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## The Current Volume 27: Issue 28

Nova Southeastern University

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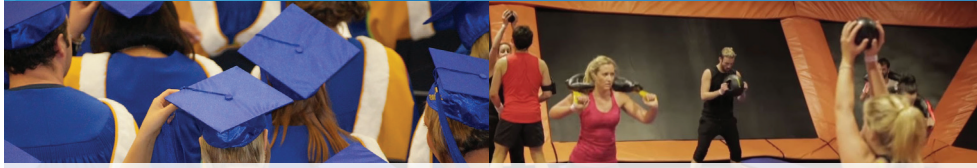
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# The Current

The Student-Run Newspaper of Nova Southeastern University

April 18, 2017 | Vol. 27, Issue 28 | nsucurrent.nova.edu



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## A walk, with heart

By: **Melissa Boneta**

NSU will host the American Heart Association's Broward Heart Walk on April 23 with the check-in beginning at 8 a.m. and the walk beginning at 9 a.m.

According to the American Heart Association, the Heart Walk raises money for research and work towards treating and preventing heart disease. Heart disease is the number one killer in the U.S., with stroke at number five. This year, the goal is to raise \$1,250,000.

President George Hanbury said that community is one of NSU's core values, and it is essential to support the community, both financially and otherwise.

"Opening up our university to the community is part of giving back to the public. The Heart Walk is important for me, not so much to give back financially but to give back educationally to the community and support. Not so much giving money to the Heart Walk, but participating in it," Hanbury said.

Hanbury said that this is an issue relevant on our campus as well, as so many people are affected by heart disease.

Brandon Hesler, executive director of public relations and marketing at NSU, has personal ties to the Heart Walk. He has lost loved ones and relatives to heart disease, heart attacks and strokes. He has participated in the walk in

the past and continues to show his support.

"My maternal grandfather had a series of heart attacks and only had about 25 percent function in his heart," he said. "At the time, the doctors gave him six months to live. Then he started walking five miles every morning and five miles every day after work, and he ended up living for 20 more years."

Hesler said that events like the Heart Walk help spread the message about keeping your heart healthy, identifying problems early on and finding ways to prevent heart issues from becoming terminal diseases.

This year, Hanbury asked his president's council, which is his group of vice presidents

and deans, to put together a team to show NSU spirit.

"We're putting together a team from our department, and we'll have shirts with catchy slogans and all that. We're definitely looking forward to it," Hesler said.

"It's not something you can say, 'Well, I'll wait until I have a heart attack to start being physically fit,'" Hanbury said. "You don't need to be a bodybuilder; you don't need to be a marathon runner. All you have to do is move."

For more information on the walk or to register, visit [browardheartwalk.org](http://browardheartwalk.org) or call Wendy Davis at 954-364-5008.

## 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 concept for the medallion, 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.



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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](mailto:perez@nova.edu). Students can look into the tax-deductible donations at [nova.edu/givenow](http://nova.edu/givenow).

WHILE THIS MAY BE THE LAST PRINT ISSUE OF THE ACADEMIC YEAR,  
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THAT THE CURRENT HAS TO OFFER ON OUR WEBSITE!



[NSUCURRENT.NOVA.EDU](http://NSUCURRENT.NOVA.EDU)



# NEWS ANCHOR

Stay up to date with world events.

## Sean Spicer mix up

Sean Spicer, the U.S. press secretary, compared 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 Muñoz 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 stock 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 spin-off of the Hellcat, making it the fastest car straight from the production line. The car runs a quarter mile in 9.45 seconds.

# NEWS BRIEFS

## Emergency Response Fire Drill

NSU will conduct an emergency response fire drill that includes Davie Police in the southern end of the University Park Plaza. It will occur between 12-5 p.m. on April 20.

## New login process for electronic bills

Starting on April 25, the login process for NSU eBills will change for students, staff members and other authorized users. A new page will ask users to select whether they are a student/staff member or an authorized user. The site will then take students and staff to a new login page, where they will enter their SharkID and password. There will be no changes to the way that student and staff's electronic bills and account information is displayed.

## NSU and Amazon team up

While shopping on Amazon, you can now help raise funds for NSU. By going to smile.amazon.com and selecting 'Nova Southeastern University,' users can financially benefit NSU while buying products through Amazon.

## NSU professor recognized as powerful woman in South Florida

Elizabeth Swann, the department chair of exercise and sports science, was recognized in the Fort Lauderdale Daily on March 31 as being one of fourteen powerful women in South Florida. Swann is being recognized because of the challenges she faced in her industry, exercise science, because the field is male-dominated.

# The Current

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## NSU prepares for Stroll-Off

By: Brianna Walker

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, said this year all proceeds will go to the Autism Society of Broward County.

"I love seeing all the councils come together. It's not something that happens very often, and the councils are seen as being separated. I like that this event combines everyone together because we are all one Greek community," Brosky said.

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 Sharkettes and NSU's Maasti Dance team performing. We also formed a team this year, not to compete but just to perform. Phi Beta Sigma will be doing their probate 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 event will be to see who performed well on stage... So the money you raised will get maxed at a certain amount of points..."

