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The Knight Volume 7: Issue 2

Nova Southeastern University

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SFEC Transportation Day Coming to NSU
September 30

by Allison Smith
Executive Director SFEC

Nova Southeastern University students and employees are invited to take part in "Transportation Day" at the Parker Building on Monday, September 30 from 10 a.m. - 3 p.m. Free food, drinks, and giveaway items will be available.

Hosted by the South Florida Education Center Transportation Management Association or the SFEC TMA, representatives from Broward County Transit and Gold Coast Commuter Services will be on hand to promote a variety of commuting options.

Additionally, Tri-Rail staff will be available to issue free student ID cards to students for the purpose of receiving a 50% discount off one-way, round trip and monthly train tickets.

In addition to producing a valid Florida driver’s license or photo ID, undergraduate students must show proof of taking six credits or more, and graduate students must show proof of taking three credits or more to qualify for the half price discount. Those needing more information may call 1-800-TRI-RAIL.

Nova Southeastern University is one of the members of the South Florida Education Center, which represents the collection of educational institutions in Davie. Other SFEC members include BCC, FAU, FIU, UF School of Agriculture and McFatter Vocational Technical Center along with the School Board of Broward County.

The SFEC "campus" has become Broward County's biggest generators of traffic, with over 60,000 daily persons working and attending classes. The goal of the SFEC TMA is to implement a variety of measures aimed at reducing the number of single occupant vehicles in the area. These include the implementation of the upcoming Tri-Rail express bus service.

Starting in January of 1997, students and employees will be able to enjoy free direct shuttle bus service from the Broward Boulevard Tri-Rail station to the SFEC institutions. During lunch time, it is expected that these buses will circulate into downtown Davie to restaurants and other establishments, so that students and employees can avoid using their cars during the midday rush.

In addition to the Tri-Rail express bus, the SFEC TMA has many other plans aimed at reducing the number of cars from the road. These include distance learning programs, alternative work schedules, opportunities to work from your home or "telecommute," and bicycle and pedestrian lanes. Also, kiosks will provide transportation options on

Best Buddies, Is It For You?
by Aimee Bocchino
Best Buddies President

Have you ever been to a pumpkin carving party? How about an Easter egg coloring party? Would you enjoy working with individuals with mental retardation? Then Best Buddies is for you!

Best Buddies began at Nova Southeastern University three years ago. It is an international organization with chapters in Canada, Greece, and the United States. Best Buddies' mission is to provide opportunities for individuals and persons with mental retardation to become friends with members of the larger society. We, as college students, are paired with an individual with similar interests, hobbies, and personalities. Each of us will have one buddy of our own. However, we perform activities as a group as well as on a one-on-one basis.

In the past, we have participated in such activities as going to the park, bowling, trips to the zoo, parties, pumpkin carving, and much, much more.

**Time to Get in S.H.A.P.E. For the New Year**

*by Jennifer Choinski*
*Peer Educator/Coordinator*

Hello. For those of you who do not know me, my name is Jennifer Choinski, and I am the Peer Educator/Coordinator of The Wellness Center for the 1996-97 academic year here at Nova Southeastern University. You can find myself and the rest of the peer educators in our office in rooms 144-145 of the Goodwin Residence Hall. Our phone number is (954) 452-6401.

There are currently three peer educators, including myself. We are the Student Health Advocates for Peer Education (S.H.A.P.E.). I'd like to see our program expand, possibly double. We are currently hiring to fill three open positions for peer educators. If you are seeking employment, are enthusiastic, energetic, cooperative, and outgoing, please stop by our office for an employment application and job description. Interviews will be taking place next week.

S.H.A.P.E. has some really great plans for the upcoming year, so keep your eyes peeled for more information. We are most known for our events that take place during Alcohol Awareness Week and National Condom Week. So far, we have participated extensively in orientation week. There was an hour long presentation for the new freshmen and transfers. We briefly discussed topics such as Florida law regarding underage drinking and fake I.D.'s, and how to put on a condom correctly, just to name a few. You also saw us at the T.G.I.F. and the Welcome Back Barbecue with the frozen drink machines offering free non-alcoholic beverages to everyone.

