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NSU Opens Its New Medicinal Garden

by Angel E. Sanchez
Editor in Chief

On February 28, 1999, Nova Southeastern University Health Professions Division School of Pharmacy in conjunction with Broward Community College and the University of Florida opened its Medicinal Garden. The Medicinal Garden is located in front of Parker Building. This garden took over a year to be completed. There was a lot of work and effort put into finishing the garden. In this garden hundreds of plants that can be used for medicinal purposes were planted. This will serve as a habitat and a place of research for better use of these plants. Everyone attended this great event including deans and professors from NSU and surrounding universities, students, the surrounding community, the press, and others interested in the greatness and benefits of the garden. The idea of this garden began during the presidency of Dr. Lewis. Dr. Lewis stated the following, "We live in cyber space-virtual reality, is nice to see the real thing, not only for the students and pharmacist that we derive medicine from but for other students and the community as well... I think it is a fascinating garden. I was also considering a garden for the blind with texture aromatic plants and tape players... This

The Boys of Spring are Back

by Michael L. Citron
Sports Staff Writer

After a fantastic year in baseball with the chase to break the single-season homerun record between Mark McGwire of the St. Louis Cardinals and Sammy Sosa of the Chicago Cubs, what more could the fans want? Major League Baseball is back and it is more popular than ever!


### Campus Life

#### JPRom 1999

**"A Knight at the Movies"**

April 8, 1999 at 7:00 p.m. at the RecPlex Patio

What does JPRom mean? Last year it meant Betas grooving, Theta stripping, Phi Sigs getting funky and the Radio Station doing Scooby Doo... What will it mean this year?

The fourth annual JPRom is being held on Thursday, April 8, at 7:00 p.m. at the RecPlex. This year's theme is "A Knight at the Movies" where student groups will do spin offs of their favorite movies. Groups will put together a 10-minute skit composed of dancing and lip syncing that center around the theme. Top three JPRom acts have the honor of performing the following night during the Secret Square portion of Hollywood Squares. Why? To compete for the $1,000 grand prize!!!

A panel made up of faculty and staff will judge the JPRom acts on Thursday based on 10 categories: originality, adherence to theme, dialogue, lip sync, dancing, costumes, set design, choreography, audience reaction, and overall effectiveness.

Top three groups will advance to the finals at Hollywood Squares where they will be judged by the celebrity squares featuring center square, Joe Lakovich, Vice President for Student Affairs.

Beta Theta Pi fraternity has won JPRom for three years in a row. This year, more groups than ever will compete for the grand prize and attempt to defeat the defending champs! You won't want to miss this event!! Come early and get a good seat. No one really knows what JPRom means... but regardless, it promises to be a great time for all!!

#### World Music Night with NSU Radio

Friday, February 19, NSU's "Knight-Time" Radio showcased music from all over the globe as part of Unity Week. This very special TGIF was hosted by some of NSU's most eclectic D.J.'s who played all sorts of music ranging from modern Spanish, Irish, to reggae styles. Everybody in the Flight Deck enjoyed the variety of music, good food, but most of all, the diversity of people. We would like to thank the Flight Deck, the Unity Week committee, and all of the clubs and organizations that made Unity Week a success.

NSU Radio is always looking for fresh new talent for the airwaves, so if you are interested please call us at 262-8457. If you would like more information on the radio station and upcoming events, stop by the office in the Rosenthal Student Center or check out our website at [http://www.nova.edu/cwis/wnsu](http://www.nova.edu/cwis/wnsu).

#### Beating the Odds: Basic Life Support Education Day

by Ed Fry, III, Em-P, AMSA

Educational Chair, N.S.U. Pre-Medical Society

Imagine this, you and your friends are meeting for lunch after an extremely hard morning of classes. Your professor informs the class that the test scheduled in two weeks has been moved to 72 hours from now. Because of the time crunch, you have no idea how you are even going to fit meals into your schedule. So during lunch with your friends, everyone is in a hurry to study and they inhale (without breathing or tasting) their food when suddenly, without warning Tony grabs his neck, begins choking and turns blue from the lack of oxygen! What do you do?

Not that this is a daily occurrence on campus, but if a member of the Nova Southeastern Pre-Medical Society is sitting next to you, there is a good chance that Tony's airway obstruction can be alleviated before the paramedics arrive. The reason is: The Nova Southeastern University Pre-Med. Society has learned Basic Life Support and Cardiopulmonary Resuscitation (CPR-BLS)! In fact, the campus-based club under the advisement of Dr. Robert Pomeroy boasts 25 CPR-BLS instructors!

Last year, members of the society were awarded a grant from the American Medical Student Association (AMSAS) to train and educate the public in the importance of Basic Life Support as well as keeping heart smart by exercise, diet, and decreasing identifiable risk factors that can lead to a heart attack or stroke.

That's not all! The Nova Southeastern University Pre Medical Society has been named as a finalist and presenter in the national poster competition during the 49th annual AMSA conference March 1999 in Chicago. At the conference, an oral presentation will be given to a host of personnel including guest speakers: Dr. Patch Adams, The United States Surgeon General, and other medical community representatives. If the Society is chosen as best in one of five categories, their work will be published in the New Physician quarterly publication as well as the websites of the National Institute of Health and The Center for Disease Control.

We will keep you posted on the future of the Pre-Medical Society. Keep an ear out for their next class. It is offered free!
Storytelling with N.A.T.U.R.E.

by Angelique Nixon
Contributing Writer

Nova's Advancement Towards Understanding & Researching the Environment (N.A.T.U.R.E.) participated in the very successful 2nd annual Unity Week from February 15th to 20th. As well as helping with all the activities during that week, N.A.T.U.R.E. sponsored a CoffeeHouse with Native American Storytelling on February 18th, celebrating diversity in The Flight Deck. A delightful storyteller, Carole Cyprus, from the Seminole Indian Tribe of Florida, presented an enchanting evening full of tribal tales and stories. Carole shared stories from her childhood and those passed down to her by her family and friends. She intrigued and led us into the Seminole World with her enchanting stories.

