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The Knight Volume 10: Issue 6

Nova Southeastern University

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Volume 10



Issue 6



The Knight

THE OFFICIAL STUDENT NEWSPAPER OF NSU's
FARQUHAR CENTER FOR UNDERGRADUATE STUDIES



Knights Rally for Region Title, Advance to Nationals

Press Release

No. 3 seeded Nova Southeastern University men's soccer team rallied with two goals in a six-minute span to defeat No. 4 ranked Flagler College, 2-1, Saturday night in the NAIA Region XIV championship match at the NSU Soccer Complex.

Rafael Ferreiro, a sophomore forward, scored the game winner with just under twelve minutes to play. Chael Soler, sophomore midfielder, is credited with the assist. Soler ironically had just entered the game less than one minute ear-

lier. Only six minutes earlier Juan Camandona, a senior midfielder, tied the match 1-1 with the perfect pass from junior defender Eduardo Ruiz.

The game was dominated by the defensive play of Nova's backs and midfielders. Only four shots were allowed on goal. All but one was stopped by NSU freshman keeper Jeremy Flint. The Knights offense kept the pressure off the defense by taking 21 shots with eight of those being on goal.

After the victory, the first-year head coach Joe DePalo was quoted as saying, "I'm a little numb now, I

think." He was overjoyed by his players accomplishments. "And now, finally, we're getting our due reward. I told the players from day one that our goal was the national championship, and I'm sure I had gotten laughed at a couple by quite a few people, especially when we started 1-5-1. They (the players) are the true definition of determination."

The win capped off a 10-10-1 season. The next stop is the NAIA National Championship Tournament November 18-23 in Albuquerque, New Mexico.

Beer is Here: Now Serving at the Flight Deck

by Piper Griff
Layout Designer
Staff Writer

This past Friday, the Flight Deck continued its Friday night tradition with T.G.I.F. After weeks of patiently waiting for a wine and beer permit, the Flight Deck will now be serving to those who are 21 and older. For all of you poor college students, which is probably most of you, all drinks are only a dollar!

Whether you enjoy a cold beer or a nice glass of wine after a long week, the Flight Deck will provide. The Flight Deck received a beer and wine permit, which is not nearly as extensive as a liquor license that would permit the sale of all alcohol; sorry all you liquor drinkers.

Brad Williams, the director of Student Life, is presently looking to expand with different events and programs, especially with the current incredible staff. Williams can't understand why more students don't attend events at the Flight Deck, especially T.G.I.F and Monday Night Football. Both weekly events offer dollar beer and wine, free buffet, and free nonalcoholic drinks. Where can you find a better deal than that?

Row, Row, Row Your Boat Gently Down The Mangrove!

by Aliyya Hossein

Contributing Writer

"Row, row, row your boat gently down the mangrove." Did the person who invented this rhyme ever go kayaking? Did you go kayaking? Last month, the Rec. Plex took about 20 NSU students to the Urban Trails in Miami Beach.

At 8:30 a.m., while most of you were snoring/dreaming (whichever one applies to you), I was on my way to the beach. After a quick lesson on how to turn a kayak to the right and

left, and some safety tips on what to do if I fell off into the deep waters, I followed the NSU group into the mangrove canals.

For four hours, I struggled with my paddle. At one point in the trip, I could not expend any more energy rowing, so I hitched a ride with another kayak. Two students were kind enough to hook my kayak to theirs, so I just sat back and enjoyed the ride. If only I had a parasol, a teacup and an admirer with me: the ideal romantic British movie!

Now, some of us did fall off our kayaks, others wandered off from the group, but I spent the whole trip thinking about food. After my tour of the swamps, I stopped for a rest on the shore. There I noticed a little girl crunching on her Pringles, and nothing but my friend's warning stopped me from snatching the snack from the child. I was so hungry! I was thirsty too, so the occasional splashes of water that ended up on my face eventually did fall into my

see KAYAKING on last page

In This Issue

Was Turkey really served at the first Thanksgiving? Find out the facts and myths surrounding this holiday.

See page 8.



What kind of film is "Being John Malkovich"? What is it about? And, who is John Malkovich anyways?

See page 12.

Marquise Kiffin is NSU's rising star. See what Kiffin says about himself, his game, and his family.

See page 15.

Want to celebrate Thanksgiving vegetarian style? We found some great recipes for the holiday season.

See page 18.

Knight Life

Commit to Quit!

Wellness Center Press Release

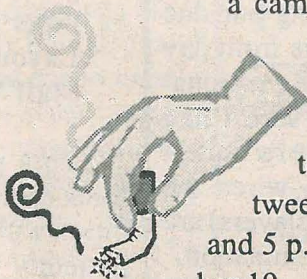
Do you know what toxins you are putting into your body every time you smoke a cigarette? Well, here are just a few examples: ammonia (household cleaner), arsenic (used in rat poison), DDT (banned insecticide), and formaldehyde (used to preserve dead specimens). Each of these harmful toxins and many more are put into your body each day from cigarettes.

Now here is what you can do about it- Commit to Quit! Join the Wellness Center in sup-

port of the Great American Smokeout on Thursday, November 18 and try to quit for the day. Each year over 430,000 lives are claimed due to smoking, so why not join the other 46 million Americans who have committed to quitting?

You can also help clean up the campus by "Picking Up Your Butt."

Join the Wellness Center staff for a campus wide clean up of cigarette butts. Clubs, organizations and individuals are invited to sign up to help between the hours of 12 p.m. and 5 p.m. on Friday, November 19.



Call the Wellness Center at 262-7040 for more information.

Join
Alternative Break Organization



ALLY YOURSELF WITH THE LEADERS
OF NEXT GENERATION...

Press Release

Join Alternative Break Organization if you want to have fun during your fall, winter or spring break. Do things differently! That's right, the new club has new ideas to help the community - that is the world in which we live. Alternative Break Organization's mission is to promote service on campus, local, national, and international levels through break-oriented programs. ABO envisions a not too distant future, when quality alternative breaks will be as much a part of the college experience as going to class. ABO promises that the students will walk away with a

redefined sense of community and a lifetime commitment to social action.

An alternative break program places teams of college or high school students in communities to engage in community service and experiential learning during their summer, fall, winter or spring breaks. Students perform short-term projects for community agencies and learn about issues such as literacy, poverty, racism, hunger, homelessness and the environment.

The objectives of an alternative break program are to involve college students in community-based service

see A.B.O. on next page

Artisan Entertainment and The Nova Knight

A NEW FILM BY ATOM ROYAL

BOB HOSKINS ELAINE CASSIDY ARSINÉE KHANJIAN

SHAPING THE SOUL OF A MONSTER

The most distinguishing factor of a serial killer is multiple victims.

A serial killer will continuously kill and not stop unless he is made to stop. There can be a "cooling off" period but there will be another victim.

Serial killers work alone.

For the serial killer, the motivation is not one of money, or the outcome of an event. He is simply motivated to kill.

A serial killer's youth is often shaped by deficient, demented, delusional and dangerous influences. At least one of the parental role models in his youth tends to be disturbed.

FELICIA'S JOURNEY

ARTISAN ENTERTAINMENT PRESENTS A FILM BY ATOM ROYAL "FELICIA'S JOURNEY" PRODUCED BY ATOM ROYAL AND ALLIANCE ATLANTIS PICTURES A FILM BY ATOM ROYAL STARRING BOB HOSKINS, ELAINE CASSIDY, PETER ANDERHOLD, ARSINÉE KHANJIAN, LEO DAVIS, SANDY POWELL, MICHAEL DAVIA, SUSAN SHIPTON, JIM CLAY, PAUL SAROSSY, WARREN GLASSER, ROBERT LANTOS, PAUL TUCKER, RALPH KAMP, BRUCE DAVEY, WILLIAM TREVOR

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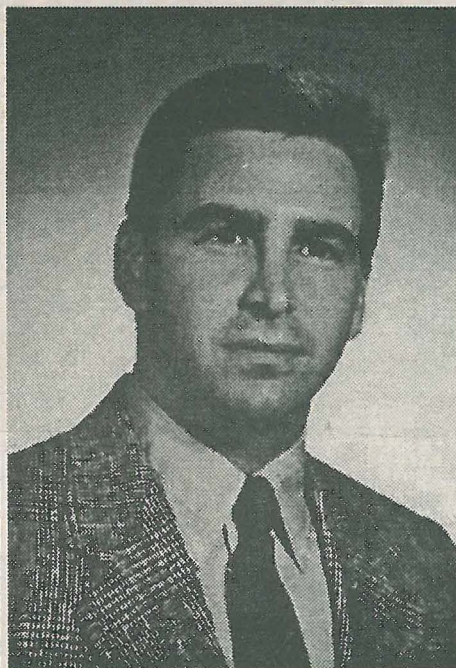
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Wellness Center Invites You to Participate in AIDS Awareness

In observance of the 12th Annual World AIDS Day on December 1, the Wellness Center and the Student Health Advocates for Peer Education are organizing the 6th annual assembly of the NSU AIDS Quilt for Hope. The quilt promotes HIV/AIDS education and compassion, and overwhelmingly illustrates the urgency of the worldwide pandemic.

Please become part of this fight against AIDS, and contribute a panel to this quilt. This year's national theme for World AIDS Day is "Children & Young People: Listen, Learn, Live." You can incorporate this theme into your panel or create your own theme. It only takes a bit of creativity and a little time and effort to get across this important message. The quilt will be displayed December 1-3 throughout the campus and has received community support through local media attention. The quilt has grown dramatically in size over the years as we continue to add on the impacting panels. If you would like to participate in this event, please contact the Wellness Center at 262-7040 or stop by our office located in the Farquhar Center Annex, room 200.

The Wellness Center will provide panel specifications and \$25.00 for supplies. All panels, receipts, and monies must be submitted no later than November 29th. Panels are voted on by the campus community. Prizes for 1st, 2nd, and 3rd place will be awarded. The panels are judged on originality, creativity, appearance and supporting theme. Please join us in recognition of World AIDS Day.