Lastly, I'd like to wish everyone the best of luck in their studies. Please remember that student counseling is available for no charge through The Wellness Center. If your studies have you down, make an appointment to go over Time and Stress Management. I hope to see everyone around campus in the upcoming weeks.

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**Sobells Launch NSU Into A New Age**

*by Amy Muniz*
*Contributing Writer*

A new era has dawned at NSU with the expansion of the Center for Psychological Studies. This year, world-renowned psychologist Dr. Linda Sobell, wife of current instructor Dr. Mark Sobell, will join the 33-member team of professors at NSU's Center. Ever since the early 70's, the duo has been committed to discovering new methods of treatment for prob-

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**Aerobics Hotline 475-7425**

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**The Knight Newspaper**

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**The Knight** Newspaper serves Nova Southeastern University’s Farquhar Center for Undergraduate Studies from its office on the second floor of the Rosenhall Student Center at NSU’s main campus.

The Knight is NSU’s established vehicle for the transmission of student reporting, opinion, and arts. All community members are invited to contribute anything they desire to The Knight.

The Knight is readily available at several sites around the campus and the local community, including the East Campus site, the Oceanographic Center in Dania, and the Davie-Coober City Chamber of Commerce. Address all distribution concerns to Sandi Kell 1996-97 Distribution Manager, at (954) 370-5670.

The Knight is now also available online. Students may access the online version of The Knight at "http://www.crisis.com/golden/knight.html/".

The deadline for submissions for this year’s third issue, which appears on September 18th September 11. The advertising deadline for the third issue is September 11. E-mail the Advisor at Internet address: "jackson.paulantis.acastnova.edu" to find out how you can become involved with the SCO.

Disclaimer:
Editorials, commentaries, and advertisements expressed in this publication do not represent the views of the University or its officials. The Knight staff and other advertisers, as well as any editorial, commentary, and advertisements reflect only the opinion of authors. The Knight will not publish unsigned letters except in special circumstances, at the editors’ discretion. The Knight reserves the right to edit letters for clarity, brevity, and accuracy.
8 SUCCESS TIPS THAT WORK

by Michael Fischer, SGA President

The following is an excerpt from the magazine Off To College, 1996 edition. This excerpt is courtesy of the Student Government Association which is located in Room 207 of the Rosenthal Student Center. For more information, please call (954) 476-4734

1. Have a positive attitude. 
"Be positive, think positively, behave in a positive manner, and you will have a positive experience in college and beyond.

2. Go to class. 
"Attending class is the least you can do when you consider the amount of money invested in acquiring this education. An education is to be prized and protected. Going to class is a fundamental behavior. Do not negotiate or compromise class attendance."

3. Talk to your instructors. 
"Get to know them, and allow them to know you. The better you know your instructors, the better off you will be. You will know more about what is expected of you. By interacting with your instructors, you will be gaining insights you would not otherwise have."

4. Do your homework. 
"A good ratio is 2-3 hours of homework for every hour spent in class. Keep up with your reading assignments. Use a highlighter in your textbook to identify pertinent or interesting information. Take notes as you read. Keep yourself actively engaged with the reading material."

5. Manage your time well 
"Keep a daily planner and enter into it your class work schedules as far in advance as possible. From your planner, make a list of day's classes, meetings and appointments in a sheet of paper. As you accomplish items on the list, check them off. Each day, add to your new list those unfinished items from the previous day. Prioritize items at either As, Bs, Cs or Ds. Tackle the As first, the Bs next and so forth in descending order of importance. Going to class should always be a priority."

"It's not only important in life that you know what you are expected to know, but it is equally important that you can maintain a standard of performance. Maintaining this standard will help you succeed in the professional world. If you manage your time well, you can study enough to make an "A" and still have a life away from the books. The opportunities to get involved are abundant. You should identify one or two areas of interest and pursue them."

7. Make good decisions. 
"The decisions you make now may have life long consequences. You are in charge of your own destiny, and the decisions you make will determine your college success. Be responsible."

