

**Occupational Wellness: Life after college**

There are steps you can take now to make getting a job later much easier.

Amy Hopkins  
Coordinator of Career Development Services

As many of you may know, the Counseling & Career Center's Health and Wellness Services promotes an activity called "Great Strides" each spring semester. This program offers an opportunity to set personal goals toward a balanced and healthy lifestyle. You can use this program as a way to solidify your New Year's resolutions or as a way to concentrate on one dimension of wellness for a three-month period of time.

Although many students might choose to concentrate on the physical dimension of wellness, there are eight other dimensions that one could choose to emphasize. I would like to encourage everyone to consider setting goals in some of these other areas. And in the Career Counselor on campus with a vested interest in such things, I would especially like to offer some suggestions as to how a person could emphasize the occupational dimension of wellness this semester!

The occupational dimension of wellness is an opportunity for students to begin thinking about life after college—what types of jobs you might pursue, what companies might hire someone with your talents, interests, and aspirations... how you will go about your job search.

If you just began your academic studies at USF; perhaps you aren't absolutely sure that the major you have chosen is the right one for you. Or, maybe you are comfortable with your choice of major but you haven't really explored what actual types of jobs you might pursue within that career field.

Why not set an occupational exploration goal? Plan to attend a Career Decision-Making Workshop and identify more completely your interests and skills, discover personal traits and characteristics that have an impact on your comfort within the work environment, and recognize what may satisfy or fulfill you in a specific job or work environment. Come by the CCC Resource Library in DAV 112 and research occupational information or explore the future employment outlook for your chosen career.

If you are planning to graduate in the next couple of semesters, why not set an occupational job search planning goal? Come by Career Expo '98 (March 25th) and meet employers from our local area. Ask them questions about their company and the kinds of positions they most often hire. Interview them on an informational basis, asking them about what they most often look for in a candidate and what advice they might offer you should you decide to apply for a position with their company in the future. Collect business cards and begin building your job search network.

If you are graduating in May or August, create or update your resume and bring it to the Counseling & Career Center during Resume Collection Week (March 2-5). Write a cover letter to use as a model for these you will send out with your targeted resumes. Sign up for an Orientation to On-Campus Recruiting workshop and find out what USF can do to help you in your job search. Attend an interviewing skills development workshop.

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**Yale professors: Clinton resignation possible, impeachment unlikely**

As the nation focuses on the scandal, Yale professors talk about its possible results.

Phil Fortino  
Yale Daily News, Yale University

(U-WIRE) New Haven, Conn.—As Monica Lewinsky waits for immunity in Washington, D.C., some Yale professors have voiced opinions as to the possible ramifications of the most recent Clinton scandal.

With the fate of President Bill Clinton left hanging, Yale professors of history, political science and law have responded to the situation.

Most professors interviewed—some of the biggest policy experts in the nation—maintain the possibility of resignation but rule out the likelihood of impeachment.

"There is apparently a serious risk of perjury if he was asked about this affair in his deposition for the Paula Jones case and if the affair is confirmed," political science professor Rogers Smith said. "But it's unlikely to be viewed as an impeachable offense."

With both a White House grand jury and President Clinton's State of the Union address, the national press spent last week focused instead on the allegations of former White House intern Lewinsky.

The 24-year-old former aide told Whitewater Special Prosecutor Kenneth Starr on Jan. 25 that she would tell all if granted immunity from prosecution, but such negotiations are under way, but could endure for some time.

Lewinsky entered national consciousness when she reported that she was coerced into falsifying an affidavit for the Paula Jones hearing. Lewinsky is expected to name the president among those who asked her to lie. History professor Gaddis Smith echoed Rogers Smith's skepticism of the impeachment possibility. He said this scandal may be a case of he-said, she-said.

"Why knows what she will say. It's pure hearsay," Gaddis Smith said. "I don't think there'll be an impeachment."

Political science professor Jonathan Mermin said members of Congress, instead of the evidence, may determine whether Clinton is impeached.

"It's possible...that there's a large majority..." Please see CLINTON on page 4

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**Tampa Bay Devil Rays' inaugural season ... USF-St. Pete is there!**

Making money for clubs has never been so easy.

Laura Hoffman  
Tropicana Field Special Events Coordinator

This year marks our inaugural season with the Tampa Bay Devil Rays' baseball organization. The USF-St. Pete campus has been awarded a concession at Tropicana Field and our clubs and organizations now have the most lucrative fundraising opportunity ever available to St. Petersburg campus groups.

We will be staffing a concession stand for all of the 81 regular season games at Tropicana Field. In addition, we will work three postseason games on March 27, 28 and 29, as well as two NCAA Sweet 16 basketball games on March 20 and 22. Of course, any other special events booked will also be available for fundraising. This is a year-round opportunity for your campus. As events are added, we will disseminate the information to the campus clubs and organizations.

