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Love struck and don't know what to do? See pages 6 and 7.

Love knows no bounds. See page 11.

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T • H • E • NEST

VOLUME 4, NO. 11
University of South Florida - St. Petersburg
FEBRUARY 14—27, 1996

A love story: the pregnant student's survival guide

Nicole Golden
Special to the Nest

Editor's note: What greater love than a mother for her child? In this issue's student profile, we decided to let the subject tell the story in her own words, and in those words we can find a love that will last a lifetime.

From beneath the spreading branches, the arch of green leaves pressed close against the trunk of the tree, I could see an abundant fruitfulness, ripening in the late afternoon sun: a tree laden and heavy, borne down by fruit.

Although we didn't know it then, we were doing more than picking grapefruit that Sunday in Gulfport, we were preparing for the birth of our first son. I was nine months pregnant. We wanted the grapefruit for its fresh, healing juices, its rejuvenating, restorative properties after birth.

It had been a long nine months and I was three days past my due date, but as I stood there, it was as if I were the one rooted to the earth, pendulous and full, ready to bear my fruit.

For the last nine months, I have been a student of psychology at USF, Bayboro campus. During that time, I have experienced the challenge of being pregnant, the independence of working on my own and the rewards of returning to college as an older student.

Being pregnant and attending classes isn't always easy; people are constantly telling you now that you're pregnant, it will be more difficult than ever to finish college. The message was I would have neither the time nor energy. With this in mind, I simplified my life and instead of giving up, I prioritized my time, re-focused my energies.

One of the proudest moments of my life came when I

Please see SURVIVAL page 2.

Spring Break Plans?

Reaccreditation leader visits Bayboro

Spring Break is less than a month away. As temperatures go up, so goes the level of Spring Break daydreaming. What are your plans for the Break? E-mail us and we'll include it in the next issue!

nest@bayflash.stpluSt.edu

Tim Craig
Nest Advisor

If it seemed like Mass Communication students are a little harried these days, there's a good reason — reaccreditation.

The USF School of Mass Communication was placed on probation by the Accrediting Council on Education in Journalism and Mass Communication (ACEJMC) in May, 1995. On February 13 and 14, the head of the accreditation team that visited USF in 1995, Dr. Don Schultz of Northwestern University, will be visiting the Tampa and St. Petersburg campuses to see if the school will receive reaccreditation.

The visit to the Bayboro campus will mark the first time Schultz has seen the campus at length. He will meet with students and faculty on both days of his visit before making his final recom-
Self-conscious.
Financially, USF has many options to offer students: from scholarships to student loans, from work-study programs to Pell Grants. The counselors in the financial aid office are experienced with what forms to fill out, what scholarships each individual is eligible for, and when and where these need to be submitted. In addition, I was able through the work-study program to work in the audio-visual department of the library. The flexibility was the main reason I could both work and attend college. I was allowed to work around my schedule. This was a wonderful opportunity. Another great resource for expectant women and mothers is a child care reimbursement, for those mothers attending school and having to hire babysitters.

Finally, exercise is crucial for the pregnant woman. The fitness center at USF has nautilus, free weights, stationary bikes, a swimming pool, racquetball courts and more. Working out keeps your energy level high, your mind sharp and your body relaxed. Exercise is good for you; it helps you maintain a positive attitude, especially as you gain more and more and MORE weight. Many believe it can also help with an easy delivery — and my own experience can attest to this. My first year at USF was highly positive, especially during my third and last trimester. Everyone went out of their way to make me feel relaxed and right at home. This is important to the sensitive and expectant mother, who probably is experiencing profound emotional changes, and who, like a fruit tree requires the right cultivation to grow and develop.

Upon our arrival home from picking grapefruits that Sunday, carrying two bushel baskets laden with grapefruit, my water broke at 9 p.m. that night. The contractions became more consistent. By 11, I was settled into the delivery suit at St. Petersburg General Hospital with Lisa Maleki, a certified midwife, and Jeanne, the night nurse. These women were true professionals. Between Lisa, Jeanne and her steadfast support of my husband, was in the best of hands. I delievered without complications. It was a natural childbirth; the labor went smoothly without the need for drugs. Jeanne is an unsung hero. She is truly a nurse who cares as even though she has probably sisted a thousand midnight deliveries, she treats each new mother with respect, and dignity, and can deliver as if it were the first. Perhaps it is. On 2:29 a.m., January 22, our first child was born.

Eight pounds, eight ounces. A perfect healthy baby boy, Skyler Golden. As for the grapefruit, they were delicious. The best I ever had.
EDITORIAL

“All boxed up ...”

You may notice that The Crow’s Nest has come with some new packaging this time. If it sounds like we are tooting our own horns, well, we are. These new Crow’s Nest “nests” — six of them in all — will help you better locate this little publication that hopes to serve you better. Locations of these boxes include: the Campus Activity Center lobby, Davis Hall lobby and the library. The other three locations are up to you to find.

Though the boxes don’t come with instructions, there is something we want to point out: the boxes come complete with a mailbox, which, along with our e-mail address, will hopefully make up accessible to you.

Accessibility.

It’s a long word that simply means “available.” We’ve tried with an extra effort to make ourselves available to the campus community this semester, trying to become a common vehicle through which students can learn about the campus, each other and themselves, not just another thing that litters the lobby. We hope we are succeeding. If we’re not, please let us know. If we are, you can let us know that, too.

Slip some mail into our new box and see how it works. Get in touch with your campus community and watch it touch you back.

We’re all dressed up with our new boxes. It’s up to you to give us a place to go.

RESPONSE

Do you know how your money is spent?

Were you aware that, of the money you spend on tuition, $7.75 per credit hour goes to Activities and Services fees? That means if a student is enrolled for 15 credit hours for a semester, $116.25 goes to Activities and Services fees. After the usual four semesters a student will have contributed almost $500 to pay for activities on this campus.

Often students are left out of the decision making process with regard to activities: the fees are paid, decisions are made and the student is left with no voice in the process. We, here at USF-St. Petersburg, have a unique and exciting situation because that is not the case at our campus. There is ample opportunity for the students to be heard and to decide and plan what goes on here. Unfortunately, very few students seem to be interested in how their money is spent.

