USFSP professor conducts HIV research in Kenya

Dr. Chenneville works with HIV-positive youth to end the stigmas surrounding the disease

BY EMILY TINTI
Staff Reporter

Psychology professor, Dr. Tiffany Chenneville, was welcomed by warm hearts of children, parents and community leaders in Kenya, where she spent over three weeks conducting HIV research.

After about 20 years of researching the disease, she was given the opportunity to further her studies with a $50,000 Pediatric HIV Global Research Grant from a private donor.

Chenneville noted that her extensive commitment to studying the disease grew out of personal experience. She was inspired when someone close to her was diagnosed.

"At the time (of the diagnosis), HIV was very much a death sentence," Chenneville said. "When I found out in grad school, it was just an outlet to cope with the grief around somebody so close to me dealing with the disease."

Dr. Tiffany Chenneville spent time talking with families about HIV in a slum community called Barut in the city of Nakuru, Kenya.

Courtesy of Tiffany Chenneville

Dog survives bullet to the head

BY SAMANTHA PUTTERMAN
Staff Reporter

When Chip Watson got home from work one evening earlier this month, he found the place in shambles and a bloody bullet wound in the head of his dog Anubis.

Anubis is an 115-pound Rhodesian Ridgeback, but he was just a puppy when Watson got him several years ago.

There had been a break-in at Watson’s house on 15th Street S in the Campbell Park neighborhood, and he hoped Anubis would help deter other would-be burglars.

But the person – or persons – who broke in this time fired several shots, and one of them hit Anubis.

"The big brown dog is more than a watchdog to Watson, who told the Tampa Bay Times that Anubis is practically a son."

Watson took Anubis to an emergency veterinary clinic in Clearwater, and the next day a bullet fragment was removed from his neck and turned over to St. Petersburg police, who hope they can trace it to the gun that fired it.

"Fortunately, the surgery was not very complicated," said Carrie O’Brion, a spokeswoman for BluePearl Veterinary Partners. "The bullet was fairly close to the surface of Anubis’ skin and was fairly easy to remove. The entire procedure took about 45 minutes."

Watson visited Anubis after the surgery.

"Yesterday, I spent the day in shock and hysteria," Watson told BluePearl. "This morning, I was angry. Now I’m just glad that my dog is okay. It could have been much worse."

Anubis went home the next day and is not expected to suffer any long-term effects from the wound. But the bill for his care is expected to cost about $10,000, according to BluePearl.

A national nonprofit pet charity called Frankie’s Friends is raising...
**News Briefs**

**MONDAY OCT. 12**

**Food and Culture Lecture Series: Photographer Penny De Los Santos**
USC // 7 p.m.
As part of a yearlong multimedia series, the photographer will present “Food Culture Through the Lens” and a Q&A session. She’s worked in 30 countries for National Geographic and led the photography for several cookbooks. RSVP at www.usfsp.edu/foodforthought.

**PRISON LIFE IN POPULAR CULTURE**
USC Ballroom // 6-6:8 p.m.
USFSP will hold a reception for criminology professor Dawn Cecil’s new book Prison Life in Popular Culture. Cecil will discuss prison life and refer to its portrayal in the media, like in Orange Is the New Black.

**TUESDAY OCT. 13**

**STUDENT GOVERNMENT SENATE ELECTION**
The deadline to run for the SG senate has been extended to 5 p.m. Any student can run if they are in good academic standing. Packets can be found in the SG portal on OrgSync and should be brought to SLC 1500.

**WEDNESDAY OCT. 14**

**BULLS IN THE BURG DAY**
Harborwalk // 1-4 p.m.
Come meet some of the businesses participating in USFSP’s Bulls in the Burg student discount program. If you check in with student government to get a passport and have each booth stamp a page, you will win a “swag-bag.”

**BAILANDO EN LA NOCHE**
USC Ballroom // 6-8 p.m.
Want to learn how to salsa? Come out to the Multicultural Activities Council’s “Bailando en la noche!” event! Even if you (think) can’t dance, there will also be food and music to celebrate Hispanic heritage month.