We are required to have 18 workers available to staff each event. We are very happy to schedule 1/2 teams and combine smaller groups. At this point, the schedule is approximately half full and it is filling up quickly! Any group that has not yet been scheduled is strongly encouraged to contact us as soon as possible.

This is a terrific opportunity for all of the Tampa Bay community and for our campus in particular. We look forward to writing all of our students at Tropicana Field.

If you have not joined a club or organization on campus yet, I encourage you to get involved and be a part of history during our inaugural season. Clubs or organizations can contact Laura Hoffman, Tropicana Field Special Events Coordinator, to schedule games at 553-1609 or you may leave a message at the Campus Activities Center.

An updated schedule reflecting all events and booking status for each date is posted outside the Special Events office at the CAC. See you at the ballpark!
The "Choice" is ours

Allison Trachtman
Tufts Daily, Tufts University

(U-WIRE) Medford, Mass. — January 22, 1998, marked the 25th anniversary of Roe v. Wade. This landmark U.S. Supreme Court case legalized abortion and granted women reproductive freedom. It mandated safe abortions for all women who desired to terminate unintended pregnancies, and saved the lives of thousands of women who would have otherwise sought the assistance of back-alley abortionists.

Now, 25 years after the decision, we must ask ourselves: "Do women really have access to safe abortions?" The controversial nature of this medical procedure has elicited clinical scornings, the murders of abortion doctors, pickets, harassment, and threats to volunteers and patients. Twenty-one states currently enforce a mandatory delay or state-directed counseling before a woman may legally obtain an abortion. Does this reflect the true meaning of "the right to choose?"

In addition to service limitations and restrictions on the right to a safe abortion, there is the undeniable reality that very few doctors perform the procedure and close to no medical schools teach it.

Nearly 39 percent of all U.S. women have had an abortion, with at least 63 percent of all women who have had an abortion before the age of 40. The percentage of OB-GYNs who perform abortions plummeted from 42 percent in 1983 to 33 percent in 1995. A 1991 study illustrated that only 12 percent of hospital residency programs include the surgeries and procedures that accompany abortion. Medical schools do not teach students how to perform the procedure and it appears that the entire subject has become somewhat taboo in the medical school classrooms.

Medical Students for Choice was founded three years ago to unify these students willing and able to learn how to perform abortions. One medical school voted to change the name of this on-campus group, however, to Students for Reproductive Health and Freedom, in order to avoid the controversial word "choice."

How is it that the word "choice" has become so tainted and so negative?

The ability to choose is the basis of our capitalist economy, our democratic government, and our freedom society. Yet, when "choice" is spoken of or written about in terms of abortion, it becomes an unnecessary evil, an immoral burden placed upon us. Pro-life activists have the word between clenched teeth and pro-choice activists declare it from wide-open mouths. Who has the right to choose or become so controversial? What does pro-choice really mean anyway?

It appears to me that our society often mistakenly perceives the pro-choice position as a pro-abortion position. A pro-choice supporter makes a statement about the rights women should have over their own bodies. She allues herself with a group that believes in freedom, in a democratic society. Accidentally in abortion. As a pro-choice woman, I have been challenged by pro-life activists. She pointed with her finger and demanded to talk to me. In the hallway before opens the door and asks her mother for an answer. Yet, when "choice" is spoken of or written about in terms of abortion, it becomes an unnecessary evil, an immoral burden placed on us. She is a worker, making minimum wage, taking abuse from customers at a small diner. And she is a mother.

A baby cries in the next room and Tara is reminded of this fact. She is only 15 years old and she is a mother.

Was it only a year ago that she was a teenager, running around with her friends, picking up clothes in stores? She never again be able to afford, talking to boys who will never again ask her out on a date?

Was it only a year ago that her greatest worry was whether or not her parents would catch her smoking a cigarette or find the pack she had hidden between the mattresses in her bedroom.

It is Tuesday and she is 15 going on 25. The baby is sick and she has no idea what to do. She's got two jobs now to make sure the electric is paid and the phone is never again be able to afford.

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The baby's father calls in the morning from Juvenile Hall. He is 17 and was caught dealing drugs at the high school. She can't afford any more for awhile because they are going to lock him up. He was only able to give her 20 dollars every two weeks, but it was 20 dollars just the same. She will miss him.

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Commentary

Clinton - Boxers or Briefs?

(U-WIRE) New Brunswick, N.J. — Perhaps former White House intern Monica Lewinsky could answer that for us, but do we have the right to know? Allegations from prosecutor Kenneth Starr indicate that President Clinton urged Lewinsky to lie under oath to cover up the independent counsel affair. While this would be a crime for which the president could be impeached, is it also a question of equality? Should the president be held to a higher standard than the average citizen?