The Student Activities Board is the entity that decides how the activities fees you pay are spent. Since the board’s inception last year, it has been an oligarchy, or rule by a few. Last semester a core group of 3 to 5 students, faculty and staff chose the musicians you heard, the movies you saw and the lectures you attended. Is this how you live your life? Letting others decide how your money is to be spent? Wouldn’t you prefer to have a say in how almost $500 of your money is allocated? If so, then make the rules you live by a part of your college experience and raise your voice at the next Student Activities Board meeting. Our next scheduled meeting is 4 pm, Monday, February 19, in the Campus Activities Center. Be there! Speak up!

—Respectfully submitted by Hassan Sharp and Cate Conroy

THE CROW’S NEST
February 14—27, 1996

ViewPOINT

CRIME WATCH

JANUARY 1996

PETIT THEFT

An on-site instructor at USF reported a known individual stole a cellular phone from his office. The phone was returned. Case closed.

ATTEMPTED PETTY THEFT

A USF staff member reported an attempted theft of a book from the Poynter Library. Case inactive.

PETIT THEFT

A USF staff member reported between January 16 and 18 unknown person(s) removed 14 sprinkler heads from a USF lot and fled. Case inactive.

PETIT THEFT/BURGLARY

A USF staff member reported a theft of computer memory from a faculty access office occurred within the past one and a half months. Case inactive.

THEFT

A USF student reported on January 23 between 3:25 and 3:40 pm unknown person(s) stole his bicycle from a bike rack at the Campus Activities Center. Case inactive.

Students can access USF-St. Petersburg’s crime activity information at any time on the internet. http://www.stp.usf.edu/police/

A Brief Reminder:
The Crow’s Nest now has an e-mail address: nest@bayflash.spt.usf.edu

F.Y.I.

NEST STAFF

Editor-in-Chief Lauren Berns
Production Manager Molli Gamelin
Advertising Manager Phil DeVice
Photography Editor Jim Sharp
Staff Writers Sandy Blood
Carla M. Girriello Kathleen Dougherty
Scott Hartzell Kristen M. Kasek
Juliana T. Lopez Amy Lowder
Michele Money Milton J. Peabody
Advertising Representatives
Rob Hyspos Michelle McCandly
Nest Advisor Tim Craig

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140 Seventh Avenue South
St. Petersburg, Florida 33701
(813) 553-3113
Fax (813) 553-3100
e-mail nest@bayflash.spt.usf.edu
The buzz beside campus

Kristen M. Kusek
Next Staff

Those taking a break on the elevated walkway connecting Coquina Hall with Davis Hall on the USF-St. Petersburg campus could get buzzed if they stand there long enough. Almost within reach, it seems small planes fly at about 80 mph en route to the Albert Whitted airport across the street from campus, where they land on the northeast-southwest runway known to pilots as "runway 624." It is one two runways still used at the historic, city-owned airport. The landing approach over campus is the only one over land, airport manager Bob Watkins said. The other three are over water.

Since its founding in 1914 when flying pioneer Tony Jannus made the short trip to Tampa in the noisy Benoist from a shell-laden runway, the airport has come a long way.

But not many people realize how long its come and how much goes on there, said Watkins. According to an October 29, 1992 Tampa Tribune article, St. Petersburg spent about $16,000 to build the airport, named for a local pilot who died in a 1923 crash. The airport started with a fleet of just three single-engine Ryan planes, according to a St. Petersburg Times article on October 1, 1961.

Now the airport grosses at least $4 million and is home for at least 200 planes, Watkins said. Although a historic landmark, the airport still hums with activity. Sometimes the activity revolves so much that planes land just 30 seconds after each other. As long as there is just one plane on the runway at a time, Watkins said, Federal Aviation Administration (FAA) regulations allow it.

But "endorsing something that makes noise is hard," said Watkins, who has managed the airport for the last two years and promotes its importance to St. Petersburg's economy and vitality.

Many local companies use the airport regularly for business purposes, he said. Bayfront Medical Center's Bayblique, the Department of Natural resources, Bankers Insurance Company and media helicopters fog/WPLA-TV and WTSP-TV are a few examples. Also at the airport are two flight schools with about 10 plans and 10 instructors.

But many other "users for business" exist.

For example, Watkins said a used car lot owner checks his chain of lots scattered around the Tampa Bay area every day from his Albert Whitted-based airplane. And a man who owns a St. Petersburg-based electronics company lives in Orlando, so he flies into Albert Whitted five days a week to work, Watkins said.

Governor Chiles used the airport facilities at least three times in 1995, he added.

The airport averages 10,000 operations per month and 120,000 per year. Operations include take-offs, landing and touch-and-go activities used for flight practice purposes.

It has also received FAA grant money for construction and general repair purposes. This year, the airport received a grant that should keep it funded and flying for the next 20 years.

Watkins estimated the operations to be about 40-percent business and 60-percent pleasure-related. A flying "breakfast club" is one of those pleasure groups. The informal club takes off every Saturday morning from Whitted simply to get breakfast. Popular destinations include Lakeland, Venice, Punta Gorda and Cedar Key because, "that's where all the great restaurants are," said Watkins.

Another pleasure-seeking group that heightens the airport's buzz is the "Squirrel Squadron," which not may people know about, according to one of its founders, Pat Quinn. Quinn has been affiliated with the airport for 30 years and has served as its bookkeeper for the last five years. But that's not really an "official" title, she said, exemplifying the airport's family-like working environment.

Married to a pilot for 50 years, Quinn's fondness for the airport projects loudly and clearly from her voice, despite her soft pitch. The gold airplane brooch on Quinn's lapel and the dainty gold airplanes dangling from her charm bracelet attest to her love for the sky.

She and her husband have a 1931 biplane sitting in pieces in their back yard, she said. They found it in Georgia, dragged it down to St. Petersburg in a trailer and plan to renovate it.

"It needs a lot of work," she said with a grin.

