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College of Psychology creates commemorative medallion to raise funds and build relations

By: Melissa Boneta

NSU's College of Psychology recently created a Class of 2017 Commemorative Medallion for the college's graduating students. Over 40 graduate and undergraduate students participated in the design process, according to the college.

The medallion was designed for students to have a keepsake post-graduation as a memory of NSU. Anyone can donate to receive the medallion, including current NSU students, parents and alumni. All proceeds go to student scholarship funds.

Carlos Perez, professor in the College of Psychology and one of the first to pick up the idea, said it was created as an alumni gift. Every time a student, future alumni or staff donates, it helps build a tradition of raising money for student scholarships.

“We’re trying to build a new tradition for raising student scholarships and building more opportunities for students in the future,” Perez said.

Perez explained his vision was to build alumni relations, and by offering an opportunity to be philanthropic toward the end of their time at NSU, the graduating students would feel more inclined to participate with the school after they graduate and remain as active alumni.

The College of Psychology took on this new tradition as a test run, seeing if the concept could be utilized in other colleges across campus. They are the first college within NSU to create this sort of medallion.

Karen Grosby, dean for the College of Psychology, said the college is looking forward to how the concept is received. Students gravitated toward the medallion idea for the fundraiser, and a lot of students were able to contribute to the production.

Grosby said, “You know how a good idea just bubbles up? We were talking about the graduating class and how they might be recognized at graduation with some recognition. The discussion started with the students. Carlos was the person that got out there, chatting with students, and it’s a great thing when students run with an idea.”

According to a release from the College of Psychology, a contest was held to pick the motto on the medallion. The winning submission came from Heidi Jameson, senior psychology major, who suggested “Semper Discentes,” or, “always learning.” Later, “et Adservientes,” translated ‘and serving,’ was added by Glenn Scheyd, Jr., associate professor and chair of the department of psychology and neuroscience.

Grosby said, “This is what I would call a pilot. We were willing to support it, get it off the ground, see how it goes and we’ll go from there… We always like to partner with different groups or offices on campus, and in this case, it was with Alumni Relations.”

For more information, students can contact Carlos Perez at perez@nova.edu. Students can look into the tax-deductible donations at nova.edu/givewow.
NEWS ANCHOR
Stay up to date with world events.

Segan Spicer mix up
Segan Spicer, the U.S. press secretary, commented the president of Syria to Hitler, according to The New York Times. Spicer said, “Hitler didn’t use chemical weapons on people.” Spicer realized his mistake only after a reporter asked him to clarify, considering Hitler did in fact use chemical weapons - gas chambers. Spicer’s statement was made on Passover.

United Airlines makes headlines again
United Airlines passenger David Dao, 69, was violently dragged off an overbooked flight after refusing to give up his seat, according to The Los Angeles Times. Per United’s policy, they have the right to give up someone’s seat. The incident occurred after United offered passengers compensation in exchange for giving up their seat, but no passengers volunteered. The airline then selected four passengers, three of whom left the plane without resistance. United Airlines CEO Oscar Munoz issued an apology to Dao, as well as all passengers on the flight. According to USA Today, Dao suffered a concussion, broken nose and lost two front teeth during the altercation.

Going back to Afghanistan
The U.S. decided to re-enter Afghanistan, dropping the country’s most powerful non-nuclear bomb on ISIS forces on April 13, according to CNN. The strike was planned for the Nangarhar province in Afghanistan. It targeted tunnels and caves where ISIS fighters were hiding. No civilians were harmed in the strike, which killed 94 ISIS fighters, according to an Afghan official.

Dodge makes a statement
The U.S.’s most powerful factory-stocked car hit the market on April 11, according to Detroit Free Press. The Dodge Demon debut was set in New York, City. The Demon is a split-off of the Hellcat, making Dodge make a statement. Dodge’s policy is to give up someone’s seat. The incident occurred after United offered passengers compensation in exchange for giving up their seat, but no passengers volunteered. The airline then selected four passengers, three of whom left the plane without resistance. United Airlines CEO Oscar Munoz issued an apology to Dao, as well as all passengers on the flight. According to USA Today, Dao suffered a concussion, broken nose and lost two front teeth during the altercation.

NSU prepares for Stroll-Off
Phi Beta Sigma Fraternity Inc. and Phi Sigma Sigma Sorority are set to host the 7th annual Sigma Stroll Off in the Rose and Alfred Miniaci Performing Arts Center on April 21 at 7 p.m. The Sigma Stroll Off is a campus-wide event that gives organizations the opportunity to step and stroll to help raise money for Autism Awareness.

Kelley Brosky, junior exercise and sports science major and president of Phi Sigma Sigma Sorority, said this year’s event will go to the Autism Society of Broward County.

“Stepping and strolling are associated with multicultural Greeks, but for this event all Greeks can participate.”

Brosky said, “Stepping, and particularly strolling, is specific to the multicultural fraternities and sororities, but they allow us to do it in different forms and ways so we can all participate.”

Phi Beta Sigma and Phi Sigma Sigma will be performing, as well as other organizations.

“This year, we have six teams competing, and we have the Sharkeitess and NSU’s Masai Dance team performing. We also formed a team this year, not to compete but just to perform. Phi Beta Sigma will be doing their parade at the Stroll Off as well,” Brosky said.

This year, there will be a winner for each Greek council, instead of a winner for fraternities and a winner for sororities. The point system will also change so that winners are based on performance rather than money raised.