N.A.T.U.R.E. transformed The Flight Deck into an array of night time motifs accented by tribal sounds and incense smells, with a relaxing coffee house atmosphere. We had a fantastic turn out and everyone seemed to have a great time. Most importantly, we all gained a little wisdom, joy, and sadness from our storyteller, as she shared with us many intense, funny, happy, sad, and inspirational stories. Throughout the evening, we all enjoyed delicious appetizers, desserts, coffee, and many other scrumptious items. Everyone left with small gifts from N.A.T.U.R.E. of incense and candles. This is our 4th CoffeeHouse and we intend to have many more in the future.

We would like at this time to thank the Unity Week Committee, The Flight Deck, SALSA, ISA, IMAN, RSA, The Knight Newspaper, NSU “Knight Time” Radio, Residential Life, CEC, NSUSGA, and Student Life for their dedication to making Unity Week a success and helping to prove that clubs and organizations can unite on campus! Let us ensure that events such as those during Unity Week are encouraged and supported in the future.

If you are interested in joining the N.A.T.U.R.E. club or you would like to see our campus become more “environmentally friendly”, please feel free to attend our meetings every Wednesday at 5pm in The Flight Deck. Our meetings are open to everyone, and we always welcome new ideas and suggestions. Our mission statement is: “To change the world one activity, one animal, one person at a time.”

Nature and the Environmental Awareness Committee are planning a huge Earth Day Celebration on April 22nd with a tree planting and a vegetarian BBQ. Look for further information about Earth Day and other N.A.T.U.R.E. events in The Knight Newspaper or you can e-mail us at nature@polaris.nova.edu.

Nature and the Environmental Awareness Committee are planning a huge Earth Day Celebration on April 22nd with a tree planting and a vegetarian BBQ.

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### Campus Life

#### Basic Life Support Education Day: Breaking the Four-Minute Barrier

*by Ed Fry*

**Educational Chair,**  
**N.S.U. Pre-Med. Society**

Following strict adherence of the American Heart Association, public education is an essential step to reducing heart disease. The steps of the chain of survival ensure that early access and advanced life support enroute to a victim of sudden illness. Combined with early bystander CPR, chances of surviving a cardiac arrest are greatly increased. When all factors of the chain of survival are tied together,

On average, irreversible brain damage will occur within 4-6 minutes (according to the American Heart Association).

Individuals that fall victim to a heart attack have a greater chance of walking out of the hospital and returning home where they belong.

Everyday frantic 9-1-1 calls are received from bystanders and family members of acutely ill patients. Many times the call is for a patient that is unresponsive and without a pulse. My question is: “What would you do?”

According to statistics gathered from Broward County Fire Rescue, patients who have an acute cardiac arrest and receive on scene care (ROSC) by bystanders stand a much better chance of survival than patients who do not receive care until the paramedics arrive. On average, irreversible brain damage will occur within 4-6 minutes (according to the American Heart Association).
Summer's almost here

Prepare for a career with a summer internship or co-op

At the Career Resource Center there are listings, links, and positions available online and in our resource library.

Here's a small sample of what's available right now!!

Pro Player Stadium, Human Resources Intern
Robert Half International, Internet Recruiter
Baby Guess, Assistant to Vice-President of Sales
Heffernan Interactive Inc., Field Market Intern

Come in and explore the opportunities.
Career Resource Center Horvitz Administration Building
(954) 262-7201 www.nova.edu/cwis/crc
The Wellness Center’s Safer Sex Survey Results
by Jen Lenz
Contributing Writer

The Wellness Center and S.H.A.P.E. organized many events for Sexual Responsibility Week, which was February 8-12. They dedicated the week to educating students about safer sex by organizing information tables and events. However, in order to organize an event to fit the needs of the campus community, it is important to understand behaviors and attitudes towards condom usage and risky behaviors. The Wellness Center anonymously surveyed 143 students in the Goodwin Residence Hall to find out exactly how safe these residents were when engaging in sexual activity. The results were as follows: (NOTE: N/A represents “Not Applicable”)

1. Have you ever had sexual intercourse?
   - YES
   - NO
   - N/A
   77.6% 21.7% <1%

2. Have you ever had sex without a condom?
   48.3% 26.6% 25.2%

3. Do you use condoms consistently?
   53.8% 40.6% 5.6%

4. Do you use any other form of Birth Control?
   32.6% 40.6% 27.3%

5. Has alcohol or any other drug ever affected your judgement on whether or not to have sex/use a condom?
   33.6% 64.3% 2.1%

6. Do you use condoms during oral sex?
   - ALWAYS
   - SOMETIME
   - NEVER
   - N/A
   4.9% 8.4% 82.5% N/A

7. How would you rate your probability of contracting HIV, the virus that causes AIDS?
   - Less than 25%
   - 25%-50%
   - 51%-75%
   - 76%-100%
   STUDENTS' RESPONSES
   92.3% 4.9% 2.1% <1%

8. How often do you get tested for Sexually Transmitted Diseases?
   - Every 6 months
   - Every year
   - Every 2 years
   - Do not get tested regularly
   - N/A
   12.6% 16.1% 3.5% 65% 2.8%

FREE ANONYMOUS HIV TESTING COUPONS AND CONDOMS ARE AVAILABLE AT THE WELLNESS CENTER.
For more information, please call the Wellness Center at 262-7040, or stop by the Farquhar Center Annex rooms 101-104.

Attention Teachers!
City of Pembroke Pines, located in Ft. Lauderdale area, is opening a Charter Middle School this fall and is hiring certified teachers in all areas through Vincam, a professional Employer. The Charter Elementary School also has several openings. We offer a complete benefits package including 401K, and the chance to make a difference in a new environment with a new educational concept.

For More Information, Call Mrs. Terry at (954) 437-1111 or Fax your Resume to (954) 437-1117

TEACHERS - ALL AREAS
MEDIA SPECIALIST
The best chance to keep vital organs alive, specifically the heart and brain, is through the administration of cardiopulmonary resuscitation (CPR) within four minutes of onset. This is what the Nova Southeastern Pre-Med. Society set out to do.

In September 1997, the Society hosted its first "Basic Life Support Education Day" to educate its membership in basic life support. Within a year, the newly trained basic life support providers became basic life support instructors. Thanks to the American Medical Student Association, Broward County Fire Rescue training center, and Merck, we are now in our second phase of this "Basic Life Support Education Day Community Project."

As Basic Life Support Instructors, Nova's Pre-Medical Society members are educating the public about heart smart diet, the that can contribute to the heart attacks, stroke, atherosclerosis; and the key steps, or "Chain of Survival," to aid a bystander or family member when faced with a medical crisis.