Kelsey Ragsdale, 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 be 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 5:30 p.m. for people who did not purchase a VIP ticket," Ragsdale 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 strolls and to see the event be a success. I know the teams are working hard, so I'm excited to see what they came up with," Herkalo said.

For more information about purchasing a VIP ticket or other questions pertaining to the event, contact Kelsey Ragsdale at kr1209@nova.edu.

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24/7 so that  
you know  
exactly when to  
rock out  
with us!

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## EDITOR'S NOTE

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.

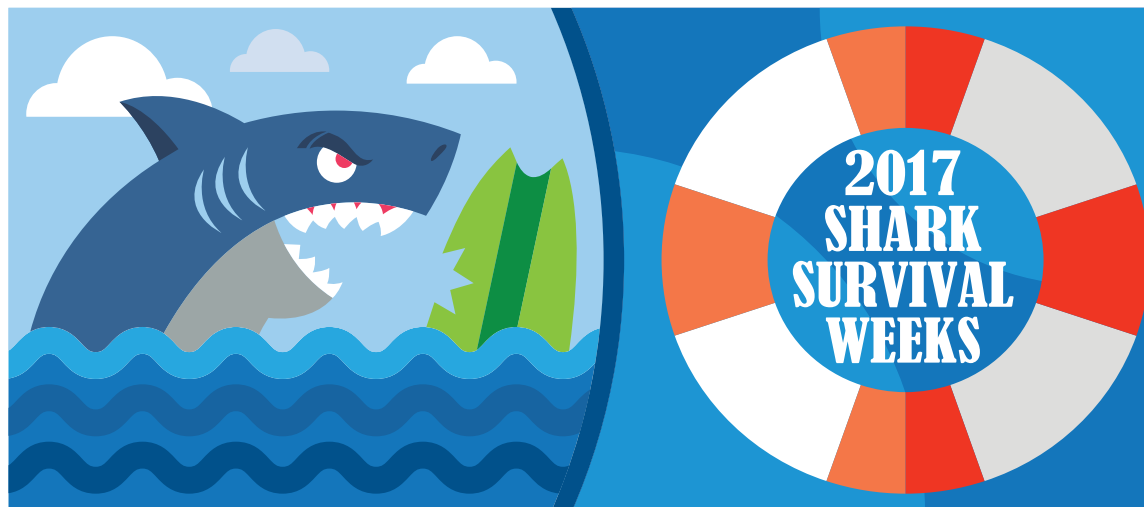
Sincerely,

*Jacquie and Grace*



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Jacquie Lytle (left) and Grace Ducanis (right).

*Helping you survive exams!*



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<b>SUNDAY</b>	<b>11 AM - 7 PM</b>



# Don't toss fashion away with your graduation cap

By: **Jeweliana Register**

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

organization or even a club that helped you realize your passion.

## Show your school spirit

What is better than showing your Shark pride on graduation day? For this idea, grab all the blue, gray and white you can find to adorn your cap. Including the school mascot is always an option as well, but for a fun twist consider printing off the left shark meme and incorporating that into your design. One example found on Pinterest features the left shark with a quote that reads "I 'left' with the 'right' degree." Another way to include a well-known shark is to paint the shark from "Jaws" onto your cap. Including a scary shark opens up doors to poke fun at student loans by using a term like "loan shark."

## Thank your support system

School is tough and you probably did not make it through without a little support, whether emotional or financial. Thank your 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.

## Crack a joke

Why so serious? If you have a sense of humor, showcase that on graduation day. If you love "Friends," throw it back and include the yellow frame with the words "the one where I graduate" on top of your cap. If you love SpongeBob, consider painting that iconic Hawaiian motif with the words "four years later..." in bold, block letters.

For more inspiration, consider movies, shows and books you love and the funny twists you can recreate for graduation day. You may even want to include a joke about a B.A. or B.S. degree. You could also go for the classic "Hire me" written in big, block letters to start the job hunt before you are even handed the diploma.

## Offer up some inspiration

Is there a quote that has gotten you through all of those late nights and early mornings? Inspirational quotes are important when it comes to mustering the confidence to step out of your comfort zone and try new things in college. If there is a particular scripture or

saying that has inspired you, include it in your cap design.

## 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 hat. 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 "let the journey begin" or "on to my next adventure."

# THAT TIME I... DRESSED UP FOR REN-FEST

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 corsets 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.



PRINTED WITH PERMISSION FROM N. CHAVANNES  
For their first visit to the Ren-Fest, Chavannes and her boyfriend dressed as a fair maiden and makeshift Robin Hood.

"Go big or go home," I thought to myself, and so I created a costume from odd pieces of clothing I had buried in my closet. After Googling a few images and drumming up some

inspiration, I emerged from my house in a pale blue frock and makeshift petticoat, a deep blue hooded cloak and fake meadow flowers in my curly hair. I was a fair maiden, complete with a basket of flowers that doubled as a purse and a fake dagger fastened at my hip. My boyfriend, being the great sport that he is, dressed as a knight, or a Robin Hood lookalike.

Upon arrival, we immediately felt the warm atmosphere – both in terms of the humid weather and the comradery among the festival-goers. We were complimented on our last minute costumes and our fake weaponry; meanwhile, the truly dedicated attendees were dressed in full garb. There were knights in clanging metal armor, fairies with majestic fluttering wings, voluptuous bar wenches in revealing corsets and even a royal court dressed in full ball gowns, hoop skirts and all.

