The series entitled Life 101...Personally Speaking came to a close for this year on February 16, 2004. It ended with the most prestigious guest thus far for the 2004 series. James Earl Jones honored the Nova Southeastern University campus in an interview with the host of Life 101, Dr. Mark Cavanaugh, Associate Professor at Nova Southeastern University's Division of Social and Behavioral Sciences. James Earl Jones' extensive credentials include two Tonys, two Emmys, and a Grammy.

Born in Mississippi, Jones was raised in Michigan by his grandparents, Maggie and John Henry. During the interview, Jones talked of how Maggie was, as he lovingly put it, "crazy, a person with real mental problems." Jones discussed how, as a child, he was not allowed to speak with his father. He also spoke of the harsh reality of his grandparents' racism. As Jones states, "They were extremely racist, and taught their children to pass along how to hate white people." However, his grandparents were a driving influence in his life.

Jones talked fondly of his army days. It was here where Colonel Willaby was a pivotal force in "Jonesby's" life. Willaby approached Jones, asking him to renew his service for additional years. When Jones was unsure, the colonel gave him the advice to do what he wanted with his life. This was the point when Jones defied his guardians and set his sights on becoming an actor. What elevated Jones into greatness was not his will to become a great black actor, but to become a great actor. As Jones said, "I might not be able to change minds, but I'm great if I have the ability to change hearts." The audience enjoyed two small clips from King Lear and Cry the Beloved Country. Jones also discussed in the interview how he overcame a stuttering problem as a child. He gave recognition of the problem to an English professor: during school Jones had become particularly infatuated with poetry, and the professor forced Jones to read his poetry each day aloud in front of class. Jones stated that he was "lucky to get through it the first day." However, each day thereafter, he got better, and his stuttering eventually dissolved.

Nova Southeastern University was extremely fortunate to have had this wonderful accomplished person on its campus. The interview ended just as it began: with a standing ovation for the legend James Earl Jones.
Wild Animals on Campus!

Frog and pink gorilla sightings occurred on several occasions during the past few weeks as the animals advertised for the Career Expo. They appeared armed with flyers and chocolate bars and are considered extremely friendly. Photo by Christie Bailey

"Community Picnic" 4-17-04
By Pedro D. Sam NSU/SA PRD/Contributing Writer

What do you get when you put students, fun, food, and unity together? A Community Picnic! On April 17th (Saturday) from 11:00am-6:00pm, Nova Southeastern University will hold its first major community picnic for the entire school. The "Community Picnic" will take place by the Gold Circle Lake on April 17th (Saturday) from 11:00am-6:00pm. The purpose of this event is to promote NSU spirit and provide a sense of community on campus. All students, faculty, staff, friends, and families are encouraged to attend this one-of-a-kind event. It is an entire day of fun; just have energy, and bring a blanket! At this event, you can expect tons of free food, hundreds of games, and an unbelievable amount of entertainment. Games included at this event are rock climbing, kid's corner, Hollywood Squares, human foosball, and much more! There will be over 20 different clubs and organizations in attendance, with many outside businesses co-sponsoring. The event is sponsored by the Office of Student Activities and Leadership Development, the Office of Human Resources, and the undergraduate Student Government Association. If you would like more information, or if you would like to participate in this event, please email the Residential Senator at Mannm31@AOL.COM. Hope to see you there!
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<th>Sun</th>
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<td><strong>Top Of the Morning</strong>&lt;br&gt;9:30 a.m.&lt;br&gt;Bahia Mar Resort&lt;br&gt;801 Seabreeze Blvd, Ft. Laud</td>
<td><strong>Open Mic Night</strong>&lt;br&gt;7:30 p.m. Flight Deck&lt;br&gt;Student Union</td>
<td><strong>Basic Resume Writing Workshop</strong>&lt;br&gt;5:00 p.m. - 6:00 p.m.&lt;br&gt;LRITC #4036&lt;br&gt;Career Services</td>
<td><strong>Successful Interviewing Tips</strong>&lt;br&gt;2:00 p.m. - 3:00 p.m.&lt;br&gt;LRITC #4036&lt;br&gt;Career Services</td>
<td><strong>SGA Election Meeting</strong>&lt;br&gt;5:15 - 6:30 p.m. Flight Deck&lt;br&gt;Theater&lt;br&gt;Student Activities</td>
<td><strong>Roommate Challenge</strong>&lt;br&gt;7:30 p.m. Flight Deck&lt;br&gt;Student Union &amp; Res Life</td>
<td><strong>Farquhar Open House</strong>&lt;br&gt;9:00 a.m. - 1:00 p.m.&lt;br&gt;Flight Deck</td>
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<td><strong>Disorder Eating, an American Pastime</strong>&lt;br&gt;&quot;Rosemary Dunbar&quot;&lt;br&gt;7:00 p.m.&lt;br&gt;Library Room #3015&lt;br&gt;Rec &amp; Wellness</td>
<td><strong>SGA Election Meeting</strong>&lt;br&gt;12:00 p.m. - 1:00 p.m.&lt;br&gt;Flight Deck Theater&lt;br&gt;Student Activities</td>
<td><strong>Happy St. Patrick's Day!</strong></td>
<td><strong>Basic Resume Writing Workshop</strong>&lt;br&gt;12:00 p.m. - 1:00 p.m.&lt;br&gt;Rec Plex&lt;br&gt;Career Services</td>
<td><strong>Hollywood Squares</strong>&lt;br&gt;5:30 p.m. - 10:00 p.m.&lt;br&gt;Rec Plex&lt;br&gt;Student Development</td>
<td><strong>American Heart Walk</strong>&lt;br&gt;9:00 a.m. Alvin Sherman Library&lt;br&gt;Student Development</td>
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<td><strong>International NPC Badge Day Tea Party</strong>&lt;br&gt;1:00 p.m. - 3:00 p.m.&lt;br&gt;Library Quad&lt;br&gt;Student Activities</td>
<td><strong>Farquhar College of Arts and Sciences Speaker Series</strong>&lt;br&gt;7:30 p.m. - 10 p.m.</td>
<td><strong>High St. Patrick's Day!</strong></td>
<td><strong>Basic Resume Writing Workshop</strong>&lt;br&gt;12:00 p.m. - 1:00 p.m.&lt;br&gt;Rec Plex&lt;br&gt;Career Services</td>
<td><strong>Rollers of Broward County</strong>&lt;br&gt;11:30 a.m.</td>
<td><strong>Spring Play Productions &quot;5th of July&quot;</strong>&lt;br&gt;8:00 a.m. - 10:00 a.m.&lt;br&gt;Mailman Auditorium&lt;br&gt;Student Activities</td>
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<td><strong>Floor Wars</strong>&lt;br&gt;Goodwin Residence Hall&lt;br&gt;Res Life &amp; Housing</td>
<td><strong>Dessert with the Doctor: Sleep Medicine</strong>&lt;br&gt;7:00 p.m. Pagoda&lt;br&gt;Res Life &amp; Housing</td>
<td><strong>Farquhar College of Arts and Sciences Speaker Series</strong>&lt;br&gt;7:30 p.m. - 10 p.m.</td>
<td><strong>Nutrition Lecture</strong>&lt;br&gt;12:00 p.m. - 1:00 p.m.&lt;br&gt;Horovitz Dining Room&lt;br&gt;Rec &amp; Wellness</td>
<td><strong>Day of Literary Lectures</strong>&lt;br&gt;10:00 a.m. - 4:00 p.m.</td>
<td><strong>70's Party</strong>&lt;br&gt;10:00 p.m. - 2:00 a.m. Flight Deck&lt;br&gt;Student Activities</td>
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<td><strong>SGA Meeting</strong>&lt;br&gt;3:30 p.m. - 5:00 p.m. 2nd Floor of Horovitz Administration Building&lt;br&gt;Student Activities</td>
<td><strong>Open Mic Night</strong>&lt;br&gt;7:30 p.m. Flight Deck&lt;br&gt;Student Union</td>
<td><strong>Happy St. Patrick's Day!</strong></td>
<td><strong>NSU Idol(s)</strong>&lt;br&gt;7:00 p.m. - 9:00 p.m.&lt;br&gt;Rec Plex&lt;br&gt;Student Activities</td>
<td><strong>Spring Play Productions &quot;5th of July&quot;</strong>&lt;br&gt;8:00 a.m. - 10:00 p.m.&lt;br&gt;Mailman Auditorium&lt;br&gt;Student Activities</td>
<td><strong>Junior League of Greater Ft. Lauderdale Riverwalk Run</strong>&lt;br&gt;All day Las Olas&lt;br&gt;Riverfront on Andrews Avenue</td>
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<td><strong>Campus Pride Day</strong>&lt;br&gt;10:30 a.m. - 12:30 a.m. Rosenthal Student Center Office of Volunteerism &amp; Community Service</td>
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Going back to school for further education was an idea that lingered in my head ever since I completed my undergraduate in ’91, but I could not muster the where-withall to make it a reality, even though USC must have received five or six applications from me since I acquired my first degree.

