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Nova Southeastern University

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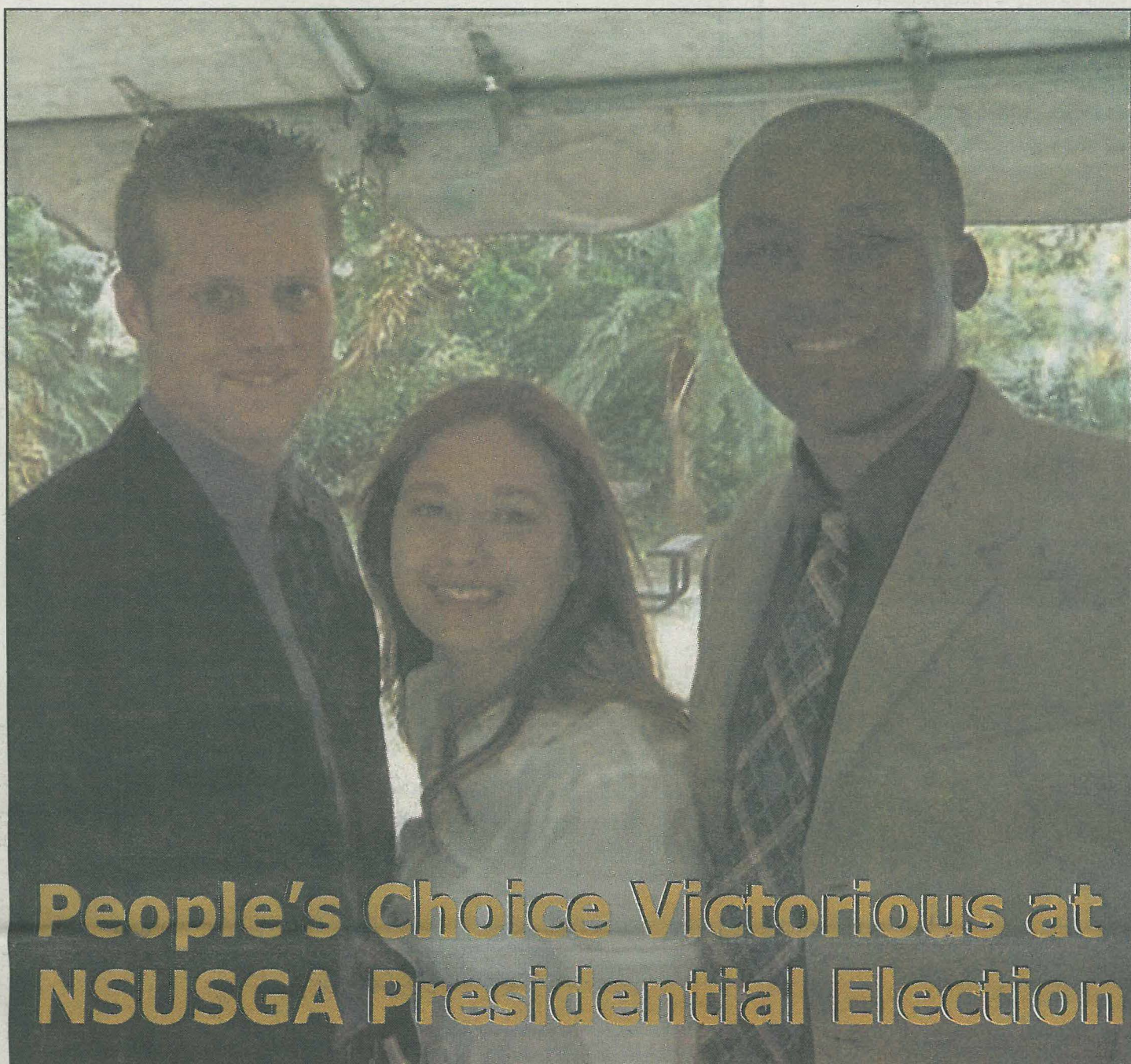
THE KNIGHT

NOVA SOUTHEASTERN UNIVERSITY

April 15, 2004

www.knight-online.nova.edu

Volume 14, Issue 15



People's Choice Victorious at NSUSGA Presidential Election

Newly elected SGA President Tommy Gillette, VPJ Laura Guevara and VPL Dane Johnson.

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

The 2004-2005 NSUSGA Presidential Elections, the talk of the campus for weeks, was finally put to rest on Friday, April 2nd at 5:00 p.m. in the Flight Deck. So who walked away victorious: the *Coalition Party*, or *People's Choice*? Well, the Election Commission didn't just blurt it out; they first started off by announcing the winners of the other positions up for appointment.

Finally, with those announcements completed, the winner of the 2004-2005 NSUSGA Presidential Elections was announced. If you voted for the *Coalition Party*, then you would have suffered a huge loss that evening because the one to walk away victorious was the *People's Choice*. Although the Election Commission had to practically drag them onto the stage, the party made their thank you speeches, and the victory party came to a closing. Immediately after, a short interview was held with the *People's Choice*. Here's what they had to say:

How do you feel at this moment?

Tommy Gillette- "Nervous, relieved, happy that I won, excited about the opportunity."

Laura Guevara- "Really excited to learn the ins and outs of the constitution and getting the feel of the position."

Dane Johnson- "This is the most important position in the SGA; I'm up for the challenge."

What are your goals now that you have officially been declared the 2004-2005 choice for NSUSGA Presidential Election? "We would like to create a more positive and closer SGA, working together, instead of apart. We want more motivation for the senators. Make efforts to implement better parking for commuters, longer hours at the computers, and improve/stabilize budgets, as well as adding more features to Greek Life."

Before closing the interview, the *People's Choice* once again thanks everyone for voting, and affirms that they plan to be more available and accessible throughout the campus community. They would love to see people apply for positions. So, if you're looking for a part in NSUSGA and are a non-U.S. citizen, there are currently two vacant seats for International Senator position.

At this time, we should also add a special thanks to the 2004-2005 Election Commission Board for sponsoring the catered event and for all their hard work in preparing up for the elections.

Our Newly Elected Representatives

President
Tommy Gillette

Vice President
Legislative
Dane Johnson

Vice President Judicial
Laura Guevara

Nontraditional Senator
Jason Peebles

Residential Senator
Lisa Soave

Athletic Senator
Eric Naples

Minority Senators
Latisha Gaither
Fahad Islam

Commuter Senators
Andrew Barry
Davia McDonald
Micaela Mercado

Shannon Lynch Has Her Eye on the Ball

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Editor's Note

Dear NSU Community,

The future of *The Knight* is sure to be that of enlargement and improvement. With ample funding planned for next year, the staff size will double, the pay for employees will significantly increase, and the distribution will more than triple. Next fall, we plan to publish a newspaper every week, so that the publication will be more timely and hold the value of being the only publication on campus which frequently informs students about what is occurring on campus in the past, present, and future.

Do you have creative talents and don't know what to do with them? Put them to use by working for *The Knight*. Positions in design, writing, photography, etc. are available.

Think of the creativity you can exercise if you work for your school newspaper. You will have the opportunity to be a paid artist. Practice your writing, designing, drawing, argumentation, web design, computer programming, interpersonal communication, interviewing, and much more while working for a newspaper. The growth to be achieved from these opportunities is immense, and each staff member has grown as a person due to work performed at *The Knight*.

The Knight is your student newspaper. Hold it with both hands, and appreciate its priceless value. It is one of the few media outlets that reaches many of the entire university's population and its local community. Use this tool to speak out about your concerns. Protest institutional inequalities and injustices. Defend your favorite presidential candidate. Make the administration mad! Create controversy! Force this campus to start talking about complex issues that don't have easy answers. Isn't that one of points of going to college? Critically think, defend/refute/protest, and do something. *The Knight* is your first step, and it is easily accessible. Use it.

Amanda N. Brown

Editor-in-Chief
nsunews@nova.edu

Letter to the Editor

I would like to comment on the article about foolish holidays, especially the Holi Festival. [In the April 1st issue]

Hinduism - its values, ceremonies, and holidays - have an intricate web of philosophical meanings. Holi has a deeper meaning than the surface meaning mentioned in the article by one of your writers. The Holi ceremony occurs at a specific time that incorporates many aspects of the Past and Present. It was, therefore, wrong of your writer to say that it is a foolish holiday. Both Dr. Vic Shanbhag and I are Hindus, and sometimes even we cannot comprehend the meaning of some Hindu teachings and ceremonies.

It would be beneficial that in future articles, all facts pertaining to religion, cultures, and peoples are verified before printing them to avoid offense and embarrassment.

Thank You

SARIT NATHWANI

nathwani@nova.edu

SARIT NATHWANI,

Our mistake was putting a religious holiday next to three other insignificant holidays. We understand how this could be seen as offensive, and we apologize.

The article's intent was to mention other international holidays that occur around the same time as April Fool's, during which the participants behavior is funny or absurd. The word "foolish" is simply a play off the holiday, "April Fool's."

Letters to the Editor are appreciated and taken very seriously.

Respectfully,
Amanda N. Brown

Need a Creative Outlet?

THE KNIGHT

has a number of positions open for next semester.

Email

nsunews@nsu.nova.edu

to find out how you can join the team and be a part of the voice of this campus!

THE KNIGHT

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Member of the
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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.

THE KNIGHT Submission and Advertising Guidelines

Article Submissions

Attach article(s) as a Word document (or any other PC compatible software) to an email addressed to nsunews@nova.edu.

Pictures are strongly encouraged. Attach all photography and graphics as a separate file. Make sure the file format is PC compatible (JPG, GIF or TIF).

Be sure to include your full name, email address, and position (e.g. Student of Humanities) within the attached document.

All essays in MLA/APA format must be edited to conform to a journalistic format before submission. The article must say within the text where the information originates, as opposed to cited in a Works Cited page.

If you would like to be paid for your submissions, contact the Editor-in-Chief before submission for approval.

To ensure payment, writer must fill out appropriate and simple paperwork. Payment is added on to employee's check, or a check is mailed to the writer.

Advertising

The Knight maximum print area for ads is 10.25 x 15.5.


You can email your advertisements to the Business Manager in the following accepted formats: PDF, JPG, GIF, TIF, and DOC. If you submit your ad as a DOC, pictures must be high quality (300 resolution) or submitted in an additional file as a JPG or GIF.

All advertisements for your NSU organization are free.

