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The parade took on a special significance to St. Petersburg in the wake of recent racial disturbances; however, no incidents were reported.

USF Sr. Pete was an official parade sponsor. Kelly and Katie Stoddard, daughters of Dr. Kim Stoddard, carried the sponsor banner in front of the Glenn Hill Band from Augusta, Ga.

Following the band was the campus banner carried by Dr. Juanita Fountain and student Bridgette Samuels. Chants of "USF, USF, USF!" were heard as the group proceeded up Central Avenue.

Bill Heller, dean, and Jasmine Allison, student government president, got to ride in style through the route – in a convertible driven by Dr. Stoddard.

A golf cart driven by Dr. Njoh donned a USF sign and frills. He got plenty of attention by honking the horn throughout the parade route; candy was also distributed to the crowd.

The Association of Black Students cruised in a shiny black truck, driven by USF student Karmila Burton.

A USF MLK banner saying "Dr. Martin Luther King Jr. had a dream ... He also had an education!" got plenty of reaction from the crowd as it passed through the route.

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A question of balance

When students work and have family responsibilities too, keeping it all together can be an art.

Jennifer Lane
Special to the Nest

After less than a month, Denise, a Port Charlotte mother of two and wife of a physician, dropped her class.

Denise, 32, was a student at USF St. Petersburg and although she was non-traditional, she wasn’t unusual on a campus where the average age is 31. According to university statistics, 44 percent of students work full time, 43 percent are married and 24 percent have children.

“Students today exhibit significantly different characteristics” than students in the past, according to “Different Students, Different Needs,” an article that appeared in the December 1993 issue of the Journal of Chemistry Education.

The article describes these new students as:

• Older and have family responsibilities
• Attending classes with specific goals in mind, often involving a career change
• Having time and financial restraints
• Working longer hours at paid jobs
• Having less time to devote to their studies

As a result, there is more last minute cramming and ignorance of out-of-class assignments and homework, the article concludes.

Denise says a major problem was that class assignments took her out of her home. With children ages two and four and a husband who spends long hours at work, she has to do a good job of keeping it all together.

There was no sick or vacation time for Denise. While she says the rigors of her schedule and the rewards of her job make it worthwhile, she isn’t winning on either end,” says Denise.

Denise was a non-traditional student; but for most, it’s worthwhile.

USF PUBLICITY PHOTO

In April, Harbor Fest activities brought families to campus. Programs like this that involve spouses and kids in the students’ world can lend support.

Campus services can help lighten your load

Whether you have a couple minutes between classes to pause in the fresh air by the water and take a few deep breaths to collect yourself, an hour to walk or run on the treadmill at the fitness center, or an hour a week to learn yoga, USF offers services that can help students relax and cope with stress before it becomes too heavy to handle.

Check out these options:

• Yoga classes
• Meditation classes
• Foreign field activities
• Parents’ night out
• Fitness center
• Softball, wind surfers, canoes
• Outdoor gear
• Swimming pool, recreational gear
• Outings: fishing, canoeing
• Join a game: volleyball, basketball, soccer
• Workshops on study habits, financial issues
• Counseling

Lack of sleep, then begins her homework.

“Why are my goals so different,” Carie says. If I can put my daughter to bed and do my homework, I feel so good about myself.”

Fortunately for students like Denise and Carrie, USF offers sections to ease their hectic lives.

For more kudos ...

This page, another product of Dr. Kilkenner’s 69129 class, was designed and edited by Ruth Walsh. Great job!
All these programs have a heavy emphasis on self-direction and initiative. Keeping careful records is essential. Approval by the program coordinator and an agreement that a certain number of hours will be committed are also crucial.

The final words: motivation, motivation, motivation. If your scarce on this, think twice. These courses require field research and a lot of writing, and the trouble is the deadline isn’t until the end of the semester (tough for those with a motivation deficiency). So, if you prefer short assignments due every two weeks, or need a professor to remind you when that paper’s due, you better not embark down this road. But for those of you driven by the desire to acquire a different slant on learning and an interest in diverse experiences this road is wide open.

