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2003-2004 NSUSGA Senators Announce Upcoming Events

The 2003-2004 Nova Southeastern Undergraduate Student Government Association has come out of the gates and blasted off to a new school year. The senate is completely full, and the executive board positions have all been appointed. Everyone has been trained, and many members have returned from last year to provide experience and guidance for the new members.

The executive board consists of President Dennis O'Leary; Vice-President of Legislative Affairs Selena Auguste; Vice-Presi-

dent of Judicial Affairs Amanda Patterson; Public Relations Director Pedro Sam; Executive Secretary Maria Terneus; Treasurer Jeanette Del Angel; and Campus Entertainment Director Ryan Iosco. Most members of the E-board chair a committee and each senator is obligated to maintain membership in at least one committee. Some of the committees include the Student Action Committee, headed by the VPL; the Campus Entertainment Committee, headed by the CED; the Leadership Development Committee, headed

by the executive secretary; and the Public Relations committee, headed by the PR director. All of these committees are open to membership by any student at NSU and are an excellent way to learn the politics of government and the skills of event planning. Also, members of these committees are entitled to lots of free giveaways and reduced admission

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HIV Prevention Lecture Focuses on Development of Microbicides

By Carley Critser
Arts & Entertainment

On September 25th, 2003 Nova Southeastern University and the American Chemical Society hosted a lecture by Deborah L. Jones, PhD from Barry University and Stephen M. Weiss, PhD MPH from The University of Miami School of Medicine. The lecture was held in the Steele Auditorium at the School of Medicine. The two professors outlined the various ways to help prevent HIV transmission, including the use of topical microbicides. Dr. Jones defines a microbicide as any biological or chemical substance that can substantially reduce transmission of sexually transmitted diseases when applied correctly. Currently, there are 60 microbicide

products in development and testing. Microbicides affect disease transmission in four different ways. The first is to kill or inactivate pathogens. The second is to inhibit entry of pathogens into vaginal or cervical cells. Preventing pathogens from replicating is the third way. Finally, some compounds, derived from natural substances, work by boosting the vagina's natural defense mechanisms.

After explaining the function of microbicides, the two professors continued to outline their possible applications if they were made available to consumers. Microbicides could be used as the primary source of protection for individuals or

couples who are unable or unwilling to use condoms consistently, and as a potentially low-cost mechanism to reduce prenatal transmission during pregnancy.

Although they discussed a rather serious subject, Dr. Jones and Dr. Weiss maintained a degree of light-heartedness, sharing a few jokes and funny stories. If the opportunity comes around again, attending a lecture presented by The American Chemical Society or any educationally orientated lecture presented at NSU is strongly recommended. It is an educational and entertaining experience.

The Media: Hawk or Dove?

By Jennifer K. Reem
Communication Program Coordinator
Division of Humanities

The Farquhar College of Arts and Sciences, the Division of Humanities, and the South Florida chapter of the Society of Professional Journalists are sponsoring a panel discussion on the topic of propaganda, journalistic ethics, and the media coverage of the war in Iraq. It is entitled, "The Media: Hawk or Dove?" The panel members are very distinguished experts in the areas of ethics, propaganda, journalism, and national defense.

The Panelists:

v Mike Kirsch, CBS4, veteran war correspondent, who reported on the Iraq war as a non-embedded journalist

v Tom Fiedler, editor of the Miami Herald

v John Dahlburg, L.A. Times reporter and veteran European, Asian and African correspondent

v Ben Mulvey, Ph.D., ethics and philosophy professor, Director of the Division of Humanities, Farquhar College of Arts & Sciences, Nova Southeastern University.

v Lt. Col. Dave Lapan, Department of Defense, involved in administration of embedded journalists during the Iraq war, now stationed at Camp LeJeune, N.C.

v Lisa Jeffery, adjunct instructor of communication at Nova Southeastern, former U.S. Air Force Capt. and Public Affairs Officer during the Gulf War, and propaganda expert.

Moderator: Darcie Lunsford, Editorial Board, South Florida Business Journal.

The discussion is to be held at 7:30 PM in Mailman 309 on Thursday, October 16th. Light refreshments will be served between 7:30 and 8:00 PM.

Admission is free and open to all. However, it is asked that you please RSVP to Jennifer Reem either by e-mail at reemj@nova.edu or by phone at (954) 262-8409 in order that the appropriate amount of food and beverages can be ordered.

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Editor's Note

The Knight is now the official newspaper for the **entire** student population of Nova Southeastern University, and is no longer the undergraduate newspaper. Graduate students and graduate school professors: *The Knight* is now requesting your input.

The recent controversy centered on Rush Limbaugh's comments raises some fundamental issues regarding freedom of speech. Limbaugh, the ultra-conservative former political talk show host, made a statement to the effect that Philadelphia Eagles quarterback, Donovan McNabb, was overrated because the media is desirous of a black quarterback success story. Subsequently, he was fired by the cable sports network amid allegations of racism.

Limbaugh argued that his freedom of speech was being abridged, and he is correct in saying so.

The outspoken commentator has both an opinion to express, and a right to express it. It is shameful to sweep his comments under the rug. If his ideas are false, the viewers will decide so for themselves. If his opinions are well founded, this too will be for the viewers to decide. But to silence a speaker is to speak *for* the viewers. Even worse, it is also to *think* for the viewers.

In general, *all* ideas should be allowed to be expressed, rather than only the politically correct (non-controversial) ones. If false ideas are never heard, they will never be discussed (and subsequently proven wrong) and people will begin to forget *why* they are wrong. The falseness of ideas in question will be taken as party line, as thoughtless parroting of truth.

Further, it *is possible* for a person of one race to make an observation about a person of another race, or a condition concerning another race, *without* being racist. It is sad, however, that for some, race always seems to figure into the topics they discuss. Race is relevant to many issues, but certainly not all. McNabb *earned* the praise given to him by the press. He is a great quarterback who may have had his ups and downs, but race has nothing to do with it.

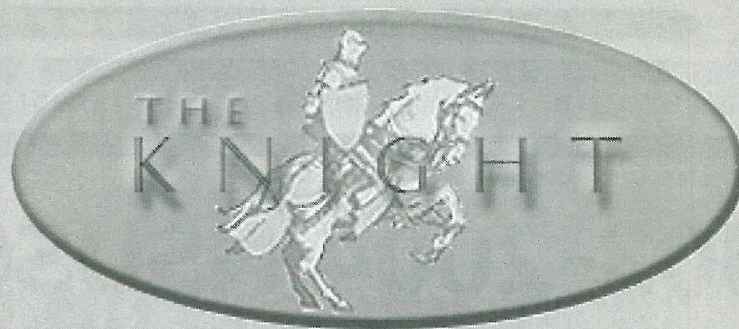
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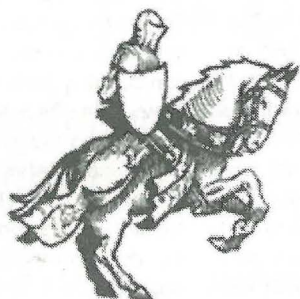
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The Knight serves Nova Southeastern University from its location in the Parker Building. *The Knight* is NSU's established vehicle for the transmission of student reporting, opinion and arts. All community members are invited to contribute anything they desire to *The Knight*.

Editorials, commentaries and advertisements in this publication reflect the opinions of the authors and do not necessarily express the views of the University or its officials, *The Knight* staff, or other advertisers. *The Knight* will not publish unsigned letters except under special circumstances at the editor's discretion.

The Knight reserves the right to edit.

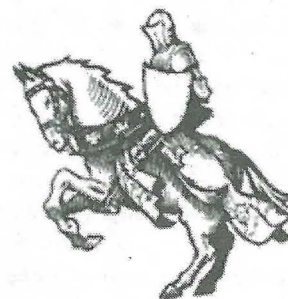
HOMECOMING 2003 EVENTS ARE HERE!



"A Knight's Tale"

Step Back in Time

To Kings, Queens, Chivalry & Honor



OCTOBER 20-24- HOMECOMING COURT ELECTIONS! Now that people have been nominated, it's time to separate the Kings and Queens from the beans! Come vote for the Homecoming Court Monday through Friday at Parker from 11am-1pm. Elections will also be held at Goodwin from 5pm-7pm on Wednesday and Thursday.

OCTOBER 26 (9am-4pm)- BLOCK PAINTING PARTY (DOSA) and NSUSGA Bar-B-Q! Does everyone remember the blocks that clubs and organizations painted last year near the resident halls? Well, this is your chance to either redo them or touch up on them! Last year, this event was so much fun, and this year we hope to improve its quality! On top of that, NSUSGA will be serving delicious burgers, hotdogs, and much more! Come and participate in the new NSU tradition!

OCTOBER 29 (9pm)- COMEDIAN NIGHT! Like comedy? Come watch two of the most famous comedians out in the field; Denny Moore and Joe Miller, as seen on HBO, Uncle Funny's Comedy Club and more! This event will be held in the Rosenthal Dining hall. This is a show you don't want to miss!

