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## The Knight News Volume 13: Issue 5

Nova Southeastern University

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## INSIDE LOOK

### CAMPUS NEWS ▶

#### Campus Safety page 5

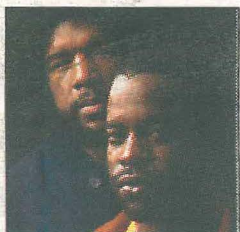


### ARTS & ENTERTAINMENT ▶

#### 2002's Top 10 Albums



#### Roots New Album page 8



### SPORTS ▶

#### Players of the Month page 10



### INDEX

Editorial.....	2
Arts and Entertainment.....	8
Classifieds.....	12

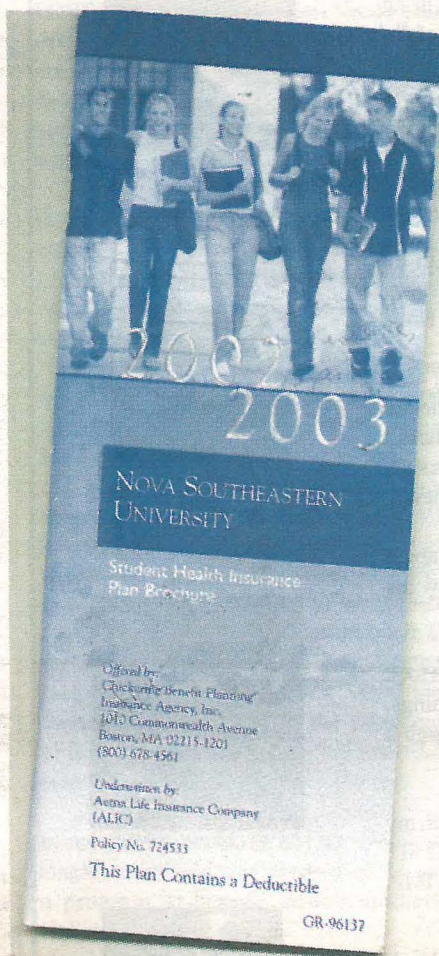


Illustration by Myriam Georges/Knight Newspaper

Nova Southeastern University now requires that all Day Undergraduate students possess adequate health insurance. For those without health insurance The Nova Southeastern University Health Insurance Plan, provided by the Chickering Group is available.

## Health Insurance Requirement for Day Undergraduate Students

by Myriam Georges  
gmyriam@nova.edu

Beginning in the fall of 2003, a new student health insurance requirement was implemented for all day students at Nova Southeastern University, adding a new fee to the cost of tuition for some.

A fee waiver is given to students possessing adequate health insurance; however day students who do not have an insurance plan or a plan with adequate coverage in South Florida are required to enroll in the Nova Southeastern University Student Health Insurance Plan - an additional \$1,126. The requirement has received mixed reactions from the student body.

"I was upset at first," said day student, Yahshia Moore, "Tuition is already expensive and the additional \$1000 was unexpected. I didn't know about the new requirement until the end of last semester so a hold was placed on my account."

"Because I'm a new student this semester the cost of insurance is just \$675. I don't mind the fee since I usually get sick during the year anyways," said Mike Humilia.

Previously, health insurance was mandatory for only HPD students, on-campus residential students, and international J-1 students. The goal of the requirement, which has been researched and discussed for over a year by Student Affairs, is to insure the health and wellness of the entire student body.

"Through our research and through the insurance carrier we learned that one of the leading causes of why students drop out of school or discontinue their studies is because of medical reasons," said Tom Vitucci, Director of Recreation and Wellness. "What we felt strongly about was that if we had a requirement that students needed to carry insurance we would make certain that every student in the Undergraduate Day program would have insurance benefits if they got sick".

Student health insurance is a national trend. Universities and colleges throughout Florida have similar requirements for students. At the University of Miami all new and transfer students enrolled in six or more credit hours per semester are required to obtain adequate health insurance during their enrollment at the University. State colleges require international students to carry insurance, but domestic students have the option of enrolling into the annual Student Accident and Sickness Insurance Program.

NSU's Health Insurance Plan is provided through the Chickering Group, one of the leading agencies in student health insurance. The Plan provides coverage for all illnesses and injuries that occur off and on campus twenty-four hours a day. The total cost of insurance is used entirely for the insurance plan. For more information on health insurance and the new requirement contact Tom Vitucci, at (954) 262-7304.

## Farquhar Center Name Change

by Todd Collins  
collins@nova.edu

Having outgrown its name, the undergraduate school formerly known as the Farquhar Center for Undergraduate Studies has received a new one: Farquhar College of Arts and Sciences. The College consists of the following Divisions: Education; Humanities; Math, Science, and Technology; and Social and Behavioral Sciences, each formerly a "Department."

Being known as a College "more clearly defines who we are," explains the College's Dean, Norma M. Goonen, Ed.D. The term "center," she goes on to explain, may be confusing to prospective students in their process of selecting an undergraduate school. The change, which took one year to plan, comes at a point in the development of NSU where the stature of both the undergraduate program and the University as a whole demands recognition by the use of more traditional terms.

Named after James Farquhar, a philanthropist who made a generous donation of land and money early in the history of the University, the undergraduate school was spawned

in 1980 by the existing graduate school known back then as Nova College. In this sense, NSU has a unique history of development since, traditionally, undergraduate institutions expand themselves to include graduate programs. The name change is a reflection of NSU administrators' goal to structure the University in a more traditional fashion.

The change also foreshadows the continued growth of the undergraduate school. Next fall, Athletic Training will be added as a major. History, Philosophy, Economics, and Sociology majors, among many others are "under development," meaning administrators are discussing them as additions to the curriculum in the near future. Also in the works is an Honors program.

As a celebration of this point in NSU's history, a ceremony will be held on February 10, 7pm at the Rose and Alfred Miniachi Performing Arts Center. Guest speaker will be Bob Woodward (of the Woodward and Bernstein duo) who authored the novel *Bush at War*. A book signing will be held at 8:30pm.

## Farquhar Center Facts

Did you know that the summer session will be fourteen weeks long this summer, instead of sixteen weeks? This will include classes offered for the entire period, for eight weeks, and for six weeks, on-ground and online. Check the summer schedule when available for more information.

Do you know who the Farquhar College Directors are, and what they do?

Check here next month to find out!





