USF and All Children’s Hospital’s plan new research facility

By Emily Tinti
Staff Reporter

In a prominent effort to build a new education, research and training facility, USF awarded All Children’s Hospital in St. Petersburg over 1.4 acres of land.

The collaboration between USF Health—a partnership of several USF health science colleges and the All Children’s Hospital—was considered a valuable move for the university. USF Health medical undergraduates, graduates and postdoctorates are expected to see a strengthened pediatric residency program and have access to more opportunities in the health science field.

Corresponding with the pediatric hospital, the new facility will emphasize research in pediatric care and the development of treatments and cures for childhood diseases.

2.02 acres of land was originally donated to USF by the state of Florida in April 2014, but USF was required to have the land transferred to the St. Petersburg hospital by June 30, 2014. USF and All Children’s Hospital are obliged to start construction within 10 years of the deed.

The facility will be approximately 300,000 square feet and cost around $65 million to $85 million, according to Flgov.com. The online Florida state records also highlights the 400 design and construction jobs that the facility will generate, and at least 20 new high-paying research and other faculty positions once the location is established.

The land transferred is located across the street from the existing All Children’s Research Institute at 601 4th St. S, and next to the Outpatient Care Center.

USF President Judy Genshaft spoke of the collaboration back in June 2014.

“We are excited about the economic development and health care impact that this project will have in St. Petersburg and the Tampa Bay region, especially for the youngest members of our community,” she said. “We remain committed to partnering with All Children’s Hospital on projects like these that can improve health outcomes and quality of care, and we thank Governor Scott, the Florida Cabinet and our legislative leaders for their support for this critical initiative.”

The new facility, which will accompany the other USF Health and All Children’s properties, will be less than a mile from USF St. Petersburg, which has seen a considerable growth in biology and health science majors.

Although the land transfer was carried out by USF Tampa, USFSP senior Kelly Stefanski is optimistic for her home campus.

“This would really help our science community at USFSP grow by introducing students to a research facility they can gain experience at that will enhance their overall education,” she said.

Continued on p. 2

Ramzy Andary’s popular Lebanese fries.

By Angelina Bruno
Staff Reporter

The owner of a local food truck wants to bring convenient, restaurant quality food to the USF St. Petersburg campus and form a connection between the food truck community and the university.

Ramzy Andary, 39, owns Pitas on the Run, a food truck that has been in business for three years in the bay area. The mobile restaurant sells homemade Mediterranean-inspired items, such as hummus and pita chips, and focuses on two things: good food and quick food.

"The good thing about the food truck is that we keep a simple menu that creates very short window times; 2 to 4 minutes," Andary said. "Pass by"
60 students asked to relocate to Hilton

By Emily Tinti
Staff Reporter

On July 1st, 60 students received an email from USF St. Petersburg Housing and Residence Life informing them that they were being transferred to live at Hilton Bayfront hotel on First Street South, instead of Residence Hall One (RHO) on campus.

School would begin in less than a month.

Due to an increase in First Time in College (FTIC) enrollment and the push for on-campus living, the university was aware of the need to make new arrangements if they didn’t want to live at the hotel, or were unable to afford it.

Brian Richter, a sophomore, turned his housing contract in on June 17th, offering third and fourth year students the opportunity to cancel their housing and meal plan contracts without a cancellation fee, in order to make room for incoming freshmen. The email did not warn students of the possibility of living at the Hilton.

Because the emails were sent less than a month before school began, some students were left scrambling to make new arrangements if they didn’t previously have plans.

Though she will be graduating soon, she hopes USFSP and All Children’s Hospital can form a partnership in the future for biology research credit at USFSP.

Living at the Hilton costs $4,984 for the Full Semester – over $1,000 more than living in RHO, where rent ranges from $3,174 to $3,922 depending on the floor plan.

Scott Hendershot, the Housing Assignments and Operations Coordinator of Housing and Residence Life, said the original list of students set for the Hilton consisted of returning and transfer students. He canceled his contract because he “didn’t want to share that tight of a space with so many other guys.”