Today, the Nova Chapter boasts 25 CPR instructors and has educated over individuals. Included are firefighters, Lifeguards (Ocean, lake and pool), nurses, Nova Students, and on occasion, faculty members of Nova Southeastern. It was an honor to teach those that have gone to great lengths to educate us!

Make a difference in someone's life – learn CPR. If you know CPR, please teach someone else. The life they save may be your own!
Greek Life

Sorority Election Results

ΔΦΕ

Delta Phi Epsilon is proud to announce the results of their 1999-2000 elections:

President - Trudy Hartje
VP of Operations - Stefanie Maltese
VP of Programming - Amicie Hansley
VP of Membership Development - Nikki Cazzalino
VP of Recruitment - Michelle Athletics
VP of Academic Affairs - Vanessa Leret
Treasurer - Rocio De Ojeda
Secretary - Melissa Hellerman
Historian - Melissa Fogle
Risk Mgmt - Megan Greenberg
Sisterhood - Megan Greenberg
Sunshine - Heather Goobie
Self - Tara Stankiewicz
Community Service - Beth Bledsoe

Athletics - Yessenia Gomez
Fundraising - Lucia Pantoja
New Member Educator - Tina Politis
New Member Educator Assistant - Megan Connors
Pearl Coordinator - Tara Stankiewicz
Alumni - Zena Therrien
Sargeant of Arms - Laura Prill
Ritualist-Christa Whitter
Rush-Laura Prill
Public Relations - Megan Connors
Parent Relations - Marya Koslenkov
Scholarship - Carolyn Qubeck
Social - Zena Therrien
Senior Coordinator - Lucia Pantoja
Special Events - Rocio De Ojeda

The sisters of Delta Phi Epsilon would like to commend their sisters for all of the hard work and devotion put forth this year. A special goes to this year’s executive board, led by Andrea Solheim, for their perseverance, commitment, and love for their sisters of ΔΦΕ!

ΦΣΣ

Recently a new group of women joined Phi Sigma Sigma. Thanks to Erin McDonald and the rest of this year’s officers for their hard work and dedication. Good luck to the new board!

The sisters of Phi Sigma Sigma would like to announce the results of their recent elections:

Archon - Krista Kepple
Vice Archon - Jennifer White
Bursar - Lisa Meadows
Scribe - Jennifer DeJong
Member-At-Large - Dana Schulman
Recruitment Chair - Camille Cuifo
New Member Orientation Chair - Traci Maynard
Panhellinic Delagate - Jennifer DeJong

Congratulations to our newly initiated Sisters:
Jennifer White
Krista Kepple
Traci Maynard

Congratulations to our new members:
Sarah Burrows, Janelle, Alma & Alyson Dion

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Interested in Writing for the Newspaper? Interested in Minoring in Communications?

Take Intro to Journalism in Fall 1999 with The Knight Newspaper’s very own Faculty Advisor, Ms. Caroline Geertz!

Tell your academic advisor that you want class COMM 2110 2D1 on Mondays, Wednesdays, and Fridays from 10:10 - 11:50 a.m. This eight-week class begins in August. Sign up NOW and your articles are almost guaranteed to get published.
Fraternity Election Results

ΣAM

Sigma Alpha Mu would like to announce the results from their recent elections.

Shawn Mostal will be the new President, and Craig Dean will take over as the new Vice President.

The brothers of ΣAM would like to extend their gratitude to Adam Benson for all of his hard work and dedication for the past two years.

ΘΠI

The Brothers of ΘΠI would like to congratulate the newly elected executive board for next year:

Jared Tacher- President
Jedd Soto- Vice President
Christopher Zapalski- Treasurer
Jen Joseph- Corresponding Sec’y
Andrew Sacher- Rush
Chris Blackwell- Pledge Educator
Roger Roa- Recording Sec’y

ΘΔΧ

Theta Delta Chi would like to congratulate their brothers into their newly elected positions. They would also like to thank Charlie Miller for all his dedication and hard work.

Doug Grosso- President
Nick Claudio- Vice President
Shane Solheim- Treasurer
Joe Virginio- Secretary
Eric Mikolitch- Rush
Julio Buenano- Social Chair

A New Fraternity at NSU

by Marya Kosenkov & Megan Greenberg
Consulting Writer and Greek Life Editor

The Greek system at NSU is proud to announce the addition of a new Fraternity on campus. After careful consideration, the Inter-Fraternity Council (IFC) decided that the new fraternity, Sigma Alpha Epsilon (ΣAE), could join NSU’s Greek system.

Sigma Alpha Epsilon is the largest fraternity with 220 chapters in the United States and Canada.

This chapter at NSU will be known as the Florida Nu chapter. The installation of the new colony at NSU took place on Saturday March 13, 1999. It is with great delectation that the founding father class of Sigma Alpha Epsilon - Florida Nu Chapter at NSU is:

Robert Reyes- Eminent Archon
Mike Gable- Eminent Deputy Archon
Chris Liese- Eminent Treasurer
Ryan McGee- Eminent Recorder
Nick Zagaria- Intramural Chairman
Joe Salpietro- Rush/Social Chairman
Marc Cesario- Risk Management Chairman
Terry Weech- Pledge Educator
Edmond Fry- Warden
Angel Sanchez- Eminent Chronicler/ Correspondent
Shawn Parkoff- Philanthropy Chairman
Francisco Gonzalez
Jason Major
Matthew Brown
David Marzouca

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$9/hr
Summer camp jobs at City of Pembroke Pines through Vincam, a professional employer. All positions require H.S. diploma and 1+ yrs. experience. WSI and lifeguards must have ARC lifeguard training cert., ARC or American Heart Association CPR and ARC First Aid Card. WSI's also must be ARC WSI certified.

Fax Resumes to Mr. Richard at (954) 437-1117 or Call 437-1111

Campus Activities

FREE CONTEST: You could be a guest DJ on NSU “Knight Time” Radio, 88.5 FM. Email at WNSU@polaris.nova.edu and tell us why you want to be a disc jockey along with the names of your five favorite bands. You could be on the air, playing your favorite music for millions of listeners. This contest is open to all NSU faculty, students, and staff. You must be available Tuesday nights from 9-10 p.m.