Like many who have made it through the first layer, I had more than enough “good excuses” for not pressing on to the next. With a good salary much beyond the average, the security and comfort of a middle-class lifestyle, and the fear of temporarily losing my toys in the name of returning to college, I stayed far from its corridors.

Gaining more formal education, in spite of my dreams for it, seemed like a foreign possibility until 9/11, when I lost my well-paying job. With that reality as a motivation, my passion for formal education was rekindled, and as an added benefit, an insatiable appetite for the tropics was realized.

The place became Nova Southeastern University and the goal an MBA.

But when I got here, I was reminded of the game plan that many of us students have shared. A young undergraduate asked me one day about what it’s like to come back to school, and I asked her what education means to her. She lifted her head slowly and noted that she was just trying to get through as quickly as possible and spoke about getting a good job.

I told her that for me a university teaches me about the universe. This is something I did not fully understand or appreciate until now that I am in the upper level. “There is nothing that I cannot learn at a university,” I told her. “Whatever the topic is – whether it is about how to cure a sick patient, what asphalt is made of, or the nature of God, a student can find the answer at a university, somewhere.”

She said that she had never thought of the definition of a university that way, and I urged her to think about it. I myself got to thinking this way while along the road to NSU.

The years since I acquired my bachelors had taken me through the doors of a number of Fortune 500 Corporations and even into international work environments, and I had found myself at times not understanding some things I should or could have understood while I was in previous studies.

How does this work? How do you do that? What is the difference between this and that? Questions like these are what schools should answer, and the answers to these questions are the qualities that students should be manifesting, not in an esoteric fashion, but rather in practical, every-day applications.

When I think about school, I think about the younger student who now says “hello” when she sees me walking through the campus, and I ask the question again about what we as students should be doing with our time here. Conveniently, I find my answers in my next questions: What qualities will the next president have? Or, let’s say, the next doctor, the next lawyer, the next writer, or our next civil engineer? And when, where, and how is she going to develop them?

Eugene Morrison is an MBA student at the H. Wayne Huizenga School of Business and Entrepreneurship. He has also been a writer in the US and internationally for many years. He can be reached at meugen@nova.edu.
Dear Therapist:

I am a first-year student here at NSU, and I can't seem to get myself academically on track. I did poorly my first semester, and I was told to give myself time to "adjust" to college life. However, no matter what I do, I continue to receive bad grades in my classes. I study all the time, but when it comes to test time...I freeze. It doesn't matter how well I know the material; I still get really nervous and can't think of the answers. All I do is worry about failing the test. I hate spending all of my time studying, just to find that I have failed another exam. What's wrong with me? Am I not college material? Have I gone crazy? Please help!

