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Student Voice Charges Over MasterCard

Jason Peebles, Liz Harbaugh and Davia McDonald make up SGA Executive Board

By Rafia Chodhry
News Editor

It has been a long trek down the campaign trail for The Student Voice and MasterCard, the two parties running in the 2005-2006 Student Government Elections. After four days of voting, the ballots were tallied and the winners were announced.

On Friday, April 8, at 6 p.m., the Flight Deck was packed with students who anxiously waited for the election results. Terry Morrow, Assistant Director of Student Activities and Leadership Development, congratulated those who ran and dedicated their time and energy into the elections, stating, “This is the first time since I have been at NSU that the entire executive board was elected.”

Moments later, the winners of the board elections were announced.

Executive Board:
Jason Peebles
Liz Harbaugh
Davia McDonald

Athletic Senators:
Amy Eichelberg
Cheyenne Poskey

Commuter Senators:
Besty Jacobs
Alaina Simonovski

International Senators:
Adriana Clamens

IOC Senators:
Giselle Gaviria
Jessica Boyd

Minority Senators:
Tonya Walron
Randy Rodriguez

Non-Traditional Senator:
Careen Hutchinson

Residential Senator:
Hayley Pierre

Please See STUDENT VOICE, Page 2
Library Happenings

By Africa Barfield
Director of Marketing and Community Relations

New Service Video to Assist Distance Students

The Distance Service & Instructional Library Services Department of the Alvin Sherman Library is pleased to announce a newly produced library video highlighting the most important library services available to distance students.

To view the video online, you will need a broadband connection (DSL, cable modem, or other high-speed internet connection) and Windows Media Player (version 9 or higher). A CD version of this video is also available by mail. For more information visit http://www.nova.edu/library/portal/distance.html and scroll down to Library Services or call 954-262-4613.

Librarian Appointed to Committee

Youth Service Librarian, Beth Blankley, was appointed to the Association for Library Service to Children’s ALSC / Sagebrush Education Resources Literature Program Award Committee.

Crisis: A Time of Hardship, a Time of Strength

Last week, the whole world was in mourning over the death of Pope John Paul II. However, in the middle of all this, two staff members of The Knight suffered an equally great loss. Due to this, the two were naturally unable to perform their normal duties for The Knight, leaving the rest of the staff to perform a more difficult task: filling in their shoes. In an organization, every member is valued for the role he or she plays, and without one or two of those members, an organization can easily crumble. However, I’m proud to say that we were able to band together as a team to get our job accomplished, as you can see from the new copy of The Knight. The Knight could have easily closed up for the week, but we chose to keep our readers happy and continue to keep our readers happy and continue.

Getting to my purpose this week, I would like everyone, for at least one moment, to take time away from whatever seemingly important task you’re doing and send a few warm thoughts to my two colleagues—who couldn’t be here—would have appreciated. In the process, we prove that despite the many ups and downs of life, that we can still keep sight of our goal.

STUDENT VOICE (continued from page 1)

“...[for] the first time since I have been at NSU that the entire executive board was elected.”

announced by Laura Guevara. Big cheers were heard with the announcement of the Student Voice victory. Jason Peebles, Liz Harbaugh, and Davia McDonald all proceeded to the stage for acknowledgement of their achievement and thank you speeches. Following the announcements, refreshments for all attendees were served as the Student Government Association (SGA) celebrated the close of the elections.

Jason Peebles, newly elected President, said that he felt “elated,” by the victory, adding that “The student body is going to be brought back into what it was originally intended to be. The students should rejoice.” Peebles feels that changing NSU students’ perception of SGA is important. “In order to have an effective SGA, the students need to know what we stand for and our purpose. We are here to represent you.”

Of the many challenges facing the newly elected representatives, Liz Harbaugh, Vice President Legislative, believes that “The functioning of the Student Action Committee is the most important goal that I have this year. The SAC is designed to truly express the voice of the students and that what it will do.”

Davia McDonald, Vice President Judiciary, expressed an interest to work with the defeated party, MasterCard, in the near future. “[MasterCard Presidential Candidate] Mary Nochimson is an outstanding person and I hope she will be part of SGA next year.”

Almost an hour after the victory party, the hype subsided as students exited the Flight Deck and the winners prepared to celebrate.

STUDENT SUMMER POSITIONS IMMEDIATE OPENINGS

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For this week’s issue, Willard Conrow, an employee of NSU’s Physical Plant, was nominated by a fellow coworker to be featured in Up Close and Personal. Willie, as others call him, found $3,000 in an old envelope at the Sonken building and quickly turned it in instead of keeping the money. He is to be commended for his honesty and integrity.

Willie, tell us a little about yourself.

Sure, I work for the Physical Plant. I’ve been here for six months and I used to work for Pilot Steel years ago, 14 years ago exactly. So, I was due for a job or career change because 14 years of doing the same thing got old. It got old because there’s no advancement. Just being an overhead crane operator for that long meant it was time for a change. So, I started working here.

Where are you from? What city?

I’m a Florida boy. I was born and raised here in Fort Lauderdale. Born in Broward General Hospital to my parents, Dorothy and Frank. Things were pretty good, growing up here and everything.

How exactly did you come across the money?