Now Hiring! Orientation Leaders are wanted for this summer. Leaders receive a free three-credit class at NSU for the 1999 Fall Semester. Stop by the Student Life Office in the RSF Student Center or the Dean’s Office in the Mailman Building for an application. Applications are due March 24th.

To all ΘΠI Alumni: The Nova Southeastern University, Zeta Mu Chapter of ΘΠI is widening its Alumni contact base. We are very interested in meeting and keeping our local alumni informed of our activities. If you are a ΘΠI Alumni and you want to be involved in our chapter’s alumni activities or simply want to know more about us, please contact us. You may call Norbert Pratts, Chapter President, at (954) 747-3941 or Fabio Moura, Alumni Chair, at (954) 438-8480 or (954) 222-8784 (beeper). The Brothers of ΘΠI, Zeta Mu Chapter hope to hear from you soon.

If you know of an activity that you would like printed in this column, please contact Alyson at theknight@polaris.nova.edu.
"The Other Sister" Is Another Hit For Director Garry Marshall
by Deana Daneau
Entertainment Editor

On February 26, Buena Vista Pictures released their newest romantic comedy, The Other Sister, which ranked as one of the top three highest grossing films of that weekend. For writer/director Garry Marshall, this is great news; but it's not a surprise to those who know and love his work. Industry veteran Marshall achieved success with TV's Happy Days and Laverne & Shirley and stabilized his film career with heavy hitters like A League of Their Own and Pretty Woman.

As for The Other Sister, Marshall handles some difficult subject matter with a familiar comic sensitivity that qualifies this film as some of his best work yet.

The Other Sister is the story of Carla Tate (Juliette Lewis), a young retarded woman, returning home from a long stay at a special boarding school. Carla dreams of independence and a "normal" life and struggles to gain the support of her overprotective mother, Elizabeth (Diane Keaton). Carla's determination to live on her own and succeed at vocational school forces her family to acknowledge her abilities and desires, and to face their own fears of letting go. While on her quest for self-fulfillment, Carla falls in love with Danny (Giovanni Ribisi), a mentally challenged school mate, who shares her dreams of conquering life's roadblocks.

Lewis' portrayal of Carla is nothing less than outstanding. Facial expressions, outbursts of emotions, and even her character's speech impediment are all right on the money. As of late, Lewis has let it be known that this is her first film since completing a drug rehabilitation program. She was able to commit herself to her craft and to this character as clean, sober, and lucid and the results clearly paid off. Also worthy of praise is Giovanni Ribisi in the role of Danny. Ribisi's portrayal is intense, yet sensitive, funny, and yet tear-jerking. He compliments Lewis' Carla as Fred does Ginger. The supporting roles of Diane Keaton and Tom Skerritt as Carla's parents are also played with a range of emotion and sensibility.

The Other Sister is a delightful romantic comedy that deserves official recognition of the talent that makes it so special. Collaboratively, everyone involved sets forth the message that the Carlas of this world are worthy of self-fulfillment, recognition of their achievements, and love.

Perhaps next year The Other Sister will be recognized with love from the Academy of Motion Pictures and Science.
A Legacy of Terror

by George Wentland
Contributing Writer

The memories that I have retained from very early childhood are vivid. I am going to share with you one of those memories in the hope that your son or daughter might not have to relive my nightmare. My father was a very abusive man, and this abuse has had its affect on me. The experts say that abusive families are likely to raise abusive children. A study in 1987 by Kaufman and Zigler reported that thirty percent of abused children become abusers by "learned behavior."

A study in 1987 by Kaufman and Zigler reported that thirty percent of abused children become abusers by "learned behavior." My family went to the rear entry door. After he dragged me down the neighbor's porch steps, he released me. I ran down the steps and over to the neighbor's house. My parents were playing cards with their friends. I approached my father, dry tears were rolling down my face, as I saw the anger well up inside this man that I called daddy. My father was a very large man; he stood six feet, five inches tall and weighed about 350 pounds. He was sitting at the table with a look on his face that silently said, "what are you doing here?" I whimpered, "I was afraid. I didn't know where you and mama were." My father said, "go cry at home and don't bother us no more!" He turned away from me, played a card, and resumed his conversation. Satisfied that I now knew where my parents were, I went home. I arrived at the door to my house to find that it had locked behind me when I left. I did not have the key. I would have to go back to the neighbors and face my father, and I knew there was going to be trouble.

I saw the anger well up inside this man that I called daddy. He stood up, grabbed my arm in his vice-like grip, and quickly dragged me out the door. After he dragged me down the neighbor's porch steps, he released my arm. This mountainous man looked down at me yelling "get your ass moving!" I started to run for the house. Suddenly I felt the impact of his foot on my buttocks. I was knocked down, driven face first into the dirt and gravel drive. I got to my feet quickly, screaming, spitting gravel and blood from my mouth, and running for the safety of my home. This man relentlessly kicked me as he pursued me to the door.

Arriving at my house, I saw two of my best friends staring at me, mouths agape with astonishment. They had come to play with me. I felt embarrassed that they had to witness my punishment. My father caught up to me. Ignoring my friends, he grabbed me by the arm and unlocked the door. As he

The tears were rolling down my face, as I saw the anger well up inside this man that I called daddy.
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You’re Not an Occupational Therapist? Then What Are You?

by Daniel D. Morrell, MOTS, Contributing Writer

Pretend you walk into a hospital or a rehabilitation clinic and you are in desperate need of treatment. You ask for someone that can help you with your problems and treatment is given. Later you find out that while a specialist is treating others, another person representing a different profession had treated you. Are you shocked or amazed? Don’t be, this happens daily all across the United States.

I recently worked for a local health careers camp that gave a large number of underprivileged high school students a chance to learn more about the health professions. Many of these students are members of low-income families that can not provide educational opportunities for their career-seeking children. This camp is an opportunity for these children to see what jobs are available and to learn what it takes to be a doctor, therapist, nurse, dentist, optometrist, pharmacist, and many more.

While traveling to different hospitals and clinics, I had an opportunity to hear what each profession had to say about their field of study/career. One thing that was very disturbing to me was the fact that many professionals are crossing the boundaries of treatment and providing care to an individual as if they are capable to fill the shoes of multiple trained specialists. At one lecture, I heard a Nurse Practitioner describe why these young teenagers should not waste so many years of medical school training to become a doctor when they can become a Nurse Practitioner and provide the same care. Obviously, a Nurse Practitioner does not have the training that an Osteopathic Physician (DO) or Medical Doctor (MD) has, but this Nurse Practitioner claims to be able to provide 99% of the care needed without the years of training. I don’t know about everyone else, but I would rather a skilled specialist treating me than a “Jack of all trades” with less training.