Some would say yes. They believe the president is the leader of the nation both politically and morally. Detractors of the president say that he has failed to be a role model to the millions of children who look up and say, “I’m going to be president some day.” They point out that numerous character issues, from the marijuana to marital turmoil, that have plagued Slick Willy simply prove that President Clinton has no integrity.

Others beg to differ. Constitutionally speaking, the president is under no obligation to be a role model. His job is to run this country, to keep the dollar up, the revolution down, and the Commies out. And while these supports by no means condone the president’s alleged affairs and controversy, they argue that such scrutiny of any American would yield untold results.

Perhaps the president did cause a cover up. There’s no excuse for that, but it’s also possible the scandal-hungry, O.J.-syndrome-suffering masses and media egged him on with their conveniently-timed upsurge of supposed harassment cases. So we still wonder what is more important; that President Clinton’s policy record indicates he could have great success domestically, or internationally, or that he may be a pattern sexual harassment offender. Morals or money? Success or sex excess?

Whether or not we should hold the president up to a higher standard depends on how we want to judge ourselves. We elected him twice knowing he had problems, so are the character flaws in him or in us?

You can criticize, but be thankful

(U-WIRE) Athens, Ohio — Last month, Pope John Paul II visited Cuba, the countries many socialists and Marxists will tell you, has absolutely no shortages. People have food to eat, people have access to education and medical care, and they are all dressed well.

Without arguing the technicalities of these particular issues, there is one shortage that exists in Cuba that does not here in the United States. And this phenomenon, which is so bountiful here in the United States and almost nonexistent in Cuba, is cause for celebration. The greatest shortage that exists in Cuba is the government’s and people’s ability to examine their own social systems critically. As we look at the respective importance of what some leftist Fidel supporters on campus will tell you, there exist in Cuba almost no mechanisms for criticizing the government. That point was brought home to me early last year when I visited my family in Cuba. I was enjoying a reunion celebration at my uncle’s house. My cousin’s husband, a military colonel, and his chauffeur (that’s Cuba for “bodyguard”) began bashing the United States as we sat around the dining room table in my uncle’s bobsle. “So,” asked the chauffeur, “Is it true there’s a lot of violence in the States?”

“Yeah, there is,” I replied. And so he asked me a series of questions, which I answered honestly, thus admitting to the faults of this country in front of many people. But he got a little too cocky and made the mistake of asking me what I thought the main difference was between Cuba and the United States. And so I responded honestly by saying, “In the U.S., the power is distributed among the people, while here in Cuba the whole country is ruled by the impulsive decisions of one man.”

The conversation stopped immediately, and there was a silence in front of many people. But he got a little too cocky and made the mistake of asking me what I thought the main difference was between Cuba and the United States. And so I responded honestly by saying, “In the U.S., the power is distributed among the people, while here in Cuba the people, while here in Cuba the whole country is ruled by the impulsive decisions of one man.”

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While we’ve not discussed the political or social systems of Cuba, we’ve left a lot of room to talk about the actions which would be responded to in Cuba. Then be thankful.

GRIPES

by Kaerrie Simmons

New Editor

Call It Off!

What is it with these telephone solicitors? I’m a full-time college student; I don’t even remember what a bill larger than a one looks like anymore. And even if it did happen, I wouldn’t hand it over to someone who called and asked for it over the phone. The only people I do that for are the loser sponge boys I usually date.

I’ll be honest...my first job ever was as a telephone solicitor selling magazine subscriptions on the phone. I did it for 10 months and I do not get to ever get to it. If you parents who have teenagers want to get them to stay off the phone, just get them a job as a telephone solicitor for 10 months and they will never call their friends again. It’s a phenomenon even Bill Nolo can’t disrupt.

And what about the things they’re selling? The Good As Gold Gardening Magazine? It’s ungodly stupid to pick up the phone and talk to, how can I be smart enough to read? The telephone solicitor is the solicitor who does not exist for five seconds. You know what I’m talking about...your phone rings, you answer it, and a recording comes on that says, “Please hold for an important call.” Here you lost your mind! I usually just hang on for a few seconds and when someone comes on, I say, “Please hold for someone who cares.” Then I put the receiver down on the counter and go about my business.

Even worse than telephone solicitors and invisible telephone solicitors is call waiting. I cannot tell you how much I hate call waiting. My friends call, then get a little beep in the phone and put me on hold. Who could possibly be waiting? I’m a full-time college student; I don’t even remember what a bill larger than a one looks like anymore. And even if it did happen, I wouldn’t hand it over to someone who called and asked for it over the phone. The only people I do that for are the loser sponge boys I usually date.

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Campus Showcase a success

This year's Campus Showcase was a huge success. New and returning students got the chance to learn about services, opportunities and resources available at USF-St. Pete. Pictured are a few of the club and organization booths that lined the Davis building hall and lobby and some of the volunteers that made the showcase possible. We know some of your names...to the others, please come introduce yourself to our staff.