Brosky said, “We are going to have council winners. We are going to combine the Interfraternity Council and Panhellenic Council and then have a United Greek Council winner. We are also trying to not just base the competition off money raised. Although the money is important, the real end goal of the money is to be seen who performed well on stage… So the money you raised will get maxed at a certain amount of points...”

Kelley Ragadale, junior nursing major and chairwoman for Sigma Stroll Off, said that VIP access starts at 5:30 p.m. for those who buy a $10 VIP ticket.

“We are selling VIP tickets and VIPs will get let into Miniaci early, where we will have food and beverages. There will also be access to early seating. At the same time, we are having a Stroll Off pre-event in Desantis starting at 5 p.m., for people who did not purchase a VIP ticket,” Ragadale said.

Both pre-event locations will hold raffles.

Jenna Herkalo, sophomore speech and pathology major and co-chairwoman for Sigma Stroll Off, said they want teams to go to the VIP section and the Desantis building to greet people.

“I think it’s exciting to see all of us come together and raise money for such an important cause. I’m most excited to see the stroll and to see the event be a success. I know the teams are working hard, so I’m excited to see what we came up with,” Herkalo said.

For more information about purchasing a VIP ticket or other questions pertaining to the event, contact Kelley Ragadale at kr1209@nova.edu.
Hello NSU,

As you flip through our last issue of the semester, we know what you’re thinking. What will you do on Tuesday mornings without the latest issue of The Current, hot off the press, to go with your coffee? Don’t fear – the paper will return in August, even though, since we are both seniors, we will not be returning as its editors-in-chief.

It has been an honor to write about you and for you.

Thank you for reading our stories. Thank you for agreeing to our interviews. Thank you for calling and emailing us – whether it was positive or negative feedback. It means a lot to know that even one person is reading. Thank you for being part of this growing campus that has given us so much to write about.

Keep swimming.

Sincerely,

Jacquie and Grace
Don’t toss fashion away with your graduation cap

By: Nicole Chavannes

Nicole is a junior English major with minors in Writing and Latin American and Caribbean Studies. She is the editor-in-chief of NSU’s literary magazine, “Digressions,” as well as copy editor at The Current and Writing Fellow at the CAHSS Writing Center. She hopes to pursue a career in publishing or editing.

Have you ever watched a medieval film or television show, looked at the intricate costumes and thought, “Man, wearing those looks like fun!” Maybe you haven’t; maybe you think that costumes look uncomfortable and difficult to move in, or that armor looks way too heavy to wear into battle.

I, however, have always been fascinated by the concept of costumes and traveling back in time, so to speak. I realized how much I enjoyed it two years ago when I first attended the Renaissance Festival in Quiet Waters Park. Quiet Waters Park holds the Ren-Fest every year, usually from early February to late March. After years of watching the Ren-Fest come and go, I finally made up my mind to attend. I wasn’t just going to show up, however. With graduation quickly approaching, graduation fashion might be on your mind. You may have already received your cap and gown and you might be thinking that your cap needs a little sprucing up. Bust out the glitter and pull out your glue gun, because you’re about to get crafty. If you are looking to decorate your cap, consider some of these options inspired by Pinterest.

Embrace your major and your involvements

When it comes time to walk across that stage and receive your diploma, you may want to highlight your major on your cap. For instance, if you are involved in print journalism, consider covering your cap with your printed stories and other embellishments like a border and a quote. If you love medical science, consider including a heart rate rhythm or a stethoscope. If you are passionate about finance, include painted dollar bills and a fun quote like “banking on this investment.”

The sky’s the limit with major-specific graduation caps, so have fun with it. In addition to major-specific décor, consider including a design from a club or organization that had a huge impact on your college career. This could be a sorority or fraternity, a leadership position, or even a royal court dressed in full ball gowns, voluptuous bar wenches in revealing corsets and armor, fairies with majestic fluttering wings, full garb. There were knights in clanging metal armor and leatherwork, worth hundreds – sometimes thousands – of dollars. The amount of craftsmanship in every booth was astounding. The food, as well, was a work of art. The giant turkey legs were both delicious and convenient to carry around while browsing. I got my first henna tattoo at the festival, to show my undying love for J.R.R. Tolkien, and took fun theme photos that made me feel truly medieval.

You can also take the time to appreciate your favorite study buddy: parents or your friends for their support during this chapter of your life. You can also take the time to appreciate your favorite study buddy: caffeine. For this option, feel free to choose your favorite coordinating colors and express your appreciation in your own handwriting. Embellish your cap with flowers, patterns, appliques or glitter.

Showcase your passion

Maybe you really love art, music or traveling. Just because you didn’t earn a degree in international studies or art doesn’t mean you can’t showcase your passion for those things. For travel-lovers, a printed map with specific spots marked may serve as inspiration. For those who love photography, paste some of your favorite photos and memories from your collegiate career on your cap. If you want to include something to showcase your love of music, consider adding music notes and the lyrics to your favorite song. There is no limit to incorporating your creativity and passions.

A nod to your next step

Are you headed off to grad school or starting with your dream job? If so, announce that to the arena. Whether you are headed off to med school or seeing what life holds for you, your cap should reflect how excited you are for the next step. While tons of ideas can be found on Pinterest, some of the most popular are handwritten “in the journey begin” or “on to my next adventure.”