Another email was sent on July 16th, informing them that they were being transferred to house more students.

Brandon Zulli, a third-year transfer student, was supposed to live with seven other students but was separated from his roommates.

He canceled his contract because he didn’t expect to be transferred to a hotel.

“When I first found out that I was being placed in the Hilton, I was in disbelief,” Davis said.

“Why would they bring so many people knowing we had no space on campus?”

Fortunately the near $5,000 can be deducted from her financial aid, however, she was unable to purchase a meal plan due to the high cost.

“I thought it wouldn’t be that bad after all,” she said. “After our first night in the hotel, our floor was flooded and I was forced to evacuate my belongings for what they said would be a couple days. It’s going on five days and I am still not able to move back into my room.”

Instead of being relocated to the Hilton, some students were assigned eight-person dorms. These were larger dorms recently converted to house more students.

Brandon Zulli, a third-year transfer student, was supposed to live with seven other students divided between two bedrooms. He canceled his contract because he “didn’t want to share that tight of a space with so many other guys.”

The Hilton provides access to the hotel gym and pool while each room is equipped with a small refrigerator. Students are not allowed to have microwave ovens, and they must buy their own toilet paper. Students were asked to sign a contract that stated hotel housekeeping would only replace linens and take the trash out every two weeks. Two resident assistants live at the hotel and most students have one roommate.

According to USFSP’s Master Plan, at least one more residence hall will be built in the next five years, but there are no specific arrangements yet.

The project currently remains in the planning stages. But with a required commencement date set, construction is sure to begin soon.

Research Facility continued

By making connections with researchers, Stefanelli was able to conduct research at the Moffitt Cancer Center in Tampa as part of her required undergraduate biology research credit at USFSP.

Though she will be graduating soon, she hopes USFSP and Moffitt Cancer Center in Tampa will continue to collaborate on research internships for students that they didn’t previously have access to, she said. “It will give students a better idea of what they want to do. With my research background from Moffitt Cancer Center, I feel more confident with my skill set and have a better idea of where I would like to see myself in the biology field after graduation.”

The project currently remains in the planning stages. But with a required commencement date set, construction is sure to begin soon.
Sitting here on Capitol Hill

USF St. Petersburg student interns at the White House

By Caitlin Ashworth
Staff Reporter

An old row house by Capitol Hill housed interns from Ivy league schools across the country and one from USF St. Petersburg. Tyler Lewis, 21-year-old senior and political science major, never thought he would have a chance to intern at the White House. During the 2015 Spring Semester the Florida native often had to undergo a rough and icy commute. Lewis, who was a bit unprepared, carried his dress shoes as he walked in his Vans through the Washington snow.

Lewis described the White House as a positive and energetic environment with goals to make America a better place.

"Everyone there moves a million miles a minute. It is the most crazy, fast-paced environment," said Lewis, who worked in the White House Office of Intergovernmental Affairs.

During his internship, Lewis worked with local elected officials, drafted briefing materials, referred to the new air ventilation system and filled up wasted space.

"I can feel the difference in the air," Lewis said. "The building is more welcoming." In mid-May, construction began to add new space for student activities and event seating. The front lawn has been expanded and the entrance creates an inviting atmosphere. The front wall and barriers around the space," Grant said concerning the priority.

The entrance was the project's second priority.

"It was limited by exterior space," Grant said concerning the front wall and barriers around the entrance.

"Before, the front space wasn't utilized for students," said Matthew Morrin, director of student life and engagement. The entrance has been renovated from a portico to a storefront entryway, which is now enclosed with roof-line to become what architects call a 'concourse' – a large, open entrance space. The space is now a lounge area for students leisure and events.

Grant said the outside porch will be used as a multi-purpose stage. The front lawn has been expanded for student activities and event seating.

"This has increased the building's size by 2,000 square feet," he said.