The Campus Fitness Center. That's Sheri Beaudreau. We knew her because she's always trying to get us to walk for miles, and miles, and miles...

The Student Activities Board. The cute one on the left is Attia. The cute one on the right is someone we didn't know. But if he's friends with Attia, he's all right by us.

The Flying Club put a lot of effort into their booth. We were really impressed.

The parachute room window

In Congress who would rather not [see] Clinton leave office," Morris said. "Clinton may or may have a weak Clinton than a honeymoon effect with Gore, especially since Gore is so unimpeachable on these personal grounds."

Political science professor Stephen Skowronek, who teach-

es a course on the American presidency, thought that if the allegations fall out, there will be a turnover in the Oval Office.

"If there's evidence of obstruction of justice, it would be difficult for him to stay in office," Skowronek said.

Michael Abramszich, who reviewed a book on impeachment in the Yale Law Journal, said given the importance of the event can not exist.

"It's not clear that that phrase "high crimes and misdemeanors" includes only criminal offenses. One can imagine that if adultery but not perjury is proven, he could be impeached -- it's unlikely but not impossible," he said. "If we look to what the framers of the impeachment

WELNESS continued from page 1

shop and practice responding to often-asked tough interview questions.

We hope that many of you will think about making a Great Strides commitment in the occupa-
tional dimension of wellness. If you do make the decision to set this type of personal goal, remember by the Counseling & Career Center and pick up a Participant Contract and Log Sheet. Formalizing your commitment with a

choices.

Choices defines choice broadly in order to promote education on many different levels, and to encourage an understanding of how the many elements of choice interrelate. The FMF recognizes the importance of choices, and that it is the young women and men of our generation who

ROOM continued from page 2

They picked her finger for a blood sample, made her pee into a cup and then showed her drawings of what babies looked like at different stages of development. They told her what the procedure was like and then sent her home with some materials so she could make her deci-

she wasn't a great student, but she was a decent one. And she had plain. She was going to be a dentist like her dad. The materials said nothing about school.

And she wanted to go to homecoming with Troy. The materials said nothing about home-
coming.

And she wanted to...

Have an abortion, she thought. A baby will ruin everything.

Besides, according to the pictures, it wasn't a baby yet at all. Just something with no real shape, no mouth to make a smile, no small hand to squeeze, no body to hold and rock. It was nothing to her.

She would tell Troy tonight and go to the clinic tomorrow morning. It would all be over by the time her classmates hit the cafeterias.

At 5 p.m., that day, she had stood by the living room window of the home they had lived in at the time. Troy would be heading to work at the pizza place. He always drove down the highway just a

block over.

At 5:05, she saw his beat up, faded blue Volkswagen. Without thinking, she touched her stomach and said out loud, "There goes your father."

At 5:06, she was throwing up in the bathroom and it wasn't because she was sick from being pregnant. It was because she realized she had talked to her. Not the she that was in the pictures from the clinic. Not the she that had planned to tell Troy she was going to get rid of it. But the baby who would someday have a head to squeeze and a smile to see and a body to rock.

And so she dropped out of school and watched her father leave.

And so she went to work and had to settle for minimum wage.

And so she let Troy out of her heart.

But she let Elizabeth in.

Tara looked down at her tiny little face and her sweet little smile and said, as Elizabeth drifted off to sleep, "I can go back to school someday. And I can be a dentist if I want to." Then laughed as she added, "And put my dad out of business.

It will come, she thought, but it will have to wait.

For tomorrow is another day...

And she will be 15 going on 40.
February 2-3 Auditions at 7:30 for the musical Showdown, St. Petersburg Little Theatre, 4025 31st Street South. For more information, call 866-2071.


February 8 Black History Pageant. Mahaffey Theatre, 400 1st St. S., 6 p.m. Free. Call 922-5767.

February 9 Fantasy Cars Show at The Pier, 800 2nd Ave. N.E. Detailed cars, all makes and models, jump and tilt hydraulic systems. Call 821-6164.

February 10 Characters and Colors in Florida History. Take a road trip to Islamorada for Dr. Robert Gold's presentation on five centuries of Florida characters and crooks. Islamorada Public Library, 700 Plantation Drive, 8:30 p.m. Contact Joyce Newman at 305-872-3725.


February 14 Titanic: The Exhibition. The Titanic exhibit is open from 9 a.m. to 8 p.m. daily through May 15. Tickets are $15.95 for adults, $12.95 for seniors. Tickets are $5.95 for families with ID, and free for children under 6. Tour begins every 15 minutes; the last entry is at 6 p.m. The Florida International Museum, 100 2nd North Street in St. Petersburg. For more information, call 813-821-1448.

WUSF-FM 89.7 celebrates Black History Month throughout February with special programming featuring African-American classical and jazz musicians. Look for specific listings in this issue of The Crow's Nest.