## Note from the Editor-in-Chief : Jason Fraser

Well, 2002 is now behind us. Overall, it was a good year; not great, but good. This month I bring you a list of nine things that, if they had been introduced in 2002, would have made it a totally kickass year. Why nine you ask? Because it's my column and I'll do what I want.

### Nine Things That Would Have Made 2002 Totally Kickass.

**9. Giant Killer Ninja Robots**—First off, everyone has to admit that Ninjas are cool. Killer Ninjas are probably about 10 times cooler than regular Ninjas, and when you combine them with Robots, you are talking about off the scale coolness. Now imagine if they were also giant. Yes, Giant Killer Ninja Robots would have improved the year significantly.

**8. Adding More Colors to the National Terror Alert System**—We are all familiar with the old favorites by now: Green, Blue, Yellow, Orange, and Red. But what if Tom Ridge or John Ashcroft decided to add a few more colors to the spectrum? All I'm saying is that a few important colors such as black, brown, pink, white, and cyan have been left out. More colors equal more kickassiness.

**7. Oxford English Dictionary Decides to Make 'kickassiness' a Word**—I was thinking about using it several more times this year, so I only presume that making it a word would bestow me ultimate kickassiness in the eyes of my friends.

**6. People Would Stop Laughing at the Stupid, Extremely Simple Set-Ups on Sitcoms**—Let's look at a prime example, *Will & Grace*. Woopy frickin doo, look at that gay guy; he says funny things. Now he's going to look at other guy's asses. What a cutting edge piece of work that was. Laugh it up, dumbasses.

**5. Movie Theater Etiquette Improved**—When a movie theater is almost empty, such as when my girlfriend and I or a few friends and I are the only persons in the theater; **DON'T CHOOSE TO SIT DIRECTLY IN THE ROW BEHIND US AND TALK ON YOUR CELL PHONE THE WHOLE TIME.** Thank you.

**4. Movie Theater Etiquette Improved II**—There should be a law forcing people to take a shower before heading into a movie. I've lost count of the number of times someone in the theater smells like they just climbed out of a dunk tank full of shit. For the love of God, at least hose off after a good day of diving for treasure in public urinals before going to the movie theater.

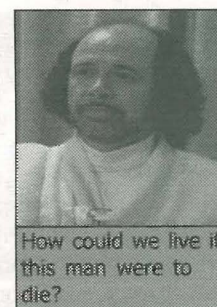
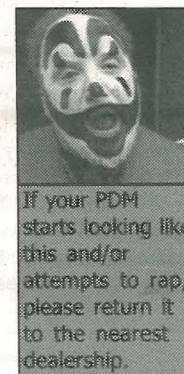
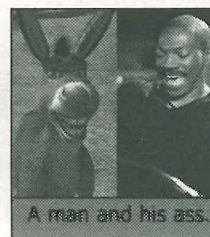
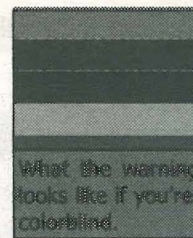
**3. PDMs Introduced to the General Public**—What is a PDM you ask? Some new piece of computer equipment or software that would have made our lives a breeze? No, PDM stands for Personal Desktop Midget. A very tiny man (or woman) made specifically to order, possibly through an exclusive "As Seen On TV" offer. No more messing around with complicated scheduling software, no more making your own coffee, no more doing any chores whatsoever. Just get your PDM to do it for you and all is solved.

**2. All Men on Earth Turned Homosexual; Except for Me**—I think I could shoulder the burden of keeping the species alive.

**1. More Explosions**—With Israel and Palestine hogging all the good terrorist explosions, suicide bombers, and whatnot; I feel the USA is being left out. Come on, I haven't seen a good explosion in over a year now. Let's bump that terrorist alert up to magenta-burnt umber or whatever the hell the next color is and get some fireworks going. A little note to Al-Qaeda: I think the Raelian mothership/clone factory/baby-eating festival would be a great place to blow up as it would strike fear into our hearts and destroy our economy. No, seriously.

Send your ideas as to what would have made 2002 totally kickass to [nsunews@nova.edu](mailto:nsunews@nova.edu)

e-mail [nsunews@nova.edu](mailto:nsunews@nova.edu)



## The KNIGHT NEWS

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*The Knight* serves Nova Southeastern University's Farquhar College of Arts and Sciences from its location in the Parker Building.

*The Knight* is NSU's established vehicle for the transmission of student reporting, opinion, and arts. All community members are invited to contribute anything they desire to *The Knight*.

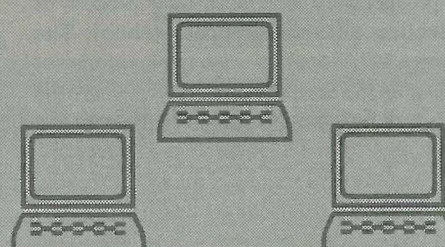
*The Knight* is readily available at many sites around the main campus.

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## Letters to the Editor

### Thanks for Caring

To the NSU students, staff, and faculty:

I would like to take this time to tell the readers about a unique group of individuals that I have had the most incredible pleasure to know. They are members of the Nova Southeastern University community. They are your friends and coworkers. Please allow me a few minutes of your time to tell you what they have done for a forgotten group of our society – homeless individuals, and more specifically, homeless children.

My heart's desire is to help the children that reside at the Broward Outreach Centers (BOC), an arm of the Miami Rescue Mission. BOC is a comprehensive, rehabilitative program geared to assist homeless men, women, and families to once again become functioning members of society. But through no fault of their own, the children that enter BOC are homeless and deal with issues that no child should have to tolerate; social ostracizing, peer pressure, depression, neglect, abuse, shock, despair, loneliness are a few among many. My personal goal is to help maintain each child's dignity, self-respect, and self-esteem, and to make them as comfortable as possible as they and their parents transition from homelessness back to a more stable environment.