The festival opened at 10 a.m., and we could have stayed there until it closed at sundown; there was so much to do. Different shows played around the park throughout the day, and the performers never broke character. We watched pirates sword fight on a precariously

high ship, as well as some shirtless men reenact the story of Rapunzel while covered in mud and talented musicians play classic rock songs with instruments of the Renaissance period.

The vendors sold everything from wispy fairy wings to elven jewelry to authentic 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.

More than anything, I found a safe space to get creative, support artistry and have fun. No one was shamed for wearing clothing that was too revealing or having a certain body type, nor was anyone shamed for dressing up in period clothing and saying things like "huzzah" and "prithiee." In fact, the festival was a celebration of these things and promoted talent, merriment and the ability to stay in character the entire day.

## Do you want to be a DJ?

RadioX is looking for volunteers



If interested visit us at the  
Rosenthal Student Center, Room 104



By: **Jenna Kopec**  
 @Jen\_Kopec

# Finals survival kit

As finals claw their way closer and closer, you may feel yourself starting to sweat. While finals may be stressful for college students, a little preparation can go a long way. While studying for your exams is more than important, gathering some necessary supplies ahead of time can make moving through that week a little bit easier.

Here are some suggestions for constructing your own finals survival kit.

### Snacks that won't kill you

As much as we all want to live off Kit Kats and cookie dough, those probably aren't the best options for brain fuel 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 tests, consider going to the store to buy some of your preferred fruits and veggies. Buying pre-cut produce and some on-the-go dressing can help guarantee that you won't sell out on sugar during finals week.

### Tissues to catch your tears

Big kids cry, too—particularly college kids. A box of scented Kleenex may come in handy as you sob over your term papers. All jokes aside, let this box of tissues be a reminder that it's okay to feel stressed from finals or the pressure that they 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.

### Caffeine 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 the line at Starbucks is inconveniently long. 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 benefits to the immune system, keep in mind that too much caffeine, no matter the source, can have negative effects like anxiety or shakiness.

### Several pairs of clean pajamas

Comfort is key when it comes to finals. Make sure you have at least one pair of clean pajamas to get through each day of finals week. If you aren't a fan of pajamas in public, you can also opt for stocking up on an array of t-shirts, gym shorts and leggings — whatever makes you feel most comfortable. This can make the seemingly nonstop hours of studying, writing and last minute preparations seem easier. Comfortable clothes are also more convenient to sleep in, so they might serve as a nice reminder to take a nap or call it a night and go to bed to get an adequate amount of sleep throughout the week.

## Spending the summer at home

By: **Bianca Galan**

Summer - the only time of year when we have three months to ourselves. Many people decide to be productive with this time by taking on 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 series and laying in bed.

Here are a few ideas on how to take advantage of summer:

### Start going to the gym

It's really easy to spend these three months just stuffing food in your mouth. Make a change and start going to the gym. The gym is a great way to stay active, whether through cardio, studio classes or lifting weights. The gym

is also a great way to meet new people. You never know, you may gain a new gym partner or training may become part of your lifestyle. It would be awesome to make being healthy and active part of your daily routine. Take a chance to do something different for your physical and mental health.

### 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, cooking, a new sport, origami or dancing. Look for something you've always wanted to do and go for it. Worst case scenario: you won't like it and you'll have a new story to tell about why. You'll have time

to spare so you might as well make something good out of it.

### Take a road trip

There's nothing better than a road trip in the summer. Just take a map and go somewhere you haven't been before. A lot of you might think that you've seen your whole home state three times already, but think again. There might be some amazing places you haven't visited. Just remember that you need the perfect road trip playlist because a road trip isn't good without some musical throwbacks.

### Make a to-do list

If you want to enjoy your summer from beginning to end, make a list of all of the

things that you wish to do and make sure you complete it. Go to concerts, 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 five things you do every year for the whole 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 them to the fullest. In the words of Abraham Lincoln, "In the end, it's not the years in your life that count. It's the life in your years." That being said, make the most of your summer.

## Success Coach

### Involved Shark Spotlight

By: **Samantha Yorke**

Being a member of a student organization or a part of a program on campus can provide you with a lot of things, like happiness, fulfillment, friends and success. As important as it is to be involved, it's also important to recognize the accomplishments of students. See how involvement has affected these Sharks.

#### Emily Konicki

My name is Emily Konicki, and I am finishing my second year at NSU. I am involved in the Psychology Club as president and am a member of Razor's Edge Leadership. I also work in the Student Leadership and Civic Engagement office as a student staff member that helps plan the community service events. I like meeting new students on campus and helping them find a home in the organizations at NSU. I also love being able to have an impact on everyone's lives, just like my mentors have had on me. They really encouraged me to find something I love to do and stick with it, so here I am. I have definitely gained time management skills because you need to have a good balance between your involvements and school, along with being able to keep on top of everything else, like sleeping and socializing with friends.