-Concerned Test Flunker

Dear Concerned Test Flunker:

First of all, I would like to state that any major life change takes a great toll on us as human beings. So the advice you received about letting yourself adjust to college life has some merit. It must be so disappointing to begin a new era in your life and to find yourself not doing as well as hoped. However, not to fret, concerned student! There are some things you can try!

You mentioned that you feel you are spending more than enough time studying, which makes me think that the problem lies closer to test time. I wonder if you are experiencing a very common phenomenon known as Test Anxiety. You are probably quite adequate to receive good grades, so YES you are college material and NO you are not crazy!

Here are four steps to help you face the dreaded exam: (1) Preparation (2) Confrontation with the test (3) Coping with your stress (4) Rewarding yourself for success!

Okay, it's T-minus 1 hour before test time. You feel your heart begin to pound, your mind race, and your life ultimately ending. Negative thoughts are influencing the way you feel right now! Try saying some self-soothing statements to yourself. (e.g. There's nothing to worry about; I know this stuff; I can only do my best; If I get tense, I'll take a breather and relax.)

Now the test has begun, and you have filled your thought waves with realistic and positive statements. Pay attention to your breathing, breathe 2 seconds in, 2 seconds out. Release tension with every breath. Relax your muscles. Do one question at a time; the end is in sight!

Finally, the last question has been answered, your pencil is down, and YOU DID IT! You knew you could. It was all mind over matter! You knew the material, and now your grade will prove that! Don't minimize your success. REWARD YOURSELF! Do something fun until it's time to conquer the next exam.

Til next time..................

- The Therapist

*Do you have a concern or question you would like to ask the therapist? Email deartherapist@mail.com with your story. "Dear Therapist" is a column produced by NSU Student Counseling. It is written by a Doctoral psychology student who is knowledgeable about psychology and student life! No identifying information will be revealed in any publication.
NSU's Orlando Educational Center Opens New Building

February 11 ceremony introduces new addition to family of education centers

By Karen D. Smith
Coordinator of Student Affairs, Orlando

Terry Morrow
Assistant Director of Student Activities and Leadership Development

On February 11, NSU's Orlando Educational Center celebrated its new home in the beautiful new university-owned building next to the Mall of the Millenia. A ribbon-cutting ceremony kicked off the evening's festivities, and was followed by speeches and remarks from the guest speakers. These included NSU President, Ray Ferrero Jr.; Orlando's Mayor, Buddy Dyer; Orange County Chairman Richard Crotty; Dean Norma M. Goonen (Parahur College of Arts and Sciences); and Executive Dean Anthony DeNapoli (Fischler Graduate School of Education and Human Services).

The Orlando Student Government Association consists of fifteen student leaders that were elected by their peers to promote a sense of community at the site, and to represent the needs and interests of their constituents. Students of the SGA serve as escorts to Orlando-area VIPs and lead tours of the site.

Following the Grand Opening, there was an open house and education fair providing information and consultation regarding the academic programs and value-added student affairs services and activities.

The Orlando site, like its sister Student Educational Centers in Jacksonville, Tampa, West Palm Beach and Kendall, offers NSU students the opportunity to receive a quality NSU education without leaving their local community. Each site offers services and opportunities necessary for a successful, rewarding college experience, including financial aid support, academic program representatives to guide students through their academic experience, and top-of-the-line technological resources. Additionally, Student Affairs offers students opportunities to gain leadership skills, attend personal and professional development workshops, and engage with others who share their interests through student organizations and family events, while taking advantage of opportunities to celebrate the community's accomplishments along the way.

The Tightrope:

Sometimes Insightful. Sometimes Outrageous.

By Gina Shure
Radio X Business Manager

In deference to the knowledge of how much college students love to listen to the news, WNSU Radio X (88.5 FM) has created a new radio show. If you are in the "the news is boring" camp, or if you like to listen to the news but wish that it had a little more zest, then we have the program for you. The Tightrope is news with personality. Between the host, Cheyenne Poskey, and her two co-hosts, Michael "Miami" Cohen and Gina "Hot Commodity" Shure, there is never a dull moment. They report on international, national, and local news, and never forget to leave out their own opinions on the matter. Despite the light-hearted antics of these three personalities, the show does deal with serious topics that are of importance to NSU students.

Now, you might be interested to know how the name The Tightrope was conceived. It was chosen because the three unique individuals on the show are constantly walking the fine line of political correctness. At any moment, one or another of them might just step off the edge and force the powers-that-be (either the Faculty Advisor or FCC) to pull the show off the air. Of course, you'll understand the title better if you tune in to the show on Monday nights from 8 to 9 pm.

If you would like to be interviewed on the show, or if you have an idea for a topic that you would like to be highlighted, you can e-mail Cheyenne Poskey at poskey@nova.edu, or call the Radio X office from 9am to 5pm at 262-8457.

ΦΑΔ

Phi Alpha Delta
Keeping Busy

By Laura A George
Contributing Writer

Even though Phi Alpha Delta (PAD) has just won NSU's Stuey Award for 2003, was the third place recipient of the 2003 Don Hutson Award, and its advisor - Professor Timothy Dixon - has won the National PAD Advisor of the Year Award for 2003, the club is not slowing down. It has already held its club information night and LSAT practice sessions. It has also participated in the NSU Love Jem Festival, and more recently in NSU's first Rush Week with much success. Are you out of breath? PAD is not. By the time this issue of The Knight comes out, PAD will have also participated in Broward County Humane Society's Walk for the Animals, a roller-skating night, and Mock Trial tournaments in Tallahassee over Spring Break. Like the Ides of March, PAD intends to continue on with a ferocious roar, and hopes that readers will stop by and visit its bulletin board or their website at www.phialphadeltansu.com to obtain more information. The webpage and bulletin board provide information on many events, such as additional practice LSAT sessions, fun social events, upcoming forums or interesting facts about the club. Remember, it is not required that a student be in the Legal Studies program to participate; it is only required that an NSU student have a desire to learn something new and have fun doing it at the same time.

