Grunting's the way at the Campus Activities Center

By Dennis Hans

Attending a new school can be an intimidating experience. This is particularly so if it’s the Bayborro campus of USF, with its taut, chiseled students and swaggering, muscular faculty. Just last month, three of our professors were arrested at the beach for kicking sand in the faces of vacationing hockey players. And let’s not forget the men of Bayborro. Our pumpitude has given us an attitude, too.

It’s an established fact that USF St. Petersburg contains more incredible physical specimens proportionately than any other university in the country. But how many of you know why? The answer can be summed up in three words: Campus Activities Center, or CAC.

This magnificent edifice, located 75 yards north of Davis Hall at the northeast corner of 2nd Street and 6th Avenue South, opened its doors in January 1990 and the entire campus population has been grunting ever since. In the Fitness Center you might hear a student grunt as he pedals an exercycle. In the main auditorium you might hear a professor grunt as he slams dunks a basketball.

The greatest thing about the CAC is that it’s absolutely free to students. To use the facility you need only present your validated student ID and sign in at the front desk. With that ID you may check out locker keys, balls and other sports equipment, such as badminton rackets and ping pong paddles for use in the CAC. Every student is required to complete a one-hour orientation on the weights and machines in the Fitness Center before using that facility; please drop in and set up an appointment.

I’ve barely skinned the surface of what the CAC has to offer. If you have any questions, our crack team of fitness professionals is ready with the answers. So welcome, new students, and we hope to hear each and every one of you grunting real soon.

Dennis Hans, who teaches the Flex and Pose at the CAC, often submits humorous articles to the Crow's Nest. The university community is also invited to write for this publication. Call 893-9596 for more details.

Student Leadership Conference reigns, in spite of rainy weather

by Marty Tschiderer
Crow's Nest Editor

Steady rains and even a power outage couldn’t prevent select students from getting a heavy dose of leadership instruction at the Second Annual Student Leadership Conference on October 2 and 3.

The conference began at 10 am in the Campus Activities Center with the Club President’s and Adviser’s Roundtable. During this seminar, a power outage occurred, leaving most of the campus without electricity. Fortunately, power was restored in time for lunch and the afternoon presentations.

Students participated in two more workshops before leaving for an overnight stay at Bahia Beach’s Days Inn Motel. After dinner, the students were divided into two teams for a spirited game of “Capture the Flag.” An hour and 15 minutes passed before the game was called and no winner declared.

Students participated in two more workshops Saturday morning and then were treated to lunch before finally checking out of the motel at 2 pm.

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Student Forum: Mass Communications

Graduate Student Dennis Hans takes a humorous look at the Campus Activities Center. See page 8.
Nautilus News: The Pullover

By Jim Armstrong
Fitness Center Assistant

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

The Nautilus pullover is the most versatile exercise machine for working the major muscles of the torso. It works the "lats" or latissimus dorsi of the back, the "chest" or pectoral muscles, and the "abs" or abdominals. This machine can be used to enhance all muscles of the chest and back.

The important aspect of the pullover is to perform a deliberate, slow full-stretch on the negative portion of the movement. While it is also important to perform a full forward motion, the negative motion is a more concentrated strength pull, through the entire motion. It is important for two reasons: First, strength will only be acquired through the motion one performs, therefore, if only partial repetitions are performed, your strength will only increase throughout that range of motion. Second, repetitions performed with a full range of motion enhance flexibility and decrease the risk of muscle pulls and other injuries.

The concept of full range of motion is very important on the pullover as well as all Nautilus machines. Should you want to experience better health, increased flexibility, strength and endurance, just call the Fitness Center at 893-9589 and schedule an orientation with a fitness employee.

Invitational Art Show Brightens Campus

By Sudsy Tschiderer
Activities Coordinator

The 7th annual Center Art Show provides a colorful and provocative array of painting, sculpture, glass and clay work at USF St. Petersburg on Saturday, Oct. 17 and Sunday, Oct. 18. The invitational show is sponsored by the Arts Center in St. Petersburg. Look for fine art works in DAV-130. A shop area in the DAV-Lobby features small paintings, clay, paper-mache, jewelry, fiber, paper and silk, according to Center director Virginia Littrell.