Get creative, use your own style, and show off your major pride on graduation day! Remember to bring a camera to capture the moment! Use your creativity and showcase your love of your major on graduation day.
As finals claw their way closer and closer, you may feel yourself starting to sweat. While many may be stressed about failing, others may be stressed about how to pass. Many may experience stress without even realizing it. Stress can have negative effects on your life, such as anxiety, depression, and other physical ailments. Some people may feel they cannot handle stress, while others may feel they can handle it. But stress cannot be avoided, it is a part of life. Stress can be managed, but it cannot be avoided. The key is to learn how to manage stress.

There are many ways to manage stress. One way is to take a break from your busy schedule. Take time to do something that you enjoy. This can be anything from going for a walk, to watching a movie, to spending time with friends. Another way to manage stress is to take care of your body. Eat a healthy diet, get enough sleep, and exercise regularly. These are all important ways to manage stress.

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Summer - the only time of year when we have three months off. Many people decide to be productive with this time by taking an internship or a job or even some summer classes. Others decide to take this time to go home and enjoy it; however, you might feel unproductive if you’re just watching television while you’re studying. Because finals week can typically feature a lot of late night studying and, if you’re not careful, meal skipping, it might be best to plan for and gather snacks ahead of time. Nuts, pretzels and granola are healthier and filling options that you can stock up on ahead of time. The weekend before the big test is a good opportunity to consider going to the store to buy some of your preferred fruits and veggies. Buying pre-cut produce and produce that you can eat on the go can help guarantee that you won’t sell out on sugar during finals week.

Pick up a new hobby
There are many activities to make your summer fun. One of them could even become a new hobby. It could be reading, running, painting, a new sport, origami or dancing. Look for something that’s a reminder that it’s okay to feel stressed from the pressure that can sometimes bring. It’s also okay to talk about this stress with friends, family or counselors at Henderson Student Counseling Centers, whose 24/7 hotline is 954-424-6911.

Coffeeine and a few substitutes
Seattle’s Best Coffee can definitely be considered an ally during this time of year, but you don’t have to depend on coffee alone. Before finals week, consider stocking up on some alternatives to coffee, like green tea and lemon water, that can give you an energy boost when you feel tired. Lemon water is also great for rehydrating and keeping your skin hydrated, thanks to the antioxidants in the lemon. Water is universally accessible on campus, so all you’ll need is a mug and your preferred tea bag. While lemon water and green tea also provide some dietary benefits, lemon water is especially beneficial because it keeps your skin hydrated, which is important for healthy skin.

Top off your list of the things that you wish to do and make sure you complete these tasks. Go to concert, to the park, to the zoo, skydiving, to the beach or watch a sunrise. There are a ton of activities to do over summer. Summers are made of memories. Don’t let this one slip away doing the same thing you do every year for the three months. Take this time to do ambitious or just simply enjoyable things and make some great memories.

Summer is our only vacation where we have three months off, so we might as well enjoy ourselves to the fullest. In the words of Abraham Lincoln, “In the end, it’s not the years that count. It’s the life in your years.” That’s how you should spend your summer, and the time you have to spend your summer.

Sending the summer at home

Summer is almost here and that means it’s time to take a break from your busy schedule... unless you have summer classes. Taking classes may not be how students want to spend their summer, but sometimes they are a necessity.

Check out some tips below for surviving summer classes.

Make your planner your best friend
Summer courses move much quicker than regular semester courses, so be sure to plan out all of your assignments and tests in a calendar. If you have your entire summer semester of classes planned out with the days each assignment is due, you are less likely to forget about a deadline and miss turning in the assignment. Take the time to plan out your summer and you will save you a headache later.

Don’t be afraid to ask questions
Professors may have different expectations for summer classes than they do for regular semester work, so if you have a question about the syllabus or about the course work, do hesitate to ask the professor. Most of the time your question will also help other students in the course as well. Professors also appreciate that you took the time to clarify your confusion and participate in the learning process by asking questions.

Take some time for yourself
Just because you’re not on a real break doesn’t mean you can’t take some time to take care of yourself. If you are craving a day at the mall or if your best friend wants to have a beach day every now and then, do it without guilt. Your schoolwork is important, but you are important, too. Don’t look at summer school as a detention, but more of an opportunity to have fun and get some of your course load behind you. Know your limits and take breaks when needed.

Find new places to study
Sunny summer days are great, so don’t spend all of them inside. Take your homework with you and find an outdoor area. It’s the best time to study when the line at Starbucks is inconveniently long. Maybe the sea is calling your name, or if you are not so fond of the beach, consider going to a park to get some fresh air. Bring your assignments with you and make the most out of the beautiful sunny days ahead.

Utilize the buddy system
Studying is more fun with your best friend. If your friends are taking the same course as you, try to plan to times to get together and study before exams. Not only will this help you with your schoolwork but you also get to have some fun. But you will also have the opportunity to have fun and get some of your course load behind you. Know your limits and take breaks when needed.

Avoid procrastinating
While procrastination is not always what you want to do doing every day, avoid procrastinating on homework and projects. The summer semester is much shorter and the due dates can creep up on you, so try to stay ahead of schedule with your work. You never know when you may be invited to a spur-of-the-moment weekend trip or a beach day, so finish your schoolwork for the week early so you’re still able to enjoy the summer.
Finding Fitness more than just about scoping out the latest fitness trends; it’s about finding exciting new ways to focus on the most important subject of any story: you. From extreme sports to strange and, sometimes, the most important subject of any story: you. From finding exciting new ways to focus on the majority of classes at SkyZone Fort Lauderdale, said he often comes to SkyZone to jump on his days off.

