Knowing Your HIV Status

As many know, HIV (Human Immunodeficiency Virus) is spreading rapidly across the United States. Infection with HIV occurs by the transfer of blood, semen, vaginal fluid, pre-ejaculate or breast milk.

As of January 2006, the Joint United Nations Programme on HIV/AIDS (UNAIDS) and the World Health Organization (WHO) estimate that AIDS has killed more than 25 million people since it was first recognized on Dec. 1, 1981. In 2005 alone, AIDS claimed an estimated 2.4 to 3.3 million lives, of which more than 570,000 were children.

The four major routes of transmission are unprotected sexual intercourse, contaminated needles, breast milk and transmission from an infected mother to her baby at birth.

Knowing your status is critical in preventing the spread of HIV. It may not be noticeable that someone is infected by just looking at them. People infected with HIV may look healthy and feel good, but they can still transmit the virus. A blood test is the only way a person can find out if he or she is infected.

"HIV is a very scary disease," said senior Carlos Castro, a finance major. "Unfortunately a lot of people don't realize how serious it is and therefore don't take the proper precautions."

According to YouthAids.org, at least 40,000 people are infected each year in the U.S. and 33.2 million people now live with HIV or AIDS in the world. Most people living with HIV are unaware they are infected.

NSU's HIV clinic will be providing free and confidential HIV testing to our community at the Ziff Clinic's Internal Medicine Department on SW 35th St. (Abe Fischler Blvd.) and University. Free testing is available every second and fourth Friday of the month from 12 to 5 p.m. until May. The clinic phone number is (954) 262-1413.

"I think it's wonderful that the school is offering free HIV testing. This is going to create an opportunity for those who want to be aware of their status but can't afford the testing," commented senior Ana Paula Paro, a marketing major.

What is This?

There are machines sitting all around campus, but they do not work or turn on. So what is their purpose? These machines, called information kiosks, are brought to you by the Office of Information Technologies. They are placed strategically around campus and will allow students to have more access to what is available on campus. These kiosks will carry information such as campus maps and class schedules.

Anna Black
Freelance Writer

"Incredible, amazing and wonderful that SGA convinced the university and Comcast to do something so huge. It's very impressive." Williams said that he hopes to have equipment purchased by the SGA and Comcast's installation project finished by mid-December. He also commented however that if both SGA and Comcast are not ready to go on air, the launch of the station will be delayed. "In order to succeed, we've got to grab and keep the student run network.

The Dean of Student Affairs, Brad Ortiz, convinced the university to sign an eight-year extension on their contract with Comcast, five years in advance. He also got Comcast to commit to a $300,000 expansion project to pave the way for the student run network.

Sharks United TV

This past week the Student Government Association (SGA) allocated $15,000 for the creation of a Sharks United Television Network planned to launch early this January. SGA president Phillip Ortiz and his team initiated the project during the 2006-2009 school year with hopes getting all residential students involved in campus life.

Ortiz convinced the university to sign an eight-year extension on their contract with Comcast, five years in advance. He also got Comcast to commit to a $300,000 expansion project to pave the way for the student run network. The Dean of Student Affairs, Brad Ortiz convinced the university to sign an eight-year extension on their contract with Comcast, five years in advance. He also got Comcast to commit to a $300,000 expansion project to pave the way for the student run network.

The Freshman 15: Myth or Reality?

Naida Alcime
Freelance Writer

Of all the advice given to new college students, the infamous "Freshman 15" theory tends to be the most believed. We often hear warnings such as "Beware of the freshman 15!!" or "Get ready because your freshman year will be your 'heaviest' year." Although most people accept it as an inevitable reality, how well does this hold up when weighed against the facts?

According to Cornell University's Division of Nutritional Sciences—which is currently conducting a study about this issue—the freshman 15 is very possible, but not inevitable. Their studies show that most students gain an average of four pounds during their first 12 weeks of college, which is 11 times higher than the typical weight gain for 17 and 18-year-olds.

However, studies also prove that no one will gain the full 15 pounds. A multi-year study by researchers at Tufts University in Boston, Mass., found 15 to be highly exaggerated. In average, they said men tend to only gain about six pounds and women only around 4.5 pounds their first year.

After surveying several NSU students, the results showed that more than half of the students stayed the same or actually lost weight while only 40 percent gained weight within their first semester.

A potential reason for this is that Nova's undergraduate population consists mostly of commuter students. Accordingly, our survey showed that resident students were more likely to gain weight than commuters.