8. Take advantage of resources. 
"Someone is paying for these various resources available, so it is wise to take advantage of them. They include: food service, tutoring or academic assistance, academic advising, personal counseling, event programming, seminars, career planning, and much more. The best way to learn about these resources is to go and visit them."

Remember To Fill Out Your NSU License Plate Support Card

BLOOD DRIVE

MON., SEPTEMBER 16
ROSENTHAL BUILDING
12:00p.m.-5:00p.m.

1 PINT OF BLOOD CAN SAVE 3 PEOPLE
FREE NSU LICENSE PLATES TO FIRST 20 PEOPLE
FREE T-SHIRTS & FOOD TO ALL THAT DONATE!!!

Be a life preserver, donate blood!


STUDENT GOVERNMENT NEEDS YOU!!!

Applications for Freshman Representative are now being accepted.
Pick up your application in the Student Government Office!
Deadline is September 25 at 5 P.M.

If you would like to be involved with the Student Government but have little time to spare,
The New Assistant Senator Program is for you!
Details coming soon!

Stop by and pick up your application today in Rosenthal Room 207 or call 476-4734 for more information.
Meet the Men and Women of Alpha Phi Omega

by Christie MacDonald
Associate Editor

They wear Greek letters, yet they’re not Greek. They inhabit athletic events, yet they’re not athletes. They’ve helped to renovate houses, yet they’re not construction workers. Who are these active individuals? They are members of the co-ed National Service Fraternity Alpha Phi Omega.

Alpha Phi Omega is one of the many organizations that enriches our campus. Under the three principles of Leadership, Friendship, and Service, APO strives to serve the campus and surrounding community. Throughout the year, APO participates in numerous service projects and fellowship activities. The Service Fraternity prides itself on helping the community while having fun.

The men and women of Alpha Phi Omega participated in many volunteer events last year, including the Dan Marino Walk, beach clean-up, working with Women in Distress, and many others.

Members get to know each other through the volunteer events and the many fellowship activities. Last year, fellowship activities included parties, pizza outings, movies, and numerous others.

This year, APO plans to do two service projects per month. These service projects usually last one day and are hands-on. Performing hands-on service allows the members to receive rewards immediately.

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The smiling face of appreciation from helping build someone’s home or serving food to a homeless person is unforgettable. APO’s members receive great fulfillment from making a difference in people’s lives.

In addition to service and fellowship activities, Alpha Phi Omega also does a lot of fundraising. Whether they’re selling candy at athletic events or washing cars, members of APO make sure they have enough money to fulfill the purposes of the organization.

If you’re interested in serving the community and being a part of a close-knit group, simply contact President Tim Connelly at connelly@polaris.acast.nova.edu for more information. Alpha Phi Omega meets every Wednesday at 7 p.m. in Room 202 of the Rosenthal Student Center. Feel free to drop by and check them out; everyone is welcome.

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Nick Moore, Christie MacDonald, and Tim Connelly of Alpha Phi Omega helping out at the Welcome Back Picnic.
Oleta leaves You Breathless

by Kelvin Vidale
Entertainment Editor

If we had the hypnotic, soulful prowess of Sade and Anita Baker, we would probably be the evolutionary perfection that Oleta Adams is to Fontana Polygram, Inc. Homegirl sings with a technique that lets words easily flow from the richest, deepest valleys of her being. She leaves you breathless. Her artistry in music and song collects echoes from the soul for capturing the power and meaning of what it means to love.

Oleta’s 1993 album release, Evolution, is just what we need to get a breath of fresh air. The twelve tracks on the album consist of songs with a soothing message. Evolution is ideal for the terribly romantic. In “Hold Me For A While,” Oleta reminds us that “There is always time for waking love. Darling, that’s not what I’m in need of. Help me rest as peaceful as a child. I will if you’ll hold me for awhile.” More tantalizing lyrics await you in this unbelievably heart-felt wonder perfect for sweet reminiscing or for self-reflecting fantasies of immaculate love.