**FRIDAY OCT. 16 & SATURDAY OCT. 17**

**ST. PETERSBURG SCIENCE FESTIVAL**
USFSP
The annual St. Petersburg Science Festival celebrates science-related fields through captivating demonstrations, exhibits, performances and discussions about engineering, technology and more. The event is free and open to the public.

**Professor in Kenya continued from cover**

“...been a barrier in advancing both research and care. Chenneville said she was struck by the genuine interest the people in Kenya showed toward collaboration, and was surprised by the need for learning fundamental concepts about HIV prevention and treatment.”

“...was deeply disturbing nonetheless, was the level of HIV-related stigmas that exists, which we know is a significant barrier to HIV testing and retention in care,” she said.

According to the progress report, some of the disease’s misperceptions include that: (1) It can be transmitted through shared dinnerware like utensils and bowls, (2) Men with HIV can be cured by having sex with a virgin and (3) You can tell if someone’s been diagnosed by looking at them.

Chenneville said she plans to return to Kenya in the spring or summer to work with children who have HIV. The long-term goal is to create an HIV youth ambassador program, where HIV-positive adolescents from the United States go to Kenya, and possibly other countries, and vice versa.

Young children in the slum community of Barut were educated in HIV prevention and treatment by Dr. Chenneville and her research team.

Research takes a long time, and years can go by before the benefits of research are realized. Chenneville stressed the importance of building something with the people most affected, rather than studying their lives separately.

“The research process itself can be beneficial to the people involved,” she said. “And by involving the key stakeholders, you can avoid becoming too removed from the real purpose.”

The key objectives are to improve the lives of children with HIV and to address HIV-related stigmas, which have consistently impacted by the topic of a study.

The project, tentatively called SEERS (Stigma reduction through Education, Empowerment and Research) would train the kids, assist them in collecting data from other HIV-positive youth, and deposit a sense of hope in the community.

The trip was unlike anything Chenneville expected. “It is difficult to describe the most poignant or inspiring aspects of this trip because the trip was incredibly inspiring in so many ways.”

The Crow’s Nest Student Newspaper of USFSP

**Staff Meetings**

Staff meetings held at 5 p.m. every Tuesday in Student Life Center 2400.

**Contributors Welcome!**

writers, photographers and artists

contact us: ufsfnewsp@gmail.com

**Just trashy**

**Gulfport and St. Pete team up to clean 49th Street**

St. Petersburg Mayor Rick Kriseman and a team of volunteers help clean up the 49th Street area.

**By Jeffrey Zanker**

**STAFF REPORTER**

About 100 volunteers collected 671 pounds of trash along the intersection of 49th Street S and the Tangerine Gateway, the shared border between St. Petersburg and Gulfport.

As a way for the two cities to collaborate on solving issues such as crime and littering, the organization Gulfport Neighbors hosted an event called “One Street, Two Cities, One Goal: Collaboration.”

The area is known for crimes such as drug trafficking, property damage and burglaries. But in recent years, Gulfport and St. Petersburg police have worked together to reduce crimes by increasing surveillance and working with local businesses.

“Heroin has climbed ten times what we’ve recovered last year,” said St. Petersburg police Chief Anthony Holloway. “In St. Petersburg, that’s our biggest issue now.”

Both Holloway and Gulfport police Chief Rob Vincent agreed that community involvement is key in reducing crime.

Along with drug paraphernalia, a variety of trash such as cigarette butts, condoms, baby diapers, snack wrappers and beer cans have been collected during cleanups, according to Zachary Tober, president of Gulfport Neighbors.

St. Petersburg Mayor Rick Kriseman and Gulfport Mayor Sam Henderson helped collect trash to support the two communities.

“...the area has been taken as a crime area, but it is mostly perceptive crimes,” Henderson said. “We want to take that stigma out of those perceptions through events like this.”

According to Tober, the collaboration would not have been possible four years ago.

“We’ve got two incredible cities here and there is no reason for us not to work together to better our communities,” Kriseman said. “This street should be a bond for us.”

Gulfport’s community resource officer Zachary Mills has patrolled the street and encouraged businesses in the area to maintain their property.

“We went to every business to pick up their trash and told them to keep their property clean,” Mills said.