Monica Lynne, a commuter student, did gain over 15 pounds her first year in college. Lynne conveyed a feeling that most students expressed.

"I think I gained weight my first year because I was away from home for the first time and had to make my own food choices," said Lynne. "My first reaction to this freedom was to fill my body with what tastes good: junk food!"

The reason behind the freshman 15 is no mystery. Students gain weight as a result of bad habits they are prone to pick up as new college students. The Cornell study further suggests that the best way to address the issue is to understand the causes.

Maintaining good health is as easy as making wiser health choices. Freshman Marilyne Dieme was worried about the freshman 15 when she first started and took heed early on.

"When I heard that, I told myself I'd..."
Sharks United Page 1

attention of our audience. We’ve got to nizzle from the beginning,” said Williams.
The station, to be aired in all residence halls, will show films the SGA purchased from Residence Life Cinema, NSU sports including games and athletic highlights, advertisements for campus resources including academic services and career services, guest-speaker events such as Life 101, NSU performing arts shows, campus security alerts and “building student success” films provided by Residence Life Cinema, as well as commercials for NSU events held on and around campus. Commercial space will be available to any student team or organization pending approval by SGA.

Some students are concerned about the amount of money SGA has allocated toward this project and the amount of money that is left in the 2008-2009 budget. NSU sophomore Ben Choi said, “Sharks United TV will cost $15,000. This money is being taken away from clubs and organizations that could have used this money to help pay for events that they host.”

In contrast, many students are excited about the Sharks United Network and think it will be beneficial to the student body. “The Network is not just a tool. Most people won’t go to meetings to find out what’s going on. With this station they can stay in their rooms and just turn on the TV. We need to give it a shot,” said SGA CE Director Shanye Albuquerquee.

Dean Williams said his biggest hope for the student run network is that it will help improve NSU’s retention rates. “In order for students to come and stay they have to engage themselves and become involved. We want students to have a sense of identity here at Nova and feel like more than just an N-number.”

Freshman 15 Page 1

make sure that wouldn’t happen to me,” said Etienne. “Thankfully I haven’t gained any weight because I’ve been watching my weight, eating healthy food and exercising.”

Senior Robert Coward, a theatre major, and a resident student who noted that making good choices is really tricky.

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British Romanticism
Suzanne Ferriss, Ph.D., will speak at a lecture designed to provide attendees with information on the Romantic period in British Literature. The lecture will begin at 10 a.m. in the Lifelong Learning Institute, located at 3424 South University Dr., in Davie, Fla. For more information, call (954) 262-8471.

"I Chose Life": Biography of Dr. Saul I. Nitzberg, Holocaust Survivor
Mildred Nitzberg, author of "I Chose Life", will speak at a lecture designed to provide attendees with information about the biography that she wrote in honor of her husband Dr. Saul Nitzberg, a survivor of Auschwitz. This lecture will begin at 12:30 p.m. in the Lifelong Learning Institute, located at 3424 South University Dr. in Davie, Fla. For more information, call (954) 262-8471.

Beethoven’s Symphonies: Reception, Style, and Legacy
Judith Efron, Ph.D., will provide information about the history of the famous symphonies. This lecture will begin at 10 a.m. in the Lifelong Learning Institute, located at 3424 South University Dr. in Davie, Fla. For more information, call (954) 262-8471.

Saturday
Nov. 8
NSU Diversity Summit
Members of the NSU community are invited to attend this diversity conference that will discuss "Conversations on Social Change." The conference will provide workshops that will discuss social change and ways that individuals can break down barriers and embrace social change. The event is free for NSU students, faculty, and staff. Non-NSU individuals will have to pay $20. Group registrations of five or more will receive a discount registration fee of $15 per person. For more information, contact Cherise James at jcherise@nova.edu or (954) 262-7195.

Student Medical Center
Providing Comprehensive Health Care for All Students in the South Florida Education Center...
- Nova Southeastern University
- Broward Community College
- Florida Atlantic University
- Florida International University
- University of Florida

Same-day appointments please call ahead

(954) 262-1262
Hours: 12:30 p.m. - 7:00 p.m. Monday - Friday
Most insurances accepted
Please bring student ID/Proof of registration

Trust Your Healthcare to the Team that Teaches!
Spring Break Without the Booze

Tiffany Simocinchi
Freelance Writer

On Oct. 28, NSU's Civic Engagement Center hosted an information session for NSU's Alternative Spring Break. NSU's Alternative Spring Break information session is geared toward students who are interested in community-service-based projects as an alternative vacation this spring break 2008.