For deadlines or additional information, contact the Business Manager at 954-262-8461 or knightad@nova.edu

April 2004

Programs & Activities Sponsored by the Office of Student Affairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Florida Marlins vs. St. Louis Cardinals 1:05pm Flight Deck Student Union	2 Live Entertainment... Band Audible w/ Neptune 66 7pm-11:30pm Flight Deck Student Union	3 Easter Eggs Hunt 11:00am-2:00pm Behind Goodwin Office of Volunteerism
4 Daylight Savings Time Block Painting Party 9:00am-4:00pm Goodwin Student Activities IFC Meeting 5:00pm Flight Deck Student Activities Sopranos Night 9pm-10pm Flight Deck Student Union March Madness Party 9pm Flight Deck Student Union	5 Passover Begins	6 NPC Meeting 5:00pm Flight Deck Student Activities	7 Successful Interviewing Tips 12pm-1pm LRITC 4036 Career Services Champion League Soccer 3:00pm Flight Deck Student Union	8	9 Good Friday University Closed No Classes	10
11 Easter IFC Meeting 5:00pm Flight Deck Student Activities Sopranos Night 9pm-10pm Flight Deck Student Union	12 Basic Resume Writing Workshop 12pm-1pm LRITC 4036 Career Services	13 NPC Meeting 5:00pm Flight Deck Student Activities	14	15 Advanced Resume Writing Workshop 6:00pm-7:00pm LRITC 4036 Career Services 2004 Health and Wellness Fair 11:00am-1:00pm North Miami Beach Campus Rec & Wellness	16 Greek Life Night 7:00pm Ballpark Cosponsoring Baseball game Student Activities Flight Deck Follies 6pm-12am Flight Deck Student Union	17 Community Festival 11:00am-6:00pm Rec Plex Student Activities Heaven and Hell Party 9pm-2am Flight Deck Res Life & Housing
18 Volunteer Week Begins Holocaust Remembrance Day IFC Meeting 5:00pm Flight Deck Student Activities Sopranos Night 9pm-10pm Flight Deck Student Union	19	20 Basic Resume Writing Workshop 12pm-1pm LRITC 4036 Career Services NSU Career Conference and Exposition 1pm-8pm Carl Desantis Bldg. Career Services Student Life Achievement Awards 6:15pm Rose & Alfred Miniaci Ctr. Office of Special Events NPC Meeting 5:00pm Flight Deck Student Activities	21 Administrative Professionals Day NSU Career Conference and Exposition 1:00pm-8:00pm Carl Desantis Bldg. Career Services Champion League Soccer 3:00pm Flight Deck Student Union	22	23	24 Volunteer Week Ends
25 IFC Meeting 5:00pm Flight Deck Student Activities Sopranos Night 9pm-10pm Flight Deck Student Union	26 Advanced Resume Writing Workshop 4:00pm-5:00pm LRITC 4036 Career Services Spring Cleaning Goodwin Residence Hall Volunteerism & Res Life	27 Spring Cleaning Goodwin Residence Hall Volunteerism & Res Life NPC Meeting 5:00pm Flight Deck Student Activities	28 Spring Cleaning Goodwin Residence Hall Volunteerism & Res Life	29 Basic Resume Writing Workshop 12pm-1pm LRITC 4036 Career Services Spring Cleaning Goodwin Residence Hall Volunteerism & Res Life	30 Spring Cleaning Goodwin Residence Hall Volunteerism & Res Life	

SPRING 2004 HUMANITIES FESTIVAL

April 15, 2004

Are you a good speaker? performer? writer? radio star? Then enter your work in the Spring 2004 Humanities Festival. You can win acclaim and Monetary awards!!!

Enter into one or more of the following categories:

Creative Writing: Students are invited to submit original poems and short fiction, which will be judged for originality & depth of content, form & structure, and language & imagery. There is no limit on the number of submissions per student. Their work will also be on display in the library atrium.

Journalism: Student journalists are encouraged to submit written works of journalism, including but not limited to interviews, reviews, news articles, and opinion editorials, for awards in the Journalism Competition. Submissions will be evaluated for the relevance, usefulness, and interest of the subject matter, as well as the elegance and professionalism of the writing. Students may enter more than one article, of any length, for consideration.

Literary Analysis: Literature faculty: We are seeking nominations of students for the Literary Analysis category. Student essays on literature will be judged by the following criteria: inventiveness of the argument, selection and analysis of evidence from the text, and mastery of written English. Students may submit up to two essays. Their work will also be on display in the library atrium.

Literary Performance: Dramatic Performances: Students are welcome to submit one-act or scene performances or interpretive readings of literature, either as performance theatre or as reader's theatre. Nominations should include students' names, email and phone, as well as the author/playwright and title.

Public Speaking: Students may submit either an informative or persuasive speech of 8-10 minutes in length, which explores a serious topic in depth. Attribution of documentation consulted and audio-visual aids are strongly encouraged.

Radio Performance: Students are invited to submit entries for two categories associated with Radio X programming: 1)DJ show 2) Talk Radio Show. Talk Program should be approximately 25-30 minutes in length. DJ show should consist of at least 5-10 minutes of "talk" and a selection of music played.

Entry Information:

All entries should be submitted by as soon as possible to the appropriate Division of Humanities professor, listed below by contest division. They are all located in the Division of Humanities, Parker 380.

Creative Writing—Dr. Marlisa Santos

Journalism—Dr. Karen Tolchin

Literary Analysis—Dr. Suzanne Ferriss

Literary Performance—Dr. Ed Stieve

Public Speaking—Ms. Jennifer Reem

Radio Performance—Dr. Kate Waites

The top two entries in each division will be presented at the awards ceremony on April 22nd, 2004 from 4:00 to 5:30 PM.

Live and Learn!

By Eugene Morrison
Knight Columnist
meugene@nsu.nova.edu



Studying Under the Sun!

Back in the late eighties, when I was pursuing my undergrad in a cold and sometimes bleakish place in Michigan, I would often go downhill skiing, while from time to time glancing upwards in search of the sun.

Sometimes I used to wonder if it was still coming up bright and brilliant "every day" in other places in the country, such as Florida and California. And then there were those time when I used to wonder, were I to put one of those famous Cracker Jack magnifying glass above my hand and point both my hand and the glass towards the winter sun, if the sun would have burnt my skin the way it used to when I was growing up in my native Belize.

Since my Michigan days, I must confess that things have changed a whole lot, to the point where these days I can easily haul a whole bag of books to the beach of my choice and dip my sometimes spent body in the eighty-something degree water without much notice of the amount of work it took me to experience such pleasure. And, if once I reached the beach I chose rather just to sit on the hot sand and feed peanuts or sesame seeds to the friendly birds who come to say hello, my books would eventually *still* get looked over, anyway.

On other occasions you might see me at a local park staring at my financial calculator as I try to figure out the "present value" of a future investment (hoping that things go well in college), or the amount of interest to be paid on a particular loan. (These are two very important things everyone who is considered a member of the human species should understand.)

Whether it rains or shines, I am present to the lifestyle we have in the tropics, and I see it as a great asset to our studying as we try to figure out some of those things some other people are still referring to as *esoteric!*

Sometimes I do my studying at a park, with the leg of freshly barbequed chicken in one hand and a pen in the other. At other times, it's while watching alligators, towards whose "dribbling" mouths new food is being dangled.

But who really cares where it actually happens, as long as it's under the sun? The main things I need for a good study session under the sun is a breeze - you know, some fresh, cool air and a wide open space. In such a place, data seems to easily transform into information, and foreign concepts quickly become understood.

And if those so far do not represent some of the best places for abstractions to convert to sense, then how about studying in a beautiful tropical garden, such as the medicinal one here at Nova: the one in front of the main library? The fragrance of the herbs and the surrounding beauty are said to make this one among the best of places to cultivate an "A."

And if all that doesn't do it well! Then, step from under your tree and get a little more sun.

It might just be that we sometimes need a little more Vitamin D. And if my scientist buddy (Dr. Earl Mandell, "The Vitamin Bible", pp 49, 1991) - the one whose work I research often - is right, then the sun should help us to increase our production of that "D" stuff. Other research shows that it can have a powerful effect in our bodies, leading to an increase in the absorption of calcium, which then should lead to bone growth and stronger teeth to tear up future chicken legs at the park!

So then, if all this stuff is right (the scientist, my financial calculator, and me, that is!) then I will continue to study, and do so under the sun. And since generosity is virtue we should all live up to, I extend this as an invitation to you, too!

For it is a noble exercise to study, and if you are like me who lives and learns, then why not do it while having some sun fun? I know I will.

And now that you have read all this, don't take me too seriously. It's all about having some fun. Or, should I say: *sun!*

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

Who are The NOVA 9



The NOVA 9 is a secret society on campus that is made up of nine undergraduate students who have been chosen to come together in order to create and maintain a positive atmosphere for everyone in the NSU community. These nine students, who will remain nameless, are all active and involved leaders in many different organizations on campus, and each of them posses the nine core values that together make up the NOVA 9. These values include helpfulness, love, compassion, humility, and secrecy. Some of the activities that the NOVA 9 have been involved with so far this year, which you may have noticed, include posting inspirational signs around campus to brighten up your

day and sending letters of appreciation to hardworking students and advisors of undergraduate organizations.

Since finals are just around the corner, the NOVA 9 will be having a study break with bagels and other goodies on parker second floor during evening classes on April 21st at 7:30 PM. There are many more surprises from the NOVA 9 in store for the future, so always keep a look out, because you never know where they may be or what they may be up to! If you have any questions, comments, or suggestions for future services, please feel free to contact them by e-mail at thenova9@nova.edu.

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Dear Therapist . . . Your Questions Answered



DEAR THERAPIST:

Something interesting has occurred! I have been out a few times with a girl from school. On our most recent date, she introduced me to two of her friends, a married couple. As the night progressed, I noticed my date becoming more and more affectionate with the couple. Noticing my perplexity, my date explained that she often enjoys sexual intercourse with the couple. Further, she stated that she would like for me to join in on the festivities. I consider myself sexually open; however, I am a little ambivalent about sex with more than one person at one time. Am I a prude? What should I do?

- MR. HESITANT

DEAR MR. HESITANT:

This is definitely a tough situation for anyone! This experience seems to have raised some important questions about your beliefs regarding intimacy and relationships. However, your ambivalence can prove useful for increasing self understanding and choosing a logical course of action.

Although surprising to some, sexual activity shared between more than two people is not uncommon. According to The Institute for 21st Century Relationships, tens of millions of responsible, well-adjusted people are seeking out relationships that don't embrace the traditional model of one man and one woman.

However, the success of an "open" or polygamous relationship depends on a mutual agreement and shared comfort. How will your new girlfriend's proposed encounter take place? What are the rules? Will the sexual encounters be limited to that couple, or is it open to more? Will she engage in these activities when you're not present? These questions are just a few of the several that may need to be addressed.

Additionally, I have yet to find a person that was totally void of jealousy or skepticism. Therefore, if you decide that an open relationship is something you're interested in, it may require even more trust and more security than a monogamous relationship. Having multiple sexual partners increases the risk of becoming infected with a sexually transmitted disease, not to mention other risks, such as unwanted pregnancy. For these reasons, open relationships may not be for everybody.