#### Yabi Demissie

My name is Yabi Demissie, and I'm currently finishing up my second and last semester in the College Student Affairs Graduate Program at NSU. I am currently the Graduate

Assistant for Student Programming in the Office of Campus Life and Student Engagement. I advise the Student Events and Activities Board. I also hold the position as the Transitions Chair for the College Student Affairs Association. I have grown a passion for making an impact on my students the same way that my mentors made on me. I interact with so many different students and professionals, which has really helped me build my network circle and relationships that I plan on keeping when I leave NSU.

#### Samir Nacer

My name is Samir Nacer and I am currently finishing my second year at NSU. My biggest take away from being involved at the university is how I have strengthened my relationships with my colleagues and professors. For instance, with tense political and international themes becoming such a prevalent matter in our world today, the Model United Nations Program has continuously exposed me to cultures and customs from around the globe to better understand people from all walks of life. I've also become a Founding Father of a premiere leadership fraternity on campus, Phi Delta Theta, which is an honor due to the core ideals in which the organization was founded on. The Honors College at NSU has permitted me to begin the creation of my honors proposal and future thesis for the university.

Now that you've heard their amazing stories, what will yours be?

## Surviving summer classes

By: **Jeweliana Register**

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 along 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. Taking the time to plan out your summer 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 not 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 prison, 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 to work. 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 times to get together and study before exams. Not only will this help you to better absorb the information, but you will also have an excuse to spend time with your friends over the summer. Sometimes your social life can be neglected because of hectic summer schedules, so find ways to merge your schoolwork and your social life when possible.

### Avoid procrastinating

While schoolwork is not always what you want to be 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 that you're still able to enjoy the summer.

By: **Grace Ducanis**  
@GraceDucanis

## Finding Fitness: SkyFit

Finding Fitness is 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, uncomfortable classes, this feature is all about finding the best fitness to maximize your health. Stay tuned to find out what new and exciting fitness endeavors are in the area.

### What is SkyFit?

With SkyFit, maybe the sky is the limit when it comes to fitness.

SkyFit utilizes trampolines in a workout based on cardio and aerobics. SkyFit classes take place at SkyZone facilities, or trampoline parks.

"Our aim is to get your mind off working out while you're working out," said Everton Houston, who manages the SkyFit program at SkyZone Fort Lauderdale and has been a SkyFit instructor for a year and a half. "We aim for having those serious workouts but cover it up with the fun, so you won't feel like you went through a military training. You'll feel pumped. You'll feel energized."

Jay Johnson, who has been a SkyFit instructor for six months and teaches 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



Johnson (front right) leads a SkyFit class.

PRINTED WITH PERMISSION FROM E. HOUSTON

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

on to what Johnson calls "rouncing," or running up and down the trampoline and also jumping 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 "SkyZone 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 are 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 workouts 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.

## SPORTSSHORTS

### Women's Softball

NSU's women's softball team had a three-game series against Rollins April 7-8. The Sharks won two of three games 2-0 and 5-4, respectively. Despite a 3-4 loss, the Sharks won the series 2-1. Freshman pitcher Lexie Storrer improved her home-field wins to 16-8.

### Men's Baseball

NSU men's baseball finished a four-game series against Palm Beach Atlantic 2-2. The Sharks took the first two games, winning 4-0 and 12-6, respectively. Despite a hard-fought effort by the Sharks, they lost the next two games 4-9 and 3-4, respectively.

## OUT OF THE SHARKZONE

### Son of Steelers founder passes away

Daniel Rooney, chairman and co-owner of the Pittsburgh Steelers, passed away on April 13. He was the son of founder, Art Rooney. According to Bleacher Report, Rooney was involved in the organization since 1960 and has been a part-owner since his father's death in 1988. Daniel Rooney was 84. "Few men have contributed as much to the National Football League as Dan Rooney," said NFL commissioner Roger Goodell.

### No playoffs for the Miami Heat

The Miami Heat have been eliminated from the playoffs. According to ESPN, despite a win on April 12, the Heat were knocked out of playoff contention. To reach the playoffs, the Miami Heat needed the Indiana Pacers and the Chicago Bulls to both lose. Neither did. "I don't know if I've ever wanted something more for a team," said head coach Erik Spoelstra.

### Cubbies receive championship rings

After a long-awaited championship, 108 years to be exact, the Chicago Cubs received their championship rings at Wrigley Field on April 12. According to the team, everyone associated with the organization received rings and pins. The organization gave out a total of 1,908 rings, signifying the last time they won a World Series. "Never seen anything like it," said shortstop Addison Russell.

### NHL playoffs begin

The NHL playoffs began last week. Last year, the Pittsburgh Penguins won the Stanley Cup. The Penguins made their playoffs debut in a 3-0 win against the Columbus Blue Jackets on April 12. Also skating in the playoffs are the Anaheim Ducks vs. Calgary Flames, San Jose Sharks vs. Edmonton Oilers, Minnesota Wild vs. St. Louis Blues, Chicago Blackhawks vs. Nashville Predators, Ottawa Senators vs. Boston Bruins, Washington Capitals vs. Toronto Maple Leafs and Montreal Canadiens vs. New York Rangers.

## ON DECK

### MEN'S AND WOMEN'S TRACK AND FIELD

Peach Belt Conference  
Montevallo, Ala.  
April 20-23

Aggie Last Chance Meet  
Greensboro, N.C.  
May 14 | 8 a.m.