Looking Through Scott Stoddart's View

by Dana Kalichman
Knight Writer

When I first walked into his class, the thought of American Literature not only bored me, but I was nervous about meeting my professor who would make me work too hard. Instead, I met Professor Scott Stoddart, a cool and easy-going guy who loves to teach.

Stoddart always knew that he wanted to teach. Being the oldest of

four boys, he always had the most control and had to watch over his younger brothers. After finishing his first four years, he attended the University of Illinois where he majored in American Literature and British

Literature. Although American Literature with Stoddart means a load of reading, you don't find yourself bored. Granted, some novels are not the most exciting, but Stoddart likes his students to get a taste of all types

of authors and styles of writing.

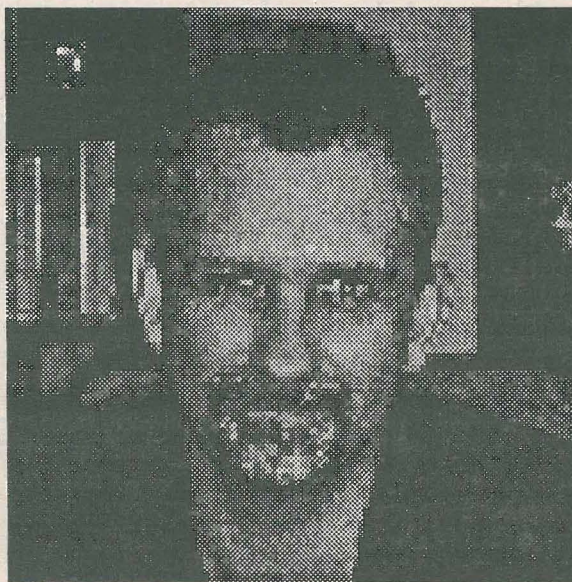
Among his love for challenging reading, Stoddart likes to find other ways to amuse himself. He loves bowling and has belonged to a bowling league for the past two years. Writing is also a favorite, which is why he has written his own book.

Like many of us, he also watches too much television and there is no beating his favorite television show, "Frasier." As an introduction to our

"Other Voices, Other Voice" core class, Stoddart found a way to discuss prejudice in an interesting way. With the use of "Frasier," he showed his students an episode

that dealt with passing judgments on people's looks. This one episode dealt with Frasier's friend, Roz, and how she felt about meeting her baby's grandparents from the

see STODDART on next page



A.B.O

from previous page

projects and to give students opportunities to learn about the problems faced by members of communities with whom they otherwise may have had little or no direct contact. Examples of trips students have organized are: tutoring migrant farm workers in Florida, building homes

Alternative Break Organization at Nova Southeastern University has planned that for its first year, the students who participate in the club will have an opportunity to spend their entire Spring break of this year in Montego Bay, Jamaica.

in Appalachia, registering voters in rural Mississippi, and working with the homeless in Washington, DC. In the spring of 1999, almost 20,000 students across the nation will participate in some type of alternative break experience.

Alternative Break Organization at Nova Southeastern University has planned that for its first year, the students who participate in the club will have an opportunity to spend their entire Spring break of this year in Montego Bay, Jamaica. That's right, the entire Spring break. So come and join the Alternative Break Organization. Do it the ALTERNATIVE WAY! For more information please email abo@polaris.

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Get a Campus Life

Alpha Phi Omega

This is a co-ed National Service Fraternity based on the principles of leadership, friendship, and service. The organization conducts many service activities throughout the year and increases campus awareness about volunteer opportunities.

IMAN

(International Muslim Association at Nova)

This organization focuses on the Muslim culture and helps enhance cultural experiences within the NSU population.

ISA

(Indian Student Association)

This organization focuses on the diversity within the NSU campus and holds educational and cultural programming such as dance lessons, cultural nights in The Flight Deck, and educational seminars.

NATURE

(Nova's Advancement Towards Understanding & Researching the Environment)

This organization increases environmental awareness through strong programming such as Earth Day celebrations, Coffeehouses, nature lectures, and informational sessions about Earth-conscious efforts in the community. Coffee House Thursday, Nov. 18th at 7:30pm "The Galapagos Experience: A New Field Course" with speaker Dr. Joshua Feingold.

NSUSGA

(Nova Southeastern Undergraduate Student Government Association)

This organization consists of three branches: an executive board, a student senate that represents all constituencies on campus, and a judicial board. The NSUSGA advances ideas and issues of concern of students to the University administration.

More organization information on page 5.

Stoddart

from previous page

father's side. Once she saw their huge noses, she feared her baby would come out with an enormous nose from that side of the family. Although I, as well as the entire class, found myself laughing harder than I have ever laughed, this action was one very typical of Stoddart. Yes, we were entertained. However, at the same time it was then that each student realized exactly what he was about to inform us of—prejudice and racism.

The issue of prejudice is one that is very important to Stoddart.

"Looking at prejudice honestly is one way that I hope to help students cope with the realities of the world outside the classroom," he responded. It is important that he get his message across to students because he wants everyone to understand each other's differences and respect them.

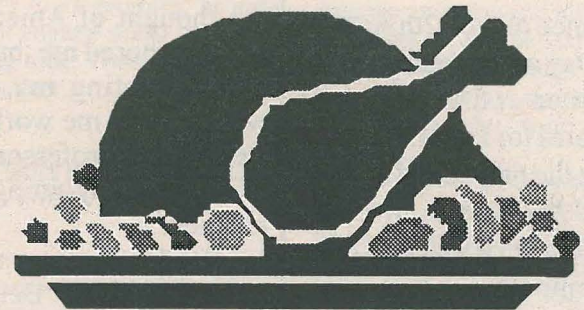
Although American Literature is his first love and favorite subject to teach, Stoddart also loves teaching his film courses. He enjoys challenging his students. It is difficult for him to choose a favorite movie, but one that he admires most would have to be *Gone With The Wind*. As far as music is concerned, all kinds are good. Jazz is one he has focused on most lately, but anything by Sondheim pleases him.

Prescriptive Lenses: The Gay Male Image in Hollywood Cinema, being published by his alma mater, the University of Illinois, is the book that Stoddart has been busy working on. Due to be released in the spring, this book explores the use of the gay male in Hollywood narratives from 1990-99. He uses a metaphor of a pair of reading glasses to describe the studio films "far-sighted" approach to the gay male and the "near-sighted" approach from the independents. Stoddart also examines how the straight and gay spectators respond to the images.

A student can walk out of class and get more than a good grade, and with Stoddart they can walk out feeling as if they've learned about life. "When a student tells me that they realize that learning is not limited an 8-week time period, I feel I have done my job well." I too feel he knows how to do his job and do it well.

PREMEDICAL SOCIETY

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What is The True Cause of AIDS?

by Peter Salerno
Campus Life Staff Writer

Every year Nova Southeastern University's Wellness Center sponsors a "Quilt for Hope" to show support for people suffering from HIV or AIDS and their loved ones. Anyone can participate by designing a quilt square illustrating something about the disease. The student group SRA (Students Reappraising AIDS),

formerly known as HEAL, has had some problems obtaining permission from the Wellness Center to enter their quilt into the larger blanket containing everyone else's quilt. SRA believes these difficulties stem from their views on AIDS.

SRA has some controversial views about the AIDS Syndrome. They believe that it is possible to cure the disease by understanding some fundamental physiological ef-

fects that the virus has on the human body. Basically, HIV impairs the normal functions of the immune system by killing the T-cells that normally help the body fight disease. But SRA believes that if malnutrition, sleep deprivation, poor dietary habits, and other things that affect the immune system's response to a communicable disease can be reversed, AIDS can be cured.

see S.R.A. on page 17

NSU Players Proudly Present...
Five Women Wearing the Same Dress
By Alan Ball
November 18th, 19th and 20th
Tickets are \$3 and can be Purchased in
The Student Life Office



For More Info. Call: 262-7285

Phi Alpha Delta (Knight Chapter)

This legal based undergrad fraternity accepts university students of all majors. Its goal focuses on helping its members gain legal contacts and access to information and sources that will evolve its members into strong, confident, and excellent candidates for law schools and the legal world. This fraternity is based on members helping each other.

Pre-Med Society

The Pre-Med Society provides important health-education training, medical seminars, fundraisers and attends national conferences to further enhance their knowledge. This organization was recognized as NSU's 1998-1999 organization of the year, along with their advisor being recognized as advisor of the year.

Psychology Club

This organization provides experiences within the field of psychology and enables students to learn more about the different theories and practices of psychology. Meetings are held every other Monday beginning September 27, at 4:30 p.m. in The Flight Deck.

SALSA

(Spanish and Latin Student Association)

This organization unites students of the Spanish and Latin cultures. The organization provides programming such as dance lessons, cultural nights in The Flight Deck, and educational seminars.

SRA

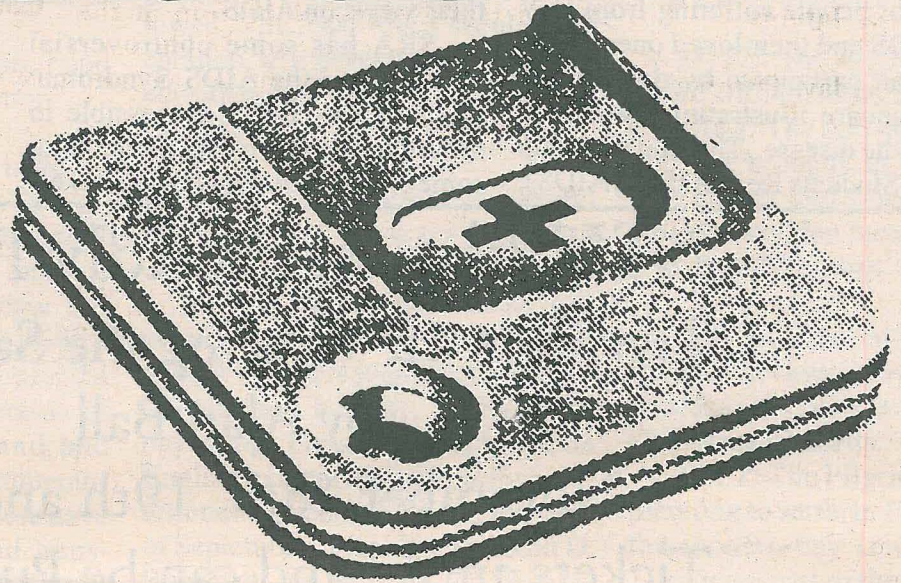
(Students Reappraising AIDS)

This organization provides a forum for discussions involving the relationship between HIV and AIDS. They have sponsored several lecturers on the NSU campus, including Nobel Prize recipient Dr. Kary B. Mullis.

