11-5-1997

Crow's Nest : 1997 : 11 : 05

University of South Florida St. Petersburg.
Unlocking the mysteries of the COT

The Center of Ocean Technology opened its doors to the community for an educational Octoberfest.

Marjorie Stephens  
Nest Staff

Many important projects created at the Center for Ocean Technology (COT) were showcased at a recent open house. The COT tour provided an overview of innovative technical work being done by the marine scientists and technologists there. Hal Piper, a columnist for Signals, the COT's newsletter, reports a great deal happening.

COT's new ocean engineering facility is amid a host of state and federal marine science agencies, adjacent to the USF St. Petersburg campus. Located on Bayboro Harbor, it has immediate access to the Gulf of Mexico and two on-site, ocean-going research vessels.

When scientists need a special ocean research instrument, they can have COT help design and build it. The new facilities and resources provide "proven capability in the full range of production, from design to fabrication," Piper said.

Focusing on practical implementation, COT creates entirely new technologies to meet identified needs "across the spectrum of commercial, military and environmental research applications," Piper said. Examples of some of their work include the development of the "Autonomous Underwater Vehicle," (AUV) which is used to explore the ocean; the "Dual-Collimated Light Sheet," which detects zooplankton in the ocean; the bottom contour system, which is used to scan the ocean floor and transmit data back to computers; and the "Test Plume," which is used to test sensors.

The staff allowed visitors the opportunity to view some of the rooms where new instruments are built. Several of the projects, Piper describes in Signals, were demonstrated.

One of the conference rooms was used to display part of the "Nutrients Sensor" instrumentation. Developed by Dr. Fanning and his team, the sensor quantifies nitrates and ammonia in sea water. Piper said.

The sensor will eventually be mounted on an AUV and be capable of detecting extremely small concentrations of these nutrients. The AUV is shaped like a torpedo and has been nicknamed "The Yellow Submarine" by some workers at COT. Piper said it will produce maps of ocean parcels according to nutrient content.

The sensor connects to a laptop computer which can be taken shipboard. A mission plan is programmed into the computer to tell the AUV where to go and how long to stay on course in the water.

In the dark room, scientists set up a demonstration of the "Dual-Collimated Light Sheet," which looks like a red laser beam penetrating a clear, square container of water. The device detects zooplankton in the ocean and measures their quantity, size and where they are clumped. On a nearby computer screen was a simulated picture of what might be detected by the light sheet. In this case, a common crustacean approximately 4 mm long was shown. On screen it looked like a 2-inch flea, which gives some idea of the detail the machine can detect.

Another demonstration was of the bottom contour system, which scans the ocean floor. The device is mounted on an AUV. A laser system is attached to a camera, which sends data to a laptop computer. During the demonstration, the machine moved over rocks, stair steps and metal containers. Computer printouts showed different colored patterns.
SPCA's Paws on Parade is a success

Stephanie Shreve
Next Editor

Animals and pet owners who walked for Paws on Parade, the Society for Prevention of Cruelty to Animals' annual special event, raised $120,000 for the shelter Oct. 25. USF students had their own "tiger team."

Humidity was thick as pups and kittens led their owners in a stroll around North Shore Park. The route began at 11th Avenue N. and continued to Coffee Pot Boulevard. "There were 2,000 walkers," Nina Berkheiser, "CA development director said. The dogs especially seemed to enjoy the event. After making the trek, they had the opportunity to have a drink and lie down in ice cubes spread over the grass.

Berkheiser said the money raised at this event "will only support the shelter for one month." The SPCA took in 13,500 animals last year. "We keep healthy adoptable animals until they are adopted — with no time limit," she said. "But sheltering homeless animals is not the answer to the pet overpopulation problem. We are urging people to adopt animals from the SPCA and spay and neuter them."

For information on adopting a pet from the SPCA call 586-3591.

FURRY FUND RAISERS: Many walked two or three dogs around North Shore Park to raise money for the SPCA.

Walking, aerobics and — boxing?

Fitness Center Director Sheri Beaudreau is now planning for spring.

Stephanie Shreve
Next Editor

If the image you see in the mirror is a skinny doormat, be ah-ah hing like a (snake)post — get ready to put up your dukes. If enough people are interested, boxing will come to USF St. Petersburg's Fitness Center.