The goal of NSU's Alternative Spring Break is to collaborate amongst the students and faculty, so that aside from taking part in the project, they will be given the opportunity to plan and conduct it as well. During the information session, those who attended were given a survey on what kind of community service-based project they would be interested in doing and how involved they would like to be. The option is completely up to the student. The goal is to work with the entire NSU community and provide an action oriented leadership trip for students to partake in during their spring break.

"I feel that this is a very good idea. So many people on campus go away for spring break, when they could be going away for a better cause than simply partying," said sophomore Katherine Nadal, a psychology major.

NSU Civic Engagement hopes to have a set amount of commitments by mid-Nov., so that they can begin putting together an effective board of members who will commit themselves and enjoy the process of developing an effective spring break trip. The goal for this year is to identify with the desires of the students, and from there take it to another level by planning two trips—one non-local and one local community service based project.

"I would definitely enjoy getting involved with this project. The fact that we can pick where we want to go and help with the process will give me an even better sense of accomplishment once my spring break trip is over," said sophomore Sara Hass, a communications major.

For more information on NSU's Alternative Spring Break, please visit the Office of Student Leadership and Civic Engagement.

Phi Sigma Sigma Hosts Breast Cancer Survivor Dinner

Anna Black
Freelance Writer

On Friday Oct. 28 the women of NSU's Phi Sigma Sigma hosted a dinner to honor breast cancer survivors.

As part of the National Breast Cancer Awareness Month, the sorority has been doing all of its own fundraising. This dinner, the women's largest fundraiser yet, was held to raise money and awareness to benefit the Susan G. Komen Foundation, founded in 1982. All proceeds raised from the selling of $10 tickets for the dinner, holding a silent auction and a raffle, will be donated to the foundation.

"It is really amazing that they have done all of this," said Chini Camargo, Assistant Director of the Student Union.

"I'm very proud of the sisters for putting on this dinner. Only having 12 returning members from last year and a large number of newly initiated members is proof of their hard work. They were able to get sponsorship for all of their raffle and auction items and donation of the food. It's just amazing." The event also featured Pattie MacDonald, a breast cancer survivor who spoke at the dinner. MacDonald spoke about her fight against breast cancer and how her survival has pushed her to do anything she can to help others through their battle as well as in the fight for a cure. MacDonald added that she was pleased and impressed with all that the Phi Sigma Sigma sisters had done throughout the month and at the dinner.

For more information on breast cancer and the Susan G. Komen foundation, please visit www.komen.org or www.cancer.org.

NSU: Decision 2008

Ananarely Rodriguez
Faculty Writer

On Oct. 30, the "step it up" student initiative gathered students and five faculty members in the University Center Flight Deck to discuss important issues surrounding the presidential elections.

"We started the initiative to help educate and engage the NSU community through a non-partisan political initiative," said senior Shane Johnson, founder of step it up. "And the purpose of it was to let the students know that we have the opportunity to learn about politics. We [the students] are at the age where we need to start making decisions for ourselves and our country."

The faculty panel consisted of Brad Williams, Dean of Student Affairs, and Ph.D. professors Gary Geerdmans, Ph.D., Allison Biemiller, Ph.D., Chentash Ewing, Ph.D., and Timothy Dixon, J.D. Luis Hancoek, Ph.D., director of the Title V Grant served as moderator of the event.

In an attempt to offer different opinions and viewpoints, "step it up," also invited sophomore Cody Peters to speak on the policies of Senator McCain, and senior Rico Herman to speak for Senator Obama.

During the discussion, the panel spoke on topics such as abortion rights, global warming, same sex marriage, higher education and its costs, the economy, and U.S. politics abroad.

Sophomore Chris Rosenbaum, believed that the event was one sided. "I ran into it and I wanted to see what it was about, so I stayed and found it very informative. From the moment I came in, I just heard about what Obama's policies; I didn't hear much about McCain. At first I thought it was a Democratic conference."

"I felt if each panel discussed their point thoroughly," said sophomore Christian Rodriguez. "What I did see was that it was a bit one sided, due to the fact that Democrats clearly controlled the table, and due to only having one Republican."

Senior Renee Constant enjoyed the event. "I feel that the event was very moving," said Constant, "especially when they went into the gay rights issues. It really informed me on issues that are concerning us and the general public."

