Tips for midterm survival

Health 101 is back! This week’s topic: breast cancer awareness

Hockey coverage: Tampa Bay Lighting and USF Ice Bulls
Interim vice chancellor enters job running

by SHAWN GEARHART

The University of South Florida St. Petersburg hired Steve Nelson as interim vice chancellor of student affairs. He brings his experience to the campus of USF St. Petersburg to help establish a vibrant segment of student life by focusing on the students.

Steve Nelson served at Rollins College in Winter Park as the Dean of Student Affairs for the past 18 years. Recently, while on sabbatical from Rollins, he was on Dog Island in the Florida Panhandle after visiting China for three weeks when he received the call to interview for the job.

"I really didn't know much about this university," said Nelson. After becoming acquainted with USF St. Petersburg, Nelson jumped into the job with both feet.

One of the first issues facing Nelson is staffing the new residence hall. The coordinator of university housing faces many challenges. In response to these challenges, Nelson created a new position, director of residential life. A search committee was assembled, and will soon start working to fill the new position. Next he faces the issue of finding a replacement for Erin Mills who will leave her position as the coordinator of university housing in November.

Nelson's next priority concerns the development new student organizations. He has enlisted the help of the new director of student life, Matthew Morrin, and student government to reach a goal of 40 organizations by the end of the year. They will conduct focus groups to find out what kind of clubs most interest the student body. Nelson also looks forward to working with the academic departments to help integrate the development of new student organizations.

"For every major there is potential to have a club," said Nelson.

Festival of Reading offers something for all readers

by SANDRA ESTENGER

The Fourteenth Annual Festival of Reading will be held at the University of South Florida St. Petersburg for the second consecutive year on Saturday, Oct. 28 from 10 a.m. to 5 p.m. With 67 authors scheduled to appear, there figures to be something to spark the interests of all ages. The festival will offer people the chance to meet and greet authors of all genres and listen to them speak about their books. Readers can peruse 70 book vendors and attend book signings with authors of their choice.

"We want it to become a reflection of the variety of interests that the community represents," said last year's author coordinator, Tony Gaudreau, the event's author coordinator. The current author list is full of well-known and world-renowned writers including: Jonathan Alter, senior editor of Newsweek and former editor of Washington Monthly; syndicated columnist, Arianna Huffington; tennis great turned writer, Martina Navratilova; and historical novelist, Jeff Shaara. Local writers scheduled to attend include the Poynter Institute's vice president and former editor of the St. Petersburg Times, Erin Mills.

About the Festival

The Fourteenth Annual Festival of Reading is present­ed by the St. Petersburg Times newspaper.

Date: Saturday, October 28

10 a.m. to 5 p.m.

For more information visit the Web site: festivalofreading.com

Volunteering

To volunteer at the festival, call (813) 727-3312 and leave your name, address and telephone number.

Authors

The following are some of the authors who will be at the Festival:

Jonathan Alter
Ray Amsanuelt
Bill Belleville
Roy Peter Clark
Cody Fordham Davis
Tim Dorsey
Martin Dtcyman
John Hope Franklin
Jeffrey Goldberg
Michael Grunwald
J.C. Hallman
Arianna Huffington
Mary Jacobson
Elloit Kleinberg
Eric Kranz
Charles C. Mann
D.T. Max
Peter Meinke
Martina Navratilova
Kit Reed
Diane Roberts
Jeff Shaara
Eve Talmincigolu
Lisa Unger
Pete Williams
Jon Meikle and Rosalie Peck
Mark Yost
Zane

Strange but true

by Samantha Weaver

> Those who study such things say that the average lifespan of a computer is two years.

> Sea anemones have stingers covering their tentacles, and when a potential source of food comes into reach, those stingers shoot out to incapacitate the prey. Of course, fish are pretty fast, so the stingers have to be faster — and they are. Much faster. In fact, those stingers go from zero to 80 mph in 700 nanoseconds, demonstrating one of the fastest accelerations found in nature.