Initially, I sent an email to friends of mine at NSU asking for clothing donations for the 200-

bed BOC facility, which recently opened in Pompano Beach. This facility can house a maximum of ten families and 30 children. Within a month's time, I filled our pickup truck THREE times with donations! Then the holidays came upon us, and through word of mouth the following happened:

An employee donated \$100 to purchase Christmas trees. (Three fresh seven-foot Frazier trees and stands were purchased with this donation). Another employee, who personally donated a tree, is now pursuing a research project at the center focusing on homelessness. Another \$50 donation was used to purchase holiday gifts. A very special thanks is offered to the staff of the HPD, Law, and LRITC Libraries who donated gifts for the children at the Pompano Beach facility. Over 75 toys and games were received! Another NSU department sponsored a family living at a different site of the Broward Outreach Centers with toys and games for the holidays. An employee donated his time to perform a magic act to entertain the children at the Pompano Beach facility during a holiday party, which also involved local Girl Scouts and Brownie Troops. Other employees have donated money directly to BOC. Awesome! Incredibly awesome!

What started as a plea for donations has escalated into an ongoing project to help those who are helping themselves to become viable members of society. As Eleanor Roosevelt said, "You must do the thing you think you cannot do." The residents of BOC have taken the first step to admit that they need help, that they need assistance to regain a respectful position

in society. They are continuing on that journey of doing the things that they thought they could not do by attending education classes, participating in activities within the BOC community, dealing with and eliminating inappropriate behaviors, opening up to case managers, and more. But, though, at first they thought they could not, they are learning that they can.

Thanks to all of you – you know who you are. Thanks to all of you who did that thing which you thought you could not do; you gave, whether it be time, talent, or treasure. And because you gave, you are helping someone do the thing they thought they could not do, and that is to grow and to get better, and to eventually give back to those less fortunate. And so the cycle continues.

Blessings for the holidays! Know that you have made a difference in not only the lives of those who have less than we do, but in the lives of those who see what you have done and wish to follow suit.

For more information about the Broward Outreach Centers, please visit their website at [www.caringplace.org/broward/htm](http://www.caringplace.org/broward/htm).

Sincerely,  
Beth Harman  
Coordinator of Administrative and Financial Operations  
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## SGA Budgets \$47,000

by Kareem Shaker  
NSUSGA Senator

On Sunday, January 12th, 2003, the members of the NSUSGA debated for 10 hours on the fate of \$47,000 worth of budget money. Senators tossed opinions back and forth until all of the money was allocated accordingly.

Many budgets requested money for copies. The office of student affairs on the second floor of the Rosenthal building offers all clubs and organizations 20 copies at a time, free. Also, Coca-Cola will make banners for clubs and organizations free of charge as long as the club allows them to put their logo on it. Contact student affairs for more information.

However, perhaps the most important thing that all clubs and organizations should know is that they can lobby a senator to propose a bill for an event. Any of the SGA senators will take time out to work on a bill. Contact me at shakerk@nova.edu for more information or if you need money for an event. You do not have to be unhappy with or limited by your budget. There is still a large sum of money set aside for bills.

Although still a very tedious task, the budget hearing turned out to be much smoother than the one held in September. With the new format in place and a better understanding of the entire process gained by each veteran senator, "this time around things were a lot more simple," said Jillian Savo, Recognized Sorority Senator. All budgets were in the same format, making them easier to read and understand. Also, each organization was allowed to meet with the finance committee, allowing them to

present their budget and receive feedback. Notes taken by the finance committee were presented at the hearing.

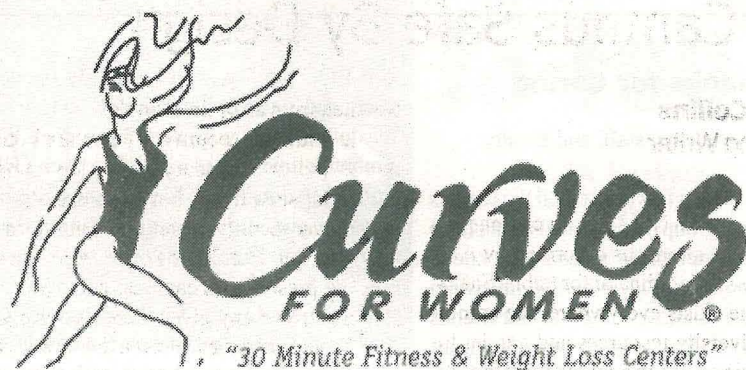
Although guidelines were set in place for last semester, this time they were very detailed, again making it easier to allocate money fairly. Some of these guidelines included allocating money to scholarly and philanthropic events as well as to events that went along with the mission statement of the organization in review.

Many of the organizations listed the same kind of events, therefore, each organization received the same amount of money. For example, most BBQs received approximately \$100, depending on the number of students expected to attend.

Due to the limited supply of money, many cutbacks had to be made. Before the hearing, one of the senators totaled up all the money that was being requested by each club and organization and the total came to around \$120,000. Obviously, it was impossible to give each organization the money requested, which ranged from \$600 to 23,000.

One thing that was taken into account was the organization's rollback money from last semester. The total rollback from last semester (\$7,000) was added to the budget for this semester.

However, if an organization did not spend all of the money it was given this semester, the money would be lost in the black hole of Nova. One important change was the creation of a miscellaneous fund to offset the possibility of money going to waste. Each organization was initially allocated \$100 to use how it saw fit.



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## NSU Campus Safe By Design

**By Todd Collins**  
Contributing Writer

Security on the N.S.U. main campus is a "\$2 million operation," as described by Alan Swenson, Senior Coordinator for Public Safety. Though crime exists everywhere, the combination of university resources and a quiet location in Davie results in a relatively safe environment for members of the N.S.U. community.

A large portion of the security budget is being allocated to the upgrading of the closed circuit camera system. According to Swenson, the old set-up was "not a great system," wherein the scope of an individual camera was much smaller than the area it was to cover. The camera, to do its duty, would continuously sweep the area, missing most of it at any given moment. In this sense, capturing a random occurrence was a question of chance.

Not so with the new system, in which, just for example, there are ninety cameras in and around the library. The images captured by the system are viewable on one of the many screens watched over by personnel in the security office and cameras can be manipulated as necessary to allow a given occurrence to be

watched from an optimal angle.

In addition, security officers are both on patrol and at stationary points on campus. We've all seen them, but there are also two undercover security operatives blending in and watching out. The Davie Police Department is a strong presence on campus, with two officers on patrol at any given time, day or night.

Though statistics reflect a low-crime campus, Swenson warns about having a false sense of security. "90% of all crimes on campus are crimes of opportunity," he explains, meaning that the victims left themselves vulnerable by, for example, leaving a car door unlocked. The lesson here is never to leave your guard down, never leave valuables unguarded or unlocked.