Well, I was working with Jack Sadow, a coworker. He had asked me to help him because he had a job to do at Sonken and he needed some help moving some cabinets. So, in the process of moving cabinets, we were doing some demolition work. He was taking out the wood and he went to get a dustpan and a broom to clean up the debris. I said, ‘Well, okay, I’ll pick up all the small stuff, like the paper and wood chips and stuff like that. So, while I was there I saw this piece of envelope or paper because it was all crumpled up. Then, I picked it up and threw it into the garbage can and it made one of these floppy little rolls… you know, spirals. I thought, ‘Wait a minute, that’s got some weight in there.’ I said, ‘Well, geez, I’m kind of curious: what the [heck] is in there?’ So, I go in there, and inside an envelope there was a bank envelope. What had happened is apparently someone had put [the envelope] on the shelf and it had fallen back behind where the wall is. It was there for a long time because the paper was old and discolored. I opened it and it was falling apart, and I tore the corner because curiosity got the best of me… I counted 30 one hundred dollar bills! I had to find somebody—I looked around and found Debbie McKeifer, secretary, I guess, to the dean. She walked with me and Jack Sadow over to the principal’s office. [The principal] shook my hand, thanked me for my generosity, and they gave me a ‘thank you’ card with one hundred dollars as a reward. So, that was pretty cool.

What was your first thought upon seeing the money?

I said, ‘Uh oh,’ and my heart started pounding. I thought it was a test, like someone was watching me. I thought someone planted the envelope. I looked around and found Debbie McKeifer, secretary, I guess, to the dean. She walked with me and Jack Sadow over to the principal’s office. [The principal] shook my hand, thanked me for my generosity, and they gave me a ‘thank you’ card with one hundred dollars as a reward. So, that was pretty cool.

What was your first thought upon seeing the money?

I said, ‘Uh oh,’ and my heart started pounding. I thought it was a test, like someone was watching me. I thought someone planted the envelope. I didn’t remember seeing that when we were taking the cabinets apart.

Did you find out whom the money belonged to?

I think it was for a charity, but it was from 1997 on the envelope—from 8 years ago. And I’m just curious as to whether somebody lost their job over it because it was a large sum of money. I mean, from 8 years ago, somebody was in charge of that money and $3,000 is a lot of money to lose.

The bank envelope had no indication as to what the money was for?

It said fundraiser on the second envelope. But from what fundraiser, I have no idea. Somebody was in charge of that money, so they must know.

Do you have any phrases or mottos you enjoy or live by?

Well, I always try to do right. Do you right by others, and you get treated right yourself. And the way I see it, if you do something you think is right, you are rewarded ten fold. That’s how I always believed. I go to church, but I’m not a solid Christian individual. I believe in doing what’s right because in the long run, when it’s my time, I’ll know which way I’m going [laughs].

What are your interests or hobbies?

Oh, I’m a big military enthusiast. I collect all kinds of World War II militaria; rifles, guns, bayonets, swords. But I also have a hobby. I’m also a plane builder; I build aircraft models. Not the flyable kinds, but plastic scaled down versions.

By Paul Saneaux
Staff Writer

Conrow shows off his tatooes. Photo by Paul Saneaux

Willie Conrow
A Myanmar woman has agreed to provide her own milk to a pair of Bengal tiger cubs who were separated from their aggressive mother after she murdered a third cub. The endangered tigers will be breast fed by Hla Htay, mother of a seven-month-old. News24 quoted the woman, who explained that “I felt sorry for them so I decided to feed them before their teeth grow.”

The Associated Press reported that Ms. Wheelchair Wisconsin has been stripped of her title after standing up. Janeal Lee has muscular dystrophy and occasionally uses a scooter, but was photographed completely upright with her math class. Pageant officials say that Lee should have known the rules, and that “We can’t have title holders out there walking when they’ve seen in the public.”

Misty the dog’s bag of excrement was stolen by an armed burglar, according to the Associated Press. The gunman snatched the waste bag and later threw it down in frustration when he learned of its foul contents. He then demanded money and attempted to shoot the dog, but this inept mugger’s gun failed to fire and he fled the scene.

The Associated Press reported that an aircraft models aboard a Nationwide Airlines flight resulted in AC Hoffman being removed from the plane. News24 reported that, despite saying he “held the magazine in such a way that not even the woman in the seat next to mine could see what I was reading,” once a flight attendant discovered the literature she requested he put it away. AC cursed at the attendant, and the plane - already on the runway - turned around, at which time police questioned the man. The airline does not allow pornography on flights, but the magazine is sold in the airport.

**CONROW (continued from page 3)**

Are the aircraft models also WWII replicas?

Yeah. I have P51 Mustangs and P38 Lightnings. I have a couple of Russian models, some Japanese Zeros. Of German models, I have three Heinkel 111’s. One that I have is a Romanian Messerschmitt. And I have, of course, two of my favorites, the B17 Flying Fortress and the B24 Liberator. I also have a consolidated PBY, a float plane that they used to rescue all the pilots that had to crash in the ocean. If the subs couldn’t get them, the sea planes did.

How long have you been building models?

Oh, all my life. I’m 45 years old, so I’ve pretty much been into this since high school. I’ve always been into history; whether old history or contemporary or WWII. War history is my favorite, though. Sometimes the wife and kids say I was born in the wrong era; we’ll watch a war movie and I’ll say ‘That’s not it, that’s not it. That’s wrong and that’s wrong. They’re using a mock-up tank’ [laughs].