Director Sheri Beaudreau has begun talks with Rich Horsley of Boxing for Fun, Inc. Beaudreau would like Horsley to teach a class, which would include shadowboxing, heavy and speed bag workouts and jump rope exercises.

Beaudreau is planning to hold the class in the aerobics room, but would like to coordinate the time of the class with interested students. She needs to know if enough people will sign up for the class to make the equipment investment worthwhile.

"It's a fun, interesting kind of new craze," Beaudreau said of boxing. The classes will be open to men and women.

The center will also continue to offer aerobics and the Great Strides program.

Great Strides is a wellness incentive program where participants formalize their goals and New Year's resolutions in writing. The goals can pertain to any aspect of life, but usually fall into one of the dimensions of wellness: physical, social, spiritual, occupational, intellectual and emotional.

Once a contract is made, a wellness guide from the Fitness Center will "provide motivation and support," as well as "recognition, health tips, surprise incentives, and awards."

As part of Great Strides program, the Fitness Center coordinates a walking program, which is a three-mile jaunt down to the Vinoy Hotel and back on Tuesdays and Thursdays.

Beaudreau is interested in hearing what kinds of fitness activities students would support on campus. The following survey is your chance to tell her not only what activities you are interested in, but also what days-of-the-week and times you can attend classes.

"My goal is to provide a variety of opportunities for students and fitness," Beaudreau said. "If I can offer something new and different, why not?"

Fitness Center Survey

What would be an ideal time for you to participate in the Boxing for Fitness class beginning January 1998?

- Monday 8:30 to 9:30 a.m.
- Tuesday 8:30 to 9:30 a.m.
- Wednesday 8:30 to 9:30 a.m.
- Thursday 8:30 to 9:30 a.m.
- Saturday 12:30 to 1:30 p.m.
- When would be the most convenient time for you to participate in aerobics classes?

- Continue Tuesday sessions unchanged
- (Fill in the blank with day-of-week)
- Morning
- Afternoon
- Evening

I would like to participate in the tennis league.

I would like to participate in the racquetball league.

Please check into offering the following fitness related sport or activity.

Name: ______________________
Address: ____________________
Daytime Phone: ________________

Please drop surveys off at the USF St. Petersburg campus Fitness Center, or mail to: Sheri Beaudreau, 140 Seventh Ave S., St. Petersburg, FL 33701.

For more info call 553-1589.
indicating the shapes of the objects scanned. This device gives researchers the ability to see what is on the ocean floor without actually having to go there.

In the instrumentation lab, technicians showed how COT designs its own PC boards. They create a computer simulation of what they need and send it to a computer center where chips are made. The chips are then returned to COT where the boards are built. This ability allows COT to customize computer boards to their own specific needs.

The "Test Flume," another important project, "will be used primarily to test sensors developed in conjunction with the Department of Marine Science faculty," Piper said. The new 30-by-10-foot flume was designed and assembled under the direction of Drs. Stan Krak and Glen Besterfield of USF's College of Engineering.

The massive polypropylene tank is fitted in COT's two-story "wet lab" facility and can be filled with tap water or sea water because of its proximity to the harbor. Piper said "tests will be run by mounting the sensors in AUV nose sections and testing them in the flume's stream. This on-site capability will speed up the sensor design and deployment process and save ship time, which is costly."

The open house gave the community the chance to see the new facility and become acquainted with the instrument construction and research being done by COT. In addition to the technical education visitors received, the hospitable staff provided Oktoberfest fare including homemade beer, bratwurst and German potato salad. The gathering gave staffers and the community an opportunity to interact with each other while showcasing the new facility.

MATURE

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30s, and director of the USF St. Petersburg Fitness Center, is working on a bachelor's degree in interdisciplinary social science. Beauregard said the St. Petersburg campus makes it easier to coordinate classes around a job. While the campus offers numerous courses in the evening, Beauregard said she also appreciates the more individualized attention offered to St. Petersburg students.

"The classes are smaller and the professors get to take more time with the students," she said.

Serving a large number of returning students also contributes to St. Petersburg's mature student population. These are individuals many already holding degrees, who are returning to college with experience. Amy Hopkins, assistant director of the Counseling and Career Center on the St. Petersburg campus, said, "Once people have been out in the work force for a few years they figure out what it is they want to do and come back to college for training."