OCTOBER 30 (5:30pm)- SHOW YOUR SCHOOL SPIRIT! It's Nova Spirit Day, so wear all your favorite NSU duds in blue and silver! The tailgate BBQ starts 5:30 pm at the soccer field, and the Men's Soccer game vs. University of Tampa starts at 7 pm. NSU Knights will knock the lights out of the other team! Come support the NSU soccer team!

OCTOBER 31 (4pm and 5pm)- RAFT/TRICYCLE RACE! An NSU tradition! Come with your club and race to win awesome prizes. Prizes include free tickets to homecoming, shopping sprees, and limo rides for homecoming! The tricycle race starts at 4pm and the raft race starts at 5pm at the Gold Circle lake. Participants can pick up applications from the Student Activities Office; they are due on October 20. Only the first 18 participants will be considered. The Campus Community Picnic Dinner hosted by the faculty runs from 4:30 to 7 pm outside Gold Circle Lake.

NOVEMBER 1 (8pm-12am)-HOMECOMING DANCE! Yes, it's here – the NSU Homecoming Dance! Don't miss out on attending "A Knight's Tale." This event promises to be the best Homecoming of all time; it will truly be a magical moment. Ticket sales information will be posted soon (\$35/single and \$60/couple – tentative). The dance will take place at The Westin located at 400 Corporate Drive Ft. Lauderdale, Florida 33334. Alumni Reception runs from 6:30 to 8 pm at the poolside. The dance begins at 8 pm and runs until 1 am, with Homecoming dinner starting at 8:30 pm. Presentation of the 2003 Homecoming Court will happen at 11:30 pm. Don't forget pictures! Gerlinde Photography will be present to take individual and group photos.

Questions? Call Student Activities and Leadership Development at (954)262-7290.

Check us out at <http://www.nova.edu/nsusga>!

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All students invited to meetings, urged to contribute opinions

for many NSU events. NSUSGA meetings are scheduled for 3:30 PM on Sundays in the Presidential Board Room at the Horvitz Administration Building. Stop by and see what goes on — all students are welcome. The E-board strongly suggests that every-one voice their opinion at constituency meetings and suggestion boxes around Parker, Goodwin, and Rosenthal buildings.

The senate is buzzing with ideas, and is planning activities throughout the semester. The Athletic Senators Lyndsay Metts and Tom Gilette are continuing the NSU tradition, Holla 4 Dollars, throughout the semester. At these designated games, the organization with the most people in attendance wins \$50. The International & Minority senators are co-sponsoring a constituency meeting on Oct. 14, 2003 at 5:00 to 6:00 pm in the Goodwin classroom. Minority senator Laura Guevara can be contacted via e-mail at lguevara@nova.edu, or during her office hour Tuesdays at 5-6 PM. International Senators Micaela Mercado and Dane Johnson can be contacted via e-mail at micaela@nova.edu and dane@nova.edu, respectively, or during

their office hours Fridays 12-1 PM and 2-3 PM. Residential Senator Michele Manley is planning a community picnic scheduled for November 22nd, where their will be "fun, food, games and excitement." Non-traditional Senator Tamara Chase will be holding a wine and cheese event scheduled for November 14th in front of the library. Sorority Senator Crystal Carrio and IFC senator Steve Hernandez will be throwing a "Greek Unity Party" open to all NSU students on Thursday, November 13th from 8-11 PM in the Flight Deck. E-mail NSUSGA@list.nova.edu for more info on any of these events.

After much controversy surrounding last year's inception of a new budget process, this year's procedure for budgeting was implemented with a minimum of disagreement. After learning from the mistakes made last year, returning e-board members led a largely new senate through 14 hours of deliberation. Both organizations and the NSUSGA are satisfied by the outcome of this year's budgeting process.

Proud to be Called Betas

The brothers of the Nova Southeastern University chapter of Beta Theta Pi, the Zeta Mu are proud to call themselves Betas. After recruiting nine new pledges and working several fund-raisers and a workshop, the brothers are just getting started.

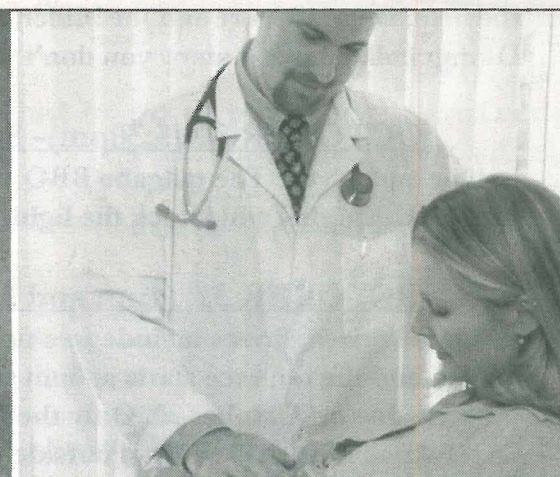
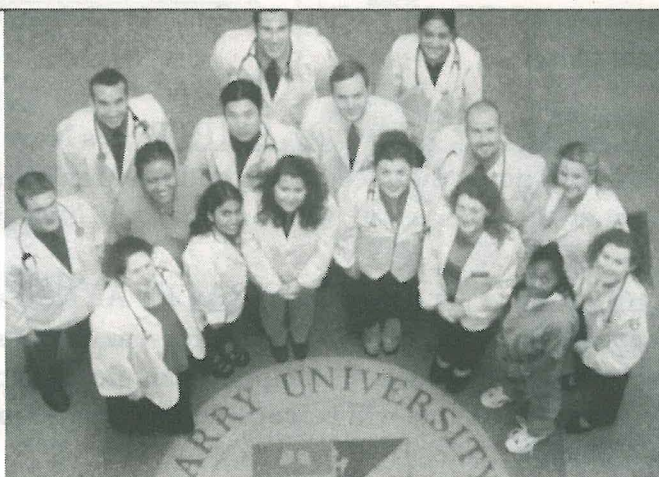
Recruitment is what keeps fraternities alive, and solid recruitment techniques coupled with active and social brothers has kept the Zeta Mu Chapter of Beta Theta Pi strong and able since the group received their charter in 1997. In just a few years, the 15 founding fathers of Beta, who can be seen pictured in the Flight Deck red room, established a favorable reputation for Zeta Mu, which has been continued. The nine new pledge brothers who will be in charge of carrying on the Beta tradition are Nicholas Strobbe from Largo, Florida; Giancarlo Espinoza from Lima, Peru; Andre Graves from St. Petersburg, Florida; Greg Martin from Hanover, Massachusetts; Alex Pappas from Beverly, Massachusetts; Ted Chamberlain from Harrisburg, Pennsylvania; Neil Mayer from Jacksonville, Florida; Kyle Linsey from Tampa, Florida; and David Landry from Moncton, New Brunswick.

So far, the brothers have been busy with intramural football, in which they carry one loss and one tie so far in the competitive league. Practice makes perfect, and intramural chair Chad Nochimson understands this and has therefore planned a practice every night for the entire season. The next few games against rival fraternities Sigma Alpha

Mu and Theta Delta Chi will decide whether Beta will be in the playoffs.

Early this year, the Betas worked the University of Miami Hurricanes game against the University of Florida Gators for Continental Services Company as a fund-raiser. The brothers were ushers at the game, and everyone got to go onto the field for the last quarter. This was the kind of game any sporting fan could appreciate as the hometown Hurricanes came back from a 30 point deficit at the half to win the game. Zeta Mu has also organized car washes to raise funds. Come by Texaco on University Drive across from the Health Professions Division building on any Saturday during the afternoon to get your car hand washed by the brothers — for a small donation.

On September 17th at 9:00 PM, the Zeta Mu Betas held a drug and alcohol awareness workshop in the Goodwin classroom. The guest speaker was drug counselor and NSU psychology graduate Jason Wagner. The event was well attended and featured free refreshments and food. The Betas are currently planning the next workshop, which will be a self-defense workshop for mid-semester. Also, the anticipation builds as Beta's biggest party of the year, the 8th annual Embalmer's Ball, is scheduled for Halloween October 31, 2003. If you only attend one of Beta's parties during the year, make it this one. Contact betazm@coollist.com for information on how to become a member of Beta, or get involved with any of the activities previously described.



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Monster Zero Gig a Hit for Snodgrass

By Carley Critser

Arts & Entertainment

Nova Southeastern University's Library occasionally provides a venue for both local and nationally known poets to hold poetry readings. On September 12th, the NSU Library hosted one of our favorite local poets, Jay Snodgrass. It was a good turn out, and included Jay's wife and 9 month old daughter Abagnail.