What kind of music do you listen to?

I listen to hard rock, classic rock, and even some R&B. I listen to it all!

What do you think about Zeta being disbanded?

Paul and Ron, they did a heck of a job when they moved to Big 106. To this day, I still listen to them. But as far as Zeta forgoing towards that alternative Hispanic music, I think that just killed them. But you could tell later on, over the last six years, that they were starting to turn towards the Latin community. On Sunday evenings they were playing Spanish rock. I also listen to that new 93.1 now and then.

What is the best advice anyone has given you?

Best advice? Well, be the best that you could be, not like the models? Is the best advice anyone has given you?

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Best advice? Well, be the best that you could be, not like the models? Is the best advice anyone has given you?
Comedian Mitch Hedberg, known for his dry delivery and random observations, died on March 30 of heart failure. Though Hedberg, who was 37, is gone long before his time, his unique comedy will live on.

Hedberg got his break on Comedy Central Presents, performing for a crowd that did not initially take to the comic's style. But by the end of the show, the audience understood Hedberg, who joked that it may have been his long hair that put them off. His persona became the topic of his jokes, “I wish long hair was associated with something other than drug use... like an extreme longing for cake?” He continued, “Did you see how excited I was fast approaching?” Hedberg made no secret of his drug use. “I used to, too.”

Simply reading Hedberg’s jokes is not enough; his delivery is unlike any other comedian performing today. Hedberg toured the country, appearing several times in the Fort Lauderdale area. In 2003, he joined comics Lewis Black and Dave Attell for the Comedy Central Live tour. He released two comedy CDs, Strategic Grill Locations and Mitch All-Together, that any fan of stand-up must listen to.

Hedberg touched nearly everyone that he encountered. He connected with his fans, and often talked to them after his shows. His website, mitchhedberg.net, features pictures of the comic with his followers. Friends of Hedberg commented on his death. A close friend who Hedberg helped get into comedy, Josh Sneed, wrote “I only hope everyone finds someone that they can look up to and admire, and be proud to call their friend like I did you…my friend Mitch.”

Doug Stanhope, a fellow comedian, stated “Mitch lived and he lived brilliantly and by his own rules. The number of years next to his name is trivia. The contents of those years is inspiration.”

A statement by the Hedberg family on his website reads: “We ask that you remember Mitch through his comedy – let him make you laugh, enjoy life and love one another.”

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### Famous Authors

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### American Idol

**RECAP**

**Down to the Final Eight**

By Alaina Siminovsky

**Art & Entertainment Editor**

After Mario Vasquez left American Idol, Nikko Smith returned to the competition. His fans rallied behind him and he was not the next to go after his return, but after four weeks, Nikko’s luck has run out. On April 6, Smith gave his last performance on the American Idol stage.

The final eight perform next week. Check out American Idol at the Flight Deck on Tuesdays and Wednesdays.
This Week in Arts and Entertainment

Movie Openings:

The Amityville Horror opens to audiences nationwide on April 15. This suspense/horror is rated R and stars Ryan Reynolds, Melissa George, Jimmy Bennett, Jesse James and Rachel Nichols. Synopsis: On November 14, 1974, police received a frantic phone call that led them to a nightmarish crime scene at the Defeo residence in Amityville, Long Island, where an entire family had been slaughtered in their beds. In the days that followed, Ronald Defeo confessed to shooting his parents and four siblings while they slept, claiming ‘voices’ in the house drove him to commit the grisly murders. One year later, George and Kathy Lutz and their three children move into the house, thinking it would be their dream home. Shortly after move into the house, thinking it would be their dream home. Shortly after, George is plagued by nightmarish visions and haunting voices from the evil presence still lurking within the residence.

Synopsis: Bennett, Jesse James and Rachel Nichols. Ryan Reynolds, Melissa George, Jimmy Conners. The Emancipation of Mimi

CD Releases

Garbage
Bleed Like Me
Released April 12

Mariah Carey
The Emancipation of Mimi
Released April 12

Amy Ray
Prom
Released April 12

Concerts/Performances:

Lenny Kravitz,
April 13, 7:30 p.m.
Jackie Gleason Theater
1700 Washington Ave
Miami Beach, FL 33139

Green Day
April 15, 8 p.m.
University of Miami Convocation Center
1245 Walsh Avenue
Coral Gables, FL 33146

Saturday Night Live with Jay Mohr
April 16, 7:30 p.m.
Broward Center for the Performing Arts Au Rene Theater
201 SW 5th Avenue
Ft Lauderdale, FL 33312

Compiled by Alaina Siminovsky

Madness on the IOC Listserv

For those of you who are involved on campus, many may be familiar with the IOC listserv. The listserv functions to keep all of the clubs, organizations, and the campus community at large informed of what’s going on in or around campus. Over the past week, there has been a smorgasbord of emails - complaints and responses - about the recent leadership training conference sponsored by SALD. These complaints were, for the most part, not constructive. While the right to protest is certainly important, one should protest on behalf of something and not simply abstain needlessly.

The Office of Student Activities and Leadership Development sponsored mandatory leadership training for the incoming executive boards of the clubs and organizations at NSU. Most people had a good time. Club officers mingled and were given some advice for the next year. The SGA budget process, which is one of the most important things for all members of the E-board to know, was gone over.