Show hours are 10 am - 5 pm on Oct. 17 and 11 am - 4 pm Oct. 18. The event is free and open to the public and most of the art is available for purchase. Participants may enjoy demonstrations as well: paper-mache at 11 am and watercolor at 2:30 pm. Both are Saturday in the DAV-Lobby.

For further information, please call the Arts Center at 821-5623.

Student Government in Action

By Karen Kline
Student Government Secretary

Did you know that Student Government recently hosted an Inter-Campus Council meeting with Tampa and the other regional campuses? Did you know that SG will be hosting an informal reception for Dean Heller? Or that SG is working to get a university identification sign put on Interstate-275? I did. My name is Karen Kline and I am the SG Secretary.

It is my responsibility to record and document all information that is discussed and voted on in the SG meetings. This includes committee reports, announcements, and new ideas presented to SG.

After each meeting, I compile the information. Copies of the minutes are delivered to the Student Affairs and the Student Activities offices. Copies also are given to each SG member so that they may be able to review them before the next meeting. As always, copies of the minutes are available to the university community and can be obtained from the SG office.

I also serve as a liaison to the other USF campuses, keeping up-to-date on relevant issues and events.

In addition to serving as SG Secretary, I am working on the Fall Commencement Ceremony for the St. Petersburg Campus. There is a lot of work to be done to make this a premier event.

Choosing the entertainment, refreshments and decorations, as well as planning the set-up are just a few of the items that must be addressed.

A successful ceremony takes time and hard work, which is why participation—through leg work and opinions from fellow students—is so vital. We all want a program that we can be proud of. The ceremony will only be a success with your help and support.

I will be posting meeting dates in the DAV-Lobby. Anyone interested in attending these planning meetings are welcome. If you have any other questions or comments, please feel free to contact me in the SG office, located in the CAC.

HALLOWEEN HORRORS...at Universal Studios

Five dates: October 23, 24, 29, 31 and 30 from 6:30 pm-midnight...$18.25 (plus tax) for each day. Includes admission and all kinds of seasonal fun.

TICKETS are on sale at the Campus Activities Center...while they last!
**Monday, October 12**

**Time Management Workshop:** This one-session workshop is designed to help participants recognize goals, set priorities and develop a time plan. From 4 to 6 pm in the CAC Club Room.

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

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**Tuesday, October 13**

**Student Accounting Organization** meets at 11:30 am in CAC-133.

The **Campus Lecture Series** meets from 5-5:45 pm in the CAC-133.

**Student Business Association** meets at 4:45 pm in CAC-133.

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**Wednesday, October 14**

**Bayboro Lecture Series:** “Finding Family Treasures: The 1920 Census Records.” Speaker: Thomas J. Kemp, Head of Special Collections, USF Library (Tampa). An expert on genealogy and vital statistics, Kemp discusses the historical significance of the recently released records from the 1920 U.S. Census and other primary resources available to those who seek to trace their roots. From noon to 1 pm in the CAC.

**Student Government** meets at 4:45 pm in CAC-133.

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**Thursday, October 15**

In the **Wellness for Life series**, exercise and fitness will be discussed from noon to 1 pm in CAC-133.

**Orientation to On-Campus Recruiting** meets from 5 to 5:30 pm in DAV-112.

**Saturday, October 17**

**An Information Systems Association** seminar on Advanced Lotus 1-2-3 meets from 9 am to 1 pm in DAV-251. $10 for members, $15 for non-members.

**Superstars:** A community program with proceeds benefiting USF Marine Science. Held at Northshore Park beginning at 8 am.

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**Sunday, October 18**

**Jazz Concert** by the Al Downing Tampa Bay Jazz Association. Starting at 2 pm in the Campus Activities Center. Free and open to the public. Sponsored by the Activities Office.

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**Monday, October 19**

**Just Do It!** A workshop to explore strategies for overcoming procrastination. Learn techniques for getting organized and following through. From 4 to 6 pm in SPN-204A.