Quinn described the "Squirrel Squadron" as a "for fun only" social club consisting of about five or six members. As friends and licensed pilots, they fly together whenever possible. It's very informal, Quinn said, and a lot of fun. The group's name came from an outing that a few of them organized years back, she said. After they took off for a day of pleasure in the sky, someone from the group had to return to the airport to pick something up that they had forgotten. Upon heading back up into the blue horizon to join the others, a control tower worker said to the pilot, "Well, the rest of the squirrels took off already," and the name "Squirrel Squadron" came alive.

Another sky aficionado linked with Albert Whitted is Tom Hurley. Hurley operated a cherry red 1933 WACO aircaroplane that was originally owned by newspaper mogul William Randolph Hearst, also found at the airport. He's worked at the airport for 25 years, but has operated the biplane for six years. For $45, he takes those interested in a local flight over the...
Don't let the season leave you out cold

• Chicken soup, lemon tea and other traditional remedies may work best

Juliana T. Lopes
Next Staff

Physician Moses Maimonides, a researcher on colds, would use a simple prescription: chicken soup. He signed the first documented prescription for colds in the eleventh century. Today, Winter, 1996, that tiny virus — actually, more than 200 different types of it — still haunts vacation plans, threatens to paralyze people and drain their power.

There is no cure for colds, but, if you already caught yours, you’ve probably heard of many different home remedies to relieve its symptoms. Some look really weird. One traditional tells to tie a bag around the neck with a piece of asafetida, a bad-smelling medicinal plant, and two onions. If nothing else, at least you don’t spread your cold. Nobody will be able to get near you.

Another tradition recommends rubbing castor oil on the bottom of the feet and soft spot of the head.

Other prescribe vinegar, chili peppers, hot whisky and toddy, or all of these together.

Some remedies, though, sound more familiar. Mothers all over the world have known for generations how to relieve their children’s cold symptoms with chicken soup, lots of garlic, and hot lemon tea. Oh, don’t forget the honey. And, although the 20th century is marked by high-tech medicines, it also brought scientific evidence that tradition could sometimes be scientifically supported.

Garlic, for example, used to be prescribed by American doctors to fight cold and coughs in the 19th century. Today, scientists know it has antibacterial and antifungal

Words from the Wellness Center

By Sandy Blood

February is American Heart Month which seems appropriate since it’s also the month that we celebrate Valentine’s Day. I’m sure it’s quite obvious to all how very important it is to have and maintain a healthy heart.

Major risk factors for cardiovascular disease include high blood cholesterol, high blood pressure, cigarette smoking, and lack of physical activity. Other contributing risk factors include obesity, diabetes, and uncontrolled stress. Let’s take a look at some of these in detail.

CHOLESTEROL • Everyone should know their total cholesterol level. If it’s over 200 mg/dl or lower is the desirable level. One should also know and understand the HDL (good cholesterol) level and total cholesterol level. When the HDL and total cholesterol levels are compared, it is known as the cholesterol ratio. In order to make changes in this profile, a person will need to eat less dietary cholesterol (actual cholesterol found in animal products and bio-products) and less saturated fat. Aerobic exercise helps to increase the HDL level, which is recommended.

BLOOD PRESSURE • Blood pressure that is recorded at 140/90 or greater is considered high. For some people, weight loss, exercise and recreation may lower blood pressure. For others, medication is required.

In most treatments, however, dietary restrictions, such as restricting sodium and decreasing dietary fats and cholesterol, are recommended.

Other contributing factors include obesity, diabetes, and uncontrolled stress. You may be pleasantly surprised that these factors disappear as you work on controlling the primary risk factors. If you’d like more information on heart disease, both carbon monoxide and nicotine have a devastating affect on the heart and blood vessels. If you smoke, you need to stop. Your body will begin to benefit immediately!

PHYSICAL INACTIVITY • Recently, physical inactivity has been moved from the “contributing factor” list to the “major risk factor” list. This is an indication of just how important regular aerobic exercise is for the cardiovascular system. A minimum of three exercise sessions a week, for 30 minutes, is recommended, but just living a more active lifestyle is beneficial.

Other contributing factors include obesity, diabetes and stress. You may be pleasantly surprised that these factors disappear as you work on controlling the primary risk factors. If you’d like more information on heart disease, please stop by the Health & Wellness Information Carousel located in Davis Lobby, or stop by my office in DAY 116 on Tuesdays or Thursdays. Give the best Valentine’s Day present possible: a healthier and happier you.
A Valentine's Day dilemma

• Treating your someone special on a student's budget

Amy Lowder
Nest Staff

It's February 13 and the 11th hour is rapidly approaching. Hearts are aflutter all across the country, and the same question is on everyone's mind: "What am I going to get my significant other for Valentine's Day?"

Have no fear. There are endearing and romantic gifts out there, you just have to know where to look.

For those of you who are not on a strict budget, flowers are a common gesture of affection. "We always sell tons of roses every year," said Michelle Coats, an employee of Joni's Florist at 405 Central Avenue. At their current prices, a half-dozen boxed red roses will cost you $50. A dozen boxed red roses is $65 or more.

Gulp.

Not within your budget, you say? Basket arrangements consisting of three or four different kinds of flowers and greens will cost about $45. "We can custom arrange just about anything in your price range, it just depends on what you pick out," said Coats. "For example, I'm arranging a basket of daisies, carnations and greens for about $20."

According to Coats, balloon arrangements are also popular. Each balloon is $3 and is filled with helium and arranged in a basket or other container. If you order a five-balloon arrangement, for example, it will cost you about $15. But just like the flowers, after you suck all the helium out of the balloons and make all those funny voices, they too will be deflated and lifeless in less than a week.

What about something more lasting and less expensive? Down the street at If and Only If, there are many gifts that are more affordable to college students.

"We try to have a lot of gifts for under $20," said Teresa Vidal, who owns the store with her husband Jorge. "We specialize in contemporary clothing for men and women, and lots of gifts and home accessories."

If, and Only If, located at 4335A 4th Street North, has a large selection of romantic gifts and trinkets for Valentine's Day. Cards start at $1.50, and delicate hand-made cards are $2.95 and up. Other small gift ideas include love-theme picture frames made from recycled aluminum cans, tiny aluminum boxes with hearts on top, heart-shaped boxes made out of twisted wire, and inexpensive sterling silver and semi-precious jewelry.