February 2 Ebony Fashion Show 8 p.m., Mahaffey Theater, 400 1st St. South in St. Petersburg. Tickets available at the door. Call 892-5767.

February 3-5 Auditions for the musical Showdown, held at the St. Petersburg Little Theatre, 4025 31st Street South. For more information, call 866-2071.


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February 9 Fantasy Cars Show at The Pier, 800 2nd Ave. N.E. Detailed cars, all makes and models, jump and tilt hydraulic systems. Call 821-6164.

February 10 Characters and Colors in Florida History. Take a road trip to Islamorada for Dr. Robert Gold's presentation on five centuries of Florida characters and crooks. Islamorada Public Library, 700 Plantation Drive, 8:30 p.m. Contact Joyce Newman at 305-872-3725.


February 14 Titanic: The Exhibition. The Titanic exhibit is open from 9 a.m. to 8 p.m. daily through May 15. Tickets are $15.95 for adults, $12.95 for seniors. Tickets are $5.95 for families with ID, and free for children under 6. Tour begins every 15 minutes; the last entry is at 6 p.m. The Florida International Museum, 100 2nd North Street in St. Petersburg. For more information, call 813-821-1448.

WUSF-FM 89.7 celebrates Black History Month throughout February with special programming featuring African-American classical and jazz musicians. Look for specific listings in this issue of The Crow's Nest.

February 2 Ebony Fashion Show 8 p.m., Mahaffey Theater, 400 1st St. South in St. Petersburg. Tickets available at the door. Call 892-5767.

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Sports/Health

SPORTS COMMENTARY
NCAA’s new wrestling mandates help protect competitive wrestlers

(U-WIRE) State College, Penn. - Is winning worth starving and dehydrating yourself just to lose a few pounds? Is it worth being a statistic?

Jeffrey Reese, a Michigan wrestler, died on Jan. 9 after he collapsed on his way to the scales after shedding 17 pounds in three days in an attempt to compete in the 190-pound weight class. Police reports state that Reese was wearing a plastic suit as he rode a stationary bicycle in a 92-degree room.

In November, two other collegiate wrestlers died trying to make weight. Jack Saylor, a wrestler from Campbell University in North Carolina, and Joseph LaRosa from Wisconsin-La Crosse both tragically died for the sport.

How can someone be recommended to put his health in danger simply to appear a coach or to wrestle in a desired weight class? The answer is no.

These horrible deaths must be seen as a warning — a warning to wrestlers and to coaches. And they should be considered as athletes in other sports such as gymnastics, cheerleading, swimming and ice-skating, which also view weight as a serious issue. But most of this is a warning to the NCAA.

Following the deaths of three wrestlers, the NCAA instituted guidelines to be followed by all wrestling squads. The mandate prohibits weight-loss aids such as saunas, rubber suits and diuretics. Weigh-ins are to be held no more than two hours before a match and wrestlers may not move more than two pounds from their weight class in which they did not previously compete in on or before Jan. 7 of this season. All weight classes will have a 7-pound weight allowance.

“Any answer is ‘it’s about time.’ It is common knowledge that wrestlers risk their health to make weight. It should not have taken the death of three wrestlers to wake up the NCAA. But now we can only look into the future. In print these new guidelines look great, but in reality, are they enough? It is too soon to tell what effect such changes have on wrestlers’ health. However, it is too soon to know if these new regulations will be enforced. Prior to the new regulations, hot rooms above 79 degrees were banned, yet Reese left a 92-degree hot room just before he died. The NCAA is now mandating that coaches must be careful in monitoring wrestlers’ weight loss.

Failure to stop putting such extreme pressure on athletes to do what it takes to win. And, most of all, athletes must take responsibility for themselves and always put their health first. It is not only winning that is at stake.

Police reports state that Reese was wearing a plastic suit as he rode a stationary bicycle in a 92-degree room.

There’s a new way to stay fit and have fun.

Put Stone

Counseling & Career Center Program Assistant

The Great Strides program presents an opportunity to set personal and/or group goals in a balanced and healthy lifestyle. Participants select a goal from any one (or more) of the wellness dimensions: physical, emotional, environmental, occupational, social, emotional and intellectual.

In order to participate, a personal goal contract is filled out and submitted to either the Counseling and Career Center or the Fitness Center. The rewards are a healthier lifestyle — no matter which wellness dimension or goal is chosen. The winners will have a 7-pound weight allowance. It is too soon to tell what effect such changes have on wrestlers’ health. However, it is too soon to know if these new regulations will be enforced. Prior to the new regulations, hot rooms above 79 degrees were banned, yet Reese left a 92-degree hot room just before he died. The NCAA is now mandating that coaches must be careful in monitoring wrestlers’ weight loss.