Before I arrived, I was wondering what exactly it would be like. Would it be extremely boring, to the point where I would have to fight off catatonic sleep, or would there be a really crazy poet up on a chair belting out some hard-to-understand versus? It turned out to be neither. The people were surprisingly normal and it was a lot of fun. As an added benefit for all of you college students out there on a budget who eat mac'n'cheese everyday, the poetry reading was catered. The entire back of the room was spread from side to side with lavish desserts which included key lime pies, strawberry cheesecake, and strawberry romanoff. Drinks and spring rolls were

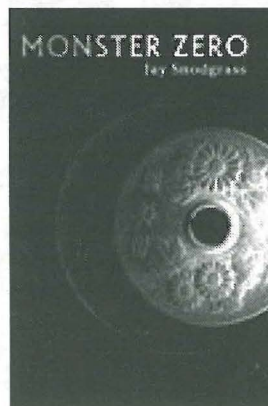
also available. All of these desserts and other items were paid for by the library and partially donated by *Taste of Excellence*.

Now that I probably have everybody's taste buds watering about those desserts, I need to get back to the real story. Jay Snodgrass grew up with his family on a military base just outside Tokyo. As a child of non-Asian descent, he stood out as an outsider in Japan and grew up to relate himself with *Godzilla*. Both were scary and unwelcome in the post atom bomb era, when the *Godzilla* movies became popular. As an adult, he moved back to South Florida and earned a Masters Degree in fine arts and creative writing at Florida International University.

Snodgrass just finished writing a book entitled *Monster Zero*, which contains most of the poems he performed at the reading. One of the cool things about this book is that it is a collection of poems centered on a central character, *Godzilla*. Titles include: *Godzilla Romances Tokyo*, *Little Things*, *Algebra*, and my

personal favorite, *Godzilla Watches Cable*, in which *Godzilla* serves as a metaphor for the atom bomb.

For those who have never been to a poetry reading, I suggest attending one. They are well worth the time, even for those who are not huge fans of poetry. Everybody gets to fill up their tummies with spring rolls and amazing desserts and then listen to entertaining, and sometimes comical, poetry. Come on, how could something titled *Godzilla Romances Tokyo* not be fun to listen to? His book can be found on amazon.com or in your local bookstore. Check it out!



Write the Frantic American Novel with NaNoWriMo This November

By Christie Bailey

cbailey@nova.edu

Call it "crazy" if you will. Call it a challenge. Call it mass insanity or sophisticated torture. Call it stress-inducing, carpal-tunnel-syndrome-producing, laugh-out-loud, productive, painful *fun*.

Call it...NaNoWriMo.

National Novel Writing Month, or "NaNoWriMo," is a month-long literary mad dash. Every November, participants from around the world pat their TVs goodbye, lock their phones away in desk drawers, turn up the music, and start their fingers a-typing in an effort to complete a novel in only one month. The goal is 50,000 words in thirty days. The motivations vary. Participants join for the thrill of the challenge, for the bragging rights, for the utter insanity of the venture, and for the pleasure of being able to call themselves "novelists" when the whole ordeal is through. And, of course, they do it for the sick pleasure they feel knowing that – all around the world – at least 20,000 other people are going through the same suffering they are.

NaNoWriMo is unique among writing contests. There is no entry fee (only a suggested donation), no material prize, and a "winner" is anyone and everyone who crosses the 50,000 word finish line by the November 30th 11:59:59 pm deadline. It values quantity over quality and perseverance over talent. It is about taking risks, making mistakes, throwing good grammar out the door, and – if it comes down to it – producing utter drivel. It is about writing simply for the sake of writing.

This November marks the fifth anniversary of the contest. The brainchild of the Californian freelance writer Chris Baty, National Novel Writing Month was brought into the world in 1999. In that first year, there were six winners. Last year, there were more than 2,000.

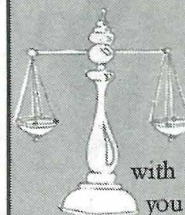
If anyone is interested in this excitingly insane, noble endeavor, check out NaNoWriMo's website at www.nanowrimo.org. There are several en-

tertaining FAQs written by Baty himself, writing tips, and a plethora of message boards where participants gather to exchange suggestions, encouragement, supporting words, and anecdotes. Here, you can become a Wrimo – er, that is "official member" – by signing up for an account. This will give you the ability to post in the message boards, and will provide you with a personal profile and a nifty word meter that allows you to update your word count throughout the month for all to see.

You don't have to be an English major to participate. Heck, you don't even need to be able to write in English. If you think you have the drive to bang out 50,000 words (in any language) and the resolve to see a novel to its end no matter how bad it is, then dust off that keyboard, start stock piling coffee, and sign up today for a November you will never forget.

Come on. I challenge you.

Horoscopes



Libra (September 23 – October 23) – A recent venture or acquisition may have left you with more responsibility than you expected. If you're unhappy with this, you may want to reconsider the decision that brought it about.

Scorpio (October 24 – November 21) – If someone you're working on a project with seems to have lost interest, you may be feeling like things are really up in the air. Try focusing a bit more and maybe your partner will follow suit.

Sagittarius (November 22 – December 21) – If something you're working on doesn't seem like it's going your way, it's probably not as bad as it seems despite the delays.

Capricorn (December 22 – January 19) – You may feel as though some aspect of life has gotten stale and it's time to move on. This may lessen some difficulties and give you a sense of order.

Aquarius (January 20 – February 18) – A new relationship of some kind is likely to teach you something unexpected. The new knowledge should clear up some confusion and help you with a difficult decision.

Pisces (February 19 – March 20) – New ideas or ventures may seem too good to be true, which means that they probably are. Too much of a good thing can be frustrating after awhile.

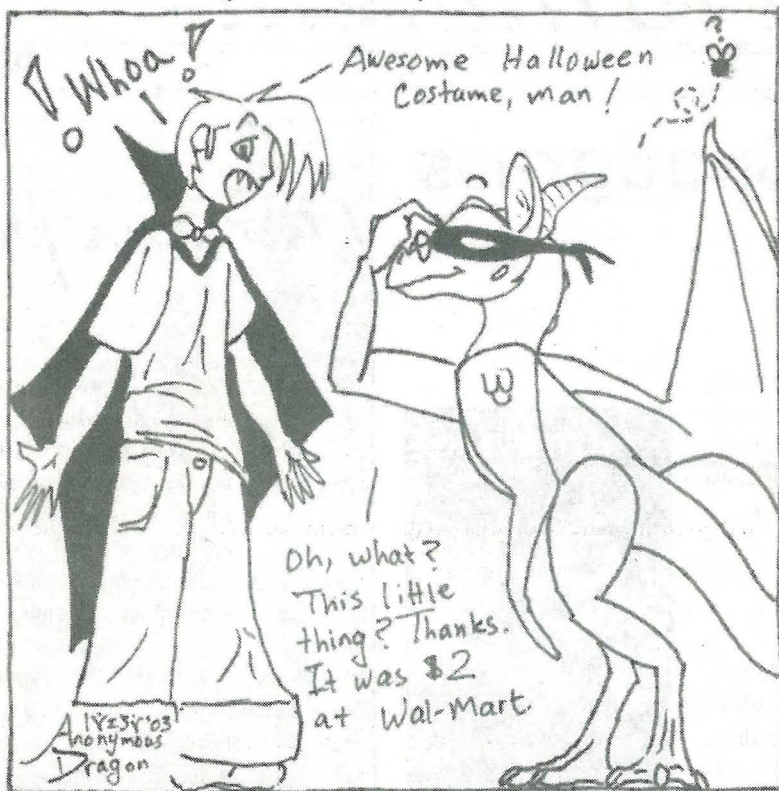
Aries (March 21 – April 19) – A recent problem solved or obstacle overcome may not have helped you move on as well as you would have liked, but an unexpected turn of events may help change that.

Taurus (April 20 – May 20) – You should be expecting the rewards of a job well done or a project that has reached completion. A need for caution may be in order in an unrelated venture, as a difficult situation may be coming your way.

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HOROSCOPE
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Tiamat

By Christie Bailey



HOROSCOPE

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Gemini (May 21 – June 21) – You may be feeling it's time to move on, and the transition should go smoothly for you. If you've had trouble finding your ideal relationship, this new phase of life you're moving into should bring some measure of contentment.

Cancer (June 22 – July 22) – Following tradition too closely may have you feeling anxious. You should examine the issue more closely to figure out exactly what it is that feels wrong to you, because if you don't take action, no one else will do anything about it either.

Leo (July 23 – August 22) – You may feel frustrated and insecure if something is taking too long to finish, but it may be that much of that frustration comes from working too hard and spreading yourself too thin. Calm down and take a little time out to focus.

Virgo (August 23 – September 22) – Learning a new skill or talent would be a wise decision this month. Focusing overly much on problems as opposed to your assets may have you feeling defensive or defeated.

Life Stories

By Alisha VanHoose



Get Ready for Halloween With a Spooky Word Search

AGHAST	HALLOWEEN	SAINT
BATS	HAUNTED	SEQUEL
BLACK	HELLISH	SHENANIGANS
BUNCH	HORROR	SKELETON
CAT	ILLUSION	SUSPENSE
CHILD	INITIATION	SWEETS
COSTUME	LANTERNS	THRILLERS
CULTS	MICHAEL	TOMB
DRACULA	MUMMY	UNDEAD
FEW	OCTOBER	WITCH
GHOST	ORANGE	
GHOULS	PASSAGE	
GLOOMY	PRANKS	
GOBLIN	PUMPKIN	

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GET

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AT RADIO X

Your student radio station

88.5 FM

Speak UP!