City officials, along with Tober, said they plan to make it a priority to do more collaborative projects in the near future.

“We wanted the cities to work together as a group,” Tober said. “Our matter of focus for this area is cleaning the trash around the properties and making awareness of the level of perceptive crimes.”

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Anthropology Club focuses on diversity and acceptance

The organization seeks to help students achieve a better understanding of cultural differences in a constantly changing world

By Paola Mazzini
Crow’s Nest Contributor

The world in the 21st century is changing at a rapid pace. So rapid, that it can be difficult to keep up, especially as a college student. Learning and experiencing interactions with people, ideas and systems is what college is all about, and also what anthropology is all about.

USF St. Petersburg has multiple student organizations that aim to help connect students with similar interests. The anthropology club is one of these organizations.

The club aims to inspire and motivate student participation in the study of the human experience throughout history. “The biggest thing that I’ve learned as an anthropology major is about being open to differences in cultures and differences in personalities in a university level,” said Becca Detarding, the club secretary.

The organization’s faculty adviser, Jay Sokolovsky, created the anthropology club in 1996, when he started teaching at USFSP full time. “The club promotes lectures exposing students to local cultural events,” Sokolovsky said.

The organization’s president, senior Alyssa Delio, said the club is focused on making the world a better place. “We just talk about things that we all can relate to and it’s always constructive,” club member Chris Rodriguez said. “It’s good for the soul.”

“The environment is perfect for people to express themselves and connect with others while talking about anthropology,” said junior Alanna Todd, the vice president.

According to John Lancheros, the organization is about breaking down ethnocentrism - the practice of judging other cultures by the standards of one’s own culture. “The term ethnocentrism is key in anthropology, especially with current events going around, not just in the U.S., but around the globe,” Lancheros said.

“There is a lot of ethnocentrism where people are not taking into respect other cultures or other view of the world.”

Sokolovsky encourages members to work together as a group, to help each other learn about the world’s diversity. To start thinking like anthropologist.

To make it appealing to all students on campus, the club holds fundraisers, invites speakers to discuss anthropological issues and hosts camping trips.

Thirteen of the club’s 57 members are flying out to Denver, Colorado, for the American Anthropological Association’s 114th annual conference. Starting Nov. 18, the five-day event brings anthropologists from around the world to address biological, archaeological, linguistic and cultural topics.

The conference is one of the largest annual anthropological meetings in the world, averaging over 500 concurrent sessions and more than 3,500 presenters each year.

“I encourage students to attend the meetings to jumpstart their careers,” Sokolovsky said. “It provides a window into the full range of professional work opportunities in the 21st century field of anthropology.”

Though USFSP students have attended the event in the past, this year holds the largest group by far, and coming up with the money wasn’t easy.

Dog recovers from bloody break-in continued from cover

Not all dogs are as lucky as Anubis.

“Sadly, we see gunshot victims fairly frequently at our BluePearl hospitals, according to our doctors. Sometimes we even see dogs who come in for unrelated problems and X-rays reveal they have been previously shot,” O’Brien said.

“Anubis was extremely fortunate. He was shot in the head, but thankfully the bullet did not penetrate the skull, which could have been fatal. It also missed the major arteries in that area. It could have easily been fatal if the trajectory had been a little different.”

The affable pooch made plenty of friends at the veterinary clinic, O’Brien said.

“Anubis is a very sweet, extremely loving and affectionate dog,” she said. “We all fell in love with him.”

To help the club cover some of the trip’s expenses, student government donated $4500. The club hosted various fundraisers, such as a benefit concert at the Tavern at Bayboro, to help raise the rest of the money.

Through group discussions, presentations and trips, the club’s members can learn the roles of religion, gender, language and status and power that takes place in human culture across the world.

At USFSP, students come from a wide variety of cultural backgrounds. The goal of the anthropology group is to unite with and learn from fellow students to create a cohesive college community.

The club meets at 5p.m. every other Wednesday in the student center coral room 232. The next meeting will be Oct. 21.
Dr. Blues.