All of the sessions were important – granted, some were not as informational as others, but basic training was necessary. The banter on the IOC listserv was ridiculous for a few reasons:

1- The person who initiated the discussion was misinformed. The individual interchanged several acronyms such as IOC and SGA when venting about the mandatory nature of the conference. In truth, neither the SGA nor IOC made the event mandatory. SALD mandated the conference, if someone had a grievance, the most constructive way to air it would be to contact the people in charge.

2- Most people who attended the leadership training got something out of it. The person who wrote the email failed to attend and knows not if their complaints were warranted. Instead of making an educated decision to complain, this person decided that their grievances should be everyone’s. A lot of the new E-boards are made up of individuals who have not yet served or who don’t know much about their position; they needed - and for the most part welcomed - leadership training. Not everyone is a natural born leader, it does take some work.

3- Budgets and Bills: During the year a lot of clubs and organizations complain about the funding they do not get from SGA. If there was only one thing that leadership training gave the students, it was a better understanding of the ways to get funding. Attending this training would have alleviated future grievances. Maybe that should have been thought of when making a complaint.

4- SALD offered this training not to punish leaders, but to help them. This university does a lot more for the clubs than do many. Think about the tents you rent and the vans you use. What would happen if this university didn’t offer these services to the clubs? Attending a leadership training session is a small price to pay for these privileges.

In response to the initial email there were a bunch of rebuttals. The people who attended leadership training and liked it rallied behind SALD and showed their support. These people are the true leaders because they wish to better themselves for their organizations. Everyone on this campus should be thanking SALD for arming our clubs and organizations with the materials they need to better campus life.
There is violence in movies, and there is violence in movies. *Sin City* has plenty of the kind of violence that seems outlandish and possibly humorous at first, but then it makes the viewer wonder whether so much of that carnage is necessary. In this case, the unbelievably vicious acts of brutality set *Sin City* apart from other R-rated flicks and, unfortunately, overloads the film. Stylized action has become a major landmark in recent movies, as evident in *Kill Bill* 1 and 2, but *Sin City* takes action to a whole new gory level. The body count is so ridiculously high that *Sin City* can be mistaken for a war film. Compensating for the buckets of bloodshed, the unique cinematography and a screenplay that was taken almost directly from the graphic novels by Frank Miller are intriguing enough.

The plot of *Sin City*, which runs about 124 minutes long, revolves around three characters: Hartigan (Bruce Willis), Marv (Mickey Rourke), and Dwight (Clive Owen). Just climbing over the two hour mark, the film is sufficient in length, but the division of the plot into three slightly intertwined stories makes the movie seem like an eternity. And to worsen this problem, each story has the same basic theme of vigilant justice; each character has had something terrible happen and they resort to taking justice into their own vicious hands. Of course, Marv, a large brutish schizophrenic, has a different brand of justice than Hartigan, a middle-aged ex-cop with a heart condition, and Dwight, a delusional murderer. But essentially, they all seek revenge on those who have wronged them and their plans end in the same manner- with lots of gore and lots of blood. The characters motives, perhaps excluding Hartigan, are also unreasonable. For example, Marv slaughters countless people, including police officers, because someone killed a hooker he had a one night stand with. He is convinced that Goldie (Jaime King), loved him, and yet the audience and Marv learn that she slept with him to earn his trust. Goldie knew someone was after her, and so she chose Marv, hoping to gain protection. Nevertheless, the brute continues his killing spree. The absurdity kills the believability of the film.

On the upside of *Sin City’s* eclectic plot is the cinematography. *Sin City* is presented like a comic book with stark black and white coloring, and the characters have interior monologues that expose their thoughts. A few bright colors are thrown in here and there: red dresses, blue eyes, and crimson blood splatters stand out. Watching the film is the closest substitute to reading the comics without actually picking up one of Miller’s graphic novels. The script too, stays true to the novels. Unlike other movies derived from comics, *Sin City* stands alone in its precision. Undoubtedly, the film’s detailed cityscape and shady atmosphere is a treat for the eyes. Despite its over the top action and interchangeable storylines, *Sin City* is a decent film in respect to its uniqueness and accuracy to its source. Obviously, it is implausible that a person can survive over 20 gunshot wounds or be struck by a speeding car several times and simply walk away, but it can be overlooked. Anyway, some people enjoy violence.
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If you were not in front of the ASA building for the 14th annual Hollywood Squares Comes to NSU on Friday, April 1 from 5:30 p.m. to 8:30 p.m., you missed answers to important questions such as “Does sex really stop acne?” Sponsored by the Division of Student Affairs, Administrators, Professors, and other offices played plenty of April fool’s jokes on students who were the contestants in the game. Hosted by Dr. Brad Williams, Dean of Student Affairs, Hollywood Squares drew a crowd of over 500 that came to enjoy the night filled with fun and games.

Twelve randomly selected contestants competed for three game prizes and three “secret square” prizes. The game prizes were $25 and $50 gift certificates to Barnes and Nobles. Every contestant was a winner in these three games. Secret Square prizes were in three categories. The first prize was a round-trip airfare to Las Vegas for four days/three nights, with accommodations for two and $200 spending money. The second prize was a carnival cruise for two at $1,000, and the third prize was 10 tickets to the Miami Dolphins’ regular season opener and a tailgate party. Diana Rakine won the first prize, Mary Lou Suppa got the second prize, and The Knights’ own Paul Saneaux won the third prize. Between the six games, the winners from the previous nights’ NSU Idol performed for the crowd.

