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THE KNIGHT

September 2003

nsunews@nova.edu

Volume 14, Issue 2

Got Wood? Kicks off the School Year August 22

Smoothies, s'mores, Twister and roast pig all helped make this year's Got Wood? the best yet

By Kareem Shaker

On August 22, 2003, tradition rang its familiar bell on the back lawn of the Leo Goodwin dorms for the annual kick-off bonfire cleverly entitled Got Wood. The event featured performers, giveaways, and thirty activity booths from different NSU organizations.

Got Wood? is sponsored annually by the Campus Entertainment Committee as a way to promote freshmen involvement and to introduce new students to the many clubs and organizations on campus. This year boasted a higher attendance for clubs and organizations than ever before. With thirty

club activity booths, there were plenty of things to do. Organizations set up activities ranging from a boxing match and bashing a car to preparing tropical smoothies. All food and activities were free of cost and there were plenty of giveaways. Sponsors Red Bull and Pollo Tropical provided food and drinks and over 500 t-shirts were given out.

Students grooved to the sounds of DJ Laz from Power 96 and floated from booth to booth participating in activities such as Twister with Phi Sigma Sigma and getting free s'mores from the ladies of Delta

Phi Epsilon. Also, a Miami cover band played well-known songs. The event ran from 7 -11 p.m. and there were an estimated six hundred people in attendance. Like most NSU events, everything was free of charge.

Got Wood? VII was organized by Campus Entertainment Director, Ryan Iosco. "For this year's event we tried to stress student and club involvement and also bring as many positive additions to the event as we could." The staff succeeded in making this year's installment of Got Wood? the best in NSU history. For many, the highlight of the event was the pig roast. Mouths watered as students gathered and anticipated the carving of the swine. Virtually everyone was pleased with the taste of the slowly roasted hog.

The main purpose of the event was to introduce freshmen and transfer students to the NSU community. "I enjoyed meeting all the freshmen, especially the girls", said Sophomore Donald Thomson, a resident of the Leo Goodwin dorms. "I'm looking forward to seeing what new things they will bring to this event next year". Who knows what the innovative staff at Student Affairs and the resourceful members of Student Government will add to the tradition next year? One thing is sure, Got Wood? will still be the best way for new and existing students to kick off the new year, and will remain an NSU tradition for years to come.

Online Class Quality: Hit or Miss?

By Amanda Brown
Business Manager
bamanda@nova.edu

As NSU continually increases the supply of online classes and markets to distance education students, the quality of online education at NSU has come into question.

"Online classes are flexible and practical, and I think they are a great way of learning!" said Patricia Murray, an undergraduate student of Psychology. However, Patricia stressed the need for instructors to keep communication at a higher level: "The exchanges were of a higher standard and quality when the instructor was an interacting presence." Dr. Karen Tolchin, a professor in the Division of Humanities, agrees with the importance of the instructor's participation: "If you're only chiming in three times a week, you aren't living up to your mandate. Without substantive guidance, an online discussion can become a runaway train."

Similar to land-based classes, online education can weigh heavily on the professor's participation and feedback. Unfortunately, some students have experienced an under-par performance by professors in online classes.

Todd Collins, a student of Humanities said, "Frankly, I got very little feed

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Law Professor Paul Joseph Dies at 52

On Saturday September 6th, Paul Joseph, a popular law professor at Nova Southeastern University, died of a brain tumor at age 52. He was born in Los Angeles, and became an Associate Dean at Shepard Broad Law Center in 1984. There, he helped establish the school's online and studies abroad program, and also met his wife, Dr. Lynn Wolf, who is an English professor at Nova's Farquhar College of Arts and Sciences.

Services were held at 11 a.m.

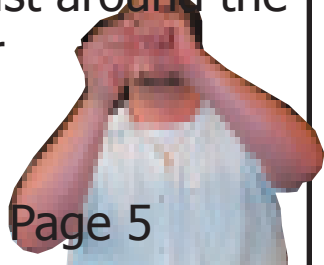
on Monday, the 8th, at Ramat Shalom Synagogue, followed by a burial ceremony at Menorah Gardens. They were attended by many in the NSU community.



Paul Joseph

Gaetano's offers Italian food that's fresh, authentic and just around the corner

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A bus ride in Mexico turns into a strange mobile carnival

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Fun and games at the first annual Meet and Greet the Knights

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Editor's Notes

Professors: The Knight is requesting your contributions in the form of editorials.

The recent two-year anniversary of the 9/11 attacks on the U.S. reminds me of a curious trend. It seems that the television coverage of this act of war has been skewed, giving New York City virtually exclusive coverage. The assault on the United States has been portrayed as the assault on New York City. The spirit and patriotism of the American people that rallied after September 11, 2001 somehow has been presented as a testament of the strength and resilience of the citizens of New York.

I can't remember the last time I watched updated coverage of the attack on the Pentagon. To me, the portion of the assault aimed at the Pentagon is even more reviling than the portion aimed at the Twin Towers. Though fewer lives were lost there, the Pentagon is the nucleus of our nation's defense. It's the paragon of our military strength, and the kamikaze mission there was a kick to our nation's groin. Also, the plane that went down in Pennsylvania has virtually been forgotten, even though it's likely that it contained true heroes, people who may have fought back and thwarted the demolition of yet another major site.

Even within NYC, coverage has been less than equitable. Firemen are true heroes, but they haven't cornered the market on heroism in civil service. A staggering number of policemen also lost their lives as the Trade Towers collapsed, but the loss suffered by the NYPD has been obscured by the press devoted to the FDNY.

Dear NSU Community,

By now, most people are aware of the accident that occurred August 20 on I 595, and claimed the life of 16-year old Rebecca Kirtman. Apparently, she lost control of her Mustang and slid underneath a semi tractor-trailer.

This death has shaken much of the local community. The Kirtman's – Pam, Jay, and son, Ian are long time friends of mine. I was at the hospital the day Rebecca was born.

Before she died, Rebecca started a mission that is now called Becca's Dress Bank. She had collected 250 formal dresses so that girls who didn't have the necessary funds could still participate in prom and homecoming. This mission is being continued by friends and family.

If anyone has dresses that would be appropriate for teenage girls to wear to formal functions and would like to participate in this mission, please bring the dresses to any local Beverly's Jewlers or to my office, and I will take them to the store.

Becca's motto was "Even the little things can make a big difference". How true. Thank you for help and support.

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Have something to say?

Submit it to

The Knight

and see your words in print!

Email us at: nsunews@nova.edu



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

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.

Welcome from the 2003-2004 Presidential Knights

On behalf of the 2003-2004 Presidential Knights, we would like to extend a warm welcome to all new entering students to the University as well as all returning faculty, staff and students. We wish each of you a most successful academic year and hope your education at Nova is an exciting one!

Stephanie May	Center for Psychological Studie
Andrevious Jefferson	College of Allied Health & Nursing
Julie Makatura	College of Allied Health & Nursing
Shannon Shillin	College of Allied Health & Nursing
Maria Vinluan	College of Allied Health & Nursing
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D'Vano Forbes	Farquhar College of Arts & Sciences
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Micaela Mercado	Farquhar College of Arts & Sciences
Rovin Narine	Farquhar College of Arts & Sciences
Jessica Pate	Farquhar College of Arts & Sciences
Amanda Patterson	Farquhar College of Arts & Sciences
Kareem Shaker	Farquhar College of Arts & Sciences
Ryan Hogan H. Wayne	Huizenga School of Business and Entrepreneurship

NSU's Presidential Knights-2003-2004

What are the Presidential Knights? Presidential Knights serve as voluntary student ambassadors for Nova Southeastern University. Their work promotes pride in the University as they help to share positive experiences as a student at the university with the people of the state of Florida and local community. They do this through close contact with dignitaries, alumni, and other guests who visit our campus and participate in University sponsored events. Presidential Knights are nominated by faculty, staff, and administrators during the spring semester and go through an extensive and competitive interview process. Nominees possess good communication skills, leadership ability, are in good academic standing, personable, and demonstrate a positive attitude about Nova Southeastern University. More information on the Presidential Knights program can be obtained by contacting Kenny Hendrickson, Director of Student Development/Special Events, (954) 262-7283 or Terry Weech, Director of Student Activities and Leadership Development, at (954) 262-7293.



