12-1-1993

Crow's Nest : 1993 : 12 : 01

University of South Florida St. Petersburg.
Scuttlebutt

- Can rational, intelligent humans actually live among their kind and hear the same, old, tired complaints about politicians and their superficial ways, redolent with rhetoric - and then go out and behave the way the student government candidates did,electioneering in hallways, buttonholing students (or even faculty members or staffers who might look like students to someone who's looking only for votes) who have more pressing things on their minds, such as finishing coursework, dropping off the kid at day care, graduating, finding a job and getting a life (hey, there's a concept, candidate)? Nah, didn't think so.

- If you had paid for three years of tuition, fees, books, etc. to put your child through college to study political science, communications, history, etc., and all your kid learned was to run an election campaign by littering the campus with handbills, blocking doorways, bothering total strangers and acting as a general nuisance within an otherwise thriving community of people striving to better themselves through education, you'd be more than mildly embarrassed, wouldn't you?

- If you had forked over $30 for parking privileges, forget to hang your tag on the rear-view mirror one day, got a ticket, appealed, got it waived along with a warning that next time you won't get off so easily, would you maybe daydream that you were that special "student" with no parking decal but who owned the boat on a trailer that was allowed to take up three or four spaces in the lot during the boat show at Bayfront Center? You think anyone's going to crack down on the stadium freeloaders when they converge on the campus lots during spring training? Not a chance.

Proud painters
Members of the Student Business Association, the Student Accounting Organization and Circle K participated in Paint St. Pete Proud Nov. 13. Painters beautified a house on 32nd Ave. N.

Gladfelter wins SG

Crow's Nest Staff

The ticket of experience swept the recent student government elections and will take office for the spring term.

Senior Heidi Gladfelter will become the next USF-St. Petersburg student government president. Gladfelter captured 59 percent of the vote, defeating her opponent, Debbie Smith, by 80 votes. Gladfelter will replace outgoing president Bob Miller Jan. 1.

Only 442 students voted in the elections, held Nov. 17-19.

Eric Bigalke downed Tom Temeyer 261-155 in the student government vice presidential race.

Suzanne Becker and Dolphine Brown both ran unopposed and will become the new student government treasurer and secretary, respectively.

When the spring term begins, only one-fourth of the Student Government seats will be filled as only six candidates filled their petitions in time to become student government representatives.

The new representatives are Johnnie Tookes, Tanya Forrester, Susan Hochberg, Lori Beeman, Mark Milillo and Chris Carter.

Any student interested in filling one of the remaining 18 student government positions should bring their petition to the first student government meeting next semester, scheduled for Jan. 12.

The following are the results of the recent student government elections for USF-St. Petersburg:

President 🆈 Heidi Gladfelter 252
Debbie Smith 172

Vice President 🆈 Erik Bigalke 261
Tom Temeyer 155

Treasurer 🆈 Suzanne Becker unopposed

Secretary 🆈 Dolphine Brown unopposed

New representatives are: Johnnie Tookes, Tanya Forrester, Susan Hochberg, Lori Beeman, Mark Milillo and Chris Carter

Ethics center looms

Special to the Crow's Nest

A major center for the study of ethics looms large in Dean Bill Heller's vision for USF-Bayboro. Planning began a year ago when Heller named a committee to develop a proposal for the establishment of the center. The chairman of the committee, associate dean Winston Bridges, hopes a proposal will be ready in early December.

The proposed center would capitalize on existing campus-based resources in ethics — the Wally and Louise Bishop Program for Ethical Leadership Studies and two endowed professorships — the Poynter-Jamison Chair in Media Ethics and Press Policy, and the Marie and Leslie Cole Chair in Ethics. Two other endowments are committed from donors who wish to remain anonymous, according to Julie Gillespie, director of development. One is for $1.4 million; it will receive state matching funds of $700,000. The other is for $3 million, which, with matching funds, could support a substantial scholarship program as well as an endowed chair.