> Have you ever noticed that when you give yourself a minor cut with a razor, it doesn't hurt as much as when you get a similar cut from a piece of paper? It seems counterintuitive, but there's a reason: When a piece of paper cuts you, it leaves fibers and other particles behind in the wound.

> Pound for pound, a hamburger costs more than a new car.

> In this time of highly charged partisan rhetoric, you might want to keep in mind the following sage observation made by Senator Daniel Patrick Moynihan: "Every American is entitled to his own opinion, but no American is entitled to his own facts."

> Are you pardaillia? Unless you're a large predatory leine, probably not. "Pardailia" means "spotted like a leopard."

> If you've got a leaky faucet that's driving you nuts with the constant drip, drip, drip, preserving your sanity isn't the only reason to get it fixed. One faucet leaking one drop per second can waste 165 gallons every month. Put another way, that's as much water as one person needs for two weeks.

> Thought for the Day: "Clothes make the man. Naked people have little or no influence on society." — Mark Twain

© 2006 King Features Synd., Inc.
The good side of hypocrisy

by BRYAN W. WHITE
assistant editor

Hypocrisy has a good side. No kidding. I mean it.

Mark Foley's diabolical private message contacts with underage boys reminded me. News reports about Foley's alleged deeds made sure to mention that Foley had voted for stricter penalties for those who would do what he may have done. From that, one might draw the implication that Foley's treatment of ex-pages ratchets up a notch or two in the sin hierarchy. I would rather tolerate this Foley, who deceives the evildoings of his subordinate volunteer staff into sexually charged situations, rather than a Foley who acts exactly the same way while advocating those behaviors. I wouldn't want either one representing me in Congress, on the other hand.

I would prefer hypocrisy on the part of a person predisposed to serial murder. Better than a murderous individual who acts out his dark inner drives.

One who received the designation of "hypocrite" stood out on something. That's what I like about hypocrisy. For good or bad, the hypocrite failed to measure up to the standard he or she advocated, and such inconsistency remains one of the uglier aspects of human nature.

The one who avoids hypocrisy at all costs by taking a stand on nothing, however, reveals an even uglier side of human nature. I hope the charge of hypocrisy gets left out of the political jousting that will assuredly follow this incident. The evidence available as of this writing suggests that Republican leaders were aware only of the evidence also available to the FBI. The FBI found too little evidence to warrant an investigation at that earlier juncture. Unless the set of facts changes appreciably, and it might, I look forward to an election in which the Mark Foley episode plays no significant role.

Not counting Foley's district, of course. That district deserves a representative whose legislative actions remain consistent with the platform on which he was elected, if not with his private actions.

Bryan W. White is a journalism major in the Department of Journalism and Media Studies at USF St. Petersburg. Bryan can be reached at bwwhite1@tampabay.rr.com.

The Crow's Nest is always looking for new creative talent.

Get an article published.
Submit photographs of campus events. Help promote advertising materials.
Interested?
E-mail the editor at usfcrowsnest@yahoo.com.
We can't wait to hear from you.

The current contract for food service on campus will expire in May of next year, providing him with another issue to address. Once again, he plans on going directly to the student body to find out their needs. He says when a student union is built it will have a strong food component.

The rapidly changing dynamic on the campus of USF St. Petersburg requires attention on multiple levels. Nielson brings with him experience in dealing with the issues this campus anticipated. From addressing the challenges facing residents living on campus to developing student organizations, he appears ready to face these challenges.

"When you put students at the center of what you do it changes things," said Nielson.
Harbord

continued from page 12

The kind of plastics found in bags and bottles break down into smaller and smaller bits of toxic material, eventually making their way into the food chain where they accumulate in the bodies of larger animals. Decomposition also eats up the oxygen in the water, effectively suffocating the plant and animal life.

