2-22-2006

Crow's Nest : 2006 : 02 : 22

University of South Florida St. Petersburg.

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**Dorm to feature variety of security measures**

**BY EMMA SYLVESTER**

With the construction of residence hall and nearby parking garage almost complete, issues of security and safety at USF St. Petersburg may have been heightened in light of a recent incident on the Tampa campus.

On Thursday, February 9, a 37-year-old white male died of a gunshot wound in the parking lot of Magnolia Apartments at USF Tampa. The man was a former student, staff member and resident of the apartments.

The Tampa campus has recently stepped up security measures and increased patrols throughout campus, especially around the area of Magnolia Avenue, according to an e-mail sent out after the incident.

At USF St. Petersburg, the Web site for the Campus Master Plan states that, "USFSF shall provide support facilities for campus housing including...residential parking and security."

The residence hall will have four entrances to the building, all with ID card access. The two side stairwells will be "exit only" and the courtyard door will be ID card access through 5 p.m. After 5 p.m., all students must enter through the main door and ID's will be checked.

The courtyard of the residence hall will be surrounded by a fence and apartment doors will have peepholes. All guests visiting the residence hall will need to call an escort from a courtesy phone that will be located outside of the building. Non-students will be required to sign-in at the front desk, which will be staffed 24-hours.

"The purpose of this person is to provide basic services to students and monitor building safety," said Erin Mills, housing coordinator.

The front desk will have a computer monitor linked to security cameras and the assistant will check IDs to ensure everyone that comes in is a resident or in escorted by a resident.

A Resident Assistant will be on duty each night. The RA will conduct periodic rounds through the building each night, checking to make sure all the doors are locked. That person will also check the doors and the outside of the residence hall.

Security cameras will be placed in the side stairwells pointed toward the entrance door. One camera will face the exterior toward the bike rack and part of the courtyard. Other cameras will be in the main lobby and in a lounge that faces the back courtyard door. The front desk and University Police will be able to monitor the cameras.

An emergency blue light telephone system provides direct and immediate access to the USF Police Department dispatcher when the caller opens the telephone box, according to the USF Policies and Procedures Manual.

The telephones are designated by blue flashing lights located throughout the campus; maps of their locations are available through the campus police.

"Students play a significant role in residence hall safety," said Mills. "We will provide tools that we feel will help with campus safety, but nothing we can provide can compare to 354 sets of eyes, ears, and hands."

Mills stressed the fact that when one is living in residential housing, that person's actions do not affect just themselves, but everyone in the dorm as well, making it important not to compromise their safety:

"We will educate students on ways that they can help, such as being very observant of their environment and reporting suspicious behavior immediately," said Mills.

To learn more about housing coordinator Erin Mills, see "Working out the details" page 2.

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**SAFETY** — A view of the residence hall (background) and parking garage (right) as seen from Fifth Avenue South. With the construction of both facilities, security measures have been planned to provide for student safety.
Sailing team wins on home waters
BY ANTHONY SALVEGGI
EDITOR
The campus

High school seniors get a look at USFSP
BY BRITTANY GASSETT
CONTRIBUTING WRITER
The most

BY JUSTIN LOWERY
STAFF WRITER
Working out the details
• Housing coordinator faces many tasks in leading the campus’ first residence hall

When the dorm opens, Mills will deal with the daily needs of students and the problems they might have with their apartments.

Mills comes to her new job with considerable experience. But being a housing coordinator wasn’t her first choice as far as careers.

Early on, while working toward her bachelor’s degree in sports administration from Valparaiso University in Indiana, Mills wanted to work for a professional sports team. She had internships with minor-league baseball teams but found the work unsatisfying.

“I overvalued what I wanted to do,” said Mills. “Working for a minor league baseball team was incredibly boring.”

Mills found her calling while she was working as a resident assistant at Virginia Tech, where she earned her master’s degree in higher education, with a focus in college student development.

After working as a resident assistant, Mills served as area director of the residence life program at the College of William and Mary in Virginia from July 2004 to July 2005, where she was responsible for the day-to-day operations of 671 students, five residence halls and one 12-month apartment complex.

Following four years of working at the College of William and Mary, Mills and her husband decided to relocate once her husband got a job in St. Petersburg.

“We both decided it was time for us to move on,” said Mills. “This was the perfect opportunity for me. I wasn’t expecting such a good fit.”

“The big picture is already set in place here,” she said. “I just need to help fill in the details.”