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**Tuesday, October 20**

**Bayboro Geographic Society Lecture:** “France and the New EC.” Speaker: Eugene Scruggs, Ph.D., USF Associate Director and Editor of “International Affairs Quarterly.” Noon in DAV-217. Co-sponsored by the Bayboro Geographic Society and the Campus Lecture Series.

**Student Education Association** meets at 4:45 pm in DAV-215.

**Wednesday, October 21**

Explore proven techniques for **Effective Learning.** This program will help you make the most of your study time through environmental management, memory enhancement, reading and study strategies and test taking skills. From 6 to 8 pm in CAC-133.

**Orientation to On-Campus Recruiting** meets from 5 to 5:30 pm in DAV-112.

A **Resume Writing Workshop** discusses the principal types of resumes and cover letters. From 11 am to 1 pm in CAC-133.

A seminar given by Dr. Gregor Eberli, from RSMAS, is presented in the MSL Conference Room. Topic: “Faces and Diagenesis of Prograding Carbonate Sequences-Resulting From the Bahamas Drilling Project.” The seminar begins at noon.

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**Thursday, October 22**

**A College and Career Planning Workshop** for prospective USF students who are unsure about their majors. Topics include how interest relates to college majors, USF academic programs and admission procedures. From 4 to 6 pm in the CAC Club Room.

**Arts & Science Honor Society** meets at 5:15 pm in COQ-212.

**Friday, October 23**

**Session I of an Interviewing Skills Workshop** meets from 11 am to 1 pm in CAC-133.
Club News and Views

Congratulations to new officers of the Friendship Association of Chinese Students and Scholars (FACSS): Zhongping Lee, president; Yantian Lu, vice-president; Willin Hou, treasurer. The students took office on October 1.

Kappa Delta Pi, the Honor Society in Education, held its induction ceremonies on Friday, October 9, according to club president Jill Lumm.

The Information Systems Association announced its newly elected officers: Dave Walker, president; Peggy Anderson, vice-president; Mary Cross, treasurer; and Ken Rodrigues, secretary.

The Campus Lecture Series Committee invites students to participate in its various activities and programs. Watch for the "Herstory" series and the events on American Indian topics. Both programs are main features for the current academic year. The International Symposium is scheduled for mid-February 1993. For more information on the Campus Lecture Series, call Lisa Wharton at 893-9127 or sign up in the Campus Activities Center.

Come and join the Student Business Association on Sunday, October 18, from 11 am to 3 pm on Maderia Beach. The fun starts at the Surf Song Resort, across from John's Pass Village. The address is 12960 Gulf Blvd. Refreshments and food will be served and guests are welcome. Call Jennifer at 393-6461 for more information.

It's that time of the year again, according to Jennifer Larson, Student Business Association (SBA) president.

SBA needs volunteers to help “Paint St. Pete Proud” on Saturday, Nov. 14.

This is a one-day house painting event aimed at helping low income, elderly or disabled homeowners to improve their property.

"Paint St. Pete Proud" gives residents, businesses and civic associations the opportunity to help those in need and, in turn, contribute to the beautification of the city.

The St. Petersburg Chamber of Commerce, the Council of Neighborhood Associations and the City of St. Petersburg sponsor this event. On campus, SBA is in charge of organizing the volunteers. Student Government is providing financial support.

If you are interested, please contact Jennifer Larson, President of SBA, at 393-6461 or sign up in the Campus Activities Center.

The Student Government Book Scholarship deadline has been extended to Oct. 23, 1992. Applications are available in Financial Aid in DAV-114.

Student Publications Welcome Adviser

By Meg Gilbert
Adviser to Student Publications

I am pleased to be joining the staff of the Crow’s Nest as adviser to student publications.

I bring eight years of professional experience as a journalist to my new position. Most recently, I served as assistant news editor of The Bradenton Herald, which is located about 35 minutes south of this campus.

I am now a fulltime graduate student on this campus, pursuing a master's degree in journalism.

My office is at the Campus Activities Center and I welcome comments and criticisms from students, faculty and staff. Please feel free to stop by Monday, Tuesday, Thursday or Friday from noon to 5 p.m., even if it's just to chat.

I look forward to being a part of the University of South Florida-St. Petersburg campus.

Dollars for Scholars

Book Available


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. Next issue is October 26.

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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