"Aroma-therapy love candles are very popular this time of year," said Vidal. "Men seem to love them."

The combined color of the candles and the various scents is reputed to be an aphrodisiac, and the color and fragrance have physical and emotional effects, according to the packaging of the candles. The candles are about three inches tall and two inches wide and cost $10.50.

Bayboro Books, across the street from campus, has a small selection of poetry books and romantic novels for the objects of Cupid's arrow this year. Small paperback books of love stories and poetry by authors such as Mark Twain and Oscar Wilde sell for a mere $1.99, and "Twenty Love Poems and a Song of Despair," by Pablo Neruda sells for only $8.95. If you plan to make a romantic candlelight dinner for your sweetheart, you may want to get in the mood by purchasing "Reckless Appetites, a Culinary Romance," by Jacqueline Deval, for $12.95. This book combines a hot romance and great recipes.

Finding the right gift for Valentine's Day should not be a stressful experience. Remember, the best gifts are from the heart, not the wallet.
Top five Valentine's movies? What a bunch of bunk!

Walter G. Hartzell
Special to the Nest

Reader's of The Crow's Nest — you are going to thank me for this. Scott Hartzell, my nephew and the film reviewer for this elitist publication, was asked to suggest five movies for lovers to view on Valentine's Day. Well, I looked at him when I heard about this and said that if any couple is worried about a movie on Valentine's Day, the heat must be gone and the sheets must be cold, so forget about it.

But he did it anyway, and this is where you owe me. He asked his honest Uncle Walter to drop off his selections at the Nest office. That's when I said "yes" on the outside, but meant "no" on the inside. I mean, let's get serious. His list was just another boring bunch of unrealistic romantic spittle. Valentine's Day isn't a holiday like Halloween in which we tell fabricated stories of terror to scare people. We should tell it like it is about love in the 90s and really frighten the hell out of everyone.

For me, a romantic movie is one that's reminiscent of my own past encounters, flings and one night stands — or my lovely wife Edith, who pays me dearly to call her lovely every time I do. That's why I couldn't let Scott's list ride without adding my own heart-throbbing picks.

First of all, Scott like Bridges of Madison County, the one starring Clint Eastwood and Meryl Streep, which had this message for men: Start asking direction of pretty ladies, you fools, whether you're lost or not. Me, I like The Good, the Bad and the Ugly. It reminds me of Edith and her two sisters.

Next, he falls for that old standby Love Story. Imagine wanting to see Ryan O'Neal cry and Ali McGraw die again. Personally, I'll never forget Barbara Stanwyck in Sorry, Wrong Number. That's what Rosie Callahan used to romantically whisper to me when I called her for a date.

Then, sentimental Scott blows the dust off the shelves and selects the romantic comedy from 1934 starring Clark Gable and Claudette Colbert, It Happened One Night. I told him he must have had too much to drink the night he saw it. For me, it's One Flew Over the Cuckoo's Nest, because that's what I did the day I said "I do" to Edith.

Sleepless in Seattle jumps out next on nephew's list. Now I'll take Meg Ryan anywhere — but aren't you getting sick of Tom Hanks? I feel the 1944 movie Murder, My Sweet with Dick Powell and Claire Trevor means more to me, but I can't say why on the grounds it may incriminate me.

Finally, after dipping into the archives again, Scott goes into the bizarre with something he calls a 1942 classic with Spencer Tracy and Katherine Hepburn entitled Woman of the Year. In my estimation, you can't beat Sleeping with the Enemy, featuring Julia Roberts. It's a tribute to all the girls I loved before. Hey, turn the VCR off and have a happy Valentine's Day.

Oh, yeah, don't tell Scott about this.
Plans are being made now on this campus to become a vital part of this event, including a special course on the news media and election coverage. The course will be team-taught by Dr. Michael Killenberg and Robert Dardenne and will be open to both undergraduates and graduate students.

“We will tie the course in to the debate and hopefully, the students will work with the media,” said Killenberg. “We would like for the students to be on site at media headquarters. There’s going to be many programs, both here and in Tampa involving both the community and students.”

One student organization jumping at the chance to get involved is USF-St. Pete’s newly-formed chapter of Society of Professional Journalists. SPJ President Phil Divece said the club is already exploring its options.

“We have a real opportunity here to witness a part of history and, in a small way, be a part of that,” said DiVece. “What SPJ is looking at doing is getting a panel of journalists who are covering the debate and have us interview them and get their views on various issues.

“It’s also a way for this campus to have a voice to be heard,” he added.

The debate is the middle of a three-part debate series. The first, scheduled for September 25, will be at Washington University in St. Louis. The final debate is October 16 on the campus of the University of San Diego.

February’s featured film: Disclosure

Scott Hartzell
Nest Staff

Sex, greed and domination are the issues. Superior demanding sexual favors of subordinates in return for job security is the focus, with a head-spinning gender twist. In Disclosure, the victim is a man.

Actor Michael Douglas has been showcased in a trilogy of lust-laden films. He survived the near Fatal Attraction of Glenn Close not so long ago, only then to become entranced with the seated pose and Basic Instinct of Sharon Stone. This time, Demi Moore wants his job and his body, as well as his mouth silenced to prevent the disclosure of the truth.

Everything is unveiled by Academy Award winning director Barry Levinson (Rain Man) and screenwriter Paul Attanasio. These two have collaborated to bring this erotic drama — based upon the book by Michael Crichton — to life. Levinson’s message is clear: sexual harassment is about power, and both males and females can suffer from this abuse.

Tom Sanders (Douglas) is an ambitious executive who feels he’s just about to be named the new vice president of Digicom, the computer company that employs him. He does not, however, experience the joy and success of promotion. Instead, he becomes set up for a week of hell when the company’s big whigs select Meredith Johnson (Moore) for that position.

Meredith’s cunning is overshadowed only by her titillating nature and appearance. To make matters worse, she is an ex-girlfriend of the now happily-married Tom. She is also one female opportunist that wastes no time. She invites her old beau up to her new office the night of her promotion, supposedly for drinks and shop talk. However, their high-tech discussion is quickly put on the back burner when Meredith begins to expose more flesh than job savvy.