The campus

Their religion, not mine

BY CHRISTINA CASTELLANA
ASSISTANT EDITOR

Disclaimer: Note to all Muslim clerics — what you are about to read may upset you in some way. But, please remember, I am not Muslim nor do I profess to practice the Islamic religion. I do believe in God and have practiced Christianity throughout my life, but I have not officially "submitted to Allah." So, please do not put a bounty out on my head and, of course, don't burn down any Olive Garden restaurants just because I have Italian ancestors.

Almighty, I've had enough. I tried. I really have. I mean, since that horrible day in which terrorists, yes, TERRORISTS, flew planes into buildings back in 2001, I actually made an attempt to understand Muslims and the Islamic religion. As someone with an undergraduate degree in History, I felt a certain obligation to do so. I mean, that's what we're supposed to do, right? Learn from our past, so we don't repeat those mistakes.

So, I've read up on different tenets of the Koran, Quran or whatever way is the best spelling that won't get my head chopped off. And, I've come to appreciate the prophet Muhammad and all that he supposedly espoused. I mention "supposedly" because there are different factions of Islam that have completely different translations of who Muhammad was and what he professed.

But the main thing I’ve learned from him is that he was like the other religious prophets who've walked the face of this earth, like Jesus and Moses. He just wanted to do some good and help his people out. I'm sure Muhammad, like Jesus and Moses, never intended for all "this" to happen. Yeah, I'm sure he would have been a bit perturbed at some cartoons depicting him in a blasphemous way. The same way Moses would have been a bit pissed at cartoons in Palestinian newspapers illustrating Ariel Sharon in disgusting manners and the same way Jesus would have been somewhat bent out of shape about Andreas Serrano's artwork called Piss Christ.

Oh yeah, Muslims, remember that one? In 1989, Serrano's photograph of a Jesus crucifix submerged in the artist's urine won some awards, including one sponsored by the National Endowment for the Arts. And sure there was some outrage, but Christians didn't storm town, city and federal halls, riot in the streets, burn down fast food establishments or put out a monetary award for the death of Serrano. They fought for freedom of expression with freedom of expression of their own. So, Muslims around the world, let's remember that the Danish cartoon is exactly that — a CARTOON! The author is not Muslim, so he should not be under the same dictums of Muslims — that is, if you as a Muslim believe it is blasphemous to depict Muhammad in a distasteful manner, then that is how you, as a Muslim, should act. So, don't hold a non-Muslim to the same belief system. I don't expect you to say ten Hail Marys and pray the Rosary if you take the Lord's name in vain or cheat on your wife.

Also, leave Colonel Sanders out of this. Why? Why burn down a KFC? And, last but not least, if you're gonna change the name of the Danish pastry, at least be a bit more creative with the name change. You know, like our comic- valswitch of French fries to freedom fries. Come on, now, who's really gonna want to eat one of those scrumptious "Rose of Muhammad" pastries?

— Chris Grandola is a graduate student in the journalism program at USF St. Petersburg. He can be reached at crgrand@yahoo.com.
Health 101

Health educator Shannon Cho answers your health questions.

Q: Dear Shannon, I have never watched what I eat, but I would like to start. The older I am getting, the easier it is for me to gain weight. Where do I begin?

A: It is true that weight gain can increase with age. It is also true that metabolism starts to slow down at about the age of 30. Don't let this panic you! This is a natural process, and our metabolism actually continues to slow down gradually over the years. For most people, it is not slowing metabolism alone that causes weight gain, but instead the combination of factors that can include loss of muscle, inactivity with aging, and diet. "Watching what you eat" can mean a lot of different things. Regarding nutrition, it is important that you find intake that is appropriate for your age. Remember the Food Guide Pyramid? The last time you heard about it may have been in elementary school, but get ready to learn again. The United States Department of Agriculture recently revamped the Food Guide Pyramid, and it should be the basis for your food intake. This is a good place for you and anyone that is not familiar with nutritional food intake to begin. It is important that people haven't heard of it. One that is not familiar with nutritional food intake recently revamped the Food Guide Pyramid, and it should be the basis for your food intake. This is a good place for you and anyone that is not familiar with nutritional food intake to begin. It is important that people haven't heard of it.