Founded in fall 2007, this organization has held various panel discussions in an attempt to educate students about the big issues in politics. Since their debut, they have helped over 300 students register to vote. They have also helped students, faculty, and staff get to the polls during the primary elections and early voting.

They will be celebrating their accomplishments and the next U.S. president in the Flight Deck on Tuesday Nov. 4th at 8:00 p.m.

SAVE $2.00
on your next meal on campus
with a minimum purchase of $4.99
Valid at any location in food court
after 1:00 p.m. (including Late Night in the Flight Deck)

• This coupon has a $2.00 discount value with a minimum purchase of $4.99. Simply present this coupon to the cashier to redeem.
• Limit one per person.
• Valid from November 4 through 8, 2008.
• No cash value and to be presented at time of purchase.
NSU Professors Put In Jail

Alexis Irias
Staff Writer

The men of Lambda Theta Phi and the women of Delta Phi Epsilon hosted the first "Jail Time for Kids" on Oct. 29 outside of the Parker Building. The event was hosted to benefit The Boys and Girls Club of America and all funds raised are donated on their behalf. "Jail Time for Kids" is a philanthropy between Lambda Theta Phi and Delta Phi Epsilon where students can pay $1 per minute to put their professor or friends in jail," explained Rafael De La Rosa, president of Lambda Theta Phi. The sorority and fraternity built a "jail" outside of Parker where students and professors were obligated to wait for the amount of time paid for. Students paid to put their professors in jail or even put themselves in jail in order to miss a couple of minutes of class. Students enjoyed pizza and talked to their other "cell mates" while taking advantage of the fun philanthropic event.

"Jail Time for Kids" is a great event to help underprivileged kids and its fun to see everyone just having fun being in jail. I love it," said freshman Marlinee Mathurin, a nursing major and a new active member of Delta Phi Epsilon. "It was so much fun, I hope we have more events like this around campus!" added junior Nicole Velez, a marketing major.

The event had a satisfying conclusion in raising money for the Boys and Girls Club of America. According to De La Rosa, the event raised $373 and this money will help other students join the club. "I think we came at the right time," said De La Rosa. "The Boys and Girls club was really in need of donations."

"Show Me the Money!"

Annarely Rodriguez
Freelance Writer

This famous line from Jerry Maguire was the title for the Lucky 13 lecture held on Oct. 28 in Room 3049 of the Carl DeSantis Building. April Halaychik, Assistant Director for the Office of Enrollment and Student Services, was the speaker for this occasion. She gave the audience tips on how to minimize unnecessary debt as college students. "Success in life comes from being far sighted. You have to look at the future because the things you do now will affect how you live after you graduate," said Halaychik.

The lecture was designed to give students a wake-up call by pointing out the eventual costs of simple things students buy now with a credit card and how the interest builds on that purchase to the point where one may end up paying $30 for a slice of pizza.

"I think the lecture was informative. It gave examples with which I could identify because I rarely think ahead. It was definitely an eye opener," commented freshman Brian Vogel, a business major.

Annual Hispanic Unity Career Fair Comes to NSU

Naida Alcime
Freelance Writer

The Hispanic Unity of Florida held its 10th Annual Diversity Career Fair, on Oct. 27, on the first floor of the University Center. People from all over Miami-Dade, Broward and Palm Beach Counties attended the event in hopes of finding a job that suited them.

The Hispanic Unity of Florida is a 26 year-old non-profit organization whose mission is to empower Hispanics and other members of the community to become self-sufficient and lead productive lives. Every year, the organization chooses a different venue to host this event, and this year they chose NSU.

According to Eric Bayon, the Business Relations Executive behind the event, the goal was to bring a wide range of job opportunities to people in the South Florida community. With nine months in the making, Bayon believes that the event paid off. "Over 60 companies were present and represented entry, mid and high level jobs," said Bayon. "My main goal was to cater to the diversity of interests in the tri-county area, which is what we've done. Nova's location was perfect because being in Broward puts us at the center so that everyone could come."

For more information about Hispanic Unity of Florida, please visit their Web site at www.hispanicleaunity.org.
The NSU women’s soccer team’s (8-5-3, 1-0-2 SSC) season came to an end as they snatched a win while up against Northwood University, 1-0 on Oct. 25, for the Sharks senior night, but fell in their last game of the season to Saint Leo University on Oct. 29 by a score of 7-1.