The costs and benefits of engaging in such sexual relationships are yours to decide. It may be helpful to discuss options and concerns in more detail with your partner. If you do not feel comfortable doing something, don't do it! Choose what you are most comfortable with. Good luck and happy sexual health!

- The Therapist

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

NSU Student Counseling Offers Hope

By Earl Tinsley

webmaster@knight-online.gjb.net

NSU Student Counseling offers free and confidential counseling services for all NSU students, with the exception of those in the SHSS Family Therapy Program. The Director, Dr. Douglas Flemons, heads the program, along with Assistant Clinical Director, Dr. Roxanne Bamond. The program exists in order to provide counseling for students dealing with school-related stress (including relocating, family demands, exam pressure, or problems with study habits and time-management), substance-abuse problems, emotional distress (such as anxiety or depression), and relationship and sexual difficulties.

During an interview, Dr. Flemons and three members of his staff elaborated on some basic information concerning NSU Student Counseling:

How long has NSU Student Counseling existed here at NSU?

"Dr. Barry Schneider started it thirteen years ago. Dr. Douglas Flemons took over in January of this year. Now that it is being administrated through SHSS, psychology students now have access to the service."

What is your mission/objective?

"Superb Service to Students!"

What are your goals?

"To offer effective and respectful counseling for students struggling with a variety of issues. We focus on students' strengths and resources, helping them discover new ways of dealing with their problem."

What are your office hours and location?

NSU Student Counseling offers a 24-hour Crisis-Line (954-262-7050), 7 days a

week (including holidays), where an on-call therapist is available to assist you in any problems you may have. During the day and early evening, you can call the same number to complete a simple over-the-phone intake and to schedule a first appointment (within a few days, or sooner if you're in crisis). The counselors are flexible with hours - they are available to meet with you mornings, afternoons, and evenings. The office is temporarily located on the East Campus (great directions for how to find it are available), but sessions can also be scheduled in the Maltz building or in Parker. The service is currently staffed with counselors from both family therapy and psychology.

How long does a typical session last?

A typical session lasts from 50 minutes to an hour.

What are the basic requirements for the student?

"That you are a student and are interested in getting some assistance with a problem - whether big or small. Sometimes, program administrators mandate students to come for counseling, but 95% of our clients decide on their own to make the call."

So, if you're struggling with a problem that is getting you down or keeping you from doing what you want or need to do, or if you're in crisis, then pick up the phone and dial 954-262-7050. You're also welcome to call just to find out more about what Student Counseling has to offer. Soon, they will also have a website up and running.

What Do You See In The Mirror?

By Amy Corcoran

Wellness Intern

Body Dysmorphic Disorder, otherwise known as BDD, is becoming common among young adults. It is defined as a preoccupation with a defect in one's appearance. This defect is often slight and sometimes imagined. Symptoms, like any other disorder, can range from mild to severe. The skin, hair, nose, lips, and eyes are the most common body parts that people become preoccupied with, but any body part can be the target. Generally, patients engage in compulsive behaviors, and are usually perfectionists. These behaviors include constant mirror checking, camouflaging, skin picking, and excessive grooming.

Most people with BDD try to avoid situations where people are going to see their supposed imperfection. This often leads to seclusion. A large problem

with BDD sufferers is they assume people will dislike them, and begin to seclude themselves from activities where others may be looking at them. When BDD sufferers do go out in public, they feel that everyone is criticizing them. The mirror checking and other behaviors often occur more when the person decides to enter a social situation.

Muscle Dysmorphia, also known as MD, is similar to Body Dysmorphic Disorder, but the sufferer generally focuses on muscle size. While BDD affects men and women equally, MD affects more men than women. This is because of the stereotype that men need to be tough and macho. People with MD obsess about being small and underdeveloped. Female athletes can also be affected by this disorder. Generally, people with this disorder

cannot relax, because they are constantly thinking that someone is criticizing them. They are also quick to try the newest diet, especially if it claims to increase lean body mass. The average age affected by this disorder is 19.4 years old. Some health consequences to this disorder include restlessness, slowed metabolism, mood swings, anxiety disorders, depression, and increased risk of injury. Causes of this disease include, but are not limited to, media portrayal, physiological factors (including the morphine-like effects produced by exercising), and psychological factors, such as obsessive compulsive tendencies.

Treatment for both of these disorders includes cognitive behavioral therapy and anti-depressants. Just because someone exercises lots, or likes to keep up their appearance, does not mean they have

BDD. We all have a part of our body that we would like to change, but when it becomes an obsession, a problem occurs. For more information regarding body dysmorphic disorder and muscle dysmorphia, take a look at these websites: www.bttinternet.com, www.healthyplace.com, and www.anred.com. These websites should be used for informational use only, and you should not diagnose yourself or someone else with one of these disorders. If you feel that you or a friend is suffering one of these disorders, please see a professional. If you have any further questions, feel free to contact Jessica Parker in The Eating Disorders and Body Image Service on campus at (954) 262-5846.

The US Immigrant Population is Growing

... in More Ways Than One

By Ana Rodriguez

anro@nova.edu

The immigrant population in the United States is growing dramatically, making the health status of racial ethnic minorities an increasingly important health issue. According to the American Dietetic Association (ADA), immigration into the United States is usually accompanied by lifestyle and environmental changes, which can increase the risks of chronic disease, especially obesity. A clear example is the risk that immigrants face in becoming overweight. Immigrants to the United States often acquire new eating patterns as they become accustomed to American products and a fast-food culture, a phenomenon defined by researchers as acculturation. The ADA uses this definition to show the extent to which mainstream customs, beliefs, and practices are adopted by immigrants. According to an article by the nutritionist Dr. Katherine Tucker, the new eating patterns can sometimes result in lower nutritional value and a subsequent rise in obesity and associated chronic conditions. Therefore, upon exposure to North American lifestyle, the immigrants are at risk for several major chronic diseases, including obesity. The ADA research indicates that health risk to this population increases while living in the United States.

The majority of immigrants who enter the United States are reported to be Asians and Hispanics. These groups are the most affected by the dietary acculturation which results in obesity. ADA research indicates that, as part of the acculturation process, immigrants may find new ways to use traditional foods, exclude other foods, and/or consume new foods. For instance, among many Asian immigrants, rice remains an important staple, but cereal, sandwiches, and milk may replace other traditional foods. Hispanic Americans may start to flavor the traditionally undressed side dish of chopped lettuce with salad dressing. These changes in diet lead to an increased caloric intake in both ethnicities. Immigrants may also incorporate the foods available in the host country while preparing traditional meals. To illustrate this point, additional ADA research indicates that first-generation Chinese immigrants in Nebraska are using canned American vegetables for preparation of Chinese dishes. This approach to cooking increases the chances of their becoming overweight. The same indicates that immigrants are more likely to consume traditional foods at dinner, whereas breakfast and lunch are more likely to be westernized, resulting in the full adoption of the dietary pattern of the host country.

Another research team from the American Dietetic Association has measured the physical growth of children in Guatemalan Maya families in order to explore how their health is impacted by immigration to the United States. They uti-

lized survey data from the Maya-American children and their parents about their lifestyle and Social Economic Status to examine the factors associated with being overweight and obese. The researchers found that the Maya-American children are 10 centimeters taller on average than their counterparts in Guatemala, indicating better health. However, nearly half of the Maya-American children were overweight, and 42 percent are obese. This may partly be due to a decrease in exercise, as the Maya-American children report that watching TV or playing computer games are their favorite leisure time activities, as opposed to playing soccer with friends as children do in Guatemala. Thus, while immigration from Guatemala to the United States seems to improve the health of these children, it simultaneously raises the risk of weight problems. This, in turn, could lead to hypertension and diabetes. The research shows that nutritionists should encourage immigrants to maintain their traditional dietary practices, such as high intake of fruits and vegetables.

Dr. Popkin and Dr. Udry, of the University of North Carolina at Chapel Hill report that second-generation Asian-American and Hispanic adolescents are over twice as likely to be obese as first generation immigrants. Although the reason why immigrants become overweight is not clear, factors like increased caloric intake, accompanied by a sedentary lifestyle, places immigrants at risk for obesity. Immigration from developing countries to the United States, says the ADA, may increase access to health care and clean water, but it also introduces some unhealthy lifestyle patterns, such as little regular physical activity, and diets dense in energy, especially fat.

Further research into this topic should probably include a survey containing questions regarding immigrant lifestyle before and after immigration, the types of food they consume now and what they consumed before, their socio-economic status, and the time spent in food preparation. This would serve as a useful tool in addressing the reasons why immigrants' weights are dramatically affected by their change in lifestyle. Moreover, future research may also examine the relationship between immigrants and depression, immigrants and decreased self-esteem, and also how immigrants' new dietary acculturation leads to increased obesity. It may also address how better nutrition leads to decreased obesity. Also, higher health costs caused by this phenomenon can be examined, as well as the increase in social anxiety caused by it. Obese people are often a target for bullies. Therefore, when immigrants are bullied because of their weight, their social acquaintances decrease, affecting their self-esteem and leading them to depression and anxiety.

April is National Poetry Month

By LeThesha Harris

Audiovisual & Adult Services Librarian

Join us on the 4th floor of the Alvin Sherman Library as we launch the 'Spoken Word Poetry' collection. Spoken word poetry has been described as performance poetry.

Internationally known poets, and even some homegrown talent, will be found in this exciting new collection, including poets like Rashida Bartley, Taalam Acey, Heru, Henry Rollins, Will Da Real One, Micanel, Amy Baez, Willbee, Rebecca

'Butterfly' Vaughns, Sekou Sundiata, Chunky, and many more.

Some of the poets featured in the collection will be on hand to read from their works. Light refreshments will be served.

Sunday, April 18, 2004
7 p.m. to 9 p.m.
For more information
contact 954-262-5476

Show Your School Pride: Get the NSU Specialty License Plate

By Mara L. Kiffin

Assistant Director of Public Affairs

Nova Southeastern University license plates are finally here! This is the perfect way to support the university and show your NSU pride.

The NSU plates are available for sale through the Florida Department of Motor Vehicles. To purchase your NSU specialty plate, visit your local tag agency and tell them you want to replace your current tag with a specialty license plate. If it is not time in your tag's cycle to replace the metal plate, you will pay a few additional dollars



to switch to a specialty plate. Specialty tags cost a set fee (annually) above the standard Florida tag, and

the fees vary based on the tag. Money generated from the sale of the license plates will go toward student scholarships.

