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Students said goodbye to the CAC last Monday by painting messages on its walls.

Painting the CAC goodbye

By AMANDA STARLING
Contributing Writer

Saying goodbye to the Campus Activities Center wasn’t so hard for USFSP students to do. On Mon. Oct. 24, students gathered at one of the last untouched buildings at USFSP for the “DIE-IN Lock-In,” hosted by the Harborside Activities Board.

The event started at 6 p.m. and carried on to the next morning, featuring screenings of classic horror flicks such as “Nosferatu,” “Nightmare on Elm Street,” “Friday the 13th” and “It.” Along with the movie marathon, students had silly string, and decorated the walls and floors with paints.

“We’re painting animals, including a bull,” said sophomore Taylor Haggerty. She planned to cover a wall of the gymnasium with an ocean scene. Other students like Brian Bauroth chose to draw faces on the floor. Taylor Haggerty. She planned to including a bull, “said sophomore

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Low-stakes midterm election set to start

By CHRISTOPHER GUINN
Contributing Writer

Nineteen candidates will compete for 20 seats in the Student Government Senate midterm elections on Oct. 31 and Nov. 1.

Since there are fewer candidates than seats, potential senators need only avoid disqualification to gain a voice in the government whose primary mission is to distribute $1.4 million collected through activities and service fees.

Students can vote online via Blackboard or at a polling station on campus. Polling locations will be announced by the Election Rules Committee on the day of the election. Multiple attempts by The Crow’s Nest to attain information about specific polling locations have gone unanswered.

The election was delayed by one week when the initial approval to pay VoteNet Solutions, the company contracted to administer the election, was either not signed or not received by the executive branch.

The Senate passed a second $2,000 spending bill on Oct. 19 to pay VoteNet, but the election was ultimately delayed to avoid a $600 rush-order fee.

SG Vice President Mark Lombardi-Nelson blamed the mix-up on a lack of communication between the branches.

During the Oct. 26 general assembly meeting, Supervisor of Elections Alexandra Portee said the call to delay the election was hers to make if a problem arose. She previously declined comment on the reasons for the delay, deferring instead to SG President Courtney Parish.

SG plans to eventually shift the election calendar to coincide with the USF Tampa student government to reduce confusion and to add “a feeling of unity between the campuses,” Parish said.

Candidates were contacted by The Crow’s Nest to provide information about themselves and their goals. Those that responded are shown here, along with the names of the other potential candidates.

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Caleb Cruz
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Journalists to visit USFSP from Africa

By CHRISTOPHER GUINN
Contributing Writer

Sixteen journalists from a continent where gossip can be a public service and mobile media have enabled speech in unprecedented ways will visit USFSP starting Thursday, Nov. 3.

Visitors from 15 sub-Saharan African countries will tour the U.S. as part of the State Department’s Edward R. Murrow Program. Murrow brings young up-and-coming journalists from around the world to meet, teach and learn from their American counterparts.

“This is truly an exchange program. These young people that are, in a number of instances, bringing very unique experiences,” said Mary Ellen Upton, the executive director of the Tampa Bay chapter of the International Council, the State Department’s official partner in the region.

“It enriches everyone’s life when you have an opportunity to exchange information and share experiences,” she said.

Sociologist Susan Watkins discovered that the people of Malawi rely on gossip to determine their potential sexual partners, in dating or marriage. Watkins’ research prompted new insight into how rural Africans are combating HIV/AIDS.

Events this year include a lecture on how gossip is protecting Malawi villagers from HIV/AIDS, a talk about how smartphones are causing a news revolution around the world and a session of one-on-one interviews between students and the visitors.

The program is a “great opportunity for students at USFSP to meet [their counterparts] and exchange ideas,” Upton said. “These young people can be lifelong contacts.”

This will be the third consecutive year USFSP has hosted the Murrow event since its establishment in 2006 as an expansion of the 70-year International Visitor Leadership Program.

Nationwide, 150 journalists will visit 11 academic institutions as part of the program this year.

news@crownsnestpete.com
How to raise your cooking I.Q.