In a torrid scene that equals or betters the kitchen and elevator trysts in Fatal Attraction, she attempts to draw him into her web of sexual heat like a spider manipulates a fly. Tom amazingly resists, managing to say no a total of 34 times during Meredith’s carnal assault.

It is the final no that incurs the ultimate wrath of this rejected li- oness in heat. As he storms out the door, she decides to claim that their lives, are great together. He is the actor that audiences have come to respect. She delivers a performance comparable to that of Close in Fatal Attraction and one far superior to Stone in Basic Instinct.

In co-starring roles, veteran actor Donald Sutherland succeeds as the greedy company boss Mr. Garvin, while funny man Dennis Miller goes straight and survives impressively as one of Tom’s assistants.

Disclosure is a movie that exposes and reveals some interesting insights into sexual harassment, an issue that continues to mushroom within the American job scene.

Film rating: "1

Scott Hartzell’s movie reviews are rated on a scale of one to five anchors.

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THE CROW’S NEST
February 14-27, 1994

FEB 16,17,20
1/20 DRAFT $1.75
WELL OPEN DAILY

Arts&ENTERTAINMENT
MOVIE REVIEWS

The Tuesday Movie Madness series, sponsored by the Student Activities Board of USF-St. Petersburg, features a movie every other Tuesday. Movies are free and are shown twice: 11:30 am in Davis 130 and 4 pm in the Campus Activities Center, room 133. Upcoming movies include Boys on the Side, Silent Fall and an Art Film Festival in April featuring Erotica, The Piano and Strawberries and Chocolate.
No Hollywood happy hours here

Scott Hartzell
Nest Staff

Sometimes we all need a shock. It's good. It wakes us up and snaps us back to reality, that disturbing zone we're supposed to reside in most of the time. Director Mike Figgis' Leaving Las Vegas stuns viewers by providing such a jolt. At a time when other drugs are snatching up all the headlines, Figgis serves up a double-shot of humor in a stagger and a fall. A no one really questioned the construction of a woman's picture on a whim. The reasoning for his approach was as simple as it was powerful; it kills, much like crack and heroin. Charlie Chaplin, W . Figgis' film broadens, becoming a devastating romance centered around pity and self-destruction.

Figgis drains the best out of Cage, allowing him to capture a character who believes happy hour begins upon awakening and isn't over until the booze ends. But the uncouth bum Rourke was in Barfly isn't resurrected here. Cage is a sassy blend of the two gizzlers Sanderson and Lemon portrayed in their films.

Cage handles every one of Sanderson's numerous mood swings prolifically. Sober, his Sanderson is a weak, nervous and paranoid man. Intoxicated, he is swave and outgoing at times yet obnoxious and uncaring at others. When he's really bugged, he converses like a scholar.

In the past, Cage has proven he is one of the best at portraying over-the-edge characters while playing opposite some talented leading ladies. He did it in Wild At Heart with Laura Dern. He did it in Raising Arizona with Holly Hunter and in Vampire's Kiss with Jennifer Beals. In Leaving Las Vegas he does it with Shue, who gives a performance that should leave most wondering how the Golden Globes could have given Sharon Stone anything.

Both Shue and Cage combine to deliver exhilarating blows to audience sensibility, blows that offer no highs, just naked truths. Leaving Las Vegas is about more than a lost weekend. It's about lost lives.

Film rating 

MOVIE TRIVIA

Last Week's Answer:
Castillo's Way

Last Week's Winner:
Cate Conroy

Trivia Question:
Who was Mickey Rourke's companion in Barfly?

First correct answer wins a free pass to AMC Theaters.

Call Scott at 894-0473 to win.

Student forum planned

• Sharp, Heller looking for student feedback

Jim Harrington
Nest Staff

The newest president of Student Government here at the Bayboro campus has appeared before every student organization at the Bayboro campus, he says. He encourages each organization to play a more active role within student government. "If the organizations participate together, this will raise the student's voice ."

He and Dean Heller are planning a student forum as an opportunity for the students to present their feedback about anything that's going on. Heller is very receptive to the students' needs, Sharp says.

The forum is tentatively scheduled for early March at the Campus Activities Center. It will also be an opportunity for the organizations to intermingle with others and expand their participation beyond their boundaries, Sharp says.

The forum is part of Sharp's long-term vision. He wants to see more cultural diversity within the well-established knowledge base of the current faculty. It's time for a change, Sharp says, noting that he's the first African-American to serve as president of the student government. "It (student government) is the most important thing in my life."

The Crow's Nest

Information that's cheaper than dirt, yet more valuable than gold.
UPCOMING EVENTS

Valentine's Day Flowers, Candles and Special Treats Available for Purchase
Courtesy of Little Treasures, Inc.
February 14 • 9am to 6pm • Davis Lobby

Live Performer: Roaming Mime
February 14 • 11am to 1pm & 4 to 6pm • Harborside & Davis Lobby

Arts & Crafts Sale
Local crafts people will display their woodworking, leather goods, jewelry, t-shirts, pottery and more.
February 15 & 16 • 9:30am to 6pm • Harborside

Lecture: "Mysteries of our History: Mummies, Memories and Meanings"
Dawn Blaseberg, curator of education at the St. Petersburg Museum of History, will explain how museums go about collecting objects, how objects speak to us and tell us stories, and how we, in turn, tell stories about them.
February 19 • 11:30am • Davis 150

Student Activities Board Meeting
Get involved! Help plan student activities on this campus! All are welcome!
February 19 • 4pm • CAC Clubroom

Wednesday Jam at the USF Coffeehouse
Jazz Flute and Band featuring Claude Kennedy and Open Mic
Mugs are $2.00 and Refills 25¢ (coffee, ice tea or soda)
February 21 • 4 to 6pm • Bayboro Cafe

Lecture: "History of Magic"
Paul Espo, magician and mentalist, will discuss the traditions associated with magic and illusion and demonstrate some of his techniques.
February 26 • 11:30am • Davis 130

Tuesday Movie Madness: Disclosure
The issue of sexual harassment in the workplace is explored from the flip side in this provocative film. Starring Demi Moore and Michael Douglas.
February 27 • Noon to 1:30pm • CAC Clubroom • Fee: $40

Introduction to Self-Awareness Through the Tarot
This 8-week course includes a brief history of the Tarot, how the cards work and the common rituals, tools and rules for working with the Tarot. Students will need a notebook, pen and Rider-Waite Tarot deck.
Tuesdays February 27 through April 28 • Noon to 1:30pm • CAC Clubroom • Fee: $40

Hosanna Gospel Singers
The group, together since 1994 and directed by Therman J. Wortham, will release a new recording of its music later this year.
February 29 • 4pm • CAC 133

For more information about these events or the Student Activities Board call 893-9596.
Giving him the brush off

Face painter/ body painter/ belly dancer/ ballroom dancer Valerie Kimball gives the arm of this young man her signature touch. Kimball was part of the "Reptiles of the World" Family Fest in January.

