Nautilus News

By Bob Cormier
Fitness Center Assistant

Note: The Fitness Center staff will describe the Center's various Nautilus machines in a continuing series.

Not many would disagree that Americans are obsessed with the human chest.
Men strive to have big, broad chest muscles, while women want to maintain a firm and youthful shape.

At the Campus Fitness Center, we have a machine designed to assist in the achievement of the goals of both sexes.
Built by Nautilus to enhance chest development, the Double Chest Machine exhausts the pectoral muscles (the major muscles of the chest) without employing the weaker arm muscles.
In bench pressing, for example, the arm muscles tend to give out before the pectoral can be thoroughly worked.
The Nautilus Double Chest Machine uses two exercises, the arm cross and the decline press, to directly work the pectoral muscles and give them the complete workout needed for optimum development.

So, whether you’re a man or woman interested in improving the shape of your chest or any other body parts for that matter, come by the Campus Fitness Center and start your way to a fit and healthy body.

New lecture series debuts Oct. 27

USF St. Petersburg is launching a new lecture series that will feature faculty members and their research. The series, called “Food for Thought,” begins at noon, Tuesday, Oct. 27, in the Stouffer Vinoy Resort’s Plaza Ballroom.
The lectures are co-sponsored by USF St. Petersburg’s Campus Advisory Board.
For more information and lunch reservations, please call 893-9160.

Graduation plans nearing completion

by Marty Tschiderer
Crow's Nest Editor

Final plans are being made for the USF St. Petersburg campus’s annual graduation celebration, which will take place on Friday, Dec. 18, in the Campus Activities Center.
The program is scheduled to begin at 6:30 pm and will be followed by a reception honoring the graduates, and will include a champagne toast.
Students who graduated in the summer or will be graduating in the fall semester are invited to participate. Formal invitations will be sent in the mail soon. There will be no guest limit.
This is not a formal commencement, however, and there will be no conferring of degrees at the St. Petersburg campus event. But some personal touches are being added to enhance the festive atmosphere. Diploma covers will be presented to the graduates as they are recognized for their accomplishments.
A formal commencement with the conferring of degrees by President Borkowski will be held on the Tampa campus on Wednesday, Dec. 16, in the Sun Dome. St. Petersburg campus graduates are invited to participate in both events.
Students and graduates who are interested in helping with the arrangements, or have any questions, should contact Karen Kline in the Student Government Office at 893-9144.

Serious politics? Not in this lecture

by Brian Neill
Crow's Nest Correspondent

Political science professor Darryl Paulson presented “Politics Would Be a Serious Business...If It Weren’t So Funny” to an audience of about 60 people Wednesday as part of the Bayboro Lyceum Series.
The presentation consisted of segments of televised campaign commercials and political jokes and satire that brought much-needed comic relief to an otherwise dark
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election year.
Dr. Paulson first denounced a “politically correct” sport coat filled from lapel to lapel with various campaign buttons. He drew attention to the David Duke button which held a special place directly under his armpit.

Among the jokes targeted at this year’s candidates were these: “Vietnam is the only place that Bill Clinton didn’t see any action,” and “George Bush’s health care plan consists of only three words—’Don’t Get Sick’.”

Dr. Paulson attributed the rise of political humor in society today to the pessimistic outlook that many people presently have concerning their future.

Many politicians also use humor to deflect criticism from themselves or to add subtlety to the negativity they are passing on to others.

Perhaps the most humorous of the television commercials was a Republican promo, not intended for actual T.V. air time, showing a bull rhinoceros assuming the parenting position on the back of a female. The narrator of the video says: “They’ve been doing it to us for years. Isn’t it time to get the Democrats off our backs?”

Some funny laws were also mentioned during the lecture. For example, in Oklahoma it’s illegal to catch whales, and in Miami it’s illegal for men to wear strapless gowns in public.

It is hopeful that the hour-long jolt of humor Dr. Paulson administered to Wednesday’s audience will help ease their painful task of choosing this year’s lesser of evils.

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USF Police Beat
by Captain Bob Siwik
Director of Police Services

Officer Pearly Hughes recently received a letter of commendation for his handling of a recent incident that occurred on the St. Petersburg campus.