The new handicap ramp is now closer to the entrance, unlike before, where people had to enter by the alley, between the SLC and Residence Hall One. The SLC houses organizations such as Student Government, Campus Recreation, Multicultural Affairs, Harborside Activities Board, the Crow's Nest, the Career Center and more.

The fitness center has been renovated with updated locker rooms, restrooms and new single-stall showers. The fitness room has been divided into two, one side for high-impact exercise classes, such as self-defense, the other is used for workout sessions and the entrance to campus recreation.

"We want to be part of the SLC," Oppenheim said. "This new entrance creates an inviting atmosphere for our department. We are now located in the same lobby as the other departments."

"Before we had to arrange the activities in the limited space we had," Greg Haverlock, campus recreation coordinator, said. "The two rooms now gives us space to teach the workforce."

Other changes include a new study room for students and a new location for the Office of Multicultural Affairs (OMA). Multicultural Affairs Coordinator Erica Campbell hopes the room's large space will accommodate more students to their organization's activities.

"I love the renovations because of the openness of the foyer, which provides many opportunities for students to get connected and engaged on campus," she said.

Many students and facility members have approved the building's new look.

"We like that the SLC is now more of a living space with study spots and comfy furniture," said Jared Rollo, of the Harborside Activities Board.

"The building is more welcoming now," said Morrin. "I don't want to call this a remodel, but an addition to our campus."
Up past midnight

Restaurants cater late night appetites

By Julia Marcuzzo
Staff Reporter

Broke?
The Part-Time Job Fair is on Sept. 16 from 11 a.m. to 2 p.m. If you can’t make it, log on to Recruit-A-Bull or visit the Career Center in the SLC 2300.

Here are some job opportunities in St. Petersburg:

Signal 88 Security of St. Petersburg
Roving Security Patrol Officer
Full-time, Part-time
Apply online at www.signal88.com

Student Success Center
Finance Tutor // Temporary
Major: Finance, MBA
(727) 873-4632
academic.success@usfsp.edu

Mad Science
Presenter/Teacher/Entertainer
Internship, Part-time
Apply online at http://greater tampabay. madsscience.org

Raymond James & Associates
Media production // Internship
Major: Graphic Design, Journalism and Media Studies, English
Creative writing // Internship
Major: Journalism and Media Studies, Business Administration, English, Creative Writing
Web design // Internship
Major: Journalism and Media Studies, English
Apply online at www.raymondjames.com/careers

General Dynamics Ordnance & Tactical Systems
IT Financial Analyst // Full-time
Major: Accounting, Finance
Apply online at http://www.gd-ots.com/

The Raw Studios
Video Production // Internship
Major: Graphic Design, Journalism and Media Studies
(727) 902-1252

The Shop
Data Entry Associate // Full-time
(727) 527-1400
info@theshopstpete.com

Directed Capital
Real Estate Investment // Internship
Major: Accounting, Economics, Finance
careers@directedcapital.com

Florida Fish and Wildlife Commission
Administrative Assistant // Full-time
Apply online at http://peopleflf.myflorida.com/
life@crowsneststpete.com

Location: 532 1st Ave. N, St. Petersburg, FL 33701
Late Night Hours: Closes at 3:30 a.m. daily
Vibe: Warm brick walls envelop an Italian restaurant with a hometown feel. Angelo’s menu offers an array of pizzas, sandwiches, burgers, salads, desserts and even breakfast. As a participant in Bulls in the Burg, Angelo’s offers a 25% discount for all USF St. Petersburg students.

Location: 210 1st Ave. N, St. Petersburg, FL 33701
Late Night Hours: Closes at 3 a.m. daily
Vibe: Quaint in size, but grand in flavor, Joey Brooklyn’s allows students to liberate themselves from drab pizza chains without looking for lost change in couch cushions. Additionally, Joey’s online coupons and free delivery creates a more affordable experience.