By Delilah Noronha

If you are not familiar with Trust Company, their incredible debut album "The Lonely Position of Neutral" features the single "Downfall." Singer-guitarist Kevin Palmer, drummer Jason Singleton, Bassist Josh Moates, and guitarist James Fukai each contribute to the dynamics of the band. Their style blends alternative guitar with a twisting melody and expressive vocals. The band produces in-your-face lyrics about love's down falls and travesties.

Radio X: How long have you been together? 10 years

Kevin/Jason: We have been with the band 10 years, Josh 6 years and James 3 years.

Radio X: Where did you get the name Trust Company?

Jason: It was originally "41 Down" but we changed that because of Sum41. This just looked cool and it had a lot of meaning.

Radio X: How could you describe each band member?

Jason/James: "Jason is the solid foundation; James brings variety because of his personality. Kevin is the "emotional factor". Josh is the "creative foundation and the funny guy."

Radio X: Do any of your lyrics come from personal experience?

James: Yes they do and everyone contributes to the lyrics.

Radio X: What sets Trust Company apart from other bands?

Jason/James: "Nothing". "We play what we think is cool but the fans need to like it as well".

Radio X: Have you decided the name

for the new album?

Jason: "No, we're still working on the album".

Radio X: What can the fans expect from the new album?

James: "There may be more variety in terms of style on this album".

Radio X: If you could let the fans know one thing about the band what would it be?

Jason/James: "We love our fans! Don't be scared to approach us and talk to us".

Radio X: What do you want your fans to take away from every show?

James: "An awesome time."

Radio X: What is the craziest thing a fan has done?

Jason: "One fan got a tattoo of the band's name on his back".

Radio X: What do you guys do for fun?

Jason/James: "Video games, fire works (just kidding), hang out with fans and watch movies."

Radio X: When you were on tour in other countries such as France and Portugal, how did the fans differ?

James: "They are hungrier for the music."

Radio X was at Fort Lauderdale's Culture Room for the Trust Company show. The band was full of energy and engaged the crowd throughout the show. At one point the band

Please See **INTERVIEW**

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VITA Offers Tax Help, Volunteer Opportunities

If you enjoy helping people and working with them to make a difficult task easier, VITA may be for you. VITA, the Volunteer Income Tax Assistance program sponsored by the Internal Revenue Service, is looking for volunteers to help taxpayers with their returns.

VITA assists individuals who have problems preparing their own returns and cannot afford professional as-

sistance. VITA helps these people fill out basic tax returns. They also answer tax questions. Assistance is provided at locations such as community centers, libraries, and churches.

VITA volunteers include retirees, housewives, college students and businessmen and women. Volunteers learn how to prepare basic tax returns by successfully completing a training course that includes not only basic tax law, but use of professional-grade tax software so that the volunteer can prepare tax returns

on a computer for electronic filing.

The IRS provides the free training for all volunteers. In return, IRS expects the volunteers to commit to working a minimum of four hours per week during the filing season - January 15th thru April 15th. Training is conducted at locations convenient for volunteers.

Volunteers are used in many different ways. For example, volunteers help set up and organize a site, while others do the local

publicity for a site. The IRS says, "If you have a talent and would like to help, VITA can find a way to involve you in the program."

Now is the time to sign up as a volunteer! If you would like to become a volunteer, or if your organization would be interested in sponsoring a VITA program, contact Doris Kramer at (954) 423-7626.

“Embrace Diversity” with the GSSA

Gay/Straight Student Alliance provides support and unity between sexual orientations

By Jason D. McGuire
GSSA President
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GSSA (Gay/Straight Student Alliance) is a social/support club for gay, lesbian, bisexual, transgendered, AND heterosexual people. The club was created to address the need for people to be able to get together and share each other's company while learning how to Embrace Diversity.

Did you know that a gay youth is 3 times MORE LIKELY to successfully commit suicide than a heterosexual youth? Have you ever known anyone who took his or her life? What do you think his life was like? His pain? His suffering? Now imagine another person that could be your best friend, neighbor, family member or classmate who may be dealing with the fear of being isolated for his sexual orientation. Imagine the inner pain he must be experiencing to make him 3 times more likely than a heterosexual to take his life.

Already this year the GSSA board has been vandalized, and for the most part, that is to be expected. However, imagine if someone were wrestling with these issues and he saw these acts being committed. I would imagine he wouldn't feel safe or comfortable with himself. We, they, need your help.

I came out when I was 11 years old to the scorn of a mother who never knew of my issues, and I attempted to take my life. In my shame, I went back into the closet until I was 18. It's now been 14 years of a happy out life with the support of ALL my family and the straight, masculine, police/military/Immigrations buddies I grew up with. It's one thing to be supported by others like yourself but you can't imagine the POWER of having the support of your peers who do not share your sexual orientations.

We desire to have a club of unity between the sexual orientations and I want to personally encourage you to come to our events and meetings. Ask your questions so we can all learn about one another. As we learn and grow, we find the differences become less and we see the similarities increase.

Online

Students and faculty debate over the value of online classes

back from the professors. How the hell am I going to learn the way I should if I don't have feedback? If I don't know where my work was right or wrong?” He added,

“I feel that the university could have accommodated me better.” Todd needed to complete eighteen classes in order to finish his degree but was forced to take four of them

online. “That's almost one-quarter,” he said in frustration. “I think a university like

NSU should be able to offer enough land-based sections of classes to allow those who do not want to take online classes, to not have to.”

A majority of students are weary of taking online classes due to fear of the unknown, but Dr. Karen Tolchin reassures both instructors and students, “I used WebCT technology as a supplement when I taught courses as a doctoral fellow at Brandeis University, so I've been involved in online education for seven years. I confess that I was apprehensive about teaching courses entirely online because I'm the sort of instructor who thrives on the special alchemy of face-to-face interaction. I still believe that online classes can never replace the varied experiences of land-based learning. Fortunately, I've been pleasantly surprised by the quality of class discussions as well as the special dividends the format can yield.”

As an adult student with a full-time career, Patricia Murray found online classes to be very convenient and admitted that she may have done better in land-based classes, but her purpose was to keep moving. “In many ways, I found them to be more stimulating than sitting for long hours after work for three to four hours,” she said.

Emily Sisson, senior finance major, has taken two online classes and feels very strongly about online education: “Online classes are like cheating! I feel like I don't get anything out of online classes; I would never take major-specific courses [online].” She added, “You don't have to read, absorb, or take notes. You have the book right there when you are taking the test.”

Dr. Don Rosenblum, Associate Dean, feels that if the instructor does not specifically say, “no books allowed” while taking tests online, then “it isn't cheat-

ing; it's just another way of learning.” He recommends that every student try at least one online class because it develops online skills required for careers in the future. He emphasizes that online communication is becoming more common and the need for enhanced online communication skills is crucial for students.

“Students will always be supported if they have a question or concern,” Dr. Rosenblum said. If a student is unsatisfied and has

“In many ways, I found them to be more stimulating than sitting for long hours after work for three to four hours”

“Online classes are like cheating! I feel like I don't get anything out of online classes”

concerns, she should first speak with her professor. If the problem is not resolved, she should go to the director of the professor's division, and then to the dean.

Rosenblum added that professors of online courses are monitored in the same way that professors of land-based classes are monitored. Professors are evaluated at the end of every course by students and occasionally by peers. “We take them very seriously,” he said.