Hey, watch it!

Reptilian invasion!

Assorted snakes, including an albino cobra, 'gators, turtles, frogs and humans converged on Harborside at USF-St. Petersburg for "Reptiles of the World" Family Fest. It was the first Family Fest of the semester. The next one is planned for April 6. Doug Scull, the 'gator guy, is doing a wildlife magic show at the April fest.

Reptilian educator and alligator guy Doug Scull gives a before and after pose while situating two of his long-nosed friends at the "Reptiles of the World" Family Fest on January 27.
downtown St. Petersburg area, Lake Maggiore and Snell Isle. More expensive tours include flights over Egmont Key, Fort Desoto and Clearwater Beach, among others.

And Hurley has become a master of the "roll, pitch and yaw" over the years.

They are the code names for the three axes around which a pilot maneuvers these older planes, he said. With their wooden wings and mostly hollow insides, propeller-driven plans like this one have more lift and much more maneuverability, he said.

"I call those other ones 'Spam cans,'" because they don't take much to operate, he said, referring to the aluminum planes used for the business and other pleasure trips mentioned earlier.

"This is flying," he said, revving the engine that he's rebuilt himself at least two times. "It sounds like a Harley, doesn't it?"

Harley said that the airport's location is its greatest asset. Located just five blocks from downtown, it is also within one mile of St. Petersburg attractions like the Dali Museum, Al Lang Stadium, the Thunderdome and the Pier.

It's a tremendous asset that many residents don't appreciate because they don't know all that goes on here, he said.

That asset will grow with major league baseball coming to town, said Watkins. "This airport is going to change especially important (for St. Petersburg)," Watkins said. Between the players, the media, the companies and the fans, Albert Whitted is sure to see even more action than it already does, he said.

Watkins' ideal vision includes what he terms an "I-75 rivalry" between the Marlins and the Devil Rays. Hopefully, he said, they'll be in the same league and the fans will flock to the games from all over by car, yes, but also by plane.

"Albert Whitted will get very busy when baseball hits," he said. Until then, it continues to buzz with activity.

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Jim Sharp at 553-3113
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A matter of opinion?

Four graduate students from USF's Bayboro Campus participated at the Southeast Philosophy of Education Society (SEPES) at Florida State University on February 3. Brian Feehan, Martha Karnas, Vicki Nelson and Jim Sharp, all students in Dr. Joe L. Green's Philosophy of Education course last fall, discussed "The Nature and Uses of 'Opinion' in Educational Discourse" at the 47th SEPES meeting in Tallahassee. The panel's project grew out of the class's reading of Plato's dialogue Meno in Professor Green's class.

The session's format was centered on Sharp's paper "Are Educational Decisions Based on 'Right Opinion' Equal to Those Based on 'Knowledge'?" Nelson, Karnas and Feehan each responded to Sharp's paper. Their comments and related issues were then discussed in a lively dialogue by professors and doctoral students in the audience, including leading scholars in universities from around the southeastern United States.

Other USF faculty members present were Dr. Winston Bridges, Dr. Theresa Richardson and Dr. Erwin Johanningmeier.

Next year's SEPES meeting will be held at the University of Alabama in Tuscaloosa.

From left: Brian Feehan, Jim Sharp, Martha Karnas and Vicki Nelson.

REACCREDITATION

continued from page 1.

The lack of an in-depth visit to St. Petersburg during the 1994-95 reaccreditation process was part of the reason the School of Mass Communication was placed on its "provisional" status.

"I think by visiting the St. Petersburg campus, something he did not do in 1994, the head of the team will be able to see first-hand the facilities, the faculty and the students," said Dr. Mike Killenberg, Director of Mass Communication Studies in St. Petersburg. "The accrediting team did not have a complete picture in 1994. Because of that, there were perceived problems in the administration of the St. Petersburg part of the program. Once here, they'll see the administration problem doesn't exist. There's a lot of community and cooperation between the programs in St. Petersburg and Tampa."

Schultz was set to meet with Mass Communication undergraduate and graduate students at 4:45 p.m. on February 13, according to a preliminary itinerary. At 6 p.m., he will visit Dr. Jay Black's ethics class and Dr. Robert Dardenne's Explorations in Newswriting class.

For students in those classes, the visitor may mean a little extra stress.

"It does kind of make you nervous, like there is something riding on the way you act," admitted Lynn Waddell, a graduate student in the Explorations class. "You feel like you have to go in prepared. I'll probably be more cautious of what I say, because I wouldn't want to say something that will reflect badly on the university."

"Ultimately, it affects all of us," she added. "If we don't get accreditation, it reflects on our diploma."

The accreditation process is a voluntary process school's go through. A team of academics and professionals visit the school for three days and accesses its performance in accordance to standards established by the ACEJMC and reports its findings to the 15-member accrediting committee. That committee submits its recommendation to the full Council, which has 38 members.

Full accreditation is important in that it enhances the school's reputation in attracting both prospective students and faculty members.

Giving out clues

British author P. D. James signs one of her mystery novels for a fan during the Suncoast Florida Writer's Conference February 1 through 3. James was the keynote speaker during the three-day workshop.

Campus Womens Collective

Spotlight on Collegiate Women 1996

A fall celebration in observance of women's history month of the decade-forward view of today's college women that embrace school, work, family and community.