Hopkins said the regional campuses were put in place to serve the specific communities in which they are located. While New College in Sarasota offers some on-campus students housing, two of USF's regional campuses, St. Petersburg and Lakeland, are strict commuters, meaning there are no residence halls. Students attending classes at these campuses are mostly self-supporting.

They live and work in the surrounding community and often are pursuing degrees that will enhance their skills and existing careers, or give them new or related options.

Regional campuses were designed to help USF meet the needs of the entire Tampa Bay area. Each campus is located no more than an hour's drive from the next.

The smaller size of regional campuses is seen as a benefit to many students. Marjorie Stephens, a graduate student in mass communications, said, "There is a more casual and friendly atmosphere on the smaller campus. You are not just a number here."

Many St. Petersburg students are single mothers — women who work, care for their children and attend evening classes. "With an older student population you have to deal more with the realities of life," Hopkins said about counseling St. Petersburg students. She helps them balance a full schedule of personal and academic pursuits.

A choice to make time for learning, despite many personal commitments and responsibilities, is something most non-traditional students on the St. Petersburg campus share. Something else is the great value they place on education.

C.O.T.

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Edited by note: Time Management seminars and individual support are available through USF's St. Petersburg's Counseling and Career Center. Contact Amy Hopkins at 553-1126 for more information.

For more on USF's demographics, visit IRP's web site at http://irpweb.usf.edu/irp.
Remember your rest and relaxation!

With the last part of the semester upon us, thoughts turn to final papers, exams and the imminent holiday season. Not only do we now worry about squeezing in more library time but squeezing in shopping, cooking, visiting, — all the usual expectations of the holidays. If there is one lesson we all should learn and know by heart, it is how to relax.

It really is an art. Your body needs it; your mind needs it. After a hectic week of classes, studying, family, hobbies and anything else you can throw in, you need “down” time.

Have you ever known someone who doesn’t take down time, who doesn’t make relaxation a priority? I have, and the burn-out phase is not pretty.

Some people need down time in large, every-now-and-then doses. I’ve found that I’m the kind of person that needs down time in small doses almost daily. Sometimes it seems to my friends that I go and go without stopping. I certainly don’t; if I did, I’d drop dead within a week. For me, a hour in the morning to enjoy coffee, check and respond to e-mail, and catch the news is a great way to start a day; in the evening, some “pleasure” (not assigned) reading saves the day. This sort of time laid aside for me helps me to relax and stay focused.

Of course, you may not be the kind of person who enjoys waking early enough to have an extra hour. You may have children that monopolize your mornings and evenings. Your personal time will vary (perhaps taking an hour during the day). Maybe you’ll take an entire weekend afternoon to yourself. To some people, taking this kind of time for oneself may seem indulgent and wasteful. I fully disagree. In order to do our best each day, no matter what it is we do, we need to take care of ourselves first.

I’ve known many people, both friends and family, who don’t put themselves first. The result is misery, for them and those around them. We’ve all heard the saying, “you can’t love someone else until you love yourself,” and it’s true. Until we begin to value ourselves, and manifest it by taking special care of our selves (body, mind and spirit) we won’t be able to accept that someone else could love us. If you don’t love yourself, how can you believe that someone else can?

There are many ways to relax, even if you think you don’t have the time. These are some of my favorites:

• Read. This is one of the all-time great stress reducers (provided you are reading something you choose, not homework).
• Take a long bubble bath. Another tried-and-true relaxer.
• Take a walk. Experts agree that walking is not only wonderful exercise, but it is a great way to relax. Throw on some comfortable clothes, good walking shoes and get going. The only requirement is to walk slowly; think of meandering. Notice beauty around you. Let your thoughts wander.
• Putter. This is a suggestion I read in a woman’s magazine once. It means to simply “putter” around the house, doing this and that, whatever comes to mind. A sort of aimless wandering about that may result in cleaning, or sorting, or reading, or whatever your putter brings you to.
• Nap. What better way to relax, and indeed feel decadent, than to lie down during the day, close your eyes and drift off for an hour or so? This is a wonderful way to recharge, although as adults we think we don’t need that kind of recharging. Consider everything you are responsible for in life and the amount of time and energy it takes. We all deserve a nap!