Student Government meeting highlights
• Jasmine Allison, president, announced the mission for the semester: to promote community and university relations by supporting clubs and organizations in presenting community and campus programs.
• Dr. Jim Fellows was named the faculty advisor for Student Government.
• David Rodriguez was nominated for chairperson of the Audit Committee and approved by unanimous vote.
• Diana DeVore, vice president, announced a mandatory Clubs & Organizations Council meeting on January 29 at 4:30 p.m. in the CAC club room.
• Dr. Helton petitioned for $1,400 to bring in 3 teachers from Santa Anna, California, to teach and train the campus and community to better meet the needs of at-risk children. This was passed.
• Student Activities Board requested $5,051 for equipment that could be used by all clubs. This request was granted.

Announcements:
• Four business and three arts & sciences representative positions are available.
• Parent’s Night Out will be held Saturday, March 22 from 6-11 p.m. in the CAC. Watch flyers for more information.

Everyone is encouraged to attend student government meetings. The next meeting will be Wednesday, February 5 at 4:30 p.m. in the CAC. Please feel free to contact student government at 893-9144.

Located on the Harbor in Coquina Hall at USF-St. Pete
Restricting wants, expanding freedom

Consumption. Every living thing must do it. From algae to mammals, consumption is imperative for survival. But the human species has perverted the concept of consumption. Consumption has been transmuted from a process of necessity to an act of destruction.

For most of us, what we consume goes far beyond the quest for survival. Present in almost all of us is the insatiable appetite to consume more: more food, more clothes, more technology, more stuff—we somehow believe that this is beneficial. Human consumption has mutated into an unlimited desire to accumulate things, to “Get Stuff,” as a popular beverage manufacturer advertises. This unconscious desire to stockpile, this ingrained, socialized behavior of consumption is fueled purely by our economic system. So we are compelled to an unlimited desire to accumulate, to consume more: more food, increasing water pollution, by destroying our forests, by dividing our communities, polluting the sustenance of life. Unfortunately, we have surrendered to the fallacy of “progress,” this ambiguous, arbitrary goal that has no end, that cannot be achieved. Do we really anticipate happiness and spiritual fulfillment from the latest purchase? Will the newest product bring us the ultimate satisfaction, the final joy?

The quest for something tangible will never end if we continue to place an unnatural value on things. Is our goal not to enhance our quality of life while simultaneously preserving the quality of life for all living things? Are we really so foolish to believe that excessive things will improve our lives, improve our relationships, improve our principles?

When we recite our universal goals, are they not to be happy, healthy, safe and free? Are these not what constitute the true “American Dream”? But our current economic systems will not allow everyone to achieve these ideals. There must always be those with and those without, and in order to sustain this system, Haves and have-nots are critical to its maintenance. Haves and have-nots are critical to its maintenance. Haves and have-nots are critical to its maintenance.

The principles of conservation, of ultimate survival, are deliberately left out of our core curriculum in this country. Instead, we continue to be taught the “basics,” which entrap us in a pernicious cycle of dependence. We learn that possessing material, products, the latest version of everything will enhance our quality of life, improve our earthly existence; that more is better. We are ostensibly taught the lessons of independence, of how to be successful. Conversely, the most successful people are those who are most reliant on others. Self-worth becomes entangled in not who you are but what you own, you are valued for material success and not the success of your character. But we are told we must continue to consume, to improve the CPI and the GNP, economic indicators that erroneously tell us how we are doing. Our economic system relies on our continued, continuous consumption. As long as we continue to allow ourselves to be victims of this mentality, to any system with its main tenet being consumption, a sincere improvement in the quality of life will never occur.

Of course, the state of affairs is not as twisted as depicted above. We still have freedom. We have the freedom to choose what products we buy, what house, what car, what clothes, TVs, computers, food. Our autonomy is being eroded by our consumption, and our choices are bound to become fewer. Our lives are entangled in the notion that consumption is the elixir, the promise of improvement. But aren’t our choices severely restricted when we want to choose independence?

How can we survive in this society if we don’t provide services and purchase products? Why is it that water has a price, that air has a price, that land has a price, that the basic elements of our existence have prices? Even if we provided all of our own necessities, the reality of taxes would still exist. When our options are limited to conformity, our freedom is severely restricted. Our economic system perpetuates a feeling of inadequacy, a vacancy, a void, something is always missing. And so we buy another pair of shoes hoping that will cure the blues.