Recently, the physical therapy profession claims they can provide treatment in activities of daily living (ADLs) where Occupational Therapy (OT) has been specializing for nearly a century. This reminds me of the nurse practitioner. It is fearful to think that these professions are looking towards expanding their job security by claiming to provide the treatment abilities of other specialists that are trained more in that specific area. Occupational Therapy is concerned in the area of occupation and independent functioning. OT is needed when a person is having difficulty maintaining independent living. In other words, when a person can not wash, eat, dress, or toilet themselves, they would see an Occupational Therapist for treatment. For years Occupational Therapists have been educated and trained to treat these individuals and the training needed as evolved with the changes in time. This is what makes Occupational Therapists specialists in their field. Occupational Therapy has been treating patients of mental health, physical disabilities, pediatrics, and geriatrics with those skills needed for independent functioning. These skills pertain to those tasks that enable us to live our lives and be part of society. Occupation is described as the activity of humans that includes serious, productive pursuits and playful, creative, and festive behaviors” (Willard and Spackman, 1993).
A Legacy of Terror

by George Wentland
Contributing Writer

The memories that I have retained from very early childhood are vivid. I am going to share with you one of those memories in the hope that your son or daughter might not have to relive my nightmare. My father was a very abusive man, and this abuse has had its affect on me. The experts say that abusive families are likely to raise abusive children. A study in 1987 by Kaufman and Zigler reported that thirty percent of abused children become abusers by "learned behavior." A study in 1987 by Kaufman and Zigler reported that thirty percent of abused children become abusers by "learned behavior." My father set an example for me that I could never follow. When someone says, "you remind me of your father," I become nauseated. The following is a recount of one incident out of many:

It was in the summer of my fifth year, and I was just waking from an afternoon nap. I lay in bed listening for the sound of my parents moving around the house, but I could hear no sound. The thought hit me; I am through the house. No one was there. I did a thorough check of the house including my parent's bedroom, which was off limits. Then the thought occurred to me; maybe they are next door with some of their friends. I decided to try to find them.

I went to the rear entry door. There was a deadbolt lock on that door, which was just out of my reach. I dragged a kitchen chair over and placed it against the door. I climbed onto the chair and tried to turn the deadbolt. The deadbolt would not turn. I mustered all my strength, clenching my teeth; I gave it my best effort. It opened. I was free! I ran down the steps and over to the neighbor's house. My parents were playing cards with their friends. I approached my father, drying the tear running down my cheek.

My father was a very large man; he stood six feet, five inches tall and weighed about 350 pounds. He was sitting at the table with a look on his face that silently said, "what are you doing here?" I whimpered, "I was afraid. I didn't know where you and mama were." My father said, "go cry at home and don't bother us no more!" He turned away from me, played a card, and resumed his conversation. Satisfied that I now knew where my parents were, I went home.

I arrived at the door to my house to find that it had locked behind me when I left. I did not have the key. I would have to go back to the neighbors and face my father, and I knew there was going to be trouble.

As I entered the neighbor's house, my father said, "What are you doing here? I thought I told you to go home and cry." I replied, "I locked myself out of the house." The tears were rolling down my face, as I saw the anger well up inside this man that I called daddy. He stood up, grabbed my arm in his vice-like grip, and quickly dragged me out the door. After he dragged me down the neighbor's porch steps, he released my arm. This mountainous man looked down at me yelling "get your ass moving!" I started to run for the house. Suddenly I felt the impact of his foot on my buttocks. I was knocked down, driven face first into the dirt and gravel drive. I got to my feet quickly, screaming, spitting gravel and blood from my mouth, and running for the safety of my home. This man relentlessly kicked me as he pursued me to the door.

Arriving at my house, I saw two of my best friends staring at me, mouths agape with astonishment. They had come to play with me. I felt embarrassed that they had to witness my punishment. My father caught up to me. Ignoring my friends, he grabbed me by the arm again and unlocked the door. As he

THE TERROR on page 18
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Saturday, February 13
Softball wins both games against the visiting St. Leo University, 3-2 and 5-3. With freshman Jaime Sawyer reached on base by a fielder’s choice, freshman Dana Deis came in to pitch run. Then, freshman Jenny Ridenoure hit a single to right field. Sophomore Diane Ocampo stepped up and hit a home run to win the first game. Ridenoure (1-0 record) pitched a complete game striking out 3. Senior Sherri Waddell went 2-for-2.

Senior Shannon Sawyer and sister freshman Jaime Sawyer each hit a jack in the second game. Shannon Sawyer’s was a 2-run homer in the second and went 2-for-3, while Jaime Sawyer’s was a solo shot and went 1-for-2. Junior Cam Morgan (1:0 record) went 6 innings giving up only 5 hits. Overall record: 2-0.

Women’s basketball wins against Palm Beach Atlantic College, 64-54, and clinched the No. 1 seed to host the Florida Sun Conference Championship Tournament. Junior Tajuana Lee had 14 points and 7 boards, while junior Nitashi Ealey scored 10 points with 4 rebounds. Freshman Meghanne Hickey had a game-high with 4 assists.

Men’s basketball loses to Palm Beach Atlantic College, 68-64. Senior Rob Robinson led the NSU with 17 points and 11 rebounds and senior Sherard Hernandez scored 10 points and game-high 12 rebounds. Junior Jeff Payanis and sophomore Eric Windell each had 5 assists.

Monday, February 15
The Lady Knights win their last regular season game against Florida Memorial University, 46-36. Junior Teliesicia Nash had 12 points, 4 rebounds and 4 steals, while sophomore Heather Turczynski scored 10 points, had 5 rebounds, 3 assists and 2 steals. Junior Shanelle Carr had a game-high 3 blocks.

NSU’s Men’s Basketball wins against Florida Memorial, 60-58. Seniors Sherard Hernandez and Rob Robinson played in their last regular season home game. Hernandez had 12 points, game-high 10 boards and 3 assists. Robinson and sophomore Eric Windell also scored 12 points.