By AIMEE ALEXANDER
Managing Editor

You’re hungry. You’ve been studying Spanish for hours and your stomach is rumbling. Visions of Emeril’s garlic shrimp dance around in your head and suddenly you feel motivated to whip up something delicious. You money into the kitchen, searching for inspiration in your barren fridge. Realizing you have only two choices—Ramen noodles or mac n’ cheese—you call off the search party and order a pizza.

But it doesn’t have to be that way. Although some college students might find the idea of cooking intimidating, Janet K. Keeler, Food and Travel Editor of the St. Petersburg Times, and recent graduate of USFSF, offers a different perspective.

“There’s a saying I like: ‘If you know how to read, you know how to cook,’” Keeler said. Keeler says oftentimes beginners get overwhelmed. Because we have access to cooking channels and celebrity chefs creating masterpieces, it gives the impression that cooking needs to be a big production, but “don’t pay attention to that stuff.”

“Sometimes people think you have to cook something fancy but it’s not a contest,” Keeler said. “You should just cook the things you like.”

Keeler says nowadays most parents work and don’t have enough time to cook for their families; convenience cooking has now taken precedence. “It’s expensive, high in waste and lacks real nutritional value,” Keeler said.

The benefits of cooking for yourself are numerous. “You can actually control your diet more and manage nutritional content. You can get what you want on a more personal taste level. Also for persons with allergies it is ideal. It’s better for food supply—industrial farms, food suppliers, it’s better for the planet,” Keeler said. “I say start cooking and save the planet.”

Beginner cooks need confidence. They also need to experience the process of cooking. “I learned to cook from my mother and my son learned to cook from me,” Keeler said. “By teaching him, he knows the possibilities. It’s a good thing to pass on.”

Once comfort levels improve in the kitchen, so will skills. Keeler says it does take a lot of practice to be a good cook, but start small.

As your confidence builds, you will most likely want to cook more meals. “It’s a lot to take on, but it’s kind of fun, too,” Keeler said.

“Everyone always wants to come to your house if you are cooking.”

Keep your kitchen equipment simple. “You really just need some basic stuff,” Keeler said. She suggests going to places like Target, Big Lots and T.J.Maxx to find great deals.

Equipment & tools for beginner cooks:

▪ Pots and pans
▪ Non-stick frying pan (for when liquids become solids—like eggs)
▪ Saucepan
▪ Bigger pot for soup or pasta (good for brownies)
▪ Cookie sheet
▪ Utensils to stir with (wooden spoons/spatulas)
▪ A strainer
▪ Good knives (not super-expensive but decent)
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▪ Cookie sheet
▪ Measuring cups & spoons
▪ Vegetable peeler
▪ 10-inch chef knife
▪ Paring knife
▪ Measuring cups & spoons
▪ Mixing bowls (can do double-duty as salad bowls/serving bowls)
▪ An electric hand beater (for cake and muffin mixes)
▪ A blender (can also double as a food processor)

Use this code to get two tips and recipes from Janet Keeler.

BEGINNER COOKS NEED CONFIDENCE. THEY ALSO NEED TO EXPERIENCE THE PROCESS OF COOKING. “I LEARNED TO COOK FROM MY MOTHER AND MY SON LEARNED TO COOK FROM ME,” KEELER SAID. “BY TEACHING HIM, HE KNOWS THE POSSIBILITIES. IT’S A GOOD THING TO PASS ON.”

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Defense against the snack attack

25 drink machines  9 snack machines

You've got five minutes before class starts and you need a quick fix for your grumbling stomach. Though vending machines have a bad rap for unhealthy snacks, expensive choices and being more dangerous than sharks, they're convenient answers for minor hunger in a jam. The largest clusters of machines on our campus tend to be in areas of high traffic or places people usually hang around, like Residence Hall One or Davis Lounge. The number of drink machines at our school outnumbers that of snack machines more than two to one, and the more enticing snack items are in a building most students never go into.

Snacks in residence
The second floor is the only level in RHO not to have any kind of vending machine. However, the snack machine on the seventh has one of the cheapest, most unique snacks - plantain chips for 75¢.

Healthy choice
Before its deconstruction, the CAC was home to the only snack machine that labeled its healthiest munches. What will become of this conscious machine?

Frozen dinners?
Besides harboring a coffee dispenser (75¢ a cup), the Fish & Wildlife building (POR) holds a frozen treats machine including Hot Pockets at $1.25 and dinners at $2.50.