<http://www.thorup.com/HEAL/healindex.html>

For more information about these organizations or to receive information on how to start a new organization, please contact the NSUSGA office at (954) 262-8459.

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Greek Life

Halloween-Beta Style

by Matthew Shelby
Beta Theta Pi
Public Relations

On Saturday, October 30, the Beta Theta Pi fraternity held its annual Halloween Party at City Streets in Davie. The party was an overwhelming success thanks to the active participation by all segments of the student population. One guest added, "It's like pure ecstasy, you guys really 'roll' out the red carpet." Both the fund-raising activities and the excellent costumes by those in attendance contributed to the party's success. The Brothers would especially like to thank Sounds Unlimited for providing DJ Randy and the equipment for the party as well as City Streets for providing the venue. Look for details of Beta's annual "Mardi Gras Party" in upcoming issues of *The Knight*.

In other Beta news

The Brothers have also been extremely busy planning and taking part in various philanthropy events this year. On October 28, the Beta's threw a Halloween Party for the Joe DiMaggio Children's Diabetes Center at Memorial Hospital in Hollywood. Some of the Brothers even dressed as famous Disney characters, much to the satisfaction and enjoyment of the children. Among the children's favorites were Tigger, Elmo, Casper the Friendly Ghost and Buzz Lightyear. The Brothers would like to express their sincere appreciation for all who took part and/or assisted in this wonderful cause. As Brother Jason Wagner put it, "The enjoyment and happiness on the faces of the children made all the effort put into the event more than worthwhile."

In addition to throwing one of the best parties of the year on Saturday, October 30th, the Brothers also held

a Halloween celebration at the Florida Department of Children and Families in Lauderhill. At the event potential parents mingled with and got to know potential adoptees. The Brothers would again like to thank all those who took part in the celebration.

On Friday, November 12, the

Betas held a Gender Issues/Cultural Awareness seminar hosted by Dr. Waites of the Liberal Arts Department. The issues presented truly promoted harmony and unity among the various segments of the student population. A special thanks goes out to Dr. Waites for hosting the seminar and all those in attendance.

The Beta's would also like to extend a special invitation to its fellow Greek brothers and sisters to attend a risk management seminar that it will be co-sponsoring with the Delta Phi Epsilon sorority on November 21st. Both organizations agree that risk management is an important part of maintaining the success each has achieved at NSU, and both are dedicated to the ideas and rules associated with appropriate risk management procedures.

Are you a leader on campus? Do you want more out of your campus experience? Do you have what it takes to be a true gentleman?

If so listen up!

Alumni from the Sigma Alpha Epsilon Fraternity are coming to campus at the beginning of next semester to form a new ΣAE Chapter here at NOVA.

If you think you might be interested in joining one of the largest fraternities in the country, then come to our interest group meeting on November 30 at 7 p.m. in the Flight Deck. Come out and find out what we are all about.

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A MEAL WITHOUT FORKS & OTHER FEAST FACTS

Ever wonder what the pilgrims and their Native American guests really ate at the first feast? The truth may surprise you. Contrary to popular belief, they didn't sit down to a meal featuring turkey, corn, cranberries, and pumpkin pie (in fact, they didn't even have forks!). Nor did the pilgrims dress exclusively in black and white and show up wearing shoes and hats adorned with buckles. So what did they eat and wear? Travel back to Plymouth and hear from some pilgrims to find out what the original celebration was actually like!

In 1621 the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast which is now known as the first Thanksgiving. While cooking methods and table etiquette have changed as the holiday has evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.

WHAT WAS ACTUALLY ON THE MENU

What foods topped the table at the first harvest feast? Historians aren't completely certain about the full bounty, but it's safe to say the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. Following is a list of the

foods that were available to the colonists at the time of the 1621 feast. However, the only two items that historians know for sure were on the menu are venison and wild fowl, which are mentioned in primary sources. The most detailed description of the "First Thanksgiving" comes from Edward Winslow.

SEVENTEETH-CENTURY TABLE MANNERS

The pilgrims didn't use forks; they ate with spoons, knives, and their fingers. They wiped their hands on large cloth napkins which they also used to pick up hot morsels of food. Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that they used for cooking but wasn't available on the table. In the seventeenth century, a person's social standing determined what he or she ate. The best food was placed next to the most important people. People didn't tend to sample everything that was on the table (as we do today), they just ate what was closest to them. Serving in the seventeenth century was very different from serving today. People weren't served their meals individually. Foods were served onto the table and

then people took the food from the table and ate it. All the servers had to do was move the food from the place where it was cooked onto the table. Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose. Sometimes there were two courses, but each of them would contain both meat dishes, puddings, and sweets.

MORE MEAT, LESS VEGETABLES

Our modern Thanksgiving repast is centered around the turkey, but that certainly wasn't the case at the pilgrims's feasts. Their meals included many different meats. Vegetable dishes, one of the main components of our modern celebration, didn't really play a large part in the feast mentality of the seventeenth century. Depending on the time of year, many vegetables weren't available to the colonists. The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the Mayflower but by the time of the feast, the supply had dwindled. Also, they didn't have an oven so pies and cakes and breads were not possible at all. The food that was eaten at the

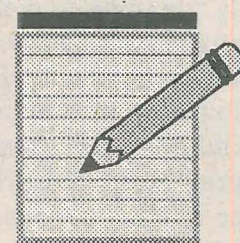
harvest feast would have seemed fatty by 1990's standards, but it was probably more healthy for the pilgrims than it would be for people today. The colonists were more active and needed more protein. Heart attack was the least of their worries. They were more concerned about the plague and pox.

SUPRISINGLY SPICY COOKING

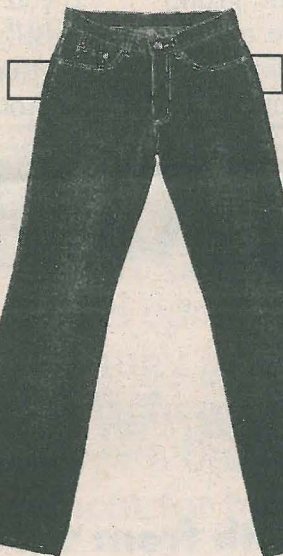
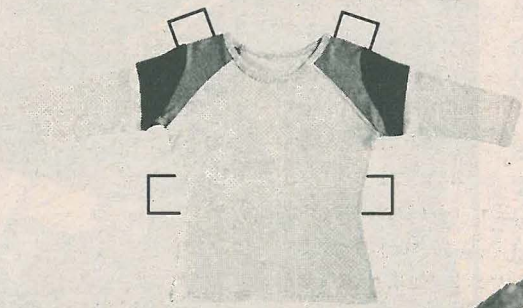
People tend to think of English food at bland, but, in fact, the pilgrims used many spices, including cinnamon, ginger, nutmeg, pepper, and dried fruit, in sauces for meats. In the seventeenth century, cooks did not use proportions or talk about teaspoons and tablespoons. Instead, they just improvised. The best way to cook things in the seventeenth century was to roast them. Among the pilgrims, someone was assigned to sit for hours at a time and turn the spit to make sure the meat was evenly done. Since the pilgrims and Wampanoag Indians had no refrigeration in the seventeenth century, they tended to dry a lot of their foods to preserve them. They dried Indian corn, hams, fish, and herbs.

see page 16 for Facts and Myths about Thanksgiving

The Knight Newspaper

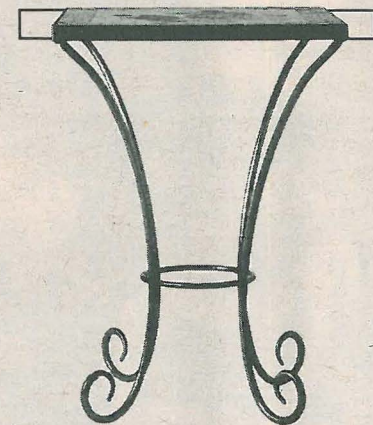


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2 PM	kickboxing class
9 PM	movie with Jeff

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Entertainment

Billy's Problem Comes to Radio X

by Angel Ali
Staff Writer

Those of us who have tuned in to 88.5 FM after 7:00 p.m. are familiar with NSU's *Radio X*. NSU's official radio station features the latest music and provides a range of other services including local and world news, weather, sports and NSU news. In addition, *Radio X*, which began broadcasting from NSU radio in September of 1998, eagerly welcomes local Florida musical talent to be part of their show. "We encourage all local bands to send CD's or tapes to us," said Kate Moore, Program Director at *Radio X*.

Most recently, on Thursday, November 4, a group who calls them-

selves Billy's Problem visited the Local Show. Billy's Problem is progressively increasing in popularity. Chris Sheldon, back vocalist for the band stated, "We're seemingly gaining most of our popularity from the college audience."

Billy's Problem formed in 1996 and is currently based in West Palm Beach. The band consists of three members. Chris Sheldon (drums, percussion and back vocals) came to South Florida in 1993. Michael Skirmont (lead vocals and guitars) moved to South Florida from New Jersey and has written and released an independent CD. Howie Hughes (bass guitars), the newest member of

the band, is originally from Canada. The three come together to create music with definite potential by blending various music sorts into a unique style all their own. The band developed quickly after their formation and in 1998 they recorded their first full length CD entitled "Radio Saturation" which is currently available.

Perhaps their newfound popularity was an incentive for their recent visit to NSU. *Radio X* offered them an opportunity for exposure while, at the same time, allowing the listening public to learn more about them.