### WOMEN'S SOFTBALL

vs. Florida Southern  
Lakeland, Fla.  
April 21 | 7 p.m.  
April 22 | 1 and 3 p.m.

vs. Lynn  
AD Griffin Sports Complex  
April 28 | 6 p.m.  
April 29 | 1 and 3 p.m.

### MEN'S GOLF

SSC Championship  
Duran Golf Club, Melbourne, Fla.  
April 23-25

NCAA South/Southeast Super Regional  
RTG Golf Trail - Fighting Joe Course,  
Muscle Shoals, Ala.  
May 8-10

### WOMEN'S TENNIS

SSC Championship  
Bradenton, Fla.  
April 20-22

### WOMEN'S GOLF

Sunshine State Conference Tournament  
Country Club of Winter Haven, Winter Haven, Fla.  
April 24-25

NCAA South Super Regional Member's Club at Woodcreek, Columbia, S.C.  
May 8-10

### MEN'S BASEBALL

vs. Embry-Riddle  
Daytona Beach, Fla.  
April 21 | 6 p.m.  
April 22 | 1 and 4 p.m.

vs. Florida Southern  
NSU Baseball Complex  
April 28 | 6 p.m.  
April 29 | 1 and 3 p.m.

vs. Florida Tech  
NSU Baseball Complex  
May 7 | 1 and 4 p.m.  
May 8 | 6 p.m.

### WOMEN'S ROWING

SSC Championships  
Sarasota, Fla.  
April 28

Dad Vail Regatta  
Philadelphia, Penn.  
May 12-13

# Athlete of the Week:

## Maria Bardeeva

By: **Trent Strafaci**



PRINTED WITH PERMISSION FROM D. HENDRICKS Bardeeva won Sunshine State Conference Freshman of the Year for women's basketball.

Maria 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.

**How did you feel about winning Sunshine State Conference Freshman of the Year?**

"It [felt] great. I quite honestly did not expect it at all and since I was an international

student I did not know they offered various awards like this."

**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. 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 athlete 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."

**Now that it is the off season, are there any workouts or anything you do to get ready for the season?**

"We still have practices which involves weight training three times a week [and] basketball workout twice a week for an hour. I also go to work out on my own and go on the courts around school to work on my shot."

**What was the biggest transition from high school to college?**

"I went to high school my junior year in Chattanooga, Tennessee and then transferred to a private high school in Fayetteville, North Carolina, and even though I knew what work was expected I would have to say the work is a little bit harder than high school. But I don't find time management to be difficult because I love that we get to pick our own class schedules, which was a little different than colleges in Russia where they pick your class schedules for you."

## On the Bench:

The NBA needs to do something about resting stars

By: **Trent Strafaci**

If you're an NBA fan and go to a game, you expect to see star players like Lebron James and Steph Curry. Sometimes, though, you go to the game and those star players aren't playing because their teams are resting them. The NBA needs to do something about teams resting their best players in order to get a better draft pick or resting them for the playoffs. It's destroying the game I love to watch.

NBA greats like Michael Jordan, Larry Bird and Magic Johnson never complained about needing rest. But on an April 10 game against the Miami Heat, Lebron James decided he did not want to play because he needed rest. While James has played in more games than anyone in the NBA today because he's made it to six straight NBA Finals, it's no excuse for him not to play. If he was able to show up to Club Liv in Miami Beach and work out the next day, he and the other star players should be able to play in every game.

I went to a Miami Heat game in 2012 against the Detroit Pistons. I was so excited because I was going to be able to see the "Big Three" - Chris Bosh, Lebron James and Dwyane Wade - play live. But on my way to the game I got a Miami Heat update on my phone that said Lebron James and Dwyane Wade weren't playing. I was upset that I was not able to see two of my favorite players live because they said they needed rest. It was ridiculous, because I had just paid a lot of money to see a great team play and they weren't even going to use their best players.

In the last regular season game of the year on April 12, teams like the Atlanta Hawks, Washington 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 Eastern Conference and for the Nets it was in order to get a better draft pick. The Nets, Wizards and Hawks affected the playoff picture because the Bulls, Pacers and Heat were battling for the last two playoffs and none of the games were competitive.

Fans of these teams should be disappointed that their teams don't play hard every game and don't fight till the end no matter what's at stake. The NBA needs to something about excessively resting their players or they will lose fans.