‘Never works’
Inhabiters of the MSL labs say the machines are notorious for eating dollar bills and not spitting sustenance back out.

Cheapest snack:
Bugles or combos 50¢ (POR)

Most expensive snack:
Michelina’s Meatloaf Dinner $2.50 (POR)

Cheapest drink:
Coffee 50¢ (POR)

Most expensive drink:
Starbucks frappuccino $2.25 (DAV)

Get some energy
Powerade - $1.50
Vitamin Water $1.75
Monster Energy $2
Full Throttle $2
Starbucks $2.25

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the crow’s nest cookbook

Cooking on a college budget: Super simple sweet treats

By JESSICA KEMPER
Advertising Manager

A lot of time or money aren’t necessary to whip up a crowd-pleasing dessert. Sometimes the most straightforward treats get the biggest raves. Each of these recipes can be prepared with only a handful of ingredients.

Almond Joy Cocoa Krispies

A delicious twist on a childhood classic.
Ingredients:
- 1 cup shredded coconut
- 1 cup cereal (such as Cocoa Krispies)

Directions:
Spread coconut and almonds evenly on a baking sheet. Toast in the oven for about 15 minutes. Toss a few times throughout to make sure coconut and almonds brown evenly. Set aside.

The Scramble:

Vegan tofu scramble

By SARA LUFFER
Contributing Writer

Are vegetarians the same as vegans? Not exactly. Although vegetarians abide by a similar philosophy of avoiding meat in their diets, vegans take it a step further. People choose a vegan lifestyle because it is cruelty-free—from the welfare of animals and the environment to their own health. Vegans do not eat meat, eggs, fish, leathers, or anything tested on animals. Practicing veganism requires reading a lot of grocery labels and learning the materials of every clothing item and product used.

This inexpensive vegan tofu scramble recipe can be made in a snap.

The Seasoning:
- 1 tbsp Liquid Aminos (or soy sauce)
- 2 tbsp nutritional yeast
- 1 tsp water

A squirt of mustard (mostly for flavoring)

A dash of salt and pepper

Optional: Add a little vegetable coloring

Mix well and set aside.

The Scramble:

Wrap the tofu in a paper towel and squeeze the water out, but try not to mash the tofu. Melt a little butter (try Wil- low Run Margarine or Earth Balance) or oil in pan over medium heat. Crumble tofu into skillet and scramble until light brown. Depending on firmness of tofu used, it may not brown quickly. Takes about 10 minutes.

Once light brown, pour prepared seasoning over tofu. Scramble for one minute until the water has evaporated out.

The Sandwich:

Toast two slices of bread

Spread on some Veganaise (or Nayoynaise) on the toast and add the tofu scramble.

arts@crowsneststpete.com

Nathalie Dupree on biscuits, life

By ARIELLE STEVENSON
News Editor

The half-dollar sized biscuit Nathalie Dupree holds is more like a microchip than a simple baked good. The chef and author explained biscuits first descended from the biscotti—in the south they were “beaten biscuits,” Dupree said.

They were a constant in southern life—quick, crunchy and fresh. Just flour and water mixed together, beaten tirelessly by whoever was assigned the task at the given historical moment. “Slaves, servants, women, and then machines,” Dupree said.

Eugene Walters wrote the Time Life Cookbook series, where the first recipe for beaten biscuits appeared to mainstream America.

“I guarantee no one has ever laid in bed at night and wanted a beaten biscuit,” Dupree said. “You will never make a biscuit as a hard beaten biscuit.”

On Oct. 21, Dupree came to UCF’s Campus Grind coffee shop ahead of her talk at the Times Festival of Reading. Dupree had cooking programs on PBS and the Food Network, publishing 11 cookbooks over the last 30 years.


Originally, Dupree was slated to do her biscuit talk at the Barnes & Noble Starbucks on campus. But the oven at the coffee shop broke down, so Dupree took a different cooking path.

“Everyone had large families and big families with recipe measurements—start with less and add more.”

“Weather is different everyday so flour is different every day,” Dupree said.

Sifting flour, according to Dupree, is as simple as a gentle stir with a fork.