Martin van Gils Jr., one of the uniformed Davie Police officers who works the N.S.U. campus beat, emphasizes the idea of prevention. "The thing we harp on" he says, is for people "to utilize security resources." Be aware of the location of emergency call boxes around campus and use them if necessary. Report crime and suspicious activity. Request an escort if you would feel more comfortable while walking across campus at night.

Contact Novalert with any concerns or emergencies at (954) 262-8999.

## Keeping Your New Year's Resolution

**By Karen Marcel**  
Contributing Writer

The most celebrated holiday in the world is New Year's Day. This is the day we tend to look back at the past year's achievements and failures and celebrate, but there is one more significant detail about New Year's. It's the official unofficial day to plan new stages of action to improve our lives. Besides champagne and fireworks, making resolutions is the most popular tradition of New Year's.

It's the perfect opportunity to become a better person. On average, each American makes 1.8 New Year's resolution (McConnell, Scott). Keeping a New Year's resolution is a challenging task and here are a few ways to increase your probability.

1. Be specific. If you want to lose weight, be specific, how much weight do you want to lose. Being vague makes the resolution harder to achieve, quantifying it makes the goal clear and attainable.

2. Be realistic. Although we all have a few far-fetched and extraordinary ideas, making unrealistic resolutions may only lead to failure later on.

3. Set a deadline. That is a commitment in itself. Without deadlines we tend to keep postponing. The idea is to accomplish your resolution, and deadlines break it down to bite sizes

you can take.

4. Change one or two things at a time. Don't overwhelm yourself with too many goals at once. Once you've accomplished one go on to the next.

5. Have support. If it takes someone to keep tabs on you to accomplish your goals than so be it.

6. Write it down. Tracking your progress helps you to formulate a better plan, chart your success, and keep you from putting things off.

7. Think about it year round. Some of our resolutions tend to last survive the first week or two of the year. Remember you are giving yourself 365 days to accomplish your realistic goals. That is more than enough time.

8. Don't give up. Sometimes we have a tendency to quit because we fall off our path. This is the year to change all that. If you managed to sway from your path, write it down, and get back on track. It's that easy.

Whether your goal is to quit smoking, lose weight, or find new love visit [www.mygoals.com](http://www.mygoals.com) for online support. My Goals helps you to create your own New Year's Resolution or adopt one and send in your success story when you've reached your goals. You are now one step closer to living the life you've always dreamed of and being the person you know you could be.

## NSU Law Student receives Marinelli Scholarship

### Staff Reports

Washington DC—Kristin Deffler of Davie, FL has received the NIAF Mike and Marion Marinelli Scholarship at Nova Southeastern University. Deffler attends the Nova Southeastern University School of Law.

"The NIAF has awarded nearly \$6 million in scholarships and grants across the country since 1976. In 2002 alone, the Foundation awarded an estimated one million dollars in scholarships and grants to hundreds of students," said Hon. Marie L. Garibaldi, chair of the NIAF scholarships and grants committee.

The NIAF scholarship program celebrated its 27<sup>th</sup> anniversary in the year 2002. It has grown from four scholarships of \$250 each to over 140 scholarships that range from \$2,500 to \$15,000 each in the humanities, medicine, engineering, business, music, Italian language

and culture and other specialized fields.

In 2002, NIAF also funded 11 university grants to Italian clubs and 30 cultural and educational grants. The NIAF grant program promotes, preserves and protects Italian American heritage and culture by offering financial awards to individuals, organizations and institutions for projects that advance those goals.

Scholarship winners are selected based on academic merit and are academically outstanding with an average GPA of 3.9

Contributors to the NIAF scholarship program include many large corporations, individuals and organizations across the U.S. The NIAF will consider matching scholarships with other organizations.

Apply online for a 2003-2004 NIAF scholarship at [www.niaf.org](http://www.niaf.org). Application deadline is April 30, 2003.

## Interview with 'Charles'

**By Jeannette Porras**  
Contributing Writer

*I was sitting in a park in Downtown Miami and this charismatic man approached me, asking me if I had any money to spare. As I gave him the money, he sat down next to me, and told me his sad story. He wanted to remain anonymous so in reference to his story, I am using the name "Charles."*

**Q: What is your name?**

**A: Charles**

**Q: How old are you?**

**A: 47**

**Q: How many years have you been homeless?**

**A: 11 years, but I haven't been always wandering the streets. I use to have a much better life then what you see now.**

**Q: What was your life like in the past, if you do not mind me asking?**

**A: No, not at all. Well, I was born in Atlanta, Georgia, only child, and my father owned a small, successful, family business. I was a happy child and got everything I wished for. I went to high school, but I didn't do well at all. I wasn't a bright kid and had trouble keeping up with the other kids.**

**Q: Did you graduate from high school?**

**A: No, I ended up dropping out and getting a job as a pizza delivery boy at Domino's. I know it wasn't the smartest thing to do, but I was young**

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See 'Charles' page 11



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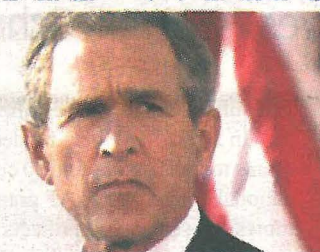
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# Breathe to the MTV Beat

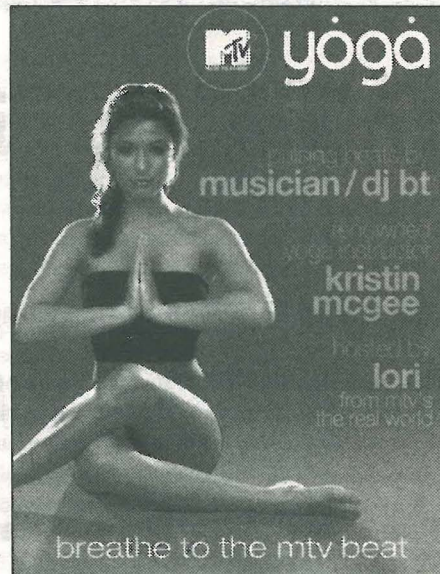
By Myriam Georges  
gmyriam@nova.edu

Developed over five thousand years ago by a Hindu philosopher and physician, yoga has transformed from a pathway to spiritual liberation and enlightenment to an exercise regime. Yoga is quickly becoming the exercise regime of choice for a younger health conscious generation. With this in mind, MTV has developed its own yoga instructional video aimed for the younger and faster paced yoga enthusiast.