The impact of garbage in the water isn’t limited to Bayboro Harbors. National Geographic reports that plastic bags are now commonplace in Antarctica.

The solution is simple, Gost says: "Don’t throw it in the water in the first place. It’s a matter of personal responsibility.”

The students of SEAS take this call to action seriously. In addition to harbor clean-ups every few weeks, they sponsor the Harbor Day Initiative, a campaign to raise awareness of the issues facing Bayboro Harbors.

The Crow's Nest asks:

“"What techniques do you use to prepare for midterms?”

by SCOTT WACHTLER staff writer

"Pulling all-nighters is ridiculous. I review the handouts that the teacher gives out and review the text." 

- Frank Spattke, 22, senior Accounting major

"I make note cards and type up the answers to the study guide so I can study from that." 

- Erika Krause, 21, senior Education major

"I have to prepare myself mentally. I make color-coded note cards that only make sense to me. It works! So far I’ve gotten two As and two Bs.”

- Loyd Hefnner, 18, freshman Anthropology major

"I study the second floor of the library. It’s great for quiet study." 

- John Dumpt, 22, junior Business major

"I go over the study guides, read the chapters and focus on the vocabulary." 

- Rachael Pett, 18, junior Psychology major

"I study the book and my notes. Sometimes I’ll go online, I don’t do the study group thing too much.”

- Adam Kase, 19, English major

Back in his house Jeff shows Hayley his beloved photography and poses himself and Hayley some water. Hayley is smart. She spits her out saying, “They teach us kids to never drink anything we haven’t poured ourselves.” That’s good advice. Unfortunately for Jeff, it’s advice he does not take. Hayley makes two screwdrivers.

Hard Candy takes a turn from that point on that will have you questioning where your allegiances lie.

To say anything more about the plot would ruin the movie.

I know Hard Candy seems seedy and certainly not the type of movie you want to proudly display on your DVD rack. It deserves its R rating for no other reason other than its adult subject matter. However, this film isn’t lurid for the sake of being lurid; it brings us serious questions about feminism, gender roles and vigilantism.

Hard Candy is not perfect. There were some plot points that were unnecessary and contrived, but on the whole, because this movie is acted, written and told so well, it should resonate with you long after you return it to Netflix or Blockbuster.

And guys; I’m telling you, watch out for that torture scene!

> Scott Wachtler is a journalism major in the Department of Journalism and Media Studies at USF St. Petersburg. Scott can be reached at swachtler@comcast.net.
A guide to handling midterm stress

by JENNIFER FONTANA
contributing writer

With midterms at hand, many students feel a little on-edge. This is quite understandable, considering the fact that this examination will count for a relatively high percentage of the final grade.

With so much stress because of the pressure to do well, the best advice is to simply prioritize. Do not waste time trying to cram every last piece of information into your brain. In the long run, students wind up forgetting all the material they were never really clear on in the first place.

Begin prioritizing by making a list of subjects or even specific topics you need to cover, and take them on one at a time. Trying to do too much, too soon makes things more difficult than necessary.

Take care of yourself as you study; all the cramming and running around takes a toll on your body, whether you realize it or not. Nutrition is a huge issue to be recognized. An unhealthy diet along with a high consumption of caffeinated and energy drinks factors in, and even though they seem to be contributing at the time, in fact they only make matters worse. Especially when consumed in large quantities, as frequently happens before midterm exams.

Most students don’t realize the effects that these beverages may have on the body and mental state. Too much caffeine can result in anxiety, which may detract from the student’s ability to focus. Consume either type of beverage moderately to avoid experiencing the adverse effects.