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PRESS RELEASE

Modern Day Spiritual Leader to Speak at Signature Grand on April 28th

By Melissa Weisfenning
beeinwonder@yahoo.com

This month, South Floridians will have a rare opportunity to enjoy an evening of wisdom and meditation with world-renowned humanitarian, visionary, and spiritual leader Sri Sri Ravi Shankar ("Shree Shree"). Sri Sri is founder of the Art of Living Foundation which teaches the Sudarshan Kriya - a unique breathing technique which has had significant impact in eliminating stress and anxiety, increasing energy and focus, and improving overall health. Practiced by more than two million people of all cultural, ethnic and religious backgrounds in over 100 countries, the Yoga Journal claims the Art of Living to be "the fastest growing spiritual practice in the world." The number of American practitioners increased by 25 percent in the last year alone. More than 10 million people attended Sri Sri's talks in 2003, spanning 95 cities around the world. Infused with wisdom and gentle humor, these talks are a reflective dialogue with almost everyone coming away with the satisfaction of him speaking on an issue that is relevant to their everyday lives. The last time Sri Sri was in South Florida was three years ago, when he spoke to a sold out crowd of 1,200 people in Hollywood. The evening at the Signature Grand on April 28th promises to be a special chance for an estimated 2,000 South Floridians interact with the spiritual leader.

Why are people so inspired by Sri Sri Ravi Shankar? Perhaps the inspiration is due to the timeliness of his broad message of love, compassion, practical wisdom and service. He says that he isn't interested in advocating a particular religion but in bringing society's attention back to human values. It is the lack of proper spiritual education, which is the cause for fanaticism in the world, he says. "We accept food from every part of the world," he says. "You don't need to be Danish to eat

Danish cookies. Anyone can eat Mexican food. We accept cuisine from every part of the world, music from every part of the world. The time has come to start accepting wisdom from all parts of the world."

In addition to collaborating with other world leaders - including the Dalai Lama - to promote human values, Sri Sri's message has found expression in the numerous charitable programs that he has started around the world. His Art of Living Foundation, a worldwide humanitarian and education organization, is recognized by the United Nations and now has chapters in over 130 countries around the world. Art of Living volunteers step forward to help whenever and wherever there's a need. Art of Living teachers were on hand in the aftermath of 9/11, leading trauma relief programs in New York City and offering people practical tools to help them sleep better, relax, and feel a sense of ease again. Last Spring a center in Kabul, Afghanistan was started to work with children and widows. Art of Living volunteers have taken part in earthquake relief in Iran and India; poverty reduction programs in Asia; and trauma relief programs in Kosovo. Most recently the Foundation has started trauma relief programs in Baghdad, Iraq for a population devastated by war and violence.

What does he offer to ordinary people? The powerful Sudarshan Kriya, a unique stress-relieving breathing technique, is taught in Sri Sri's Art of Living Course. Practitioners of the Sudarshan Kriya say it is useful for anyone wanting to grow spiritually, emotionally, to manage the stress, and to live and enjoy life to its fullest potential. The South Florida chapter continues to grow as area residents have the option to join the programs and learn techniques from trained teachers in the area.

"The techniques taught on the Art of Living Course may be doing much more than relieving stress - techniques may actually help people connect better with each other," says renowned psychiatrist at Columbia University, New York, Dr Richard Brown. In his endeavor to look for natural treatments to eliminate troubling side effects associated with drugs, Brown says that "the best results so far have been with (Sri Sri's techniques). Other techniques are either so difficult to do that people just stop practicing them or take many years to show results." Peer-reviewed scientific research programs have been undertaken to study the benefits of this technique, with results showing significant decrease in depression, anxiety, the stress-hormone Cortisol, and relaxed yet alert brain wave activity. This data holds such promise for restoring and maintaining optimal health that Art of Living has been invited to present it to the NGO Mental Health Committee at the UN and at the National Institutes of Mental Health in Bethesda, Maryland to standing room only audiences.

Thousands of South Florida residents have thronged to Sri Sri's talks. According to William Hayden, an engineer at NASA, "Not only does he provide practical wisdom about life, he leads the audience through a direct experience of their deeper selves." In India, he draws as many as 250,000 to a single talk, making 2,000 seating capacity a special opportunity to interact with him.

The April 28th event at the Signature Grand, 6900 State Road 84, Davie begins at 7 pm and is sponsored by the Art of Living Foundation. Tickets are \$15 and \$10 for students and seniors, with \$25 preferred seating available, and are available on-line at www.artofliving.org/us2004 or at the door. For information call 954-793-1633.

**Art of Living Foundation
An Evening of Wisdom,
Meditation, and Celebration
Sri Sri Ravi Shankar**

Wednesday, April 28th at 7 pm

Signature Grand, 6900 State Road 84, Davie Florida
Tickets are \$15/\$10 students & seniors, \$25 preferred seating available

Available at
www.artofliving.org/us2004

"Finding inner peace is a primary goal of Sri Sri's methods."
- The Washington Post

"Indian Guru offers remedies for anger and alienation faced by America's young."
- The Seattle Times

"Testimonials from prison officials and psychiatrists say Sri Sri's techniques reduce violence and heighten happiness."
- Ottawa Citizen

"Famed Guru's goal: promoting tranquil bodies and souls."
- The Sun Sentinel

"Knowledge and spiritual awareness should go hand in hand with the social and political system. Only then can justice prevail in society and there be a sense of belonging with everyone in the world, irrespective of their religious and cultural background or age group."

- Sri Sri Ravi Shankar
World Economic Forum
2001

"I often say religion is the banana skin and spirituality is the banana. The misery in the world is because we throw away the banana and we are holding on to the dry skin."

- Sri Sri Ravi Shankar
U.N. World Peace Summit
2000

"At a time when many people feel that modern knowledge and ancient traditions tend to contradict each other, it is refreshing to come across someone like Sri Sri Ravi Shankar who has been able to reconcile his scientific education with his Vedic training to find a path relevant to contemporary needs. As a result he established the Art of Living Foundation, whose avowed aim of encouraging people from all backgrounds, religions and cultural traditions to join together in celebration and service is highly admirable."

- His Holiness the Dalai Lama

About Sri Sri Ravi Shankar

Sri Sri Ravi Shankar is a spiritual leader of unusual depth. His lifework has been dedicated to uplifting human values in society. His international educational and charitable programs are active in over 100 countries. Through his Art of Living programs, millions of people worldwide have experienced lasting transformation in their lives in physical, mental and spiritual well-being.

Today, Sri Sri speaks in about thirty countries a year, reminding us that the great spiritual traditions have common goals and values. A featured speaker at the United Nations Millennium World Peace Summit and the World Economic Forum, he has also collaborated with other world and religious leaders to create initiatives for greater world understanding.

Sri Sri Ravi Shankar is a founding member, along with the Dalai Lama and several other world leaders, of the International Association for Human Values (IAHV), a Geneva-based organization that aims to re-awaken human values. He is also the founder of the Art of Living Foundation, an international Non-Governmental Organization (NGO) working in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations. The organization also works in formal consultation with the World Health Organization (WHO) on global health policy for the 21st century.



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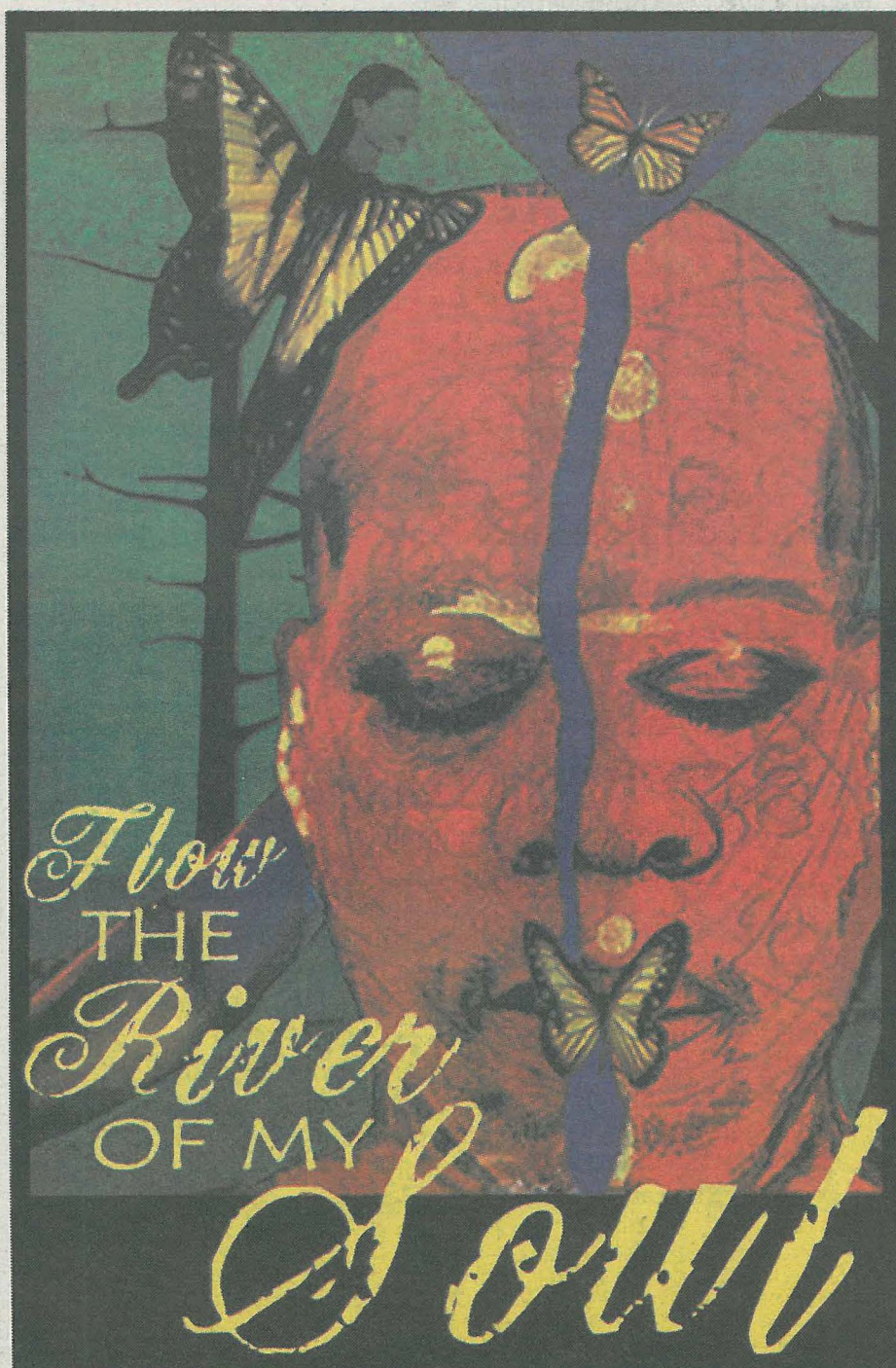
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Flow the River of My Soul

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By Elizabeth Hoskinson

Saturday, April 24, 2004

6:30 pm (Art Exhibition)

7:00 pm (Performance)

in the

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3100 Ray Ferrero Jr. Blvd.