MTV Yoga is fifty-three minute workout video or dvd hosted by MTV's The Real World Lori Trespecio and taught by Kristin McGee, a leading certified yoga instructor. McGee has appeared on HBO's Sex and the City as well as number of ABC daytime shows. Taped at NYC's Man Ray, the workout features the newest electronic music created by the popular musician DeeJay BT.

As Kristin presents and explains, Lori and two other trained yoga enthusiasts demonstrate the positions for beginners, intermediate, and advanced yoga. The last several minutes of the program feature Lori and Kirstin reexamining certain postures.

Yet, is it truly a workout? For those seeking a faster and more cutting edge beat and feel to their yoga fitness and flexibility workout this is the video for you. But, if you're a traditional yogi, the sight of Ardha Matsyendrasana being done to electronic music would make you cringe. Electronic music is far from relaxing and meditative for the serious yogi. But MTV makes an attempt to make it so. McGee speaks in a calm voice, however the sound of electronic beats is too distracting to calm. Instead, your struck with



Yoga instructional video from MTV teaches novice yogis yoga to electronic music.

the compulsion to either abandon yoga and start dancing or turn the volume down and stretch in silence. Personally, I found the entire experience irritating. Commercialization and exploitation for the sake of money has been redefined.

The health benefits of yoga range from total fitness to enhancing a man's sex drive to reliving cold and flu symptoms. The breathing and calming techniques taught by yoga have been used by students to focus on tests. NSU's Recreation and Well-ness department holds their own Hatha-yoga classes several times a week.

"Yoga is a slower process that works you internally as well as externally," said yoga instructor Beth, its not only stretching the muscles, but its giving you time to breath".

## Authentic New England-Style Sea Food in Fort Lauderdale

By Todd Collins  
tcollins@nova.edu

Whenever I would want to enjoy good sea food in a casual bar-and-grill atmosphere, I would go to Durty Harry's on 17<sup>th</sup> Street and Cordova Ave. in Fort Lauderdale. They've got great nightly specials like 10-cent wings and a good selection of beer. Then, one day, I heard of a place just down the street that supposedly serves authentic New England fare. I've heard that of other places before so I wasn't convinced; I figured I'd check it out.

It was true, the food was not only good, but also was the real thing. The owner, I'm told, is a native of the Boston area, and they have the fish, lobster, clams, etc, flown in from Boston regularly. The setting is casual. It's a medium to small restaurant with a full bar; that's important to me. There's a decent though not extensive choice of beer, and they serve it in a refrigerated mug, as it should be.

I started out with a bowl of clam chowder, the best I've had since last time I was at Legal Sea Food in Beantown. Next I tried their stuffed quahog, (a variety of clam about four inches across). I hadn't had one of them in I-don't-know-how-many years. The closest thing to one down here is a conch fritter. It was good,

but not as good as my mother's.

I had forgotten how the "steamers" (clams) in the Northeast are far superior to those down here. Kelly's calls them "Ipswich clams," around Cape Cod they're known as "little neck clams," since they have "necks" on them which must be removed. They're far tastier than anything taken out of these subtropical waters.

For my main course I had the old classic: fish and chips. On this particular day the choice of fish was scrod or haddock, and I chose the scrod. It was fresh, just as all their food is. Lightly breaded, no heavy coating at all. In fact there was just enough color and light crust even to call it breading on the outside. Healthy portions and thick cuts of fish. The fries (excuse me, chips) were ordinary; instead of the thick blocks traditional typical of New England cuisine. Overall, the food was excellent.

The menu is well-rounded with burgers, sandwiches, steak, salads, and pasta dishes. Service there is excellent and prices are reasonable. The next time you want sea food, try a taste of the far northeast and check out Kelly's Landing.

## Nova Southeastern University Congratulates the 2002 Alpha Chi Inductees

### Alpha Chi - At a Glance...

- Alpha Chi is a national scholarship honor society that admits students from all academic disciplines.
- Membership is limited to the top 10 percent of juniors and seniors.
- Must have earned at least 24 credit hours at NSU to qualify.

*Invitations to join Alpha Chi will be sent out soon for the 2003 inductees. Be on the lookout.*

Patricia J. Aaron, Monika Alvarado, Gerardo Daniel Alvareda, Odalis M. Anaya, Barbe' Anne Bartlett, Pauline Beverley, Christine Bonuso, Casey J. Boscoe, Michael L. Brown, Margaret M. Buchan, Erin Cannon, Angela G. Capecci, Jessica Diane Caraccio, Joan Catalano, Doreen N. Chambers, Wendy Chambers, Paulette Chen, Michelle T. Chong, Graham C. Clarke, Herlem Coker, Shari Cooper, Kelley L. Coyle, Alejandro Cruz, Casey D'Ambrosio, Daniel E. Dawes, Joseph W. Dawson, Lauren E. DeLaney, Edwin L. Donahue, Michele L. Evans, Wendy R. Ferguson, Marcia Fletcher-Goldsmith, Darnell Francis-Frazer, Michelle S. Friedman, Joseph J. Gangemi,

Susan Sheridan Garlitts, Mary Yvonne Gilling, Noah Gintis, Novlet Green, Tricia Hanson, Angeline Howe Anderson, Cleon Insang, Victor Adam Jaffe, Verlie L. James, Patricia E. Johnson, Sandra L. Jorgensen, Karen J. Kowalski, Heather J. Kvadus, Dorothy Lee Lacey, Elricha Lafleur, Anne M. Lajoie, Steven H. Lang, Angela H. Lynn, Sherry G. Maddox, Barbara Lewis Mangold, Kristine P. Martin, Rex Alan McCarty, Siran Arington Mckenzie, Richie J. Meadows, Diksha Mehan, Katrina Lynn-Jirik Miller, Samantha N. Newbold, Donald S. Onorato, Jessica A. Owen, Steve Paredes, Edith L. Parker, Jose Alberto Otero Perez, Stefanie Jo Peters, Beatriz Zenoz Pujol, Krisn Ramcharitar, Debra J. Reynolds, Carol Oliveira Rodriguez, Stephanie P. Rojas, Patricia D. Rouse, Stephanie M. Schaefer, Frances J. Schuster, Laurel B. Schwartz, Leslie M. Scribani, Rehana Seepersad, Jessica Smith, Kimberley R. Starman, Carolyn O. Stewart, Denise Cates Stockdale, Russell J. Suess, Lynn Louie Taylor, Nancy A. Terry, Maria Usberghi, Elizabeth Ann Walton, Elizabeth M. Wardlaw, Neeka E. Walker-Wells, Robert Whyte, Cynthia Woods, Jamie M. Zorn

### Food Review

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Alpha Chi is distinctive in that it involves members in all aspects of its operation: chapter officer leadership, student representation on the National Council, local chapter event planning, and presenting scholarly programs at regional and national conventions.