“When it’s a workout, people tend not to do it,” Johnson explained. “When you say to somebody, ‘Oh yeah, let’s go to that trampoline park,’” they don’t realize that they’re going to be there for a workout, because when you think of a trampoline you don’t think, ‘Oh, I have to do this trampoline exercise/workout routine.’ You think…. ‘I remember when I was a kid, I used to do this.’”

What should I expect at a SkyFit class?

Johnson said that he usually starts out by asking participants how long it’s been since they’ve used a trampoline and has participants who haven’t used a trampoline in a while get comfortable on it first.

“Get used to the trampoline, so you don’t lose control and get completely out of breath,” he said.

After everyone’s comfortable, the class stretches, then spends the first 15 minutes running in place and jumping back and forth and side to side in 30-second intervals. They move to what Johnson calls “rouncing,” or running around on a specific course for 15 minutes. The class starts floor exercises next, working through planks, scissor kicks, Russian twists and other exercises on the trampoline, often incorporating medicine balls. They also do what Johnson calls a “Sky-Zone burpee,” or a jumping jack followed by a push up followed by “digging,” or squatting, while pushing your feet into the trampoline for five seconds. The last 15 minutes of the class is a cool-down, with toe taps and jumping jacks. Johnson’s classes take water breaks at 15-minute intervals.

“A lot of people don’t understand that you [can] burn 1,000 calories in one hour,” he said. “This is a serious workout.”

While many of the workouts are created by SkyZone, instructors will vary according to the class and to their own personal preferences. Classes are 60 minutes long.

What are the health benefits and risks?

SkyFit workouts are easier on the joints because the trampoline absorbs the shocks your body would experience on a treadmill, according to Houston. Houston also said that the workout increases your metabolism by allowing your body to absorb nutrients more efficiently and increasing blood flow, and also improves coordination. He explained that it’s especially beneficial for those with diabetes.

As for health risks, Johnson and Houston said they usually ask before class if participants have any health issues and modify the workout accordingly.

“Basically, if you can walk, you can jump,” said Johnson.

How should I prepare to take a SkyFit class?

Participants should wear workout clothing and bring a hand towel and water bottle. SkyZone provides special socks with grips to prevent people from slipping on the trampolines. Classes are open to all ages.

Where can I try SkyFit?

SkyZone Fort Lauderdale 1834 SW 2nd Street Pompano Beach, FL 33069
Phone: 954-417-3999
Schedule: Tuesdays and Thursdays from 7-8 p.m. and Saturdays from 10-11 a.m.
Astrophict of the Week:
Maria Bardeeva

Mom used to play and I did not have any choice because she told me I had to join some team. I was very uncoordinated and at first did not like it and quit for a little bit when I was seven. Even when I was eight I decided to give it another try and I fell in love with it, because we were all learning how to shoot and were learning to play. It was awesome.

What pro athletes do you like to watch and model?
“I love Rafael Nadal, a tennis player, and I use him as a motivation because of the way he hustles and plays every ball. I also love LeBron James. I love watching highlights of him because he is one of the greatest basketball players of all time.”

How did you get started in basketball?
“My mom used to play and I did not have any choice because she told me I had to join some team. I was very uncoordinated and at first did not like it and quit for a little bit when I was seven. Even when I was eight I decided to give it another try and I fell in love with it, because we were all learning how to shoot and were learning to play. It was awesome.”

What do you think of the NBA season this year?
“Don’t fight till the end no matter what’s at stake. The NBA needs to do something about excessively resting their teams and for the playoffs and none of the games were competitive. The Bulls, Pacers and Heat were battling for the last two spots and Hawks affected the playoff picture because the order to get a better draft pick. The Nets, Wizards and the Brooklyn Nets decided to rest their players. For the Hawks and Wizards it was because they were locked into the seed in the playoffs for the playoffs. It’s destroying the game I love to watch.”

By:
Trent Strafaci

Bardeeva is a freshman on the women’s basketball team majoring in international studies with a minor in Spanish and finance. She is from Moscow, Russia. As a freshman, Bardeeva appeared in 27 games, averaged 7.8 points per game, and had a career high 30 points against Barry and was also named Sunshine State Conference Freshman of the Year. As a high school senior she helped guide her team at Northwood Temple Academy in Fayetteville, North Carolina to a State Championship. Before she came to the U.S. she was a two-time participant of a national championship team in Russia in 2012-2013 and 2013-2014. Bardeeva also took part in the Under-16 European Championship in 2013.

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Cultivating Earth Day

According to earthday.org, "Earth Day marks the anniversary of the birth of the modern environmental movement in 1970. Earth Day is Saturday, April 22. Here are a few things you can do to appreciate and show some love for Mother Earth.

Become one with nature

Make some time to go on a nature adventure. Broward County offers various opportunities and spots that provide beautiful scenery and native animals. Getting out in the great outdoors with some friends or family members can bring a day of fun and relaxation. Those interested in learning about nature can check out various educational nature centers in the area. Nature centers do a great job of providing insight on different plants, animals and much more. Just remember to always clean up and respect the environment wherever you go.

Plant a tree

Trees help us breathe easily by removing absorb carbon monoxide to produce oxygen. Planting a tree can immediately help against the fight of global warming by lowering temperatures in the urban heat island and decrease greenhouse gasses. It can also result in long-lasting effects of providing a habitat and food for animals and insects, as well as offer them shade on a sunny day. If a tree is in poor health, it's important to plant, consider planting some smaller foliage or some form of greenery.

Develop a green thumb

Organic or all-natural foods have become a popular trend. Just take a look at all the Whole Foods and Trader Joe's around the area. The beauty with gardens is that they can range from all types and sizes. A tin can, Mason jar, tire or even a plastic bottle can sustain plant life. Not only can a garden produce fresh groceries, but it can also bring a sense of improved responsibility, patience and appreciation of hard work.