The USF St. Petersburg campus provides a number of helpful study options. The Nelson Poynter Memorial Library includes all the reference books you could ever need, along with computer equipment and wireless networks for laptop users. The computer lab is also available to those who require specific software. You don’t even have to be cooped up in your room because there are plenty of student lounges, outdoor seating right on the water, and even secluded sections where you can study for midterms. These places are fit for individuals or group studies, whichever works best for you.

please see midterms, page 4

Marketing majors Jamie Massey (left), 22, and Rebekah Williams (right), 23, study with International Business major Linda Roser, 21, Tuesday afternoon. These students, like many others, make use of the study areas located throughout the Nelson Poynter Memorial Library.
Senator Carlos Solorio (center, beige suit) shook hands and congratulated anthropology junior Justin Courterier (right) and criminology senior Erika Scroggin (back right). Courterier, 23, and Scroggin, 21, are now members of USF St. Petersburg's Judicial Board.

A Career Development Coordinator Sonja Hayes attended Wednesday's Oct. 18 meeting to discuss the Counseling and Career Center's services. One of its features she promoted was its Recruit-A-Bull online job search database.

A Treasurer Ernest McDonald (foreground) listened and discussed the budget with the rest of the student body representatives. USF St. Petersburg Student Government decides how the funding is spent in the best interest of its students.

Dr. Steve Ritch, the coordinator of educational leadership, handled an information sheet to Student Government President Megan Willoughby pertaining to Omicron Delta Kappa. Ritch attended Wednesday's meeting to extend the opportunity for students to join ODK, a national leadership honor society.

Student Gov't looks to connect with students

by BRUCE KITCHENS

USF St. Petersburg's student government is made of an Executive Council and Senate that influence many aspects of student life including representing the various colleges, organizations and approval of fee distributions.

Some students are not aware of what their representatives do.

"I know they fund the Safe Team and the president's name is Megan, but I don't know much more than that. I would like to know more of what their purpose is," senior Meghan Railson said.

A disconnect between student government and the people they serve is an issue that leaders of the Executive Council and the Senate want to change.

"Student Government has been pretty passive in the past. Now we are trying to do more for the students," Vice President Mandy Smith said.

Smith and her colleagues decide how money raised through tuition and fees is spread across campus and impacts student life.

Treasurer Ernest McDonald said the budget runs around $1.4 million annually. Forty one percent of that money, about $574,000, goes to pay the salaries of various employees. The remaining $826,000 is distributed to the Waterfront Office, clubs, this newspaper and other areas of student life.

"This is money that students pay out of their pockets. They should ask what programs there are and should be. We need students to stand up," McDonald said.

Programs and activities include a bus to the homecoming football game against Pittsburgh and the next home game against Syracuse. Seats are limited but free to students that sign up at the Campus Activities Center.

These types of activities for students are endangered by a tightening budget.

"If the budget situation is not addressed immediately we will be over budget next year. If we're going to improve student life and give them something to do, that takes money."
Government body

The USF St. Petersburg student government consists of an executive council and senators who represent the university's various colleges, such as the College of Arts and Science and the College of Business.

According to the student government's constitution, the majority of the student government senators above represent the College of Arts and Sciences.

Calendar of Events

- Sporting events
- Arts & entertainment
- Other events

Find more events & venue information at www.usfpsstudentcouncil.com

10/24 (Tuesday)
Grand Opening: Barnes and Noble Bookstore USF St. Petersburg, 11 a.m.
Workshop: Environmental Applications of GIS USF St. Petersburg, PMH 103, 8:35 a.m. to 4 p.m.
Film: Keeping Mum, Tampa Theatre, 7:30 p.m.
Concert: Peter Frampton and the Little River Band, Ruth Eckerd Hall, 8 p.m.

10/25 (Wednesday)
Concert: Casualties, State Theatre, 7 p.m.
Concert: Guns N' Roses, St. Pete Times Forum, 7:30 p.m.

10/26 (Thursday)
Concert: Hansel and Gretel, USF Tampa, 7 p.m.
Concert: A Static Lullaby, State Theatre, 7 p.m.
Concert: The Brand New Heavies, Janus Land­ing, 7 p.m.
Concert: Sonic Youth, Tampa Theatre, 8 p.m.
Concert: Matchless Annie, Ruth Eckerd Hall, 8 p.m.
Concert: Fall Dance Concert, USF Theatre 2, Tampa, 8 p.m.
Concert: Mozart & More, TBRCF Morison Hall, 8 p.m.