Whatever the case, the group seemed delighted to be there, and the staff of *Radio X* were undoubtedly thrilled. During the much-anticipated

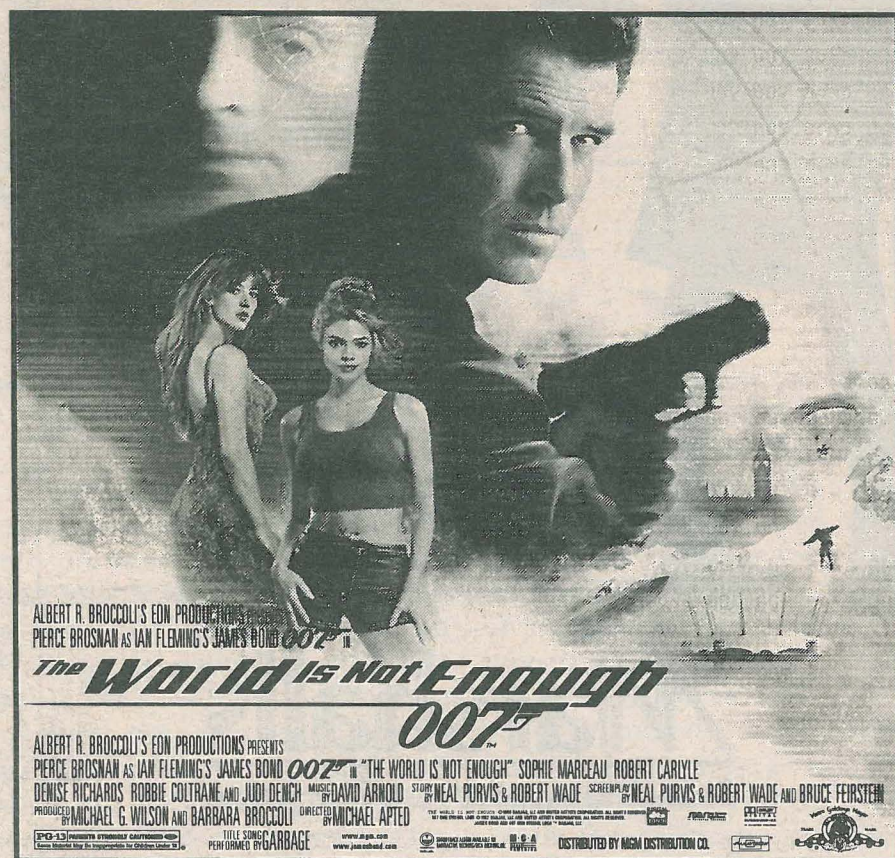
visit, Billy's Problem went on air answering questions. When asked as to why they had decided to accept the invitation Sheldon enthusiastically stated, "We're here because this is the best place for local music support."

If you would like to know more about Billy's Problem you can contact them via e-mail at BillysProb@aol.com.



Left to Right Chris Sheldon and Michael Skirmont in the DJ Booth at NSU.

photo by J. Birchfired



To win prizes, please call the Knight Newspaper (262-8461) with the answers to the following trivia questions:

1. Name 2 Bond films with "Gold" in the title.
2. How many actors portrayed Bond in the 19 official Bond films?

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A Review of Saul Bellow's *Seize the Day*

by Michael L. Citron
Associate Editor

The novella is set in the long gone 30's Upper Westside of Manhattan. The main character, Tommy Wilhelm, has lost everything. Unfortunately, he still maintains the delusion that his life can magically

turn around if the fates, his ex-wife, his father, and the stock market all come through for him. The story is a day in the life of a lonely and weak man who had the "American Dream" and loses it all by the bad mistakes that he makes after he quits his job and moves away from his wife and two children. Tommy moves

to New York City to try to receive financial and emotional help from his father. His life gets worse with each scene until the climax at the end of the novel.

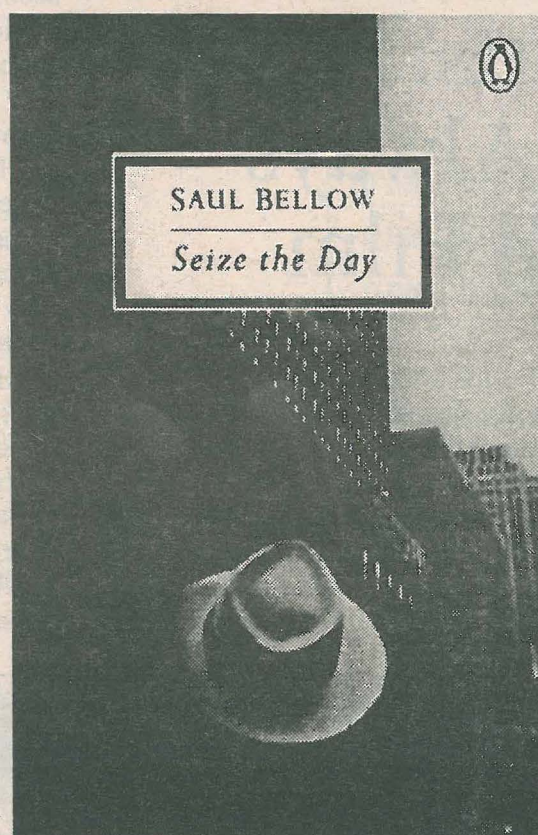
Tommy's life starts on the right foot. He was attending Penn State University when a supposed film director corrupts his mind and convinces him to drop out of school. Tommy moves out to California where his career never takes off.

No matter what decision Tommy makes, it always turns out to stab him right in the back. He is predestined for failure, and Tommy eventually accepts this. All of Tommy's actions come about because he desires freedom from his father. Dr. Adler

does not show any affection or support for his son. Along with freedom, Tommy cries for acceptance from his father. All Tommy wants is a little sympathy. A pat on the back or a little vote of confidence, but none is ever given. After he loses his job, Tommy's life crumbles! Without any guidance, he falls deeper in

debt by spending the rest of his money on an investment opportunity that he knows will not succeed.

The poem given to Tommy about "seizing the day" is very significant. He needs to start to live his life again. He needs to "seize the day" and make the best of the life that God has instilled upon him. Can Tommy get back on the right track or will death become eminent for him?



the life that God has instilled upon him. Can Tommy get back on the right track or will death become eminent for him?

The ending scene shows a lot of emotion. The road that leads to success is not an easy one. There are many curves and impediments that one has to go around which may first seem impossible for some, like Tommy. His story almost can scare a reader who is in the same predicament. Many can relate to problems of failure and emotional breakdown that life can throw upon someone. We have all lived in fear of this nightmare coming true: to be middle aged, broke, angry, alone, alienated, and generally, a loser. It is the strong people who never give up and "seize the day" who will have a better chance at success. You must dip deep down and have confidence in your ability. If not, the life of Tommy Wilhelm will become a mirror image of your own. What will you do then?



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Random Hearts: A Big Star Doesn't Always Equal A Good Film

by Deana Daneau
Staff Writer

Too often, Hollywood filmmakers seem to lose sight of what makes a good film. We see blockbuster after blockbuster released with incredible aesthetic appeal: pyrotechnics, computer generated effects, and smashing actors to boot. But just how many of these have you walked away from disappointed? Box office gross is what seems to be of importance lately, and to hell with anything resembling a well-written script or fine character development. Well, I'm sorry to have to inform you that Harrison Ford's newest feature, *Random Hearts*, is no exception.

Random Hearts is the long, drawn out story about two strangers who are brought together after their spouses are killed tragically in a plane crash. When Dutch (Ford), a D.C. police investigator, realizes that his wife was traveling under an assumed name with another man, his suspicions lead him to that lover's

wife, Kay (Kristin Scott Thomas), a Republican Congresswoman. Not only must the two face the reality of their loved ones' demise, but also the confusion, hurt, and betrayal that their memories must sustain.

Though neither character ever

seems to fall apart emotionally, it is obvious that these two are meant to support each other, ushering their way through the throws of learning to love again.

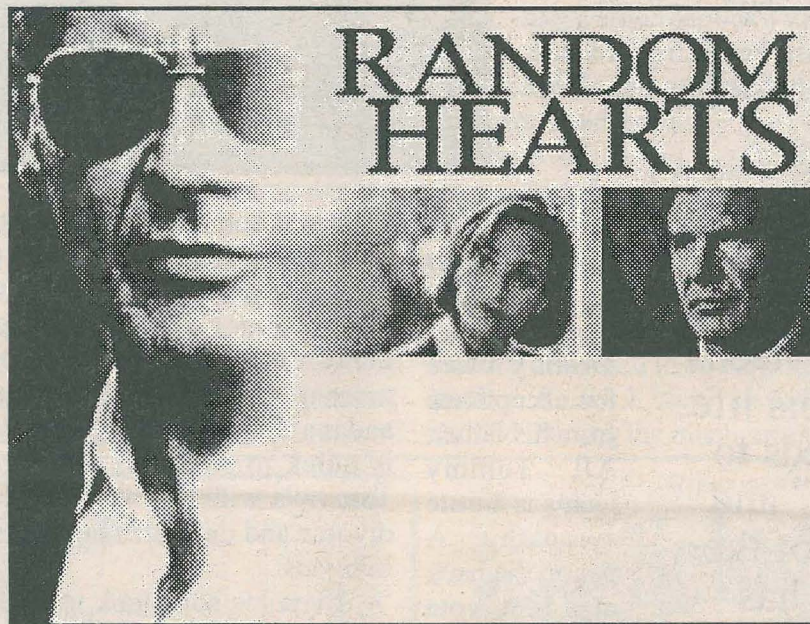
The biggest problem here is the underdeveloped script. Great dialogue does occur but in spurts, as is any dynamic action within the story. Way too much time is spent on trying to spell things out while there is a complete contradiction in acting style. Take Harrison Ford, for instance. The "tough cop" guards his every emotion, playing it very safe and ambiguous. With that, the audience can't really tell what he feels or what he knows and the audience doesn't really form a strong attach-

ment to Dutch. His hardened exterior, in my opinion, also hinders a strong sense of chemistry between him and Kay.