You may have many other ways you like to relax. The point is to use them! No matter how hectic your life gets this season, remember to take care of yourself!

Sara Jenkins

The Crow’s Nest

JOIN US FOR SPRING ’98

The Crow’s Nest is starting recruitment for spring ’98:

• writers:
If you like to write, experienced or not, we’d love to talk to you. Get a chance to write anything from news to features to columns.

• productions assistants:
prefer some experience with QuarkXPress, Photoshop, and a scanner. Don’t have the experience but would like to learn? Call us.

• ad reps:
Earn commission while enhancing your ad selling skills. No experience necessary, just a desire to help this publication grow.

For more information on any of the above positions please call 553-3113.
Witch Way To Go!

Janny Jamison
The Shorefront (U Texas-Arlington)

(U-HIRE) ARLINGTON, Texas — They eat with you in McDonald's, walk with you on the sidewalks and may be sitting beside you right now while you read this article. They are "Wiccans," and they are not as un-usual or scary as you might think.

Donna (not her real name) is an advertising senior who has been a practicing Wiccan for five years now. She says her religion is misunderstood by the public.

"I have had people call me a witch, and that's just not so. My mother cried when I told her. My family is Catholic, and they don't understand that I still am, too. I've just added a 'the Church.' It's really important to remember that these teachings pre-date the Church. It is much more pure, much more personal. I don't have to explain it to anybody. I don't have to listen to the endless preaching of some dudes. It is much more real, much more human."

Donna has combined her traditional religion with the Wiccan philosophy. "Some may say that doing that is impossible," she says, "but I think that the people are very much related." She has found a way to get centered and feel calm and not have to cut anything up or listen to the endless preaching of some dudes.

Wiccans do not sit around a cauldron and cackle, nor do they stab pins into little dolls that represent old boyfriends. "We impart healing to those whose names we bring into the circle," Donna says, "and observe the passage of the seasons. Samhain (pronounced san-in, one of the 'Greater Sabbats') is coming up shortly." Samhain is usually performed around Oct. 30, but in modern covens it can be performed earlier or later.

The preference is based on the individuals preference and the calendar they follow. It is the way you are responsible to something bigger than you are. It keeps you humble, in check-it is a way to realize you have to have a sense of the seasons. It is a time for not really being there, but in that is a description that I can give. You really have to be there."

Being there is not an easy task, according to Doug. Doug (not his real name), an uncloaked sophomore, is a solitary practitioner of the religion and says that the needs apply to him as well, with slight changes.

"I never liked working with a coven. I wanted to tailor the rituals to myself," he says. "A lot of times you can't find people who are serious about this type of thing. They do it because it's 'cool,' but they don't get dedicated."

Doug says he has experimented with many religions, including Judaism, Satan worship, Protestant denominations and others. He bounced around because he could not find peace with any of them. "With this (Wicca), I have found a way to get centered and feel calm and not have to cut anything up or listen to the endless preaching of some dude. It is much more real, much more personal. I don't have to explain it to anybody. I think the best thing about religion, in general, is the way you are responsible to something bigger than you are. It keeps you humble, in check- it is beautiful." Beauty is something that may be in the eye of the beholder, but Dr. Joseph Bastien, anthropology professor, says the description Doug gives is valid. "Religion is a lot like sex: Those who are "in" at the time often persecute those who are not. It's easy to judge it and dismiss it, but when someone has found something that works for him, it is a beautiful feeling."

"I especially admire the Wiccan philosophy. It observs the tectonic forces of Earth, much like the American Indians, and advocates the role of women and the planet. I am surprised it is not talked about more; their attitudes and unity is very positive. It is not devil worship or paganism. It is a metaphor about all that exists in the universe in a more attractive thought than sitting in a pew."

SUGGESTIONS FOR SURVIVING THE HOLIDAYS

Sandy Blood
Student Activities Board Coordinator & Health Educator

The holidays are upon us again, already, and with all the joy and pleasure that accompanies this time of year comes goodly portions of stress and anxiety. I'd like to offer a few suggestions to lessen some of the holiday tensions and hopefully brighten (or at least lighten) your season.