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<p>Buy any TWO Dinner Entrees &amp; TWO Drinks &amp; get a 12" Cheese Pizza</p> <h3 style="color: green;">FREE</h3> <p>(up to \$12.95 value!)</p> <p>DINE-IN   TAKE OUT DELIVERY</p> <p> 954-916-8880</p> <p><small>Must mention coupon when ordering. Cannot be combined with any other offers. Limited time offer only.</small></p>	<p>Buy any Dinner Entrees &amp; 2 Drinks &amp; get the 2nd Entree at</p> <h3 style="color: green;">HALF PRICE</h3> <p>2<sup>nd</sup> Dinner must be of equal or lesser value</p> <p>DINE-IN   TAKE OUT DELIVERY</p> <p> 954-916-8880</p> <p><small>Must mention coupon when ordering. Cannot be combined with any other offers. Limited time offer only.</small></p>	<p>Large Cheese Pizza, 6 Garlic Rolls &amp; 2 Drinks for only</p> <h3 style="color: green;">\$19<sup>95</sup></h3> <p>TAKE OUT OR DELIVERY ONLY</p> <p>For Dine-In <b>\$21<sup>95</sup></b></p> <p> 954-916-8880</p> <p><small>Must mention coupon when ordering. Cannot be combined with any other offers. Limited time offer only.</small></p>	<p>Two Large Cheese Pizzas</p> <h3 style="color: green;">\$27<sup>95</sup></h3> <p>DINE-IN   TAKE OUT DELIVERY</p> <p> Toppings Extra</p> <p>954-916-8880</p> <p><small>Must mention coupon when ordering. Cannot be combined with any other offers. Limited time offer only.</small></p>	<p>TWO Large 1-Topping Pizzas</p> <h3 style="color: green;">\$29<sup>95</sup></h3> <p>TAKE OUT OR DELIVERY ONLY</p> <p> 954-916-8880</p> <p><small>Must mention coupon when ordering. Cannot be combined with any other offers. Limited time offer only.</small></p>	<p>1 Large Cheese Pizza &amp; an Order of Wings</p> <h3 style="color: green;">\$21<sup>95</sup></h3> <p>DINE-IN   TAKE OUT DELIVERY</p> <p> Toppings Extra</p> <p>954-916-8880</p> <p><small>Must mention coupon when ordering. Cannot be combined with any other offers. Limited time offer only.</small></p>



# Celebrating Earth Day

By: **Monique Cole**

According to earthday.org, “Earth Day marks the anniversary of the birth of the modern environmental movement.”

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 and absorbing carbon monoxide to produce

oxygen. Planting a tree can immediately help against the fight of global warming by lowering temperatures in an effort to 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 too large 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 goodies, 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, limiting those long thought-provoking showers 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 out 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 Boredpanda offer 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 that promote 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, we and our future generations will be able to appreciate its beauty for years to come.

# South Florida summer

By: **Kerrigan McVicker**

Are you planning to stay in South Florida for the summer and need things to do? You’re in a great location for 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 Weeknd is coming to the BB&T Center in Sunrise on May 11 to sing hits from his new album, “Starboy.” 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 band’s “Play that Song Tour” on May 27. Look for tickets online via Live Nation’s website for more details.

The country icon band, Lady Antebellum, along with Kelsea Ballerini and Brett Young, will be bringing the party to South Florida on July 29. Tickets are on sale on the Live Nation and Ticketmaster websites, as well as at the NSU PVA box office. Hike up your boots and come get your country on at this fun concert.

**The Weeknd**  
**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**  
**Perfect Vodka Amphitheater**  
**July 29 | 7:30 p.m.**

## Theater and arts

Calling all music, dancing and Greek comedy lovers. “Mamma Mia! The Musical” is coming to South Florida May 19-21. The musical will be touring across the country and stopping in Fort Lauderdale for a weekend of five amazing shows. Find tickets, prices and more show details online at [fortlauderdale.broadway.com](http://fortlauderdale.broadway.com).

Another fun traveling show will be in the area June 13-25: “Finding Neverland.” Tickets go on sale to the general public on April 21 at 10 a.m. If you love Disney and the classic Peter Pan story, this is an event you will not want to miss.

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](mailto:info@fatvillage.com) or visit the ArtWalk online page at [fatvillage.com](http://fatvillage.com).

**“Mamma Mia! The Musical”**  
**Broward Center for the Performing Arts**  
**May 19-21**

**“Finding Neverland”**  
**Au-Rene Theater**  
**June 13-25**

**FATVillage**  
**521 NW 1st Ave,**  
**Fort Lauderdale, FL 33301**

## Outdoor activities and events

Do you love to kayak or stargaze? Escape the loud hustle and bustle of Fort Lauderdale to 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 checked in and settled before it begins, so plan the evening accordingly. The BG Whiskey Creek Hideout is located within Von D. Mizell and Eula Johnson State Park. Visit [eventbrite.com](http://eventbrite.com) for more information.

If you are looking for a full day of outdoor exploring, then the Miami Combo Tour is a great way to spend a nice summer day in Miami. The tour includes a tour of downtown Miami and all that it offers, including a 75-minute cruise along the Biscayne Bay to see the beautiful beach, mansions, high-rise hotels, Fisher Island and more. The tour also includes an airboat ride through the Florida Everglades. Search the Miami Combo Tour on [viator.com](http://viator.com) for more information.

South Florida is known for its amazing and world-renowned beaches. There are many to choose from, but some options override others. Deerfield Beach, Fort Lauderdale Beach, Miami Beach and Lauderdale-By-The-Sea are about 20-30 minutes outside of Fort Lauderdale and are

great locations to spend your hot summer days. If you are looking to get away for a weekend, go to Clearwater Beach, Cocoa Beach or Fort Myers Beach. You cannot go wrong choosing any of these beaches to soak up the sun.