This thriller, the perfect prequel to any Halloween celebration. This thrilling movie will make you salivate as Gene Wilder takes you along for a ride through his factory (1971)

Sister Act (2002)

Important: free entertainment and most importantly, free entertainment that we needed to take, it was out which we encountered by night that interested me the most.

The Strasbourg bar hunt

As a 24-year-old American bartender on my first trip to France – hell, first trip to Europe – I was determined to find out what the nightlife scene was all about. I’m a journalism student, so when my school announced a food and travel writing course in France, I was in.

Our group had the opportunity to taste local cheeses and chocolates, explore the Alsation wine route, and see the production process of Black Forest ham in neighboring Germany.

The experience was unlike any other. By day, the places we visited and people we met were fascinating, but it was the places and people we encountered by night that interested me the most.

Before leaving, I researched the bar scene in Strasbourg, a historical city in southeastern France along the French-German border, and where we were spending the first half of our trip.

I put a list together that included a few suggestions from some of my more seasoned traveler bar regulars and set off on my journey.

The jet lag was pretty intense, resulting in a basically nonexistent first night.

The next day the following 11-hour day, which included a lot of walking in the heat and not a lot of iced coffee.

Needless to say, it was pretty difficult persuading myself, let alone anyone else, to venture out in the foreign city “wilderness.”

When the time came it was only myself and Caitlin, another student in the group, who were game. The bus lines were, obviously, listed in French and by the time we figured out which we needed to take, it was already 10 p.m.

On top of that, Strasbourg’s Wawa happened to be an American-themed bar.

An American bar in France? I wasn’t going to miss out on that. Apparently it wasn’t an ordinary bar either. In my pre-departure research I found out it had beer pong tables, a ball pit and an interior that was designed to look like a 20something’s apartment.

This sounded a whole lot better than any “American” bar I’d ever been to.

We arrived at our stop and hopped out onto a dark, cobblestone road. A few street maps and, admittedly, a wrong turn or two later, we had finally found the street. As we walked, the cluster of lights ahead grew brighter and the chattering voices got louder.

A minute later, I was excitedly standing a foot away from the place. Outside, four rows of picnic tables were pushed together underneath a large tent with layers of dangling multicolored lights. Several groups of people were seated around the tables smoking cigarettes and drinking tallboys.

I walked in and the bar was close to empty. It made sense that the 40 or so people chose to sit outside, because inside felt like an oven. Regardless of the temperature, the bar still had a great vibe.

The couches, tables and chairs all differed from in size, color and style, and were scattered around the room in no distinct order, as if there was no specific placement for anything.

I noticed the ball pit on my left as two not-so-sober ladies were laughing uncontrollably as they repeatedly climbed out just to dive back in.

I went to investigate the beer list.

Five seconds later I made up my mind after spotting Vedett Extra Ordinary IPA – hoppy beers are my absolute favorite. It was the first IPA I had seen in Europe so far, I would soon find out it would also be the last.

We ordered our drinks and sat outside with the rest of the crowd.

After a little while, we ventured back inside to get another round, and spotted the beer pong tables.

No one else was inside, so we decided to buy a pitcher of beer and play against each other.

When in Rome, right?

By the time our double-over-time game was finished, it was closing time.

We finished our drinks, paid the tab and walked outside. I reached in my purse and pulled out my phone to check the time: 1:30 a.m.

Normally I am late for me often I wanted to try and stop at another before calling it a night. Luckily, Caitlin felt the same and we ran into a tiny pub next door to ask one of the bartenders if he knew of any late-night spots.

Bartenders, at least in America, always have a place or two where they can grab a brew to wind down after a long night at work.

I explained what we were looking for and, thankfully, he spoke English.

Success! He knew exactly what I was talking about and pointed us in the direction of Pub Nelson, a popular late-night spot that was about a 10-minute walk away.

The route was simple enough and we found it without any trouble.

When we stepped inside it was exactly what I hoped it would be: Dark, noisy, crowded. It smelled of stale pretzels, liquor and beer.