NSU Idol

“And the Winners Are…”

On Thursday, March 31, Nova Southeastern University presented NSU Idol on the Main campus. The talent show was a take-off of Fox’s hit show American Idol, complete with three judges emulating Randy, Paula and Simon. Representing Randy Jackson was Dr. Robert Sellani, a professor in the H. Wayne Huizenga School of Business. Paula Abdul was actually Jenny Miles, the Director of Student Development and Retention, and in place of the scowling Simon Cowell was Tim Dixon, Assistant Professor of the Division of Humanities in the Farquhar College of Arts and Sciences. The two categories that students competed in were Singing-Solo and Dance/Group Competition. The acts performed for the first time Thursday, and finalists were asked to come back the following evening to compete for cash prizes. Each act had a chance to win cold cash for their club or organization: 1st Place - $1,000.00, 2nd Place - $500.00, and 3rd Place - $250.00. On day two, Friday April 1, the Idol contestants had a second chance to impress the judges in between rounds of Hollywood Squares.

Solo/Individual Category Winners

1st Place: Amy Eichelberg, representing Phi Sigma Sigma
2nd Place: Karen Andrade, representing 411 for Help
3rd Place—Yessika Pacheco, representing Intervarsity Christian Fellowship

Group/Dance Category Winners

1st Place—C.O.P, is representing The Chicks on Point.
2nd Place—NSU Cheerleading, representing the 2004-2005 NSU Cheerleading Squad
3rd Place—Wille Wood and Nigel Dance, representing PASA and Lambda Theta Phi respectively.
NSU is proud to introduce the Safe Zone on its main campus. What is a Safe Zone? According to the Safe Zone Foundation, “Typically, Safe Zone programs are found on university and college campuses; however they are also found in high schools, in some churches and communities. Safe Zone provides safe spaces that are highly visible and easily identifiable to lesbian, gay, bisexual and transgender (LGBT) persons, where support and understanding is the key and where bigotry and discrimination are not tolerated.” Administrator of the Safe Zone Project at NSU, JC Murray explains, “Most of the Safe Zone projects are individual and self contained however, the program is based on the same principles and ideologies of the Safe Zone Foundation.”

Safe Zones are commonly identified as ‘ally’ programs, where members of the LGBT community receive support from and work together with heterosexual supporters, friends and allies. GSSAs (gay-straight student alliances) are another example of an ally program. Assistant Professor in the Humanities, Stephen Levitt offers, “In the event that a student has a problem, he/she can go to a safe zone and obtain guidance. More significant is the statement that the existence of Safe Zone might make.”

Safe Zone provides a way for supportive faculty, staff, administrators, and students on college campuses and communities to prominently and non-verbally illustrate that they are a safe contact for all students and employees. To become a Safe Zone participant, one usually must participate in an extensive interactive training session. At the training, participants are usually asked to examine their personal beliefs and share their thoughts with other participants. Safe Zone programs are usually designed for faculty, staff, administrators, students and community members. Professor of Humanities Jim Doan offers, “I think the Safe Zone program is vital, given the lack of understanding about GLBT issues – even at a liberal institution such as NSU. I believe the program will positively impact the whole community, giving students the opportunity to talk to someone with some expertise in dealing with these issues. Though not meant to be counselors themselves, [the Safe Zone participants] will be able to direct student to the appropriate resources.”

2004-05 GSSA President Jason McGuire states, “I think the safe zone sticker might allow hesitant and/or fearful students an opportunity to experiment in exposing their identities in a safe, healthy and meaningful way. There is risk for obvious identification of childish pranks against people who identify themselves as being safe people to speak to, but as long as the school stands ready to support the program administratively when these situations occur, I think we have the ability to transcend these likely, yet minor incidents.”

For more information about NSU’s new Safe Zone program:

visit GSSA online at http://www.nova.edu/GSSA.
or
visit the Student Counseling Services webpage at http://www.nova.edu/studentcounseling, or you can contact them by phone at 954-262-7050.
Fitness 411

By Danielle Garcia
Contributing Writer

Fitness 411 is a new column to inform students on healthy ways of living. The column will include correct ways to exercise, myths about exercising, healthy eating, etc. All information in the column will come from trained professionals from Nova Southeastern University's athletic training department and the Health Profession Division.

This week, head athletic trainer Larry Starr lends his thirty-four years of experience in the athletic training field - including 21 years as the head trainer for the Cincinnati Reds - to inform students about general information needed for proper conditioning of the body.

There are six main things that people need to follow when trying to stay in shape and working out. These steps will help individuals enjoy fitness while keeping healthy. Before attempting any type of workout plan, pick an activity that you will enjoy doing repeatedly and stick with it. Do not attempt to run a marathon right away; pick a realistic goal to start with.

The first step in conditioning properly is to warm up properly. Warming up the muscles is imperative. Before starting any activity, a quick warm-up run to start increasing blood flow through the muscles helps to prevent injury and allows for a larger range of motion, limiting the chance of tearing a muscle.