Other tracks showcase Oleta’s talents for exercising our restless energy and providing us with humor. One of her original songs, “Window of Hope,” sends a message that no problem is larger than our ability to solve it. It’s invigorating to hear this message set against a background of fast-paced music. Oleta jests that with all of mankind’s developments in science we still can’t figure out how to live together peacefully. Her ability to stay contemporary and keep a very human perspective with a philosophical edge puts her in a mature category of vocalists/songwriters.

Oleta Adams keeps it positive on this album. She articulates the desires of the human heart. She fine-tunes her work to reveal the powers of the human mind and spirit and gives us upbeat music to keep us smiling, while never neglecting the theme of love. Evolution is a treasure available for mortals who ponder over love’s existence.

Club Quips

by Christina Gay
Campus Life Editor

*The Pan African Student Association will present their annual Jamaa Jam September 20, 1996 in the private dining hall of the Rosenthal Student Center. PASA is repeating its successful event where partygoers dance to R&B, reggae, calypso, and hip-hop in their jammies. Prizes will be awarded for the most outrageous jammies. This is one dance you will not want to miss. Admission is $5, $1 off if you wear jammies, $1 off with any school ID. The party starts at 10:00 p.m. and keeps swinging until 2:00 a.m. For more information call Karen Jeffers at (954) 714-8590.

*N.A.T.U.R.E. will be holding a Blood Drive here on campus on Monday, September 16, 1996 from 12 p.m. to 5:00 p.m. The Bloodmobile will be parked in front of Rosenthal Student Center. Please come out and donate, you might just save a life. For more information contact Chris Wiley, <wiley@polaris.acast.nova.edu>.

*Do you want to go to graduate school? If so, this will be the most important meeting of the year. Join the Psychology Club Wednesday, September 18, 1996 from 4:30 p.m. to 5:30 p.m. in Room 202 of the Rosenthal Student Center. Dr. Francis Depiano of the NSU graduate school of Psychology and Dr. John Malouff of the NSU undergraduate Behavioral Sciences department will be the guest speakers during this “Getting into Graduate School” seminar. In addition, several psychology doctoral students will share their experiences on how they gained entrance into the program of their choice. Be prepared to receive lots of valuable information. For more information, contact Joan Cooper at <cooperj@polaris.acast.nova.edu>.

*Intervarsity Christian Fellowship and the Pan African Student Association will present the Campus Crusade on September 27, 1996 in the Mailman-Hollywood auditorium starting at 7:30 p.m. Experience the joy of celebrating the love of Jesus with other believers on campus. There will be bands, youth and adult choirs, liturgical dancers and dramatic presentations. “Rejoice in the Lord Always” through song, dance and drama. Admission is free, but you’re welcome to give a donation to charity. If you’d like to be on the program or have questions, contact Karen Jeffers at (954) 714-8590.

*Correction: In the September 4th issue Joel Natt was listed as the contact person for Alpha Phi Omega. Please direct all future questions and concerns to Tim Connelly at (954) 791-7989.

YES, Nova Southeastern University should have a Florida License plate.

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Transportation Day Coming

from the cover:

Provide transit information as well as rideshare matching services to those interested in carpooling.

Preferred parking will be given to those who rideshare. Moreover, to ensure that in the event of an emergency, those persons using commuting alternatives are not stuck without a ride home, the SFEC TMA will pay for taxi rides through their guaranteed ride home program.

Although the SFEC has already

made significant strides in its short existence, it will take some time to implement many of the TDM measures identified.

“It is our hope, that by providing a menu of commuting options to the single occupant vehicle, that we can positively impact the quality of life for students, employees, residents and visitors to the Davie area,” says SFEC TMA Executive Director, Allison C. Smith.

Check Out Our New Look!

Office Hours:
Monday-Friday, 8:30-5:00
Tuesday: 8:30-7:00

The CRC is located on the first floor of the Horvitz Administration Building, directly across from the Registrar’s office. For more information, please call (954) 475-7504.