Hughes was recognized for his “kindness, helpfulness and personal interest,” in assisting an elderly resident of the Fountain Inn Nursing Home on Saturday, Oct. 10. Hughes personally transported the distressed woman back to the Fountain Inn.

Owners of the Bayborio Bookstore witnessed Hughes’s actions and contacted the USF Campus Police to advise them of his handling of the situation.

This is the third time in 30 days that Hughes has received favorable responses to his work from members of the USF community.

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Recycla-BULLetin

If 10 percent of Americans purchased products with less packaging just 10 percent of the time, we could eliminate some 144 million pounds of plastic from our landfills. Reference: 50 Simple Things You Can Do To Save The Earth.

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Dollars for Scholars

$ book available


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Student Government in Action

By Carol Stith
Student Government Treasurer

Did you ever wonder how the $6.90 Activity and Service Fee portion of your tuition was spent?

I know; I’m Carol Stith, SG Treasurer.

In addition to overseeing all SG expenditures, I serve as chairperson of the Budget Committee. This committee determines how to allocate funds for the year. We fund everything from the clubs and organizations to sponsoring a team of painters for “Paint St. Pete Proud,” a very popular community event.

In order to ensure fairness and objectivity, we allow each club equal time to tell us what is important to them and how they use their resources.

Unfortunately, due to the budget cuts, we’ve had to alter some of our goals. Instead of concentrating on new aggressive projects, we must focus on what we have currently.

Our job is not over when the budget is approved, however. The Budget Committee continues to meet throughout the year, reviewing new funding requests and monitoring spending.

These meetings are open to everyone and you can call the SG office at 893-9144 for details.

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Superstars flock to North Shore Park

By Marty Tschiderer
Crow’s Nest Editor

Athletes and thrill-seekers from all over the Tampa Bay area participated in friendly competition on Saturday, Oct. 17, at North Shore Park. Superstars ‘92 featured teams from 32 companies including the St. Petersburg Times, GTE, and Florida Power.

The USF St. Petersburg Student Government entered a campus team, helmed by Bob Miller (Business), Holly Pena (Education) and Carol Stith (Business).

Barnett Bank repeated as champion, finishing in first place for the second year in a row. The USF team placed ninth.

Highlights for the USF team included reaching the quarterfinals in the Suncoast Dome Run and earning an extra 1000 points for finishing under two minutes in the combined flights of the North Shore Walkabout.

Proceeds from Superstars ‘92 benefit the USF Marine Science Department.

Monday, October 26
Circle K meets at 4:45 pm in CAC-133.

Tuesday, October 27

Wednesday, October 28
The second of a two-session Interview Skills Workshop is presented to students who want to learn how to participate in a job interview. Participants will role-play actual interviews. From 4 to 6 pm in CAC-133.

Student Government meets from 4:45 to 6 pm in CAC-133.

A seminar given by Dr. Gregory M. Cailliet, from the Moss Landing Marine Laboratory, is presented in the MSL Conference Room. Topic: "Elasmobranch Life History and the Problem of Over Exploitation." The seminar begins at noon.


Thursday, October 29
In the Wellness for Life series, Nutrition and Energy is discussed from noon to 1 pm in CAC-133.

Saturday, October 31
Happy Halloween!

Monday, November 2
Session I of a three-session workshop on Career Decision-Making is presented in the CAC Club Room. This workshop incorporates the use of vocational testing of interests and temperament, the computer guidance program SIGH+, and group discussion. From 4 to 6 pm.

Circle K meets at 4:45 pm in CAC-133.

Tuesday, November 3
Learn about the principal types of resumes and cover letters, their purposes and formats in a Resume Writing Workshop. Participants review components of the resume including the job objective, work experience, education, volunteer and extracurricular activities, personal data and references. From 4 to 6 pm in the CAC Club Room.

An explanation of the procedures for participating in the education major placement services.

The Clubs and Organizations Council meets at 4:45 pm in CAC-133.

Thursday, November 5
In the Wellness for Life series, "Safer Sex in the Age of AIDS," is discussed from noon to 1 pm in CAC-133.

Session I of a two-session Interviewing Skill Workshop is presented. In this session, participants review physical presentation, assessment of the interviewer, answering or asking questions, and planning post-interview actions. From 4 to 6 pm in the CAC Club Room.