The second step involves a gradual progression of intensity in the activity. Again, do not start your first day of activity by running a mile: pick a reasonable goal and slowly progress. Trainer Larry Starr emphasizes increasing the intensity of an activity each week by one-tenth, so if you decide to start running more, start by running a mile the first week and increasing your run by a quarter of a mile the next week.

Third, an individual needs to do a proper cool down. That means, once an activity is done, you should not sit down and relax right away. Your body's muscles are still pumping and they need a cool down to return them to a relaxed state. This decreases soreness the next day. To cool down, a light jog and some stretching is all that is needed.

The fourth step is properly hydrating your body. Most Americans do not properly hydrate their bodies even when they are not exercising, so you can imagine how many improperly hydrate their bodies during physical activity. Eight glasses of water a day is what should be consumed, and remember - you will perspire during the activity, so drink more fluids to replenish your body.

Along with proper hydration comes the fifth step: proper eating habits are important. People tend to decrease the amount of food they eat and increase exercise when trying to get in shape and lose weight. However, when increasing the amount of physical activity you do, you must also increase food intake. The kind of food you eat will reflect the amount of energy you have to exercise. Focus on fruits and vegetables for the needed vitamins and minerals. Breads and pastas contain carbohydrates needed for energy, and to build muscle, up your intake of protein.

Lastly, having the proper amount of sleep is important. For your body to operate properly it needs plenty of rest to recuperate. A main reason athletes tend to become fatigued is because they failed to get the right amount of sleep.

So rest up. Eat and drink right. Then execute an exercise routine fit for your body with proper warm ups and cool downs, and you will be on your way to a healthier body.

Let's Talk About Sex, Baby...

Continuing or rekindling a sexual relationship with ones ex has its pros and cons. Whether you are the pursuer or the pursued, recycling an ex-mate can create a whirlwind of problems that may very well wash away any positive reasoning that you once had. Is the bedroom a territory that yourself and an ex should embark on? Or should one progress forward as opposed to stepping backwards? Below I have compiled a list of pros and cons considering this dilemma; I will let you judge for yourself.

Pros:
1) No additional notches on your belt.
2) They already know what you like.
3) Sex is good.
4) You have already sustained a comfort zone.
5) You know their sexual history (hopefully).
6) It feels familiar.
7) Sex has more meaning because of your past.
8) If you’re already over the relationship, its guilt free sex.

Cons:
1) Emotional attachment.
2) Jealousy.
3) Leading or being lead on.
4) Prohibits one from meeting potential partners.
5) Keeps one from ever really moving on.
6) Limits new experiences.
7) You don’t know whom they have been with since you.
8) There must be a good reason why you broke up, so they don’t deserve the s-e-x!

Pros:

1. If you’re already over the relationship, it’s guilt free sex.
2. They already know what you like.
3. Sex is good.
4. You have already sustained a comfort zone.
5. You know their sexual history (hopefully).
6. It feels familiar.
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Cons:

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4. Prohibits one from meeting potential partners.
5. Keeps one from ever really moving on.
7. You don’t know whom they have been with since you.
8. There must be a good reason why you broke up, so they don’t deserve the s-e-x!
March 26 was a happy Easter for those who made it to the Best Buddies First Annual Easter Egg Hunt. On a sunny Saturday, Best Buddies, in conjunction with Office of Volunteerism, hosted the event behind the Goodwin Residence Halls. The turnout was a success, with more than 100 people, half of which were buddies. If anything, the pictures prove it all:

Above: Jennifer Bowman introduces Mr. Froggy to Terry Houck.

Below: Michael Binstock, Omar Chodhry, Frank Tocci and Janet Ramirez work on coloring their eggs.

Photos by Rafia Chodhry

Above: Frank Tocci reaches for an egg. Below: Michael Binstock smiles with his filled Easter basket. Photos by Rafia Chodhry

Above: Waneett Lane and Omar Chodhry. Right: Waneett Lane plays with Lucky as Shelly Atkinson looks on. Photos by Rafia Chodhry
Two NSU Softball Players Will Represent the US in Belgium

By Danielle Garcia

Nova Southeastern University boasts two outstanding softball players who will travel to Belgium this summer for a week to represent US amateur softball programs.

Based on their outstanding athletic ability, Senior Janette Rodriguez and Sophomore Katie Veltri have been invited to represent USA Softball at the World Games. The two were personally recruited by two coaches organizing the trip.

Janette and Katie will join a team of sixteen top collegiate softball athletes and two coaches will arrive in Belgium and Holland where they will be able to represent their country as well as their university. The non-profit organization with which the two NSU athletes will travel, USA Softball, is dedicated to giving amateur athletes and coaches the opportunity to participate in international Olympic-style sporting events throughout the world, while also allowing them to broaden their educational and cultural knowledge of the world through the experience.

The trip does exactly what the USA Softball Organization proposes: the sixteen athletes and two coaches will arrive on May 24 in Brussels and transfer over to Antwerp, Belgium to kick off their week tour. Along the way, the group will stop in Wanze and Brugge, Belgium, as well as Amsterdam and Utrecht, Holland, spending approximately a day or two in each city before returning home on June 1. The team will play a handful of international softball games while overseas, but that is not all the trip has in store.

While in Belgium and Holland the team will go on tours of the cities, visit a concentration camp, and visit a diamond mine. Janette says, “Being able to play softball in other countries is going to be an amazing experience and I am excited, but I think I am more excited about the cultural experience.”