Recognition of Alpha Chi members is given at graduation, and Alpha Chi members receive a medal, certificate and a lifetime membership card.



**10 Best Albums Released in 2002**

by Dennis Heard

**1 Elvis Costello "When I Was Cruel"**

As ominous as it is soothing, Costello's orchestrations and songwriting combine the finest bits of jazz, R&B, and rock are topped off by one of the most expressive and compelling vocals and lyrics of our time. Songs to check out: #4 When I Was Cruel No. 2, #1 45, #13 My Blue Window

**2 Flaming Lips "Yoshimi Battles the Pink Robots"**

If U2 went indie rock, "Yoshimi Battles the Pink Robots" would be the repercussion. Classic alternative meets soul and pop around the campfire. Songs to check out: #10 All We Have Is Now, #3 Yoshimi Battles the Pink Robots Pt.1, #2 One More Robot/Sympathy 3000-21

**3 Cee-Lo "Cee-Lo Green and His Perfect Imperfections"**

This is the most innovative and entertaining hip-hop album of the year. Don't let the straight-out-of-the-choir overly soul sounding single mislead you, the founding member of Goodie Mob and Dungeon Family is as tight as MCs come.

**4 Sonic Youth "Murray Street"**

They've done it! It is not easy being an abstract and audience challenging group, but the highly accessible, infectious melodic, but still unorthodox. Songs to check out: #3 Rain on Tin, #1 The Empty Page

**5 Beck "Sea Change"**

The Bob Dylan of the 90's or as he proclaims "the Bon Jovi of the 60's," puts out his darkest album to date. Sea Change is reminiscent of the psychedelic folk opus Mutations but with a more gloomy laying in a hammock on the beach vibe.

**6 Queens of the Stone Age "Songs for the Deaf"**

THE ROCK HAS COME! From the bowels of mediocrity, "Songs for the Deaf" captures and releases rock's true essence. This album should be the calibration of rock music today. Songs to check out: #5 The Sky is Fallin', #2 No One Knows

**7 Tom Waits "Alice/Blood Money"**

Tom Waits is classic, and Alice/Blood Money is as well. These albums veer from Waits's standard lecherous bilious insomniac days to beautiful heart-tugging lullabies of jazz and blues. Songs to check out: #3 Coney Island Baby, #8 Lullaby, #5 Kommienzuepadt

**8 Blackalicious "Blazing Arrow"**

Old school hip-hop done right. Intelligent, humorous, and soulful Afro-centered conceptual lyrics on top of juicy beats with head swinging rhythms. A must for any hip-hop fan. Songs to check out: #13 Aural Pleasure, #10 Make You Feel That Way

**9 And You Will Know Us by the Trail of Dead "Source Tags and Codes"**

The best emo/indie rock album of the year hands down. Go check them out live. Songs to check out: #10 After the Laughter, #2 Another Morning Stoner, #5 How Near How Far

**10 The Hives "Veni Vidi Vicious"**

The Rolling Stones go to Sweden! Rock in its primordial state with a modern touch. Very intense; very good (See also International Noise Conspiracy) Songs to check out: #4 Main Offender, #9 Statecontrol, #2 Die, All Right!

**The Roots Stimulate More Neurons with "Phrenology"**

By Dennis Heard  
SpyboyXXX@aol.com

"They say a record ain't nothing if it's not touching—gripping, draw you in closer make you want to listen,"

Black Thought (The Roots)

That's it; a fairly simple statement that most watered-down businesspeople passing themselves off as musical acts nowadays spit in the face of. However, The Roots' mental faculties show the right idea with their new album "Phrenology."

First off, the basics. The Roots are six-piece live hip-hop ensemble producing genre-crushing music which spans 10 years, four studio albums, and countless accolades. Ever since they released the graciously haunting single, "You Got Me" in 1999, an artistic and musical credence has been lent to The Roots

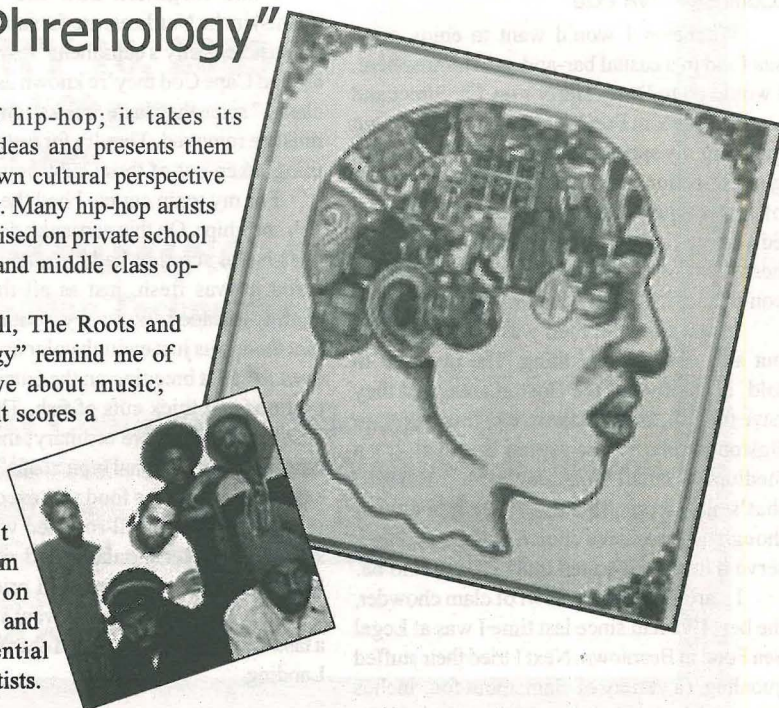
and rightfully so. Consistently, this band has intertwined the finest points of music, culture, and the human spirit into every one of their three previous albums.