Tuesday, February 16
A huge come from behind win for the Knights baseball team, who had an incredibly scoring five runs at the bottom of the ninth inning to beat the visiting Florida Tech Panthers, 9-8. Only with one out, junior Charles Cerrato was the first to be Hit By Pitch. Freshman Rolando Bello and sophomore Matt Cleveland followed with base hits. Walks were given to both junior Charlie Vaughn and senior Roberto Lopez and sophomore Tommy Ayala was HBP. Sophomore Chris Villano went 2-for-4 with 3 RBIs, a double and 1 run scored. Bello went 2-for-5 with 1 RS, while Lopez went 2-for-4 with 1 run batted in and 1 run scored. Freshman Kevin Scharfman took the win going 2 innings, throwing 3 K’s, and only allowing 1 hit.

AS OF TUESDAY, FEBRUARY 16:
Women’s Basketball finished their regular season 13-6 overall and 9-1 in conference. The Lady Knights will host the FSC’s Championship Tournament on February 26-27.

Men’s basketball is in second place in the FSC with an overall record of 17-12 and conference record of 8-4. This weekend is essential for NSU, who are on the road Friday, February 19 against first place Embry-Riddle and Saturday, February 20 against Flagler College. The battle for postseason play is close with three teams (NSU, Warner Southern, and Flagler) all fighting for the No. 2 seed.

RECORDS:
Baseball 2-7 overall
Softball 2-0 overall

Spring Training has arrived in South Florida. The thing that makes it so exciting is that most facilities are in small towns, where the locals gear up for this every year. There is nothing like making a road-trip to a distant training camp, where a professional baseball team resides for the Spring. I have been going to Spring Training games since I was six years old. Some of the places I visited during this break were Ft. Lauderdale to see the Baltimore Orioles, Jupiter to see the St. Louis Cardinals, and Port St. Lucie to see the New York Mets. The scenery and aura of the stadiums is difficult to describe. Most of the parks are constructed so the fans can be up-close to the field. This allows the spectators to be able to see the game in a different perspective. Spring Training games allow the fans to relax and enjoy a game in a stadium that usually only holds a Minor League game. In addition, tickets to the games are less than ten dollars, which permits Spring Training to become a family event. The cracking of the bat, cheering of the fans, and the Spring breeze blowing on the back of my neck is exhilarating.

Fans can also obtain autographs from their favorite players at these games, because of the intimate atmosphere. I know Spring Training has arrived, when I hear a young boy crying for Cal Ripken’s signature, “Caaal—Caaal.” This Spring, I was lucky enough to obtain many autographs, including McGwire and Ripken. Both of these true legends deserve so much respect for what they have done for the sport. After the 1996 baseball strike, most fans were unenthusiastic about the game of baseball. It was as though a part of them was taken away after the shortened season. There were no rivalries during playoff time or crowning of the coveted World Series championship. Professional baseball had lost its spark! However, all of this changed the next season, when Cal Ripken broke Lou Gehrig’s consecutive streak of 2131 games played. I will never forget that night, when he went around Camden Yards...
Sports

America's Icon: The Yankee Clipper

by Michael L. Citron
Sports Staff Writer

On March 8, 1999, the baseball world lost a true legend in Joe DiMaggio. He died in his Hollywood, Florida home at the age of 84. Most people today think of DiMaggio, as more of a celebrity, because of his marriage to film star Marilyn Monroe and the commercials he did for various products, like Mr. Coffee. However, people should remember DiMaggio for his exceptional play and his demeanor off the diamond as well. DiMaggio is an archetype and a model of excellence, which people pattern their lives after.

The late announcer Mel Allen nicknamed DiMaggio, "The Yankee Clipper, which was a famous sailing ship, because he moved like a sailing vessel gliding majestically across the outfield in pursuit of a fly ball." When the Yankees were at their best, Jolt'n Joe was their leader. He led his team to nine World Championships during his career. Wow, has any other athlete of such stature brought his team greatness in so many years? Very few can compare to DiMaggio.

One of DiMaggio’s greatest achievements was his 56 consecutive game hitting streak in 1941. This 58-year record still stands to this day. I feel that this consumption is more prestigious than Mark McGwire’s breaking of the single-season homerun record. Yankee Hall of Famer, Phil Rizzuto said, "I never saw him make a mistake. He was able to move quickly from a standing position. It seemed like he knew where the ball was going to be at all times.” DiMaggio left us more than just records. He was an example of dignity in an undignified world.

Searching for role models and heroes in the decades of depression and war, the American public found in DiMaggio an ideal image of itself. DiMaggio had many songs written about him during his life. One in particular was Paul Simon’s "Mrs. Robinson," which has a verse dedicated to DiMaggio. "Our nation turns its lonely eyes to you." The release of this song during the 1960s opened the eyes of many Americans, who were looking for a hero to idolize. DiMaggio was that model.

Former Los Angeles Dodger manager, Tommy Lasorda once said, "If you said to God create someone who was what a baseball player should be and all of the great attributes, God would create Joe DiMaggio ... and he did.”

DiMaggio, while living in South Florida, donated a great deal of money to build the Joe DiMaggio Children’s Hospital. DiMaggio also had a charity baseball game every year at Fort Lauderdale Stadium to raise money for the hospital and other foundations. He had a love for children and wanted to give back to the community. His memory will live on for future players to emulate on and off the field. DiMaggio was able to touch all the bases in his life. "Jolt'n Joe has left and gone away." But, can the new generation keep DiMaggio’s legend alive? I know that I will!

Girls Just Wanna Have Fun

by Salina Vavia
Sports Editor

As for Nova Southeastern University’s softball team, they headed up to Orlando where they played in the World Wide of Sports Spring Training Games. The squad did awesome going 9-0 overall. Here is the breakdown of the tourney and some other games they picked up.

Friday, March 5th

NSU dealt another loss to Urbana College, 14-1 and a loss to No. 9 Houston Baptist, 5-2. Against Urbana College, freshman Stephanie Gleicher hit a grand slam home run, while going 2-for-4 and scored six runs total. Junior Cameren Morgan earned the win allowing only one earned run. Against Houston Baptist, senior Shannon Sawyer hit two home runs. Freshmen Cheryl Bond and Jenny Ridenoure each hit solo home runs. Ridenoure took the win and delivering four strikeouts.