The offer for the NSU softball team’s biggest barter comes as a first for the team and speaks volumes about the quality program. Katie Veltri states, “I am really looking forward to this opportunity because it is huge for me and for the team, and it will be the first time I have ventured outside of the United States.”

The two players received their invite over spring break from last year’s assistant softball coach Nicole Fiedler, and will establish a new opportunity opened to future NSU softball players.

Janette and Katie are focusing on NSU’s season right now, but are ready to head to Belgium after the semester finishes. For more information on USA Softball International, check out their website at www.usaisb.org.

By Alici Winslett

Sports

Some Hope For the NHL

On Monday, the NHL and the National Hockey League Players Association (NHLPA) met for seven hours to try to make progress towards resolution. As some of you know, the NHL players have been on lockout for six and a half months. The NHL tried to resolve this problem by proposals to the players on Monday, but nothing seemed to work. The meeting began in Toronto at 1 p.m. and didn’t end until around 8 p.m. What strikes me as odd is the NHLPA didn’t come prepared with a proposal. It seems to me that the players don’t want to resolve this problem at all.

The only progress they made was to talk about the concepts internally that the NHL proposed on both sides; the NHLPA still rejected two proposals made by the NHL. In this visit, NHLPA president Trevor Linden joined the group in discussion. Also in the meeting was chairman of the board Harley Hotchkiss of the Calgary Flames, and Lou Lamoriello of the New Jersey Devils. I don’t think they made a lot of progress in this meeting because it seems as they kept going back and forth about the cancellation of the season and getting the teams out of lockout. But some sources said that the meeting was “very productive” because new elements and ideas were addressed. I hope that it was, but it seems that they have been going in circles for quite some time.

Also on Monday, the NHL filed a second charge against the NHLPA with the National Labor Relations Board, this time challenging the union’s threat of decertification for agents representing replacement players,” said the Associated Press. The NHLPA was also warned that they could face possible decertification if they were to represent any player crossing the line to be a replacement player.

With all that has happened, the NHL has now become the first major American sports league to cancel an entire season. The average hockey player makes 1.4–1.5 million dollars a year and only stays in the league 4–5 years. I really don’t know what made them go on strike for so long, not accepting any of the negotiations from the NHL. The first negotiation was a $37.5 million salary cap - that didn’t fix anything - and the second was fixing player costs, which would take up no more than 54 percent of league revenues. I don’t know if the players are being stingy about money, but I just wish that they would get out there and play again. Hopefully, the NHL and the NHLPA will come to a resolution in the near future that will make everyone happy.
Women’s Golf Team Finishes Seventh Place at Ryder Florida Women’s Championship

Team finish ahead of three Division II rivals, Lina Bjorklund finish 17th place individually

By Alicia Winslett
Sports Editor

The University of Miami hosted the Ryder Florida Women’s College Championship on April 1-3. The teams played three rounds of golf, a total of 54 holes to see who would take home the championship. In Miami Lakes, the teams played at Don Shula’s Golf Resort. This course was a par 72 with a yardage of 6,317.

The No. 10 NSU women’s team finished seventh at the tournament as they were in that position throughout, shooting a three-day total of 320-309-332-961. They overtook rivals Lynn University, who finished tied for eighth (329-314-322-365). Florida Southern who finished in tenth place (323-319-328-970), Barry University in eleventh place (324-330-340-994). The host, University of Miami, took home the team title as they led from start to finish one stroke ahead of South Florida with a score of 912.

Freshman Lina Bjorklund led the Knights, finishing seventeenth overall with three-day scores of 80-74-79. Taking home the individual title was Tina Miller from The University of Miami. She shot six over par: 70-75-77=222. Sophi Friis tied for thirtieth with scores of 80-86-85.

NSU scores were as follows: Freshman Jenni Mostrom finished thirty-fifth with 82-75-85. Freshman Elizabeth Bond finished tied for forty-seventh with 79-84-87. Finally, senior Amanda Brown finished tied for fifty-first with scores of 80-86-85.

The next tournament for the women’s golf team will be the Conference Tournament at Lake Jovita Golf Club in Saint Leo, FL. The event will be April 17-19.

NSU Baseball Team Taken Down 5-4 and 5-1 in Doubleheader Against Florida Gulf Coast

By Alicia Winslett
Sports Editor

On April 2, Nova Southeastern University’s baseball team took on Florida Gulf Coast University in a non-conference doubleheader. The games had a two-hour rain delay and were played at the NSU Baseball Complex.

In the top of the second of the first game, the Eagles jumped ahead with the first run of the game. But in the third inning, the Knights got a run to tie it up 1-1. In the fourth, NSU remained ahead with a pair of runs. Sean McFadden led off with a walk, and then Jarrod Lauth hit an RBI double down the leftfield line. After that, Mike Pellerito hit a groundout to let Lauth score.

In the top of the sixth though, the Eagles scored a pair of runs to tie the score at 3-3. Then the catcher from the Eagles, Craig Smith, came up in the ninth inning and ripped a two-run homer to take the lead again. NSU scored another run, but couldn’t take the win.

In the first game, Derek Antelo was the pitcher for the Knights. He had his second straight no decision on the mound. He went 8 innings, allowing one earned and three runs on six hits. He also struck out a season-high 12. The Eagles pitcher J.J. Crumbley picked up the win on the mound, and NSU reliever Nick Carris picked up his first loss of the year.