For Shannon Cho, coordinator of health and fitness, to create a fitness assessment program for all students, faculty and staff who are interested in getting a personalized health profile and learning tips on how to start and maintain healthy life choices, the assessment includes a blood pressure test, BMI (body mass index) calculation and flexibility and endurance tests. Once the evaluation is complete, Berry and Cho make their recommendations for creating a plan that includes realistic physical and nutritional guidelines. Berry hails from West Virginia, where he graduated with a master's degree in athletic administration from Marshall University. He got the opportunity to run his alma mater's fitness facility and intramural programs as interim fitness coordinator, an experience that confirmed his career path. From there, he came to USF St. Petersburg with the drive and the desire to improve all aspects of fitness life on campus. Berry is also a certified strength and conditioning coach through the National Strength and Conditioning Association. This means he can teach sports teams techniques that will enhance their athletes on the field or court, and show people how to properly and effectively operate the equipment in the fitness center. Berry has been a sportsman from an early age. He played basketball and ran track throughout his high school years and continued the trend as a college basketball athlete. Berry, for whom staying fit has been a way of life, said he feels obligated to share his knowledge and expertise so everyone can gain the benefits associated with good health: longevity, a constant boost of energy, positive outlook and feeling and looking one's best.

Body shaping

Just as the fitness center upgraded its equipment, a new coordinator turns his attention to its programs.

By Christina Castellana

Staff Writer

Expanded offerings at the USFSP fitness center have taken shape thanks to Marcus Berry, coordinator of fitness and intramurals. Since his arrival last fall, 2005, Berry has devised a comprehensive Fit-4-Life program where students, faculty and staff can enjoy heart-pumping classes in Pilates, the martial arts and water aerobics. His latest goal is to develop a strong intramural program that will run consistently throughout the school year.

Berry's responsibilities range from keeping the fitness center in top condition to creating programs that will inspire all ages to get active and have fun. Fit-4-Life offers a variety of fitness opportunities. One class that many people haven't heard of is called Speed, Agility and Quickness. The class, taught by Berry, is designed to condition the body by stretching and learning specific drills that are crucial to exemplary performance in a variety of sports. Berry also plans to expand Fit-4-Life options and is working with the local YMCA to include yoga and cardio-kickboxing in the near future.

Berry has joined forces with Shannon Cho, coordinator of health and fitness, to create a fitness assessment program for all students, faculty and staff who are interested in getting a personalized health profile and learning tips on

NEW EQUIPMENT — The USF fitness center has state-of-the-art equipment that allows multiple opportunities for cardiovascular and muscle-building workouts.

Fitness 101

Coordinator

Visiting Marcus in the fitness center or call him at (727) 873-4102.

Fit-4-Life classes

• Body Dancing, Tribal and Egyptian, level I and II
• Pilates
• Water aerobics
• Step aerobics
• Speed, Agility & Quickness
• Lifeguard training
• Martial arts: karate, aikido and judo

Class schedules are subject to change. Go to www.usfsp.edu/studentlife/ click on campus recreation, and then click on the Fit-4-Life subheading to confirm class days and times.

Intramurals

• The intramural sports program includes flag football, soccer and volleyball.
• USFSP is affiliated with the National Intramural Recreational Sports Association. Berry hopes to have USFSP intramural teams compete in the NRISA national/regional tournaments. Visit the site at www.NRISA.org.
• Berry is working with the waterfront in establishing swimming intramurals.

Events

• February 17 is National Recreational Sports and Fitness Day. The Pinellas County Department of Health will provide free health screening and information in Davis Lobby from 10 a.m. to 1 p.m. Students from the Suncoast School of Massage Therapy will be there to massage your worries away, free of charge!
• Red Cross CPR and First Aid training is scheduled for Saturday, March 4. For more information and to register, call Teresa Protzmann at the Waterfront Office at (727) 873-4597.
• Announcements regarding registrations and general information can be found on the USFSP Web site and campus bulletin boards.
Fair – from page 1
and artists usually produce an orange aura over their head, Yates said.
He estimated that he has invested about $14,000 so far in equipment and expenses.
Although traveling fair to fair is only a recent endeavor for the Alaska native, busi-
ness so far, according to Yates, has been "lemony."
"It is based on intense scientific study," he said. "But everybody's skeptical."
In front of a small pile of chopped carrots, Delbert Taylor demonstrates the
Knork, the logical follow up to the Spark.
According to Knork.net, founder Michael Miller of Wichita, Kansas, then a high school
student, was "trying to eat pizza with a normal fork," but "realized what a struggle it
was and how uncomfortable it felt."
After years of research, Miller developed
a seemingly normal fork that, when turned
sideways, reveals semi-sharp beveled edges
expressed interest in purchasing Knorks in
the dining industry; the Knork may also be of
benefit to those with motor skill deficiencies.
"We're not selling anything. We're giving
away belt. Adams and his wife Michelle
operate Red Leather, a company dealing
exclusively in belts and buckles.
"I'm a leathersmith and she's a
smith;" Adams said.
"Business has been outstanding," Adams
said. "We get horseback rides, air boat rides,
and hay rides." bars Dave Mizziho, who is
selling vacation packages to Westgate River Ranch, just
outside of Orlando.
"It's the coolest place in
Florida," he said.
Mizziho is wheeling and
dealing with an elderly woman,
eliminating nominal fees for package extras, like the Satur-
day night rodeo.
"I'll have to ask any daugh-
ter," the woman said.
German engineers have
been working to make ordinary
 glue better than ever, according
to Illinois native Jim O'Brien.
He sells "The Last Glue," as in
the last glue you will ever need.
Other super glues are "unre-
able" and "tricky to use" but
The Last Glue has recently been
used by large corporations such as
Harley-Davidson, Chrysler
and BMW O'Brien said.
"One drop does the job," he
said, as he glued together small
rubber pallets to form a seem-
ingly unbreakable ring.
Unfortunately for O'Brien, this group is not interested.