Fast Facts

- 10 acres
- $12 million to build
- 60,000 Sq. Ft.
- 3 Floors
- 41 Classrooms
- 2 Computer Labs
- Large Meeting Auditorium
- Internet connectivity in every classroom
- Multimedia use in every room
- 1,100 Students in the Orlando area impacted
- 700 Education Students
- 5000 Alumni in Orlando region
- 75 professionals employed in the Orlando region
- $3 million given back to Orlando's economy
Supergirl of a super fake?

Women are perpetuating their own negative body images

By Alisha VanHoose
Layout Manager
valisha@nsu.nova.edu

I normally don't criticize other posters, but this time, I just can't help it.

Women frequently complain about how they are portrayed in the media, how it reinforces false, unhealthy 'ideal' body images, and how women are often seen as sex objects. They blame movies, magazines, music videos, and runway models. They fuss and whine, criticize the movie moguls about how unfair it all is, then run out to buy the latest fad diet so they can look like the air-brushed, Photoshopped, Photoshop-washed models they're complaining about having been force-fed for the past 30 years.

All this fuss over fake body images, yet women don't realize that we're often the ones perpetuating those images.

There's a poster in the main stairwell of the Parker building that features an angry-looking Supergirl (pictured center above) as a pseudo mascot for the National Panhellenic Council. Now, there's absolutely nothing wrong with the Council itself, and Supergirl makes a great poster girl, but this time, I just can't help it.

There's a lot of pictures of Supergirl out there, by a lot of different artists. There are even more available of female superheroes in general, even ones that aren't wearing something so skimpy that their costume is too small to blow your nose on. So why this picture?

Maybe she who chose this drawing liked the muscles. Muscles make Supergirl look strong. Tough. Like she can do anything. After all, girls can be buff too, and those abs could have formed from a great Pilates routine.

Or maybe this just happened to be the first really large Supergirl image to come up on a Lycos Multimedia search when the poster was being made, and nobody was thinking about negative body image at the time. (Unlikely, as an afterthought, for after viewing 600 images, I couldn't find it myself)

Whatever the reason, if we women are going to complain, even privately, about unfair expectations being put on our body shapes, we need to be the ones making sure that we're not perpetuating those unfair expectations. Sending mixed messages by protesting an image one moment and using it to embody womanhood the next won't get us any closer to a realistic perspective of the female body.

Try these websites on for size

http://www.bodypositive.com
An inspirational site for women of any size that focuses on good health and positive body image.

http://www.adiosbarbie.com
A tongue-in-cheek website that promotes realistic body images through games, humor, and an excruciatingly pink page design.
**Condomology**

Promoting National Condom Month

By Earl Tinsley
webmaster@knight-online.gh.net

Condomology was the name, testing out condoms was the game. The February 12th "Condomology" event was sponsored by the Assistant Director of Fitness and Wellness, America Mine, and Wellness Intern, Amy Coran. The Goodwin Residence Hall was full of eager students responding to shouts-outs of "get your free condoms and flavored lube." America Mine made clear that the goal of the event was not to promote the encouragement of sexual intercourse, but to promote the practice of safe intercourse.

Aside from free flavored lubricant and condoms was information about condoms, STDs, and HIV protection; condoms holders (ensuring that your condoms stay fresh), trivia booklets about condoms, promotional stickers, and key chains encouraging the use of condoms were also provided. Of course, nothing comes free in life, as many blushing and stunned people at this event realized when asked to perform a little test: "Before you can walk away with your free condoms and flavored-lube, you first have to... show us how to put on a condom."

Relax, this was completely educational, and Mine and Coran graciously provided their own rubber penis.

Be safe; never say you don't know where to get condoms, because they are available at most drugstores and family planning clinics. You can also subscribe to http://www.freedom.com and ensure you receive free condoms and lubrication every week for free, saving yourself the embarrassment of purchasing it in a drugstore.

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**Other Ways to Protect Yourself**

- Know the signs and symptoms of an STD.
- Analyze your partner and yourself for signs of an STD (a rash, sore, redness or discharge), although keep in mind you can't always tell if a person has an STD by looking at them.
- Don't engage in sexual intercourse if you're drunk or high, because cognitive thought is impaired, and you're more likely to forget to use a condom.
- Discuss STDs with your partner before you engage in sexual intercourse (be aware of your partner's previous sex life).
- Get checked for STDs every time you have a health exam.
- If you have more than one sexual partner, get checked for STDs anytime concern arises about your health.
- If you have an STD, make sure your partner also gets checked out to prevent the retransmission of the STD back to you.

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**Love and Sex on Campus: Creating Heart-On Relationships**

By Earl Tinsley
webmaster@knight-online.gh.net

Sexologist Dr. Marilyn Volker met on the 2nd Floor of the NSU's Alvin Sherman Library on February 17th to share her views on creating a successful relationship in "Creating Heart-On Relationships." She graciously greeted and met with every member in the audience before starting her lecture. Then, a couple minutes after seven, the Assistant Director of Fitness and Wellness, America Mine, welcomed her to the floor to speak. She opened up the discussion with information about her field, sexology, which relates to sexual functions and sexual desire. She then delved into the art of communication between skilled lovers, as well as the five stages of intimacy, including types and components.