Poetry Contest Available to College Students

Press Release

The American Collegiate Poets Anthology in cooperation with International Publications is sponsoring a National College Poetry Contest. This contest is open to all college and university students desiring to have their poetry anthologized. Cash Prizes will go to the top five poems.

The first place is $100, second place is $50 and third place is $25. Fourth and Fifth places are $20.

Awards of publication for all accepted manuscripts will be included in our popular, handsomely bound and copyrighted anthology entitled American Collegiate Poets. The deadline for this contest is October 31.

Contest Rules and Restrictions:
1. Any student is eligible to submit his or her verse.
2. All entries must be original and unpublished. Poems previously printed in student publications are acceptable.
3. All entries must be typed, double-spaced, on one side of the page only. Each poem must be on a separate sheet and must bear, in the upper left-hand corner, the name and address of the student as well as the college attended.
4. There are no restrictions on form or theme. Poems can be up to fourteen lines. Each poem must have a separate title. (Avoid “Untitled.”) Small black and white illustrations welcome.
5. The judges’ decision will be final. No information will be given by phone!
6. Entrants should keep a copy of all entries as they cannot be returned.
7. There is an initial $3 registration fee for the first entry and a fee of $1 for each additional poem.
8. All entries must be postmarked not later than October 31 and fees must be paid by cash, check or money order, to:

International Publications
P.O. Box 44044-L
Los Angeles, CA 90044

Put your name and address on the envelope also! (Alumni Welcome!)

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Up Close and Personal with Dr. John Malouff

by Sandi Kell
Distribution Manager

Walking into a professor's office can always be intimidating, and if you've never met them before it can be even worse. Dr. John Malouff's office is sparsely decorated. One poster is located on the right wall; and a circular table sits in the corner of the room. This table may look insignificant, but it holds a purists type of beauty. It sits next to an open window surrounded by chairs, and a small plant is placed carefully in the middle.

As I sat at this table, I assumed Dr. Malouff would sit at his desk but I was sorely mistaken. This refreshing and nonimposing speaker sat at the table with me, and this is how we began our interview.

At first I proceeded to get some background on this professor. Dr. John Malouff is an Associate professor of Psychology, and he has been with Nova for approximately 7 years. Then I ventured into the unknown: the personal habits of a professor. AHHH!

Dr. Malouff is almost a complete vegetarian, and the only non-vegetable he eats is fish. His diet is low fat, low sodium, low calorie; and extremely basic. He eats a piece of bread, peas, and a glass of water for breakfast every morning. If you wander into his office at lunchtime, you'll find three tuna sandwiches, vegetables, and a glass of water. Interestingly enough, the only liquid he drinks is water. Just water. I was thoroughly impressed. I was also curious if he would ever eat meat. He replied that if he had to he would, but he would prefer not to.

At this point I was curious how he became vegan, and where his influences come from? Does he have children? What is his exercise regimen? As questions flooded my mind, I had to pick one and work my through the rest of them.

He became vegan when he started to do research on better health habits and realized that eating healthy and exercising would be beneficial. He has had very good habits for the last twenty years. He avoids sun exposure and walks to work. If you see Dr. Malouff with a car on campus, it is a rarity. When Dr. Malouff went looking for a home he made sure it was within walking distance of NSU. He is so dedicated to keeping to this regimen, that he walked to work in below zero weather when he lived in Colorado.

He has been greatly influenced by research that he has read over the past few years. Another particularly strong influence is his wife Dr. Nicola Schutte. She is an Associate Professor of Psychology here at NSU. It seems Nicola has been vegan for twelve years because of an incident in Morocco where she saw slabs of raw meat covered with flies. This incident seemed to greatly change her views of being a meat eater. She is quite strict and Dr. Malouff said that he sees her as a role model. The infinite amount of respect and admiration he has for his wife is quite amazing. They have a four year old daughter who is also vegan; and Dr. Malouff hopes that she will continue to be a vegan for life.