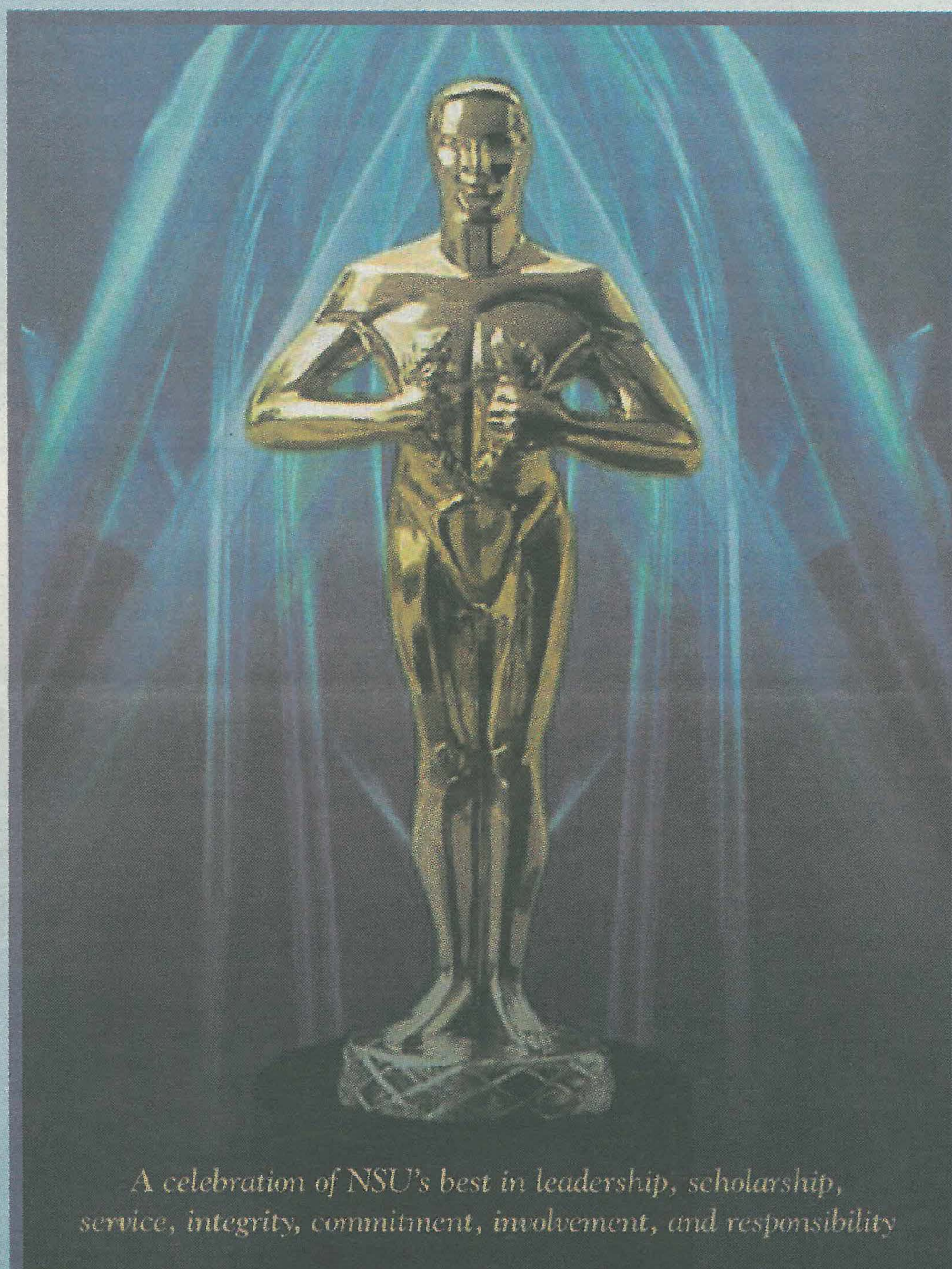
Fort Lauderdale, Florida

(adjacent to the Library, Research, and Information Technology Center)

\$10 (General Admission) \$5 (Students and Seniors)

To Purchase Tickets, please contact Elizabeth Hoskinson by
phone (954.709.1694) or by email (hoskinso@nova.edu).

— FIFTH ANNUAL —
STUDENT LIFE
ACHIEVEMENT AWARDS



*A celebration of NSU's best in leadership, scholarship,
service, integrity, commitment, involvement, and responsibility*

Tuesday, April 20, 2004, at 6:15 p.m.

The Rose and Alfred Miniaci Performing Arts Center

(located on the north side of the Alvin Sherman Library, Research, and Information Technology Center)

Limited seating is available. Tickets may be obtained in the Student Activities Office located on the second floor of the Rosenthal Student Center, room 206.

Please join us for a reception immediately after the event in the lobby/plaza area outside of the auditorium.

For more information, please call (954) 262-7290.



Club Drugs:

The Truth About the Party Scene

By Jamie Beucke
Business Manager
knightad@nova.edu

Student-athletes and the Greek Community were brought together for a program entitled "Club Drugs: The Truth About the Party Scene" on March 23rd. This program, brought to campus by Larry Starr, Assistant Athletic Director of Sports Medicine, is one of the few nationally established programs that deals specifically with the dangers of club drugs.

Speaker Bob Gordon is a nationally recognized volunteer and former alcohol/drug counselor. Gordon's training includes addiction, drug research, and usage trends. Gordon also works closely with students, advisors, government, and law enforcement agencies regarding drug education and trends. The event was open to all students, faculty, and staff at NSU; however, athletics and Greek Life made up most of the audience.

Gordon began by conveying his intentions for his program, which were to dispel myths and provide legitimate information on drug trends. The program lacked the vitality needed to inspire students to make well-educated choices; however, Gordon's passion to inform students on the reality of club drugs was apparent.

Gordon began with information on the drug Rohypnol, commonly known as the Date Rape Drug, or Roofies. One Rohypnol is the equivalent of ten Vallium and comes in a pill or powder form. It is illegal in the United States. The Date Rape

Drug is dissolved within ten seconds, and gives a sedative effect within ten minutes of ingestion, incapacitating the body. Only 8-12 hours later, the drug is undetectable in the system; however, severe hangover effects can last for days.

Next Gordon spoke of Gamma-Hydroxybutyrate, or GHB, more commonly known as Liquid X, or Mickey's. GHB first appeared in health food stores as a nutritional supplement, but the FDA immediately pulled it from the stores and has since declared it illegal to make or possess. Perhaps one of the easiest drug to make in the home, GHB is made by mixing Lactone, Floor cleaner, and other household cleaning items, such as degreasing solvents or drain cleaners. After an understanding on how GHB is formulated, it is easy to see why this pill has a bitter tasting, ammonia-like odor. Within 10-15 minutes of ingestion, the drug acts as a strong depressant on the central nervous system, physically incapacitating the user, creating a strong euphoric effect, and suppressing the gag reflex.

Another topic of discussion was Ketamine Hydrochloride, known as Super Acid, or Special K. Ketamine is produced in a liquid form; however, it is usually baked down to powder form. Originally created as a human anesthetic, it is more commonly used as a cat and horse tranquilizer, and therefore illegal to possess out-

side of a hospital or veterinary clinic. With in 10-20 minutes, Ketamine can impair the body. Ketamine can incur slurred speech, loss of coordination, muscle rigidity, a comatose state, aggressive behavior, depression of respiratory system, and a hallucinogenic state on the body.

Dextromethorphan was the next club drug Gordon explained. Normally known as DXM, this drug is commonly found as an ingredient in over-the-counter cough syrups, acting as a drying-out ingredient for a cold. DXM creates euphoric highs similar to the effects of the drug Ecstasy. But it lasts for a shorter period of time, causing users to dangerously double-dose, which can possibly lead to death. One in every ten people lack the proper enzymes to break down DXM, making this drug very dangerous.

Lastly, Gordon spoke of Methylenedioxymethamphetamine, or MDMA. This drug has various street names, the most popular being Ecstasy, X, Rolls, and Love Dust; MDMA is a highly toxic drug proven to destroy the pleasure center of the brain; it creates a hallucinogenic effect given by the substances often mixed with MDMA. Coming in both a pill and powder form, ecstasy causes overproduction and buildup of serotonin by effecting neurotransmitter uptake blockers in the brain.

Gordon ended his program with a demonstrative exercise on trusting others, specifically to indicate why it is dangerous to leave your open drinks in a club unwatched. While the program lacked creativity, Gordon's vivacity to educate empower students was striking.

Club Drug Dangers

Rohypnol

Drowsiness
Dizziness
Confusion
Memory loss/amnesia/blackouts
Impaired motor skills
Impaired judgement
Slurred speech
Reduced levels of consciousness

GHB

Small difference between dosage to get high and deadly dosage
Combining with other drugs can cause seizures, tremors, etc
Variation in ingredients mixed and potency of batches

Ketamine

Nausea
Loss of motor control
Lethal mixing with other drugs
Irritating to blood and muscle tissue
Induces deep coma
Can cause neuroses and other mental disorders
Effects can take from 1 day to 2 years to wear off

DXM

Impotence
Significant increase in heart rate, blood pressure and body temperature
Convulsions/spasms
Bleeding from ears, eyes or sinuses
Halted brain development
Death

Ecstasy

Jaw clenching
Depression
Headaches
Sleep problems
Personality changes
Tremors/shaking
Dehydration/hypertension
Permanent brain chemistry changes
Cardiac arrhythmia
Kidney failure
Reduction of sexual pleasure
Death



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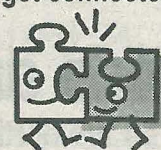
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IMAN Hosts Islamic Awareness Week



Islam Awareness Week organizers, left to right: Amina Abdel-aziz, Secretary Liz Darwish, Treasurer Areege Afaneh, Tehsin Siddiqui, Ambreen Parvez, Irman Shaheen, President Farheen Parvez, and Vice President Tariq Lateef. Photo by Christie Bailey.

By Christie Bailey
cbailey@nsu.nova.edu

During the week of March 15th, IMAN hosted Islamic Awareness Week at NSU to share the meaning of Islam with the university community. Often misinterpreted and misunderstood, Islam is, in fact, a beautiful religion that spreads a message of brotherhood, equality, and good will.