USF-Bayboro already has demonstrated its leadership in ethics, serving as the editorial home for the Journal of Mass Media Ethics, sponsor in 1992 of a campus-community, semester-long lecture series, "Critical Choices: Ethics in a Complex Society"; and coordinator of courses and workshops under Sea LOOMS, page 3
Go south, young biologists

The fourth time's the charm

By Susan Gerhart

A group of marine science professors and students left last week for a six-week research cruise off the coast of Antarctica.

Dr. Jose Torres and Tom Hopkins are making their fourth trip south to study the fish, shrimp and other small animals living along the edge of the ice shelf. The project, called AMERIZ (Antarctic Marine Ecosystems Research at the Ice-Edge Zone), involves researchers from all over the world working on a wide variety of subjects. Biologists will study everything from bacteria to penguins, while chemists, geologists and physical oceanographers collect samples and take measurements.

Eventually, all the results will help scientists understand the ice-edge ecosystem as a whole. The ice-edge is important because nutrients are trapped in the ice when it forms. When it melts, the nutrients are released and an explosion of life occurs.

Torres and Hopkins also compare Antarctic animals to those found in the deep waters of the Gulf of Mexico. Many organisms exhibit tropical submergence, which means that the closer to the equator they are, the deeper they live in order to stay in cold water.

The students involved get to take a trip few people will make. They'll work hard for the opportunity and some will use the data collected in their theses and dissertations. Their story will be featured in The Crow's Nest next semester.

Tree trimming slated

USF-Bayboro’s gala Christmas Tree trimming is set for Dec. 1 at noon in the Davis Hall Lobby. Sponsored by the Campus Activities Center, the celebration includes free refreshments and door prizes. All members of the campus community are invited to contribute an ornament for the tree. Prizes will be awarded for the best handmade decorations.

From here to Antarctica

Marine Science students, who will soon office in the campus' newest building, left for Antarctica Nov. 24 and will return Dec. 27.

Cold and rough, but fun

By Ellyn Rapaport

If you like cold weather, rough seas, ice and exotic places, consider joining the Marine Biology Department.

Eleven people from USF-Bayboro will make the expedition to the far southern Atlantic side of the Antarctica.

The two professors and nine students left Nov. 24 and will return Dec. 27.

The purpose of the expedition is to study the dynamics of the ice edge and how it effects the biology of eco-studies. The crew will be studying organisms in the edges and middle of the ice. They will be looking at a collective group of organisms in a range of different sizes.

The expedition is being funded by the National Science Foundation, a federally funded agency.

The crew will be bringing back frozen samples of organisms for chemical analysis.

Exchange program deadline Jan. 14

The deadline to apply for the Sister Cities Cultural Exchange program is Jan. 14. High school students in the city of St. Petersburg are eligible to apply for the program, which features free round-trip airfare with a family to Takamatsu, Japan, St. Petersburg’s sister city. For more information, contact a high school counselor or the city’s Intergovernmental Relations Department, City Hall, 175 Fifth St. N., Room 104. The phone number is 893-7627.

Flotsam & Jetsam

Students are reminded that they can no longer pay their tuition by credit card. Tuition payments for the spring semester end Jan. 12 before a $50 late fee kicks in.

Final exam week begins Dec. 8 and continues through Dec. 14.

Humorist Art Buchwald is scheduled to speak at Eckerd College at 8 p.m. Tuesday, Dec. 2 in McArthur Gymnasium. Buchwald will speak about "Washington is a Laughing Matter" as part of the Eckerd Distinguished Speaker Series. The lecture is free and open to the public.

Buchwald, author of 27 books, won the Pulitzer Prize in 1982 in the "Outstanding Commentary" category. He is a syndicated columnist and his work appears in over 550 newspapers worldwide.

Financial Aid exit interviews, which began Nov. 8, and will end Dec. 20. Students need to call or stop by the Financial Office, 899-9128, which is in Davis 144A to make appointments for the scheduled days and times.

By Susan Gerhart

According to Joe Donnelly, research technician on the trip, the ice edge is a strong physical boundary. It changes drastically during the different seasons.

"The organisms that live in the Antarctica have a huge roof over their heads for half of the year and the other half are totally in the open," Donnelly said.