The Sharks enjoyed a solid victory on their senior night, defeating the No. 8 nationally ranked NAIA Seahawks with a score of 5-3; Northwood went on to snatch a win against the No. 8 Lions of Saint Leo University by a score of 7-1.

Hernandez scored the Sharks only goal in the 85th minute off an assist from senior Stephanie Quinones (9). Hernandez and senior Sharell Burton (18) led the Sharks in scoring with nine goals apiece. After a long season of hard work, NSU’s women’s soccer team placed themselves seventh in the Sunshine State Conference as well as ninth in the region. The Sharks graduate seven seniors in Lissette Palacio (3), Alyssa Fernandez (7), Hayley Olgan (12), Heather Swift (14), Bellini, Quinones and Burton.

Nicole Whitmore placed in the top ten amongst all competitors as well.

Nicole Whitmore placed in the top ten amongst all competitors as well.

Sadly, the Sharks concluded their season after falling in a SSC game to the Lions of Saint Leo University by a score of 7-1. Hernandez scored the Sharks only goal in the 85th minute off an assist from senior Stephanie Quinones (9). Hernandez and senior Sharell Burton (18) led the Sharks in scoring with nine goals apiece. After a long season of hard work, NSU’s women’s soccer team placed themselves seventh in the Sunshine State Conference as well as ninth in the region. The Sharks graduate seven seniors in Lissette Palacio (3), Alyssa Fernandez (7), Hayley Olgan (12), Heather Swift (14), Bellini, Quinones and Burton.

Among countless fans showing their support for our men’s and women’s soccer teams each week, Dr. Cavanaugh, a sociology professor at Nova, has yet to miss a game! His remarkable support for both teams is what makes him NSU’s ‘FAN OF THE WEEK’.
### Attention Students

Looking to Cater your next:
- Student Organization Event
- All Night Cram Session
- Party

*Student Catering can be paid with Declining Balance dollars*

#### Let NSU Catering feed your need!

#### Subs/Wraps

*All Subs are served on Chef's selection of bread or wrap.*

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>Veggie Delight</td>
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<tr>
<td>Ham</td>
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<tr>
<td>Turkey Breast</td>
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<tr>
<td>Turkey Breast</td>
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<tr>
<td>Sweet Onion Chicken Teriyaki</td>
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<td>Roast Beef</td>
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<tr>
<td>Club</td>
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<tr>
<td>Oven Roasted Chicken Breast</td>
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<tr>
<td>Turkey &amp; Ham</td>
<td>$6.39</td>
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<tr>
<td>Tuna</td>
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#### Appetizers

(3 Dozen Minimum)

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<tbody>
<tr>
<td>Wings</td>
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<table>
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<tbody>
<tr>
<td>Poppers</td>
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<tr>
<td>Bourbon Meatballs</td>
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<tr>
<td>Mini Quiche</td>
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<tr>
<td>Spinach Dip w/ Chips</td>
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<tr>
<td>Cheese Sticks</td>
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#### Salads

(5 Person Minimum)

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<tbody>
<tr>
<td>Greek Salad</td>
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<tr>
<td>Chef Salad</td>
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<tr>
<td>House Salad</td>
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<tr>
<td>Caesar Salad</td>
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#### Sides

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<tr>
<td>Meat Sauce</td>
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<tr>
<td>Marinara</td>
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<tr>
<td>Baked Potato</td>
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<td>Plantains</td>
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#### Pasta Meals

(12 Person Minimum)

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<td>Add Grilled Chicken</td>
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<tr>
<td>Add Grilled Shrimp</td>
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#### Platters

(5 Person Minimum)

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<tr>
<td>Sliced Deli Meat</td>
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<tr>
<td>Fresh Sliced Fruit</td>
<td>$3.25</td>
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<tr>
<td>Cheese Display</td>
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#### Beverages

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<tbody>
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<tr>
<td>Decaf</td>
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<tr>
<td>Orange Juice</td>
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<tr>
<td>Soda Cans</td>
<td>$1.00</td>
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<tr>
<td>Bottled Water</td>
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#### Desserts

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<tbody>
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<tr>
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<tr>
<td></td>
<td>$18.00</td>
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#### 16" Pizzas

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<tbody>
<tr>
<td>Cheese</td>
<td>$7.50</td>
</tr>
<tr>
<td>One Topping</td>
<td>$7.50</td>
</tr>
</tbody>
</table>

#### Additional Toppings

- Additional Toppings...$0.50 cents each

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Men’s and Women’s Cross Country SSC Championships

Tranell Mesa
Sports Editor

NSU’s cross country teams concluded their 2008 season after competing in the Sunshine State Conference Championships held at the Brandon Trails Course on Oct. 25 where the Sharks performed well, bringing home overall third place team finishes.