On Monday, March 15th, Islamic Awareness Week was kicked off with an "Introduction to Islam" information table in front of Parker, where pamphlets, posters, and books on Islam were available, and IMAN members stood by to answer questions and share their personal views and experiences. Many misunderstandings were corrected here, such as what god the Muslims worship, and whether they believe in Jesus. (They believe in the same god as Christians and Jews, although they call Him "Allah," which is simply the Arabic word for "God." Also, they believe in Jesus, al-

though they believe that he was only one of several prophets, of which Mohammed was the last.)

Tuesday night was "Movie Night," and the PBS documentary "Mohammed: The Legacy of the Prophet" was shown. It compared Islam in the Prophet's time to the religion practiced today.

Students Amina Abdel-Aziz and Mahasin Shahid stepped up to the microphone on Wednesday during the dialogue "Why Do Muslim Women Cover?" to explain the meaning of traditional Islamic women's garb and to dispel myths, especially those built up around the headscarf, or *hijab*. They explained that Islam values intellect and piety over physical beauty, and - far from being a symbol of oppression or inequality - clothing that fully covers the body allows women to be seen from the inside, not judged by physical attrac-

tiveness. It is not required of Muslim women to cover; quite a few, in fact choose not to. However, many do choose to cover, because it is a symbol of their piety and femininity. Amina Abdel-Aziz stated, "We don't see the point in trying to be a man. We see our femininity as a blessing." In Islam, men and women are treated equally as human beings, although their roles are not identical. By covering, Muslim women celebrate their uniqueness as females.

Thursday afternoon, Brother Bashir Fadl, a knowledgeable member of the Islam community, gave the lecture "Honoring Engagement and Marriage," which both explained the Islamic beliefs about marriage to non-Muslims and acted as a workshop for Muslim students. In Islam, marriage is about joining a man and a woman together to make a whole. Arranging marriages is not practiced, as, ideally, the union should be fully agreed upon by both parties, because it is first and foremost a spiritual union. However, gaining the approval of the parents is considered vital. This is because deference is given to the opinion of the parents, and because family is regarded as a top priority in

Islam, the blessing of the parents is very important.

On Friday, which is the Islamic holy day (comparable to the Jewish and Christian Sabbaths), a lecture, "The Importance of Prayer," was given by Brother Bashir Fadl. This was followed by a ritualistic prayer, then questions and lunch. Prayer in Islam is very important, and can be performed as a ritualized prayer (known as *salat*), informally, silently, or even as performing good deeds. This is because Islam regards performing kindnesses as a form of worship, and places importance on doing worship through actions, not just in words.

At all of the events, delicious Middle Eastern food was served for free, including rice, vegetable stew, chicken, falafels (think fried meatballs, but made with ground chick peas instead of meat), hummus (a delicious spread made of ground chick peas and spices), and tabouleh (a Middle Eastern salad made of bulgur wheat and chopped parsley, mint, tomatoes, and scallions).

IMAN did a fabulous job with all of the events, and did a great work sharing the beauty of Islam with the NSU community. Islam Awareness Week is an annual event, so if you missed it this year, keep an eye out for the next!

Official Ground Breaking ceremony of the new "University Center"

When:
Wednesday, April 21 at 4:30 p.m.

Where:
Outside of Rosenthal Student Center.
(There will be a big tent right outside as you exit, this is where the ceremony will take place)

There will be a post reception immediately after the event is over, up in the Flight Deck for those that wish to attend. The entire ceremony will be roughly a 1/2 hour to 45 minutes in length.

Type 2 Diabetes

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Living with diabetes is not easy. Sometimes the proper diet and the right exercise are not enough.

Local physicians are participating in a research study with an investigational medication to see if it safely and effectively helps control blood sugar levels.

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If you qualify, you will receive all study-related care and study medication. Financial compensation is also provided.

For information, please contact:

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Volunteer For Your Future



Conference attendees at the banquet. Top row from left to right: Latoya Primos, Shomari Campbell, Melanie Denny, Kepler Dechabert, Jennifer Morris, Jackie Brown, Noelle Webster. Bottom Row: Chrissyl Shaw, Michael Johnson and Laurel Selver

P.A.S.A. Members Hone Their Leadership Skills at Yearly Conference

By Melanie Denny
denny@nova.edu

The Pan-African Student Association attended their 29th Annual Spring Leadership Conference on March 26th. As the first van left at 4 p.m., and the second van left at 10 p.m. to accommodate the night students, excitement and anticipation filled the air. When the ten P.A.S.A. affiliates arrived at the Melbourne Hilton, they checked in with greetings from familiar faces and old acquaintances from previous Conferences. As P.A.S.A. registered with the Florida African American Student Association (F.A.A.S.A.), they received their name tags and itineraries for the weekend. Right after the opening welcome session, they attended the cultural hour entitled the "African- American Portrait Gallery: Discovering Timeless Heroes." It was a 45-minute one-man show that provided both key historical content and a character development focus for students. Just to unwind for the night, all of the schools reunited at the bowl-a-thon at Brunswick Brevard Bowling Lanes. There was a lot ahead for the P.A.S.A. troop.

Friday morning, the 300 college students from around Florida woke up to attend the educational workshops in the banquet halls of the hotel. There was a workshop on etiquette, where the director set up a table with formal table settings to demonstrate certain behaviors

appropriate at a formal dinner. The students learned which way to pass the bread, the proper way to pass the salt and pepper, how to indicate when you are finished with the meal, and many other table mannerisms. The attendees agreed it was very informative, as well as fun. After the workshops, there was a luncheon so that students could practice their new knowledge on table manners. At the luncheon, Ambassador Harriet L. Elam-Thomas spoke about her four-decade Foreign Service career.

Later on Friday evening, there was a talent show where many of the F.A.A.S.A. members participated, including P.A.S.A.'s own Laytoya Primous, who shared a poem. The audience, especially NSU's Pan-African Student Association, cheered for both her and her competition, showing full support and enjoying the show. This event's atmosphere was engulfed with joy, laughter, and togetherness. That night, there was a social where the members danced and intertwined with each other, making F.A.A.S.A. friends and becoming a F.A.A.S.A. family.

The next morning, there were more workshops about how to succeed in college and how to budget money. They discussed how college success entails going to class every session and having a rela-

tionship with each professor to achieve the best experience in college. Money management for college students provided tips on how to make your dollars go further and how to determine what is essential for living while in college. After a short break, everyone began to get ready for the long awaited banquet, whose featured guest speaker, Professor John H. Hill III, attended NSU's School of Osteopathic Medicine. After eating, Hill enlightened the listeners on AIDS awareness. He discussed some very serious problems in the black community with the growth of the HIV virus, and he asserted how critical it was for young people to keep themselves aware and protected.

As the excitement of the weekend elevated, there was a minor incident involving the hotel. As the banquet had finished, there was an alarm in the hotel instructing everyone to evacuate the building. There had been an accident on the sixth floor and the sprinkler system had gone off. Students huddled outside the building, watching water pour out of a window of the Hilton Melbourne. The students all wondered if their belongings were damaged and if the incident affected them in any way. As it turned out to be only two particular rooms on the sixth floor that

suffered any damage, students were at ease, and the Conference went on as usual. Although this minor setback put a downer on the conference for a little while, the social still went on when the situation was cleared up. Their last night in Melbourne was an eventful one, and this conference would not be forgotten easily. According to a first time attendee Laurel Selver, "It was very beneficial. I learned useful facts and information that can help me grow as an individual in society. I will definitely go back next time to learn more and meet new people."

There was a wrap up session on Sunday morning complete with the students' commentary on their experiences from the weekend. As the president said his last speech as president of F.A.A.S.A., he became very emotional and professed his love for the organization. After the meeting, everyone packed up, checked out of the hotel, and loaded into their respective vans, but not before they received their new friends' phone numbers and e-mail addresses. P.A.S.A. can never relive this weekend, but they may revisit the memories with new friends and acquaintances from other colleges in Florida so that they can enhance their networking and grow as an organization.

NSU Alum Steven Kates Makes Waves In Hospitality

Graduate of Wayne Huizenga School of Business

Nominated As Entrepreneur of the Year by the Greater Hollywood Jaycees

This month, the Hollywood Jaycees turn in their nominations for outstanding young leaders. This year on the slate is Steve Kates from Aventura, co-owner of Driftwood Ventures, Harpoon Harry's, and Grand Bahama Vacations.

Steve Kates moved to South Florida in 1997 and opened a base for his Southeastern/Caribbean Operations in Fort Lauderdale as Grand Bahama Vacations and The Royal Oasis Casino in partnership with Driftwood Ventures. Prior to moving to back to Florida to be closer to his family, Kates was Vice President of Development in the Gaming Division at Carnival Hotels and Casinos, and managed all gaming development activities throughout North America, Latin America, and the Caribbean. He was also Vice President for the 150 million dollar development and opening of Casino Rama, located in Orillia, Canada. A string of national and international successes scored him the 2004 World Poker Tour playoffs for Royal Oasis Casino clients in August

and a well-deserved reputation as a rain-maker in the Hospitality Biz all by the age of 39.

Kates is known for the savvy development style he used to transform the Royal Oasis Casino, formerly known as *The Princess Casino*. From a casino with 965 rooms, 100 timeshare units, and two 18-hole golf courses, he turned it into a sleek new resort complex with two distinct hotel options, a retail shopping mall, restaurants, and a sports bar. New exterior designs, such as parks, trails, waterfalls, ponds, and a free form sand pool, complimented the new interior re-theming and redesigns. While Fazio Golf Design Group restructured the Emerald and Ruby golf courses to perfection, the new entertainment center was fitted for a spa, fitness area, and children's program. The expansion added another 10,000 square feet, a buffet restaurant, a sports book, and a high-end table game room, and was completed within two years at a budget of \$42 million, transforming the friendliest casino

in the region into the most popular one. Kates comments, "The expansion programs allowed us to turn a casino with a hotel into a luxurious experience for all walks of life. Our clients leave fully entertained and well rested. That's our number one priority."

Working with Driftwood offices in Jupiter, Kates continued his progress as the company built its portfolio from 9 hotels to over 25 hotels worldwide, including the Holiday Inn Junkanoo Beach in the Bahamas, Asotira Hotel in Nassau, and the Holiday Inn Sunspree in Paradise Island, as well as new restaurants Stateside, including Harpoon Harry's in Hollywood, Florida. The company's interests encompass over 6,400 rooms, \$225,000,000 in revenues, and \$13 million in renovations per year, while growth programs at Grand Bahama Vacations alone bring in over 250,000 passengers to the properties.