Consider making your living quarters more eco-friendly

One person can make a difference when it comes to creating a better environment. Consider looking into different options that could help make a dorm room or living quarters more eco-friendly. This could mean switching to more-energy efficient light bulbs, turning off that light when you're not in the room, adding some greenery, buying those long-thought-provoking shower or recycling your trash into decorative dorm decor.

Reduce, reuse and recycle

One man's trash is another man's treasure. Think twice before throwing something that can be used for a DIY project. Plastic containers could be made into plant holders, pencil containers, decorative lamps or decorative display cases. Sites like Pinterest and Boredpenda offers different projects to get those creative juices flowing.

Contact your local representative

Currently, there are many changes going on with the Environmental Protection Agency, with budget cuts and political figures in office who do not consider global warming or climate change to be real, who knows what is going to happen to our environment. By contacting a local representative or becoming involved with actions on a more eco-friendly policies, you can help make a difference against global warming.

Live everyday like it’s Earth Day

The celebration does not end when the day is done. Protecting and respecting our environment should not be something we only do once a year. The purpose of Earth Day is to bring awareness to things that we should be doing year round. If we love and respect our environment now, and we future generations will be able to appreciate its beauty for years to come.

South Florida summer

Are you planning to stay in South Florida for the summer and need things to do? You’re in luck! South Florida offers a variety of entertainment and fun summer activities. From countless concerts, theater performances, festivals and more, South Florida is thriving with fun things to do and ways to create amazing memories with friends and family. Just be sure to keep cool during the following activities.

South Florida concerts

Kick off your summer with the sound of a voice like no other. The weekend is coming to the BB&T Center in Sunrise on May 11 to sing hits from his new album, “Starlight.” Tickets can be found online on the Live Nation and Ticketmaster websites. Another band coming soon is Train, along with O.A.R. and Natasha Bedingfield, in the tickets can be found online on the Live Nation and Ticketmaster websites, as well as at the NSU PVA box office. Kick up your heels and come get your country on at this fun concert.

The Weekend

BB&T Center
May 11 | 7:30 p.m.
Train, O.A.R. and Natasha Bedingfield
Perfect Vodka Amphitheater
May 27 | 7 p.m.
Lady Antebellum, Kelsea Ballerini and Brett Young, will be bringing the party to South Florida on May 29. Tickets are on sale on the Live Nation and Ticketmaster websites, as well as at the NSU PVA box office. Kick up your heels and come get your country on at this fun concert.

Outdoor activities and events

Do you love to kayak or stargaze? Escape the loud hustle and bustle of Fort Lauderdale with the BG Whiskey Creek Hideout for an amazing experience of a full moon kayak tour. Venture through the creek with friends, family and glow sticks for a peaceful ride through the Mangrove paddle trails. You can paddle under the moon on a paddleboard or tandem kayak. The tours are about two and a half hours long with 30 minutes to get settled in and settled to before it begins, so plan the evening accordingly. The BG Whiskey Creek Hideout is located within Von D. Mizell and Fauja Johnson Park. Visit eventbrite.com for more information.

If you are interested in art and food, then the Flagler Arts Technology (FAT) Village ArtWalk is a fun thing to do on a starry, summer night. The ArtWalk is a monthly celebration of art and artists, accompanied by food trucks and other performances. ArtWalks are held on the last Saturday of each month and attract thousands of people from all age ranges. The walk’s main location is on NW 1st Avenue and NW 5th Street in Fort Lauderdale. For more information, contact info@fatvillage.com or visit the ArtWalk online at page-fatvillage.com.

South Florida summer

Another fun place to go on a rainy day is Xtreme Action Park. Xtreme Action Park offers a variety of fun and thrilling activities, including bowling, go-kart racing, bazoika blast, an arcade room, a trampline park, roller skating, a rope course and much more. Grab a group of friends and head out to eat, play and win at Xtreme. There are endless activities to do for a family or group of friends, and all are at affordable prices. Visit xtremeactionpark.com for more details.

For more information, contact info@fatvillage.com or visit the ArtWalk online at page-fatvillage.com.

Celebrate Earth Day

By: Monique Cole

According to earthday.org, “Earth Day marks the anniversary of the birth of the modern environmental movement in 1970. Earth Day is Saturday, April 22. Here are a few things you can do to appreciate and show some love for Mother Earth.

Become one with nature

Make some time to go on a nature adventure. Broward County offers various opportunities and spots that provide beautiful scenery and native animals. Getting out in the great outdoors with some friends or family members can bring a day of fun and relaxation. Those interested in learning about nature can check out various educational nature centers in the area. Nature centers do a great job of providing insight on different plants, animals and much more. Just remember to always clean up and respect the environment wherever you go.

Plant a tree

Trees help us breathe easily by removing absorb carbon monoxide to produce oxygen. Planting a tree can immediately help against the fight of global warming by lowering temperatures in the urban heat island and decrease greenhouse gasses. It can also result in long-lasting effects of providing a habitat and food for animals and insects, as well as offer them shade on a sunny day. If a tree is in poor health, it's important to plant, consider planting some smaller foliage or some form of greenery.

Develop a green thumb

Organic or all-natural foods have become a popular trend. Just take a look at all the Whole Foods and Trader Joe’s around the area. The beauty with gardens is that they can range from all types and sizes. A tin can, Mason jar, tire or even a plastic bottle can sustain plant life. Not only can a garden produce fresh groceries, but it can also bring a sense of improved responsibility, patience and appreciation of hard work.