“Some people like a dry biscuit, a skinny biscuit, a tender biscuit or a hard biscuit,” Dupree said. “Biscuits are just like men.”

Don’t clean your hands off with water while baking,” Dupree said. “Use flour to clean them off because water changes the reci-

The wetter the dough, the more it expands once in the oven, Dupree said. Unlike baking bread, dough must be handled gently for biscuits. Never knead. Once the dough is on the cutting board, pad it with fingertips and fold until mixture is right.

“You won’t know what that means until you get the feel of it,” Dupree said.

Dupree cuts her biscuits smaller, like the traditional southern biscuits. “Everyone had large families in the south so you made small biscuits throughout the day,” she said. “If you tried to make larger biscuits they’d fight over them.”

Dupree’s biscuits are a snap. Layers are desired so folding dough several times for each batch is OK. Bake at 450 degrees for 8 to 10 minutes. Serve fresh with anything, and don’t forget to try, try again.

“I give everyone in this room permission to spend $10 on ingre-

Photos by Nathalie Dupree

More Food!

Test your St. Pete food knowledge

What year was The Garden restaurant in St. Petersburg built?

Email your answer and first and last name to life@crowsneststpete.com by Monday, Nov. 7 to be entered for a chance to win a gift certificate to Crowley’s.
Ben & Jerry’s flavor leaves some with bad taste

Activist moms fight to stamp out “Schweddy Balls”

Some people apparently can resist Alec Baldwin’s “Schweddy balls.”

Ben & Jerry’s released its latest limited-edition ice cream flavor in homage to the classic Saturday Night Live skit, in which Pete Schweddy, played by a deadpan Baldwin, tells the hosts of an NPR food show about his “tender” and “glistening” baked goods. The skit drips with perfectly tainted innuendo for over five minutes, earning it a place among Chris Farley’s motivation-speaker bit and Will Ferrell’s “more cowbell” obscenity as one of the show’s greatest hits.

Ben & Jerry’s “Schweddy Balls” sounds tasty, despite its name. It is a fair trade vanilla ice cream, laced with fudge covered rum and milk chocolate malt balls. The Vermont-based company hoped the flavor would kick off the holiday season with a wink of reverence and having some fun …

“Nothing exactly what you want a child asking for at the supermarket.”

A spokesperson from Ben & Jerry’s said that, despite the flavor’s limited availability, it has become the most popular limited-edition flavor the company has produced. “The name is irreverent,” said Ben & Jerry’s spokesman Sean Greenwood, responding to One Million Moms. “But we’ve always been about having some irreverence and having some fun … We’re not trying to offend people. Our fans get the humor.”

Still, One Million Moms has succeeded in a few markets. Some chains, including Quincy, Mass.-based Stop & Shop, and many other single stores have refused to stock it. “Schweddy Balls” isn’t the only Ben & Jerry’s ice cream flavor the activist moms are trying to melt from public view. They also criticized last year’s “Hubby Hubby” flavor, a special edition of its “Chubby Hubby” flavor that celebrated Vermont’s legalization of same-sex marriage.

The group doesn’t stop with ice cream pun names. One Million Moms has active campaigns against Fox series “Allen Gregory” for depicting a flirty 7-year-old with a transgender performer to explain that he was born a girl but is now a man, and Levi Strauss & Co. for being offensive to Christians in an advertisement that says, “The gods wait to delight in you, the gods will offer you chances.”

“One Million Moms is dedicated to protecting children from danger and inappropriate content, which seems to actually mean stamping out any products or entertainment targeted toward adults. While “Schweddy Balls” is a risqué name, it is meant for adults, much like “Allen Gregory” and most Levi’s ads. Not all television shows are intended for children. Not all clothing styles are intended for children. Adults have every right to have their own ice cream flavor, as well. One of the benefits of capitalism is that people who do not like a product have the ability to voice their concerns by not purchasing it. If millions of parents across the country find “Schweddy Balls” to be damaging to the welfare of their children, they can choose to leave it on the shelf. Chances are, if a kid sees the product and finds it funny, he or she already knows the meaning of the pun, and isn’t going to be harmed by it. If not, then great—nothing happened. As for the rest of us, there’s nothing quite like a Schweddy Ball.
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