10/27 (Friday)
Concert: College of Arts, 8 p.m.
Concert: College of Science, 8 p.m.
Concert: College of Business, 8 p.m.

10/28 (Saturday)
Making Strides Against Breast Cancer: 5K walk, North Straub Park, 9 a.m.
Musician: Otis Clay, Davis Opera House, 7 p.m.
Circus McGurk: State Theatre, 7 p.m.
Concert: The New Year, Jannus Landing, 6 p.m.
Concert: The Brand New Heavies, Janus Landing, 7 p.m.
Concert: Art Evening with Randy Newman, Tampa Theatre, 8 p.m.
Concert: Matchless Annie, Ruth Eckerd Hall, 8 p.m.
Concert: Fall Dance Concert, USF Theatre 2, Tampa, 8 p.m.
Concert: Mozart & More, TBRCF Morison Hall, 8 p.m.

10/30 (Monday)
Intramurals: Flag Football, Campus Activities Center, 4:30 p.m.
Concert: Monday Night Jazz, Phil Degreg, USF Musical Recital Hall, Tampa, 8 p.m.
Concert: Tampa Bay Symphony, Ruth Eckerd Hall, 8 p.m.
This one stings

by MIKE MAHARREY
contributing writer

The Ice Bulls battled back from a two-goal deficit last Saturday night, only to see their hard work washed away in a wave of third period penalties and mistakes. The Georgia Tech Yellow Jackets remained unbeaten, defeating the Ice Bulls 6-5 at the St. Petersburg Times Forum. The Bulls drop to 4-2 on the season.

It was a game USF probably should have won.

"We handled it right to them on a platter," said Ice Bulls head coach Jay Jodoin. "This was a missed opportuni-
ty."

The Ice Bulls were all over Tech early in the game, out shooting the Yellow Jackets 17-3, yet still entered the second period down 2-0. USF pulled within one just 27 seconds into the second when Eric Halverson scored the first of his three goals on a flaky angled shot from the blue line that found the Tech goalie completely out of position. "I looked up and thought, 'there's no goalie!' All I saw was net," Halverson said.

The Ice Bulls failed to capitalize on the momentum created by the goal and Georgia Tech reestablished a two-goal advantage on a power play goal midway through the period. The Tech score seemed to energize the Ice Bulls. They started up the intensity and the Bulls established a physical presence in the latter part of the second period. Their hard work paid off. Halverson notched his second goal of the night with just over two minutes to go in the period and then tied the game with only seven seconds showing on the clock on a short-handed breakaway. Halverson slotted around a Yellow Jacket defender, taking a stick to the head on the way to the net, and beat the Tech goalie high to the glove side.

The Ice Bulls went into the locker room feel-
ing pumped up. "We've got them right where we want them," Assistant Coach Kevin Cattine told the players as they prepared for the final peri-
od. "Mistakes got us behind in the game, hard work got us back."

That hard work carried over into the third period. The Ice Bulls took their first lead of the night just 25 seconds in on a goal by Connor Lyons and then added a goal by Ryan Tyler to extend their lead to 5-3 with only 10 minutes left in the game. Then the wheels came off. The Yellow Jackets pulled within one on a power play goal and in the ensuing melee Matt Geosh and Bobby Stockey were both given roughing penalties and 10-minute misconducts. After that, the Bulls seemed to lose focus. A turn over in the defensive zone led to the tying Tech goal and the Yellow Jackets sealed the win when Brendan O'Leary skated unmarked into the slot and buried a shot high to the glove side of Ice Bulls goalie Nick Sullivan, as yet another Florida Tech power play expired.