In the second game, the Knights lost 5-1. In the second inning, FGCU made a four-run stand up. They also added another run in the seventh. The only score that NSU had was in the seventh inning. FGCU Chris Hassen pitched for seven inning and picked up the win. NSU starter Steve Emery picked up the loss for the Knights (1-4).

The Knights Jarrod Lauth went for a combined two-game 4-for-6 with 1 RBI and 3 runs scored. Catcher Steve Smith went 3-for-6 with 1 RBI. Florida Gulf Coast evened out the season series at 2-2.

Women’s Rowing Team Finishes Seventh Place

Women’s Rowing Team fighting against the treacherous waters. Photo by Danielle Garcia

Rowing Breaking Records

The rowing team has been on fire since its inaugural season last year, where they finished fifth in the nation and were named “2004 Breakout Team of the Year” by Rowers2K.com. The team capped off that season with a third place victory at nationals in California, and this season, anything is possible.

In the first part of this season, NSU’s rowing team piled up first place finishes ahead of conference rival Barry University. Now NSU’s rowing team is reaping the benefits, as they have recently been ranked third in the nation - just behind defending national champions Mercyhurst College (#1) and Western Washington University (#2).

NSU jumped two spots over Barry University, now at number five, and Humboldt State University, who moved down to the number four spot, which makes this year’s rowing team the highest ranked athletic program in NSU’s history. Last year, the rowing team tied the record set by NSU’s women’s golf team.

The rowers traveled to Tampa the weekend of April the eighth for Florida’s Intercollegiate Rowing Association Regatta, but the bulk of the rowing team’s season is still to come, with Southern Intercollegiate Rowing Association Regatta in the near future. The team has high hopes for a bid to nationals again this year and is expected to press the two top-seated teams.

For more up to date information on the rowing team, visit http://nsuathletics.nova.edu.

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Baseball (23-11, 6-3 SSC)  
Junior 2B Sean McFadden (Hollywood, Fla.) continues to lead the team with a .361 BA (44-for-112), 26 RBI and 44 total hits. Juniors Jarrod Lauth (Ft. Lauderdale, Fla.) and Gregg Burrows (Nassau, Bahamas) lead the team with four homeruns each. Burrows connected with his fourth round tripper of the year, as he delivered a walk-off solo shot in the bottom of the 10th to give NSU a 6-5 win over Florida Gulf Coast on Friday. Senior Derek Antelo (Miami, Fla.) leads the pitching staff with a 1.89 ERA and 58 strikeouts. Antelo struck out a season-high 12 in a no-decision against FGCU on Saturday.

SSC STANDINGS

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<td>10</td>
<td>25</td>
<td>0</td>
</tr>
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Softball (19-21, 4-8 SSC)  
Janette Rodriguez (Sr., Miami, Fla.) leads the team with a .492 BA (40-for-102) and 32 RBI. Fellow senior Diana Goolsby (Ocala, Fla.) has 46 hits is tops on the team and the LF also has the second-best batting average at .368 (46-for-125). Goolsby has also swiped a team-high 15 stolen bases on the season. Freshman pitcher Laura Cepicky (Waterloo, Ill.) has an 11-7 record on the mound and has struck out a team-high 127 batters in 118.2 innings of work.
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Dear NSU Community,

I’ve noticed that when people are in a bad mood or don’t like something, they often take it out on others. While they might expect this to make them feel better (they, it could be catharsis...), from what I’ve seen, it really doesn’t. It just puts the person in a worse mood. And then both people are upset.

Such was the case today, when a woman decided that I needed to have a good, long lecture about how my store apparently discriminates against disabled people. Now, I didn’t mind the first few sentences where she pointed out that it is a little hard to get around in some places if you’re not completely mobile (although she was considerably ruder about the whole business), but when she started repeating herself, raising her voice, and acting like I ought to do something about it right then, that’s when I started to get irritated.

I’m actually a tiny bit proud of myself for not showing it.

Now, complaining to me really didn’t get her anywhere – it wasn’t as if I could procure her a scooter with which to propel herself around the store right then, or even as if I made the decision as to whether we kept them in the store. I was just the girl at the information desk trying to show her where the section she wanted to view was. If she had meandered off satisfied afterwards, at least I would have understood, but it seemed like venting at me got her even angrier.

So at that point, we were both having a bad day.

While I am as guilty of this as the next person (although generally not on such a grand scale), I think we should all just make an effort to refrain from taking our bad moods out on others. This may seem a little obvious, and it’s not necessarily as easy as it sounds. However, I’ve discovered that if you find an opportunity to laugh at something, make somebody else smile, or do just about any happy thing that you really don’t feel like doing in such a mood, that bad mood will probably lighten. Trust me, it works a lot better than snapping at, complaining to, or lecturing others, because if you behave badly, you’re going to stay crankier longer.

In the case of that woman at work today, I hope she eventually found something that pleased her and stopped fussing at everyone she came across. Perhaps she was just having a bad day; I always like to at least try to give people the benefit of the doubt.

Then again, some people are just mean.

For those with questions, comments, or criticisms, you can, as always, reach me at nsunews@nova.edu.

Sincerely,

Alisha VanHoose