Sophomore Jeff Palmer continued on his hot streak as he led the Sharks individually, taking an outstanding second place finish at the Sunshine State Conference Championships Oct. 2008 with a time of 25:33 to place him in the top ten. Sophomore Agustin Rey posted a time of 26:29, taking 14th place with fellow senior teammate Robert Maughan, who took 18th.

The women’s team was lead by junior Kristen Porter, who placed in the top five which landed the women’s team sixth place men’s team. Later, in addition to this, NSU swept SSC honors for the week of Oct. 6, followed by tremendous performances from Hurley and Palmer. Palmer made program history, being named SSC Runner of the Week for the third time in a single season.

In addition to this, the Sunshine State Conference Championships saw the men’s team finish second and the women’s team sixth overall team finishes, which lauded the women’s team sixth place ranking in the region alongside the ninth place men’s team.

The Sharks underwent a tremendous 2008 season which saw them through to first and second place overall team finishes, which earned a trip to nationals. The hope of becoming an orthopedic surgeon. I believe my best asset to the team is my willpower and leadership.

I am a member of the men’s soccer team. You will see me on the field wearing the No. 16 while playing in the midfield. I was born in Columbia.

I am a member of the women’s cross country team. I am a biology/pre-med major and hope of one day becoming an orthopedic surgeon. I believe my best asset to the team is my personality.
What is a Mystery? WORDSEARCH

A quotation of 17 words is concealed in this diagram. The letters for each word are in a straight line reading up, down, forward, backward and diagonally. The number of letters in each word is shown under the answer blanks. The solution is one continuous line through each of the words. We have started you off with the word "THE." Next, look for a 10-letter word that adjoins the "E" in "THE.

WORDSEARCH

M E R O N O W D E R S T H E
E E S N E S E S E G O D E P P
R T O S Y A H S N R Y G S O
E H E T T L T T E O A D S S
S I T W O A L L I K T E E S
Y D O O E S L L I S W L S E
A S S N N S Y R I A Y W S S
W Y R D E T S E Y L R O I S
O N Y E Y E D R E W E N O I
I R K R I L L E E A T K N O
S S A S E S S H R Y U F O N
I N E A D N R T S S M O R E
D M Y S T E R Y I H T O R E

3 1 0 2 9 4 3 3 3 5
2 6 3 7 5 2 6 4

A Good Mystery WORD-O-GRAM

Place the seven words in the diagram, one word for each line across, so that one of the rows reading down will spell out a seven letter word that is connected to the other.

Ace Ventura
Harvey Birdman
House
Scooby Doo
Sherlock (Holmes)
Matlock
Nancy Drew

Answers for Say Boo! Word-O-Gram

S C O O B Y D O O
S H A G G Y
E D N E S T
C O U R A G E
D O N K N O T T S

Mythical Creatures WORDSEARCH

Basilisk
Brownies
Cyclops
Dragon
Dwarves
Fairy
Goblin
Gorgon
Griffon
Gnomes
Humbata
Leprechaun
Minotaur
Sphinx
Titan

PREPARE TO BE SCHOOLED
CALLmeKAT’s New EP is Extraordinary
Stefani Rubino
Opinions Editor

The characters’ thoughts are said through their dialogue, thus having no need for the audience to infer what is happening. Everything is laid out for the audience to feel and react without prejudice. For instance, in a scene involving Ventura and his mistress, the dialogue reveals the history of their relationship, the feelings of isolation and guilt that have kept them together and the understanding that their stability depends on being with each other.

"Darse Cuenta" is true to its title, as by the end of the film, the main characters become more aware of themselves as players in the game of life, rather than autonomous individuals.

The Staying Power of "Darse Cuenta"
Racquel Fagon
Variety Editor

The Argentinian Film Series featured some of the most diverse and thought-provoking movies that should ever hit the silver screen. One of the movies that really showcased the talents within the Argentinian film industry was the iconic "Darse Cuenta" (Becoming Aware). Directed by Alejandro Doria, the film was released in 1984 and won several major awards from the Argentinian Film Critics Association and the Havana Film Festival.