Their fourth is no exception. The album stretches from dance-floor hip-hop jams like "Rock You" and "Thought @ Work" to laid-back soul-influenced tunes like "Break You Off" and "P\*ssy Galore." With elements of jazz, funk, soul, and even punk rock, The Roots redefine hip-hop once again. Loaded with straight grooving basslines, captivating rhythms, ambient jazz piano, and good arrangements, "Phrenology" is a full spectrum of the sounds and themes that this band is capable of laying down.

Lyrically, Black Thought gives us more on his perspective of love, life, integrity, and the human spirit. In the single, "P\*ssy Galore," Black Thought comments on how popular music is all about sex and image: "What are the freaks in the video for? F\*ck the song, give me a thong and p\*ssy galore." That's the

beauty of hip-hop; it takes its creator's ideas and presents them from his own cultural perspective and history. Many hip-hop artists were not raised on private school education and middle class opportunity.

Overall, The Roots and "Phrenology" remind me of what I love about music; therefore, it scores a 9 out of 10 scratches of the vinyl. Visit [okayplayer.com](http://okayplayer.com) for more on The Roots and other essential hip-hop artists.







## Zwan???—Another Billy Corgan Band, Another Billy Corgan Mystery...

By Jason Fraser  
frasier@nova.edu

Who, or what, are Zwan, you ask? Well, to most people in the world, Zwan is a canned meat product much like Spam is in the U.S. Therefore, this would make a great band name as well, right? Well, turns out the band had never heard of the food product and came up with the name independently. To those who have followed the career of ex-Smashing Pumpkins front man Billy Corgan, Zwan represents much, much more than a not-so-tasty lunch meat. Zwan was formed in 2001 by Billy Corgan (vocals/guitar), long time buddy Matt Sweeney (guitar), David Pajo (guitar/bass), and Jimmy Chamberlin (drums). Paz Lenchantin (bass) was added to the line-up in April 2002. If any of these names sound familiar to you, they should. Corgan has assembled an almost mythical line-up of talented musicians from some of the influential underground bands of the 90's. Sweeney is best remembered by his work with the bands Skunk and Chavez, and has had many other side projects with other bands such as Cat Power, Guided By Voices and Bonny Prince Billy. Pajo was a former member of both Slint and Tortoise, is currently in Papa M, and has toured with Royal Trux, Palace, Will Oldham, King Kong, and Stereolab among others. Chamberlin is also a former Pumpkin, and most will recognize Lenchantin from A Perfect Circle.

What's with the mystery you ask? Well, "Zwan" proper is really the third incarnation

of the same band: "The True Poets of Zwan" as they were first known were a hard rocking band that played four shows (five if you get all technical on me and count the Rawa benefit on 11/14/01); the "Djali Zwan" were an all acoustic band that played only a handful of shows; and "Zwan" which combined elements of both and added Paz to the mix. Now that they've declared themselves "Zwan" they will be releasing "Mary Star of the Sea" on January 28<sup>th</sup> (Feb. 10 for those overseas). But they will also be releasing an album as the "Djali Zwan" shortly thereafter. Add to that the religious symbolism present on this new album (reminding some fans of the Pumpkin's Machina mystery) and you get a typical Corgan effort.

Now a little about the fans. Let's just say that Zwan won't have any trouble filling up an arena almost anywhere in the world. (Shows so far have sold out in sometimes a matter of minutes. The upcoming Metro shows sold out in less than 3 minutes.) Every show played by Zwan so far has been recorded and released by the fans on the internet. Communities of fans have been set up since a few days after the first shows were played, and are now growing extremely large.

In my opinion, the upcoming album sounds great from what's been heard so far (live versions, partial album cuts); a more laid-back effort than what you would expect from the group. Will this album start a revolution? Probably not, but then again, it is better than most of the albums that were released in 2002.

## Dear Stan

Dear Stan Philanders,  
I'm a 22 year old college student in my freshman year. I hate my body. I go to the gym 3 times a week and I've been a member for 3 months. It seems that I have a very unattractive figure. I weigh about 140 pounds and I'm about 5'3. Guys never flirt with me or tell me that I look nice when I go out of my way to dress up. I feel very uncomfortable around thin girls and they always seem to not want to talk to me and they look at me in disgust. What should I do? I want a nice figure. Miami, Florida

Dear I want a nice figure, I believe every young girl would like to have a nice figure, but it doesn't always happen that way no matter what you do. Take care of your body and work out to please you, not the guys, and don't worry about those thin girls, they're probably anorexic or bulimic. Always remember, to love yourself for you and a real guy will find you attractive and do the same. Remember, a lot of guys like chicks who are "chunky but funky."

Dear Stan Philanders,

I have a boyfriend that I've been dating for 2 years. I'm very attracted to him but he never seems to turn me on. I've flirted and fooled around with girls in the past, just out of curiosity. No one knows about my secret fantasy with girls, except my boyfriend. When I look and talk to pretty girls, I seem to blush and get highly turned on by them. What does this mean? Does this mean I'm really a lesbian? Mixed Emotions, Miami, Florida

Dear Mixed Emotions, Maybe you should

just follow your true feelings and make your move on those pretty girls and see if you score. Only you can answer the question if you're a lesbian or not, time will tell. If all goes well, find an excuse to dump your boyfriend and start getting busy with someone who turns you on and keeps you on your toes. Remember: it's okay; everyone likes a little kitty now and then.

Dear Stan Philanders,

A friend of mine is inquiring about getting breast implants. My friend is young and beautiful but fairly large from the waste down and I think breast implants would make her look like a blimp. I've told her several times that she's beautiful without them and she knows it. I'm really afraid to tell her how I truly feel. Should I tell her or keep quiet. Plantation, Florida

Dear Should I tell her or keep quiet. A real friend does not hold back on anything whether it's good or bad. Let your friend know your true thoughts of how you feel they would look on her. Most likely she will cry and not talk to you anymore and still go ahead with her plans. Remember: never tell friends "what they want to hear."