We are the most capable of all animals, granted exceptional mental and physical capabilities, but they are our curse not our gift. We must be vigilant, constantly monitoring our behavior in order to prevent ignorant and careless decisions, which impact not only the lives of humans but all life.

—Baird Lefter

February is Black History Month

To honor Black History month, the Student Activities Board’s (SAB) February lecture theme is “The Great Diaspora.” This refers to African people who have settled far from their ancestral homelands. Lectures will be every Thursday throughout the month in CAC 133 from 4:30 to 5:30 p.m. Specific lecture topics to be announced.

SAB is also sponsoring the racially-charged film A Time To Kill on Tuesday, February 18 at 10:00 A.M., 1:00 p.m. and 4:00 p.m. in CAC 133. The Association of Black Students is sponsoring a “Black History Month Book Fair” in Davis Lobby each Thursday in February and will meet every Thursday in Davis Lobby from 5:00 to 6:00 p.m.

Look for other happenings which celebrate black history month, listed weekly on the back page of The Crow’s Nest — we’ll keep you informed!

The Crow’s Nest needs advertising reps. Call 553-3113 for more information.

Nest Advisor: Tim Craig

NEWS BRIEF

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Mike Oscanyon, reluctant guitar hero at The Tavern

Sweet Pea Jones
Next Staff

Do you have an appetite for live acoustic music played true to its original form? Friday evenings from 5-8 p.m. at The Tavern on the Green, Mike Oscanyon serves up a smorgasbord of classic songs intensively reminiscent of the best days of FM radio.

“Everything acoustic does it for me,” explains the 25-year-old Oscanyon. “And I don’t play songs that I don’t like.” Thank goodness he likes so many great songs! I’m not generally crazy about solo acts, but Oscanyon delivers his material with a soulful singing form and a brilliant playing technique, without the aid of a drum machine or sequencer. When he launches into Steven Stills’ “Treetop Flyer,” you know that you’re in good hands.

But that word “entertainer” is one that Oscanyon finds difficult. Is he a musician or an entertainer first?

“That may very well be the most difficult thing that I’ve had to face. It comes naturally to some people: Kevin Toon and Sam Stone (local musicians); they’re natural entertainers. They’re good singers and players, too, but they have an air and a wit that is captivating. It’s much easier for me to just play the songs as well as I can play them.”

Despite his refusal to play what he calls “cookie-cutter songs” from current radio charts, Oscanyon works almost every night of the week in clubs around the Tampa Bay area, he must be doing something right. Perhaps his material, songs from James Taylor, Bruce Springsteen, Natalie Merchant, Bob Dylan, Neil Young, Tom Petty and John Prine, just to name a few, has a larger audience than he thinks.

“Gavin (the owner of The Tavern) is one of my favorite club owners,” continues Oscanyon. “It’s very, very sticky, the line that I’m walking, because most bar owners want you to play what everybody else wants to hear. If you don’t play that, then they won’t hire you.”

“I appreciate music 80 percent for the (lyric) writing involved, 20 percent for the music,” he said. This is evident not only in his cover material, but in his originals as well. “The way I derive satisfaction from this, as opposed to sitting in my room and playing, is when somebody requests a song that I play well, and it makes them happy. That makes it all worthwhile. It’s especially nice to have someone request a song I wrote.”

We had a good laugh when I asked him if there is a regularly requested song that he will never, ever learn. Without hesitation he replied, “Amy.” (Remember that one? “Amy, whatcha gonna do?”) And it’s not the song he hates, it’s the name. “It was this thing with a girl,” he said with embarrassment.

Oscanyon changed the subject by commenting that The Ghost of Tom Joad by Bruce Springsteen is the greatest album he’s ever heard. Then he had some other interesting things to say about artists he admires.

“James Taylor is the most difficult to do right. You could spend your lifetime just trying to emulate him. Jerry Garcia, too, the chords might be easy but the music is very difficult.”