The movie tells the story of Dr. Carlos Ventura (Luis Brandoni) who has reached a crisis point in his life. This doctor’s entire world seems to be in shambles: his mother dies, his son decides to move many miles away, his marriage is falling apart and work is deathly exhausting. Fortunately for him, he comes across a young man in the intensive care who was hit by a car and so badly hurt that all the other doctors gave him up for dead. The film then follows Ventura’s relentless endeavors to save this young man, in order to forget and work through all his personal problems. Even with the English subtitles, the film breaks down the language barriers and tells the story masterfully.

"Darse Cuenta" being a melodrama allows the director to use the many emotions that erupt through the tumultuous circumstances within the film, to create a true-life intensity.

Ever since the break-up of short-lived, power-dance-pop duo Death From Above 1979 and the creation of MSTRKRFT, rumors have been circulating that one of the two, Sebastien Grainger, will be recording his own album. As one of the masterminds behind one of the best indie-dance albums released in the last six years, Grainger is under a lot of pressure from fans to deliver something incredible. Saddler Creek, Records gave him the freedom to do what he wanted, and even though he did produce an essentially flawless pop album, the praise pretty much stopped there.

The inherent problem with Grainger’s self-titled LP, "Sebastien Grainger & the Mountains," is the absence of the songs. Clearly, Grainger is an amazing songwriter, and he knows how to use words to his advantage. But the instrumental compositions on the tracks seem as if he recorded a few tracks, didn’t know what to do with them and basically recycled the beats from the recorded tracks before. After a while, the album gets convoluted and sounds like it is just one long song, or the same song played over in a different chord. However, as I said before, beside that bad call in production, Grainger does manage to create a decent pop album, which means there are a few standout tracks. The album starts out with the explosive "Love Can Be So Mean," a fiery, dance-y, fun-power-pop song about the trials and tribulations of two people in love. The song begins fast and continues on that speed all the way through to the end, with endless hooks and streaming melodies reminiscent of Grainger’s days in Death From Above 1979.

"I Hate My Friends," another memorable track, begins with the swirling sound of an electric guitar that lands into a melody, as Grainger’s vocals come in to guide us through the rest of the song. The song has a similar composition set-up as "Love Can Be So Mean," but is a little slower and maybe a bit less about the dance and more about the lyrics. Regardless, "I Hate My Friends" is probably the second-best track on the album, if not the first.

"I’m All Rage (Live ‘05)" and "Niagra" are two seemingly misplaced songs on the album, but I’m not complaining about that. "Niagra," as the title implies, was recorded live, so it has a different sound from the rest of the songs. "Niagra," as Pitchfork Media reports, was recorded while Grainger was drunk and pissed off, and that comes through loud and clear on the track. Mostly though, these songs are important because they break up the monotony of the album.

You listen to a few tracks that sound similar, and then hear those tracks, you’re back to where you were. So, to the audience, the experience of listening to the album — anticipating Grainger’s guitar hooks.

After listening once, you get the idea of what Grainger is trying to do with this record. Although it probably will not meet the expectations of fans or critics, Grainger has created the start of something that can grow into a more creative sound for him. I doubt this is the last we’ll see of Grainger, and judging by his songwriting, I hope there is more to come.
Should States Implement Stronger Tobacco Regulation?

Pro

Raquel Fagon
Variety Editor

Although I am not a 'smoker myself, I certainly know many who are. In my family, smoking has always been a big thing. Some have tried to quit, some have succeeded, some have failed. Health complications and some just smoke when they have a cocktail in their hands. Obviously, the act of smoking a cigarette does have serious negative effects on your body and your good health, but you are the one making the decision knowing consciously what will happen. The United States has poured millions and millions of dollars into fighting the "war on drugs." Now, states such as Massachusetts, are proposing that we take it a bit further and declare a war on cigarette smoking as well. As more and more celebrities, pundits and people in power get busted for drug use, legal or illegal, it is becoming blatantly obvious that the drug war is one the U.S. is losing. So, as if we don't have billions of dollars going to Wall Street, Iraq and to gas companies, states want to spend more money on trying to ban cigarette usage. The other problem with banning cigarettes is that, for some states, cigarettes have become a bigger profit than they think. In states like New York, New Jersey and Maryland, cigarettes are taxed so high, one might have to pay upwards of $7 for just one pack of cigarettes. Let's do the math on that. If Floridians pay about $3.25 for a pack of cigarettes and New Yorkers pay about $7, the state of New York is making more than double the state of Florida on that cigarette sale. We could keep doing the math, but I think that from demonstration alone, it's clear that some states are making a good amount of money from the sale of cigarettes. Clearly, states would have to find something else to tax in order to make up the money being lost and non-smokers do not want that to happen. Cigarette smoking is bad for your health, but you don't have to do if you don't want to. People have the option of avoiding cigarette smoking just as they do with drugs or alcohol. Plus, with the economy the way it is right now, states really don't need to be spending money on banning cigarettes and we really don't need them taxing us for something else that everybody uses.