Due to this change, there is an increase in the amount of organisms at the edge of the ice. There is also a better quality of organisms than those in open water.

The expedition crew will be arriving for Antarctica’s summer. This is a continuation from previous expeditions in the spring, fall and winter months.

"Summer is the most productive month for the research we plan to do," Donnelly said.

The crew has high expectations and is looking forward to a fun and rewarding expedition to an exotic world.
LOOMS
continued from page 1
the aegis of the Bishop Program.
Gillespie said the center has energized discussions about additional initiatives in areas such as business, environmental and medical ethics.
According to Jay Black, holder of the Poynter Jamison Chair, existing programs in the College, and All Children’s Hospital and Bayfront Medical Center, offer possibilities for cooperative ventures.
Black said he knew of no other institution or community with the financial support and resources to immediately implement an interdisciplinary program for applied ethics that would incorporate teaching, research and service.

Ever wonder where the fee money goes?

By Ellyn Rapaport

It’s almost time to write that check for spring semester registration. Ever wonder where the student fees money goes?
The printed bill doesn’t say it, but most of the fees go to what is known as the Activity and Service Fee, or the A&S Fee. The 1993-94 budget for this campus includes $318,365 from student A&S fees.
The A&S Fee is the largest and one of the most important of all the fees, and according to Dr. Stephen Ritch, director of Student Affairs. It serves the students who get involved with the social aspects of campus life.

Allocations for the A&S Fee include $79,920 for Student Government, $113,152.50 for Student Affairs and the Campus Activities Center, $11,110 for the Fitness Center, $66,810 for Recreation and Watercraft, $1,700 for Counseling and Career Development Center, $10,000 for the Lecture Series, $3,200 for the Childcare Subsidy, $8,000 for Student Publications, $1,000 for Bishop Ethic and Leadership program and $1,000 goes to Police Aide.

Another fee that shows up on the tuition bill is the athletic fee. The fee may seem useless considering that USF-Bayboro has no athletics program, but Ritch said it does serve a purpose.

“The athletic program is intercollegiate and while many students do not attend the games in Tampa, the opportunity is there and they may benefit from the system if they choose,” he said.

All campuses must pay a fee for the Tampa athletic program. In the late 1970s, a committee at the Tampa campus said that the USF-Bayboro must contribute 22 percent of student fees to the athletic program. Until 1986, USF-Bayboro campus remained at that level. In 1986, Tampa decided to raise their athletic fee and wanted USF-Bayboro to do the same. But an increase would have required that USF-Bayboro be represented on the committee, which was not considered practical.

Today the athletics fee is frozen at 66 cents per student.

Another large expenditure is the Health Fee. Fifty cents of every students’ check goes to health education. Since the campus has no clinic, the money is used for lectures, slides, movies and pamphlets. Part of the money also goes to pay for a health educator who comes to the campus once a week.

All fees are allocated by the Student Government. The final figures must be approved by the president of the University, but he is not allowed to reallocate funds.

Up on the roof
Student Government President Bob Miller makes sure no spot goes unpainted at the recent Paint St. Pete Proud charity event.

CAMPUS POLICE LOG

An outboard motor was taken from a boat docked in Bayboro Harbor some time between Nov. 19 and Nov. 22, campus police said. The motor, an Evinrude outboard, was taken from the Suncoaster, a research vessel belonging to the Florida Institute of Oceanography, reports state. The motor is valued at about $400, police said.

Keel hauled
In the Nov. 17, 1993 story on page 3, headlined, “New Carr on Patrol,” the name of the new officer was incorrect. The officer’s name is Margie Carr.
The Crow’s Nest staff sincerely regrets the error and deserves to be flogged with a cat-o-nine-tails, keel hauled, forced to drink bilge water and then made to walk the plank.

Opinion Pieces
All students, faculty and staff are encouraged to write guest columns, letters to the editors and opinion pieces for the Crow’s Nest in the effort to engage in a meaningful discourse around campus.

All submissions must include the name and signature of the author as well as a phone number for verification purposes.
Opinions

Professors espouse media Babel

Guest Column

Peter Angelo

The question and answer period that followed the presentation was a good example of why that won't work. The audience was comprised of mostly octogenarians. What they have in common with today's generation exemplifies why nothing ever gets accomplished. It goes like this. What is important to me means nothing to you. Conversely, what is important to you means even less to me.