Consider making your living quarters more eco-friendly

One person can make a difference when it comes to creating a better environment. Consider looking into different options that could help make a dorm room or living quarters more eco-friendly. This could mean switching to more-energy efficient light bulbs, turning off that light when you’re not in the room, adding some greenery, buying those long-thought-provoking shower or recycling your trash into decorative dorm decor.

Reduce, reuse and recycle

One man’s trash is another man’s treasure. Think twice before throwing something that can be used for a DIY project. Plastic containers could be made into plant holders, pencil containers, decorative lamps or decorative display cases. Sites like Pinterest and Boredpenda offers different projects to get those creative juices flowing.

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Comfort food for your soul

By: Adit Selvaraj

Finales week is a drag, but your dining choices don’t have to be. Enjoy some real comfort food for your soul by checking out some of these great spots.

BJ’s Restaurant and Brewhouse | $$
Located in Pembroke Pines, BJ’s serves delectable pub fare and excellent deep-dish pizzas. Specific menu highlights include the Brewhouse Blinde Fish and Chips, which is hand-battered in their very own Brewhouse Blinde beer and the most delicious wedge fries you’ll ever eat. Not in the mood for beer? In addition to handcrafted beers, BJ’s makes their own non-alcoholic draft sodas which come in flavors such as orange cream and black cherry. The main draw is the famous Pizookie dessert, which is a warm, moist cookie topped with a scoop of ice cream. Pizookie flavors include chocolate chip, white chocolate macadamia and the unusual, but very delicious, monkey bread variety.

12100 Pines Blvd, Suite C-1
Pembroke Pines, FL 33026
954-430-3454

Mojo Donuts | $
You ‘donut’ want to miss these delectable treats. Mojo serves gourmet donuts in a dizzying variety of delicious flavors such as crave bluere, Otro Sperdevagon, mango cheesecakes, sah Tah caramel and Fruity Pebbles. Be sure to utilize their Oreo Speedwagon, mango cheesecake, salted caramel and black cherry. The main draw is the famous Pizookie dessert, which is a warm, moist cookie topped with a scoop of ice cream. Pizookie flavors include chocolate chip, white chocolate macadamia and the unusual, but very delicious, monkey bread variety.

9706 Pines Blvd
Pembroke Pines, FL 33324
954-983-6631

Kristof’s Cafe | $$
Kristof’s Cafe is a great place if you want to enjoy a hearty breakfast. Menu highlights include strawberry-stuffed French toast, cinnamon challah French toast, and the often talked about biscuits and gravy. Kristof’s also serves a variety of soups, sandwiches and wraps along with numerous other items including gadgets and a variety of drinks. Popular items include the breakfast burritos, which are available all day, and the avocado toast. The cafe also has a variety of desserts, including a daily special and a selection of cakes and pies. The cafe is open daily from 6:00 am to 2:00 pm.

12100 Pines Blvd, Suite C-1
Pembroke Pines, FL 33026
954-430-3454

Potaporia | $
This casual dining eatery is a new concept that serves various types of potatoes and fries which you can top with various proteins, toppings and cheeses. Selections include the Cajun spicy fries, sweet potato crinkle fries and tater tots. They also offer more traditional potato toppings like mashed potatoes and baked potatoes as a base for your customized creation. Potaporia also offers a student discount when you show your SharkCard.

11210 SW 84th St
Davie, FL 33328
954-475-8877

Flashback Diner | $$
Flashback Diner offers eclectic and delicious comfort food such as chicken pot pie, beef stew and fried chicken, as well as Mediterranean choices like Greek moussaka and spanakopita. Some desserts include lush milkshakes and delicious cakes and pies. Dine on the outdoor patio and enjoy karaoke on Fridays and Saturdays. Flashback Diner is open 24 hours and offers free Wi-Fi.

4125 Davie Road
Davie, FL 33314
954-321-3400

Compelling and sensitive: “13 Reasons Why” review

By: Melanie Chapilliquen

Thirteen reasons, 13 episodes. In the last few weeks there has been much conversation about Netflix’s new series “13 Reasons Why” and the negative reactions it has generated. The series has sparked a great deal of debate and controversy, with some criticizing its portrayal of suicide and its potential impact on vulnerable viewers. Others have praised the series for its honest and candid depiction of difficult social issues.

Nicole Chavannes, copy editor, said: “I am planning on going on a graduation trip with my family to California to play golf at Cypress Point, Pebble Beach and Spyglass. I also plan on caddying for my brother in some of his big golf tournaments and writing articles about the tournaments.”

“13 Reasons Why” review

Staff Picks: Summer plans

By: The Current Staff

Summer is so close we can almost taste it. Check out our staff’s summer plans below.

Melissa Boneta, news editor, said: “I plan to work all summer to replenish my fund for my senior year here at NSU. Hopefully I can get out of the house, go to the beach and spend some nights on the town. I also have to do adult-like things like find a new place to live and apply for internships in my field. I need to take better care of myself and set up a successful life plan so I have minimal stress next school year. So, the plan for the summer is to relax and replenish before I enter my final year of undergrad “heart eyes emoji.”

Grace Ducanis, co-editor-in-chief, said: “For the first part of the summer, I’m going to enjoy spending time with my family and friends and continue to freelance and intern. Then it’s off to Lausanne, Switzerland at the beginning of August. From Lausanne, I hope to visit Italy and other countries in Europe. I’ve never been off the continent, so I’m beyond excited to get beyond the Atlantic. Aufwiedersehen, ciao and adieu.”