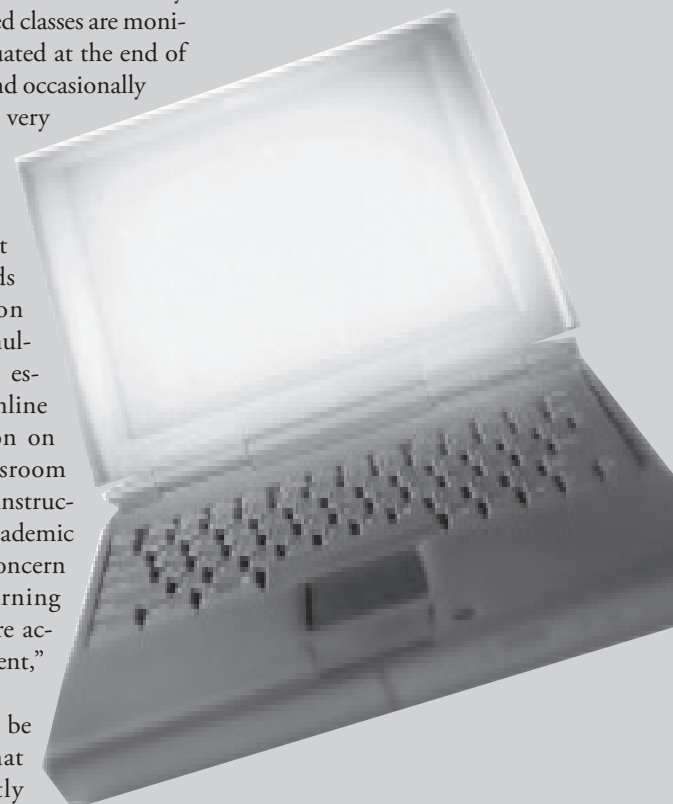
“However, just as traditional classes vary in classroom management and instructional methods (lecture versus discussion versus lab, papers versus multiple choice exams versus essay tests) so, too, will online classes vary. The decision on how to manage the classroom rests with the individual instructor, in concert with the academic director. Our primary concern is that the intended learning outcomes for each class are accomplished for each student,” stated Rosenblum.

Some students may be under the impression that online classes are strictly

conducted online. “Nothing about the online class experience prohibits face-to-face meetings, if the student and professor are able to schedule these meetings,” Rosenblum said. “However, many students and faculty have reported that they feel they have had very strong interactions through email, chat sessions, and phone conversations that resulted in a close and successful teaching and learning relationship.”

NSU now offers several bachelor's degrees that can be completed entirely online (Business and Professional Management, Psychology, and Computer Information Systems). A controversial debate continues about whether a student's diploma should display that the degree was completed online. Dr. Tolchin is one faculty member who believes that if students earn their degrees exclusively online, then their diplomas should reflect that in some fashion. But Rosenblum feels differently: “I do not think that any special notation should be written on a diploma for a student who completes some or all of a degree program online. I know many students get some academic credit for Advanced Placement tests, standard grants for professional training and licenses, and so forth. We do not put an asterisk on those diplomas, because those students have shown themselves to be successful in that subject. That is the case for online class students, as well.”

“Overall, I have a very positive regard for the potential of online classes,” said Rosenblum. “What appears most critical is the commitment of faculty to insure that their students get a strong academic experience,” he added.



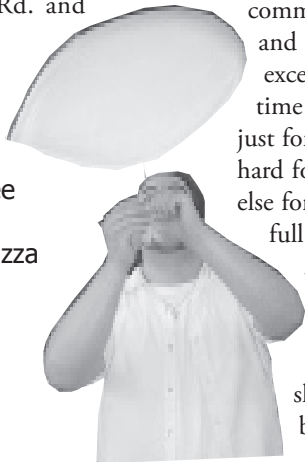
Tickle Your Tastebuds with a Little Bit of Italy

Fresh, authentic, and close to campus, Gaetano's is a must-taste

By Carley Critser

It seems that quality Italian food is something that can never properly be replicated by someone that is not of Italian heritage. Fast food Italian restaurants have become a cheap and mundane replacement in our hurried lives. Fortunately, I have found the perfect place to go to for lunch in between classes and it's less than five minutes from campus. Gaetano's Pizza and Ristorante is located in the Davie Shopping Center on the corner of Griffin Rd. and University Drive.

Gaetano's employee Giovanni Genao throwing a fresh pizza crust



To this day, food is prepared by the two original owners who founded the restaurant in 1979. Antonette and Gaetano have been working hard for over 20 years making sure that the food they serve is top quality. Gaetano moved here from Sicily in the 1970's. The restaurant is operated by his family and offers some of the best Italian food in South Florida.

During the lunch hours, Gaetano's offers numerous specials and each comes with garlic rolls and a drink. Slices of pizza are a common favorite with the lunchtime crowd and the gourmet pizzas and calzones are excellent choices — but only if you have time to wait, because they are made fresh just for you. Because I love white pizza, it is hard for me to bring myself to try anything else for lunch. If you are planning to have a full dinner, I suggest the fresh homemade mozzarella appetizer before your entree. You've probably have never had anything quite like this. Slices of the fresh mozzarella are layered between slices of tomatoes, and you are given balsamic oil and vinegar to pour over

this duo. No store bought cheese ever tastes as good as fresh, homemade cheese. Don't worry; meals are reasonably priced, and lunch specials are relatively inexpensive.

I hope I've got your tastebuds watering and you're thinking about your next meal. If I haven't mentioned any foods that tickle your fancy, just go on out to the restaurant anyway;

you'll probably find something you like. And if you have an hour in between classes, it's worth it to head over there and experience a good, quality, filling lunch. You may even find me there enjoying one of the delicious lunch specials.



Offering up a fresh pizza are waitress Gina Alvani (left), owners Antonetta and Gaetano Amoroso (center) and waiter Giovanni Genao (right).

On the Web

IN PASSING...

In Passing is the perfect place for those who feel everyone else's conversations are more interesting than their own, or just want a little something to brighten a dull day

You never know how deep (or shallow) a person can be until you happen to listen in on whatever he's saying.

So demonstrates "Eve," webmistress of the site In Passing (www.inpassing.org). By keeping her ears open and her trusty PDA handy, Eve brings us tidbits that will make us laugh, think, or just shake our heads in bewilderment, wondering how someone could say something that . . . unbelievable. Originally based on and around the University of California at Berkley campus, In Passing catches some of the best candid moments college life has to offer.

Eve is short for "Eve S. Dropper," the nom de plume the webmistress adopted after hosting a "name your webmistress"

contest last year. "I started out being somewhat anonymous so that I wouldn't have to worry about people in class being afraid of being overheard by me, and I've just kind of stuck with it," she states on her site. She feels that her anonymity assures that the bits and pieces she collects are genuine, not something the speaker contrives just to make it onto the site.

At this point, there are a few years worth of archives to look through on top of the frequent updates, so never fear that the reading material on the site will run out too quickly. Many of the readers' comments are just as funny as what Eve has collected. In Passing has many regular readers in addition to casual web surfers who stumbles in for a laugh. They contribute quotes as well; their

stories beginning with "that reminds me of..." and their witty banter make the 100+ replies to each of Eve's entries worth checking out.

"In Passing" was founded in early 2000, when Eve decided that some of the things she had been overhearing were "so comical or tragic or cool that I couldn't help wanting to have a place to share them or save them." Thus, In Passing was born. "I like that through In Passing, I have a wonderful record of the things I saw and heard during my college years. It's like a couple thousand written snapshots of my world and the people in it," says Eve of her site. Three years after its conception, In Passing receives a couple thousand hits a day, attesting to the popularity of such a simple, yet unconventional, site that's sure to entertain.

Short and Sweet

Here are a few of the many one-liners Eve has collected over the years, all of which can be found among hundreds of others at www.inpassing.org

"He's like some...Starbucks cowboy."

—One girl to another, in an apparently accurate description of a friend. June 2000

"Thank god. I don't even think I fold clothes. I just make them into little squares."

—A guy outside the computer lab. November 2001

"Darling, everyone should be free to live, love and be fabulous."