Saturday, March 6th

Softball wins all three games: Houston Baptist 1-0, Augustana (IL) 3-1, and Concordia (NY) 8-0. Senior Shannon Sawyer ripped another homerun scoring their only run, but

see SOFTBALL on page 18

Sports Schedule

by Salina Vavia
Sports Editor

Wednesday, March 17

Softball vs. West Liberty State @ home, 5:30 p.m. (DH)
Baseball vs. Indiana @ home, 7:00 p.m.

Friday, March 19

Baseball vs. Florida Memorial @ home, 7:00 p.m.

Saturday, March 20

Baseball vs. Florida Memorial @ home, 1:00 p.m. (DH)
Softball vs. University of Hartford @ Ft. Pierce, 1:00 p.m. (DH)

Wednesday, March 24

Softball vs. Palm Beach Atlantic @ home, 5:30 p.m. (DH)
Baseball vs. Trinity @ home, 7:00 p.m.

Thursday, March 25

Softball vs. Millersville University @ home, 5:30 p.m. (DH)

Friday, March 26

Baseball vs. Warner Southern Away, 3:00 p.m.

Saturday, March 27

Softball vs. Webber College @ home, 1:00 p.m. (DH)

Sunday, March 28-30

Golf- Rome Tribune, Berry College Invitational @ Stonebridge Country Club, Atlanta, GA.

Monday, March 29

Softball vs. Thomas College (ME) @ home, 5:30 p.m. (DH)

Tuesday, March 30

Baseball vs. Spring Arbor @ home, 7:00 p.m.

Wednesday, March 31

Softball vs. Mercy College @ home, 5:30 p.m. (DH)
Baseball vs. Lynn University @ home, 7:00 p.m.
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Achievement Zone - Skill Four

by Salina Vavia
Sports Editor

Welcome back to the Achievement Zone! In this eight-skill program of trying to excel "in the zone" (discussed in Dr. Shane Murphy's book, The Achievement Zone), we have already accomplished the first three skills: Action Focus, Creative Thinking, and Productive Analysis. Do you remember these skills?

To recap...Action Focus is to set daily and weekly goals as stepping-stones to your long-term goals. In doing so, make sure that your goals are hard rather than easy ones, based on specific action, and keep your goals clear and positive. Creative Thinking is learning how to develop your imagination. Use your imagination to achieve your goals by planing ahead, learning with imagination, and imagining solutions to problems. The most important aspect of creative thinking is to create a successful self-image. Productive Analysis is being aware of your inner voice. This is the skill where you discover that you actually have two "voices" inside your head, the positive and the critic. Learning how to use our critic productively and replace negativity with productivity can only help your performance.

We are now ready to move on to the fourth skill: keeping cool. We need to stay calm in pressured situations in order to enter our achievement zone consistently. So, what is keeping cool all about? Have your ever seen an athletic competition where the athletes are under tremendous amounts of pressure to succeed and they seem to be completely in control? Ever wonder why they never get nervous? The reality is that all athletes alike get nervous, however, it is how each athlete uses their nervous energy that makes them elite or average competitors. The elite athletes "have learned how to stay cool and focused when the pressure is on," states Dr. Murphy.

There are three simple steps to keeping cool. Step one: realize that it is O.K. to be nervous. Performance anxiety is completely normal and avoiding this fact can actually hamper your performance. There are two negative reactions to being nervous. The most popular escape is procrastination, which most of us suffer from. Although the work will still be completed on time, it is usually poor quality and it does not reflect the procrastinator's true capabilities. The second negative reaction is to panic. "Panic occurs when you don't know how to handle the nerves you feel in the pressure situation," comments Murphy. You either freeze, your mind begins to race, feel out of control, make bad choices, or you rush. You might even be guilty of using more than one of those negative reactions. Any one of these negative reactions is just that, negative. Just accept that you are going to get nervous and that is just fine. Step two is to learn how to relax the mind as well as the body. Numerous exercises out there teach you how to relax, such as Yoga, meditation, and even positive self-talk. Here is a list of relaxation techniques that Dr. Shane Murphy put together:

1. Deep breathing
2. Muscle relaxation
3. Centering
4. Visualization
5. Autogenic training
6. Coping affirmations

The first two, deep breathing and muscle relaxation are really self-explanatory. "Centering is a technique that is extremely useful in performance situations because it is fast and effective," believes Murphy. In basic terms, centering is an exercise where you take a deep breathe and hold it in while you are telling your body to tense up. While your body is suddenly coming tight, you slowly release all this tension that you have created out of your body. Feel yourself free and loose to play. Visualization is also much understood.

Autogenic training is a relaxation approach used in Europe. This is based on theory that our bodies respond strongly to suggestions. Relaxation is a choice. You ultimately decide whether you want to be relaxed or not. Autogenic training is a combination of verbal phrases repeated to yourself. According to Dr. Murphy, seeing is believing.

Coping affirmations is the ability to talk yourself through a pressured situation. This is a vital skill for keeping cool. You can also talk yourself out of a situation. Your mind is very powerful and can either let you succeed or let you fail. It is up to you.

The last skill to incorporate into keeping cool is to keep calm in pressured situations. You need to handle nervousness. Except it! Do not panic when a rush of adrenaline comes. Accept it! Just remember that the state of panic is the opposite of the achievement zone.

Spring Training
from page 15

and shook the hand of practically every fan in gratitude. The game was starting to regain its popularity again, but not immediately.

Last year, Mark McGwire did something that no one would have thought possible. He broke a 35-year-old record of 61 home runs in a single season, held by Roger Maris. McGwire shattered that record by ending the year with a remarkable 70 home runs. Fans started filling up the empty seats left after the strike to see history in the making. He has certainly epitomized the game.

McGwire's achievement puts him in the realm with such great ball-players as Babe Ruth and Hank Aaron. Both Ripken and McGwire came into Spring Training hoping to again take the league by storm. Their achievements, during their careers, will go down in the record books. I just hope that America's national past time can keep providing enjoyment and fulfillment for the fans in the years to come.

For information on where you can go to see a Spring Training game of your favorite team, click on www.majorleaguebaseball.com.

Softball
from page 16

that was all that was needed to beat Houston. Freshman Jenny Ridenoure took the win striking out six. Sawyer took the mound against Augustana having just one unearned run score and picking up the win. Freshmen Stephanie Gleicher and Alison Balkman each had two hits. Junior Cameren Morgan got the win against Concordia and struck out four. Senior Sherri Waddell hit two home runs, while freshman Cheryl bond and sophomore Nikki Hyatt each had a home run of their own.