You can hear it on talk radio, talk television or talking to the person next to you. We might just as well all speak a language of our own that no one else can understand. It reminds me of the old Bible story of the Tower of Babel. In that story, people thought they could build a tower all the way to heaven, but God punished them by making everyone speak a different language so they couldn't cooperate and build the thing.

That's the position we are in now. We all know what the problems are: government corruption, greed, crime, war, pollution, lack of compassion, crumbling institutions, health care for profit only, hypocrisy, etc. What we don't know is what to do about them.

Listen to talk radio, talk television, etc. No one wants to hear the other person. Not really. If you expect journalism to help bridge the gap — think again. The mega-corporations that own the media, the government, you and me have no interest in changing the status quo. None whatsoever. The media is no help and isn't likely to be. The kind of journalism that might make a difference died with Pulitzer, Hearts and Scripps. What we have now is as useless as no journalism at all.

Right here in Pinellas County we have a newspaper that holds itself out to be a great Pulitzer Prize-winning publication. Pulitzer must be spinning in his grave. This paper has had a county commission chairman and his "friend," the state attorney, that make J. Edgar Hoover and Nixon look like saints, right in their own backyard for the past 30 years. The St. Petersburg Times has done nothing. By doing nothing they effective­ly and abet the kind of government that is killing us all. Send them a letter — see if it helps.

I know the largeesse of the Poynter Institute is very important to USF and both professors. If their book addresses the need for the media to free itself of bondage, and become a front-line warrior in the civil war to drive criminals out of government, I will eat the book.

I don't know why students didn't attend the presentation but I'll bet they were too busy struggling to get a diploma so they can, maybe, do better than five bucks an hour. Do you think they will be as comfortable at 80 as the audience is?

Editor

This is to express my extreme displeasure with the graduation plans for the St. Petersburg campus. I cannot understand why this ceremony is being held at a hotel, of all places, especially since we graduates are only allowed to invite three people to the ceremony.

Having worked for the university last year, which gave me a first-hand look at how decisions are made by the administration, I can only assume that, as usual, the people in charge of planning graduation waited until the last minute to find a place for the ceremony.

There is no excuse for this. I can remember hearing talk about this ceremony last May; so why couldn't they have found a larger place back then? For whatever reason, they didn't and now we students are paying the price for this poor decision making. Did anyone involved in planning this ceremony stop to think about those of us who come from divorced families, who have multiple parents and siblings? What about those of us who are married? And have children? Or grandparents?

And what about those of us who are master's candidates? This is an even more special occasion for us. But I suppose that's irrelevant, since our families can't see us graduate, either.

I'm sure there are many students who will not be marching because of the ticket limit. Thank you Dr. Ritch and everyone else involved in this fiasco. Thank you for forcing me to tell my mother that she cannot come to my graduation because my father and his wife and my husband want to go. Thank you for ruining what should be one of the proudest moments in my life and the lives of my fellow students. But most of all, thank you for making us all pay with today's generation exemplifies the government that is killing us all. Send them a letter — see if it helps.

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Cynical scholar smitten in Piano Man

By Dennis Hans

I promised myself I wouldn't let it happen. Not me. Not cynical, detached "Dr. Den." A group of grizzled professors assured me it was inevitable. "Don't fight it, kid," said one Bayboro veteran. "Only one way to avoid it—don't teach," piped up another. "It's like trying to hold back the tide," added a third.

You can't help falling for your first class. It's like your first bike, your first child—your first love. It's precious. It's special. Nothing can take its place. So said the grizzled veterans, voices cracking, eyes misting.

"Time will tell," said I, though I didn't buy their line for a second. A rookie instructor, my first class would commence in a mere fortnight.

Saturday morning, August 28, 1993. A squirrel scurries across the campus lawn. Birds sing in a nearby tree. All is right with the world as 32 future leaders of America file into Room 102 of the building I like to call Piano Man.