Accompanying the love story are two subplots woven in for variety and character background. One involves Kay's political campaign and the behind-the-scenes look at her decision making as well as her spin doctor's (director Sydney Pollack) when dealing with the overshadowing tragedy. The second subplot chronicles a dirty internal affairs investigation in which Dutch is heavily involved. The problem with this plotline is that it is completely detached from the main plot and is nothing but distracting. Not only is the story fractured by this interference, but the editing style that juxtaposes these scenes with

Kay's campaign subplot creates an uncomfortable rhythm for the audience and does not foster an obvious flow of continuity.

Yada, yada, yada; the film finally comes to an end. After two hours, I had had enough, even with a cat nap in the middle of it all. Though Harrison Ford is usually a sure bet when looking for good movie entertainment, you might want to think twice about this one. The idea of renting, to me, is even unfathomable! So, heed this warning: if you pick a flick by its good looks only, you might just end up bored.



Why Be John Malkovich?

by Jason M. Gavril
Staff Writer

Every so often, I see a movie that makes me ask the question 'why was this film made?' It happened with *Last Man Standing*, and it has happened again with *Being John Malkovich*. I am not saying the film is bad, I am just saying I cannot see people wanting to spend money making a movie about a tunnel that leads into the mind of actor John Malkovich. It does not make sense, but maybe that is the point.

Being John Malkovich centers on the life of out of work puppeteer Craig Schwartz (John Cusack) and his wife Lotte (Cameron Diaz). Craig, tired of being unemployed, finds work as a filer, i.e., someone who files. The scenes in which Craig

goes to LesterCorp and gets his job are the funniest part of the movie and well worth the price of admission. At LesterCorp, Craig finds a tunnel, which leads into the mind of actor John Malkovich, playing himself. What follows is an "interesting" tale of love, lust, and something about immortality.

Spike Jonze, an MTV director, who, up until now, is most famous for his direction of the Beastie Boys' *Sabotage* video, directs the film. While this is Spike's first feature length film, it does not show. The film is nicely paced, and does not succumb to any of the usual "first timer" flaws. Spike holds his own and presents a great piece of work.

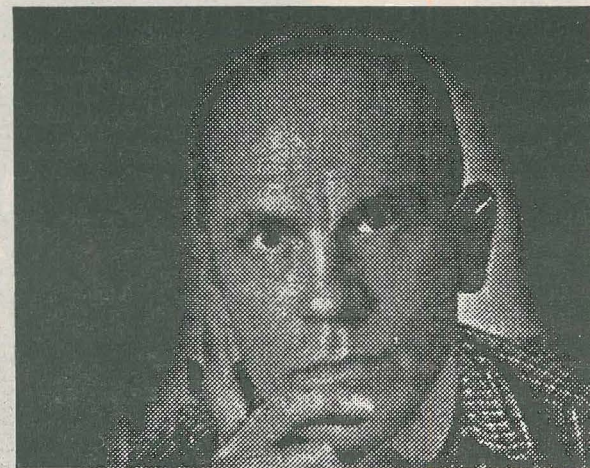
The same cannot be said for screenwriter Charlie Kaufman. While Mr. Kaufman's idea is a novel

one, it lacks definition. The ending felt hastily put together, and the whole tunnel "thing" is not resolved enough for me. Credit should be given for coming up with such an interesting and original film idea, but I wish he had worked out the fine details just a little more.

The film rings in at only 112 minutes. I would rather have stayed in the theater an extra 20 minutes and had the story explained better; instead, I left feeling cheated.

However, we do not always get what we want; sometimes we just have to take what we're given and like it. Gleefully, there's enough about *Being John Malkovich* to like,

enough to make me overlook the script problems. *Being John Malkovich* is a movie that needs to be seen because you are never going to see another movie like it. It is a one-of-a-kind original, and most important, it's fun to watch.



Editorials

To the Undergraduate Students of Nova Southeastern University:

On behalf of the NSUSGA, I would like to address some concerns that have recently been brought to our attention. I understand that many of you have questions and reservations regarding the integrity of our organization and some individual members of the NSUSGA. I would like to clear out the stagnant air that has plagued our organization lately.

First and foremost, I ask you all to ignore any rumors you may have heard regarding the circumstances under which various members have left the NSUSGA. Over the past month I have heard numerous ridiculous and outlandish false rumors that have been passed around in an absurd game of telephone as explanations why NSUSGA representatives are no longer active in Student Government. Exact reasons why individuals left the NSUSGA are too numerous and lengthy to publish in this article, but if you would like a detailed explanation, please feel free to contact the NSUSGA at 262-8459 or nsusga@list.nova.edu. I personally will be more than willing to provide you with explanations of all events to your satisfaction.

Next, I assure you that each and every standing member of the NSUSGA has fully upheld and will continue to uphold the NSUSGA Constitution and all standards of conduct applicable. Any individual who fails to do so will be removed from office and replaced by a fully dedicated, competent and willing person.

The NSUSGA has been working tirelessly this year for the benefit of the entire student body. We have enacted bills, resolutions, and referenda to

make NSU a better place for all of us. The new budgeting system we implemented has enabled clubs to grow from nine in number last year to twenty-three and growing, to date.

Committees of the NSUSGA have also been working inexhaustibly to provide more and higher quality entertainment for everyone, to provide solutions to typical student concerns, and to make NSU into more of a community rather than simply a place to go to school.

So I ask you to ignore the rumors and renew your faith in our Student Government. Know that we will be in office in April to pass the torch on to our successors, and we will pass on a successful and proactive legacy with us if we can all work together to make the remainder of this year as great as it can be. As always, we are open to comments, suggestions, and any concerns you may wish to bring to us. Our NSUSGA Student Senate meetings are held every Sunday at 2:00 p.m. in the Red Room (Rm. 208) in the Flight Deck upstairs in the Rosenthal Building, unless otherwise advertised.

Thanks for your continued support!

Your New NSUSGA President,
Heather S. Gilchrist

Does Racism Still Exist?

by Marquise Kiffin
Knight Writer

I am a child of "Generation X." I have not experienced many of the discriminatory hardships that my ancestors had to endure. I have not been sprayed with firehoses. I have not watched "policemen curse, kick, brutalize, and even kill my black brothers and sisters," like Martin Luther King Jr. However, I have been degraded by the look of superiority that sits upon the face of the white male. I have seen my sisters and brothers looked upon as drug dealers because they have nice clothes, cars, or any other extravagant material possession. People tell me that racism and prejudice are dead in this country. This statement brings a smile to my face and a tickle to my heart. How can one who has never been followed in a department store because the clerk believes you will steal an item or never been passed over in a line (when they were clearly there first) because a white man stands behind you, curl his lips to mutter such a bold and undeniably wrong statement?

It is true; time has aided in putting out the flame of racism. However, the fire still exists. Time has only thrown a handful of sand over a flame the size of the Chicago Fire. It is also true that the world has come a long way since the days that colored and white signs once hung over water fountains. However, if there is a God, would He be satisfied with our hate consumed world? Racism in our world has not changed much nor does it cease to exist. Instead of police officers beating blacks in the light of the days, they pound blacks in the cloak of darkness.

I would be wrong if I stated that only whites hold these racist beliefs. I would also be wrong if I stated that blacks were the only victims of these immoral thoughts. However, I would not be wrong stating that if one person holds these beliefs, then it is one too many. Not all people carry these corrupt beliefs close to their hearts. I have befriended many people of different races or religions. Many of these people have treated me kinder than people of my own race or religious affiliation. Our world has not changed much in the last forty years. The future belongs to us whether we decide to create a hate-filled world for our children or a world inspired by love.



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Sports

Sports Summaries

by Michael L. Citron
Associate Editor

November 1, 1999

Men's Golf: Sophomore Chris Rowse (Surrey, England, Wellington College) shot a team-best 76 to lead the Nova Southeastern University men's golf team into 14th place at the Wingate University Bulldog-Eagle Chase Invitational Monday afternoon. Rowse's opening round score was just four back of the lead (shared by four others). Sophomore Ryan Cobb (Coral Springs, F, Taravella High) was right behind Rowse with a 79, followed by senior Erick Buck (82, Plantation, FL), and freshman Henrik Salzmann (83, Vastera, Sweden). NSU's team was 320.

November 2, 1999

Men's Soccer: Just six days after barely falling to Lynn University (ranked No. 2 in the NCAA Division II), the Nova Southeastern University men's soccer team came up short against No. 8 ranked Barry University, losing 1-0 to the Buccaneers Tuesday evening at the NSU Soccer Complex. Jon Samford scored the game's only goal at 52:36 when he took the ball on the right side, dribbled through three NSU defenders, and slipped a shot past freshman keeper Jeremy Flint (North Lauderdale, FL, St. Thomas Aquinas High). Flint, though, kept the Knights in the game all night, facing a total of 16 shots and stopping four of Barry's five shots on goal, including a penalty kick with just over five minutes remaining. As for the Knights, they had their chances, too, taking a match-high 19 shots. Junior midfielder Teofilo "Coquito" Cubillas led the way with six shots (two on goal). Sophomore forward Rafael Ferreiro (Ft. Lauderdale, FL, Cardinal Gibbons High) also had two shots on goal in the loss. Nova Southeastern Dropped to 7-10-1

overall. **Men's Golf:** Sophomore Chris Rowse (Surrey, England) shot a second round 82 for a two-day 158, to lead the Nova Southeastern University men's golf team to a 12th place finish in the Bulldog/Eagle Chase Invitational, held at the Eagle Chase Golf Club. NSU finished with a 648 (320-328), just four shots back of Gardner-Webber and seven back of 10th place team Concord. Catawba captured the team title with a 616, with Carson-Newman and Wingate "A" tied for second at 624. NSU senior Erick Buck (Plantation, FL) had the team's best round of the day with an 80, allowing him to finish with a 162 (tied with sophomore teammate Ryan Cobb (Coral Springs, FL, Taravella High). Carson-Newman's Mark Sweeney took individual honors with a 147 (72-75), followed by Coker's Chris Taylor (148) and Wingate "A's" Greg Hamilton (50).