“Jimmy Buffet, the guy’s written hundreds of songs, and he can’t write a bad song. His famous songs are the ones that most people cover. But I might get done playing “The Captain and The Kid,” and “He Went To Paris,” and somebody will come up and say—hey, do you know any Buffet?”

“Dave Matthews is very technical. It’s very difficult to play his music correctly. It will come in time, though; he blows me away.”

Mike Oscanyon will be playing almost every Friday evening at the Tavern this semester. Tuesday night, Jan. 28, you can see him playing a duo with Sam Stone from 7-11 p.m., also at The Tavern.

Where will Oscanyon go from here?

“For years I have said that I don’t want to be famous. He laughs and continues, “It’s a decision that will be made for me if I do nothing about it! I’m torn, because it’s true that you get out of something whatever you put into it. I want to, and will, record my original songs soon.”

Tell you what, Mike—as soon as you have a CD out, I’ll be the first one to plunk down my money.
Lifestyle changes — a matter of choice

Sandy Blood
Senior Columnist

Most people believe that they control their own lifestyle. They believe that if they eat right, do not smoke and have regular medical checkups, they have a good chance of preventing cancer. Most of us also believe that if we practice good health habits we can significantly reduce our risk of heart attack. Why is it, then, that we don't follow through with what we know we should be doing? Old habits are very difficult to break. Over time we develop lifestyles that are more convenient, such as stopping for fast food or skipping “well” visits to the doctor. But change can occur if the right approach is applied. The steps involved in planning lifestyle changes include: assessing your current behavior, setting specific, realistic goals, formulating intervention strategies, and, finally, evaluating your progress. Let's explore these steps in detail.

• Assessing behavior — The first step in any lifestyle change program is to evaluate your own personal health habits and practices. Make a list of your health-promoting behaviors and habits and list any of those behaviors that are health-inhibiting or complete a comprehensive life style questionnaire. Once this task is done, evaluate your lifestyle behaviors and determine what changes you need to make.

• Set specific, realistic goals — Remember that Rome wasn't built in a day. Set goals that are concrete, observable, measurable and achievable. Realize that you are working toward permanent changes in your lifestyle.

• Formulate intervention strategies — No one single strategy is right for all behaviors and people. Common types of strategies include positive and negative reinforcers (treat yourself to new workout clothes or make yourself wash your car), behavioral contracts (a written contract with yourself or another person to adhere to a plan), and stimulus control (removing snack foods from your refrigerator and pantry).

• Evaluate progress — Monitor your plan to determine if it is working. Assess each goal according to the conditions and time specified in your plan. With this information, you can then decide to continue with the current plan or adjust it. Regardless of the results, you need to maintain the positive perspective about success and failure. Realize that the small changes you make are very important. In fact, you will have made progress by simply deciding to take control. Above all, maintain a healthy perspective about yourself and don't burden yourself with guilt if you fall short of your goals. Good luck, and if you feel that I can be of assistance please contact my office at 983-9129 to schedule an appointment.

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6 JANUARY 29 • FEBRUARY 4, 1997 THE CROW'S NEST
ARTS & SCIENCES HONOR SOCIETY
If you are an Arts & Sciences major with 12 USF-completed credits and a 3.5 GPA, you qualify for membership in the Arts & Sciences Honor Society. Call 893-9157 or stop by DAV 238.

ASSOCIATION OF BLACK STUDENTS
Meetings are every other Thursday, 5-6 p.m. in DAV 130. Our next meeting is Jan. 30, and each week during February. Free refreshments are provided. Nothing is expected of you except an open mind and a positive attitude! For more info, call Project Threat in DAV 109, call Karimika Burton at 893-9108 or e-mail ABS@bayflash.stpt.usf.edu. Visit our web site: http://bayflash.stpt.usf.edu/abs.

CROW'S NEST
Meetings are every Tuesday at 5 p.m. in The Crow's Nest office, Campus Activities Center room 128. New writers, photographers, copy editors, designers, advertising reps and others are always welcome. Bring story ideas, creative concepts or just yourself.

LEGALIS SOCIETY
All majors welcome. Meetings are Thursdays at noon in DAV 105. Our next meeting is February 4. Free refreshments are provided. Nothing is expected of you except an open mind and a positive attitude! For more info, call Project Threat in DAV 109, call Karimika Burton at 893-9108 or e-mail ABS@bayflash.stpt.usf.edu. Visit our web site: http://bayflash.stpt.usf.edu/abs.