Wednesday March 6
10 AM to 9 PM Harborside
EMPLOYMENT

MOTHERS HELPER NEEDED
3-5 days per week from 3 to 6 PM. Looking for responsible person who loves children to pick up from school and help with various activities. Call Jaleen, 526-3390.

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EVENING PROCTORS NEEDED
The Student Affairs office has an urgent need to hire individuals who can proctor evening examinations. $4.25 per hour. Call 893-9162 or see Joneen in DAV118.

AEROBICS INSTRUCTOR
Prior experience required. Part-time evenings. Submit resume to the fitness center. Call 893-9589 for more info.

FITNESS CENTER ASSISTANT
Training provided. AM and PM shifts available. Must be a USF student. Submit resume to Sherri Beaudreau in the fitness center. Call 893-9589 for more info.

JOBS • JOBS • JOBS
F/T, PT and temp positions are listed in the Counseling and Career Center Resource Library, DAV 112. Mon & Thurs: 8AM-6PM, Tues & Wed: 8AM-8PM, Fri: 8AM-5PM.

USFPD SATURDAY DISPATCHER
St. Pete campus. Apply to Sgt. Carr, 893-9140. CWSP students may receive additional hours.

FOR SALE

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Set apart with winding lagoons and bubbling fountains. 1 Bdrm/1 Bath Villa, sky-it loft could be 2nd Bdrm. Cathedral ceilings w/track lighting, roomy balcony, new paint, immaculate! All appliances included. Pool, spa, tennis courts. $47,900. Call 527-8836 for appointment.

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ANNOUNCEMENTS

APARTMENT FOR RENT
Great for students! Garage apartment in Kenwood area $250/month - utilities, $250 sec. dep. Pets OK. Call Jenny 325-1042.

CO. FAIR CALL FOR ENTRIES
The 1996 Pinellas County Fair will be held March 27-31 and includes exhibits and competitions. For entry forms or program books, call 541-6941. No entry fee is required.

PLANNING A VACATION?
Free travel Information is available at the CAC for the campus community.

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

RATES

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

RULES

The Crow's Nest reserves the right to correctly classify, edit, reject or cancel any advertisement.
properties. It can be consumed as soup, tea, or as a spice in the food. Whether garlic is useful against viruses, is not known for sure. The latest medical discovery is chicken soup. Some physicians at Mount Sinai Medical Center in Miami compared the effects of chicken soup with hot water and cold water in its efficiency to improve flow of mucus in the nasal passages. Chicken soup, they said, is much more efficient. Some doctors even make use of traditional recipes in treating cold symptoms. Dr. Margaret Raffa, 77, osteopathic doctor, prescribes to adult patients one tablespoon of vinegar in one-third cup of water as an expectorant. "If (the cold) isn't too bad, my prescription is only chicken soup, no milk, lots of fluids and vitamin C," she says. Milk plays a role in congestion, she says, and should be avoided during a cold.

Raffa has reasons to believe the power of home medicines. When she was a year old, doctors said she was a year old, doctors said she was going to die because of a very bad diarrhea that would not stop. Then a neighbor offered to help with a home recipe made from egg whites, paragonic, sugar and castor oil. The diarrhea stopped and the recipe ended up saving her life.

Not everybody, though, relies on traditional methods to deal with a cold. According to the American College Health Association (ACHA), Americans suffer one billion colds each year. The same statistics show they spend more than $550 million on cold remedies.

The pharmaceutical industry offers many options, even medication that are soluble in hot water and taste like lemon tea, a highly-used old recipe for colds. Cold medicines, however, are not unanimously approved by doctors. As a matter of fact, the same ACHA considers that much of the money spent with cold remedies "is wasted."

"There are only a few medicines that have been shown to do something to relieve cold symptoms," says Dr. Sally Smith, director of Ambulatory Education at All Children's Hospital. If somebody is going to buy a cold medicine, she says, it is better to use the single-action ones, those that are specific for one symptom. They are usually more efficient.

Cold sufferers don't necessarily have to go to the doctor, even if it is a child, Smith says. "A person should see a doctor is the cold comes with a high fever that persists for more than two days, or if it's difficult or painful to breathe, or any other symptoms that are not normal in the common cold," she said. "Also see your doctor if the cold doesn't clear up in one week or ten days."

Even if the case requires a physician, antibiotics are only prescribed if there is a side infection. There is nothing antibiotics can do against viruses. Because of that, and the failure of science to discover a cure for colds, the standard treatment used today's medicine has little to do with drugs. If you remember what your mother said about vitamin C, fluids and rest, just remember these other tidbits of advice:

- Don't smoke. If you can't quit, at least try to cut back. Smoking irritates nasal passages and increases the risk of getting bronchitis or pneumonia. It is also proved that children whose parents smoke are more prone to catching colds and respiratory infections;
- Gargle with salt water. One teaspoon of salt in a large glass of water every four hours helps reduce swelling in the throat and helps the flow of mucus;
- Disposable tissues. Viruses can survive for hours in handkerchiefs.

Teas and soups are always welcome and a balanced diet helps. Dr. Smith says this should be enough in most cases. "I think many of the home remedies are as useful, if not more so, than the ones that are found on the market," she says.

Research done on four Latino populations in Texas, Connecticut, Mexico and Guatemala, showed people seek the advice of doctors and buy conventional cold remedies when their members suffer from colds. Despite that, their beliefs concerning what causes the cold are based more in tradition than science.

The study was headed by medical anthropologist Roberta Baer, from the University of South Florida. She found that those populations believed colds were caused by change in the weather or by exposure to cold weather, which, according to most recent medical theories, is not true. However, all of them would seek a doctor's assistance and would take aspirin or Tylenol to relieve the symptoms.

The only home remedy agreed by the four communities as being effective against colds was orange or lemon tea. Despite the results, Baer says that it doesn't mean that those populations don't use home remedies. "These groups use folk medicine, but to treat other diseases, not to treat colds," she said. Now, she and her anthropology graduate student of ethnicity and health care are surveying 40 families in Tampa to see how they deal with colds and if they use folk medicine.