Sunday, March 7th

NSU dominates NCAA II Fairmont State College (WV) by winning both games, 12-2 and 11-0. In the first game, senior Julie Levy and freshmen Cheryl Bond, Jenny Ridenoure, and Alison Balkman each had two hits apiece. Ridenoure took the win and struck out five. In the second game, senior Sherri Waddell had two hits, while freshman
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The Terror of Abuse

opened the door, he released my arm, and grabbed my hair. He lifted me from my feet, suspended from my hair, and swung me into the house. It seemed like things were moving in slow motion. I could see the refrigerator approaching before I hit it. I fell to the floor, terrified, a puddle of urine formed around me as I sat on the floor. My father came over, gave me one last kick, and told me “clean up your mess, and don’t leave the house!” Thankfully, he left, closing and locking the door behind him. No words can describe my shame.

When my friends saw what was happening to me, they ran to my grandparents’ house, which was a block away, and relayed to them what they had witnessed. My grandma came knocking at the door. At first, I was afraid to answer. I heard her call my name. I dragged that chair over to the door and opened that lock effortlessly. I fell into the safety of her arms.

I still feel the pain and the shame from the many beatings of my childhood. I am now 43 years old, and I had to keep wiping my tears as I wrote this account of my terror. My father is long gone, a victim of heart failure. He thought that I forgot all of the abusive punishments, but I did not. I will never forget the legacy he left me. One last thought: Please, before you raise your hand to your child, think about how you want your child to remember you.

Keeping Cool Means Being Successful

If you can master keeping cool, you will learn how to stay calm and look confident, handle stressful situations in a productive manner, and perform at your best. The most important part of Keeping Cool is to apply your skill in relaxing to the performance situations in your life,” says Murphy. Also, an important note is that there is no one sure fire way to Keeping Cool all the time. You have to take the ideas from inside you and balance them with the thoughts of Dr. Shane Murphy.

Our next skill is on Concentration—focusing on performance. Remember that if you care about your performance, it is normal to be worried.
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Nova Southeastern Presents Medicinal Garden

is a sort of thing that makes the campus an intrinsically interesting place... this campus itself should be enjoyable and interesting.” When asked how this will benefit the university in the future, President Ferraro, President of NSU stated, “This is another example of what this university is about, a collaboration between a variety of different entities, Nova Southeastern, of course, taking the lead, Broward Community College, the University of Florida, and most importantly bringing in an advisory board from the public sector, commercial growers as well as retail growers, and to people who are interest in expanding knowledge.” Moreover, Dean Hardigan, Dean of Pharmacy at NSU-HPD, when asked who this garden will benefit NSU stated, “I am overwhelmed by this garden... every pharmacist has deep inside them the desire to see a medicinal garden... you teach with it, you can do research from it, a service component for people to come and enjoy... this is just the start because the opportunities are unbelievable, [such as] the addition of a subtropical region. I guess what you are seeing is the garden in its infancy... the garden will expand and get bigger.” Dr. Silvagni, Dean of the College of Osteopathic Medicine at NSU-HPD, who was a Pharmacist prior to becoming a physician stated, “First of all, is a step forward, pharmacy and medicine has lost its focus of how much we get from natural products that we get from various fungi, plants, etc. I think that the fact that the public has gone back to looking at natural pharmaceuticals... this is going to offer some wonderful opportunities for people in the colleges, the Health Professions Division to do some research and garden hundreds of plants that paleogene, the first period after the demise of the dinosaurs.” At the end, small plants were given to everyone as a momento for the occasion. This garden is a great asset to the university and will benefit all NSU students. It is not only a step forward for the research of alternative medicine for NSU-HPD, but it is also a pleasant site that all students can appreciate as they go to class or study in the benches that are located in the Parker building promenade and adjacent benches to the garden.
Dear Gwnevere,

Do you need beauty or love advice? Are you scared to ask for help?

Help is finally here, Darling. My name is Lady Gwnevere and I am here to solve all of your beauty and love concerns.

Lady Gwnevere
3301 College Ave.
Parker Blvd. #332
Fort Lauderdale, Fl. 33314
gwnevere@polaris.acast.nova.edu

*Lady Gwnevere is not a licensed psychologist

From Last Issue:
Dear Gwnevere,
I am a bisexual female. The other night I was drunk and ended up in bed with a guy. It was the most incredible sex I’ve ever had. I am currently in a relationship and I truly love my girlfriend. I have seen this guy since the night of our encounter. He seems interested in me and I am definitely attracted to him. Should I tell him about my sexual preferences or should I just stop seeing him?

Sincerely,
Sexually torn apart.

Dear Sexually torn apart,
First of all, it sounds as though you are not sure about your sexual preferences. Take some time off and reflect on what you truly want. Remember that honesty is always a good policy. You must be straight with your girlfriend and let her know how you feel. If you decide to continue seeing this guy you must let her know, and be honest with him as well.

Sincerely yours,
Lady Gwnevere

Dear Gwnevere,
I just started dating a guy. He is very sweet and does not seem like a player, AT ALL. Lately, however, I’ve been meeting many women from his past. Some of them even told me how great he was, and to not let him go. What guarantee is there that he will stay committed to me if he’s left so many girls who thought he was great? Do you think I should dump him before he dumps me? Am I being paranoid?

Sincerely,
Threatened and Scared.

Dear Threatened and Scared,
Before you do anything extreme, take a deep breath. You are definitely being paranoid. If you think this guy is truly great you should give him an opportunity based on the way he treats you and not on his past girlfriends. Caution, don’t fall to hard because your instincts might be right. Stay alert, relax, and enjoy the relationship.

Truly yours,
Lady Gwnevere

The Knight Newspaper

Deadlines for the 98-99 Winter Semester

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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-Cooper City Chamber of Commerce. Address all distribution concerns to Angel Sanchez, Editor in Chief, at (954) 262-8455.

The Knight Newspaper serves Nova Southeastern’s Farquhar Center for Undergraduate Studies from its office on the third floor of the Parker Building 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-Cooper City Chamber of Commerce.

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The deadline for submissions for this year’s thirteenth issue is 26 March 1999. The advertising deadline is 31 March 1999.

E-mail the Advisor at Internet address “geertzc@polaris.acast.nova.edu” to find out how you can become involved with the SCO.

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