1. Take care of yourself before concentrating on taking care of others.
2. Learn that the joy of giving lies in the giving itself, not in the recognition and "full appreciation" of the sacrifices you've made.
3. Understand that too much alcohol and sugar can lead to mood swings, depression and sluggishness.
4. Don't fast or feast. Remember, "moderation in all things."
5. Find a block of time to be alone everyday. Even if you have to get up early to do it.
6. Lower your expectations. There is no such thing as the perfect meal, the perfect party, the perfect outfit, the perfect gift, or the perfect family.
7. Maintain your regular sleep, exercise and eating routines. Don't schedule so many activities that you skip the basics of taking care of yourself.
8. Plan ahead about how you'll cope with uncomfortable family situations. Know what "pushes your buttons" and plan a response (try humor).
9. Never overeat to please others. Take smaller first portions so that "seconds" don't overload you.

I hope these holiday survival tips will be helpful for you. Have a safe, healthy, and happy holiday season.

Note: These tips were adopted from the Hope Health Letter, December, 1995.
Higher Education Act helps schools more than students

Staff Report
The Arbiter (Boise State U.)

(U-WIRE) BOISE, Idaho — In 1965, lawmakers passed the Higher Education Act and since then have driven to make college more affordable to students. They have accomplished this through subsidized loans, grants and tax credits. In 1995, according to the College Board, student aid from the federal government totaled $37 billion.

However, despite a 65 percent increase in government funding over the past 10 years, college affordability is declining, according to a recent study released by the Joint Economic Committee (JEC) of Congress. It found that government efforts were subsidizing higher tuition rather than students.

The study also found that instead of helping students, the aid encourages colleges to raise tuition and absorb a good deal of the increased funding.

"That's your government in action," said William Dunkelberg, economics professor and former dean of the business school at Temple University. He called college aid "a college subsidy program."

As a result, lower-income families have to take out more loans to attend school. Many students from these families decide that school is unaffordable, and those who do graduate with unpaid loans.

Figures from the United States Department of Education indicate that the price of higher education has nearly doubled over the past 15 years and continues to rise.

Adjusted for inflation, figures provided by The Idaho Statesman show that average undergraduate tuition at public institutions rose from $6,200 a year in 1980 to $11,800 a year in 1995. Average tuition at private institutions has grown from $1,100 to $2,100.

However, when board and room were included in the annual cost of attending a private institution, fees ballooned to $17,000. For public schools, it was $5,000.

Over a period of five years, these figures would put a burden on even the wealthiest families.

"Too bad we can't just give families a tax cut and let them decide what to do with the money," Dunkelberg said.

The JEC concluded just that. It suggested that IRAs, which already contain benefits for higher education, be expanded to allow parents to save more money for their children's education, making them less dependent on student loans.

Colleges would be forced to rely more on private contributions rather than federal subsidies. Such a plan might encourage them to slow their spending, contain costs and keep the rise in tuition to a minimum.

Most importantly, said Rep. Jim Saxton, a New Jersey Republican and the JEC chairman, reduced reliance on student loans means lower government costs, allowing the savings to be diverted to federal grants for the poor.

Pooja Kumar
The Chronicle (Duke U.)

(U-WIRE) DURHAM, N.C. — A recent study conducted by Duke researchers at the Medical Center has linked attending religious services to contributing to a stronger immune system.

Dr. Harold Koenig and Harvey Cohen, along with Linda George, Judith Hays, David Larson and Dan Blazer, recently published their findings in the International Journal of Psychiatry in Medicine.

The study was based on measurements in individuals of Interleukin-6, levels of which can signify immune system stability. The study revealed that people who attended religious services were about half as likely to have high levels of the substance—levels above five ng/mL—Koenig explained.

Those with high levels have a potential susceptibility to a greater number of diseases. For example, AIDS patients have high levels of IL-6, as do those with certain types of cancers, diabetes and Alzheimer's disease.

Koenig said the Duke study, conducted as part of the Establishment of Populations Studies for Epidemiologic Studies of the Elderly project, provides "very provocative evidence that supports a lot of the theory that we've been looking at for the last 10 years."