As a local business owner who grew up in the area, Kates has strong community ties and supports various groups, such

as the Friends of Sylvester, Hollywood Chamber of Commerce, Switchboard of Miami, Big Brothers and Big Sisters, and Hollywood Jaycees. He resides in Aventura with his wife of 9 years, Hilary, his daughter, Leah, and his twin sons, Samuel and Benjamin. Kates maintains a Bachelors of Science Degree in Finance from Florida State University, a Masters of Business Administration Degree from the Wayne Huizenga School of Business at Nova University, and a Masters Certificate in Urban Planning from Florida State University. He is a member of Temple Sinai North Dade and Temple Beth Shalom in Miami Beach.

Says Kates, "The only way to compete is to offer cutting edge quality and service. The Royal Oasis Casino is the best in the Caribbean and one of the best in the world."

For more information on Royal Oasis Tours, contact: 954-359-3099. Media contacts, call 954-923-4343.



Shannon shows her tenacity on the mound in a couple of recent games as shortstop Krystal Lamb waits for the pitch in the background.

Photos by Alicia Winslett

Shannon is 'Stepping Up' To the Mound

By Alicia Winslett
winslett@nova.edu

Shannon Lynch, one of NSU's newest pitchers, has been on the softball field since the age of 5. Lynch played slow pitch softball at the age of 5 and then quickly moved up to fast pitch at the age of 9, a step most young softball players don't make until an older age is reached. Shannon said that she really liked pitching when she started. "When you're a pitcher, they're the people that get the most action."

Lynch was born and raised in Marietta, Georgia and played softball all the way through high school and earned many awards. She lettered 4 years at Pope High School, received the Scholar Athlete Award, was two-time All-County Honorable Mention, and received the Hustle Award. In addition to her personal success, she was part of a successful team as well. "We beat every team but one, and I pitched every game." Even though Lynch was among a talented team and pitchers typically do not have high batting averages, she held the highest batting average on the team.

Lynch had options open to her as to which college or university she wanted to attend. "I emailed everyone and my summer coach helped me. I wrote emails and made a video, sent the video to Coach Bonee', and she got back in touch with me." Shannon also had offers at other schools in New Hampshire and Pennsylvania, but she made a "benefits" list for each school and found that NSU was the best one to come for her.

Not only was her school year busy, but so was her summer. "Most of my summers were consumed with softball, so I didn't have time to go to any summer camps. I went to one, and they rated you."

She had a good rating but was too busy with softball games to do anymore camps.

Sometimes, athletes have life-changing experiences in their sport. Shannon's biggest experience was when she tore the meniscus in her knee when she was pitching during a game. "I hurt my knee in the summer before coming to school. I tore the meniscus, had an MRI, and they told me to have surgery in July or August. I came to school right after surgery and had to build my confidence with pitching again." Not only has she had to build confidence, but also, the muscle in her leg so that it doesn't happen again. She's definitely come a long way and has gained a lot of confidence on the mound.

One thing you will notice is that Shannon has a natural spin to her ball. "I've found ways to tweak my body to change the ball. I flip my hand to make a change-up slower." This technique makes her pitching very unique from any other pitcher. She has the team high for the most strikeouts, totaling 121 batters and maintains a 1.83 ERA. Lynch is 12-11 for the season.

"I think I've come a long way and proved my spot on the team. I've done everything coach Bonee' has asked of me, and she's confident in my ability. I think the following years will be even greater." The softball program has a great chance of becoming one of top teams in the nation; this year they have earned their first NCAA Division II South Region Top-10 ranking since becoming member of the NCAA Division II in 2002.

Although Shannon's seen a lot of time on the mound, she'd really like to get back in the line up, batting. "I would like to be in the line up. I always shoot for

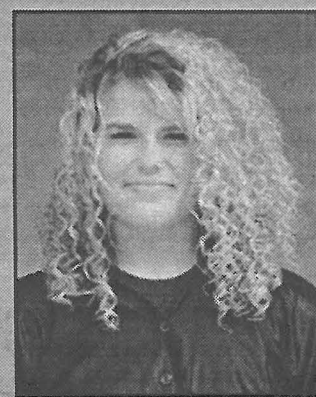
higher or lower when I want to improve. I want to improve everything, whether it be scholastically or more muscle in my leg. I also want to be more consistent as a pitcher." She also knows that having a good relationship with her catcher is important as well. "Every aspect is important [in trusting your catcher]. It's hard to build when you come in, so you build that trust and bond. It also involves a lot of confidence."

The softball team has come a long way since Coach Bonee' joined them last year. Bonee' led a team of only nine players for three-quarters of the season. The team had a record of 25-22 during its first year in NCAA competition. This year, the team has improved their record and has earned regional rankings for the 1st time. "We're such a young team and have done so well. Words can't explain our potential. I think we could rank nationally and consistently," says Shannon.

"I always give my best, and I've walked a lot of people and I don't walk people. I always look at the catcher, never the batter, zone in, and take my time. Every time a girl comes up, I know she's mine and I can get her out." A great aspect of an athlete is competitiveness, and Shannon's got plenty of it. "I'm a competitor, and I always have to be better. I want to be the best I can be in school and athletically. I always look forward to the excitement of a new day."

Even though Shannon is a freshman, she still yearns to be a leader. With her passion for the game and desire to improve, success and leadership seems inevitable for Shannon Lynch.

Shannon's Stats



Born: July 10, 1985
Marietta, GA

Major: Athletic Training

ERA: 1.83

Wins/Losses: 12-11

Batters Struck Out: 121

"I always look at the catcher, never the batter, zone in, and take my time. Every time a girl comes up, I know she's mine and I can get her out."

-Shannon Lynch

Current Stats for Softball

Catcher Janette Rodriguez currently leads NSU at the plate for the season with a .416 BA and 36 runs scored.

Left Fielder Diana Goolsby leads the team with 18 stolen bases this year, and is second in batting with a .405 BA.

3rd baseman Krystal Lamb leads the team with 6 HR and 40 RBI, and is batting third with a .394 BA.

RHP, freshman Shannon Lynch is leading the Knights with a 1.86 ERA, and has struck out a team-high 116 batters; she's 12-9 on the season.

RHP, senior pitcher Jen Garcia has a record of 12-4 and a 2.11 ERA.

For Florida Gulf Coast University, Ashley Cecil is leading at the plate with a .400 BA and 11 RBI, while Lindsay Ijjas is batting .333 with 26 RBI. Pitcher Kelly Powe has a record of 15-5 with a .68 ERA and 147 strikeouts this season.

Knight's Softball Team Kills Trinity University 8-0 in First Game and 6-2 in Second Game

Janette Rodriguez 3-for-3 in the First Game and Diana Goolsby 4-for-4 in the Second Game

By Alicia Winslett
winslett@nova.edu

On March 31st, 2004, the women's softball team (25-17) took on Trinity Christian College (5-7-1) for a double header. Trinity came into the game after defeating Dominican University last Thursday by a score of 5-4. The weekend before, NSU traveled to Saint Leo University for a three game series and came away 0-3.

In the first game, Shannon Lynch pitched the first four innings for the Knights, allowing no hits. Jen Garcia came in and pitched in the fifth inning, striking out three and allowing two hits before the game was ended in the bottom of the fifth as the Knights blew away the Trolls 8-0.

The Knights took an early lead in the bottom of the second inning, 1-0 as a groundout to third brought in 3B Krystal Lamb (Sr. West Palm Beach, FL). The next run was scored by Diana Goolsby (Jr., Ocala, FL) after Janette Rodriguez doubled to right center. In the bottom of the 4th, the Knights didn't relinquish their control; they scored 3 runs off 4 hits. Janette started things off by hitting a triple deep to center. Angie Martinez (So., Miami, FL) then hit it to second to bring in Rodriguez, 3-0 NSU. Leah Shoats (Jr., Albuquerque, NM) then came up to bat and hit it to center for a single. Lindsay Hoffman (Jr. Frankfort, IL) then hit it to third, and was

safe on first with runners on 1st and 3rd with 1 out. After Mary Kate Lavery (Sr., Moline, IL) had a base hit to 2nd, there was a pickle between 1st and 2nd, and Shoats scored to bring the Knights to 4-0. Goolsby came up to bat, hit it to 2nd, and brought in Lavery to end the inning 5-0.

Trinity tried to pick things up in the 5th inning, but their two hits by Stephanie Koedyker and Erica Bruner result in any scores, as both of them were left on base in the inning. In the bottom of the 5th inning, the Knights scored 3 more runs. Krystal Lamb brought in 2 runs, and then Hoffman brought in Lamb after hitting it to third to end the game early 8-0 in favor of the Knights.

RHP Shannon Lynch picked up the win for the Knights, improving to 11-9 on the mound. Pitcher Michelle Worries picked up the loss for the Trolls. In the first game, the Knights out hit the Trolls 13-3. Janette led the Knights as she went 3-for-3 with 1 RBI and 1 run scored. Krystal went 2-for-3 with 2 RBI and 3 runs scored. Hoffman, Goolsby, and Martinez all went 2-for-3 with 1 RBI.

In the second game, during the first inning, Goolsby and Jessica Reader (Jr., Granite City, IL) got on board with 2 bunts, then Janette drove them both in

after she hit it to short and Courtney Krasoczka made an error.

Trinity put their first score on board in the top of the third inning, but the Knights came back and scored 3 runs off 2 hits in the bottom of the inning. The Trolls scored again in the bottom of the fifth, but the Knights closed things off in the bottom of the sixth. Mary Kate Lavery started off doubling after hitting it hard to center. Diana Goolsby then bunted it to first, and Lavery scored to take the Knights to 6-2 over the Trolls. Trinity didn't score any in the 7th, so the Knights came away with both wins in the day.

Goolsby went 4-for-4 with 1 RBI and 1 run scored. Krystal Lamb went 3-for-4 with 1 run scored also. RHP Kathryn Jones (Sr., McIntosh, FL) picked up the win for the Knights (2-2), throwing seven strikeouts. The Trolls pitcher Vicki Fennema picked up the loss.

Don't miss out on seeing the Knights in action! Come watch the NSU softball team on April 16th compete against Florida Southern College at home at 7 p.m. Also, on April 17th, the Knights battle against Florida Southern again in a double header, with the first game starting at 1 p.m. and the second at 3 p.m.

Softball Team Drops to Florida Gulf Coast University in Double Header 3-2 in First Game, 3-2 in Second Game After 10 Innings

By Alicia Winslett
winslett@nova.edu

On April 4th, 2004, the women's softball team (29-19) contended against Florida Gulf Coast University (30-10-1) in a doubleheader at the A.D. Griffin Sports Complex. The Knights fell to the Eagles in both games, losing 3-2 in the first game and 3-2 in the second game, after 10 innings of battle. Florida Gulf Coast came to the game with a record of 26-10-1, as they recently defeated Warner Southern in a doubleheader to a score of 2-0 and 8-1.