November 5, 1999

NAIA Region XIV Women's Soccer Championship: Lisa Burton scored just over 13 minutes into the second half, to lead the No. 2 seed Palm Beach Atlantic College Sailfish past No. 3 seed Nova Southeastern University, 3-1, Friday evening in the NAIA Region XIV Women's Soccer Championship at the NSU Soccer Complex. Burton scored the game-winner at 58:48 when she gathered Dana Edwards' cross in front of NSU's goal and knocked it into the net. For Burton, it was a case of being in the right place at the right time, as Edwards' pass had bounced off NSU forward Jessica Narvaez and keeper Jennifer Wiggins before finding Burton. Edwards also had a hand in PBAC's first goal of the day (which tied the score 1-1), when she sent another cross into the middle, that time finding Natalie Higgins at 21:17. Angela Magnona iced the game for Palm Beach Atlantic (15-5, ranked No. 18) when she scored

off her own miss at 71:17. The Lady Knights (10-9) struck first just two minutes into the match when Danielle DeGregorio took a pass from Jennifer Jenkins and headed it into the top right corner of the net. Like Palm Beach Atlantic, St. Thomas University (17-3) found itself down early in the first few minutes of the match (ERU's Lisa Lundgren scored unassisted at 3:06 on a blast from the left side). But the Bobcats answered late with second half goals from Marie Gunnrsson (unassisted at 62:58 on a direct kick from 25 yards out), Nicole Jones (assisted by Michelle Smith at 71:06), and Ida Olson (also assisted by Smith, this time at 72:59). St. Thomas outshot Embry-Riddle, 18-8 (and 11-4 with shots on goal).

November 6, 1999

NAIA Regional XIV Women's Soccer Championship (cont.): Eight days ago, the Palm Beach Atlantic College women's soccer team defeated national powerhouse St. Thomas University, 2-1, raising a few eyebrows with the impressive win. Saturday evening at the NSU Soccer Complex, the Sailfish again defeated St. Thomas 2-1, yet this time they raised the region championship trophy. Thanks to goals by Dana Edwards and Natalie Higgins scored just almost eight minutes apart, as well as the play of keeper Jackie Christensen, Palm Beach Atlantic defeated the No. 4 ranked Bobcats for the NAIA Region XIV title, PBAC now moves on to next Saturday's 2 p.m. section title match (also at the NSU Soccer Complex), with the winner receiving a berth in the NAIA National Championship Tournament November 18-23. St. Thomas, as the host of the national tournament, has an automatic berth in it.

November 7, 1999

Men's Soccer: Freshman goalkeeper Jeremy Flint (North Lauderdale, FL, St. Thomas Aquinas High) came up with six saves, while sophomore forward Rafael Ferreiro (Ft. Lauderdale, FL, Cardinal Gibbons High) tallied one goal and one assist, to lead the Nova Southeastern University men's soccer team past visiting Flagler College, 2-0, in a

Florida Sun Conference regular season match Sunday afternoon. For Flint, it was his first shutout of the season (he and Ralph Giarnella combined to shut out Palm Beach Atlantic College on October 6). He faced a total of eight shots, stopping all six that were taken on goal. As for Flint's offensive support, both Ferreiro and junior forward Teofilo "Coquito" Cubillas obliged with beautiful goals. Ferreiro opened the game's scoring up at 10:08 when he broke through on a breakaway thanks to perfect touches from senior Ivan Alarcon-Tamez (Houston, TX, Westmar University) and freshman Carlos Cadena (Coconut Creek, FL, Coconut Creek High). Ferreiro and senior Luis Ruiz (Weston, FL, Western High) then combined to assist on Cubillas' give-and-go goal at 59:29, icing the game for the Knights. In all, NSU dominated, out-shooting Flagler, 16-8. Cubillas, who is just 14 shots back of tying NSU's season record of 98, took three against the Saints-each of those being on goal. The win snapped a two-game losing skid for the Knights, and finished their regular season at 8-10-1 overall and 7-5 in the FSC.

November 9, 1999

Men's Golf: Sophomore Justin Burkhart (Bradenton, FL, Southeast High) shot a match-best 78 to capture individual honors and lead the Nova Southeastern University men's golf team past host Palm Beach Atlantic College in a dual match at The Village Golf Club Tuesday afternoon. NSU, which shot a team-total 325 (compared to Sailfish's 357) had three golfers finish among the top five, including Burkhart, sophomore Chris



Rowse (79, second place, Surrey, England, Wellington College) and freshman Henrik Salzmann (82, tied-fourth, Vastera, Sweden). Team-

mates Matt Morrissey (Bradenton, FL, Southeast High) and Marcus Gallo also shot 85 and 86, respectively.

Intramural Team Results

by Tom Vitucci
Director of Campus
Sports and Recreation

On the Intramural front, Flag Football enters week three. "Evil Tweed" at 4-0 is well on their way to defending their championship. Play continues Monday through Thursday on the intramural field adjacent to the Miami Dolphins Training Facility. This year there are 38 teams gunning for the championship.

To date, Intramural sports have crowned the following champions:

Volleyball:

South Park Crows (Men's)
Mighty Mighty Bossheads (Women's)
Yippy Shindigs (Co-Rec)

Golf:

Ed Pierce and Piya Chiwanaut

Tennis:

Ben Anderson (Men's Singles)
Ben Anderson & Josh Friedlander (Men's Doubles)
Jaye Danforth and Sara Shaffer (Women's Doubles)

Don't miss our upcoming Snorkeling Trip on 11/20 and Bike Riding in the Everglades on 12/4. For more info call CSR at 262-7301 or visit us on-line at www.nova.edu/cwis/studentlife/campus_sports_rec.

Nova Basketball's Rising Star

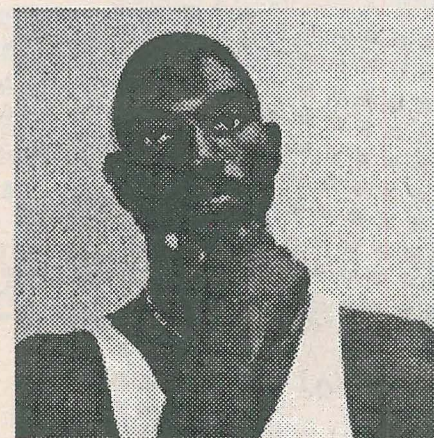
by Michael L. Citron
Associate Editor

With the start of the 1999-2000 season right around the corner, expectations are flying high. One reason for this predicted success is the play of sophomore Marquise Kiffin.

Kiffin was born on August 11, 1980 in Santa Ana, California, but moved to South Florida and attended St. Thomas Aquinas High School. Marquise has two sisters: 24 years old and 2 years old. Kiffin institutes high standards for himself and his teammates. "I think that we have all the right ingredients to have a very productive season and go to nationals." All of the games that the Knights will play, except in the conference, will be against NCAA Division II schools. Kiffin feels that by playing these DII schools, the team will improve as the season progresses.

Marquise now is a successful student and a skilled ball player. But when Kiffin was just starting to pick up a basketball, it wasn't so easy for him to make it. Tested early in his basketball career, he got cut from the squad. Marquise did not dwell on the past and worked hard and was determined not to give up. The next year he made the team and he has never been in that predicament since. His motto is "Every morning a gazelle wakes up in Africa and knows that he must run faster than the fastest lion or he will be eaten. Every morning a lion wakes up in Africa and knows that he must run faster than the slowest gazelle or he will starve to death. No matter if you are a gazelle or a lion, you got to keep running." Kiffin attributes his determination and character traits to his parents, especially his father. Marquise's dad knows exactly how hard the road to success is on and off the court.

Irvin Kiffin is a former NBA player, who played for the Los Angeles Lakers in late 70's and with the San Antonio Spurs in the early 80's. Marquise attributes his caring personality to his father. "He is my role model because he is dignified, smart,



and always carries himself well." Playing with NBA superstars like Kareem Abdul Jabbar, Magic

Johnson, and George "Ice" Gervin must have given Mr. Kiffin some really great memories to pass on to his son. Mr. Kiffin currently is the athletic director for the city of Lauderhill. Mrs. Kiffin is a communication specialist for the Girl Scouts. Marquise stated, "My parents are my role-models. Without them, I wouldn't be where I am today." Kiffin currently has a 3.3 GPA, which he promises will rise even higher. This again shows his strong determination to succeed.

Marquise also speaks highly of his coach, Tony MacAndrews. "Coach is very knowledgeable of the game and is always looking out for our best interests. He keeps the team always on their toes." Kiffin sees himself as the "spark plug" for his team. No matter if he is in the starting lineup or coming off the bench, Marquise feels he provides the team with their energy both on the offensive and defensive side of the ball.

Marquise Kiffin has certainly followed in his parents' footsteps. In ten years, he sees himself still involved in sports. Marquise would like to be a sports announcer for ESPN and marry a beautiful wife and have two children. But ladies, he wants to make it crystal clear that he is currently single and taking applications. Nova may have the next Howard Cossell in the making!

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from page 8

WHAT WAS ON THE MENU

SEAFOOD: Cod, Eel, Clams, Lobster

WILD FOWL: Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles

MEAT: Venison, Seal

GRAIN: Wheat Flour, Indian Corn

VEGETABLES: Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots

FRUIT: Plums, Grapes

NUTS: Walnuts, Chestnuts, Acorns

HERBS and SEASONINGS: Olive Oil, Liverwort, Leeks, Dried Currants, Parsnips

WHAT WASN'T ON THE MENU

Surprisingly, the following foods, all considered staples of the modern Thanksgiving meal, didn't appear on the pilgrims's first feast table:

HAM: There is no evidence that the colonists had butchered a pig by this time, though they had brought pigs with them from England.

SWEET POTATOES/POTATOES: These were not common.

CORN ON THE COB: Corn was

kept dried out at this time of year.

CRANBERRY SAUCE: The colonists had cranberries but no sugar at this time.

PUMPKIN PIE: It's not a recipe that exists at this point, though the pilgrims had recipes for stewed pumpkin.

CHICKEN/EGGS: We know that the colonists brought hens with them from England, but it's unknown how many they had left at this point or whether the hens were still laying.