But he cautioned that the group's findings are by no means conclusive; rather, he said, the study "provides as much circumstantial evidence to support the hypothesis as possible."

People who use religion as a way to achieve another goal do not obtain as many health benefits as those who turn to religion for itself, Koenig said. "We're not sure whether you can just go to church and expect to be healthier."

Personal interviews conducted by Koenig last year—which suggested a correlation between religious service attendance and general well-being—prompted the Med Center team to perform this latest study.

The team's investigation was an offshoot of an ongoing general study of 4,000 randomly-selected older adults in North Carolina, which Koenig noted was the "largest sample of older adults ever sampled."

Every two years for the past 10 years, the sample group has been surveyed through a multi-million dollar grant from the National Institutes of Aging.

"In 1986, 1989, and 1992 we measured the group's church attendance," Koenig explained. "In '92, only 1,718 were alive. We drew blood on everyone and examined their levels of IL-6. These levels were correlated with information on attendance of religious services."

Although the most recent study focused on levels of IL-6, the researchers also found that those who attended religious services demonstrated lower levels of the immune markers alpha-2 globulin, fibrin D-dimers, polymorphonuclear leukocytes and lymphocytes. The results, according to Koenig, constitute a visible link in "four of the eight other biological markers."

The study controlled for factors such as chronic illness, age, sex, physical functioning, stress level, level of depression and education level. The IJPM article stated that "controlling for covariates weakened most of these relationships" with the immunological indicators, although "the weak associations between religious attendance and high IL-6 levels that could not be explained by other covariates, such as income or negative life events" was established.

Koenig explained that the investigation attempted to study "why people who were attending religious services in general were healthier."

"People who have a strong religious base and are active inter-community have less depression, less anxiety, cope better with stress — psychologically, they're healthier," he continued.

The investigation by Med Center researchers comes on the heels of an article published in the June issue of the American Journal of Public Health regarding research conducted at the University of California at Berkeley's Human Population Laboratory. The Berkeley study followed 5000 people of all ages for 30 years and, according to Koenig, "clearly predicted length of survival by frequency of church attendance."

That study controlled for drinking, smoking, social supports, physical stress and a host of other factors. After they factored all that away, they found that people who attended religious services and especially women survived a third longer, Koenig explained. "This [Duke] study provides a link to help explain why that is."

Blazer, dean of medical education at the Medical Center, noted that "the study has been taken in context.

"The importance lies in the fact that we're looking for the first time at variables that may be related to religiousness," he said.

"The point I would make about the study is that one has to be very careful not to over-interpret the result. It's all very preliminary. We have a long way to go to understand what the mechanisms are, because they are very complicated."

The study provides a door for us to walk into," said Blazer.

The Duke team is now studying the mortality of the initial survey sample of 4,000 people. "By directly examining mortality in this large group of people, we are trying to see if we can replicate the Berkeley study to see if religious attendance truly does affect survival," Koenig explained.
services

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announcements

OUTSIDE THEATER BY THE BAY
Bring a blanket and munchies then snuggle up on the lawn, harborside, with one of SABO's Fall outside movies. Nov. 6, Apocalypse '93.

PLAN FOR A GOOD LAUGH
Join SAB for Tavern on the Green's Comedy Hour, 5 to 6 p.m. Nov. 20 (amateur night).

DISCOUNTED TICKETS
Busch Gardens, AMC Movie Theaters, Florida International Museum and Florida Aquarium tickets are available at the CAC at a discount to the USF community.

GREYHOUND PROTECTION LEAGUE
Approx. 30,000 young, healthy greyhounds are killed annually because they fail to turn a profit. Find out what you can do to pet an end to this shameful "sport." Call 784-5529.

GRE PREPARATION COURSES
USF's Lifelong Learning Division is accepting registration for GRE prep courses on the St. Pete campus. GRE math skills review 8 a.m. - noon, Saturdays Oct. 29 - Dec. 6. GRE verbal skills review 1 - 5 p.m., Saturdays Oct. 25 - Dec. 6. Each course $190. Call 974-2469 for more info.

USF RECREATION RENTALS
Sailboats, windsurfers and camping equipment are available. Fees are minimal. Reservations taken by phone or stop by the recreation office at COQ 107. Please call 533-1597 for more information.