They've come to learn about American foreign policy, I, armed with high hopes and degrees in political science and journalism studies from the prestigious University of South Florida, am their guide.

I say hello. I call the roll. I welcome them to the 16 most important weeks of their young lives.

Nothing happens. I don't turn a muscle. I don't swoon. I don't go weak in the knees.

I knew it. I knew I was made of sterner stuff than my sappy colleagues. I make a mental note to put myself on the back at the break. Mission accomplished.

I lean on the lectern and let out a sigh. I drop my guard. I gaze out into this sea of inquisitive yet vulnerable faces, and my stoic resolve melts away. "Take us on your scholarly journey," their eyes seem to say. "Tell us of Eisenhower and Arbenz, of Kennedy and Castro, of Currie and the Shah. Share with us the wisdom of the ages, O Learned One."

I am a man of much, but I don't care. I'm going to be here for these kids. Through rain, sleet and snow. In sickness and in health. Until death (or the end of the semester) do us part.

What can I say? They need me. What can I do? I'm written. What does my heart sing? "Hey, noney, norny."

So began a love affair as pure (and platonic) as the driven snow. Every Saturday we gather for a communal breakfast of doughnuts. Dave and Donna, Nathalie and Nick, Jasmine, Jim and Jean, Roy and Peggy; Tim and Tina; Susan, Cindy and Scott, Wendy and Warren and Jack and Jill. Elaine and Ed; Alvin and Andrea, Susan, Lisa and Chuck, Brad and Suz; Gabrielle and Ken; Debbie, Chris and John.

At first glance it appears to be a family gathering. But there's no chit-chat about chores or boyfriends or borrowing the keys to Dad's convertible. No, this group carries the weight of the world on its shoulders. "Doctor Den," asks Andrea, "tell us about the time the CIA made a porno flick about President Sukarno of Indonesia." We remain at this elevated plane for three solid hours, week in and week out.

Soon we'll say goodbye, my students and I. Though we part, the residue of that emotional bond will linger for a lifetime. Oh, it's a long, long way From August to December But the days grow short When you reach November Yet as these days go by I'll always remember Those precious times I spent with you.

Candidate cherishes unsuccessful campaign attempt

Editor:

Once again I would like to use your forum to offer my thanks. During the recent Student Government elections many students lent their support to my campaign. To name only a few: Chris Eckhardt, Tom Temeyer, Joy Hurtado, Jorge Marzo, Nick Bokone, Jasmine Allison, Jim Rogan, Sue Tuttles, Elaine Fielder and her wonderful son Austin. To these students and the many others who contributed to my campaign, I thank you all.

My loss in the election, though disappointing, will be an experience I cherish. That experience brought with it many positive outcomes. I made many new friends on campus. Also, I hope that my campaign brought with it some important issues for students' consideration. Unfortunately, during this experience I encountered only one disillusionment. That disillusionment was the obvious partiality demonstrated by our Student Affairs Director Dr. Stephen Ritch during the elections.

I have no comments regarding the elections. They were held by Student Government, and as a part of that organization, I know that those students who served during the elections performed their duties to the best of their abilities. But certain issues arose concerning the elections themselves. And those issues must be addressed prior to the next election.

I strongly encourage all students to participate in Student Government. At the very least, to hold its' officers and your representatives accountable for the actions they take on your behalf. I congratulate Heidi Gladfelder for her victory and wish her well as our new president of Student Government. And lastly, I thank all those students who participated in the elections as voter, candidate or "poll watcher" for their concern in Student Government.

Debbie Smith
College of Arts and Sciences

The way I see it

Christopher Eckhardt

It is graduation time for approximately 300 of our classmates this month. They have gone the distance, and to them I say congratulations! If they are an average USF student it took them six years to get their degree. That is partly because 75 percent of them have full-time jobs. Many are married with children. Most range in age from 20 to 39. So you've come a long way baby and you should be proud of your accomplishments.