Location: 3600 4th St. N, St. Petersburg, FL 33711
Late Night Hours: Closes at 4 a.m. Sun-Wed and 4:30 a.m. Thur-Sat
Vibe: When you have $5 left in your wallet and angry whale sounds erupting from your stomach—you’ll be happy it’s so close. Taco Bell offers an entire dollar menu and happy hour on frozen beverages daily from 2-5 p.m.

Location: 240 Beach Dr. NE, St. Petersburg, FL 33701
Late Night Hours: Closes at 3 a.m. daily
Vibe: Got a hot date at 2 a.m., but not sure where to take them? Tryst Gastro Lounge is here for that exact reason. The chic, modern gastropub has a menu filled with premium seafood and beef dishes from local organic vendors. Tryst also hosts a live DJ from 9 p.m. to close every Friday and Saturday.

Location: 242 1st Ave. N, St. Petersburg, FL 33701
Late Night Hours: Closes at 3 a.m. daily
Vibe: Exclusively 21 and up, MacDinton’s cards at the door, so if you’re under the legal drinking age enjoy the rest of this list! In a relaxed pub environment, MacDinton’s offers traditional Irish dishes, including shepherd’s pie, bangers and mash, and other classic pub food. Each day of the week holds a different event, such as trivia on Wednesday’s at 8 p.m. and karaoke on Thursday’s at 10 p.m.
All USF St. Petersburg students are able to obtain free tickets to USF home athletic events. Students can check their university email for information on how to acquire and print tickets from Ticketmaster.

Companion tickets for non-USF student guests are also available at a reduced fee.

The first football home game is Saturday, Sept. 5 at 7:30 p.m. vs. Florida A&M University at Raymond James stadium in Tampa. Come out and join your community, fellow students and alumni to support your Bulls!
St. Petersburg: The 6th most Godless city in America

By Sean LeRoux

ST. PETERSBURG – Boston, Portland, Los Angeles, Denver, Seattle and St. Petersburg.

No, these aren’t the hottest travel destinations of 2015 – they’re just a handful of the fifteen U.S. cities on Glenn Beck’s list of the most “Godless” places in America.

Although Beck is well known for his outlandish political views, he hasn’t exactly missed the mark this time. His list was essentially copied and pasted from a study by the Public Religion Research Institute, which ranked the fifteen cities he chose to condemn as those with the highest percentage of religiously unaffiliated residents. Ironically enough, most of these cities are known for their liberal mindsets as well – an unlikely coincidence worth mentioning. For Beck and his co-hosts, however, taking a shot at these cities for their progressive nature was only an added benefit rather than the main objective.

While the study may have correctly highlighted the number of religiously unaffiliated residents in these cities, it doesn’t account for the myriad of unconventional belief systems that don’t necessarily require affiliation with traditional religious organizations. It seems Beck read “religiously unaffiliated” and assumed this meant “atheist heathens.” He’s clearly missing the point here, considering the fact that many metaphysical spiritualists believe in a God or God-like entity without clinging to any particular religion or belief system. Clearly it is no surprise that these currently or formerly employed by Fox News see these cities of “non-believers” as modern reinterpretations of the biblical Sodom and Gomorrah. However, for those who appreciate important freedoms such as the separation of church and state, and the ability to be completely free of religious protest and condemnation – this list could be used to highlight the best U.S. cities to vacation to or settle down in.

St. Petersburg was lucky enough to receive an extra few seconds of recognition as another host of Beck’s radio show reflected on his time as a St. Petersburg resident. “There’s been trouble in River City for a number of years,” he laughed. “For quite some time.” As usual, there was no actual argument to back this claim.

Hopefully Beck’s followers take heed of his warning and stay away from what are arguably some of the nicest cities in America. In the end, it only means less political extremists and religious condemnation for us, while the rest of the world continues to fight off progressivism and await the rapture.

by candice reshef

crow’s nest contributor

Civic engagement is important beyond the grade, both for students who are starting out in the world, and also for the community in which they serve. They are creating the future they will be a part of.