Friday, November 6
Learn how to structure a job campaign and research organizations in a Job Search Strategies Workshop. Participants learn about the different job search methods and how to utilize the hidden job market. From 4 to 6 pm in CAC-133.
Club News and Views

The Marine Science Advisory Committee (MSAC) announces its new officers for 1992-93: Tom Young, president; Steve Goodbred, vice-president for public relations; Karen Smith, vice-president for faculty relations; Brian Bendis, treasurer; Chris Kellogg, secretary.

The Legalis Society is reactivating under the direction of the following students: Jorge Marzol, president; JoAnn Jardio, vice-president; Teran Andres, treasurer; Sue Tuttle, secretary; Donna Linhart, corresponding secretary; and Christopher Eckhardt, parliamentarian. Prof. Regis Factor is the club's faculty adviser.

Walt Skirven, president of Circle K International, announces the election of new club leadership: Kelly Insoft, vice-president; Salima Mohamed, treasurer; Brandi Campbell, secretary; Christopher Carter, Linda Graf, Kimberly Gray, Joanne Harris, Chaboudy, Kelley Cheek, Julie Davis, Shelly Dietrich, Collen Douthett, Marlies Dunson, Mary Favale, Darlene Fromkneck, Sandra Graf, Kimberly Gray, Joanne Harris, Patricia Holmes, Susan LaPorte, Susan McFarland, Melanie Merz, Pamela Miller, Deborah Minkle, Judith Poland, Lisa Sheldon, Rev Smith, Margaret Swank, Sherry Thode, Angela Tisdale, Linda Truelson, Cara Walsh, and Nancy Wittner.

Phi Theta Kappa's state convention is slated for the first weekend in November, in Clearwater, according to Ellen Johnson, PTK president.

Help the needy this season

By Charles Correll
Circle K Member

Join Circle K-ers in feeding the hungry and homeless this Thanksgiving holiday season. To help, drop off canned food in barrels located in the Library, DAV-Lounge and Campus Activities Center building. Non-perishable canned foods such as pie filling, vegetables, cranberry sauce and instant mashed potatoes are needed by the Salvation Army soup kitchen/shelter, located in downtown St. Petersburg. The goods will be used to feed the needy on Thanksgiving.

Single parents group forming

by Heidi Wilson
Coordinator, Single Parent Group

Are you a stressed out, overburdened, single parent? Come join the group! This is an opportunity to share, help, and learn with other single parents. If you are interested in a chance for support, socializing and relaxing with your peers, please contact the Campus Activities Center at 893-9596 or leave a message for Heidi Wilson in the Student Government Office.

CLASSIFIED

PERSONALS

Many thanks to all my friends for your well wishes during my recent illness. Your humor kept my heart pumping and was just what the doctor ordered. Thanks again. Bob Berquist, Physical Plant.

Big Campus Query: Where is the Marine Science Residents Times? We miss it. Go to press soon?!

Congratulations on becoming “owned” by Teak, formerly-orphaned Siamese kitten! What a beauty, Cliff.

Ask Jane in Admissions to see her giant Irish “Leprechaun” shoes! Slainte.

FOR SALE

Coming on December 2...Campus Holiday Sale. UNICEF items, arts & crafts, ceramics, T-shirts...and more reasonably priced wares. A helpful opportunity to shop here on campus between classes!

SERVICES

Considering a career in law? Prof. Regis Factor provides pre-law advising for interested students. Call 893-9583.

Area housing information is posted in the DAV-Lobby and upstairs in COQ. Also notices for roommates.

“Drivers License on Wheels” visits USF St. Petersburg on Wednesday, Dec. 9. Watch for details...or contact the Traffic Department at 893-9140.

THE CROW’S NEST

The Crow’s Nest is a publication of the Campus Activities Center, printed in cooperation with Student Government and the Activities & Organizations Office at the University of South Florida, St. Petersburg Campus. It is distributed every other Monday. The next issue is November 9.

Your articles, announcements and input are solicited. Submission deadline is the Monday prior to publication.

The opinions that appear in this publication do not necessarily reflect the opinions of the Crow’s Nest staff or the University of South Florida.

The Crow’s Nest also reserves editorial and revision rights to all submissions.

For further information, call 893-9596.

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