**BG Whiskey Creek Hideout**  
**6503 N Ocean Dr.**  
**Dania Beach, FL 33004**

## Indoor activities

The Museum of Discovery and Science will be showing their “Birds of Paradise” exhibit throughout the summer. The exhibit was developed by National Geographic and the Cornell Lab of Ornithology. It will be displaying all 39 species of birds of paradise. The exhibit includes hands-on, multimedia components and learning activities to teach others how the creatures have influenced the conservation movement. Visit [southflorida.com](http://southflorida.com) for more details about the dates and rates of the exhibit.

Fly away this summer at Fort Lauderdale’s iFLY, an indoor skydiving experience. Indoor skydiving at iFLY gives fliers a true free-fall simulation in a vertical wind tunnel with the help of professional instructors. The cost to fly is not cheap, but you can share a flight session with a friend which can help cut down the individual price. Go online and check out [iFLYworld.com](http://iFLYworld.com) for more information and to sign up for a time to fly.

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, bazooka blast, an arcade room, a trampoline 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 a group of friends, and all are at affordable prices. Visit [xtremeactionpark.com](http://xtremeactionpark.com) for more details.

**Museum of Discovery and Science**  
**401 SW 2nd St.**  
**Fort Lauderdale, FL 33312**

**iFLY**  
**11690 W State Rd. 84**  
**Davie, FL 33325**

**Xtreme Action Park**  
**5300 Powerline Rd.**  
**Fort Lauderdale, FL 33309**

# OFF SHORE CALENDAR

**Periphery**  
April 18 | 7 p.m.  
@The Culture Room

**Rocktopia**  
April 18 | 8 p.m.  
@Broward Center for the Performing Arts

**Alton Brown**  
April 19 | 8 p.m.  
@Broward Center for the Performing Arts

**Gilberto Santa Rosa**  
April 20 | 8 p.m.  
@Broward Center for the Performing Arts

**Theresa Caputo Live! The Experience**  
April 22 | 8 p.m.  
@Hard Rock Live

**Matilda The Musical**  
April 25-May 7  
@Broward Center for the Performing Arts

**Neil Diamond**  
April 26 | 8 p.m.  
@BB&T Center

**Designer**  
April 27 | 7:30 p.m.  
@The Culture Room

**Ron White**  
April 27 | 8 p.m.  
@Hard Rock Live

**Book of Love 30th Anniversary Tour**  
April 28 | 8 p.m.  
@The Culture Room

**Fuel**  
April 29 | 8 p.m.  
@The Culture Room

## Comfort food for your soul

By: **Adit Selvaraj**

Finals week is a drag, but your dining choices don't have to be. Enjoy some real comfort food for your brain and 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 Blonde Fish and Chips, which is hand-battered in their very own Brewhouse Blonde 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 famed 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  
954-430-3545

### **Mojo Donuts | \$**

You 'donut' want to miss these delectable treats. Mojo serves gourmet donuts in a dizzying variety of delicious flavors such as crème brulee, Oreo Speedwagon, mango cheesecake, salted caramel and Fruity Pebbles. Be sure to utilize their Yelp check-in special, which is a buy one donut, get one free.

7906 Pines Blvd  
Pembroke Pines, FL 33324  
954-983-6631

### **Kristof's Kafe | \$\$**

Kristof's Café 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 appetizers for those craving something more savory than sweet. Desserts include the chocolate ganache bundt cake, funnel cake fries and assorted pie flavors that rotate seasonally.

8912 West State Road 84  
Davie, FL 33326  
954-475-8977

### **Potatopia | \$**

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 curly fries, sweet potato crinkle fries and tater tots. They also offer more traditional potato preparations like mashed potatoes and baked potatoes as a base for your customized creation. Potatopia also offers a student discount when you show your SharkCard.

Tower Shoppes  
2262 South University Drive  
Davie, FL 33326  
954-990-5761

### **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 luscious 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 week there is no doubt that Netflix's new series "13 Reasons Why" has had everyone talking. The series, inspired by Jay Asher's novel of the same name, has been highly recognized as a compelling story that tugs at everyone's heart strings, regardless of age. Social media has featured gifs, quotes, fangirling and even the occasional meme. Instagram, Twitter and Snapchat, among other platforms, have acted as agents to promote the series creating a social movement.

The series centers around a junior in high school, Hannah, who has committed suicide and, you guessed it, the thirteen reasons why she did. The series has become a sensation as it follows the path of 13 individuals who either contributed to the act of her taking her own life or acted as an innocent bystander. That's where the sensation comes in - the series acts as a wakeup call to the audience that anything and everything you say or do can ultimately affect a person. It's no longer about being a blunt bully but rather seeing injustice and not having the courage to speak out against it.

The series deals with an abundance of sensitive topics, suicide being the most prevalent. Yet, it incorporates aspects from all walks of life - rumors, trust issues, friendship mishaps and the thing many young adults crave, romance. Hannah recalls her story by highlighting different situations that marked her life and eventually led to her downfall.

The series was filmed in a manner in which the message is clearly conveyed by

simply analyzing the frames, lighting and edits. The messages subtly highlighted by the different angles demonstrated the director's intentions when reaching the audience. The series further developed the characters and stirred audience's emotions, which helped fill in any of the gaps in the novel. In that sense, the novel fell short. The characters were two-dimensional in the novel, while the series was able to illustrate how, although the characters may have acted despicably, they are humans with faults and flaws. Though it's not justification for some of their actions, it does make the audience sympathize with them.