“Students need to be educated, not just in the content for their discipline, but in wanting to make the world a better place,” McLauchlan said. “I think that’s a part of the overall mission of the university and certainly in my classes.”

McLauchlan said that when students identify a problem in their community, they need to know who to talk to and how to solve that problem.

“That’s the best thing that comes out of these classes,” she said. “That students will leave feeling like they can make an impact.”

life@crowsneststpete.com

Get off the couch and change the world— for college credit

By Candice Reshef

Crown’s Nest Contributor

Twenty-five community partners will be present to seduce students into creating change in their community during the Civic Engagement Fair.

The fair will take place alongside the Get On Board event Tuesday, Sept. 2 at Harborside from 10:30 a.m. to 2 p.m.

Many USF St. Petersburg courses – exactly 100 last semester – include a civic engagement component. Students in these classes will work in the community for a passing grade. Even students without a service learning requirement can tour the fair and find an organization to be excited about.

“Civic engagement” is when people take responsibility for the place they live in. Engaged citizens don’t just complain about their community, they work to make it better.

Dr. Judithanne Scourfield McLauchlan teaches political science at USFSP and is the founding director of the university’s Center for Civic Engagement, which was established in 2006.

McLauchlan notes that while the Center for Civic Engagement’s mission is to make USFSP distinctive in its commitment to civic engagement, her goal with the organization is also to get students “out of the classroom and in the community.” She stresses the importance of merging curriculum and community, which encourages students to put what they learn to use.

One example McLauchlan gives is when accounting students from the Kate Tiedemann College of Business help low-income individuals prepare their taxes. This allows students to practice and help the community at the same time.

For some students, experience in service learning is a necessity. Working with community partners can open doors for job opportunities.

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**September Shindigs**

What’s going on this month in the bay

**SHINE ST. PETERSBURG MURAL FESTIVAL** – SATURDAY, SEPT. 1-12
St. Petersburg is known for its iconic murals along Central Avenue and First Avenue North and South. The SHINE Mural Festival includes sixteen mural artists that will come together to transform city buildings into colorful canvases.

_Downtown St. Petersburg // shineonstpete.com_

**FIRST FRIDAY BLOCK PARTY** – FRIDAY, SEPT. 5
On the first Friday of every month, downtown St. Petersburg hosts an outrageous block party. First Friday showcases great bands, killer drinks and phenomenal food that can’t be beat.

5:30 p.m. to 2 a.m. // downtown St. Petersburg

**BROCANTE VINTAGE MARKET** – SATURDAY & SUNDAY, SEPT. 5-6
This monthly market features 15,000 square feet of unique vintage treasures. You won’t find a true vendor-run market with such an incredible variety of vintage items anywhere else.

9 a.m. to 5 p.m. // 2200 2nd Ave. S, St. Petersburg

**PURITY RING** – THURSDAY, SEPT. 10
If electro-pop is your style, you’ll fall in love with Purity Ring. Inspired by the sounds of contemporary R&B, their latest album, Another Eternity, showcases the duo’s signature chilling vocals and hypnotic rhythms.

Doors open at 6:30 p.m., Show starts at 7:30 p.m. // $32.00 // The Ritz Ybor, 1503 E 7th Ave., Tampa

**2ND SATURDAY ART WALK** – SATURDAY, SEPT. 12
The arts scene hits the streets for St. Petersburg’s monthly 2nd Saturday Art Walk, where participants can experience more than 40 galleries, like the McClellan Glass and Morean Arts Center, after hours. Free trolley rides are available all night to take you to participating galleries throughout the city’s five districts.

5-9 p.m. // downtown St. Petersburg // stpeteartsalliance.org

**USFSP BLOCK PARTY** – SATURDAY, SEPT. 12
USF St. Petersburg will kick off its 50th Anniversary with a community block party presented by the Rowdies.

10 a.m. to 3 p.m. // Free // 6th Ave. South & 2nd St., St. Petersburg

**4TH ANNUAL STEAMPUNK BALL** – SATURDAY, SEPT. 12
Come one, come all! Gen of Genitorturers will lead a mysterious “Time Travel Nightlife Adventure” presented by Cirque Du Risque.