MILK: No cows had been aboard the Mayflower, though it's possible that the colonists used goat milk to make cheese.

Source: Kathleen Curtin, Food Historian at Plimoth Plantation

"The reason that we have so many myths associated with Thanksgiving is that it is an invented tradition. It doesn't originate in any one event. It is based on the New England puritan Thanksgiving, which is a religious Thanksgiving, and the traditional harvest celebrations of England and New England and maybe other ideas like commemorating the pilgrims. All of these have been gathered together and transformed into something different from the original parts."

- James W. Baker, Senior Historian at Plimoth Plantation

MYTH: The first Thanksgiving was in 1621 and the pilgrims celebrated it every year thereafter.

celebrated it every year thereafter.

FACT: The first feast wasn't repeated, so it wasn't the beginning of a tradition. In fact, the colonists didn't even call the day Thanksgiving. To them, a thanksgiving was a religious holiday in which they would go to church and thank god for a specific event, such as the winning of a battle. On such a religious day, the types of recreational activities that the pilgrims and Wampanoag Indians participated in during the 1621 harvest feast—dancing, singing secular songs, playing games—wouldn't have been allowed. The feast was a secular celebration, so it never would have been considered a thanksgiving in the pilgrims minds.

MYTH: The original Thanksgiving feast took place on the fourth Thursday of November.

FACT: The original feast in 1621 occurred sometime between September 21 and November 11. Unlike our modern holiday, it was three days long. The event was based on English harvest festivals, which traditionally occurred around the 29th of September. President Franklin D. Roosevelt set the date for Thanksgiving to the fourth Thursday of November in 1939 (approved by Congress in 1941). Abraham Lincoln had previously designated it as the last Thursday in November, which may have correlated it with

the November 21, 1621, anchoring of the Mayflower at Cape Cod.

MYTH: The pilgrims wore only black and white clothing. They had buckles on their hats, garments, and shoes.

FACT: Buckles did not come into fashion until later in the seventeenth century and black and white were commonly worn only on Sunday and formal occasions. Women typically dressed in red, earthy green, brown, blue, violet, and gray, while men wore clothing in white, beige, black, earthy green, and brown.

MYTH: The pilgrims brought furniture with them on the Mayflower.

FACT: The only furniture that the pilgrims brought on the Mayflower was chests and boxes. They constructed wooden furniture once they settled in Plymouth.

MYTH: The Mayflower was headed for Virginia, but due to a navigational mistake it ended up in Cape Cod Massachusetts.

FACT: The Pilgrims were in fact planning to settle in Virginia, but not the modern-day state of Virginia. They were part of the Virginia Company, which had the rights to most of the eastern seaboard of the U.S. The pilgrims had intended to go to the Hudson River region in New York State, which would have been considered "Northern Virginia," but they landed in Cape Cod instead. Treacherous seas prevented them from venturing further south.

<http://www.historychannel.com/thanksgiving/>

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S.R.A. and the Debate on AIDS

from page 5

NSU's Wellness Center is included on the "Wall of Shame" on SRA's parent organization's website (NK <http://www.heal-la.org> <http://www.heal-la.org>). The "Wall of Shame" lists "the AIDS doctors, researchers and organizations. . . [who] have refused our [H.E.A.L.'s] invitation to engage in responsible public dialogue on vital issues regarding HIV, AIDS and health."

Last year HEAL (the original name of SRA) chapter was not allowed to enter the quilt contest. The Wellness Center says every year several quilts are removed from the contest due to inappropriate quilt designs.

It seems as though the public is afraid of new ideas especially if they

contradict or oppose current beliefs. Most sailors thought Columbus was crazy because he believed the world was round. Galileo was excommunicated from the Church because he said the sun and not the earth was at the center of the universe. But a university is supposed to allow the free exchange of ideas even if some of those ideas might be controversial—hence the term liberal arts (free art). The fact that the Wellness Center and SRA have different views should not limit either organization's right to express them.

The bigger issue here should be how we can cure this disease. We all need to work together as one to combat this disease and put the little things behind us!

Unleash the Obese

by Piper Griff
Layout Designer
Staff Writer

"I'm so fat," or "I need to go on a diet," are sayings Americans hear and say far too often. What has made this country so concerned about their weight, yet so fat? It is estimated that 97 million Americans are overweight, of them 39 million are considered obese (more than 30 pounds overweight). Genes, of course, are partially responsible, but this increase of obesity in the past 20 years is truly disgusting. Americans are obviously much less active than they used to be. It also seems sensible diets have simply become fads that go out of style with time. In an obesity study by Dr. George Blackburn, the percentage of overweight individuals in America

has increased from 25% to 47%, and is predicted to increase to 75% by the year 2025.

The first annual obesity conference met in September this year to propose some pretty radical solutions for obesity. The government stated that obesity has been "an ignored situation for too long." Contributing to over 300,000 deaths a year, the health care costs are estimated at \$100 billion. Why the government took so long to get involved is beyond me, but some of the solutions are fairly rational. Everything from taxes on fast food, to making insurance companies cover weight loss programs. For the time being we will keep getting fatter and models will keep getting thinner, but keep your eyes open for new government regulations on love handles.

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10/22/99	CEC	BEGINNING BALANCE	13,907.23
10/22/99	SHIRTS	DEPOSIT	11.00
10/22/99	CEC T-SHIRTS	SHIRTS	(178.00)
10/22/99	(12) YO-YOS	CEC DAY	(64.15)
10/22/99	PSYCHIC READINGS	PSYCHIC KNIGHT	(750.00)
10/22/99	DECORATION	CEC DAY	(16.94)
10/22/99	PSYCHIC READING/TREATS	CEC DAY	(64.15)
10/22/99	STEEL DRUM BAND	CEC DAY	(400.00)
	TOTAL INFLOW CEC		11.00
	TOTAL EXPENSES CEC		(1,473.24)
10/22/99	LDC	BEGINNING BALANCE	7,000
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11/14/99		OVERALL ENDING BALANCE	56,027.83

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A VEGETARIAN THANKSGIVING

<http://www.vegkitchen.com/thanksgiving.html>

Thanksgiving and turkey. For most Americans, to have one without the other would be like a birthday without cake, Christmas without the tree, the Fourth of July without fireworks. But for millions of Americans who have given up meat, Thanksgiving is turkey-free.

If you're going to be hosting a Thanksgiving feast, and expecting a vegetarian or two, or if you're a vegetarian heading for non-vegetarian gathering, what should you do? Before you panic, consider the holiday's true meaning as a harvest festival.

Just as it was hundreds of years ago, when Governor William Bradford of Massachusetts proclaimed in 1621 that the Pilgrims set aside a date in late November to "render thanksgiving...for the abundant harvest of Indian corn, wheat, beans, squashes, and garden vegetables." There were no turkeys at early Thanksgiving feasts!

The vegetarian dishes feature the seasonal ingredients this holiday is meant to celebrate: Corn, squashes, sweet potatoes, apples, nuts, cranberries, and greens.

Here are some alternative main dish and stuffing, plus a sophisticated way to serve that traditional Thanksgiving vegetables. If you're the host, these will serve your vegetarian guests nicely; if you're going to be a guest, volunteer to bring this enticing main dish. Meat-eaters can certainly enjoy these as side dishes, but make sure they leave enough for the vegetarians!

BUTTERNUT SQUASH WITH WHOLE WHEAT, WILD RICE, AND ONION STUFFING

Serves: 8

Even those of us who have given up turkey welcome a Thanksgiving dish that has been "stuffed." This satisfying dish makes a handsome centerpiece for the holiday meal.

4 medium-small butternut squashes (about 1 pound each)

3/4 cup raw wild rice, rinsed
1 tablespoon canola oil
1 heaping cup chopped red onion
1 clove garlic, minced
2 1/2 cups firmly packed torn whole wheat bread

1 tablespoon sesame seeds
1/2 teaspoon each: dried sage, dried thyme

1 teaspoon seasoned salt, or to taste
1 cup fresh orange juice

Preheat the oven to 375 degrees. Halve the squashes and scoop out seeds and fibers. Place them cut side up in shallow baking dishes and cover tightly with covers or more foil. Bake for 40 to 50 minutes, or until easily pierced with a knife but still firm.

In the meantime, bring 2 cups of water to a boil in a saucepan. Stir in the wild rice, reduce to a simmer, then cover and cook until the water is absorbed, about 40 minutes.

Heat the oil in a skillet. Add the onion and garlic and sauté until golden. In a mixing bowl, combine the cooked wild rice with the sautéed onion and the remaining ingredients. When the squashes are cool enough to handle, scoop out the pulp, leaving firm shells about 1/2 inch thick. Chop the pulp and stir it into the rice mixture. Stuff the squashes, place in foil-lined baking dishes, and cover.

Before serving, place the squashes in a preheated 350 degree oven. Bake for 15 to 20 minutes, or just until well heated through.

VARIATION: To add drama to this presentation, try this recipe with other squash varieties. Hubbard squash, delicata, sweet dumpling and golden nugget are just a few of the stuffable edible squashes available.

WALNUT-APPLE STUFFING

Serves: 8 or more

Vegetarians won't want to eat stuffing that has been cooked in the bird. Here's a tasty stuffing that bakes separately.

6 cups firmly packed diced whole grain bread

1 1/2 tablespoons canola oil
1 1/2 cups chopped red onion
1 1/2 cups peeled, diced tart apple
3 bunches scallions, minced
2 tablespoons chopped fresh parsley
1/2 teaspoon each: dried thyme, sa-
vory

3/4 teaspoon seasoned salt, more or less to taste

1/2 cup finely chopped walnuts
3 tablespoons currants
freshly ground pepper to taste
1 1/2 cups apple juice

Preheat the oven to 350 degrees. Place the diced bread on a baking sheet. Bake 10 to 12

minutes, or until dry and lightly browned. Heat the margarine in a large skillet. Add the red onion and sauté over moderate heat until golden. Add the apple and sauté for another 5 minutes.