Jacqueline Lytle, co-editor-in-chief, said: “This summer, I’ll be staying in Fort Lauderdale to begin my master’s in composition, rhetoric and digital media at NSU. While my summer plans will mainly consist of studying and working — as that’s not fun enough — I also plan on spending some time in Pennsylvania with family and friends and traveling to a couple places in or out of the U.S., per my bank account’s approval.”

Danielle Pucillo, multimedia manager, said: “I’m going to take advantage of my light schedule this summer in order to pursue my passion for photography and art. I’d like to travel and set up a small office as well. I’m hoping to go kayaking, and go on a road trip heading north towards upstate New York. I’m also going to be working on creating classes for the Multimedia Camp hosted by Student Media.”

Brianna Walker, news intern, said: “I plan on looking for a job after graduating and focus on living life to the fullest. At this point in my life the sky’s the limit.”

Jeweliana Register, arts and entertainment editor, said: “I plan on going back home for the summer and immersing locally. I also hope to find a few freelance opportunities to help me save up for my senior year here at NSU. I want to be able to travel as well and also spend time with friends and family back home.”

Carl Lutz, chief of visual design, said: “I don’t really have that many plans for this summer, but I know I will for sure be spending most of it making lots and lots of art for my portfolio, and hopefully even making some extra money by selling my art online. I’ll mostly be staying inside to hide my pale self from the bright, scaring sun so that I don’t turn into a terrifying lobster girl.”

Trenton Scafari, sports intern, said: “I am planning on going on a graduation trip with my family to California to play golf at Cypress Point, Pebble Beach and Spyglass. I also plan on caddying for my brother in some of his big golf tournaments and writing articles about the tournaments.”

Nicole Chavannes, copy editor, said: “This summer will be an exciting one for my family, as both my brother and my cousin are getting married – two separate weddings, in case that wasn’t obvious – and I will be a bridesmaid for my future sister-in-law. So, I’m getting ready to go on a weekend trip to the Keys for her bachelorette weekend, as well as saving up all the money I can so I can spend it all on fancy dresses, bridesmaid gifts and gifts. I’m just hoping my bank account holds up.”

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A new mascot is ready to increase school spirit

By: Gabrielle Thompson

It’s no secret that school spirit is lacking at NSU. In hopes to increase student excitement regarding sports and overall campus life, NSU has decided to adopt a new mascot – or 15. Our new mascots, the furry cats found around campus, are certain to be a great addition, according to President Hanbury.

“We polled the university, and changing our mascot from a shark to a cat was an almost unanimous decision,” Hanbury said.

With their friendly faces and overwhelming presence on campus, the cats will always be around to remind you of your Shark pride, or Cat presence on campus, the cats will be a constant reminder how great it is to be a student of NSU. Whether taking a trip to the UC, walking to class or eating in the Flight Deck backyard, the cats will be around.

Not many — if any — colleges can claim to have living animals as their mascots. Aside from the jealousy that will ensue, the cats will be an advantageous addition to the NSU sports teams’ home games, causing greater attendance, support and potential distractions, according to Clara Smith, a junior volleyball player.

“Having the cats at our games will help us get motivated. They will surely attract a bigger crowd to support and cheer us on, and I hope they distract the other teams,” said Smith.

Our new mascots are sure to better work and go home; not worry about any bits of schoolwork or have to show up to class. A break doesn’t hurt and neither does never being dead set on getting a job after graduation. Moving on to complete a masters or doctorate degree is the only option left for a post-graduation battle is my fried brain from being in school all the time. I need a mental break to just get motivated. They will surely attract a bigger crowd to support and cheer us on, and I hope they distract the other teams,” said Smith.

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Why is grad school a mandatory option?

By: Melissa Boneta

Why do professors feel the need to push the idea of graduate school onto students? As the academic year comes to a close, it seems the question of whether or not seniors will be continuing their education is on the rise. As if moving on to complete a masters or doctorate is the only option left for a post-graduation plan. Being a junior English major, I’ve given more than enough thought to my life plans after 1 graduate, and you know what? I’ve been dead set on getting a job after graduation because I feel that is the best option for me.

I want to get more career experience, not another degree.

When success in your proposed career doesn’t depend on a masters or doctorate degree, it’s common not to consider continuing school. After all, we’ve been reading books, writing papers and passing exams for the past four years. However, that doesn’t mean I won’t go to work or go back to school after some time in my desired field. I’ve always appreciated school, and I want to obtain my doctorate degree, just not immediately after my four years of undergraduate education. I would like to reach the university level one day, so I know I need to further my education eventually. I just want to pursue a career in editing and publishing before I go on to collegiate teaching. To some, continuing on is a no-brainer; however, to others, getting out into the real world and experiencing the workforce will set them up for more success.

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As the winter semester ends, we are presented with a difficult decision. Do we continue on a never-ending path of knowledge during the summer or enjoy some time off? Do we wish to succumb to our ideals or take time for ourselves? In my mind, summer is a season that is synonymous with vacation. I grew up in the U.S. public education system, where when May comes around, students rejoice knowing that for the next three months there will be no expectations or deadlines related to mathematics or Shakespeare.

I see it as a tradition at this point and suggest others take their summers off as well. Summer is an exceptional time for leading a healthier lifestyle, whether it be through sleeping long nights or having the time to focus on a hobby. Binge-watch series you keep saying you’ll finish or start painting with Bob Ross. That dream career won’t change drastically just because you spent a few weeks focusing on your own happiness.