By Carley Critser
Arts & Entertainment

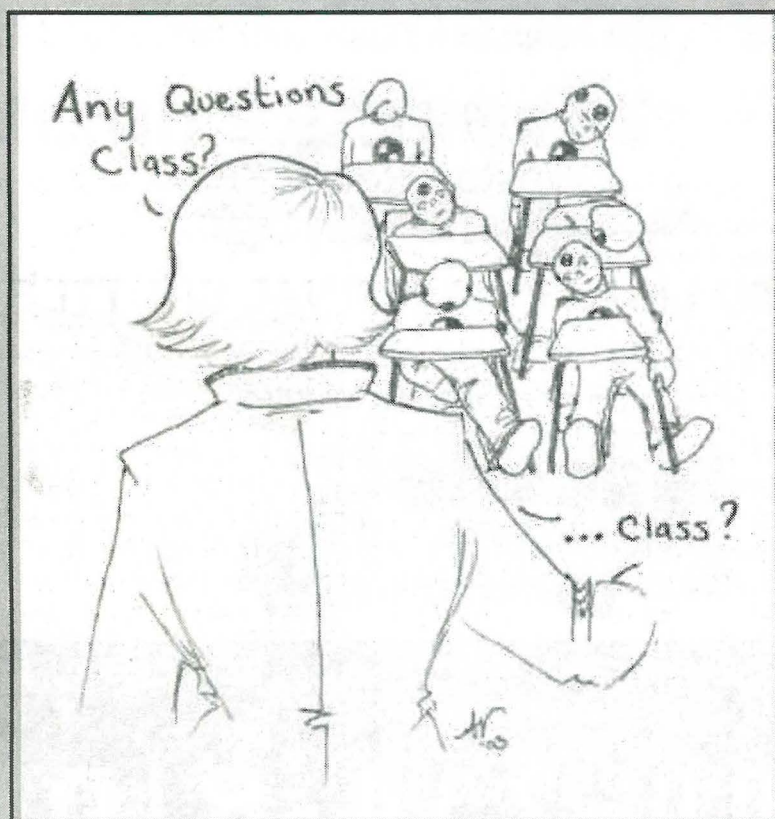
How many times have you been sitting in class when the professor asks a question and then waits for what seems like five minutes for someone to answer—and still nobody will say anything? Speak UP! Take a guess if necessary! I, for one, am tired of trying to be an involved student by trying to ask and answer questions to help along those professors who are not getting any participation from their students. What will it take for students to start taking a little initiative? Does your boss appreciate it when he talks to you and you just look away or down in an attempt to ignore them? Quick — act like you are thinking or too busy to answer a question in class.

Students: Make an effort to start the class off by saying hello to your professor or any of your classmates. Maybe you could progress to answering a few of your professor's questions. So what if you get an answer wrong? It is not a big deal.

When you are completing your homework at night, think of good questions that you could bring with you to class the next day. You will impress your professor, learn something, and it might help your grade.

Professors: Students will, and occasionally do, fall asleep or get distracted in class when there is a lack of interaction. Get students involved. Ask particular students questions. Pick a new student every time. Force us to talk to you. Students will likely perform better on exams after discussing class material and bringing questions out into the open.

So, whether you are not sure how to solve a problem, or you do not understand something the professor just covered, speak up. Getting an answer wrong in class never hurt anybody. And getting your questions answered is worth so much more than you can imagine. It never hurts to be assertive when it comes to your own education!



Wherefore Art Our Mascot?

Miniscule mascot presence may suggest a lack of school pride

By Alisha VanHoose

Our mascot, it seems, has perfected the art of invisibility.

NSU has a great mascot, the brave and loyal Knight, but we don't actually see him mentioned much... except on the occasional piece of letterhead from the athletics office or the front page of the fine publication you're reading now.

Maybe he'll enjoy a bit more of a presence when the new athletics facility is built—a school simply can't have a gym without a great big picture of the mascot on the side—or when we get that mascot suit that the nice people at Student Affairs are after. Hey, we need one of those. All schools should have a guy in a mascot suit playing cheerleader or harassing the opposition's guy in the mascot suit. It goes with the territory.

For now though, he's a no-show. Is it because our student body doesn't realize how cool our mascot is? Or is it because half the student body doesn't even know we have one?

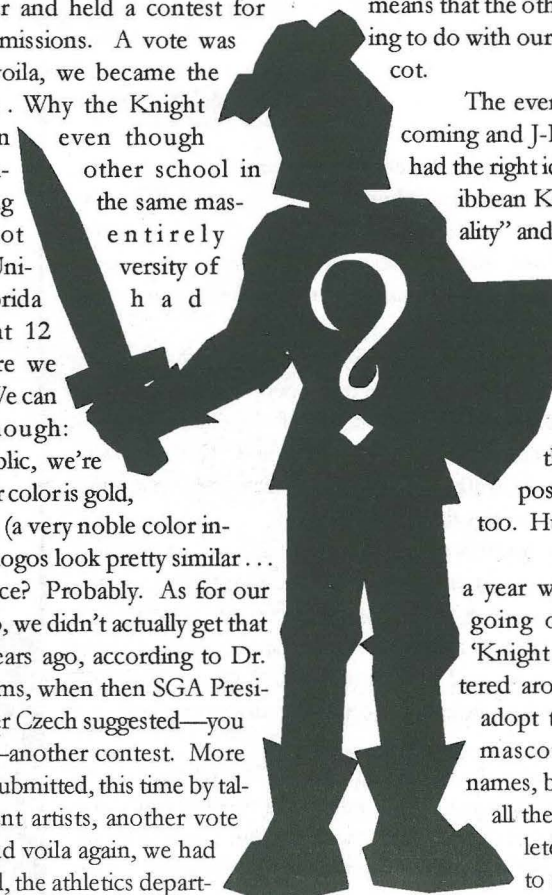
Lets look at the history of our Knight. When the athletics division got started in 1982 (back in the Stone Age for you undergraduate freshmen), a committee got together and held a contest for mascot submissions. A vote was held, and voila, we became the Knights. Why the Knight was chosen even though there was another school in Florida using the same mascot, I'm not sure. The University of Central Florida had their knight 12 years before we had ours. We can share, though: UCF is public, we're private, their color is gold, ours is blue (a very noble color indeed). The logos look pretty similar... a coincidence? Probably. As for our Knight logo, we didn't actually get that until five years ago, according to Dr. Brad Williams, when then SGA President Jennifer Czech suggested—you guessed it—another contest. More ideas were submitted, this time by talented student artists, another vote was cast, and voila again, we had a logo. Well, the athletics depart-

ment did, anyway. Nobody else uses it.

What's the point of all this? That we should be proud of our mascot. The Knight should have amore prominent presence on campus, not necessarily to promote any specific program, but to reflect school pride. There are very few places on campus where the Knight is mentioned. For example, the Rosenthal Cafeteria is referred to as the Knight's Court, though I've looked all around that cafeteria, I have yet to find anything that reads "Knight's Court." Out of the 134 times the word "knight" is mentioned on the Nova Southeastern University website, 23 of them had to do with athletics, 13 were someone's last name, 8 had to do with the newspaper (7 of which involved locating our offices on a map), 10 had to do with the Presidential Knights, 7 were pictures, 8 were the Knight Foundation belonging to our alumni, 9 had to do with actual events on campus (although there were only 5 separate events mentioned), 2 mentioned the Knights' Court that isn't and 25 of them were so buried in student handbooks or other long documents that I never found them. That's only 105 times, which means that the other 29 had absolutely nothing to do with our school, let alone our mascot.

The event committees for Homecoming and J-Prom in recent years have had the right idea, with themes like "Caribbean Knights," "A Knight of Reality" and "Marooned for a Knight," as have had the ladies of Delta Phi Epsilon with their "Mr. Nova Knight" competition. Having "A Knight's Tale" for this year's Homecoming theme and all the chivalrous posters advertising it are great, too. Hurray for school spirit!

But why only a few times a year when there are big events going on? We should have a 'Knight Pride' week, a club centered around our mascot, or even adopt the habit of using cheesy, mascot-related puns as event names, because here at NSU, we're all the Knights, not just the athletes, and we should be proud to say so.





"Organization of Arab-American Students Instituting Solidarity"

By Diana Rakine
OASIS Social Chair

Marhaba (Hello). I feel privileged to introduce our new organization, OASIS, which stands for Organization of Arab-American Students Instituting Solidarity. Our mission is to educate the NSU campus and the public at large about Arab culture and to prepare OASIS members for community leadership.

The preamble to our constitution reads: "We, the members and the founders of OASIS, hereby associate ourselves to promote the Arabic culture as a nonprofit, educational, cultural, and social student club, which shall serve as an opportunity for Arabs, Arab-Americans, and anyone interested in our common interest of Arabic culture, to interact and help promote the Arabic culture in a positive way."