—A man outside the women's restroom at Polly Esther's, apparently talking to someone inside. March 2001

"He claimed that American cheese slices were the only thing you could safely eat in a darkroom."

—A guy talking on a cell phone on Shatuck. April 2003

Book Review

Claire Marvel

A great rainy day read that will make you smile and bring you to tears

To read John Burnham Schwartz's Claire Marvel is to learn—or perhaps to re-learn—what it is to fall in love with a story.

Claire Marvel is a sensitive, emotional read that follows the course of love between two protagonists in a revealing first-person account that spans twelve years of passion, loss, heartbreak, and reunion. The characters introduce themselves with a gentle wit that forces the reader to think “I know someone like that,” and induces her to love them as though she had known them all of her life.

One stormy afternoon in front of the Fogg Museum, political science student Julian Rose takes shelter from the rain beneath a stranger's yellow umbrella. That stranger is the enigmatic Claire Marvel, and that chance meeting changes both of their lives forever.

As the two grow closer, the reader comes to realize that Julian and Claire are meant for each other, but their cautious, tentative approach to each other, family tragedy,

and a host of other things continually tears them apart. Eventually, each marries someone else. The result is a pair of marriages that ultimately will not survive the inevitability of Julian and Claire's doomed love.

Narrated by Julian in the tone of a treasured memoir, the chapters are often short and tense, easily conveying to the reader the strength of his emotions and at times bringing her to tears.

“Claire Marvel” was originally released in hardcover February of 2002, and is now available in paperback for \$13.00.



At the Movies Freddy vs Jason Isn't Your Average Slasher Film

By Carley Critser

Horror movies always seem to be the same thing over and over. Some brainless teens run around trying to avoid being killed, while slipping and falling, running up stairs, and doing all of the other things that will insure a horrific murder. I have not been a big fan of these kinds of movies lately because they just repeat the same theme over and over again, simply inserting a new villain into the plot. My boyfriend talked me into watching Freddy vs. Jason, and in this movie, the teen-age victims got to kick some butt.


After the small town of Springwood erases any memory of Freddy Krueger, he devises a plan to instill fear into the residents

and bring himself back for more revenge. Freddy awakens Jason and, disguised as Jason's mother, instructs him that there are more people who need to be killed. As the town starts to lose residents, people start to suspect that Freddy is back. As more people become frightened, Freddy regains his ability to attack people through their dreams. But these new kids in Springwood are not dummies. They devise a way to pull Freddy out of their dreams and pit the two evils against each other. Their drawn-out battle toward the end of the movie makes a good

Please See **MOVIE**

Page 5

THE GARDENS AT NOVA
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*Ask about our college specials.
We will help you find a roommate*

Spacious 2 Bedroom Apartment Plenty of closet space
Ideal roommate floor plan
Starting at \$965.00

Some Apartment Features:

Energy Efficient Air Conditioning	Smoke Detectors & Alarm System
Private Entrances	Cable TV hookup
Private Porches	European style cabinetry
Vaulted ceilings in Second Floor	Complete Kitchen Appliances
9' ceiling in first floor	Dishwasher, Garbage Disposal
Self Cleaning Electric Range	

Utility closet with washer and dryer hook ups (washer & dryer optional)

Some Community Features:

Lush landscaping	Luxurious Recreation building
Large Pool and Sun deck	Full Kitchen facilities and bar
Complete fitness center	Laundry facilities
Ample parking	24 hour electronically gated entrance
On site Leasing Management Office	Energy efficient construction

Amenities: Fitness Room, Billiard Room, Swimming Pool, Playground

Walking distant to Nova Southeastern, Broward Community College and Florida Atlantic University

6857 College Court Davie, FL 33317
(954) 236-3522 Tel

M-F 9 to 6 and Sat. 10 to 5



Auditions aren't just for actors!!
We need YOUR help!

Come audition:
Sunday, September 21 8PM
Tuesday, September 23 8PM

What do we need?
Glad you asked!

Do like to design stuff?
Got experience?

Guess what? No experience required!



- Make up specialist
- Hair specialist
- Props Master
- Advertisers
- Set Design
- Assistant Director
- Ushers
- Stage Hands



Oh, and some actors/actresses too!

Training will be provided for ALL positions. Absolutely NO experience required. Come be a part of the team, and support your school and the arts! Contact Tara at cardinal@nova.edu for more information. Hurry! Auditions start soon!

the
Nova Players

MOVIE
from Page 4

Freddy and Jason were entertaining, but not scary

climactic finish, yet a questionable victory forces the audience to wonder whether the fight is really finished. Perhaps there will be a sequel to Freddy vs. Jason coming up soon. Who knows?

Though I was hoping for Freddy to win, Jason put on a good fight and showed brute strength. His effort was very commendable for a dead guy with a hockey mask. Since I have not seen many Nightmare on Elm St. or Friday the 13th movies, Jason and Freddy were somewhat new to me. They had not instilled any

prior fear into me that I could bring to the movies that night. The movie was not very scary; the best thing about it was the fight at the end. However, most people at the theater were not newcomers and knew the full scare factor of each of these killers. I did like the movie, and if you don't get a chance to see it at the theater, it is a good choice for a Blockbuster night at home.

Horoscopes



Virgo (August 23-September 22)—Having outside authorities take responsibility for something while you take the time to make some adjustments should only be considered if you know how to work the system well enough to get the responsibility back when you want it. Lucky numbers: 3, 13, 35

Libra (September 23-October 23)—New ideas should be extensively examined for practicality. Use your intuition in this, and with enough enthusiasm, your plans should see fruition. Lucky numbers: 7, 38, 80

Scorpio (October 24-November 21)—A disappointment may seem overwhelming at first, but it's likely to lead you towards a better understanding of the situation as well as a search for greater resources that will leave you in a condition more to your liking. Lucky numbers: 8, 21, 55

Sagittarius (November 22-December 21)—If you've been losing sleep over an issue, perhaps it's because you're overanalyzing the situation. Good things come to those who wait, but better things often come to those who take action. Lucky numbers: 31, 39, 79

Capricorn (December 22-January 19)—What you see as a great idea may bring skepticism from others. Don't let them discourage you, but don't be so infatuated with the idea that you're not willing to make some adjustments. Lucky numbers: 21, 41, 63

Aquarius (January 20-February 18)—New ideas can breed great opportunities. Don't hesitate if you think of something brilliant--or even something not so brilliant--because it might just be the thing you need to forge a great new partnership. Lucky numbers: 16, 76, 88

Pisces (February 19-March 20)—Creativity is the word of the month for you. You may be hyped up with positive expectations of new projects, but remember that even with the best of intentions, it's possible for someone to get hurt. Lucky numbers: 28, 33, 67

Aries (March 21-April 19)—Recent victories in some aspect of your life are leading towards greater opportunities. Be sure to keep an eye on the little things through this; lofty goals are all well and good, but it's also important to keep yourself grounded. Lucky numbers: 10, 17, 78

Taurus (April 20-May 20)—New business ventures bring success--as well as more responsibility than you were initially expecting. Finding yourself in a position of leadership may require you to take someone who needs help under your wing. Lucky numbers: 33, 72, 96

Gemini (May 21-June 21)—Things may be going well for you, but it's possible that some of your short-range plans are a bit too ambitious for you to implement at this time. Take a step back to examine them and perhaps bring them closer to reality. Lucky numbers: 31, 43, 77

Cancer (June 22-July 22)—You may be having reason to celebrate this month, most notably when it comes to your home life or family. A special event or new addition may send you traveling to see those you love, or bring long-distance relationships home. Lucky numbers: 26, 46, 84

Leo (July 23-August 22)—Recent obstacles you've overcome may have left additional obstacles in your path, but a bit of creative problem solving should put you in a better, more permanent situation and discourage surprise setbacks. Lucky numbers: 67, 73, 83