A poetic "New World"

• Film is exquisite meditation
on world of nature and love

BY JUSTIN LOWERY
STAFF WRITER

Having only directed four
movies the past 30 years, Terrence
Malick is the J.D. Salinger of movie directors. All of
Malick's films deal with completely different subject
matters but they feel eerily similar in pace, mood and how
they're shot. Malick's first film, "Hedda," told a true life
story of two serial killers. "The Thin Red Line" was about
the battle for Guadalcanal in the Pacific during World
War II, and his latest film, "The New World," tells the
story of the first English settlers in Jamestown.

Viewers who feel they know the story of how John
Smith came to meet Pocahontas and are expecting to see
an action version of the Disney cartoon will be in for a
real awakening. First off, this movie isn't about the
English settlers at all. They disappear for long portions of
the movie.

Instead, Malick focuses on the Native Americans or
"Naturals," the name the English settlers have for them.
And the central character is not John Smith, but Pocahon-
tas, whose name is never mentioned but we all know who
she is. This is a wise move by Malick. He shows us a side
to the story that doesn't appear in most history textbooks.

At the beginning, Smith (Colin Farrell) is about to be
hanged for mutinous remarks by Captain Newport
(Christopher Plummer), but he's got a second chance
when they land ashore in America. The Captain warns his
men not to offend the "Naturals" but they inevitably do
and fall out of favor with them. Meanwhile, Captain
Newport leaves for England to bring back more supplies
to help the colony. Smith is chosen to lead an expedition
to look for a fictitious king and his treasure, but is taken
hostage by the "Naturals."

Before he is about to be executed, Pocahontas dives
in front of Smith, saving his life and convincing her father,
the chief, to help Smith and the other settlers. Without
Pocahontas's help, Jamestown wouldn't have survived.
She brings them food in the winter and helps them plant
their crops in the spring — all because she's fallen in love
with Smith.

Pocahontas is eventually banished from her tribe
because of this and is forced to live with the English.
Smith is ordered back to England by the King to lead an
expedition into Canada to look for a route to India from
there. While he's gone, Pocahontas meets John Rolfe
(Christian Bale) and marries him because she believes
Smith to be dead. Rolfe takes her back to England to meet
the King and Queen and where she sees Smith one last
time before she dies.

Malick is an enigma. He is like an artist painting on
a canvas when he makes his films. He focuses his shots on
nature, creating a film of great beauty and poetry. "The
New World" is a fascinating love story between Smith,
Pocahontas and Rolfe. And it is the antithesis of Holly-
wood movies nowadays.

What is the "New World"? the title refers to? Is it the
one Pocahontas discovers or is the one John Smith
discovers?

In fact, it's both.
My rating: 4 bulls
Plan to attend:
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College of Business Room 2
Third Floor
263 13th Ave South
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NEWS FROM STUDENT LIFE

WHAT'S HAPPENING...

Harborside Live: Zero Duval
Wednesday, February 22
4:00-5:30 pm
Harborside Lawn

Sponsored by Harborside Activities Board

Water Aerobics
Monday & Wednesday
5:30 to 6:30 pm
COQ Pool

READ THIS...

SAFE Team needs U!
Drivers Needed!
Monday-Thursday
6:30-10:30 pm

Campus Activities Center needs U!
Desk Employees Needed!
Contact Don McCarty
at 873-4598 for more info

Visit us
online at
www.stpt.usf.edu/studentlife

COMING SOON...

Rock-N-Roll Weekend
at USFSP

Saturday & Sunday, March 4-5
Saturday~ Battle of the Bands
Noon to 4 pm
Harborside Lawn
Sunday~ Recycled Percussion
7 pm
Campus Activities Center

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