Nautilus News

By Catherine Gillespie
Fitness Center Assistant

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

The Nautilus Leg Press provides a multiple joint movement working the quadrilateral, hamstrings, and in turn, strengthening the knee area.

Four quadriceps and three hamstrings are the muscles that cross the knee. The knee is the most complex joint of the body. It is made up of many ligaments and tendons which cannot be strengthened without involving the neighboring muscles.

By strengthening the quadriceps and hamstrings a powerful defense against knee injury is insured.

The use of the Leg Press in a routine following the leg extension and leg curl, re-emphasizes the quadriceps and hamstrings allowing a complete workout of these muscles. Added bonus: the gluteus maximus is affected as well! Calf raises can also be performed with the Leg Press machine.

For a complete and informative orientation of all the Nautilus equipment, call 893-9589 or stop by the Fitness Center to schedule an appointment.

Mini-Courses
Aqua Aerobics: 1:15-2:00 pm
Adult Swimming: 2:15-1:45 pm
September 21 through October 21
Mon-Wed-Fri $10.00

Discounts-Discounts-Discounts-Discounts

BUSCH BASH
...at Busch Gardens
Saturday, October 3
6:00 pm-Midnight
...$16.00 (plus tax) includes park admission,
free parking, two free game coupons,
rises and some entertainment.
(One price for ages 3 and up.)

Discounts-Discounts-Discounts-Discounts

HALLOWEEN HORRORS
...at Universal Studios
Five dates: October 23, 24, 29, 30 and 31
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!

New Director Named for Poynter Library

Mary Grigsby recently was appointed director of the Nelson Poynter Memorial Library at the USF St. Petersburg Campus.

Grigsby formerly was a special projects librarian and assistant to the director of the University of Missouri libraries, and managed the Journalism Library, Freedom of Information Center and Newspaper Reference Library at the University of Missouri-Columbia. She also spent a year in Nakajo, Japan, as director of a branch campus library operated by Southern Illinois University.

Her duties will include overseeing the construction of a $15 million new library, advancing the use of technology in library services, developing special collections, and encouraging community involvement with the library through the Society for Advancement of Poynter Library, a support group.

She has a bachelor’s degree in history and a master’s degree in library and information science from the University of Missouri-Columbia.
Student Government in Action

By Hloy Pena
Student Government Vice-President

Which Student Government officer can touch tomorrow?
I can! My name is Hloy Pena and I am very proud to say that I am an education major and returning Vice-President of Student Government.

Education has been taking quite a beating over the last several months, but that has not changed my desire to teach.

In addition to SG, I am also an active member of the Student Education Association, Student Council for Exceptional Children and Circle K International.

Twin Cities

Courtesy of City of St. Petersburg Monthly Services Report

Mayor David Fischer will lead a delegation of 25 council members and community leaders to St. Petersburg, Russia next month.

The purpose of the trip, which will be funded by those individuals participating, is to formalize the Twin City relationship between the two St. Petersburgs.

Another highlight of the tour will be a visit to the State Hermitage Museum, where Mayor Fischer hopes to finalize plans for the Nicholas and Alexandra exhibit to make its United States debut in St. Petersburg in December, 1992, running through April 1992.

One of my many roles in SG is to chair the Clubs and Organizations Council (COC). The COC membership includes all of the student clubs and organizations on the St. Petersburg campus. We meet once a month in the Campus Activities Center (CAC). Clubs and organizations are given an opportunity to share and exchange information and announce upcoming events.

On occasion, we also plan activities such as volleyball and softball, so that members from each club and organization get a chance to know each other better. It's a great way to promote unity and have a good time as well.

Recently, we hosted a viewing of the Rocky Horror Picture Show. Everyone who attended had a good time. I hope to schedule more of these type of events in the future. These events, as always, are open to all USF students.

HANEY, cont. from front page

approval for the addition of the floating dock came from that proposal and $35,000 in additional funding was earmarked for the facility. Thanks to the assistance of our own campus Physical Plant and its Director, Ron Bugg, the plumbing and electrical services were added along with a concrete pad with tie down points for our small crafts.

A permanent Boathouse was also designed in the original proposal, but funding problems have delayed construction for the last few years.