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One of the new spin-offs of this program is the staff members’ encouragement of one another to participate. If you are interested in participating in the Great Strides exercise aspect of the program, Fitness Center events scheduled to help you achieve your goals include a group walk on Tuesdays and Thursdays at 12:05 p.m. Participants leave from the Fitness Center and walk to the Vineyard Hotel and back, with the goal of completing the mile in 45 minutes. Also, a number of aerobic videos are stocked at the fitness center for use by members at 7:30 a.m., Monday through Friday, and an instructor is being lined up for “live” aerobic classes at various times throughout the week.

So...why don’t you line up a “support buddy,” set some personal goals and step by the Counseling & Career Center’s Resource Library or the Fitness Center and fill out a Contract and Log Sheet? Then, have it with the staff so that you can become officially “registered” and official on your way to a better you! Good Luck!

One free Cappuccino

(0r any hot coffee drink, regular size)
when you purchase a slice of cake. The offer may not be combined with other offers or discounts.

Get a free Cappuccino

when you purchase a slice of cake. The offer may not be combined with other offers or discounts.

P.S. We always have something good to put in your mouth.

One free Cappuccino

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Get a free Cappuccino

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SavE $1.00 OFF ANy SANTED.

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Get a free Cappuccino

when you purchase a slice of cake. The offer may not be combined with other offers or discounts.

SavE $1.00 OFF ANY SANTED.

Dining in Downtown

Limestone Point • Park St. & Tyrone Blvd. • 364-YUMM & Tyrone Mall • 443-YUMM

Watch for the next issue of The Cow’s Nest, February 11.
**Classifieds**

**Clubs/Organizations**

**Dive Club**
The USF Dive Club meets the first Friday of every month at 4 p.m. in the MSU Lounge. Everyone is welcome, certified divers or not. For more info, call Jennifer at 553-1649 or e-mail: jjucre@seas.marine.usf.edu.

**Flying Club**
Regular meetings are on the third Thursday of every month from 5 to 6:30 p.m. Refreshments and snack-type foods will be served. Come and join us for aviation education, interesting tours, fund-raising projects and group flying activities. Watch for the announcement of an organized tour of the Air Traffic Control Tower and High Service Station. Join us as our guest to participate in a flight-training simulator. You can e-mail us at bocheiner@seas.marine.usf.edu or call Gene Olsen for more info at 553-1100.

**Ommi Cultural Society**
The Omni Cultural Society pledges to extinguish cultural misconceptions through positive social interactions. February meetings and events include: February 3, at 4:30 p.m.—"Meeting of the Minds," Thursday, Feb. 10 at 5 p.m.—Board meeting in Davis Lobby. Wednesday, Feb. 18 at 5:30 p.m.—Learn about African-American Kwanza Celebration, Thursday, Feb. 24 at 5 p.m.—Board meeting in Davis Lobby. Check the bulletin board in Davis Lobby for updated meeting times and locations.

**Phi Theta Kappa (Alumni)**
Phi Theta Kappa members are invited to attend bi-weekly meetings on Mondays at 4:30 p.m. in the Financial Aid boardroom in Baybou Hall. Upcoming meeting dates are February 2 and 16. Call PTK advisor Jennifer Clark for more information at 553-1128.

**SAB**
The Student Activities Board holds bi-weekly meetings on Mondays at 4:30 p.m. in SAB. Upcoming meeting dates are on February 9 and 23. All students are welcome to attend and encouraged to share their ideas for campus events. Call SAB at 553-1105.

**SABO** (Student Accounting & Business Organization) meetings are held every Wednesday at noon and 5:15 p.m. in Davis 130. For more information, page Lara Manning at 426-0415.

**Student Affairs**
Student Affairs meetings are held Thursdays at 10 a.m. in CAC 133.

**Student Council for Exceptional Children**
SCEC meets the first Monday of every month at noon in Davis 130. A lunch meeting at noon. The meeting is repeated at 4 p.m. Monday in the same room (no lunch).

**Campus Activities/Services**

**Fitness Center**
Open Monday through Thursday 7 a.m. to 10 p.m., Friday 7 a.m. to 6 p.m., Saturday 9 a.m. to 5 p.m. and Sunday 1 p.m. to 5 p.m. The Fitness Center has 14 Nautilus machines, a Paramount multi-exercise machine, Lifesteps, Lifecycle, treadmills, a rower and free weights. Check out scheduled aerobics classes, work out with fellow students, or ask someone about participating in the Great Strides program. Call 553-1569.

**Health and Wellness Counseling**
The Counseling & Career Center offers information and counseling on exercise and fitness, weight management, nutrition concerns, wellness assessment, cholesterol, issues concerning cardiovascular health, substance abuse (including smoking), and sexually transmitted diseases. You only have one body, so take care of it! Call 553-1129.

**Outside Theater By The Bay**
Free movies for students and staff. Bring a lawn chair or blanket and join your friends outside Davis lobby by the water. Check your SAB calendar for dates, movies and times or look for the latest info on the back page of The Crow's Nest.