Eric Halverson was named the Checkers player of the game. The spaciousness of the St. Pete Times Forum locker room was little consolation for the Ice Bulls as they sat in silence after the game.

"We let it slip away. Now they are going to leave our building and have a great weekend and were going to have a bad one," jodoin said. "Let's just leave this here, come back Tuesday and get ready for a win next weekend."

**TAMPA BAY LIGHTNING**

Will the Lightning strike again?

by CHRIS WAGAR
staff writer

Could it be that Tampa Bay simply caught lightning in a bottle when they won the Stanley Cup in 2004? The Lightning last season returned most everyone from that Stanley Cup championship team, except for one key point producer, namely Nikolai Khabibulin. His absence early in the gain, out shooting the Jackets sealed the win. The Ice Bulls failed to capitalize on this and Georgia Tech reestablished a one-goal advantage on a power play goal midway through the period. The Tech score seemed to energize the Ice Bulls. They started up the intensity and the Bulls established a physical presence in the latter part of the second period. Their hard work paid off. Halverson notched his second goal of the night with just over two minutes to go in the period and then tied the game with only seven seconds showing on the clock on a short-handed breakaway. Halverson slotted around a Yellow Jacket defender, taking a stick to the head on the way to the net, and beat the Tech goalie high to the glove side.

The Ice Bulls were all over Tech early in the game, out shooting the Yellow Jackets 17-3, yet still entered the second period down 2-0. USF pulled within one just 27 seconds into the second when Eric Halverson scored the first of his three goals on a flaky angled shot from the blue line that found the Tech goalie completely out of position. "I looked up and thought, 'there's no goalie!' All I saw was net," Halverson said.

The Ice Bulls failed to capitalize on the momentum created by the goal and Georgia Tech reestablished a two-goal advantage on a power play goal midway through the period. The Tech score seemed to energize the Ice Bulls. They started up the intensity and the Bulls established a physical presence in the latter part of the second period. Their hard work paid off. Halverson notched his second goal of the night with just over two minutes to go in the period and then tied the game with only seven seconds showing on the clock on a short-handed breakaway. Halverson slotted around a Yellow Jacket defender, taking a stick to the head on the way to the net, and beat the Tech goalie high to the glove side.

The Ice Bulls went into the locker room feel-
ing pumped up. "We've got them right where we want them," Assistant Coach Kevin Cattine told the players as they prepared for the final peri-
od. "Mistakes got us behind in the game, hard work got us back."

That hard work carried over into the third period. The Ice Bulls took their first lead of the night just 25 seconds in on a goal by Connor Lyons and then added a goal by Ryan Tyler to extend their lead to 5-3 with only 10 minutes left in the game. Then the wheels came off. The Yellow Jackets pulled within one on a power play goal and in the ensuing melee Matt Geosh and Bobby Stockey were both given roughing penalties and 10-minute misconducts. After that, the Bulls seemed to lose focus. A turn over in the defensive zone led to the tying Tech goal and the Yellow Jackets sealed the win when Brendan O'Leary skated unmarked into the slot and buried a shot high to the glove side of Ice Bulls goalie Nick Sullivan, as yet another Florida Tech power play expired.

Easter Kuba and Richardson. Koba is 6-5, can contribute offensive to the team, while Richardson is more of a guy who likes to mix it up, and stays at home on the defensive end.

If the light of the Lightning's defensive unit will again be Dan Boyle. Boyle will knock on opposing player's head into the glass but is also a decent offensive force. Last season Boyle scored 15 goals, including six on power plays.

Corey Sarich, Nolan Pratt and second-year player Paul Ranger will fill out the backbone of the defense with Delmore and Janik also competing for ice time.