Law school, jobs, and further education await you. You are in the top 25 percent of adults in this state with a college degree. Now go out there and continue to make something of yourself, to make yourself proud, this school proud, this state proud, and your country proud. Get involved in your job, your family, and your community. Take the time to make yourself and this country better. You don't have to be a Democrat or a Republican to know that some things are broken and need to be fixed. If not you, then who? If not now, when? Is the cup half full or half empty? I hope you see it as half full, because then you have the right attitude to make a change for the better. Our society needs you. As you walk out of these halls of higher education, forget not what privilege you come from, nor the ideals, values, and ethics you learned here.

It is time for pay backs. Choose to pay back positively and constructive-ly and not destructively. Probably because we are a public institution only 5 percent of you will give anything back to this university. That's the average for USF, while many private institutions have their alumni giving something back at the 80 percent level. The question to ask yourself is: is this campus, professors, and administrators, and the students to follow you deserving of something from you? I think they are and hope when you get established, you remember that.

But for the grace of God, or whatever you believe, you could have been born in Bosnia, Somalia, Russia, and you would not be living the American dream. All of us here at USF have much for which to be thankful. So go now and soar like the eagle, but remember your roots. You owe much to your family, this school, and this country. Never forget your roots and pay homage to them and you will soar far. At least that's the way I see it.
Editor's note: This is the third, and last, installment of an animated three-part series detailing the life and times of The Crow's Nest animated mascot, Peg Leg St. Pete. Installation No. 2 was cancelled at the request of Crow's Nest lawyers who found the material defamatory and potentially libelous. In installment No. 1, Peg Leg St. Pete had just signed on with the murderous French pirate, Jean Lafitte, after the Battle of New Orleans in 1815.

By Bob Whitsby

Peg Leg St. Pete, alias Reggie Erck, took to drink once aboard Lafitte's heavily armed ship, the Bi-Cuspaid. Some say it was the fresh sea air and the salt spray, others claim it was the fact the St. Pete was finally free of his former life as a tax accountant in Ohio. Whatever the reason, St. Pete had metamorphosed. Once a mild-mannered bookkeeper who quivered at the thought of his debits not equalling his credits, St. Pete. had become a floundering drunk reeking of bilgewater. The pirate life suited him so well, legend has it, that he hacked off his own left leg with a borrowed sabre in order to live up to the nickname he had given himself. Upon regaining consciousness, historians tell us that St. Pete looked down at the bloody stump and muttered, "aye, a wee bit too far above the knee."

St. Pete was fitted with a proper peg leg in Barbados, a proper parrot in Jamaica, and had one of his eyes removed and a patch placed over the hole on the island of Hispanolcia. Feeling adequately mutilated, he decided it was time to ask Lafitte for a position of authority aboard the Bi-Cuspaid. A young sailor on the ship named Jacques Villachez recorded the conversation for posterity:

St. Pete: Ready to plunder and murder, captain?

Lafitte: Aye. Aye told ye when ye signed up this here be a mission to save the whales! St. Pete: Save them from what? Lafitte: The Japanese. St. Pete: Who? Lafitte: The Japanese. Aye! They've ships as large as city that suck the creatures in one end and spit out cans of dolphin-safe whale meat the other. Has ye ever seen a whale up close, me boy? She's a beautiful sight....

According to Villachez' record, St. Pete walked away from Lafitte and disembarked on the west coast of Florida two days later. In his diary, later published in book form under the title The Young Legless Accountant and the Sea, Peg Leg St. Pete wrote off his adventures in his new home:

January 8, 1818: I've grown accustomed to the native people, and even taken to dressing like them. They wear black tubes of stretchy cloth on their feet. The cloth, quite long, clings to the bare calves and is generally pulled up just short of the knee. Very short pants replace trousers and suspenders. They travel slowly, often making it difficult to get by.

Feb. 27, 1820: I've found a quiet spot on a small harbor where I've built a lean-to. The fishing is good, though someone has posted a sign telling me not to fish here. Nearby is a field where noisy birds congregate, buzzing loudly over my make-shift home as they come and go. To the west is a very large hut with a see-through roof inhabited by people who interpret and study smoke signals. On the other side of the harbor lies an even larger hut filled with primitive scratchings people come to see. St. Pete's last diary entry was on Oct. 10, 1827. He died three days later when, far from home and consulting a map etched on a rock, an unknown horseman rode up alongside and shot him with an arrow for no apparent reason. The city of St. Petersburg razed his lean-to and later sold the land to the University of South Florida.