Although taking some time for yourself may seem like a waste at first, mental health is extremely important and should be prioritized whenever possible. The stresses of taking multiple classes cannot be understated—further education is a brain drain, as much as we might get used to it. Some people function better with a schedule, and more power to them if so, but I’d imagine many students find themselves thinking, “Will this hardship and suffering ever end?” In order to stay driven in school, it’s important to recharge yourself academically so that you can head into the next semester with full motivation. It’s common to feel energy start to deplete near the end of a semester, and you don’t want to start the next one already lacking it.

Of course, a lot of students still have jobs, so not all responsibilities are out the window like in grade school. Working during a summer with no classes can essentially be seen as a preview to the world after college, a world where the only hours you need to spend being productive are the hours that you’re at work. The rest can be distributed among your hobbies, exercise or some well-deserved rest and relaxation. Go back to feeling like a kid and sleep in this May instead of toiling day and night for a version of you that’s just not around yet. When the fall semester comes, you’ll be rejuvenated and refreshed.

If you think it, challenge and then back it

By: Jenna Kopec

To be frank, I don’t care what political party you align with, I don’t care how you voted and I don’t care if you’re posting about it online. I care whether you know why.

As juvenile as it may sound, my stereotypically extensive time on the internet has proven to me that formulating opinions while only having part of the story is a multi-generational problem, particularly when it comes to the areas of politics. I know that the concept of gravitating toward news sources that cater to your own preconceived notions and biases isn’t new. But lately my Twitter and Facebook feeds seem riddled with angry posts that oversimplify very complex issues. Whether it’s angry Tomi Lahren throwbacks accusing the largest protests in history of being too tepid or an article “proving” the driving force behind Trump’s win was racism, polarizing posts that need to be fact checked are everywhere.

Tumble posts are not reliable sources. Fox News is not fair and balanced. Odyssey articles with the best zingers don’t automatically speak from fact. Just because you want something to be true or untrue does not make it so. Hot topics like socioeconomic inequality, gun violence, immigration laws, the Syrian civil war and abortion are deep-rooted with long histories that can’t be summed up by one biased article from www.iamrightandyouarewrong.com. If these issues matter to you, they should matter enough to research them further. Why do some people believe that stronger gun laws won’t solve the increasing problem of gun violence in the U.S.? What, if any, evidence is there that it couldn’t? You can only reference the facts that you’re given and the way you choose to obtain these facts drastically impacts that repertoire.

If you enjoy MSNBC or Fox News, sources known to lean left and right respectively, continue to watch their programming. Realize, however, that they both cater to an audience with specific biases. To start bridging the seemingly ever-growing political divide in this country, we must take the time as citizens to responsibly form and challenge our opinions. Listen to the other side, and not for the sole purpose of a rebuttal. Feel passionate about political discussions is natural, but closing yourself off to validating information won’t solve anything. If you’re angry, be angry, but know all the reasons why you are and why someone else might not be.

We all need a little help

By: Jewelliana Register

For some reason, there seems to be a stereotype surrounding therapy and counseling services. It seems like people are not only afraid to tell anyone that they receive counseling services, but they are also afraid to go in the first place. Therapy is often painted in an unflattering light. Society seems to think that since you are receiving help, you must be crazy or weak. In reality, attending therapy shows that you are strong enough to admit that you need some guidance. There is nothing to be ashamed of. We all need a little help sometimes.

The idea that only insane people go to therapy started many, many years ago, but in reality that is not the case. There are many different types of therapies like mental health counseling, grief counseling, couples counseling and the list goes on and on. Life throws us curveballs sometimes. We never plan on losing someone we love or dealing with a mental illness like depression. The thing is, when you attend a counseling session, you can feel less alone. It’s nice to be able to talk to someone who is completely unbiased in the situation and looking out for your best interest as well.

Another misconception surrounding therapy is that getting help means you are weak. We all have weaknesses, but it takes someone truly strong to realize their own weaknesses and try to change them for the better. Instead of looking at talking to a counselor as giving in to your weaknesses, look at it as a way to better yourself. In the long run, you will be happy that you received help when you needed it.

Some people also believe that going to therapy is like giving away control of their life. People do not want to go and have someone tell them what to do, but therapists are not meant to force their opinions and tactics on their client, they are there to listen and offer advice. Going to therapy does not mean that you are giving away your freedom to make decisions, it just means you will be given advice from an unbiased party that you can choose to use or ignore.

Therapy is not a waste of time or a sign of weakness. We all need some guidance every now and then in one area of life or another. Life can be hard, and you shouldn’t have to go through it alone. There is nothing to be ashamed of.

For more information on counseling services offered by NSU, visit hendersohn.edu/studentcounseling.
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Learn from the Pros

Sponsorship Branding and Entertainment
Wednesday, April 19 | Noon–1:30 p.m.
Carl DeSantis Building, Knight Auditorium
Join NFL executives to learn about sports branding and the sports entertainment industry.

FROM THE DOLPHINS
Ryan Norys
Senior Director of Corporate Partnerships

Dana Geary
Director of Partnership Activations

Brittany Ramos
Manager, Corporate Partnerships

FROM NSU
Kathleen O’Leary, Ph.D.
Associate Professor and Chair of Marketing Department

Stephen Andon, Ph.D.
Assistant Professor Specializing in Sport and Media

This event is free and open to NSU students. Lunch will be provided. Visit nova.edu/football/series to reserve your seat.