In a mixing bowl, combine the bread cubes with the onion and apple mixture. Add all the remaining ingredients except the apple juice and toss together. Sprinkle in the apple juice slowly, stirring at the same time to moisten the ingredients evenly. Transfer the mixture to an oiled shallow 1 1/2-quart baking pan. Bake 25 to 30 minutes, or until browned and still slightly moist. Stir once during the baking time. Transfer to a covered serving container.

"THREE SISTERS" STEW

6 servings

In Native American mythology, squash, corn, and beans are known as the "three sisters." These are the very crops, along with garden vegetables, that the harvest festival of Thanksgiving is meant to celebrate!

1 small sugar pumpkin or 1 large butternut or carnival squash (about 2 pounds)

1 tablespoon olive oil
1 medium onion, chopped
2 cloves garlic, minced
1/2 medium green or red bell pepper, cut into short, narrow strips.

Trim the stems from the Brussels sprouts and cut an X into the base, about 1/4 inch deep.

14- to 16-ounce can diced tomatoes, with liquid

2 cups cooked or canned pinto beans
2 cups corn kernels (from 2 large or 3 medium ears)

1 cup homemade or canned vegetable stock, or water

1 or 2 small fresh hot chiles, seeded and minced

1 teaspoon each: ground cumin, dried oregano

Salt and freshly ground black pepper
3 to 4 tablespoons minced fresh cilantro

Preheat the oven to 400 degrees. Cut the pumpkin or squash in half lengthwise and remove the seeds and fibers. Cover with alumi-

num foil and place the halves, cut side up, in a foil-lined shallow baking pan. Bake for 40 to 50 minutes, or until easily pierced with a knife but still firm (if using squash, prepare the same way).

When cool enough to handle, scoop out the pulp, and cut into large dice. Set aside until needed.

Heat the oil in a soup pot. Add the onion and sauté over medium-low heat until translucent. Add the garlic and continue to sauté until the onion is golden.

Add the pumpkin and all the remaining ingredients except the last 2 and bring to a simmer. Simmer gently, covered, until all the vegetables are tender, about 20 to 25 minutes. Season to taste with salt and pepper.

If time allows, let the stew stand for 1 to 2 hours before serving, then heat through as needed. Just before serving, stir in the cilantro. The stew should be thick and very moist but not soupy; add additional stock or water if needed. Serve in shallow bowls.

BAKED SWEET POTATOES AND APPLES

6 or more servings

A cheering winter recipe, and a great side dish for Thanksgiving, it gets its New England character from maple syrup.

4 large sweet potatoes
2 tablespoons whipped butter or natural canola margarine, melted
1/2 cup maple syrup
2 large apples, peeled, cored, and thinly sliced

Cinnamon
Ground cloves
1/2 cup apple juice

Preheat the oven to 350 degrees. Bake or microwave the sweet potatoes until done but still firm. When cool enough to handle, cut them into 1/2-inch-thick slices.

Oil a deep, 1 1/2 quart baking casserole. Arrange half of the sweet potato slices on the bottom. Drizzle with half of the butter, then half of the maple syrup. Top with the apple slices. Sprinkle lightly with the cinnamon and cloves. Repeat the layers, then pour the apple juice over the top. Bake for 30 minutes, covered, then for another 10 minutes, uncovered. Serve at once or cover and keep warm until needed.

CRANBERRY-APPLE RELISH

8 or more servings

This relish adds vivid color to fall harvest meals, and is a nice change of pace from jellied cranberry sauces for holiday meals.

12-ounce bag fresh cranberries
4 sweet cooking apples (such as Cortland), peeled and diced

1/2 cup light brown sugar or Sucanat
1/4 cup apple juice
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
Pinch of allspice or nutmeg
1/4 cup golden raisins

Combine all the ingredients except the raisins in a large saucepan. Stir together; bring to a simmer, then simmer gently, covered until the cranberries have burst and the apples are tender, about 20 to 25 minutes. Stir in the raisins and allow to cool, uncovered. Transfer to a serving container and serve at room temperature.





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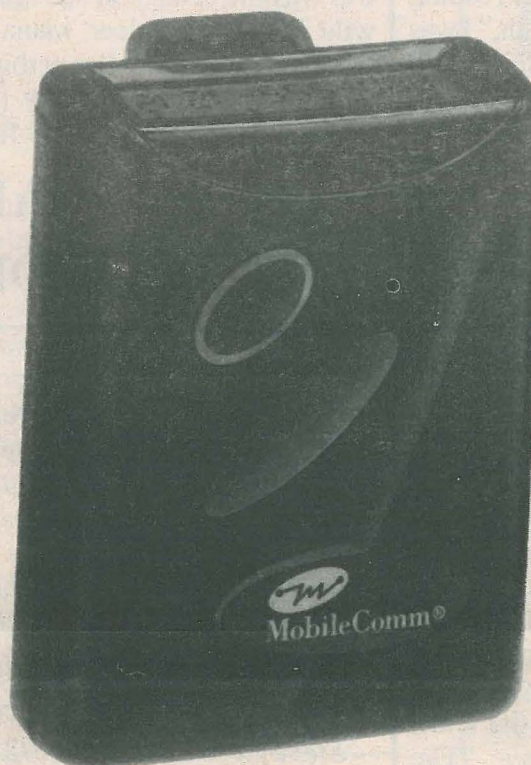
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A Response to A Matter of Death

by **Rundeepp Gadh**
Contributing Writer

After reading an article in the November 2nd edition of *The Knight*, I became concerned with the meat I have been eating since childhood. Like most other families in the United States, my family buys meat at local supermarkets. After reading the article titled "A Matter of Death," I was very bothered by the description regarding the "inhumane" manner in which animals are slaughtered. However, after doing some research on my own, I found that what was written about meat in the United States supermarkets may have been misleading. According to the American Meat Institute, "Meat packers are bound legally and compelled ethically and economically to handle livestock in the most humane manner possible. The Humane Slaughter Act of 1978 dictates strict animal handling and slaughtering standards for packing plants. Those standards are monitored by some 8,000 federal meat inspectors nationwide." The Humane Slaughter Act of 1978 legally binds United States meat packers (Ritual slaughter is excluded from the Humane Methods of Slaughter Act of 1978 to protect religious freedom in the U.S.) to kill animals in a humane way. "The Act specifies that animals must be handled and moved through chutes and pens in ways that do not cause stress. Livestock must be rendered insensible to pain prior to slaughter. The Act details the methods that must be used to stun animals."

It is true that the Captive-Bolt Stunning and Carbon Dioxide Stunning are common practices in United States slaughterhouses. But, it is important to understand what these practices really are. They are not inhumane methods of killing animals. In Captive-Bolt Stunning, a bolt gun is held above the cow's head and a shot is fired. This shot kills the animal instantly **WITHOUT** pain. CO2 anesthetization leads to a lowering of oxygen in the blood, which leads to immediate loss of consciousness. When performed properly, both of these methods guarantee the animals are **not** experiencing any suffering when they are killed.

Perhaps the most important thing to realize is that there is no need to worry about the way the animal was killed when you eat meat. You can be assured that the meat you buy at your local supermarkets was killed in a humane fashion and the animals were not "ruthlessly murdered."

Kayaking With N.S.U.

from cover page

stomach. Yuck, huh? Well, I didn't get sick, so I guess my stomach is very resistant to bacteria! Or the mangrove is doing a "swell" job at cleansing itself.

One selling point of this trip was the chance to see real wild life - bears, deer, manatees, crocodiles, etc. But at this mangrove, you were lucky if you saw a common bird! In

spite of my disappointment with the refusal of the animal kingdom to show up, my experience in the swamps was not diminished in the least, especially since the mosquitoes showed up for their midday meals!

I came home in one piece and I can boast that I have no symptoms of Malaria to this day. Somehow, I struggled to make it to class. Of course I went with no books - I could not pick up a thing. Four hours of rowing left me temporarily paralyzed. Talk about not being fit!

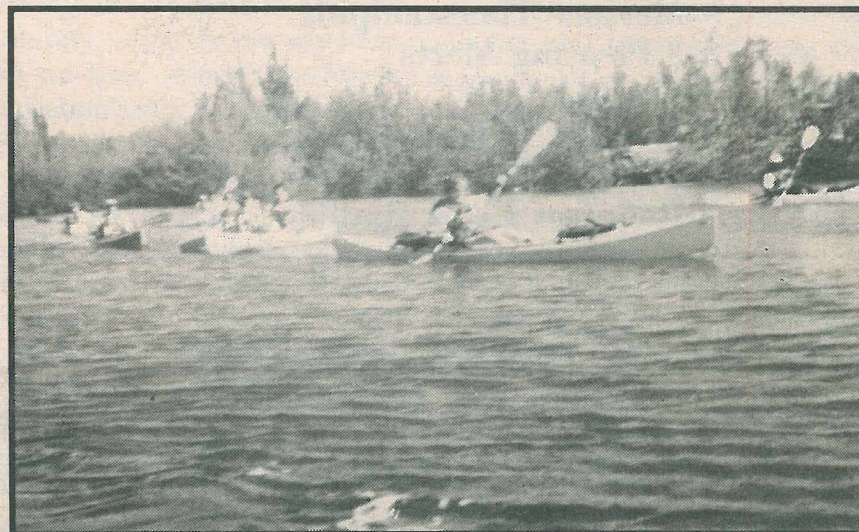
There is one thing I want to bring to your attention: where were the freshmen? I was the only one there! Might I add, I CANNOT swim. But hey that's why life jackets were invented.



ADDITIONAL INFORMATION:

Location : *Urban Trail*
Kayaking Co-operation,
Biscayne Bay, Haulover
Beach Park

Cost: *Normally \$20, but for*
NSU students it was \$20, yet
this included transportation.
For more information, call
Steve at (305) 947-1302.



Oops! Our mistake

In (Issue 5, Volume 10, November 2) "NATURE Coffee House Explores Amazon" the author stated that Benjamin Levy changed his major from Life Science to Environmental Studies. Levy was actually an Oceanographic Studies Major. Also, the NATURE Club did not attend the field study. Rather NSU students, some of which are NATURE members, actually completed an application to participate.

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