Wednesday, Dec. 1

Help trim the holiday tree at the Student Business Association, Student Accounting Organization, student government and Circle K participated in St. Pete Proud recently. The clubs spirited the home of a lower-income woman in St. Petersburg.

The open forum with USF presidential candidate Betty Astor, president of the University of South Dakota from 10:30-11 a.m. in the CAC conference room.

Thursday, Dec. 2

The open forum with USF presidential candidate John Darling, chancellor at Louisiana State University, will be held from 10:30-11 a.m. in the CAC conference room.

Friday, Dec. 3

The open forum with USF presidential candidate John Darling, chancellor at Louisiana State University, will be held from 10:30-11 a.m. in the CAC conference room.

The annual holiday sale will continue from 9:30 a.m. - 5:30 p.m. in Davis Lobby. The Bayboro Lyceum series will present "Holiday Hotel" featuring the USF-St. Petersburg Singers in their 20th annual Christmas show. The show begins at noon in the CAC.

Saturday, Dec. 25

Christmas Day. School closed.

The Campus Log will list upcoming events on and around campus for students to attend.

To have your event included in the next issue of The Crow's Nest type or write the information and drop it off at the Campus Activities Center.

The deadline for the Jan. 12 issue is 5 p.m. Jan. 5. Items will be included as space allows with the timeliness of the event being the determining factor.

The CAC is at 6th Avenue South and Second Street. Call the CAC at 885-9590.
Association of Black Students

The Association of Black Students is a student organization on the USF-Bayboro campus for the sole support of, but not limited to, African-American students of all majors. ABS ensures quality participation of African-American undergraduate and graduate students in various university and community activities.

Students will be offered the opportunity to share their cultural experiences within the organization, campus-wide and in the community. With concerted efforts of the African-American student population, ABS provides avenues for strong positive relationships, social identification and African-American awareness.

ABS meets at 5 p.m. the second Tuesday of each month in Davis 108. Refreshments are served.

Student Accounting Organization

The Student Accounting Organization held their Fall Banquet Nov. 19 at the Wine Cellar restaurant. It was a first class occasion and the Wine Cellar did a superb job in making it a success, providing four absolutely perfect entrees to choose from. The SAO recommends other organizations holding their banquets there.

18 companies and accounting firms sponsored tables and attended. Social hour and dinner provided students the opportunity to network with potential employers. The SAO feels the event also provided the opportunity to promote the campus and increase the recruiting efforts toward the Bayboro campus.

As an organization, the SAO’s main function is to help and introduce students to job opportunities, and our fall banquet has been the key to accomplishing this goal.

Approximately 150 persons attended the banquet. This included members, faculty, guests and sponsors.

Student Government

The St. Petersburg Free Clinic has barrels set up in the Davis lobby and the Campus Activities Center, for a food drive in cooperation with Student Government. The clinic appreciates the donation of any of the following: canned goods, baby food, personal hygiene items, non-perishable food items.

For more information call Student Government President Bob Miller at 893-9144 or 893-9596.

Information Systems Association

Add value to your degree. Non-MIS majors welcome.

Offering:

• Refreshments at meetings
• Guest speakers - topics on all aspects of business
• Tours of local business information services

Eye doctor to talk about laser surgery

Dr. James Rowsey, a corneal surgery expert who is a principal investigator in the testing of new eye surgery lasers, will speak at the USF-Bayboro 2 p.m. Dec. 3 in the Campus Activities Center.

His lecture, titled "Revolutionary Advances in Laser Eye Surgery" is free and open to the public.

Eye surgery lasers are computerized surgical tools that are greatly expanding the precision and ease with which eye surgeons can correct corneal problems.

Dr. Rowsey is chairman of the Department of Ophthalmology in USF’s College of Medicine, and holds the James P. and Heather Gills Endowed Chair in Ophthalmology.

