would be able to do that. Also, even though sometimes I struggle with managing my time, it has really helped me be a lot more disciplined and on-schedule in getting everything done in a timely manner. I've done sports in the past, but this is more unique because I feel like it has helped me develop my individual sport mindset as well as my team sport mindset because it has helped me with my communication skills with my other teammates. Even though we are not in a field talking to each other, there's still a lot of communication that is required, even out of the water."

What are your plans for your future?

"I would like to go to grad school. Where? I'm not sure yet, but I might take a gap year before grad school to be a physician's assistant."

Do you see yourself doing any other sport in particular?

"No, I know that once I'm done here I would like to focus more on weightlifting. But, after this, I'll probably row recreationally, but no more new sports after this."



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You don't need a summer internship or job

By: **Bianca Galan**
Contributing Writer

Summer is almost here and there are a lot of people who get an internship or job opportunity. There are others who don't get these chances either because they're not interested or because they can't find the right one. It is very easy to listen to people talk about their internship or job and feel a bit disappointed because you didn't get either of them. I am here to say that everything is okay. We are college students filled with work, papers and tests for months and summer is our moment to relax and do what we love or do absolutely nothing for three months.

Sometimes college comes with the burden of having to start getting jobs and growing up

suddenly, and using summer for these activities is part of this burden. Yet, it isn't obligatory. You're not a true success for getting such an opportunity or a failure for not getting one. Life is all about experiences and summer jobs or internships are just more experiences to add to the pack. Summer consists of three months of free time, and it's okay to enjoy and take advantage of it. Summer may be used for more than just earning money or gaining experience; you can use the time to find out who you are.

Sometimes after being so focused in class so many months, it is easy to lose sight of what we love and who we are. This is your time to

get it back. Stress takes charge of our lives sometimes and what better way to let it go and relax than to have a few months for yourself.

I would rather have internships or jobs during the semester than in the summer. Summer is my time to focus on myself, emotionally and physically; that's my time to focus on the gym, my family and friends and sometimes even traveling. But even if you don't live an active lifestyle, it is okay to decide that you would like to just sleep and watch a television series for all three months. As long as you get back on track when you begin taking classes again, you're good. If you're not interested in getting an

internship or a job, make a list of those things that you would love to do before you graduate and start doing them now. It could be a list of TV shows to watch, a list of activities like traveling, cooking, going to the gym more often or taking a painting class; anything that will help you relax for a few months. Yes, those who get internship and job opportunities might gain money or experience, but those who don't have these opportunities have the advantage of gaining other types of experiences, experiences that will last for a lifetime or may change their future.

Taking pictures of a casket

By: **Samantha Villarroel**
Contributing Writer

Funerals are one of the saddest events to attend. They sometimes come unexpectedly and are filled with different moods of reflection, loss and remembrances. Funerals and wakes bring family and friends together to reminisce about an individual's life. Perhaps to some it's unexplainable to describe the pain that they are feeling, but attending an open-casket funeral is something many will never forget. And many will never forget it if there's flash photography at the wake.

Everyone knows the intensity of social media and how powerful it can be, but there should be a limit to publicizing an open casket picture. In the instance of Emmett Till, a 14-year-old African American boy who was lynched by racist white men; a crime was committed. It was his mother's choice to have an open-casket so that the world could see the injuries and conditions of his body was making a Civil Rights statement. She wanted the publications

and photographs, but that's not the case for most funerals.

However, now a family member might pass away and the first thing you see at the wake is a sea of flashes coming from Androids and iPhones so they could publish their new Instagram post. Those moments are precious and deciding to take a picture at the moment could be highly inappropriate and offensive to the family.

Not every moment is a Kodak moment. Surely enough, you'd like to have last image of the person, but it's best to remember your loved ones while they were living. After the eulogy has been delivered, glance at everyone in the room and you'll see their emotions and realize there's a time and place for photographs. Attending a funeral is an unforgettable experience that will be engraved in your mind. Be mindful of the environment, be in the moment and put the phone down. Instagram can wait.

Why you should register to vote now and then actually do it in November

By: **Jenna Kopec**
Co-Editor-in-Chief

If you thought that you wouldn't have to vote again until the 2020 presidential election, please think again. The midterm elections — you know that other time where you can vote representatives into the government — are coming up in November.

I'm not sure if it's that most Americans forget or just don't care, but only around 40 percent of us vote in the midterm elections, according to fairvote.org. In the 2014 midterm elections, that percentage was actually estimated to be 35 percent.

Aside from being embarrassing for the U.S. as nation, the low voter turnout is also incredibly damaging. Voting is one of the easiest ways to make your voice heard in a democracy; that's kind of the whole point. By choosing not to register or choosing not to vote, you're giving up your say on who represents you and makes policies that impact you. That's the equivalent of giving up a say in what happens to you.

It's literally so easy to register to vote, too, even if you never go outside. If you go to vote.gov and enter your state, you'll receive step by step instructions on what to do. There are 37 states plus the District of Columbia that allow you to register to vote online. If the state that you would like to register for — assuming that it's not Florida — doesn't offer online registration,

you can often do so in the mail, too. There's really no excuse.