In the first game, the Knights took an early 1-0 lead when catcher Janette Rodriguez (Jr., Miami, FL) hit an RBI single to center field during the first inning. But in the second inning, 1B Annie Voyles gave the Eagles two runs after a triple to right center field. The closing run came in the top of the fifth inning, when left fielder Ashley Congdon hit an RBI single to left field.

3B Krystal Lamb (Sr., West Palm Beach, FL) led the Knights going 2-for-3

with 1 RBI. Rodriguez was 1-for-3 with 1 RBI. RHP Kathryn Jones (Sr., McIntosh, FL) picked up the loss for the Knights (2-3), and Eagles pitcher Kelly Powe improved her record to 17-5 this season.

Again, in the second game, the Knights jumped ahead of the Eagles 1-0 in the first inning. RF Katie Veltri (Fr., Loxahatchee, FL) singled down the left side, which advanced LF Diana Goolsby (Jr., Ocala, FL), who then scored off a fielding error by the Eagles shortstop. The Knights then scored again in the bottom of the 3rd. Mary Kate Lavery (Sr., Moline, IL) started with a single hit to left field. Diana Goolsby was then hit by a pitch, and Jessica Reader (Jr., Granite City, IL) bunted to advance the runners to 1st and 3rd. Krystal Lamb was then intentionally walked to fill the bases. Katie Veltri then came up to bat and hit it hard to left field

for a single and RBI to score Lavery, so the Knights were up 2-0 off 1 run and 2 hits after the 3rd inning.

The Eagles came back to score one run in the top of the 4th inning due to an RBI single to center field from Christine Beck. In the 5th inning, the Eagles continued their momentum when Ashley Cecil had an RBI single to center field as she scored Jessica Rouse to tie the game at 2-2. No runs were scored after 7 innings, so the game went into extra innings. The Eagles took the game from the Knights in the top of the 10th inning when the bases were loaded and Ashley Congdon was walked to score Cecil.

2B Mary Kate Lavery went 2-for-4 with 1 run scored, and Veltri went 2-for-5 with 2 RBI. RHP Shannon Lynch (Fr., Marietta, GA) dropped to 12-10 on the mound, and Nicole Werhner picked up the

win for the Eagles and improved 5-2 on her season.

Catcher Janette Rodriguez currently leads NSU at the plate for the season with a .416 BA and 36 runs scored. Left Fielder Diana Goolsby leads the team with 18 stolen bases this year, and is second in batting with a .405 BA. 3rd baseman Krystal Lamb leads the team with 6 HR and 40 RBI, and is batting third with a .394 BA. RHP, freshman Shannon Lynch is leading the Knights with a 1.86 ERA, and has struck out a team-high 116 batters; she's 12-9 on the season. RHP, senior pitcher Jen Garcia has a record of 12-4 and a 2.11 ERA. For Florida Gulf Coast University, Ashley Cecil is leading at the plate with a .400 BA and 11 RBI, while Lindsay Ijjas is batting .333 with 26 RBI. Pitcher Kelly Powe has a record of 15-5 with a .68 ERA and 147 strikeouts this season.

Baseball Falls 3-1 to Italian Olympic Team

Knights Come Up Short in Exhibition Against Athens-Bound Italian Side

By Eddie Kenny
Sports Information

On March 31, the Nova Southeastern baseball team fell 3-1 to the Italian Olympic baseball team in an exhibition game at the NSU Baseball Complex.

Italy jumped to a 2-0 lead in the top of the first inning when Daniel Di Pace lined a two-run homerun over the right field fence. The visitors added another run

in the top of the second, but NSU shut the Italian side down for the remainder of the contest.

The Knights made it 3-1 in the bottom of the sixth inning when they scored one run off of former NSU pitcher Anthony Billisi (Pembroke Pines, FL). However, it was the only run the Olym-

pic-bound Italians would surrender, as they concluded their exhibition tour of South Florida with a 5-0 record.

Among the evening's festivities were a pair of ceremonial first pitches. The first was thrown by South Florida baseball icon Ron Fraser, who won a pair of national titles and made 19 appearances in

the College World Series while at the University of Miami. The second was thrown by local restaurant proprietor and baseball enthusiast Anthony Bruno, owner of Anthony's Runway 84. NSU president Ray Ferrero, Jr. was also presented with an Italian Olympic baseball jersey by Italian manager Giampiero Faraone prior to the game.

Baseball Swept in Double Header by Florida Gulf Coast

Knights Drop Game One 11-3, Late Rally Falls Short in Second Game of Twin Bill

By Eddie Kenny
Sports Information

On April 4, 2004, the Nova Southeastern University baseball team (21-16) was swept in a doubleheader by Florida Gulf Coast University (34-12) at the NSU Baseball Complex. The visiting Eagles took game one 11-3 before withstanding a late rally by the Knights to win the second game 8-6 in seven innings.

3B Mike Pellerito (Jr., Coral Springs, FL) led NSU at the plate as he went a combined 3-for-5 in the two contests, including 2 RBI and 2 runs scored. Knights C Steve Smith (Jr., Coral Springs, FL) was 3-for-4 in the second game with a double and 2 RBI, while SS Geron Sands (Jr., Nassau, Bahamas) went 2-for-3 with 2 runs scored.

In the first game of the afternoon, FGCU jumped out to a 3-0 lead in the first inning, and never looked back as the Eagles scored four runs in both the fourth and

fifth innings to take an 11-0 lead. NSU scored one run in the sixth and two more in the eighth to provide the final margin.

The second contest also saw the visitors get on the board early, as they took a 2-0 lead in the top of the first inning. FGCU then added four more runs in the third to open up a 6-0 lead. However, NSU cut the deficit in half in the bottom of the third, as a bases loaded walk scored Sean McFadden (So., Hollywood, FL), and Smith delivered a two-run double.

FGCU added two more runs in the top of the fourth to stretch the lead to 8-3, but again the Knights struck back to bring themselves within three runs with a pair of runs in the bottom of the inning. NSU added another run in the bottom of the fifth, but could rally no further, despite having the winning run at the plate in the bottom of the seventh inning.

Baseball Defeats Florida Tech 5-2

Steve Smith Delivers Two-Run Homerun to Spark Knights Victory Over Panthers

By Eddie Kenny
Sports Information

On April 6, the Nova Southeastern University baseball team (22-16) defeated Florida Tech (18-21) by a score of 5-2 at the NSU Baseball Complex.

NSU C Steve Smith (Jr., Coral Springs, FL) sparked the Knights at the plate as he went 1-for-4 and delivered a two-run homerun to open the scoring in the bottom of the first inning. 2B Sean McFadden (So., Hollywood, FL) was also 1-for-4 with 2 RBI and 2 runs scored, while 3B Mike Pellerito (Jr., Coral Springs, FL) went 2-for-3 at the plate.

Following Smith's two-run homer in the first, FIT battled back to tie the score with two runs of its own in the top of the fourth inning. The Panthers got a lead-off

homerun by Bubba DiFabio, and then a RBI double by Devin Hopkins to tie the game at 2-2.

NSU quickly regained its advantage in the bottom of the fourth inning, as the Knights scored three runs on three hits. McFadden delivered a two-run triple to get things started, and later scored on a groundout by CF Alex Froloff (Jr., Coral Springs, FL).

Knights starting pitcher Chris Reynolds (Fr., Pembroke Pines, FL) improved his record to 5-0 on the mound as he went 4.0 innings, allowing two runs on three hits and striking out a pair of Panthers. Florida Tech's Jay Crouse (1-3) picked up the loss for the visitors.

Grills gone Wild

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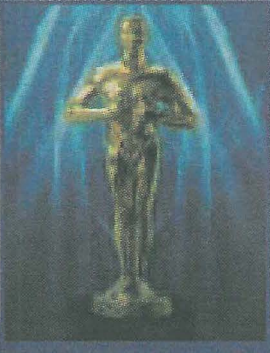
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Tuesday, April 20, 2004
6:15 p.m.
The Rose and Alfred Miniaci
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NSU NOVA
SOUTHEASTERN
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Beyond the Classroom

Limited seating is available. Due to significant demand, all ticket holders must be in the auditorium by 6:15 p.m. on the night of the event or their ticket will be released.

Please join us for a reception immediately after this event in the lobby/plaza area directly outside of the auditorium.

EARTH DAY CELEBRATION

April 22nd, Parker Courtyard
12 - 1pm
FREE FOOD!!!!




Voter Registration Drive!!
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Nature Club
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- > Annually, illegal trade in plants, animals, and products made from these species is a \$10billion industry.
- > As a result of human activity, the current rate of species extinction is 100 to 1000 times the natural rate.
- > Industrial pollution, urban sewage, and agricultural run-off are highly damaging to coastal eco-systems. It is estimated that 50% of all coastal ecosystems around the world are "at risk of degradation."
- > Worldwide, wetlands - among our planet's most fragile ecosystems - have been reduced by 50%.
- > Approximately 40% percent of the world's remaining frontier forest is under moderate or high threat.
- > Coral reefs around the world have been harmed or destroyed by warmer ocean temperatures.
- > Over 20% of all the carbon dioxide that is being added to the atmosphere through human activities is the result of deforestation.

Reference: Earth Day Network <http://www.earthday.net>

WHEN: Thursday, April 22nd - 12 - 1:00pm
WHERE: Parker Building Courtyard



- **FREE Food, Drinks, and Giveaways**
- **Register to VOTE** ☒ **@ Student Voter Registration Booth**
- **Environment and Animal Protection Organizations and Agencies**
- **The National Save the Sea Turtle Foundation Presentation By: Marine Biologist, Jennifer Hartwig, M.S.**

Volunteers Inspire by Example

Celebrate National Volunteer Week with the Office of Volunteerism and Community Service. This year's slogan is "Volunteers Inspire by Example." National Volunteer Week is a great way for you to become inspired to volunteer! Visit any or all of these organizations to learn more about their volunteer opportunities.

National Volunteer Week Events (April 19-23, 2004)

Monday, April 19th: Kids in Distress outside of Parker at 11:30 am - 1 pm. Broward General Medical Center in the Rosenthal Building at 11:30 am - 1 pm.

Tuesday, April 20th: Student Life Achievement Awards in the Rose and Alfred Miniaci Center at 6:15 pm.


Wednesday, April 21st: Big Brothers Big Sisters outside of Parker at 11:30 am - 1 pm.

Thursday, April 22nd: ACORN, a campaign to raise minimum wage. Outside of Parker at 11:30 am - 1 pm.

Friday, April 23rd: American Red Cross in the Rosenthal Student Center at 11:30 am - 1 pm, and the NSU Volunteer Recognition Lunch.

Visit the informational tables to find ways you can inspire by example! Contact the Office of Volunteerism and Community Service at 954-262-7297 or email volunteer@nova.edu

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