**Special Events Hotline**
This campus' Student Activities Board really has its act together! There's always something fun going on and you'll regret it when you see the cool photos in The Crow's Nest and wonder why you weren't there to be in them. Instead, pick up the phone and find out all the latest information on free movies, concerts, parties, lectures and other campus happenings! Call the Special Events Hotline at 553-1569.

**Test Help**
USF's Educational Outreach program is offering Spring test preparation courses on the St. Peter campus. GSE Math Skills Review will be offered Saturdays from 8 a.m. to noon from Feb. 11 to March 28 and The GRE Verbal Skills Review will be offered those same dates from 1 p.m. to 5 p.m. Each GRE course is $200. Other test reviews are available, but on the Tampa campus. For more information, call 974-5201.

**Crow's Nest Classified Advertising Rates**

- Single issue rate is $7.00 for 30 words or less (two-week run); additional words are 10 cents each.
- Refunds will not be issued after ad and payment are received.

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**The Crow's Nest**

Need a chance to get published in a non-threatening environment? We don't have egos the size of the Grand Canyon, but we are in fact some of the greatest people you'll ever meet. Want to hang out with us? Want to write for us? Want to try your hand at some ad creation? Maybe you can write, but just can't think of what to write about. Believe me, we have a list of possible assignments ten pages long; we just need people to cover the ideas for us. What do you say? It's a volunteer opportunity that will look good on your resume. Just knowing us, though, that's all the incentive you need. Call Kaerrie Simons at 553-3113.

**Florida National Guard**
Call to find out how you can get 100 percent tuition exemption for college by joining the Florida National Guard. Contact Sergeant First Class Al Feliciano at 893-2099.

**For Rent**

**Downtown Rentals**
The Shirley Ann Hotel: For rent, a select number of suites and rooms only for USF students and friends. Rooms start at just $100/mon. Daily and weekly rates are also available. Call 894-2739 for more information.

**Garage Apartment**

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**How to Stay Young**

1. Have fun
2. Kick up your heels

(Prove it's a gag)

---

**3. Read a novel**
PTK Delivers Smiles

A little holiday cheer want a long way for U.S. troops.

Kaerie Simons
Next Editor

Maybe they couldn't be home for Christmas, but troops in more than one thousand places around the world got a little Christmas sent to them this past December...thanks, in part, to the efforts of the Phi Theta Kappa chapter of USF-St. Pete.

Every year, thousands of thoughtful volunteers around the country join forces with PFC's Of Our Troops to participate in the Military Mail program. This year, Phi Theta Kappa sponsored a Christmas Cards for the Troops project, coordinated by Brandy Greene of USF-St. Pete.

Volunteers in the project worked diligently between Nps. 12 and Nov 21 preparing Christmas cards and cheerful letters to bring holiday wishes to troops around the world. Over 900 cards were made and mailed during the project; one USF student alone was responsible for making 150 of those cards.

Responses and thank-yous have been pouring in from everywhere, including Japan, South Africa, and even right here at home.

Military Mail is a program that is designed to boost the morale of U.S. troops. Once the mail has been collected from volunteers, it is separated into packages of varying sizes (usually 25 to 30 pieces for small troops, 3,000 or more for an entire base). These packages are sent by priority mail to more than 1,000 bases, units, hospitals and support agencies (such as the Armed Services YMCA's and some of the local USOs) around the world.

Thanks go to everyone who participated in the 1997 PTK Christmas Cards for the Troops project and made it such a huge success. This year, the program will begin in late October and run for two to three weeks.

Help...

If you are the Katie who made a card for the troops, we want you to know it was appreciated. The members of the Marine Security Guard Detachment protecting the American Embassy in Accra, Ghana (West Africa) say thanks!

What's Going On

Now through February 15

CACC Core Part of the "Playing Ball" ARH Showcase of Historic Houses. The historic Percy Nenf House and John C. Williams House at USF-St. Petersburg have been renovated and feature the work of top professional interior design firms. The houses are open from 10 a.m. to 4 p.m. Monday through Saturday and from noon to 4 p.m. on Sunday. They are located on 2nd Street South between 5th and 6th Avenues. Cost is $10 per person. Proceeds benefit the Boys and Girls Club of the Suncoast and USF-St. Petersburg scholarships. Call 553-3153.

Now Through February 28

WUSF FM 89.7 celebrates Black History Month with special programming featuring African American classical and jazz musicians. Look for specific listings in this issue of The Crow's Nest.

February 2 From Hop to Storks to Hop dreams, a lecture presented by Pamela Groody of the Department of History at the University of North Carolina, Chapel Hill. Groody will recount the history of women's basketball from the 19th century to the present and the strategies women have used to contend with such issues as competition over resources and whether strenuous athletics is part of "proper" feminine behavior. Free, 6:30 p.m., CACC Core. Part of the "Playing Ball: Sports and American Culture" lecture series. For more information, please call 553-3458.