**GOALTENDING** — This is what will determine if the Lightning is a playoff team or not. Because Den's play in front of mostly shoddy defenses in Columbus, it is hard to assess his skill level. Last season he was 21-25 with 3.25 goals-against average and a .900 save percentage. If Denis is average, the Lightning will more than likely miss the playoffs. If he thrives playing for a strong team, the team will be back in business. Backing up Denis will likely be Swedish import Johan Holmqvist, who spent last season playing in his home-

What Will Happen — This team was put together to com-

pete now. If the goaltending pulls through, this team could find itself in another Stanley Cup run. A more like-

ly scenario, though, has Tampa Bay as one of the clubs battling it out for the final five playoff spots in the Eastern Conference.

Through Oct. 17, the Lightning were 2-4-0 and holding down last place in the Southeast Division of the NHL's Eastern Conference.

> Chris Wagar is a journalism major in the Department of Journalism and Media Studies at USF St. Petersburg.

contact can be reached at wagar21@hotmail.com.
The Crow's Nest is always looking for new creative talent.
Get an article published. Submit photographs of campus events. Help produce advertising materials.
Interested? E-mail the editor at usfcrowsnest@yahoo.com.

We can’t wait to hear from you.
Health 101 | USF St. Petersburg’s Health Educator, Shannon Cho, answers your health questions and concerns

This week’s topic:
Breast Cancer Awareness 101

October is Breast Cancer Awareness Month. In case you haven’t noticed, pink is everywhere. You can even find pink awareness items in your local grocery store. Overkill? I think not! According to the American Cancer Society, the chance of a woman developing invasive breast cancer some time in her life is 1 in 8. There are currently over 2 million breast cancer survivors in the United States. These statistics speak clearly to the effect breast cancer has had on many, many lives—lives that have been lost, lives that have survived, lives going through treatment, and lives of their loved ones.

Breast cancer is not always a story of sadness; it has instead become a story of hope. The death rate from breast cancer is declining due to early screening and treatment, much of which can be credited to increased awareness around the issue. The following recommendations for breast cancer screening can help keep women healthy and detect early signs and symptoms: Breast Self Exams (BSE) should be performed by women monthly starting at age 20 and continuing through life. If women consistently perform BSE, then they will know what is normal for them, and be able to tell when something is abnormal. Clinical Breast Exams are performed by a health care provider and should be done every 3 years for women ages 20-39, and yearly for women 40 and over. Mammograms should start at age 40 and be done yearly after that.

There are certain factors that can increase a woman’s risk for breast cancer, many of which are out of her control. These include: age (women age 40 and older are at an increased risk), family history of breast cancer, inherited genetic mutations, high breast density, being overweight, not having children, early onset of menstruation (before age 12), and others.

Whether you have none, one, or some of these risk factors, it is important to follow the recommended guidelines for early detection. Remember, not every woman that gets breast cancer fits into these risk categories. Although breast cancer disproportionately affects women, and it is rare in men, they can get breast cancer too.

Earlier this month, a team of students and staff from USF St. Petersburg participated in The Race for the Cure, organized by the local affiliate of the Susan G. Komen Breast Cancer Foundation. There were nearly 15,000 people from the community that participated to show support for those whose lives have been affected by breast cancer, and let me tell you, there was lots of pink! Many people wore signs on their back that said who they were walking/running for, some wrote names, some wore pictures, others wrote “mom”, “sister”, or “my wife”—this was the most inspiring part of the event for me.

When October rolls around every year and pink starts showing up everywhere, think of it as a great reminder of the impact breast cancer can have on so many people.