The club disseminates information about the Arab people, their history, culture, problems, and aspirations. It seeks to promote a better understanding of Arab-American culture for NSU students, especially those in other student organizations, and for our nation in general. The ultimate goal of OASIS is to encourage a better mutual understanding among those of different cultures and to establish stronger ties within our own community.

The club endeavors to provide all possible assistance and guidance to Arabic students at NSU so that we may know and interact with one another on a social level. We also encourage participation in activities, functions, and projects to allow students to learn more about the Arabic culture and to positively promote it.

The founding executive board of OASIS consists of a group of Arab-Americans who believe that the Arab culture is highly misunderstood and minimally represented. We believe that NSU needs an organization on campus to enlighten students about the joys and marvels of Arab culture. This includes informative, educational, and exhilarating events that display its ancient history, magnificent art, diverse language, flavorful food, and its exotic belly dancing. The purpose of OASIS is to inform the uninformed, enlighten the unenlightened, and challenge the unaware. We will steer NSU away from the countless stereotypes and inaccurate news reports and guide them toward the beauty of Arab Culture.

OASIS is governed by E-board members who are of Arab descent, but were born and raised in America. Therefore, we are individuals who are a blending of Arab traditions and American customs. We feel very fortunate that we are able not only to educate the NSU community about Arabic society, but also to enlighten Arabs about the American way of life.

The NSU campus consists of students and faculty of many different cultures, backgrounds and religions. There are people attending NSU from all over the world who participate in many of the clubs, activities, and school events that we offer as club organizers and Student Affairs Officers. We have come to learn that students here are willing to explore all the challenges and possibilities that college offers.

With that attitude in mind, we, OASIS, are welcoming and inviting students of all ethnicities to join and experience a culture that is sometimes misunderstood. Our club is for everyone who wants to learn new traditions, taste Middle Eastern food, watch belly dancers, learn to belly dance, learn about the history and people of Arab-American cultures, and much more. OASIS is for students who want to discover a new way to look at Arab culture.

We feel that education is the key to every lock. We have yet to open many treasures left unfound. It is through education that we can eliminate the stereotypes and labels found in the world today. I look forward to meeting all the students, faculty, staff, and educators who are interested in supporting what our club stands for.

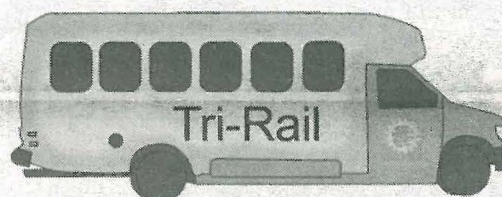
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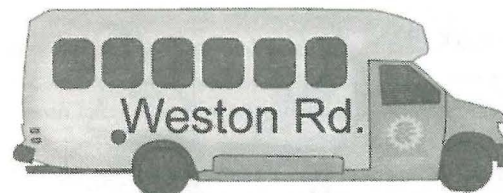
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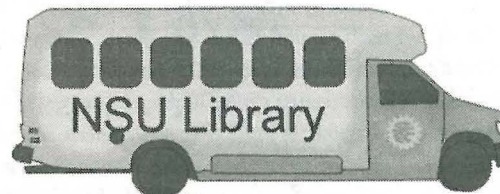
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TRI&RAIL



Raleigh Coburn (far right) makes a funny face after two weeks on an Alaskan glacier



Raleigh Coburn seeks protection from harmful UV rays with zinc on her nose and sunglasses for her eyes

Traveling, Climbing, & Seeking Challenge: Raleigh's Incredible Sense of Peace

By Amanda N. Brown

Business Manager
bamanda@nova.edu

Raleigh Coburn, a thirty-year-old excursionist, mountaineer, rock climber, ice climber, trekker, traveler, camper, ethnographer, instructor, and friend, has more intriguing stories and experiences to describe than she cares to admit. I met Raleigh on an Outward Bound course in August of 2003 and found her to be to be impressively reflective and sincere. She was one of my instructors for two weeks on an Alaska Mountaineering course. She is a non-conformist, free-thinker, and friend to many. Her genuine compassion and empathy for others reaches deeper and truer than most people I know. She is completely unshakable when faced with a challenge. In fact, she welcomes challenge, and she is utterly steadfast in her mission to know her self and to grow and evolve as a human being.

Somehow, we found a mutually acceptable time slot in our jam-packed schedules to

squeeze in an interview on the phone. I could only imagine her kind eyes, and the way they squeeze together tightly when she laughs because she was in Martha's Vineyard for a few days for a friend's wedding. A day after our interview she heads off to New York City to see another friend who just had a baby. Then, she's flying to Europe for six weeks to visit some friends and do some climbing. Humbly, she answered my questions, unaware of just how interesting and unique she truly is.

AB: How did you get started with the whole outdoor lifestyle and mountaineering?

RC: Hmm. The whole lifestyle of mountaineering, well, it probably started at a very young age; like most climbers, I started climbing trees as a very small child and kind of developed a love for moving upwards. As a nine-year-old, my parents had this great idea to send my brother and me (we grew up in Kansas City, Missouri in the flat lands) off to summer camp in Colorado, and we both were introduced to camping, hiking and backpacking. We started walking up small mountains

there and kind of scrambling around the rocks. We did that for about five years or so, and we both developed this love of the outdoors and climbing. I climbed my first mountain when I was nine-years-old, and I cried all the way to the top.

AB: Wow, that is pretty young. How much elevation was it that you climbed?

RC: That was a 14,000-foot mountain. In Colorado there are about 52 or 56 14,000-foot mountains, and it's a big deal to lots of Coloradans to try all the "fourteeners." So this was one of the 14,000-foot peaks, one of the easier ones, called Mt. Sherman, which is just a walk-up peak.

AB: When did you start climbing with your family?

RC: Well, I went to summer camp until I was fourteen. Then, I did a little bit of traveling overseas. I went to Ecuador one summer, I went to Spain one summer, and I worked at a summer camp when I was sixteen years old as junior counselor. So I was still involved with the outdoors. I was still

really into hiking and skiing, my family would take yearly trips out to Colorado and ski, and then when I was eighteen, I did a formal mountaineering course with NOLS (National Outdoor Leadership School). Kind of like what you did with Outward Bound. So I had my first taste of technical climbing, and I went ice climbing, climbed on glaciers, more serious peaks, traversed glaciers, and just kind of learned more about navigation, did more rock climbing, and I really fell in love with that aspect of being outdoors. My dream was to become a NOLS instructor when I was eighteen. Then I went to college in Colorado and I joined an outdoor club and became one of the student leaders in organizing trips for other students, and I got into backcountry skiing, ski mountaineering, and more rock climbing. I just sort of perused it on my own and with friends. My brother was involved with mountaineering as well. He was kind of

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"I feel like there is still a lot more to learn about life before I head down that crazy road."

getting into it at the same time. So we both pursued mountaineering together after college, and we went down to South America and started climbing high altitude peaks. Pretty much ever since I was eighteen it has been the focus of my life, recreation, and work: mountaineering and being outdoors.

AB: You mentioned that you went to Ecuador after college. How did you do that financially? How did you have the time? Most people finish college and try to get a job of some sort.

RC: Right. Well, actually, I went to Ecuador when I was fifteen. My parents enrolled me in an exchange program that was five weeks long, and financially, my parents supported me with that. Then when I was seventeen, I went to Spain for a summer and I did another exchange, and we had some family friends that lived in Spain so I went and lived with them for another five weeks, and then their son came over and lived with us for five weeks. After college, my graduation gift was a plane ticket down to South America, and I ended up spending a year living in South America. I had done an exchange program when I was a junior in college, so I had made some contacts down there. So first I went to Bolivia, and I got a job at an English pub and I was a bartender for a couple months and made some money doing that. Then, I moved to Chile and got some work as a trekking guide, and I did that for about five months. So I basically worked my way around South America.

AB: So you just stayed there and worked odd jobs in-between mountaineering and having fun?

RC: Yup, exactly.

AB: That sounds awesome. You've done a lot of things, even at a young age. And you don't think you're interesting?

RC: [Laugh] It depends who you are! It depends what you like; most people think I'm crazy.

AB: Well, I think you're awesome.

RC: Thanks, Amanda

AB: What did you study in college?

RC: Basically, the outdoors. I had to declare a major and I actually studied psychology, but I went to a liberal arts college so I studied a lot of things, but psychology was my focus.

So you're thirty now. How do you feel like you've changed, or evolved, or improved as person, whether through mountaineering or just a person?