Dear Stan Philanders,

I have a really close friend who has a drinking problem. She's basically in denial that she's an alcoholic. I've told her on several occasions that I would stand by her and help her as long as she seeks some help from an AA program. I've partied with her and had drinks with my friend and afterwards, I feel guilty as if I've

See 'Dear Stan' page 11

## Calendar of Events

- 02/01/03 The Beach Boys Gulfstream Park  
Hallandale, FL
- 02/01/03 Kings X The Factory  
Fort Lauderdale, FL
- 02/07/03 Further Seems Forever, Elliott, and Salem The  
Factory  
Fort Lauderdale, FL
- 02/08/03 Sister Hazel Culture Room  
Fort Lauderdale, FL
- 02/09/03 Erykah Badu Level  
Miami Beach, FL
- 02/20/03 The Juliana Theory, Something Corporate, and  
Vendetta Red The Factory  
Fort Lauderdale, FL
- 02/21/03 Santana American Airlines Arena  
Miami, FL
- 03/18/03 Queens Of The Stone Age Culture Room  
Fort Lauderdale, FL







## 'Charles' continued

and foolish. I think I started to make those kind of drastic changes in my life when my parents died a year apart from each other, both of a heart attack.

**Q: What did you do next?**

A: Well, my father left me the family business. So I ran that for a couple of years.

**Q: What type of business was it?**

A: We would put tile in people's houses.

**Q: Why did you only run the business for a couple of years?**

A: I didn't know anything about running a business, and when my father ran it, I never cared on knowing how to run it. I went out of business after the third year of inheriting it. That is when everything started to go wrong because I didn't have any good support from my family.

**Q: Were you married?**

A: Yes, and I have two daughters. I met my wife after I inherited the business and we got married right away. I loved her very much, but when I lost the business, she left me and took the children. She said that she needed someone to support her and her daughters. My daughters were only 2 and 8 months at the time. They never really knew who I am and was. You would think that was the worst part of it all, but it gets worse. My wife was really close to my family and before she left, she told them that the reason she is leaving me is because I used to beat her.

**Q: Your family believed her?**

A: They not only believed her, but also they didn't want anything to do with me after that. I haven't talked to them since then.

**Q: Have they tried to contact you, or have you tried to contact them?**

A: No, because after I had lost the business, I got real depressed, and started to drink a lot. I couldn't stand living in Georgia anymore and hitchhiked to Florida.

**Q: What did you do when you arrived to Florida?**

A: I got another job at Domino's delivering pizzas. I got a small, cheap, apartment, and lived alone. I never had anyone ever again.

**Q: How long did that last?**

A: Not very long, because I had a heavy drinking problem. One night when I was on delivery, I stopped at a liquor store for a quick drink. When I went on my delivery, I got into a big accident. The cops came and arrested me for D.U.I. I stayed in jail for two days, and when I was released I had lost my job.

**Q: Did you look for another job?**

A: Yes, but because I have a record for D.U.I. no one wanted to hire me. This made me more depressed; I drank even more, and started to do drugs. I got so depressed that I thought about killing myself.

**Q: What made you realize that your life is worth more than ending it so drastically?**

A: To this day I don't know why I didn't go through with killing myself. I guess I wanted people to hear my story and make an example out of it. I lost everything and the drugs took over my life. I was so addicted to drugs that I sold my car to have money for drugs.

**Q: What happened with your apartment?**

A: I lost that too because I didn't pay the rent and I was forced to live on the streets. As you can see, I now live in a park in Miami. When I first started to live on the streets I would beg people for money so I could buy drugs, I didn't care how I got the drugs, as long as I got them. I now think that I have

## Obituary

### NOVA SOUTHEASTERN UNIVERSITY SUPPORTER EARL VETTEL DIES

FORT LAUDERDALE —Earl Vettel, a home developer and supporter of Nova Southeastern University, died of natural causes on Sunday, January 5 at his home in Fort Lauderdale. He was 97. Arrangements for his cremation were made by the Neptune Society.

Born January 6, 1906 in Cincinnati, Ohio to Jan Danholm and Jacob Vettel, Mr. Vettel arrived in Florida at the age of 19 where he worked as a bassist in a big band. He later changed careers and served as a music teacher in the Dade County Public Schools.

Mr. Vettel also worked at Calder Racetrack, where during his tenure he designed worker carts for track employees who had to place horses in the starting gate.

After moving to Broward County, he purchased a parcel of land and became a sod farmer, and builder of homes in Hallandale and Hollywood. In 1961, Mr. Vettel set aside his land in trust to become part of Nova University (now known as Nova Southeastern University) at the time of his demise. As a benefactor of the university, Mr. Vettel was a "watch dog" ensuring that the development of the institution was conducted in a prudent manner that would serve the community.

Mr. Vettel was always a strong advocate of community service. In the early 1960's when single parenthood was stigmatized, he set up a program to benefit unwed mothers in Hallandale.

In addition to his generosity to Nova Southeastern University and to the local community, Mr. Vettel was also a philanthropist to a town in Mexico, which he adopted. He helped the residents become more independent by assisting in the development of an industry, and helped the children by building schools, which he continued to support every year.

Family was very important to Mr. Vettel as he had two sisters - Grace Gayer (deceased), and Virginia Broden. He was married twice — to Adel Vettel and Virginia Booth Vettel, and had a stepdaughter, Judy Joy Storms, and a step granddaughter, Judy Hope Storms.

He is survived by his best friend of 22 years, Debra Colabella, who took care of him in his later life.

Mr. Vettel's friend, Abraham Fischler, Ed.D., President Emeritus for Nova Southeastern University, said, "We will always remember Earl Vettel for not only his contributions, but for his sincere commitment in time, support and concern for the development of our university."

some deadly disease because I did share needles with many people, and I am very sick.


**Q: Did you go to the clinic to get yourself checked?**

A: No, I know I am dying and it is too late for me. That is why I want people to hear my story. Hopefully, my daughters will forgive and find me before I die.

**Q: Have you looked for your daughters?**

A: No, because I am too ashamed of my life. I hope they are doing fine and making the best out of their lives. I want them to know that I love them and I think of them every day.

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### Dear Stan: Continued from Page 9

done something terribly wrong. Having  
Guilty Feelings, Miramar, Florida

remember: the first step is admitting the problem, just in case your "friend" is really you.

Dear Having Guilty Feelings,  
The reason you feel guilty is that you know that your friend has a drinking problem and you've volunteered to help as long as she seeks help. The only way you will feel comfortable and become free of those guilty feelings is if you set an example by not drinking with your friend and keep your promise. And



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