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Tiamat Christie Bailey



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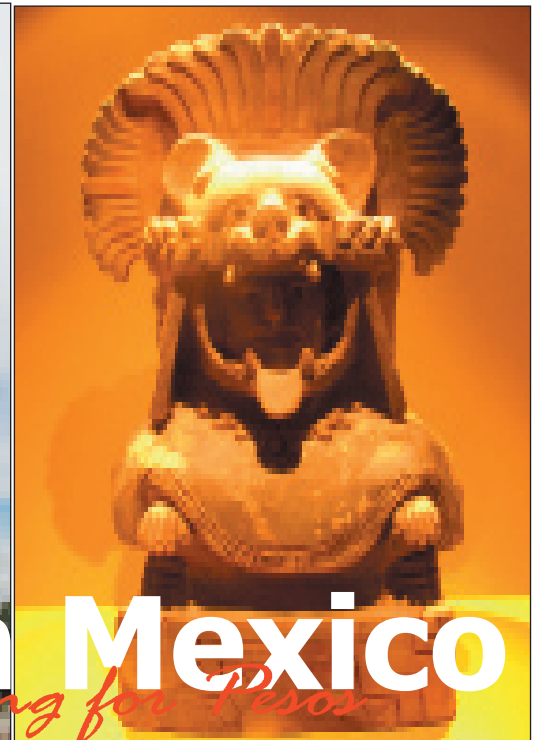
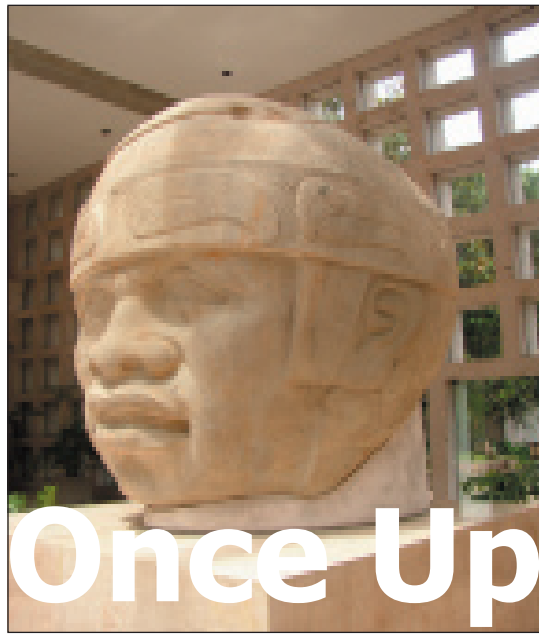
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Created by Earl Tinsley

Labor Day: the one day of the year declared a holiday for the sole purpose of giving us a day off of work and school. Sheer brilliance.

In celebration of the recent free day the powers-that-be so graciously granted us, we've created a word search to make you use your brain anyway, filled with all those Labor Day related words that you may or may not have thought of. Find your future career, your current retail job, or the best part of working: your salary. Even find that sneaky color you're not supposed to wear after this time of year (but probably do anyway.)

Words can be horizontal, vertical, diagonal and even backwards.



Once Upon a Time in Mexico

or, Nose Picking for Pesos

By Christie Bailey

Like the Spanish conquistadores that came centuries before me, I quested to Mexico last June with priceless treasures on my mind: freshly ground chocolate and the brightly painted alebrijes, whimsical little woodcarvings from the state of Oaxaca. My travels began in Mexico City, where the great Aztec city of Tenochtitlan once stood. They took me through markets crowded with hawkers selling cinnamon sticks as long as my forearm and meat vendors displaying ribbons of fresh intestines. They took me up great pyramids on steps half as deep as a grown man's foot and swept me into the festive crowds of a carnival celebrating the week-long holiday of Corpus Christi. I took my travels by luxury bus over winding mountain roads and by beetlebug taxicabs on wild rides through colorful cities. I took them packed like a sardine in locals' buses and on foot along crowded city sidewalks. I saw parks as huge and dense as forests, and cities that would not end. I saw great museums of natural history, shantytowns that covered entire mountainsides, cathedrals as grand as palaces, and little towns of ramshackle houses and cringing skeletal dogs.

I found my chocolate and my fantastical alebrijes, and many other things. But there is one memory that stands above the rest.

My family and I were riding one of the city buses. If I remember correctly, we were on a day trip. It was a fairly long ride, but we were thoroughly occupied by the strange carnival that went on in the streets on the other side of our window.

I should explain that many people in this city make their livings on the streets – literally. It seemed as if an entire economy had sprung up around them, congregating especially about the traffic lights. When traffic stopped at a light, gaggles of children would rush out to clean cars for a few centavos, little girls would weave in between cars to sell dolls, and street performers would dance before the traffic and juggle fire. It was not unknown for hawkers to step onto a bus, present their wares loudly while standing in an aisle, and depart a couple of stops down the road. I already had seen this happen several times.

It was warm on this particular day. The bus idled at a bus stop for a few moments. Down below, on the sidewalk, a man announced the bus's destination in a loud voice

to a crowd of waiting locals. A few moments went by and there was some loud talking between a group of men. Then, as the driver began to close the doors and release the clutch, there was some shouting. The shouting got louder. Suddenly, a gangly, scraggly man sprinted along the sidewalk to the front of the bus, grabbed a flying hold, and forced his way through the closing doors just as the bus began to drive off. He had a hard, worn, mean-looking face, and dark hair that stood about his head in greasy curls. He faced the passengers and planted his feet down in the front of the bus, blockading the aisle. After quickly giving our bunch a calculating look-over, he started to speak in rapid, loud Spanish. In his fists, he brandished a foot-long block of solid wood and a very long, very sharp ice pick.

All the exaggerated warnings about possible bus hijackings that were told to scare the tourists into hiring private tour guides raced through my mind.

Oh crap, I thought.

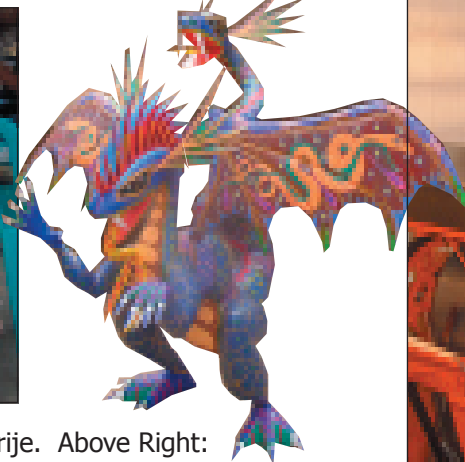
My dad and I froze and stared. The man was about five feet away from me. He scowled as he spoke, his words loud, fast, and staccato. He appeared mean, hungry, and

desperate enough to stab his own quivering abuela for her handbag. His speech reached a dramatic forte, and suddenly – THWUNK! – he drove the ice pick into the block with startling strength and a blistering wrath.

Our eyes bugged.

Then, before either of us could react to this threatening display, he twisted the nearly foot-long ice pick out of the block, took it carefully in both hands, aimed the end of the spike at his left nostril, and drove it in.

As we stared, he pushed the length of the pick into his nose, tapping the last couple of inches in with the wooden block. He turned his chin up and rotated his head slowly, allowing the passengers to see that yes, this show was, indeed, the real thing. No tricks or illusions. Then, he gave another short speech and – with the pick's handle still protruding from his nose – walked up and down the aisle, his dirty ball cap extended for tips.



Above: A man beginning a new alebrije. Above Right: The coveted alebrije in its finished form.

Left: A man preparing to make chocolate. Above: Raw cocoa beans for sale in the open market.

Why Join a Fraternity?

Work, play and brotherhood make fraternity life one of the best parts of the college experience

By Matt Boddy
Interfraternity Council President

The stereotypical idea of fraternities held by most people is nothing close to what fraternities really are. Fraternity men are well-known, hold leadership positions on and off campus, have high grades, and get the utmost respect on the NSU campus. If a fraternity member is asked about the best decision he's made since entering college, he will likely mention joining his fraternity.