According to Dr. Volker, skilled lovers know the art of negotiation through communicating, and also know that the opposite of intercourse is outercourse. Skilled lovers do not need to engage in intercourse to be intimate with one another, and are able to satisfy their partner's needs in other ways, such as affection.

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Are you a student leader? Do you like to work with great people? If so, We Want You!

Now recruiting for the Peer Health Education Team
Sponsored by The Office of Recreation & Wellness

Interested in becoming a team member? Call us at 954-262-7042
Email us at mvinson@nova.edu
Visit our website at www.rec.nova.edu
Leadership: Is It In You?

By Amanda Patterson
Contributing Writer

Calling all leaders! SGA Elections are fast approaching. It is your opportunity to make a positive change in Nova Southeastern University's Student Government Association and on campus. There are several formal and informal positions open; taking one of these positions helps students gain leadership and experience. The elected positions for Executive Board are President, Vice-President of Legislative Affairs, and Vice-President of Judicial Affairs. These three candidates run on one ticket together, forming a political party and platform. There are Senator positions open as well: two minority, two international, one IOC, one resident, one non-traditional, three commuter, and two athletic. If you are interested in running for any of these positions, informational meetings will be held March 9th at 12:00 p.m., March 10th at 5:00 p.m., and March 11th at 5:00 p.m.; they will all be held in the Flight Deck. If you plan on running for a position, you must attend one of the sessions to receive the candidate packet. The current SGA is looking for NSU's leaders and freshmen to step up to the challenge.

If you are interested in running for any of these positions, through the 8th from 11:00 a.m. to 2:00 p.m. and 5:00 p.m. to 7:00 p.m. at Parker, Rosenthal, and Goodwin.

The Pan-African Student Association Presents the 2004 Outstanding South Floridian Award to Brenda Snipes

By Earl Tinsley
webmaster@knight-online.gh.net

On Tuesday, Feb 10th, Dr. Brenda Snipes was awarded the Pan-African Student Association's 2004 Outstanding South Floridian Award.

Opening up the mood for the event, P.A.S.A. Historian Melanie Denny began with an introduction to the 6th Annual Outstanding South Floridian Award, and introduced the small group of attendees to a P.A.S.A. tradition - libation. Libation is where we pay homage to our ancestors (Martin Luther King and Malcolm X were among those mentioned) using water and sand to show that we are in agreement - adhe. Following libation, P.A.S.A. member Priscille Machaud joined the crowd in saying the Black National Anthem, a familiar lyric poem titled "Lift Every Voice and Sing" by Langston Hughes. Giving the group time to rest their vocal cords, P.A.S.A. Advisor Collette O'Meally said a momentary prayer, then invited everyone to a table in the back for refreshments. Once refreshments were gathered and everyone had taken their seats, Chrissy Shaw, President of P.A.S.A., introduced the winner of the 2004 Outstanding South Floridian Award. The award is presented annually to someone who has been a role model, has made substantial accomplishments in his/her position, and is actively involved in civic and community service activities. Shaw announced that Dr. Brenda Snipes would be this year's Outstanding South Floridian Award Recipient.

Dr. Snipes, who graciously accepted the award, thanked P.A.S.A. especially for what she noted as "a very humbling experience." She then shared a little heart-felt advice for everyone as they prepared for a look back at their heritage, that the old adage, "It's not what you know, but who you know," is completely false. That the truth of the matter is "that it's not who you know, but who knows you," and that is accomplished by letting your work speak for you and knowing what you're all about. Dr. Snipes adheres to this advice, because before this award was ever an option for her, she was back at home watering plants and relearning how to read the newspaper. She ended her speech by acknowledging that she has a very challenging and time consuming task ahead of her, and that she owes much thanks to Miriam Oliver, who opened the door for her to walk in. Dr. Snipes also took the time to share with everyone some opportunities for extra cash: Pollworkers, VST's (Voting Service Technicians), and Pollwatchers. You can visit http://www.oaklandparkfl.org/Temp04/WANTED.pdf

The Broward County Supervisor of Elections is also looking for Pollworkers, VST's (Voting Service Technicians), and Pollwatchers. You can visit http://www.browardsoc.org for more information or to download an application.

Dr. Snipes ended with a final thanks to everyone for the award, which was followed by a warm applause as she thanked everyone for attending, as well as the members of P.A.S.A.

In addition, here are some choices for you to keep in mind, courtesy of Brenda Snipes.

1. Leave something behind to transform other lives. Don't be selfish with your talents.
2. Give back; serve as a mentor.
3. And lastly, register to vote!
NSU has (at least) one Gay/Straight Student Alliance

By Jason McGuire
GSSA Affiliate Member
PSI Chi Lifetime Member
SHSS MFT Student

NSU's Farquhar College of Arts and Sciences houses many clubs and organizations. Among the clubs is the GSSA, the Gay/Straight Student Alliance. GSSA became a legitimate student organization two years ago. Since then, it has worked at becoming visible and active on campus, with social events such as movie nights, pie tossing events, and holiday parties. GSSA has also made a presence at such events as this year's Homophobia Teach-Ins, Cultural Taste of NSU, and Trimming down the Wall of Hate; GSSA members also appeared as guest speakers for doctoral education distance students.

ADDRESS
cont from page 5

Low attendance at address turns speech into round-table discussion

attended. This year, SGA President Dennis O'Leary decided to resurrect the practice of holding an Address, which had been laid to rest for three years. However, he planned to make his different; in an effort to boost student attendance, the Address would be held outside on a weekday, during a free hour, and there would be an open microphone session, during which students would be able to voice their concerns directly to their senators.