Shannon Cho, Health Educator

> Have a health question or comment for Shannon? Send her an e-mail at choo@usf.edu.
King Crossword

ACROSS
1 Astrigent 55 Foolish one
2 Flop 56 Scepter
8 Part of TWIMC 57 Differently
12 Bean curd
13 Part of "to be"
14 Atmosphere
15 Reed instrument
16 Snitch
18 Cohabitant, to the Census Bureau
20 Large fish
21 Costello and Brock
23 Comm. device
24 Endless
28 Tidy
31 Goddess (Lat.)
32 Appomat-tox victor
34 Round Table address
35 Possesses
37 Foot soldiers
38 Prompt
41 Nitwit
42 Woodrow Wilson's "Fourteen -"
43 Aware of
52 Seamstress's case
53 Candle count
54 Take a gander

DOWN
1 Resting on
2 Timber wolf
3 Extraterrestrial spacecraft
4 Swiss cereal
5 Rum cocktail
6 Grecian vessel
7 Adroit
8 President Harding
9 Least likely to boast
10 Sandwich cookie
11 Shopping venue
12 Reed instrument
13 Part of "to be"
14 Atmosphere
15 Reed instrument
16 Snitch
18 Cohabitant, to the Census Bureau
20 Large fish
21 Costello and Brock
23 Comm. device
24 Endless
28 Tidy
31 Goddess (Lat.)
32 Appomat-tox victor
34 Round Table address
35 Possesses
37 Foot soldiers
38 Prompt
41 Nitwit
42 Woodrow Wilson's "Fourteen -"
43 Aware of
52 Seamstress's case
53 Candle count
54 Take a gander

Weekly Sudoku

© 2006 King Features Syndicate, Inc.
by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty this week: ★★★

Want the answers for the crossword puzzle & sudoku?

Look on our website, www.thesacramento
crownest.com, under the variety section.

Classified

If your ad was here, you would already have potential customers. Advertising in The Crow's Nest is easy, effective, and cost-efficient! Contact Advertising Manager Katie Gecan at kgecan@mail.ucr.edu for classified ad rates as low as $11 per issue.

Results.
We make 'em happen.

© 2006 King Features Syndicate, Inc.
Bayboro Harbor is touted as one of the major attractions of attending the University of South Florida St. Petersburg. The following tailgate appears on newsletters and planners handed out to incoming freshmen: "The campus. The bay. The envy."

Yet Bayboro Harbor has a dirty little secret few would envy: a thick layer of trash, concentrated in the northwest corner of the waterfront, just a few yards away from Foytner Library. Concerned (and more than a little grossed out) by the amount of garbage in the water, a group of students is taking matters into their own hands. Armed with little more than rubber gloves, garbage buckets and a passion for the natural world, members of the Student Environmental Awareness Society recently spent an afternoon cleaning up Bayboro Harbor. SEAS dedicates much of its energy to stemming the tide of refuse that ends up in the harbor. They do this by sponsoring regular clean-ups and working with community organizations to spread awareness.

Senior Ashley Herron joined several students who dedicated a couple of hours to picking trash out of the sand and the water. "It's pretty amazing that people still litter when there are trash cans," she said. How does so much trash end up in Bayboro Harbor? While some of the litter gets tossed directly into the water by pedestrians and boaters, much of it comes from the gutters and storm water drainage system. Pinellas County's storm water drainage system empties right into the harbor. So when it rains, water floods through the storm drains straight into the harbor carrying cigarette butts, Gatorade bottles and beer cans along with it.

Dr. Jim Gore, professor and chairman of the Environmental Science and Policy department, specializes in river and stream ecology. "The circulation isn't very good in the harbor, so trash tends to stay here," Gore said. A variety of seabirds, fish, crabs, and turtles make their home in the harbor, which is also recognized as a manatee habitat area. With this abundance of wildlife, people who walk past the harbor regularly see turtles paddling near empty Pepsi bottles and schools of fish swimming past empty Publix bags. "People feel that the world oceans are an extremely large sewer system," Gore said. "At certain levels, the environment can respond. It's resilient, but it can only handle it for so long."

Garbage threatens the lives of the animals that make their home in Bayboro Harbor. Dolphins and turtles often mistake grocery bags for jellyfish and eat them. Birds have been known to choke to death when they become trapped in a plastic six-pack holder. Gore says the impact of trash on the ecosystem doesn't end once it decomposes.

continued please see harbor, page 4