Fraternities are about leadership and preparing for the real world. Each fraternity has "chairs," and these chairs have jobs to complete. These jobs include planning socials, organizing fundraisers, planning community service or philanthropic events, and organizing study groups. The most important job a student will have at NSU is completing his education. When a member needs help on homework or exams, there is always a fraternity brother to help. Members can even get books from older brothers.

Fraternities are there to help members through their college years. Yes, there is work to be done, but when the work is finished it is time to play. Take a brief second and think back to your high school years. What do you remember? Going to Prom, a homecoming dance, football games, hanging out with your friends after school. Make something out of your college career by getting involved. Whether it is joining a fraternity or something else, just have fun and do your thing. That is what being involved is all about.

IFC rush started August 22, 2003, and was followed by a week full of events. The second week of school was individual fraternity recruitment week, and students were encouraged to spend at least one night with each fraternity. There is still time, so come check out our Greek life and be part of something that you may never get the chance to be a part of again. If you have any questions regarding fraternities or Greek life in general you can contact Jason Stone, the Adviser for Greek Life, or myself.



Alpha Phi Omega brothers and sisters Angeli Niravel, Sumi Li, Thuy Hyunh, Marimer Gonzalez, Perry Dave, Athena Valere, Janice Sham, Ed Vargas, Maciek Kabelis, Isibel Moreno, Carlos Nunez, Marta Hubert, Jacuelyn Mombrea and Michelle Luis

Alpha Phi Omega: Boys and Girls Play Nice

By Marta Hubert

Like bees to honey, some college students are attracted to helping their community. Whether these students have been volunteering all of their lives, or have only recently realized the importance of helping others, Alpha Phi Omega welcomes them with open arms. Alpha Phi Omega is a national co-ed service fraternity. Like any fraternity, it has many social gatherings and bonding among brothers, even if they are of the opposite sex. Unlike many social organizations, APO projects range from small, one-time efforts to large causes that affect each and every one of us on some level. Coming up in September, the brothers (and sisters) of Alpha Phi Omega here at NSU's campus will be participating in the Jerry Lewis MDA Telethon to help raise

money for those suffering from muscular dystrophy. This great charity is just one of many causes the brothers of APO help to support. In the spring, active brothers, pledges, as well as advisors to the chapter join to help at the Love Jen Festival held in February and the Y-100 Wing Ding in March. Alpha Phi Omega unites with no prejudice towards any man or woman, young or old, and any race or creed to help the community in any way possible and allows its members to become closer to one another in the process. For more information about Alpha Phi Omega visit www.apo.org and look for the link to the Alpha Delta Tau chapter here at Nova Southeastern University.

Brotherhood, Challenges, New Experiences with Beta Theta Pi

By Ryan Iosco

College offers many opportunities. With every opportunity come challenges and new experiences. Brotherhood in Beta Theta Pi offers young college students each of these things. Greek organizations offer members skills that are beneficial in life such as leadership, time management, and networking. Beta Theta Pi was founded in 1839 at Miami University in Oxford Ohio. One of the oldest fraternities, Beta has nearly one hundred fifty chapters and over one hundred eighty thousand alumni nationwide.

The Zeta Mu chapter of Beta Theta Pi at Nova Southeastern University was char-

tered in 1997 by fifteen founding fathers. The chapter holds many leadership positions on campus including Student Government Executive Board positions, senators, teaching assistants, and orientation leaders. Involvement on campus and in the community is very important to the brothers of Beta Theta Pi, each semester the brothers sponsor philanthropic fundraisers, community programs, parties and brotherhood events.

Beta's annual Singled Out is the first event of the semester and was held at the Flight Deck on Friday, August 29. Singled Out was a large success, and you can also

Beta Beta Beta: Biological Honor Society

By Maria Terneus

Nova Southeastern University's first biological society, Beta Beta Beta, was recently founded at the university in March 2003. Tri Beta is an honor society which strives to further the knowledge of biology through scientific research. The Rho Rho chapter of NSU is comprised of 68 regular members, associate members, and graduate members. This fall semester marks the beginning of the organization's involvement on campus. We plan to have monthly meetings to discuss our members' interests and ideas. We also plan to take trips to research facilities, forensic centers, and local hospitals. The Rho Rho chapter will also be participating in a variety of community service activities throughout the year.

Each school year, the Department of Math, Science, and Technology will invite eligible students to join the society. To become a regular member of Tri Beta, students must be biology majors with a minimum of 45 credits, have completed at least three biological courses in which they have a B average, and have a minimum 3.2 GPA overall. For students who do not fit these eligibility requirements but still have an interest in biology, an associate membership is offered. If you have any questions as to your eligibility, please contact our chapter advisor, Dr. Emily Schmitt, at 262-8349 or eschmitt@nova.edu. Please send any suggestions or questions to our president, Dennis Heard, at spyboyxxx@aol.com. For more information about Beta Beta Beta, visit www.tri-beta.org.

expect Beta's annual Halloween, Christmas, Mardi gras and other theme parties throughout the year to all be a lot of fun. Parties aren't the only events this fraternity sponsors; you'll see many charity fundraisers and community service programs offered to students and the surrounding community alike.

Make sure to keep an eye out for the recruitment calendar and many upcoming events. You may also contact the recruitment chairman, Mike Mirto at mirts@msn.com for any questions regarding events or for a copy of the recruitment.

Life with Phi Sigma Sigma

By Maria Terneus

Phi Sigma Sigma is a dynamic women's leadership organization which strives to achieve the best in sisterhood, scholarship, philanthropy, and social activities. The sisters of Phi Sigma Sigma had an amazing year in 2003-2003, full of new beginnings and outstanding accomplishments. Our chapter completed over 1300 hours of community service by participating with Kids in Distress, Jack and Jill Nursery, Joe DiMaggio's Children's Hospital, and the National Breast Cancer Association, as well as by fundraising for the National Kidney Foundation at our annual PJ Auction.

Our chapter received the 2002-2003 Greek Award for Outstanding Scholarship for maintaining the highest overall GPA average and for our effective scholarship program. At our national conclave this summer, our chapter received seven awards, including the Foundation Donation Award, the Honors Award for Scholarship, the Best Scholarship Program Award, and Honorable Mention for our Chapter Excellence Portfolio. We also held socials with Beta Theta Pi, Sigma Alpha Mu and Theta Delta Chi fraternities, athletes, and other NSU organizations. This past April, we held our first formal event,

the Sapphire Ball, where we celebrated our accomplishments and commemorated our founding chapter sisters.

Throughout the year we also take part in sisterhood nights, retreats, and weekly events. Most of our sisters are involved in many other campus organizations, and some hold leadership positions - so no matter where you may be, a Phi Sig is probably there! Our accomplishments and activities throughout the years help strengthen our sisterhood as we share special memories and have an amazing college experience as members of Phi Sigma Sigma. Our chapter looks forward to having another incredible year as we celebrate our international sorority's 90th birthday, continue our traditions, and look forward to new events. We hope to see you at our Founder's Day Celebration on November 25, 2003, where we will hold our first Rock-A-Thon for our national philanthropic events!

For more information about our upcoming events please see our calendar located on our bulletin board on the second floor of the Parker building. For additional information, please contact Maria Terneus at terneus@nova.edu or visit our chapter's web page at www.nova.edu/cwis/studentaffairs/cluborg/PSS/ or our National web page at phisigasigma.org.

Dare to Dream: Delta Phi Epsilon

For the sisters of Delta Phi Epsilon, each year is full of dreams and goals. A continuous strive towards dedication, pride, and excellence is made. No attempt goes unnoticed. The sisters were rewarded at the 2002-2003 Greek Awards Ceremony and at the Student Life Achievement Awards where they received awards in the following categories: Outstanding New Member Program, Chapter Operations Award, Greek Woman of the Year, Undergraduate Greek Organization of the Year and Campus-Wide Greek Organization of the Year.