While the plans sounded great on the drawing board, only a handful of people showed up to the Address—several administrators, a handful of SGA members, and a student activist. In the absence of addressees, the Address turned into a sort of casual "round-table" style discussion. President O'Leary highlighted some of the points he would have covered in his speech, which included the budget, what the GSSA has accomplished this year thus far, and several of the projects currently being worked on, such as making more parking space available to commuters and arranging a "Dinner with the Presidents," an event at which the presidents of campus organizations can break bread with the members of the SGA.

The Director of Student Activities, Terry Weech, was present. "I was disappointed with the turnout," he said. "I thought President O'Leary had some great things to say, and I wish there had been more students in attendance to hear him."

In an upcoming issue of The Knight, the State of the University Address will be published.

HEART-ON
cont from page 8

Different stages of relationships call for different levels of intimacy

as the massaging of the neck or back, or the nibbling of the ear. Now, it takes time for people to get to this stage in a relationship; many don't even make it past the first stage of intimacy: fantasy. During the Fantasy, or euphoric, stage of the relationship—which usually lasts two weeks, but no more than two years—your body is on speed, and all your emotions and expectations are at a natural high. The next stage is Power Struggle, or Power Play, where you try to change someone because you want the Fantasy stage to continue. During this stage, you identify how you try to control the person and your triggers, or what you won't change. Once you realize that you cannot change these attributes, then you begin to brainstorm and try to compromise, leading you to the third stage of intimacy. During the final two stages, Reconciliation and Co-Creation, you find something that works for both partners in the relationship and stick to it.

In most relationships, sexual intimacy seems to be the only concern for most couples. However, it takes more than sexual intimacy to create a heart-on relationship. The relationship also requires physical intimacy (where couples engage in things together other than sex), social and aesthetic intimacy (communicating with one another and sharing something beautiful), affection, emotional intimacy, intellectual intimacy (cognitive bonding, sharing thoughts), and spiritual intimacy. Among these types of intimacy is one core component: communication. However, you have to remember that there is communication where one partner is trapped into lying because he or she is limited to yes or no question and doesn't want to offend his or her mate, and then there's communication where what's being asked is actually explained.

Dr. Volker then closed up the discussion by defining real intimacy as "not liking, understanding, or doing what your partner says," but showing that you care enough to listen. When you're able to do that, you will be more comfortable informing your partner of your likes and dislikes, what makes you vulnerable, and when you just need some space.

If you are interested in learning more about sexology and relationships or taking a sexology class, you can email Dr. Marilyn Volker at besafemv@hotmail.com, or call her at (305) 443-8850.
Motorcycle Flick *Torque* Runs out of Gas

By Jamie Beucke  
*Business Manager*  
knightlab@nova.edu

Twenty guys peeing over the edge of the cliff, a bunch of bad-ass sport bikes, and two chicks battling it out. What more could you ask for in a movie? Well, a lot more. For cial effects, and convincing actors.

*Torque* is a recently released film from the producer of The Fast and the Furious, XXX, and J.W.A.T; taking place in a biker boy's heaven deep in the valley of California. The film brought in stars, including Ice Cube, Jay Hernandez, Martin Henderson, and Monet Mazur. However, the acting was less than mediocre, while the stunts were captivating, yet unrealistic. Ford, played by Martin Henderson, plays a wishful bad-boy returning from Thailand to resolve legal issues, clear his name, and reconcile with his lost love.

After numerous scenes featuring idealistic special effects and few ironic turns of events, two women fight it out in the ultimate battle. The final consensus leaves *Torque* as a bad rendition of The Fast and the Furious on two wheels. If you're looking for an intellectual night out, this movie is not the way to go. However, if hot girls and high-flying sport bikes are appealing, then this movie's for you.

Eurotrip is Sure to Hit Theaters Hard

By Jamie Beucke  
*Business Manager*  
knightlab@nova.edu

There was a lot of excitement in the theater as a select group of individuals arrived for a pre-screening of the new comedy, *Eurotrip*. From the producers of *Road Trip* and *Old School*, *Eurotrip* includes stars such as Michelle Trachtenberg (Jenny), Scott Mchelkowicz (Scott Thomas), Jacob Pitts (Coo- per Harris), Travis Westar (Jamie), and Jes- sica Boehrs (Micke), as well as a cameo from Matt Damon posing as a rock star. The movie is centered around Scott, Cooper, Jenny, and Jamie's trip to Berlin on a quest for Scott's pen pal, Micke. Micke is Scott's attractive female pen pal, whom Scott has mistaken for a perverted guy. When Micke suggests arrang- ing a meeting, Scott drunkenly cuts off all contact from her. However, in a hung over stupor the following day, Scott realizes that Micke is a very attractive female who was going to travel to America to meet up with him. This sends Scott and Cooper on a hilarious trip through Europe. While the movie was definitely of higher quality than *Road Trip*, it falls short of the ranks of the hilarious comedy, *Old School*. However, *Eurotrip* is thus far the funniest movie of 2004.

Valentine Heart Hunt

Psychology Club brightens Valentine's Day for Kids in Distress

By Melissa Gonzalez  
*Contributing Writer*

On Saturday, February 7th, the Psychology Club made *Kids in Distress* their Valentines. They spent a joyous Valentine-themed afternoon together, filled with arts, crafts, and games.

*Kids in Distress* is a sanctuary for children that have suffered some form of abuse or negligence from their parents or guardians, or who simply may need a place to stay because of a specific circumstance within the family or at home. It's totally confidential, and the staff provides the children with everything they may need. They provide the children with everything from health care to education. The children that are brought to this facility are allowed to stay from six months to one year.