The results will be ready by May.
CAMPUS ACTIVITIES

CLUBS & ORGANIZATIONS

ASSOCIATION OF BLACK STUDENTS will meet Tuesday, February 27 in the CAC Clubroom at 5 PM. Refreshments will be served. Call 893-9108 for more information.

BAYBORO GEOGRAPHIC SOCIETY invites you to join us at our next meeting Noon, Saturday, February 17 in the SPA building (behind the CAC). Lunch will be served. We will be planning our trip to the Florida Aquarium and the Florida State Finals of the National Geography Bee, held on our campus. Questions? Please call Cate Conroy at 894-6192.

BAYBORO INFORMATION & TECHNOLOGY SOCIETY will meet from 7 to 8 PM February 16. All BITS members and those interested in joining, are welcome to join us in SPA 102. BITS is the student chapter of the American Society for Photogrammetry and Remote Sensing and encourages membership of anyone interested in photointerpretation, remote sensing, image processing, image graphics, computer technology, the World Wide Web or the Internet. The BITS web page is located at URL: http://cheers.stpt.usf.edu/~bits/bits.html

CAMPUS WOMEN’S COLLECTIVE is sponsoring “Spotlight on Collegiate Women 1996” on Wednesday, March 6, 10 AM to 9 PM, Harborside, in celebration of Women’s History Month. Actors and singers are invited to perform during the festival. For more information, contact Marit or Barbara at 321-6018.

THE CROW’S NEST meets every other Wednesday in the CAC Clubroom at 3 PM and is always looking for writers, photographers and others who are interested in lending their talents to USF-St. Petersburg’s finest and funnest newspaper. Next meeting: February 21. Questions or can’t make the meeting? Call Advisor Tim Craig at 893-9596.

FRIENDSHIP ASSOC FOR CHINESE STUDENTS & SCHOLARS is co-sponsoring a Chinese New Year Celebration on February 23 at 4:30 PM in the Marine Science Lounge. There will be free food, drinks, games and prizes. For information, please call Sunny Yang at 893-9467 or Zhaoping Lee at 525-3527.

MARINE SCIENCE ADVISORY COMMITTEE is sponsoring a salt marsh rejuvenation of Cockroach Bay. Volunteers are needed on February 24 and March 2 from 9 AM to 1 or 2 PM. Free t-shirts and refreshments are provided. RSVP to Ron Schmidt at 893-9629 or e-mail: rscmit@kelvin.marine.usf.edu

SAILING CLUB meets every other Friday at 5:30 in the Bayboro Cafe; the next meeting in February 23. Plans for this semester include April’s Windship Regatta, Friday night moonlight sailing, a tall ship cruise from the Pier, a post-cruise cruise and an overnight trip along coastal Florida. Day sailing and windsurfing occur weekly as time and your own interest permits. For information, contact Steve Lang at 893-9572 or e-mail at lang@bayflash.stpt.usf.edu

SOCIETY OF PROFESSIONAL JOURNALISTS new-joined chapter of SPF is now accepting new members. Membership applications and additional information are available from Phil DiVince, 893-0763.

STUDENT ACCOUNTING & BUSINESS ORGANIZATION SABO is over 100 members strong and enables business majors to interact with other students and professionals in addition to being of service to the community and the University. Regular meetings include guest lectures and will be held every Wednesday at Noon in Davis 102. Lunch is provided. Dr. Landers will speak at the February 14 meeting and Valentine’s Day door prizes will be given out. Upcoming lectures include “MBA Skills Needed & Opportunities” February 21 and “Cultural Differences in Business” February 28. For information call John Gennex at 822-4349.

STUDENT ACTIVITIES BOARD This semester’s meetings will be held every other Monday at 4 PM on the following dates: February 19, March 4 and 18, April 1 and 15. All meetings will be held in the CAC Clubroom.

UPCOMING EVENTS

INTRODUCTION TO AMERICAN MARTIAL ARTS Taught by USF graduate Ron Schnell of Superkickz, this beginner level course is for the passively interested to the compulsive fitness fanatic. Students can start at any time and the cost is $35 per month. Call USF at 893-9596 or Superkickz at 384-6190 for information. Mondays and Wednesday from Noon to 12:50 PM at the CAC.

LECTURE: “THE EVOLUTION OF THE NEGRO CHURCH” The Rev. Wayne Wilson of Mt. Pilgrim Baptist Church in St. Petersburg will trace the forces within the 20th century that transformed the “Negro” church in to the African American church, and its role within the community. This event is part of the Food for Thought series, featuring a reception. Tickets are $10, payable in advance. Call 893-9160 for ticket information, February 15, 5:30 PM at the St. Petersburg Bayfront Hilton.

ARTS AND CRAFTS SALE More than 20 local craftspeople will display their woodwork- ing, leather goods, pottery, t-shirts, jewelry and more. February 15 and 16 from 9:20 AM to 6 PM Harborside.

EXHIBIT: “CYCLE-RECYCLED” The St. Petersburg Center for the Arts hosts the opening reception and exhibition for Polly Holt’s sculpture and Michael Chornick’s paintings. The exhibit is free and open to the public. Call the Center at 823-7877 for information. 9 to 7 PM, February 16 at 100 Seventh Street South in St. Petersburg.

LECTURE: “EARLY CHILDHOOD DEVELOPMENT AND EDUCATION: WHAT WORKS” David Wolkart will talk about the issues of early childhood and how they relate to high-quality education and achievement in formal schooling. 6 PM, February 19, in the CAC.

FILM AND LECTURE: “HOUSE OF GAMES” David Mamo’s film which explores deception, gamesmanship and immorality will be shown followed by a discussion on attitudes toward deception and persuasion and their consequences. The discussion will be led by visiting scholar Laurie Callhoun. 6:30 PM, February 21, in the Ethics Center.

RECENT HAPPENINGS

WEDNESDAY JAM AT THE USF COFFEEHOUSE began their spring semester series January 24 and featured Claude Kennedy on Bambooflute and local poetics Darryl Barking Dog and Skip Harris. Claude Kennedy will perform again at the February 21 Coffeehouse from 4 to 6 PM in the Bayboro Cafe.