Con

Stefani Rubino
Opinions Editor

Contrary to the glitzy scenes in movies and magazine ads, with the gaunt, fashionable models posing with cigarettes in hand and the glamour appeal they attribute to smoking, the facts of cigarette smoking kills. Smoking is responsible for one in five deaths in the United States, and the leading causes of death are lung cancer and cardiovascular disease. Placing in articles the number of deaths each year individuals are undeterred from practicing this life-threatening habit.

Editor's Note

Laura Starr
Editor in Chief

For this installment of political commentary, I thought I would leave the readers with a thought-provoking speech. In the film "V for Vendetta" (2005) a masked man delivered a monologue that eerily resembled the current issues that involve our country. Of course, it is a fictional movie, but I was moved by his propositions, which made me reconsider what a country is really supposed to be about. Therefore, I hope as you read these words, you challenge your previous perspectives and see remembering what America is truly about.

"Good evening, [Address]. Allow me first to apologize for the interruption. I do, like many of you, appreciate the comforts of every day routine, the security of the familiar, the tranquility of anonymity... But in the spirit of communication... I thought we could mark this November the (fourth)... by taking some time out of our daily lives to sit down and have a little chat.

"There are of course those who do not want us to speak. Why? Because while the tranches may be said in lieu of conversation, words will always remain power. Words offer the means to reason, and for those who will listen, the translation of truth. And the truth is, there is something terribly wrong with this country, isn't there? Cruelty and injustice, intolerance and oppression. And where once you had the freedom to object, to think and speak as you saw fit, you now have censors and systems of surveillance covering your conformity and selecting your submission. How did this happen? Who's to blame? Well certainly there are more responsible than others... but again, truth be told, if you're looking for the guilty, you need only look into a mirror: "I know why you did it. I know you were afraid. Who wouldn't be? War, terror, disease. There were a myriad of problems which caused us to carry our routine and rob you of your common sense. Fear get the best of you, and in your panic you turned to (various leaders to guide and protect you). They promised you order; they promised you peace and all they demanded in return was your silent, obedient consent.

"That is why it is important to recall this country of which we have forgotten. More than [232] years ago the founders of this country decided to take a stand and make a collective decision to sign a declaration of independence, as they净值ingly felt oppression from their rulers. It appears these objectives were to create a country where... fairness, justice, and freedom are more than words, they are perspectives.

"So if you've seen nothing, if the crises of this government remain indifferent to you then don't suggest you allow the (fourth) of November to pass unmarked. But if you see what I see, if you feel as I feel, and you would seek as I seek, then I ask you to stand beside me... [today], outside the gates of [your local polling office], and together we shall give..."

On The Scene

Kristine Belzaire
Current Affairs Editor

How Do You Feel About Sharing the Campus with the University School Students?

"It doesn't make the campus feel like a college." Sidjae Price, a junior criminal justice major.

"As long as they don't affect the dynamic of the campus, I don't have an issue with it. As long as they're home by their bedtimes." Andrew Ibrahim, a first year law student.

"I hate it. They take a lot of parking, they're loud and always rolling in the grass." Angelica Johnson, a senior psychology major.

"I guess it's alright, but the UC is always crowded since they started coming over here." Tom Vigg, a freshman business management major.

"I don't like it. Most of the time when you're in the library and around campus, you have a lot of young kids running around. It's like your back in high school." Carmaine Ariza, a senior computer information systems major.

"It destroys the feel of the university. It weakens their excitement for college because they're constantly on campus." Kevin Ahegret, a senior biology major.
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This exhibition is organized by the American Federation of Arts, New York, and the Addison Gallery of American Art, Phillips Academy, Andover, Massachusetts.

This exhibition is made possible, in part, by The Crosby Kemper Foundation and by Frank B. Bennett and William D. Colman, with additional support from the Philip and Janice Levin Foundation fund for Collection-Based Exhibitions at the American Federation of Arts.

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