(Pause) I would say, well, I kind of always had this life plan which was graduate high school, go to college, take a year off and go traveling, and then go to graduate school, and become a doctor or lawyer. The reason I thought that way

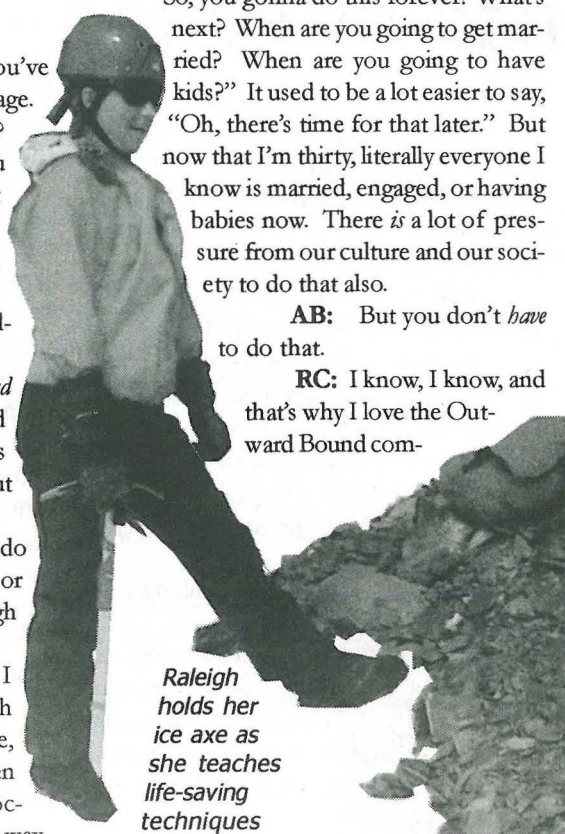
is because that is what my parents told me I would be doing, and I just respected my parents and thought that's what we were supposed to do. You're supposed to get a professional job, make lots of money, get married, and have kids. That was the ideal that I had in my mind, and then my senior year in college my father died very suddenly in an accident. Suddenly, this person who was telling me what I was supposed to be doing for the next few years of my life was gone. So that rocked my world, and then in addition to him dying, I realized that he died when he was young, healthy. He had worked hard his whole life and made all this money. I was like, "God, he never had an opportunity to retire and to enjoy the fruits of his labor," and that definitely changed my perspective on life and living life. I felt like I needed to *live* life more, and traveling gives me a deep appreciation of other cultures and living this free lifestyle. Mountaineering and being outside gives me an incredible sense of self and an incredible sense of peace. I don't know, I think I just realized that there is a lot more to life than just working nine to five and making lots of money, and having a family right away. So I'm just trying to live as much of a life as I can, and enjoy life and do what makes me happy. So I'd say that's how I evolved. Now that I'm thirty, everyone I know is married and has babies so I'm like, "God, what's next?"

AB: I bet you're feeling the pressure now.

RC: *There is*, there is definitely pressure, for sure. There's been pressure for the past ten years. Everyone's been asking me, "So, you gonna do this forever? What's next? When are you going to get married? When are you going to have kids?" It used to be a lot easier to say, "Oh, there's time for that later." But now that I'm thirty, literally everyone I know is married, engaged, or having babies now. There *is* a lot of pressure from our culture and our society to do that also.

AB: But you don't *have* to do that.

RC: I know, I know, and that's why I love the Outward Bound com-



Raleigh instructs Karl Diehn on how to tie secure knots for escaping a deep crevasse

munity because it has a lot of like-minded people who are in their late twenties and thirties, and they're still out there exploring the mountains and rivers and oceans. I would love to have a family someday, but I feel like there is still a lot more to learn about life before I head down that crazy road.

AB: Well, as far as relationships go, obviously it's hard to maintain relationships because you're always traveling, and you can't talk to people on the phone usually. So how hard is it to even keep *friends* for a long time?

RC: Yes, that's probably the most challenging part, but the thing with this lifestyle is that when you do meet people and you spend two or three weeks with somebody on an expedition — or as you experienced, on an Outward Bound course — you develop a friendship, a relationship in a much shorter period of time. It's a much more intense relationship. You learn more about that person than you do with any of your friends back home. So that intensity of a relationship sustains me to a certain extent, but it is hard to keep in touch with friends from my past. It's hard to make *new* friends because people know I'm going to take off again in a couple of months. So yes, it is challenging.

AB: Would you say it was worth it because everything else you've gained in your life?

RC: I would say, up to this point, yes. I wouldn't change anything. I wouldn't change any of the choices I've made up to now. Who knows what I'll think ten years from now. I might look back on this and think, "Oh gosh,

I should've done differently." But hopefully I won't have any regrets.

AB: What would you recommend to students who have thought about pursuing an Outward Bound trip or something of that sort? What should be their first step?

RC: You just gotta go for it. It's so hard to say how somebody's going to react to an experience like Outward Bound or a mountaineering course. It's a challenging experience, and it involves a lot of risk. I think it's just a great thing for us *all* to do constantly in our lives, to challenge ourselves, to take risk, and to do things that are extraordinary and different. As far as a first step, make a phone call! People who are interested in Outward Bound courses are like, "Oh, I'd love to do that but there's no way I could afford that." So what I always tell people is that eighty percent of our students are scholarship students. There's tons of scholarship money out there. There's tons of grant money. You just have to be a little bit creative to find the funding to do something like that. But it's completely possible.

AB: What type of person would be a good candidate for an outdoors excursion?

RC: People that are interested in challenging themselves — and that can be any kind of a person. Every course challenges people differently. It may challenge you physically; it

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"We Live to Eat"

What we eat affects our mood and mental performance, not just our growling bellies

By Christie Bailey

There is meaning to the popular axiom "we live to eat and eat to live." Food plays an integral role in our lives; what we eat and how we eat deeply affects – and is deeply affected by – our social lives, our psyche, and our body's biological processes and needs.

Besides the need to remain functional, people eat foods for many other reasons – because of emotional drives, or for a boost in energy or mental performance. Here are a few of the hot topics in food psychology today:

Comfort foods

When we think of food in relation to psychology, "comfort foods" might come to mind first. These are foods that people eat when feeling stressed or depressed. What a person considers a "comfort food" varies from person to person; some may find potatoes soothing and satisfying, while others may indulge in chocolate.

Comfort foods work in different ways to soothe people. For some, it is purely psychological. A grown man might find solace in chicken noodle soup because his grandmother used to serve it to him as a child. In this case, he has associated pleasant memories and emotions with a certain type of food.

The chemistry of many popular comfort foods and their effect on our biology is a very important aspect in understanding why these foods make us feel the way they do. Foods that are high in carbohydrates and fats can increase the level of serotonin, a neurotransmitter that is important in regulating mood; lower levels of serotonin have been linked to depression and aggression. Chocolate, a popular comfort food, increases not only levels of serotonin, but also endorphins, which are the hormones characteristic of "runner's high." Scientists have also speculated that cravings for high-energy foods (which comfort foods usually tend to be) may play a role in the stress-response system – especially chronic stress. The serotonin that is released by foods rich in carbohydrates and fats might be an evolved mechanism that tells a stressed body that "everything's okay, we

have some high energy food in us and we are good to go; you can relax now."

There is also a sociological basis for some comfort foods. For instance, some researchers have found that, while the chemistry of chocolate has some mood-lifting qualities, the cause for chocolate cravings may also be firmly rooted in our culture. We in America often associate chocolate cravings with women. However, while studies show a significant difference between cravings of men in women in the U.S., there is virtually no difference between the cravings of men and women in Spain. This suggests that the "woman's chocolate craving" is a phenomenon largely created by the beliefs of our society.

Fast food

The impact of fast food on society and its effects on peoples' bodies and minds is a much talked-about issue.

Recently, scientists have begun to turn the blame of America's obesity away from people and their genes, and more toward the "toxic food environment" that we live in. With fast food restaurants lining streets and clustering on every corner, and with burger commercials filling the screens of our TVs, we are constantly in contact with fast food. Low prices on tasty, fat- and carbohydrate-filled foods and the convenience of time and location make it hard to pass up fast food when we are looking for a quick, satisfying bite to eat. Even the people we socialize with may encourage us to eat unhealthy meals.

Some studies have shown that fast foods might even become addictive. According to recent research, the ability to control eating may be impaired by hormonal changes caused by fast food. As body fat increases, people tend to become resistant to the effects of the hormone leptin, a chemical in the brain that helps coordinate eating behavior. However, other scientists contend that there is no conclusive

evidence that foods high in fat and sugar are addictive.

Enhanced brain function

There are many chemicals in food that help enhance the function of the brain by increasing memory, heightening clarity, and even raising IQ. Actually, many people lack the necessary amount of vitamins and minerals needed for proper mental performance; some research has shown that multivitamin/mineral pills raised IQ scores in kids who were nutrient-deficient. A well-balanced diet is key in the normal functioning of the brain.