HOLIDAY BARBIE!
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employment

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Positions are listed in the Counseling & Career Center's Resource Library, DAY 112.

ADVERTISING REPS
The Crow's Nest is looking for ad reps for the spring semester. Commission position. No experience necessary, just a willingness to help us grow this publication. Call 533-3113 for more information.

classifieds

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

rates

Classified ads are free for USF Students, staff and faculty. Others: Single issue rate is $1.25 for 20 words or less, $5 for each subsequent word. Rates are subject to change. All classified ads are subject to University of South Florida approval to publish. Advertisements will be accepted up to the deadline only. All ads are subject to University of South Florida approval to publish.

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HOO-O-O ARE THESE PEOPLE?
Left to right: Terri Sifto, Laura Hoffman, Diana DeVore, mystery woman, Sara Jenkins, Kristine Meeting, Patty Wilson, Michelle and Bob Linde.
After much hard work from the ghost of Suley Boswer (middle left) and the decorating committee, the front of the Campus Activities Center was turned with tombstones (below left).
Our ad manager Dave Rodrigues (below right) spooked us all.

SAB's Halloween Masquerade Ball & Haunted House
October 31, 1997

PHOTOS BY STEPHANIE SHREVE

Professor links gardening with literacy

Gardening is an effective entree for introducing math and science concepts to students, and it boosts literacy, says Education Professor Rosanne Blass of USF St. Petersburg.

Blass and Mary Allen Jurenka have written two resource books for teachers that lead children to books down the garden path. Beyond the Bean Seed and Cultivating a Child's Imagination through Gardening are full of creative learning activities for students in kindergarten through sixth grade that reveal the interconnectedness of the world.

"Gardening is a springboard into the worlds of botany, nature, ecology, art, color, design and even folklore," the says. "The emphasis in schools and learning now is on authentic learning experiences. Making connections to the real world helps students see the relevancy of their lessons."

Each lesson includes a book the students read, a gardening activity based on the book, a language arts activity such as drama, poetry, writing and journal keeping, and creative time for students to express themselves. Since the language of gardening is full of metaphors, puns and aphorisms, a wordplay section to introduce these ideas to students was added. For instance, one lesson points out that when a new idea or procedure catches on, we say it has taken root. Each lesson ends with a "Read more about it" section that lists titles of books relating to the topic.

In today's society, children are often removed from nature. "It's all about MTV and shopping malls," Blass says. Gardening gets children back to the earth, and helps them with creating hypotheses, solving problems and thinking critically.

campus map

Ethics Center
100 Fifth Ave. S. 513-3772. Free and open to the public.
Bertha, a captain with the Florida Army National Guard artillery service battery and a USF ethics instructor, will discuss the meaning surrounding heroic acts and whether participating in the military, even in times of peace, can be considered heroic.

Campus Activities Center
Second floor and 5th Street E. Nov. 9, 4:30 to 8:30, DAC 123: Student Government Meeting.
Find out what goes on around USF St. Petersburg's political issues. Find out how your activity fees are being appropriated. Be a senator for your school.
Nov. 9, 11:20 a.m. to 12:20 p.m., DAC 123; "Your Health: Body, Mind and Spirit," Drs. Roger Klahn and Marty Klahn.
The Drs. Klahn, who specialize in naturopathy as well as nutrition, emotional health and issues affecting women, will discuss their natural health care philosophy.

Davis Hall
111 Seventh Ave. S. 554-5900
Nov. 6, 4:30 p.m., Res. 130: "Race Relations in America," Keith Woods.
Woods, an associate in ethics at the Popper Institute, will discuss race relations. The event is sponsored by the Coastal Cultural Society and the Anthropology Club.
Nov. 7, 7:15 p.m., Res. 130: "Lecture by Nathan Rabinstein, Institute for Healing Racism.
Rabinstein, a former reporter, producer, author, professor and lecturer, will address the healing of racism. The institute for healing racism is a grass-roots organization formed in response to actions called for by the National Issues Forum.

Harboride
On the town behind Davis Hall
Nov. 6, 9 p.m.; Outrider Theater by the Bay, Apollo 13.
Grab a friend, bring your blanket and snacks and enjoy a movie in nature's screening room - the town behind Davis Hall.