His exercise regimen consists of walking. Walking to work, to the store, and wherever else he can. He has done a lot of reading on jogging and running and found some interesting things. It seems that running and jogging can put undue pressure on knees and ankles and result in problems. Therefore, in his opinion, walking is better for the students. As we talked, he brought up an interesting theory. Most of us hate sitting in rush hour traffic and get stressed and aggravated, but Dr. Malouff doesn't have any of these problems. He has alleviated it by staying out of the car. After seeing the relaxed state of this professor, I considered doing more walking and since I have knee problems I thought it would help.

As the interview continued, I realized that Dr. Malouff would probably have some great health tips for students. The following are his tips:

1. Think about your health behaviors.
2. Acknowledge and avoid risks when possible.
3. Don't SMOKE and if you do QUIT:
4. Get exercise wherever and whenever you can
5. Walk to work and/or class
6. Take the stairs instead of the elevator
7. Drink water
8. Avoid overexposure to the sun

So, to sum up this interview, if we sit and talk to our professors out of the classroom we might learn something very valuable.

For more information on this interview with Dr. John Malouff, please see the Wellness Center's September Healthletter.
Dive-in Movie, A Splash

by Christina Gay
Campus Life Editor
Nick Moore
Assistant Layout Editor

It has become a tradition here at good ole NSU for Student Life to host a “Thank God It’s Friday” party at least once a month. These get-togethers usually involve food, fun, music and something out of the ordinary.

The first TGIF of the year was held on August 30, 1996 from 7:00 p.m. to 10:00 p.m. at the RecPlex. It featured a Dive-In Movie, “Tommy Boy” starring David Spade and Chris Farley. It is called a Dive-In movie because everyone is invited to jump into the pool and have fun while the movie is playing. In the beginning, as with almost all Student Life events, it was kind of slow, but food and companionship can do a lot for a party very quickly.

The event had a lot going for it in terms of atmosphere. Everyone was laid back, well-fed, and enjoyed a visually stimulating movie. David Spade is one of today’s top comedians. When teamed with Chris Farley, you can’t help but laugh at his screen antics. There also was no shortage of hamburgers, hot dogs, pretzels, assorted sodas and a cash bar full of beverages for those of age.

Every event has its special moments, and this TGIF was no exception. To everyone’s delight (except Mr. Fischer’s) S.G.A. President Michael Fischer got dumped in the pool. Definitely a highlight of the evening.

By the end of the evening, forty to fifty students were splashing around, chomping down and generally having fun. If this is how NSU kicks off a new year, then life is going to be very fine indeed.
Linda Sobell to Join Center for Psychological Studies

from page 2

Problem drinkers, persons they feel are often overlooked and ignored in typical treatment programs. The Sobells have also been crusaders in educating the public on this issue.

The two were attracted to NSU because of the University's expansive capacities, good morale, and "reputation for getting things done," said Mark Sobell. In addition, they were drawn by the opportunity to establish a Guided Self-Change Program at Nova's Community Mental Health Center. The program will provide an opportunity to teach, conduct research, and provide services within a single clinical setting.

The Sobells will inevitably offer psychology students a privileged and advanced view of research in the field of substance abuse as well as a new look at improving public involvement in the field of Mental Health.

This fall, Linda Sobell will be teaching "Professional Issues & Ethics" to doctoral students and "Substance Abuse" to master's degree students, and Mark Sobell will be teaching "Concepts and Issues in Substance Abuse" and "Research Design" to doctoral students.

Students in their classes this year will be pioneers in this new age at NSU!

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Clinton Inspires, Motivates in Visit to South Florida

by Sandi Kell
Distribution Manager

It is quite difficult to explain what it's like to wake up in the morning as a regular college student, and then suddenly I'm sitting at Sunrise Musical Theatre watching political figures swarm and wait for the President of the United States to arrive.

If I was a registered Democrat, it might have meant the world to me. If I was a Republican, I would have shot down everything he said. But I am neither. Even though I'm a registered Independent, I liked what good old Bill had to say.

His presence was illuminating and his speech was sincere. He spoke of hope, trust and making a better tomorrow. He also mentioned giving tax grants to students that attend Private and Public Universities. This made me quite happy since I have been a Nova student for four years and I know how bills add up.