Here are just a few nutrients and the foods that contain them that you might consider making part of your diet:

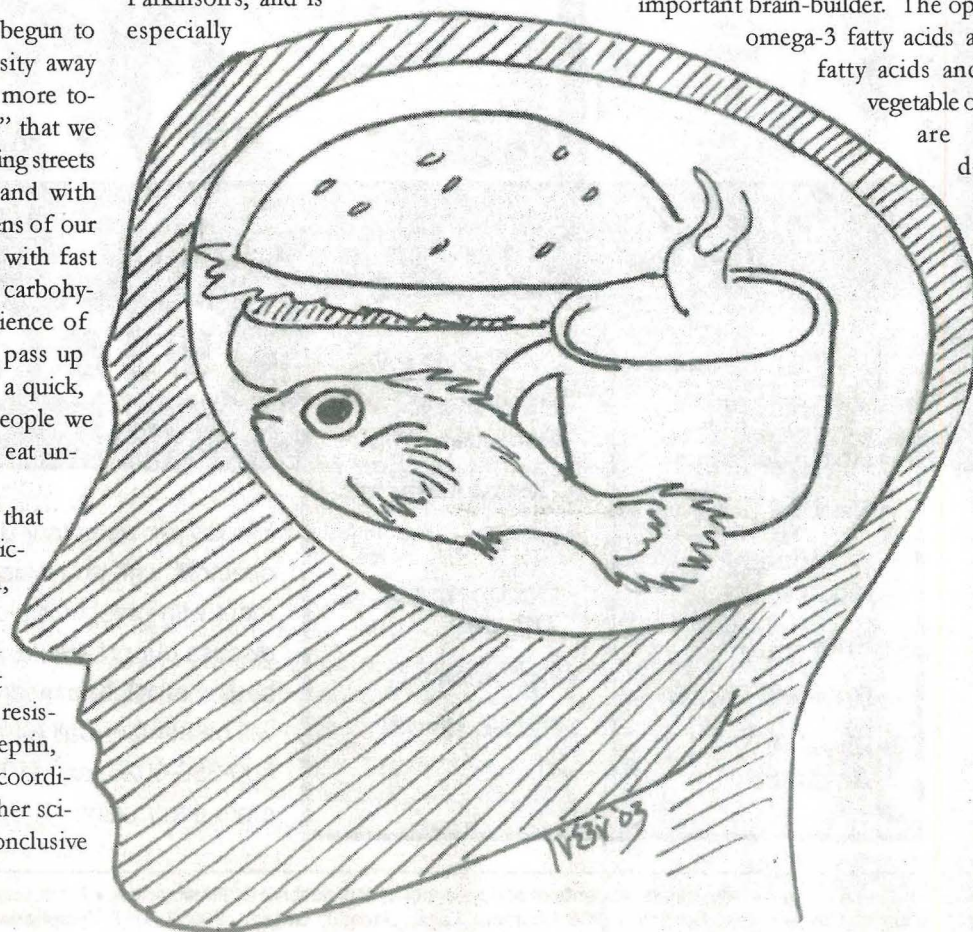
Folic acid is a B vitamin that plays many important roles in our brain. It has been shown to help prevent Alzheimer's and Parkinson's, and is especially

important in preserving our memory as we get older. Sage and ginkgo biloba also both enhance the memory.

Antioxidants are chemicals that destroy cell-damaging molecules called free radicals. By saving our brain cells from free radical damage, these chemicals help prevent the degeneration of mental function as a person gets older. Antioxidants can be found in many of the foods we eat, including (but not limited to) many brightly colored fruits and vegetables – such as tomatoes, peppers, and berries – and tea.

Fish and walnuts are great sources of a type of beneficial lipid known as omega-3 fatty acids. Not only has omega-3 been shown to be quite successful in treating depression, but also its lack has been linked with low intelligence, learning disabilities, and degenerative neurological diseases, such as Alzheimer's. Thus, omega-3 seems to be an important brain-builder. The opposite of

omega-3 fatty acids are trans-fatty acids and certain vegetable oils, which are actually detrimental to the brain.



RALEIGH *continued**from page 11***"My home used to be my van."**

differently. It may challenge you physically; it may challenge you mentally. But no matter what, you're going to have a challenge. You might be the most-fit person in the world, and the course doesn't challenge you at all physically, but mentally there's going to be all sorts of stress and things going on. Just seeing how you react in those circumstances is pretty incredible. It tells you a lot about yourself and your character.

AB: How did you get into Outward Bound instructing?

RC: I did a NOLS course when I was eighteen, and I didn't really know anything about Outward Bound when I was that age. I was convinced that I was going to be a NOLS instructor for years, but over the years, I met lots of people who worked for Outward Bound. They were great people, and I really respected them, and they inspired me. I also heard that Outward Bound builds character, whereas NOLS is more of a skills-oriented school. Learning skills was something that I was interested in, but I was also interested in learning about the dynamics of the group, communication, and conflict resolution. Those are more a part of Outward Bound than they are of NOLS. So that is what attracted me to that school. Every single course that I teach I learn so much, not only

about my students and from my students, but I learn a ton about myself and how I interact with people. It's a very insightful experience.

AB: How many countries have you been to?

RC: I've been to maybe around 40 countries, mostly Central America, Latin America, and Europe.

AB: Do you have a home, a place to keep your belongings?

RC: My home used to be my van. I lived in my van for a number of years, and everything I owned was in my van. I just sold the van, and I've been renting a condo from my mom in Colorado. Just this last year we decided that we weren't going to rent it to anybody else but me, so I unpacked for the first time since 1994, when I was in college. So I *actually* have things hanging on hangers in a closet now, toiletries in the drawers, and spices in the cabinets in the kitchen! I haven't had that since 1994, so that is kind of my home, but I don't own it.

AB: So when you had the van, where did you keep the van when you were traveling?

RC: I would park it at my brother's house or friends' houses; I've paid for parking storage before in Los Angeles, wherever I could park it.

AB: Is there anything else you want to add? Any message?

RC : (Pause) I would say that life can be short. Do what makes you happy. Do what inspires you, and listen to your heart. Follow your own dreams.

"People always say to me, 'I can't believe you travel so much! How can you afford it?' And I'm like, 'How can I not afford it?'"

AB: I think it would be pretty cool to go to South America too, because I'm very fond of Spanish.

RC: Yes, South America is super cool. You know what I've realized? It's much cheaper for me to take the money I've saved and live overseas, especially in third-world countries, like South America or Asia, and I can live much better there than I can in

America where it is more expensive. I would encourage people to travel. People always say to me, "I can't believe you travel so much! How can you afford it?" And I'm like, "How can I *not* afford it?" It's expensive to buy a ticket over there, but once you're there, you can live *so* cheaply. Being an American, people will usually hire you, so you can always find work overseas. I definitely encourage people to travel. It's a great way to gain some perspective about the culture that we live in.

AB: What area of the world would you recommend traveling to in order to see a big difference in culture?

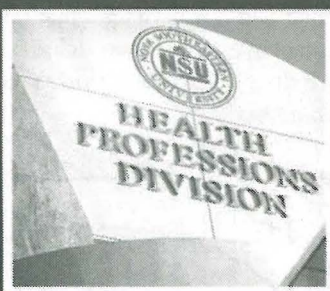
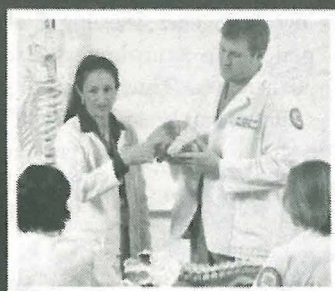
RC: If you want to blow your mind, go to Asia because it is so radically different from our culture.

AB: Where did you go in Asia?

RC: I've spent most of my time in Nepal. I was going over there every spring and fall for about five years. I also spent some time in Tibet, Thailand, Laos, and Vietnam.

AB: Did you have a lot of problems with the language?

RC: Well, I speak Nepali. I studied Nepali before I went over there. But in Southeast Asia, like Vietnam and Laos, very few people speak English, so the language can be challenging, but it's always fun to *try* to communicate and develop your miming skills.



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- Audiology
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- Biomedical Sciences
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Sunday, October 26, 2003

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NSU MEN'S SOCCER FIGHTS BACK FOR 2-2 DRAW AT #1 RANKED LYNN UNIVERSITY

Knights Freshman Forward Patrick O'Brien Scores Both Goals in Thrilling Double-Overtime Match

The #18 ranked Nova Southeastern University men's soccer team (7-2-3) fought back for a thrilling 2-2 road tie at #1 ranked Lynn University (11-0-1), as NSU freshman forward Patrick O'Brien (Ormond Beach, FL) netted two second half goals to erase a two-goal deficit on Wednesday afternoon at the McCusker Sports Complex.

NSU clawed back after trailing 2-0 at half-time to spoil the home side's unbeaten/untied record, as the Knights became the first team in 2003 prevent Lynn from winning.

Lynn forward Andrew Hirst opened the scoring in the 25th minute when he split a pair of Knights defenders and beat NSU

goalkeeper Matt Bergantzel (Jr., Albany, OR) with a low shot from close range. Hirst then doubled the lead in the 37th minute after a corner kick from Mark Melling was flicked back across the goal where the 6'1" forward headed the ball past Bergantzel for a 2-0 lead.

NSU came roaring back after the intermission, as second half substitute O'Brien pulled one back for the Knights in the 65th minute. After Lynn central defender David Benn was sent off for a hard tackle on Daniel Lange (Jr., Lauderhill, FL), NSU defender Joseph Clancy (Fr., Dublin, Ireland) whipped

in a cross from the left side, which O'Brien drove past keeper Liam Bull with a header.