10 p.m. to 3 a.m. // $13 in advance, $16 at the door // The Castle, 2004 N 16th St., Tampa

**TAMPA BAY RAYS VS. THE YANKEES** – MONDAY THROUGH WEDNESDAY, SEPT. 14-16
Support the Tampa Bay Rays as they take on the New York Yankees at Tropicana Field.

Games start nightly at 7:10 p.m. // Tickets start at $19 // Tropicana Field, St. Petersburg

**THE MAINE** – FRIDAY, SEPT. 18
The infectious pop-punk band is offering fans the chance to see them for free! All tickets are first come, first serve and everyone is welcome – but make sure to get there early before tickets run out.

_Doors open at 7 p.m. // Free // Jannus Live, 200 1st Ave. N, St. Petersburg_

**ST. PETE OKTOBERFEST** – SATURDAY, SEPT. 19
Oktoberfest comes to St. Petersburg at this all-day, family friendly event. Located in the Grand Central District, the event features a great lineup of entertainment, authentic German food and beer, Oktoberfest-themed games, and more.

1-11 p.m. // Grand Central District: 2227 Central Ave., St. Petersburg

**GATSBY GALA ROARING 1920S** – SATURDAY, SEPT. 19
This art/music/fashion show is inspired by the Prohibition era. Costumes are highly suggested, but not required.

8 p.m. // ARTpool Gallery, 2030 Central Ave., St. Petersburg

**THE NEIGHBORHOOD** – MONDAY, SEPT. 21
Best known for their hit single “Sweater Weather,” this L.A. based band crosses genres to create a nuanced blend of atmospheric indie rock, electronica and hip-hop. Don’t miss the chance to see them in concert.

_Doors open at 6:30 p.m., show starts at 7:30 p.m. // $33.25 // Jannus Live, 200 1st Ave. N, St. Petersburg_

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**CREATIVE LOAFING BEST OF THE BAY EXTRAVAGANZA** – WEDNESDAY, SEPT. 23
Join the 25th anniversary of Creative Loafing’s Best of the Bay celebration and experience Tampa Bay’s top local businesses and people on September 23 at Mahaffey Theater. The night will be filled with fantastic food and drink samplings, and guests will receive an advanced copy of the Best Of The Bay issue before it hits stands.

6-9 p.m. // $25 in advance and $35 at the door // Mahaffey Theater, 400 1st St. S, St. Petersburg

**ANDREI CODRESCU: AVIDA DOLLARS** – THURSDAY, SEPT. 24
Andrei Codrescu, art and politics commentator on NPR’s All Things Considered, will lecture on Salvador Dali’s contribution to the commercialization of art.

6-7:30 p.m. // Free // USFSP University Student Center Ballroom

**CHARLI XCX & BLEACHERS** – FRIDAY, SEPT. 25
Charli XCX combines ‘90s pop and electronica influences to create a sound that is both irresistible and catchy. The show will feature songs from her latest album, Sucker.

_Doors open at 7 p.m. // $40.25 // Jannus Live, 200 1st Ave. N, St. Petersburg_

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It’s an ‘inner state of mind’ Two local men find healing through yoga

BY LAUREN HENSELEY
STAFF REPORTER

Inner State Yoga is one of the newest small businesses to find its place in the heart of downtown St. Petersburg. Nestled on the corner on Fourth and Eighth Avenue South, Inner State Yoga welcomes the community to experience the mental, physical and spiritual benefits of practicing yoga.

For co-founders Mike Fecht, 41, and Jonathan Creamer, 44, yoga is about much more than getting a good workout or even relieving stress. They say it’s about improving their inner state of mind. Both men credit the practice of yoga with bringing a sense of healing to their lives.