Fortunately, new Capital Improvement Trust Funds will allow for the construction of a permanent boathouse at Haney Landing. Dockmaster Matt McGlothlin will no longer have to use 2 x 6 planking to prop up the collapsed roof in an aluminum shed that has been utilized as a workshop, tool storage, sail storage and even office for the Watercraft Program. After completion of the new Boathouse, he will have a building with large roll-up garage doors at both ends so that a boat can be moved into an efficient work space. A workshop sail storage area, as well as a second level with an office/workroom area for our dockmaster is also planned. Additionally, the boathouse may be constructed close enough to the water to allow a boat to be hoisted from the water and moved inside through the large garage door opening on the harborside. The vessel could then be dropped onto a trailer and towed out the door opposite the harborside door.

The Watercraft Program is close to becoming a self-sustaining, full-service operation providing for repair and maintenance of the boats. Sailing and safe boating instruction are also offered on site at Haney Landing in addition to a variety of recreational programs.

The new Boathouse will be dedicated to Donald A. Haney, who passed away in July 1983, shortly before his planned retirement. A bronze plaque with Mr. Haney's portrait engraved on it is now hanging in the hallway outside of his old office in Davis Hall. It will be transferred and mounted on the outside of the new Boathouse. The facility will serve as a memorial and tribute to a man of great personal integrity who was always firm yet fair in his decisions. Haney Landing is a worthy tribute to a man who devoted ten years of hard work and caring about student life at the USF St. Petersburg Campus.

Recycla-BULLetin

Did you know that Americans go through 2.5 million plastic bottles EVERY HOUR! From: 50 Simple Things You Can Do To Save The Earth.

Early Bird Special at the USF BOOKSTORE
25% Off
Selection of Children's and Halloween Books
Come in and see our new shrimp (from the Manatee Toy Co.)
Monday, September 28

A Resume Writing Workshop will be held from 4:00 to 6:00 pm. Call 893-9129 for more information.

Rape Awareness, a program for campus women, will be held from 6:00 pm to 8:00 pm in the Campus Activities Center. The session will be led by Robin Oliver of the Family Service Centers and will include remarks by a convicted rapist who is currently in treatment.

Tuesday, September 29

Bayboro Geographic Society will present a lecture at noon in DAV-130. This lecture is free and open to the public.

Wednesday, September 30

The Campus Lecture Series presents "Recycling Horizons for the 1990's and Beyond" by Dr. Richard Stessel, USF Professor of Civil Engineering and Mechanics. Dr. Stessel's presentation will include a slide presentation and will coincide with Recycling Awareness Week. Noon in DAV-130.

An Interviewing Skills workshop will be held from 4:00 to 6:00 pm in CAC-133.

Thursday, October 1

Yoga meets from 1:00 to 2:00 pm in CAC-133. $10.00 per month.

In the Wellness for Life series, personal wellness assessment will be discussed from Noon to 1:00 pm in CAC-133.

Learn to lessen stress and avoid burnout in the Stress Management and Relaxation workshop. 4:00 to 6:00 pm, CAC Club Room.

Saturday, October 3

A Wordperfect Seminar is held from 9:00 am to 1:00 pm in DAV-251. $10.00 for ISA members, $15.00 for non-members.

Sunday, October 4

Join the USF Great Strides team in Walktoberfest! Walk for the American Diabetes Association with the USF team along Bayshore Drive in scenic Safety Harbor. The walk begins and ends at Ruth Eckerd Hall. Lunch will be served at the end of the walk. Check in time is 8:00 am and the 15 kilometer walk begins at 9:00 am. Sign up with Sheri Beaudreau in Recreation, COQ-102 or call 893-9597 for more information.

Monday, October 5

Learn how to structure a job campaign and utilize the hidden job market in the Job Search Strategies workshop. 11:00 am to 1:00 pm in DAV-108.

Unsure about your major? Attend the College and Career Planning workshop. 4:00 to 6:00 pm in the CAC Club Room.

Session II of the Interviewing Skills Workshop will meet from 4:00 to 6:00 pm in the CAC Club Room.

Judge David Seth Walker will hold a legal aid seminar lecture on Family Law in DAV-130 at 4:00 pm.

Tuesday, October 6

SEA meets at noon in DAV-215.

The Campus Lecture Series presents a slide presentation by Professor Jo Ann Wein, USF College of Fine Arts entitled "Women, Feminism, and the History of Art." Professor Wein will look at the feminist movement in art and art history through slides and discussion. Co-sponsored by the Campus Women's Collective. 6:00 pm in DAV-130.