I know what you're thinking: "But November is so far away!" Actually, it's not. So register now. And once you do, start educating yourself on who's running in your district. Do so thoroughly. Look at their platform, sure, but also look at their history and ask questions. Are they known to support the same ideals that you do? If not, what have they done to prove they do now? Who donates money to their campaigns? What have they done to prove they can help bring the country together rather than keep us ripped apart?

It's a lot of work, but hey, that's the price of democracy. If you need a place to start, ballotpedia.org/United_States_Congress_elections_2018 can explain who's running in your district and even provide some context to the race — like how people in your area have voted in the past. You can use that as a springboard for further research.

Whether you're incredibly unhappy with the state and actions of the U.S. government or your over-the-moon ecstatic about them, don't waste the opportunity to do something about it. Voting in the midterm elections isn't just about choosing a name, it's about sharing your voice.



No one ever tells you about the real price of fake nails

By: **Skylyr Vanderveer**
Multimedia Manager

NSU students are opinionated about all kinds of things, from universal social issues to NSU-specific concerns. Sometimes, however, we Sharks just need to rant about the smaller things in life to let off some steam. In this column, The Current asks: water your thoughts?

I recently decided to treat myself to a full set of tips for formal. Now that the rush of dressing up is over, I find myself struggling with the simplest things. Having a piece of plastic glued to my nails makes everything a lot harder than it needs to be.

Typing has become extremely difficult. I keep getting my nails stuck in-between the keys at my work computer and it hurts a ton. I also can't text on my phone like I used to, since the nails are so much longer than normal.

Also, the loose change that falls out of my pocket is going to bring someone else good luck because picking it off the floor is a challenge. I can't remove the sticker off my new Starbucks cup, and don't even get me started on getting dressed in the morning, especially when I try and put my jeans. Opening cans of soda is a new form of torture. Then God forbid a nail breaks; it's so incredibly painful.

But, there are positives of having fake nails. They look incredible in pictures; the shine and sparkle catches the flash and looks stunning. It's also nice to have some length to my usually very short nails. Also, tapping the nails on certain surfaces makes a very satisfying sound. So in the end, while there are a lot of challenges with having fake nails, that probably won't stop me from booking my next nail appointment.



Seriously Kidding
A satire column.

University to make life more stressful in response to student stress

By: **Jenna Kopec**
Co-Editor-in-Chief

Another study conducted by the Why Are We Like This Foundation found that the average American — especially current and incoming college students — suffers significantly negative effects of high levels of stress. The University of Pretending To Get It will implement another graduation requirement that is not only non-essential to their students, but is a significant time commitment.

President of the University of Pretending to Get It, Hay Tess Yoo, said he isn't "exactly sure" what this curriculum requirement will entail but that it will probably be around 15 hours a week, which follows the trends of other universities across the nation implementing requirements like this.

"People, especially students, only have so much time. And since realistically there's no need to do this," said Yoo, "I want to make sure that it'll be a valuable learning experience."

Yoo theorized that by overloading students now, he can hopefully break the trend, like the one found by the foundation, of people feeling overwhelmed by their responsibilities.

"The trick is to break down the individual so

much that they no longer feel that overwhelming stress," said Yoo. "We have to find a way to numb the brain and emotions because clearly what we have done so far as a society isn't working."

Normen Mann, a sophomore at the university, said that word of this new mystery requirement "literally makes [him] want to die" and that the "incredibly vast and depressing amount of debt" he's collected over the past two years is the only reason he plans to return in the fall — he doesn't want to waste the money.

"It's like, I already go to school full-time, I've had an internship and have another one in the works, I work twice the amount experts say you're supposed to in school," explained Mann. "I know I could be doing more but ..."

Yoo said that he plans to inform students of what exactly the graduation requirement will be at a press conference held during an extremely inconvenient time over the summer.

"I'm thinking if it's not expensive, move-in week," he said. "But if it is expensive, I'll definitely tell them the day before classes begin."

What are you celebrating on Cinco de Mayo?

By: **Diego Galvez**
Sports Editor

We are all familiar with the famous Mexican holiday Cinco de Mayo. You probably know it for one of two reasons; either you know the historical context of the day or you know it for all the drinking associated with it and how many Americans seem to misrepresent Mexicans with their stereotypes. But, do Americans know what happened that day or why Mexicans celebrate it?

According to U.S. News, the real history of Cinco de Mayo weaves together as a result of two wars — the French intervention in Mexico (also referred to as The Maximilian Affair) and the American Civil War. On May 5, 1862, the Mexican army won an unlikely

battle against French troops led by Napoleon III during the battle of Puebla, which was one of the most important Spanish colonial cities in Mexico at the time. The then-Mexican president, Benito Juárez, decreed that there would be a celebration of the battle held each year on May 5 in remembrance. In the years that followed, Mexicans and Latinos who lived in the U.S. began celebrating Cinco de Mayo with parades and speeches of how this battle fits into the larger narrative of abolition. The celebration intensified when the wave of Mexican migration into the U.S. joined the celebration without really knowing about it. They used this celebration to

showcase the importance of their culture and to celebrate their Mexican ethnic identity.