CLEANING SERVICES
CROW'S NEST
5:15 p.m.
CAC 128.

UNION CULTURAL SOCIETY
Join us in our quest to extinguish cultural misconceptions through positive social interaction. Meetings are every other Tuesday, 5:30-6:30 p.m. in CAC at noon. Free refreshments are provided. Our next meeting is February 4.

PHI THETA KAPPA ALUMNI
PTK meets 5 p.m. Wednesdays in Davis Lobby. Call Jack at 367-6508 for more info.

SAIL CLUB
Club meetings are every other Friday at 5:30 p.m. at the Bayboro Cafe and new members are always welcome. Improve your sailing skills or learn to sail! For more info, contact Steve Lang at 893-9572.

SOCIETY OF PROFESSIONAL JOURNALISTS
SP meets Fridays, 5:00 p.m. at the Tavern on the Green. Join us! Call 533-2113 for more information.

STUDENT ACCOUNTING & BUSINESS ORGANIZATION
Meetings are Mondays at noon in CAC 105 and feature local community leaders presenting current business topics. Free refreshments are provided to members. Video presentations of the meetings are shown at 5:15 p.m. in DAV 105.

To publish club & organizations information, submit entries in writing to The Crow's Nest, CAC 128.

FOR SALE
IBM COMPATIBLE COMPUTER

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KENWOOD RECEIVER
Kenwood cassett/CD receiver. Sony equalizer. Trek girl's all-terrain bike, couch, Hi-Tech 9' wave board windsurfer. Call Baird 831-4161.

ANNOUNCEMENTS
ROOMMATE WANTED
Non-smoker for large house 2 min. from campus (north of downtown). $195/month + 1/2 utilities. Please call Scott, 827-1361.

USF TAMPA CAREER NETWORKING FAIR
Thurs., Jan. 30, 10:00 a.m. - 3:00 p.m. at the USF Sun Dome. More companies expected than ever before! Stop by the USF St. Petersburg Counseling & Career Center, DAV 115, for an updated employer list.

GREAT STRIDES '97!
Set your wellness goals and keep a record of your activities. Participants qualify for incentives & prizes to celebrate your healthy new lifestyle. Register through Feb. 11 at the Counseling & Career Center, DAV 112.

STUDY SKILLS
A one-session workshop that focuses on proven techniques for making the most of classroom and study time. Topics include accurate and time-saving note-taking techniques, reading and study strategies and "Managing One's Environment." Wed., Jan. 29, 4-6 p.m. or Fri., Jan. 31, 2-4 p.m., DAV 112.

MAKING CONTACT:
WRITING THE "RIGHT" RESUME Review principle types of resumes and cover letters as you learn to evaluate your information and how to include data. It is helpful to bring a resume draft with you. Wed., Jan. 29, 4:30-5:30 p.m., DAV 112.

ORIENTATION TO USF RESOURCES
Learn how to participate in on-campus interviewing, resume referral, computerized jobline and other placement services coordinated through the Counseling & Career Center Resource Library Jan. 30, 5-6 p.m., DAV 112.

GRAT STRIDES WALKING GROUP
Mondays and Wednesdays from noon to 1 p.m. walk from the fitness center to the Vinoy (approximately 3 miles). Meet at the fitness center in the CAC at noon.

FOR RENT
APARTMENT FOR RENT
Large 1 bdrm. Pleasant, newly renovated. near Round Lake, not far from downtown. 510-5th St. N. Call 822-3252.

APARTMENTS FOR RENT
13th Ave. and 10th St. N. 1 & 2 bdrm newly renovated apts. from $380 + security. Single/double occupancy No pets. Secure, well lit, property, off-street parking, laundry facility, water/garbage incl. Call 894-6957.

EMPLOYMENT
SALESPERSON WANTED
Sales professional wanted to sell aerial photos. Part-time, flexible hours. Next appearance and dependability a must. Call 938-2837, leave message.