O'Brien then scored the equalizer with another header in the 79th minute. NSU substitute Arman Sarkisian (Fr., Valparaiso, IN) made a strong run down the right side before playing the ball into the Lynn penalty area. After a frantic scramble, the ball found its way to O'Brien and he made no mistake heading it over the outstretched arm of Bull and into the net to level the score at 2-2.

The ensuing two 10-minute overtime periods saw chances at both ends with NSU

senior Glenn Hollister (Durban, South Africa) being denied by a strong save from Bull in the closing minutes of the match. In the end, the Knights earned their second consecutive tie in a week against strong opposition in the NCAA South Region.

NSU will return home on Wednesday, October 15 for a match against Florida Tech. The match will kick-off at 7:00 p.m. and the evening will mark Faculty Night, as NSU faculty will be honored at half-time. The match can be heard live via the NSU Athletics audiocast network by visiting the NSU Athletics web-site at <http://nsuathletics.nova.edu>.

NSU Athletics Begins Live Internet Audio Broadcasting

The NSU Department of Athletics is pleased to provide live Internet audio broadcasts of select NSU athletic events beginning with the men's soccer game featuring #17 ranked Nova Southeastern versus #1 ranked Lynn University on Wednesday, October 8. A complete broadcast schedule will soon be available on the Athletics website promoting upcoming live events as well as links to past archived broadcasts.

The NSU Sports Information Department will facilitate the broadcasts, which will include a select number of volleyball, men's and women's soccer, men's and women's basketball, softball and baseball games during the 2003-04 school year.

"We are excited to provide our parents, fans, sponsors and supporters with this cutting edge multi-media application," said NSU Director of Athletics Michael Mominey. "Broadcasting our athletic events via the Internet will allow us to reach our audience not just locally, but also nationally and globally."

All contests and events will be streamed via QuickTime Player and are available at no cost to listeners. To hear the broadcast, listeners need only to download the free QuickTime Player that is provided through the broadcast link.

Please contact the NSU Sports Information Office at 954-262-8261 with any questions regarding these audiocasts.

Karla Ortiz, Julie Radford and Ryan Conroy Named Players of the Week

Three freshmen have earned accolades following their outstanding performances in competition the week of September 28th through October 4th. Knights volleyball player Karla Ortiz, women's soccer player Julie Radford and men's soccer player Ryan Conroy were named NSU "Players of the Week."

Karla Ortiz (San Juan, Puerto Rico) – The freshman outside hitter was outstanding in the Knights two matches last week. In a five-game loss to Rollins College, Ortiz registered 13 kills and 15 digs and was equally impressive in a five-game win over Florida Tech on Sunday, as she slammed 25 kills and added 13 digs.

Julie Radford (Garland, TX) – The freshman midfielder scored both goals in a 2-1 win over Northwood University on Thursday, October 2nd. Radford's first strike came just three minutes into the match while her second, the eventual game-winner, was scored in the 24th minute of action.

Ryan Conroy (Dundalk, Ireland) – The freshman forward scored his first career hat trick in a 7-1 win over Florida Southern College Saturday, October 4th. Conroy opened the scoring in the match in the 21st minute and added a second in the 67th minute before completing the hat trick with a 90th minute strike.

Men's and Women's Cross Country Compete in Florida Southern Cross Country Invitational

The NSU men's and women's cross country teams participated in the Florida Southern College Invitation meet earlier this month in Lakeland, FL.

The women's team was led by Kara Baca (Sr., Dania Beach, FL) who finished the 5k competition in 29th position with a time of 22:10. Teammate Amanda Sullivan (Fr., Key Largo, FL) finished 71st with a time of 26:37 while senior Lindsey Fulcher (Mason,

OH) finished in 78th spot with a total time of 29:23.

On the men's side, NSU was led by Rovin Choniellall (Sr., Jersey City, NJ) who finished in 71st place with a total time of 36:25 for the 8k men's race. Tristan Miceli (So., Palm Beach Gardens, FL) was 83rd (39:28) and freshman Fahad Islam (Margate, FL) rounded out the NSU men's times with an 88th place finish (41:10).

Women's Soccer Team Defeats Northwood to Improve to 5-2-1

The Nova Southeastern women's soccer team (5-2-1) defeated Northwood University 2-1 on Thursday evening at the NSU Soccer Complex behind two goals from freshman Julie Radford (Garland, TX).

The Knights got off to a fast start when Radford scored her first goal of the match in the 3rd minute. The midfielder gathered a pass 30-yards from goal and then dribbled past two Seahawk defenders before chipping a shot past goalkeeper Alexandra Almaraz. Radford's second goal came in the 24th minute, as she headed home a free kick that was floated into

the penalty area by fellow freshman Courtney Murphy (Jupiter, FL).

The Seahawks got a goal back in the 32nd minute when forward Geniva Sinclair pulled the trigger on a shot from just outside the Knights penalty area, which hit the underside of the bar and fell into the net. However, the Knight defense stood tall in front of goalkeeper Katie Wintle (Jr. Coral Springs, FL) to hold on for the victory.

The Knights next match will be at home against Rollins College on Sunday, October 5 (5:30 p.m.) in a match that was postponed from Saturday, Sept. 27 due to poor weather.

NSU Women's Golf Wins Lady Falcon Invitational

The Nova Southeastern women's golf team won the Daytona Beach Community College Lady Falcon Invitational on the weekend of September 26th at Riviera Country Club. In addition to the team title, NSU's Amanda Brown (Jr., Tampa, FL) took individual honors with a total score of 147 (76-71).

The Knights won the tournament in record fashion with a two-day score of 621 (318-303). The final round total of 303 set a new school record for the women's golf program, surpassing the previous record of 310 by a blistering seven strokes.

Additionally, Brown's final round score of 2-under par (71) was a personal best and also set a new mark for a woman golfer at NSU. The junior was crowned champion after she drained an 18-foot putt on the final hole. The win was Brown's second career individual championship.

NSU overcame Division I Stetson University (311-312=623) by two strokes to claim their first team title of the 2003 season. Other teams that the Knights defeated were #5 ranked Lynn University and #6 ranked Barry University, as well as reigning NAIA National Champions Northwood University.



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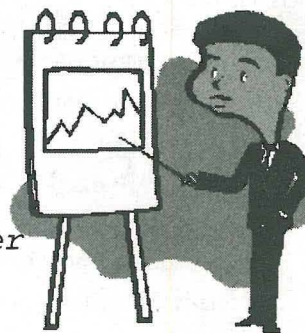
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Are you looking for an exciting and challenging career in the health professions?

By Aimee Murcia
MOTS

What is occupational therapy?

Occupational therapy is rehabilitation profession that helps people function optimally in their daily lives.

What is "occupation"?

Occupations are any activities that are meaningful and purposeful to an individual, such as eating, working, playing sports, and anything in between.

Who do occupational therapists work with?

Occupational therapists can work with anybody who has limited functionality due to physical disabilities, cognitive disorders, or other problems. Occupational therapists work with autistic children, spinal cord injured patients, traumatic brain-injured patients, patients with sports injuries, geriatric patients who have had a stroke, low-vision patients, and many other people with a variety of disabilities.

Occupational Therapy in Action...

When an occupational therapist first evaluates a client, the first things she determines are the patient's values, goals, and interests, and what activities he would like to be able to engage in but is having difficulty with due to a disability. If a person enters a clinic with a shoulder injury and expresses an interest in being able to play sports again, the occupational therapist will help the client to do just that, and will incorporate light sports activity into therapy to keep the patient motivated. Occupational therapists can suggest adaptive equipment and modify work and home environments to maximize function and independent living.

Why become an occupational therapist?

Occupational therapy is a challenging, flexible, fun, and gratifying career. Occupational therapists have the opportunity to develop and implement new ideas, open their own business, and engage in leisure activities with their patients. Occupational therapy offers financial security and great medical benefits.

Interested? If so, contact Nova Southeastern University's Occupational Therapy Department at (954) 262-1242, or check out <http://www.nova.edu/ot/> or <http://www.aota.org> for more information about occupation therapy.

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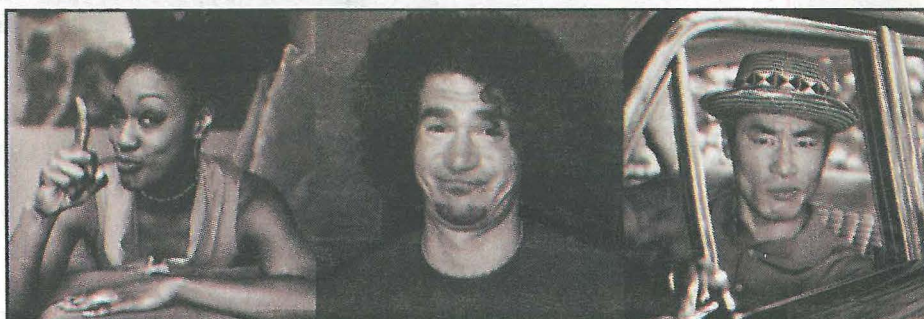
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