Cinco de Mayo is, for Mexicans and Latinos, more than just the original intention of celebrating the victory of a battle. It's a way in which they can be represented and celebrated. Unfortunately, some Americans have also joined the celebration but have twisted it in a way that makes this day more of a celebration of alcohol. In a way, by doing this, they have reshaped the way this day is mostly celebrated; from parades and discussions of the importance of this battle, to a drinking day in which the misinterpretation and stereotyping of Mexicans and Latinos is the

norm. Such is the case of ABC's Lara Spencer, who wore a sombrero and adopted an accent on what she called "Cinco de Drinko" in 2014, according to CNN.

This is not the proper way it should be celebrated. There's nothing wrong with celebrating an important day by having a celebratory drink but those who are celebrating Cinco de Mayo should at least acknowledge the reason they are celebrating and know the true meaning behind this misinterpreted holiday.

Put up the flag, put down the backyard BBQ; it's Memorial Day

By: **Christina McLaughlin**
Opinions Editor

The U.S. prides itself on being a country of freedom for all, yet, when Memorial Day rolls around, we act like it's time to turn up the grill and open up the pool rather than remember those who lost their lives in the name of the freedom we possess. This holiday has become the "unofficial" beginning of the summer which we mark on our calendar as a time to gather for the first big party of the summer. However, that was never its intended purpose.

Here's a quick history lesson. At the end of the Civil War in the spring of 1865, so many American soldiers perished that there was a need to create national cemeteries to lay all of these servicemen to rest. According to History.com, on May 5, 1868, General John A. Logan

— leader of the Northern Civil War veterans — called for a nationwide day of remembrance on May 30. This day was meant to "decorate the graves of comrades who died in defense of their country during the late rebellion," as Logan put it. This day became a community get-together where towns and cities across the U.S. would spend the day decorating the graves and saying prayers. Decoration Day, as it was called, slowly transformed to the Memorial Day we know today.

In 1968, Congress decided that Memorial Day should be held on the last Monday in May and in 1971, it was declared a federal holiday. For years, this day stood for a community coming together to memorialize those they

lost during a time of struggle and those that defended their country for the rights they have now. These national cemeteries would be lined with flags, flowers and fireworks shows, but as the years have passed the focus has switched to the fireworks side of it.

These cemeteries are still lined with flags mainly through the work of private organizations and graveyard maintenance crews, so the essence might still be there but the people, not so much. The average American will be at a party, taking advantage of some retail sale or even just enjoying the day off. But, we need to remember those who gave us a chance for that special three-day weekend. Not all of us have a family member who fought in the civil war or in

the military in general, but that doesn't mean we can't honor them.

As Americans we have a strong pride of our country and under the circumstances of our political climate, it feels like we should stick together more than ever. What better way to do that then to honor those who gave us the freedoms we uphold so strongly in our constitution? You may not saying spend the day in solace and mourning, but why not raise a glass to those who fought for us to have the right to a backyard barbecue on a Monday? Or, at the very least, keep them in your thoughts as you enjoy this day of relaxation in the beginning of the long-awaited summer?



SHARK SPEAK



HOW DO YOU FEEL ABOUT NSU'S SUMMER COURSE OFFERINGS AND WHY?



"I personally don't really take summer classes because they are too expensive at NSU and I also live far away. It doesn't make sense for me to stay here over the summer when I can pay for the classes with my scholarship during the fall and winter semesters. If you need them, they are good to have, but they don't work out [for me]."

- **Jenna Fitzhenry**, sophomore communication sciences and disorders major



"I think there are plenty courses offered to help students during the summer. The only complaint would be is that it is a bit pricey ... but that's about it."

- **Tyler Schmitt**, freshman finance major



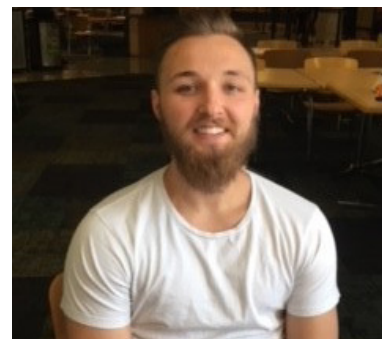
"There are not enough. They don't really offer anything other than certain biology classes. Just in general [they need more classes]. They need more teachers in general and it's worse in the summer."

- **Ashley Washington**, sophomore biology major



"I think they should be split into five and six-week courses because other [colleges] do that, and we should have the class meetings five days a week. That way you can get the most prerequisites in. I also feel like we should be able to have a break in between. Right now, if you do a summer course, you have no break."

- **Fianna Shafirovich**, freshman biology major



"I don't mind them, I've taken a lot of summer classes before. It's a good way to make sure you have taken any major or minor classes you need to take before you graduate. I declared a minor late, so it was a good way to finish that up and some classes are online so you don't have to be on campus to take them."

- **Adam Hillyard**, senior exercise and sports science major



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