Ultimately, the members from the Psychology Club here at Nova Southeastern University had an amazing time with the kids. "I enjoyed so much making Valentine cards with one little girl at *Kids in Distress*," said Bijou Stoc. Sivan Shamray said, "I think the whole group had a fun time when we were all playing outside. Overall, it can be said that this was a magnificent experience. It was ob- viously lots of fun, but most importantly, it reminds us of how lucky we are to have a family that loves and cares for us, and not to ever take that for granted."
well in the lobby of the Parker Building. Concerns may also be emailed to the SGA listserv at NSUSGA@listserv.nova.edu. In addition, SGA meetings are held weekly on Sundays at 3:30 p.m. in the Horvitz Building, and are open to all students, faculty, and staff.

I was surprised when, during a weekly SGA meeting on Sunday, February 8, an assemblage of Greeks gathered to personally make an appeal to the SGA to have their budget reconsidered. Their activism impressed me. More students need to assert their presence like this. Compare this with February 17, when I attended SGA President O’Leary’s State of the University Address and was one of only a couple of student constituents there. At least a hundred chairs had been set up for the event, but only a dozen people— including administrators and SGA members— showed up. What a disappointment. Was this lack of attendance due to student apathy, or to poor planning and publication? I think it was a lot of both. Again, this problem of communication lies on both sides.

A wall has been built between the students and the SGA, fashioned from bricks of apathy. Stop standing around breaking bottles in the hall while you wait for someone else to tear it down. Take the initiative and reach out!

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Men's Baseball Team Beats Mercy College

10th Inning Single by Jeff Rodriguez Gives the Win to the Knights

By Alicia Winslett

On February 16th 2004, the Nova Southeastern men's baseball team (5-3) defeated Mercy College (0-5) by a 1-0 final in 10 innings. The game was played at the NSU Baseball Complex for the Knights home-opener. This was the fourth win in five games for the Knights. Also, with this win, NSU RHP Harlan Malamud (Fr., Davie, FL) picked up his first career victory (1-0) as he pitched two innings without any score.

The 10th inning was started by a hit by a pitched walk for Geron Sands Jr., Nassau, Bahamas), and then Alex Froloff Jr., Coral Springs, FL) had a bunt that put him on first. The pitcher then baulked and advanced the runners to 2nd and 3rd base. The Flyers then walked Sean McFadden Sr., Fort Lauderdale, FL) in order to have the bases loaded. With the bases loaded, the catcher Steve Smith Jr., Coral Springs, FL) came up to bat. He hit the ball straight to 3rd base so Sands was tagged out, but everyone advanced, and again the bases were loaded for Mike Pelerito Jr., Coral Springs, FL). Unfortunately, he struck out, so everyone was left on base with two outs in the bottom of the 10th inning.

Lastly, Jeffrey Rodriguez Jr., Hialeah, FL) came up to the plate. He was left with a 2-and-3 count when he hit the ball right at the third baseman; he fumbled the ball and Froloff scored to give the Knights the 1-0 victory.

NSU starting pitcher Lou Leo Sr., West Palm Beach, FL) had a strong game on the mound, allowing no runs and only two hits, while also striking out eight. Leo had a no-hitter through 7 and 2/3 innings before allowing back-to-back singles to Mercy's Brett Preshong and Nick Caparco.

Also, Mercy pitcher Tim Foley went 9.0 innings, allowing 4 hits and no runs. Brett Preshong was the relief pitcher that cost the game for the Flyers.

Knights Rally in to Secure Win in 6th Inning

Jennifer Garcia Pitches a No-Hitter

By Alicia Winslett

On February 18th 2004, the women's softball team (5-6) played a doubleheader against Florida Tech (2-4) at the A.O. Griffin Sports Complex. The Knights lost the first game by a score of 3-0. But the team rallied back to win the second game 2-0.

Along with the win, RHP Jennifer Garcia Sr., Miami, FL) pitched a no-hitter in the second game of the doubleheader. Throughout the whole game, she only allowed one run of the game. With this win, Lynch improved her record to 3-2, having only one run, seven hits, and four strikeouts. "This was a huge win for Shannon," says Coach Bonee.

The problem with some of our losses so far has been that we've left 8 people on bases, 6 in scoring position," says Coach Bonee. Between twice in the 6th inning to steal the bases, the runners to 2nd and 3rd base this season.

Speaking about other pitchers and the upcoming season, Coach Bonee said: "Shannon Lynch had a big win last game against Florida Tech. Jamie Beucke keeps the ball down and gives us what we need. Last season, Kat pitched 14-8, leading the way for the Knights. Kat had a 2.10 ERA and struck out 142 batters in 163 innings of work. She should be pitching later in the season. "We have a great group of girls, and I'm excited about the games to come," said Coach Bonee.

Knights Hold First Win of a 3 Game Series

Knights score in the bottom of the sixth to win against Florida Tech 3-1

By Alicia Winslett

The Nova Southeastern University women's softball team (4-5) competed against Florida Tech (1-3) on February 17th 2004 at the A.O. Griffin Sports Complex. The women rallied back from a 1-0 battle to win the game 3-1. This was the first of a three-game series.

Up until the bottom of the sixth inning, Kristen Lane, the pitcher for FT, had no one hitting off her. Diana Goolsby Jr., Ocala, FL) started things off for the Knights with a single up the middle, then Angela Martinez Sr., Miami, FL) hit a single to right field. Then, catcher Janette Rodriguez Jr., Miami, FL) tripled to left center to bring in Goolsby and Martinez, while achieving 2 RBIs. Katie Veltri Jr., Loxahatchee, FL) stepped up to the plate and drove home Rodriguez to seal the 3-1 win for the Knights.

Rodriguez: "She's in control and a very 'in command' catcher. She's like having another coach out there."

Shoats went 2-for-2 with 1 RBI, Veltri went 2-for-3, and Lamb went 1-for-3 with 1 RBI. Also, right fielder Diana Goolsby Jr., Ocala, FL) chalked up her fourth stolen base this season.

Knights the 2-0 win.