Making Contact: Writing the "Right" Resume. Review principal types of resumes and cover letters as you learn to evaluate your information and how you may wish to include that data. It is helpful to bring a resume draft with you. Counseling & Career Services, 5 to 6 p.m. Call 553-1129 or stop by CACC Core.

February 3 African-American Lesbian and Gay History: An Exploration, a lecture presented by Barbara Smith, a black feminist writer and activist. Smith will discuss the need to create an accurate analytical framework that incorporates the racial, class, political and cultural factors that shape the history of blacks of varying sexualities. Free, 6 p.m., CACC Core.

February 4 Native American Identity in Modern American Society, a lecture presented by author and American Indian activist Gabriel Hurn, also known as White Deer of Autumn. Hurn will give a philosophical perspective on primal and civilized cultures and the definitions we draw. Noon at the Ethics Center. Free, but reservations are required. RSVP to 553-3172.

February 7-8

26th Annual Florida Suncoast Writers Conference, on campus. Call 553-1842.

February 6 Effective Communication. Identify relationship stressors and learn communication and relationship skills to minimize conflict, deal with difficult people, and build a personal support network. Counseling & Career Center, 1 to 3 p.m. Call 553-1129 or stop by DAY 115 for reservations and information.

February 9 Violence and Celebrity In and Out of the Ring, a lecture presented by Dr. Ferdie "The Fight Doctor" Pacheco, network boxing commentator and author. Pacheco will discuss Muhammad Ali and other famous boxers, and their personal and professional relationships to violence. Free, 6:30 p.m., CACC Core. Part of the "Playing Ball: Sports and American Culture" lecture series. For more information, please call 553-3458.

First Impressions: Tips,Hints and Tricks of the Trade. Review physical presentation, including body language and dress to impress, and assessment of the interviewer. Counseling & Career Center, 5 to 6 p.m. Call 553-1129 or stop by the office at DAY 115.

February 10 Film: A Place of Rage. This film about African-American women and their achievements features interviews with Angela Davis, June Jordan and Alice Walker, and covers civil rights, black feminism and multiculturalism. Free, 6 p.m., in the Campus Activities Center.

February 11 Film and Discussion: Love. Part of the series "Dr. French's Philosophical Fuss Letter Words," this video examines the possibility of love at first sight, whether loving someone ought to (or even can) be rationally justified, whether sexual orientation and masculinity/femininity necess­arily have anything to do with romantic love, and whether one's believed privileged moral status. Afterward, Ethics Center Director Peter French will explore the origins of our concept of romance. Free, 5 p.m., in the Ethics Center. Call 553-3171 for more info.

February 12 Valentine Candy grams and Outside Theater by the Bay. Beginning at 10 a.m., candy grams will be sold for 50 cents outside Davis Hall on the Bay side. You will have the option to make your own card or purchase a valentine for a nominal charge (75 cents to $1). Carnations will be on sale for $1 and raffle tickets will be sold for 50 cents with the winner getting a dozen roses. The candy grams will be sold until the Outside Theater by the Bay movie starts at 8:30 p.m. In honor of Valentine's Day, the featured movie will be Ghost, Paramount and sodas will be sold for 50 cents each.

February 13 Survival Skills for Managing College Stress. Identify sources of stress, evaluate current coping strategies, and make a plan to incorporate effective stress management skills into your life. Counseling & Career Center, 1 to 3 p.m. Call 553-1129 or stop by DAY 115.

February 16 Gridiron Culture: Football and American Life, a lecture presented by Michael Ostad, associate professor of English at Oregon State University and former Kansas City Chiefs' offensive lineman. Ostad will discuss how the sport of football developed, how the media affected its evolution, and the role of football in defining ideals. Free, 6:30 p.m., CACC Core. Part of the "Playing Ball: Sports and American Culture" lecture series. For more information, please call 553-3458.

Say What You Mean! Preparing for and Responding to Interviewing Questions. Discuss and practice answering and asking questions, and planning post-interview actions. Counseling & Career Center, 5 to 6 p.m. Call 553-1129 or stop by the office at DAY 115.

There's more...

Sometimes even listings reach The Crow's Nest and sometimes they don't. We print as many of the gems we know of as possible, but there are other places you can check for additional event listings so you don't miss out on all the fun. For example, keep an eye on the club bulletin board in the Davis lobby, pick up a listing of scheduled workshops from the Counseling & Career Center, look for event listings at the Fitness Center, and call the Special Events Hotline at 553-1840 for the latest information on free movies, concerts, parties, lectures and other campus happenings.

P.S.

Please remember to keep your keys in your hand when leaving or entering your car and remember to lock your vehicle when you park. Keep valuables out of sight. Use the Blue Light phones provided across campus to contact police in the event of an emergency.

-a message from Parking Services