The seminar is underwritten by SouthTrust Estate and Trust Company. Call 272-3098 by Dec. 1 to reserve a seat at the seminar.

Scholars of the round table

A group of students discuss the fine points of a music class in the Davis Hall Lobby recently.

The Crow’s Nest needs writers, editors and ad staff for the spring semester.

Contact John at the CAC.
Milk drinkers beware: all is not healthy

Jere L. Earlywine

We’ve all seen the commercials. A scrawny boy, glass of milk in hand, heralds the virtues of dairy products while metamorphosing into a Greek God, adorned with beautiful women. “Milk does a body good,” according to the ads. It builds teeth and bones, strengthens muscles, and creates men from boys. The statement makes sense. Since milk contains several essential nutrients, particularly calcium and protein, why shouldn’t our bodies benefit from dairy products? If the commercial were extended 30 years into the future, we would visit a crouched, semi-ambulatory gentleman debilitated from osteoporosis and heart disease. Evidence suggests that dairy products may be inappropriate, even dangerous for adult consumption.

Milk promotes exponential growth and sound nutrition for infants who double their body weight in days. It contains minerals, protein, fat, and sugar (lactose) all suspended in water—nature’s miracle formula for rapid growth.

Problems occur when adults ingest protein-rich milk products because calcium retention and protein consumption are linked. Dr. Roy L. Walford suggests in his book *The 120 Year Diet* that “...diets too high in protein exert a negative effect on calcium balance, with excessive excretion of calcium in the urine.” The by-products of digesting milk are highly acidic. In order to maintain an essentially balanced pH-level in the blood, the human body draws calcium from the bones. The resulting dearth of calcium eventually results in osteoporosis, a condition where 50 percent or more of original bone structure is lost. The disease affects one in 13 Americans, causing 300,000 deaths each year and costing our nation $3.8 billion annually.

The absorption of calcium is dependent on phosphorous. In truth, the excessive protein in milk limits the body’s ability to use calcium. Proper calcium assimilation requires a high calcium-phosphorous ratio and low protein content, which is found in dark leafy vegetables.

The Dairy Council sponsored a study involving a number of women who consumed three eight-ounce glasses of low-fat milk each day for one year. At the end of the year, the women still suffered from a negative calcium balance, due to “the average 30 percent increase in protein intake...” Milk consumption is also linked to low energy levels. Casein, the substance in milk which builds bones, is three hundred times greater in cow’s milk than in human milk. When such a large amount of casein is introduced to the human digestive system, the result is an unhealthy clot of curd in the intestines. The curd hardens on the lining of the intestines, which limits nutrient absorption. The result is a soporific, sedate feeling.

Homogenized milk holds additional dangers. The process, introduced to America in 1932, consists of stirring and filtering milk in an effort to break down the fat into small globules. In effect, homogenization lengthens the shelf life of milk. Milk contains xanthine oxidase, an enzyme which is responsible for breaking protein into uric acid within the liver. With unhomogenized milk, xanthine oxidase is digested along with milk fat in the stomach and small intestine. Homogenization usurps the proper assimilation of xanthine oxidase, allowing some of the enzyme to pass through the intestinal wall into the bloodstream. Once in the circulatory system, xanthine oxidase destroys the tissue of the arteries and the heart, which the body attempts to heal with deposits of fatty material and cholesterol. The ultimate result is hardening of the arteries and high blood pressure. Almost all milk sold in America is homogenized.

Fortunately, if you give up dairy products there are plenty of foods that supply calcium, protein, and vitamins A and D in safe proportions. Dark leafy vegetables such as kale, chard or beet greens supply both vitamin A and calcium. Calcium may also be derived from broccoli and mustard greens. Sources of vitamin D include some types of seafood and seaweed, particularly nori wakami and kombu. Protein is more easily obtained from these foods, and most American diets “contain two to three times the standard of protein recommended for adults...” In truth, adults require very little protein in their diet. Arnold Schwarzenegger suggests in his book, *Arnold’s Body Building for Men*, that adults only need “one gram of protein for every two pounds of body weight.” For a 140 pound individual a diet consisting of 70 grams daily would provide the requisite 70 grams.