Wednesday, October 7

The Campus Lecture Series presents former student and Lecture Series Chairperson Kabih Hachem in a lecture entitled "Beirut Before and After." Hachem, born in Lebanon discusses his impressions of Beirut following his recent visit to the city. Noon in DAV-130.

A Reducing Test Anxiety workshop can help you through those stress-filled test days! 4:00 to 6:00 pm in the CAC Club Room.

Orientation to On-Campus Recruiting meets from 5:00 to 5:30 pm in DAV-112.

Thursday, October 8

Yoga is held from 1:00 to 2:00 pm in CAC-133. Cost is $10.00 per month.

SEA and the Campus Lecture Series present Nancy Caldemeyer, Pinellas County Teacher of the Year in a lecture at 2:00 pm in DAV-130.

Self Management & Motivation is the topic in the Wellness for Life series. Noon to 1:00 pm in CAC-133.

Friday, October 9

Orientation to On-Campus Recruiting meets from 12:30 to 1:00 pm in DAV-112.

Saturday, October 10

A seminar on Harvard Graphics meets from 9:00 am to 1:00 pm in DAV-251. $10.00 for members, $15.00 for non-members.
University Police Beat

By Captain Bob Siwik
Director of Police Services

During the last month, Sgt. Jeff DeVries has been responsible for the coordination and arrest of two serious felons on the St. Petersburg Campus.

The first, during August, involved inter-agency cooperation in a building stakeout operation which resulted in the arrest of a violent habitual felon committing a grand theft outside the library.

Second, Jeff, while working with the St. Petersburg Police and Postal Investigators initiated and developed information which through extensive effort and investigation, resulted in the arrest of a former USF mailman. The arrestee was positively identified and has admitted the theft and subsequent pawning of a $2,000 Rolex watch from the St. Petersburg Campus mail room.

These actions demonstrate excellent initiative, responsibility and talent on the part of this fine supervisor. We commend him on his outstanding service to our community and look forward to continued efforts from both himself and his fellow officers.

Sports Shorts

Campus women interested in playing City League Women's Softball should contact the Recreation Office (893-9597) as soon as possible. A team is now reorganizing.

Soccer enthusiasts are invited to play indoor soccer at the Campus Activities Center on Monday and Thursday evenings from 5:30-7:00 pm. The program is hosted by the Friendship Association of Chinese Students and Scholars (FACSS).

* * *

The Recreation office is looking for qualified aerobics or step aerobics instructors. Can you help? Please contact Recreation at 893-9597 for details and application.

* * *

Congratulations to the campus faculty-staff City League Co-Ed Softball team...winning another second-place trophy. The team plays on Friday nights at Northshore Park.

Ship to Drop Anchor at Port

Courtesy of City of St. Petersburg
Monthly Services Report

City Port officials will ask council this month to approve an operating agreement with Odessa America Cruise company.

The Russian-based cruise company plans to bring the M/V Gruziya from Montreal to St. Petersburg, offering seven-day cruises to Belize, Honduras and Mexico beginning October 31, 1992. Under terms of a proposed agreement, the Port of St. Petersburg is expected to generate $400,000 a year in gross revenues.

To get ready for the ship's arrival, the entrance channel, ship's berth and other areas of Bayboro Harbor will be dredged to a depth of 22 feet.

CLASSIFIED

PERSONALS

Brainezer: Congratulations to super sleuth Jackie Shewmaker for answering the question posed in the 9/11/92 Crow's Nest. Enjoy your new CAC tee-shirt. Answer: Prof. Winston Bridges, Jr! LUIS is an excellent resource!

FOR SALE

The USF Bookstore features a variety of gift items and greeting cards. Check it out in COQ-101.

Watch for daily lunch and dinner specials at the USF Dining Center presented by Canteen, Inc. Need a morning treat? Try a breakfast burrito.

Support your USF Lecture Series. Buy a stunning orchid tee-shirt with the Lecture Series logo. Only $5 for tuition-paying USF students (limit one per student at this price); $6 for others. Contact the Activities Office.

SERVICES

Typing, term papers, resumes. Call for appointment, Tom or Frances. 576-8191.

Need help in Calculus or Statistics? Call Dan at 893-9596.

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 12.

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.

Editors: Marty Tschiderer
Lisa Wharton

Student Publications Advisor: Meg Gilbert

Production: Marci Hoak, Valerie Prosser, Sudsy Tschiderer