Speaking of Nova, I'd like to thank Scott Chitoff for giving us the knowledge of this grand opportunity. However, he forgot to tell us the ticket procedure. Let me rephrase. He mentioned the tickets but he said they would be waiting for us. Unfortunately, they were not. So, after forty minute speech was amazing and his style seemed reminiscent to that of Kennedy. He was friendly and interesting, and he spoke in such a way that you couldn't help but be persuaded to his side. For example, I had a Republican standing next to me throughout the entire speech and he was motivated enough to shake the President's hand. I also took part in this symbolic deed because it finally makes you feel like you count. Unfortunately, neither myself or my two associates got pictures while shaking the President's hand. So if you ever go to a Political Rally, bring extra film.

Even extra film can't take the place of the feeling of believing that you can make a difference. I admit I am a part of Generation X and I don't generally have very much concern for political issues. I also have a very short attention span. So, being attentive for a forty minute speech was amazing. But his words touched me. Well, it was his words and the thrill of being at this convention.

It was amazing to know that people I had voted for or seen on television were right in front of me. Attorney General Bob Butterworth said the Pledge of Allegiance holding a tiny flag. Also in attendance was Broward Sheriff Ron Cochran, numerous residents of Century Village, Mayor Steve Effman, Peter Deutsch, and Bill Nelson. The last two people mentioned went by so fast we lost their titles. My apologies to them. I won't say that there were no humorous moments at this convention, because there were a few. For example, when Peter Deutsch was making an Anti-Dole presentation to the audience, he dropped one of his visual aids. But he kept cool and continued with his speech. It showed that even a seasoned politician is human too.

Another interesting thing was the amount of energy pulsing through the room. All of the people, news crews, and even some of the security guards seemed interested. Of all the events at the convention, seeing Bill Clinton next to Governor Lawton Chiles was amazing to me. For fifteen years I've lived in Florida and for the first time I felt like Florida mattered. Also, the fact that the President now knew where my hometown of Sunrise was made me feel better.
Clinton Inspires Buddies For Life

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I'm not trying to push President Clinton, nor am I saying vote for Dole. What I want is for students to think about the future of this country and their future. Do we want our kids to have Health Care, a strong Educational system, money in their pockets and a clean Environment? I wish I could make you see how this has changed my perspective. I was planning on voting anyway, but now I'm not going to complain so much when my boyfriend wants to watch CNN. We need to care about issues that effect us all. So, please register and vote, even if it is for Dole.

more. The experience of being in Best Buddies is remarkable. It is unbelievably rewarding to see the face light up of one who doesn't get out much. Being a part of the organization is one of the most rewarding experiences a person can have. It is especially valuable for those interested in the area of dealing with people with mental retardation.

If you'd like to find out more about Best Buddies or are interested in becoming a member, please contact club president Aimee Bucchino at (bucchino@polaris.acast.nova.edu) or at (954) 475-8206. Make a difference.

People with cancer aren't expected to heal themselves. People with diabetes can't will themselves out of needing insulin. And yet you probably think, like millions of people do, that you or someone you know should be able to overcome another debilitating disease, depression, through sheer fortitude.

The fact is, in the last decade we've learned that simply snapping out of a depression would be a physical impossibility. Because new medical research has taught us that depression is frequently biological in origin, caused by a chemical imbalance in the brain. This is good news because it reclassifies depression as a physical disease instead of a mental illness.

While these recent discoveries should help relieve some of the stigma associated with depression, a look at history also helps. It's a well documented fact that Abraham Lincoln was depressed for most of his adolescent and adult life.

You see, depression doesn't discriminate. Anyone can get it. And today you can find books written about admitted sufferers Mike Wallace, Joan Rivers, Dick Cavett, and Kitty Dukakis just to name a few.

Please call 1-800-717-3111 if you or someone you know needs help. With this better understanding of depression and a 80% success rate with treatment, we hope you'll see that the only shame would be not calling.

To the 80 million of you who sheltered time and money last year, thanks for all you can give. Imagine what more could do. Call 1-800-CAN'T S IT, it's what it is the work you can do.