Men's Basketball Downed by Rollins College

Three Knights Players Score in Double Figures, But Knights Can't Topple Tars

By Eddie Kenny
Sports Information

The Nova Southeastern University men's basketball team (8-17) was downed by Rollins College 87-76 Saturday afternoon at BCC's George Mayer Gymnasium.

NSU was led by junior forward Garth Campbell (Miramar, FL) and sophomore Calvin Jenkins (Germantown, MD) who each scored 20 points to lead the Knights, but NSU was unable to stop Rollins guard Eric Faber, who scored a game-high 33 points and added 11 assists. NSU guard Kluis Wimbush (Jr., Ft. Lauderdale, FL) also scored 18 points for the Knights as he moved into fourth place on NSU's all-time scoring list.

The Knights scored the first eight points of the contest to take an 8-0 lead. NSU's lead was stretched to as many as nine points, but a 15-0 run by the Tars gave the visitors their first lead of the game with 8:20 remaining in the first half. However, NSU closed the half with a 7-2 run to take a 34-31 lead to the locker room.

Rollins (22-4), ranked fourth in the NCAA South Region, took the lead for good with 14:56 left in regulation when Chad Dircks connected on a three-pointer. The Knights closed within three points with 5:18 remaining, but a 10-2 run by Rollins held NSU very close, and not letting them score in the lane. They never trailed more than 7 points in the first half, and led by 24-22 with 4:44 remaining in the half. The Tars went on a 9-2 run to close the half 31-26, Rollins.

Marvelous Washington starts the scoring late in the game, hitting a jumper to start off the second half with a pair of free throws, as Washington hit a jumper to start off for the Knights. The Tars went on a 10-2 run to take charge of the second half, and never let go. Rollins pressed the Knights tightly, as NSU turned the ball over several times in the second half. They also played an unyielding man-to-man, holding NSU very close, and not letting them score in the lane. NSU also pressed and played man-to-man, but couldn't score enough to keep up with Rollins. The Knights left the lane more open for the Tars to score in during the second half. The Tars got a lot of their points from turnovers and put-backs that the Knights didn't capitalize on. The 30-point lead was the largest lead for the Tars as they earned their 15th straight win.

NSU senior guard Marvelous Washington (West Palm Beach, FL) led the Knights as she scored 19 points. This is her fourth time in a row leading in points for the Knights. Mechelle Jones (Viera, FL) led the Knights with 6 rebounds in the game. However, four players from Rollins scored in double figures to lead the South Region's #1 ranked team to victory.

By Alicia Winslett
winslett@nova.edu

On February 21st, 2004, the women's basketball team (10-15) competed against Rollins College (23-3) at BCC's George Mayer Gymnasium. The women lost by a score of 82-52 on Saturday afternoon.

The Knights started off strong, holding the visitors very close in the first half. With only 7:20 to go in the first half, Marvelous Washington scored 2-2 from the free throw line to tie the game 20-20. The Knights played mostly man-to-man in the first half of the game, keeping Rollins out of the lane. They never trailed more than 7 points in the first half, and led by 24-22 with 4:44 remaining in the half. The Tars went on a 9-2 run to close the half 31-26, Rollins. Washington ended the half with a jumper in the middle of the lane.

Rollins started things off in the second half with a pair of free throws, as Washington hit a jumper to start off for the Knights. The Tars went on a 10-2 run to take charge of the second half, and never let go. Rollins pressed the Knights tightly, as NSU turned the ball over several times in the second half. They also played an unyielding man-to-man, holding NSU very close, and not letting them score in the lane. NSU also pressed and played man-to-man, but couldn't score enough to keep up with Rollins. The Knights left the lane more open for the Tars to score in during the second half. The Tars got a lot of their points from turnovers and put-backs that the Knights didn't capitalize on. The 30-point lead was the largest lead for the Tars as they earned their 15th straight win.

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Women’s Golf Team Fights Their Way To 2nd Place, Gaining 17 Strokes After First Day

Emily Sisson places third as an individual. Three NSU golfers place in top ten.

By Alicia Winslett
Sports Editor
winslett@nova.edu

On February 7th and 8th, the Nova Southeastern University Women’s Golf Team finished in second place at the Tusculum/Kiawah Island Intercollegiate after a two-day total of 657 at Cougar Point Golf Club in Kiawah Island, SC on February 8th.

After the first day of play, the women were down 19 strokes behind #24 ranked West Florida. The second day of play, the team regained 17 strokes in just one day. The Knights finished just two strokes behind champion, West Florida (655), and 14 strokes ahead of #15 ranked Central Arkansas (671), who finished 3rd in the tournament.

West Florida’s Clara Fornella won individual medalist honors as she shot 75, 73, a two-day total of four over par (148).

NSU’s Emily Sisson (Sr., Charles City, IA) led four Knight players in the Top-10 of the individual competition as she finished tied for 3rd place with a two-day total of 162. Freshman Sophie Friis (Vejle, Denmark) was fifth (164), followed by Amanda Brown (Sr., Tampa, FL) who was in sixth position with a two-day total of 165, and Rebecca Pomichter (Sr., Poland, NY) in ninth (166). Freshman Alicia Winslett (Fr., Greenville, SC) finished tied for 19th with a two-day score of 174.

“As a team, I was satisfyingly unsurprised [at their performance], because I don't have to kick this team in the butt. I wasn't even surprised that we came back 17 strokes,” said Coach Donahue, head coach of the women's golf team.

“We're getting support at both ends; seniors are stepping it up, and so are the freshmen. I'm proud of a lot of things with this team: commitment, comradery level, and work ethic,” says Coach Donahue.

Coach Donahue said that the venue of the tournament was very classy, and hopes to return next year. Speaking about the future of the team, the coach said: “I'm at ease about the future of this team, and see things happening that I hoped for...a good team to become a great team.”
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