PROCTORS NEEDED
The Student Affairs office has an urgent need to hire individuals who can proctor examinations. $4.75/hour. See Jonson in Davis 118 on Wednesday or Thursdays between 3 & 5 p.m.

ADVERTISING ACCOUNT REP
Earn $15/stipend while interacting with local business owners. Call Crow's Nest Ad Manager Rob Hynpi at 533-3113.

JOBS • JOBS • JOBS
FIT, PVT and temp positions are listed in the Counseling & Career Center's Resource Library, Davis 112.

BAYOU RESTAURANT & BAR
New taping opportunities for kitchen, restaurant & bar positions. In person only. 16-2nd Street N. St. Pete.

CABC STAFF ASST NEEDED
Campus Activities Center is looking for students, undergrads, or any dedicated and motivated persons seeking excellent part-time positions (10-15 hours per week). Offering fringe benefits. Tyrocn area of St. Pete. Evening/weekends. Training provided. Fun, casual work environment. Kaplan Educational Center, fax resume/letter to Nino at (813)493-4316.

CUSTOMER SERVICE/EDUCATION
Graduate students, undergrads, or any dedicated and motivated persons seeking excellent part-time positions (10-15 hours per week). Offering fringe benefits. Tyrocn area of St. Pete. Evening/weekends. Training provided. Fun, casual work environment. Kaplan Educational Center, fax resume/letter to Nino at (813)493-4316.

ACCOUNT REP
ATTN FIRST TIME HOMEBUYERS
Why rent when you can own? Low money down programs available. Call for a free pre-quailification — you could be a homeowner! Marc Moss, First Security Mortgage Services, 1-800-971-0044. FirstSec2@aol.com.

HOUSEKEEPING
Weekly, bi-weekly, monthly and seasonal service available. Call Amy Stanley at 823-6437.

"IT ALL BEGINS WITH CROW'S NEST CLASSIFIEDS"

TO PLACE AN AD
Submit your ad in writing to The Crow's Nest office at least one week before press date. All classified ads are payable in advance. Checks should be made payable to the University of South Florida. Personal checks should include a Driver's License number written on the check.

RATES
Single issue rate is $2.50 for 30 words or less; additional words are 10¢ each. Refunds will not be issued after ad and payment are received. Classified ads are free for USF students, staff and faculty.

RULES
The Crow's Nest reserves the right to correctly classify, edit, reject or cancel any advertisement.
Bargain books benefit Goodwill; shoppers enjoyed the savings

USF St. Pete hosts 11th annual Book Fair for the first time

LOADING UP
Chris Konsavage and his son Alan were two of the hundreds of book lovers that came to the CAC for the annual Goodwill Book Fair January 23-25. Over 100,000 books were strewn around the room for perusal. The Book Fair was expected to raise about $40,000 for Goodwill, according to Charles Cribb, vice president for marketing communications.

CLOWNS-R-US
"Luv" (Nancy Peters), left, "Degoe" (Harold Sharp) and "Tiiffany" (Sophie Gardinal) from Suncoast Clasical Clowns in St. Petersburg painted faces at the Book Fair. The Clowns were just three of the estimated 175 volunteers that helped set up and run the three-day event.

briefs

Explore Weedon Island
See the unique flora, fauna and wildlife that thrive among the mangroves on this guided canoe trip sponsored by the Watercraft and Recreation Department. Equipment and drinks will be provided. The outing, which is limited to 14 people, is Saturday, February 15 from 10 a.m. to 2 p.m. and costs $10. To sign up call the Watercraft and Recreation Office at 893-9597.

Free meditation classes
Tilvila Hurwit of the Sri Chinmoy Centre of Tampa Bay will hold three free meditation sessions at the Campus Activities Center beginning February 25 from 7:30 to 9 p.m.

St. Pete campus to host poetry & art fest
The Fourth Annual Mid-Winter Poetry and Visual Arts Festival and Oral Poetry Competition is slated to be held at Davis Hall on Saturday, February 8 from 4 to 8 p.m. and Sunday, February 9 from 1 to 6 p.m.

Campus map

To publish listings or briefs, please submit in writing to The Crow's Nest, Attn: Stephanie Shane, Campus Activities Center.