Each year is filled with a remarkable number of events, ranging from workshops on eating disorders and alcohol awareness to breast cancer walk-a-thons and socials with the various Greek organizations on campus. With the initiation of fabulous girls, sisterhood retreats and mixers, the Deeper Calendar is full of excitement around every corner. Over \$500 is raised annually for the Cystic Fibrosis Foundation through the anticipated Mr. Nova Knight pageant and, in the winter

semester, the Sisters hold their annual Battle of the Bands where all the proceeds benefit Anorexia Nervosa and Associated Disorders.

The Sisters of Delta Phi Epsilon are actively involved on campus, holding positions in a plethora of clubs and organizations. Scholarship is a major aspect of the Sorority. Members help one another with study hours by serving as study buddies, mentors, and by offering endless encouragement. The Sisters would like to welcome all new incoming and transfer students. We hope that their years at NSU will be as memorable as the ones we have had. Be on the look out for recruitment events taking place during the first two weeks of the fall semester (Aug. 25th to Sept. 6th). If you are interested in Greek life, please email dphie@nova.edu for more information. If you would like to learn more about Delta Phi Epsilon's Beta Tau Chapter, please visit www.nova.edu/dphie.

Interview

in half and counted down a head-on collision in the pit. The crowd loved it and surprisingly there were no reported injuries. The band members were very candid and down to earth. Both James (guitar) and Jason members voiced their views on education through their own experiences. This band is definitely not just brawn; James graduated from the University of Michigan and feels that an education is important and that people can always go back to it. Jason stated that you can always go back to school but you can't always tour the world doing something you love. They seemed to have a good balance between educational goals and creative aspirations. Trust Company is currently recording their new album.

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Sniffles, Sneezes and Coughs: What You Should Know

When a cold or the flu are giving you the chills, there's more you can do about it than just keeping the tissues handy

Don't want to have to deal with getting rid of a cold?

By Alisha VanHoose

So you have a stuffy nose—or perhaps it's running instead. You have a sore throat. Headache or muscle aches. Maybe even a fever.

Sounds like you've caught a cold.

It's that time of year again . . . cold and flu season. It may sound a little cliché, but fall and winter, even here in Florida where it's not nearly as cold and wet as elsewhere in the country, is when most people get sick.

Symptoms of a cold or flu include congestion, sore throat, cough, headache, muscle aches, fever, fatigue and nausea. You might only have one or two of these symptoms, or you might just be lucky enough to get them all. Why is that? Because influenza, or the flu for short, is not caused by a single kind of virus, nor is the cold. The bug you pick up this week may not be the same one you catch a year from now, despite the fact that most of the symptoms are the same.

So how do we make ourselves less likely to pick up one of these many germs? And if we do, what's the best route to a quick recovery?

There's no simple answer. Many people think that by taking large doses of vitamin C or Echinacea they will be able to prevent getting sick—which is not true. To date, nobody has been able to prove that vitamin C can be used to prevent the onset of a viral infection. The same goes with Echinacea. What the two will do, however, is help shorten your cold by a day or so if you begin taking one or the other when you first begin to notice the symptoms. A day may not seem like much now, but when you're so stuffed up you can hardly breathe, that extra day of feeling better will be a life saver. According to Salynn Boyles on WebMD, a good dosage of vitamin C is 1 to 2 grams per day (One gram is 1-4 vitamin C tablets, depending on the strength, or about 12 servings of orange juice. Unless you're really thirsty, I'd recommend the tablets.) For Echinacea, one to two cups of tea or the recommended dosage on an over-the-counter mixture should be fine.

Another widely-used cold remedy is zinc. In a study done early this year, researchers found that using a zinc nasal spray within 24 hours of the appearance of symptoms could

cut the duration of a cold in half, and using it within 48 hours could reduce it by a third. Other studies have shown that zinc lozenges work just as well, so don't worry if you're not into spraying medicine up your nose. The key thing is to take your zinc early—it won't work any better than vitamin C or Echinacea if taken after the second day. It won't prevent colds, either; doctors say that it can actually weaken your immune system if taken for much longer than a week.

Many people take over-the-counter remedies to alleviate cold and flu symptoms. Most of these, regardless of brand, have the same amounts of the same active ingredients. General cold and flu medicines, for example, contain about 30% acetaminophen, the main ingredient in Tylenol™, plus an antihistamine to decrease mucus production, a decongestant and a cough suppressant. After comparing brands at the local supermarket, it seems the ingredients showed virtually no difference. So if you like the flavor of a certain brand better, go for it. And if you don't have enough cash for a major brand (which tend to run \$2-4 more than generic drugs), go ahead and get the store brand. The only real difference is the packaging.

That's not to say you won't find some medicines that contain different ingredients. These are usually tailored for specific symptoms, or have substitute ingredients to combat drowsiness. And if you feel that one product isn't working for you and want to try another, make sure to check the labels to make sure there's more of a difference than the name.

Whatever remedy you choose to help you along the road to recovery, take mom's advice: drink lots of fluids and get plenty of rest. You'll be yourself again in no time.



Mom always said to wash my hands after using the bathroom and to cover my mouth when I cough. She usually has pretty good advice when it comes to health and well-being, but avoiding drafts, wet heads, and drops in temperature aren't really effective ways to keep from getting sick. Here are a few things you can do that actually work:

1. Get a flu shot—Yes, it does sound obvious, but a lot of people overlook this option anyway. According to WebMD, about 80% of people who get a flu shot manage to avoid having a serious bout with the flu.
2. Avoid touching your face—We constantly pick up bacteria from things like doorknobs, telephones, handshakes and computer keyboards. Bacteria sticks around, and touching your face puts it that much closer to your mouth, nose and eyes, where it can enter the body.
3. Exercise—Exercise is good for you, but don't get carried away. A few hours per week is sufficient for all the benefits of fitness without doing so much that you deplete your energy reserves. Excessive exercising can actually weaken your immune system.
4. Take your vitamins—Especially if you consume a lot of fast food, it's important to make sure that you're getting everything you need. Otherwise, your body won't have enough vitamins, minerals, and amino acids and will be running on empty when it comes time to stave off that cold.
5. Take time for some R&R—Rest and relaxation are an important part of life, not just cold-prevention. Stress and fatigue are two major causes of an ineffective immune system. If you think you're too busy to take a little time for rest, just think how far behind you'll fall if you get sick because you didn't take the time.
6. Drink plenty of water—A moderately active person needs eight 8-ounce servings of water every day to flush out unwanted bacteria and to stay hydrated. You can substitute fruit juice, decaffeinated tea, even soup broth for some of your fluids, as long as it's not alcoholic or caffeinated.
7. Avoid excess alcohol—Alcohol dehydrates the body and leads to a weakened immune system. If you're going to drink, make sure to drink plenty of water before, after, or even during your alcohol consumption to keep yourself hydrated. This also helps to avoid those really nasty hangovers.
8. Inhale steam—whether you're breathing in the steam from your morning coffee or just taking a few extra deep breaths in a good hot shower, you're inhaling air that's usually warmer than 80 degrees, which is warm enough to kill many airborne viruses and bacteria.
9. Eat your vegetables—No, iceberg lettuce doesn't count for this one. The phytochemicals in dark green, yellow and red fruits and vegetables stimulate your immune system. So load up on spinach, tomatoes and peppers next time you're at the salad bar for a quick boost in immunity.
10. Have a cup of yogurt—Yogurt contains beneficial bacteria that stimulate the immune system to hunt for flu bugs. Pass the spoon!
11. No smoking—Yes, people tell you not to smoke for a number of reasons, and I'm going to jump on the bandwagon. Chemicals in cigarette smoke paralyze cilia, the small, hair-like growths that line the nasal passages and filter out viruses, bacteria, and airborne particles. Inhaling smoke effectively removes the body's first defense against illness for thirty to forty minutes after a cigarette is finished.

Something to Sleep On

By Christie Bailey

As this article is being written, my eyes are becoming increasingly sore and unfocused. Ironically, I am losing sleep to write an article about sleep deprivation.