“If you talk to anybody on the street and say ‘what’s your yoga?’ the first thing they’re going to think about is moving around on a mat. That’s just one element of what yoga actually is,” said Fecht. “The physical side of yoga is only one of eight parts of the yoga practice. The other seven parts of the practice speak to how you live your life and how you treat others. It’s all about a philosophy of living.”

A passion for the practice isn’t the only common ground Fecht and Creamer share. Both experienced hardships and turned to yoga for relief and healing.

On Tuesday, June 2, 2009, while Fecht was away on business, his estranged son from a previous marriage was murdered by her ex-fiance. Fecht was away on business, his estranged son from a previous marriage. "I saw what he was doing with Yoga for Men and I was intrigued by that. Everything that he was delivering was what men needed as far as developing their yoga practice," said Fecht.

He has gone on to train professional athletes in the practice of yoga, including the NFL’s Miami Dolphins.

“It was never about being the yoga instructor to professional athletes. The idea was that if I could get athletes talking about their practices, it would be easier for the average guy to pick up a yoga mat,” Fecht said. “Then the stigma could go away, that’s not just for women when they see a defensive lineman weighing 270 pounds practicing yoga.”

And it’s not just football players who can benefit – students can too.

“For a student that’s caught up in worrying about what’s going on tomorrow, worrying about the test you just took and if you passed or not, yoga is your opportunity to let go of all of that stress,” Fecht said. “I’m not just for women when they see a defensive lineman weighing 270 pounds practicing yoga.”

Jonathan Creamer spent much of his childhood in a yoga studio. His mother was an instructor and Fecht and Creamer connected over their shared interests in yoga.

“Wyatt, my little brother was 6 months old and his name was Wyatt because I was going to be an Olympian and it was the Greekgod of war,” Creamer said. “So every time I would practice yoga, I would do it with him and I loved it so much. My mother brought me to class with her. Though Creamer didn’t continue practicing yoga in his adolescence, he picked it up again when hard times came later in life. As his father battled Alzheimer’s, he pressed deeper into his practice.

“I picked up where [my mother] left off,” Creamer said. “I’m practicing and teaching yoga now that she isn’t able to anymore. You could say she passed the torch on to me.”

Fecht and Creamer connected with each other in a Facebook group that Creamer created entitled, Yoga for Men. The page aims to enlighten men about the craft of yoga and to dispel the stereotype that yoga is only for women.

“I saw what he was doing with Yoga for Men and I was intrigued by that. Everything that he was delivering was what men needed as far as developing their yoga practice,” said Creamer.

“Leg behind the head? That means nothing,” Creamer said. “We’re not showing off here, there’s no gold stars being handed out for a deeper stretch on any given day,” Creamer said. “If you can – show up, breathe, and do your best in that moment.”

Inner State Yoga offers students unlimited classes for $69 a month.

Classes are offered 7 days a week:
http://innerstateyoga/class-schedule/

Located on the first floor of the Orion Building with plenty of free 2 hour parking in the surrounding blocks and neighborhoods.

Address: 780 4th Ave. S, St. Petersburg
Phone: (727) 569 6737
Email: InnerStateYoga@gmail.com
Facebook: http://fb.com/innerstateyoga

Staff Reporter

In dealing with that experience, my yoga practice taught me to let go of what I thought my life was supposed to look like and focus solely on what it felt like," he explained in a statement on the Inner State Yoga website. "Those early days were dark, but now I’m here. When we let go of the ego and ‘let life happen,’ so to speak, we learn to align ourselves with our true calling. And here, now, I can use what was a tragic loss as a way to help others live better lives through yoga.

He has gone on to train professional athletes in the practice of yoga, including the NFL’s Miami Dolphins.

“Leg behind the head? That means nothing. That’s for a magazine cover. We’re not showing off here, there’s no gold stars being handed out for a deeper stretch on any given day,” Creamer said. “If you can –show up, breathe, and do your best in that moment.”

Jonathan Creamer, left, and Mike Fecht, right, started their yoga studio two months ago.

"Be your own home & therein dwell.”
- John Donne

innerstateyoga.com