While the series developed the characters well, it also stretched out the longevity of the story. The beginning of the series and the development of the plot were a bit slow. Some scenes dragged out longer than they should have. Although detailed scenes allowed the audience to gain clarity, some added details took away from the main focus and slowed the progression of the plot.

The series is definitely one to watch before finals arrive and your schedule becomes more hectic. Despite the slow start, it's a compelling series worth the patience. The editing, film direction and theme were well-developed and able to maintain the audience's attention on the screen. I can give you thirteen reasons to watch the series, but you'll just have to see how it all plays out for yourself.

## 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 funds 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 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 also 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 if 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 interning 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."

### **Carli 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, scary sun so that I don't turn into a terrifying lobster girl."

### **Trenton Strafaci, 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 things and gifts. I'm just hoping my bank account holds up."

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# Seriously Kidding

*a satire column*

## 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 pride now. Anna Montgomery, sophomore art major, said she's ecstatic to now be represented by cats.

“Sharks are scary. Everyone loves cats,” Montgomery said.

Before long, the whole university will transition to reflect the new mascots. The school store will soon offer customizable cat shirts, caps and backpacks. Cat stuffed animals can be purchased to add extra school spirit to dorm rooms.

The largest change NSU affiliates will notice regarding the addition of the new mascots will be the reconstruction of the Shark Fountain. Starting in June, construction will begin on the monument to reflect our multiple mascots. The

project will take approximately three months to complete. In the fountain's place will stand a tower of cats that exude school spirit.

Robert Jones, freshman exercise science major, was more than happy about the change.

“The new statue will be more welcoming to new students and visitors. Hopefully the change will attract more friendly faces,” said Jones.

With campus cats representing NSU, we'll be constantly reminded how great it is to be a part 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 the school in a way that makes everyone's experience more fun and involved. After all, that's why they are the new mascots.

## 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 I 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 want to 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 teach at 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 workplace will set them up for more success.

Lately, however, I have become open to the idea of graduate school. I've been considering a lot of factors – my age, my career, the opportunities, cost and how it will affect my family. I will be 20 years old when I graduate with my bachelors in arts. So, lately I've been thinking to myself 'I have a better advantage if I just finish all of my schooling as soon as I can rather than waiting.' The only battle is my fried brain from being in school all the time. I need a mental break to just 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 going further than a bachelor's. It all depends on the person, the circumstances and the career path he or she is choosing to follow.

All in all, I don't appreciate it when my professors assume that grad school is automatically the best post-graduation option for me. Of course, there are pros to furthering my education immediately post-undergraduate, but there are also cons that need to be considered before I make a decision that can affect me for the next few years. While it's advantageous to encourage students to continue on and recognize their abilities, it's more beneficial to help them find their best path to follow, which is not always graduate school.



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# Be free for summer

By: Aidan Rivas

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 life, whether it be through sleeping long nights or having the time to focus on a hobby. Binge-watch that 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.

## We all need a little help

By: Jeweliana 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 [hendersonbh.org/studentcounseling](http://hendersonbh.org/studentcounseling).

## If you think it, challenge and then back it

By: Jenna Kopec

@Jen\_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 area 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 ridden with angry posts that oversimplify very complex issues. Whether it's angry Tomi Lahren throwbacks accusing the largest protests in history as being temper tantrums or an article "proving" the driving force behind Trump's win was racism, polarizing posts that need to be fact checked are everywhere.

Tumblr posts are not reliable sources. Fox News is not fair and balanced. Odyssey articles with the best zingers don't automatically spawn 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](http://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. Feeling passionate about political discussions is natural, but closing yourself off to opposing viewpoints and sticking toward self-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.

## WHAT WAS YOUR FAVORITE ON-CAMPUS EVENT THIS YEAR?



## SHARK SPEAK



"My favorite event was Kappa Sigma's Strong Man event because we raised a lot of money for brain cancer research. So it was for a good cause and we had a lot of fun. We brought a lot of people out for a lifting competition, and we got to see their competitive edge."

- José Garcia, freshman biology major



"NSU's Got Talent because it's a fun event, there's a lot of people and it's outdoors."

- Emily Harrington, senior environmental science major



"CommunityFest. They had so many different events, free food - you can't go wrong with that - and a lot of cool people there."

- Marshall Moini, second year dental student



"My favorite on-campus event this year was the burger eating contest by Relay for Life because I felt like it drew attention to an organization that doesn't always get spoken about, and it definitely was a lot of fun. I wish a lot more people would have come."

- Britten Massey, freshman marine biology major



"My favorite on-campus event this year was CommunityFest. It happens every year, and it's really cool to see all the organizations set up - there are different foods - and to see all the different vendors around NSU come and different outside communities take part with NSU."

- Jackie Garcia, senior communication major



"My favorite on-campus event has been the DPhiE-held fashion show because we raised money for our sister's father, Scott Lowry, and I thought it was just a great event because all these people got to show off great brands, and we had a good time. It was really nice."

- Shree Kalapatapu, freshman biology major

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