It's no surprise that lack of sleep is a major problem that many students experience. Busy college schedules are packed to the brim with classes, work, homework, and extracurricular activities. With a limited number of hours in a day, it is inevitable that one or more activities will have to be cut short—or even cut out entirely. Sleep is the one thing that usually gets short-changed. So many students pull late-nighters and all-nighters that it seems as if sleep-loss is just another part of the college experience.

Exhaustion is simply shrugged off as “the way things are.”

Well, wake up! Proper sleep is one of the most important tools for academic success, and a regular loss of sleep can lead to a whole host of serious problems—problems like muscle tension, inability to concentrate, delayed response times, diabetes, high blood pressure, and clinical depression.

“Proper sleep” means eight to nine hours per night for most people, an amount of time that is pretty difficult for many students to get—even those who are conscious of its importance.

Please See **SLEEP**
Page 14



Recreation & Wellness Offers Free Classes for Fun and Fitness

Step Interval
This class offers a great cardiovascular workout, combining STEP combinations with INTERVALS of resistance training, utilizing resistance tubing and light dumbbells! A true total body workout!

Awesome Abs
This safe and effective 30-minute class is designed to target and strengthen weak abdominals and lower back muscles. Focus will be given to abdominal, oblique, and erector spinae muscles and is for all fitness levels. If you want a terrific trunk, this is your class!

Step Challenge
An ideal class for those who have mastered the basics of STEP and are looking for more advanced aerobic workout- take the CHALLENGE!

Yoga
This class focuses on a branch of yoga called hatha, which focuses on good mental and physical well-being. Hatha yoga incorporates postures, breathing, and relaxation, while increasing flexibility and body awareness. Everyone can benefit from better posture, increased flexibility, strength, and improved concentration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga (20) 12:10-12:50 pm Beth	Step Interval (20) 7:00-7:45 am America	Yoga & Meditation (20) 12:00-1:15 pm Veronika			20/20/20 10:30-11:30 am Nicole
Body Sculpt (20) 1:30-2:30 pm Barbi		Body Sculpt (20) 1:30-2:30 pm Barbi		Yoga (20) 12:10-12:50 pm Beth	Aquafit 10:15-11:00 am Michele
	Body Sculpt (20) 5:15-5:55 pm Kim	Body Sculpt (20) 4:30-5:30 pm Karen	Body Sculpt (20) 5:15-5:55 pm Kim	Body Sculpt (20) 1:30-2:30 pm Barbi	Kickboxing (25) 11:30-12:30 pm Nicole
Step Interval (20) 5:30-6:25 pm Nicole	Kickboxing(25) 6:00-7:00 pm Amy	Step Challenge (20) 5:30-6:25 pm Wafa	Kickboxing(25) 6:00-7:00 pm Amy	Step Interval (20) 5:00-6:00 pm Karen	
Awesome Abs (25) 6:30-7:00 pm Nicole	Aquafit 6:30-7:15 pm Betsi	Awesome Abs (25) 6:30-7:00 pm Wafa	Aquafit 6:00-7:15 pm Betsi		
Pilates(20) 7:00-8:00 pm Amy	Yoga (20) 7:00-8:00 pm Veronika	Pilates(20) 7:00-8:00 pm Amy	Yoga (20) 7:00-8:00 pm Veronika		

Yoga & Meditation
Our new hour and 15 minute- long class, incorporating the practice of hatha yoga postures with the relaxation aspect of meditation. This class will work in depth on breathing and visualization, strengthening both mind and body.

Pilates
The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and

creates a more streamline shape. Bring an open mind and leave your shoes at the door, its time for Pilates.

Body Sculpt
A great resistance training class that adds variety to your workout! Works all major muscle groups, incorporating light dumbbells, resistance tubing, and steps- a total body workout! For all levels!

Kickboxing
This high-energy class uses boxing moves to condition the heart and tone the muscles. Increases stamina, flexibility, coordination, and energy while incorporating martial arts and a cardiovascular workout for all fitness levels!

AquaFit
Experience the benefits of this non-weight bearing form of exercise, emerged in chest-deep water. This class is designed to eliminate stress on the joints that may otherwise be caused by traditional group fitness classes. A great way to keep your workouts fun and challenging! Swimming skills are not necessary. A certified lifeguard is on duty for all water classes.

Sleep from Page 13

Getting a good night of sleep is more help before a test than an all-night cram session

Sleep –that is, good sleep – has restorative properties. It improves learning by allowing the brain to encode memories, to store things properly, and to organize itself. In fact, while you're passed out, your brain is even solving problems for you. Have you ever woken up one morning and felt like shouting "Eureka!" because the answer to last night's pressing math question magically popped up? There may be genuine meaning behind the saying, "Sleep on it."

Not much is yet understood about the biology of sleep. Does the brain itself actually take a snooze break? It wouldn't seem so; a person dreams five times a night on average, even though s/he probably won't remember in the morning. With all of that activity going on, what's so restorative about slumbering? One can only speculate. Perhaps it gives the brain a rest from the daily storm of complex and stressful conscious thoughts, allowing it to reroute time and energy to general house-keeping, such as storing away memories and figuring out problems.

While not much is understood about the mechanics of sleep, quite a bit is understood about what happens when sleep is deprived. Many people experience symptoms on a regular basis.

In the short-term, sleep deprivation impairs thinking, response times, and attention span. These effects have a profound impact on students, to whom mental performance is of the utmost importance. Missing out on several nights of full sleep can cause "sleep debt," a situation in which you "owe" your body sleep. This can lead to many problems such as susceptibility to illness. Lapses in attention

and delayed response times (which also result from sleep debt) cause an alarming number of traffic accidents each year – at least one-hundred thousand that are reported. Pulling an all-nighter, or otherwise being severely tired, is similar to being legally drunk. Your brain just can't function properly.

In the long-term, sleep deprivation can lead to all sorts of nasty mental and physical problems. One big one is depression. There is also evidence that links regular lack of sleep with high blood pressure and the development of diabetes. Also, the progression of many age-related problems like memory loss may be hastened by sleep-loss.

Bottom line: get your sleep. Catching those Z's isn't just a time-waster; it is essential in the learning process. Not only does it insure peak mental performance during class, it is a very important step in making memories—well—memorable! Many experts agree that there is such a thing as "studying too much," and that it is better to review material for a test only until you begin to feel tired and get a good night's rest than to cram late into the night. Not only will your brain have time to remember what you've reviewed, you'll have a clear mind and plenty of energy for the big exam the next day.

Your body will love you for the sleep, too. Especially with the cold and flu season coming up, it's important to get sleep to keep your immune system in top-notch order.

Ah, excuse me now. It is late, the bed calls me, and I don't feel like developing sacks under my eyes. Did I mention that there's a reason it's also called "beauty sleep"?

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Above: Josh preparing for the next race by carefully balancing a cup of water on his head. Below: Emily Sisson racing oh so slowly to keep that cup of water from tumbling off her head and onto her shirt.

No, this isn't a conga line. Each team in this race is trying to win out by staying together and keeping the balloons held between their knees from escaping.

First Annual Meet and Greet the Knights

A day of fun helps create a sense of community and interaction between athletes and the rest of the student body

By Emily Sisson
S.A.A.C. President
sisson@nova.edu

The first Annual Student Athlete Advisory Committee "Meet and Greet the Knights" was held Sunday, August 24th at the RecPlex. All student athletes were in attendance. The purpose of the event was to create a sense of community and support among student athletes, coaches, and athletic

department staff. The S.A.A.C. hired Peak Performance Coach Jeff Janssen to work with the athletes and Coaches. Jeff has worked with many NCAA Division I teams including Arizona, Stanford, and Washington. He also works with many Fortune 500 Companies, such as Federal Express. Boston Market

catered lunch.

The experience was a great way for students-athletes to meet and interact with one another. Hopefully the teams will see more support at athletic events from other student athletes and staff.



Below Left: Another balloon racing team hobbling towards the finish. Below Right: Trying to untangle the human knot.



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