It was just like home. It was fantastic.
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Dr. Cindy Brayer | Dr. Bao Nguyen | Dr. Phong Phane

The month of October—arguably the best time of year for seasonal beer enthusiasts—is finally upon us. As Halloween decorations re-emerge and all that is pumpkin spice takes over our lives, breweries across the country are shipping out their newest seasonal brews by the truckload. Although Christmas-themed beers haven't quite hit shelves yet, there is still a solid selection of pumpkin beers and Oktoberfests to choose from. This week's lineup consists of two Oktoberfests, two pumpkin ales and a sweet potato casserole strong ale.

First up is Alltech Lexington Brewing and Distilling's Kentucky Pumpkin Barrel Ale. Far less heavy than the brewery’s other bourbon-barreled offerings, this pumpkin ale is surprisingly light and easy to drink for a beer that boasts an ABV, the alcohol by volume, of 10 percent.

Pumpkin flavor is certainly present, but it doesn’t slap you in the face like some other seasonal ales—we’re looking at you, Pumking.

The balance of spices and bourbon is a nice touch that adds an impressive complexity to the beer.

Next is Abita Brewing’s Octoberfest, a surprisingly decent beer that is hoppiest than most other Marzens, which is a name used interchangeably with Oktoberfest. Other than that, there's not much to say about this one. It’s certainly drinkable, weighing in at just over 5 percent ABV, and the unexpected hoppiness provides an interesting twist that allows the beer to stand out from other Oktoberfests.

Although neither the scent nor the appearance are anything to write home about, the taste makes up for it. This Oktoberfest is certainly more preferable than Abita’s variant and is one of the better pumpkin beers available.

Next comes Left Hand Brewing’s Oktoberfest, weighing in at 6.6 percent ABV. Although neither the scent nor the appearance are anything to write home about, the taste makes up for it.

Left Hand stuck to the standard Oktoberfest template—malty, spiced and golden-orange in color. The brewery’s signature smooth, creamy texture still allows the beer to stand out. This Oktoberfest is certainly more preferable than Abita’s variant and is absolutely worthy of a follow-up purchase.

Rounding up the five beer free-for-all is Funky Buddha Brewing’s Sweet Potato Casserole Strong Ale. By far the best beer of the five, this ale is sweet, bold and goes down easy.

Although consuming more than a few is probably a task best saved for more seasoned beer drinkers, anyone could enjoy this brew. Hints of spices, sweet potato and marshmallow make this beer a delicious alternative to the standard pumpkin ale. At 9.5 percent ABV, it’s best to fight off the urge to drink more than one or two and save the rest for another day.

This fall, don’t condemn yourself to a grueling three months of bland, mass-produced beers. Give these crafty seasonals a shot and see how much more exciting your beer drinking experience can be.

The new series is appropriately named “The Splat,” sharing similarities to the programming with social media platforms like Instagram, Vine and YouTube. The website also features themed games, like the Rugrats: Hiccupping Dil and CatDog trivia. TeenNick will be airing the following programs:


Although many assume October to be a month overcome by everything pumpkin, Oktoberfests, winter beers and other spiced seasonal variants are quite popular as well.
**Pinktober makes me sick**

**By Moriah Parrish**  
CROW’S NEXT CONTRIBUTOR

All the symbols of October...all the breast cancer awareness items...all the pink ribbons adorn many items, and a pink version of just about anything can be purchased during this month. “Support the cause! Buy something pink!”

But according to the organizer of this pink movement, the Susan G. Komen organization, it has. The organization was founded in 1982. Since then the 5-year relative survival rate has increased from roughly 75 percent to around 91 percent in 2007, according to seer.cancer.gov.

On komen.org, they claim there is now a 99 percent 5-year relative survival rate for early stage breast cancer detection. And these are good things and great news for anyone diagnosed.

“There’s a catch, though. The rate of women diagnosed with breast cancer since 1982 has risen. From 1942 to 2001, the average number of cases diagnosed per 100,000 women of all races went from 105.6 to 138.8. The numbers then dipped a bit, but have remained around 130 from 2003-2012, the last year data is available.

So, although women have a better chance of surviving once diagnosed, what good is it when diagnosis rates have increased? Is anyone looking into what causes breast cancer in the first place? The Susan G. Komen organization claims that 83 cents of every dollar raised goes to support its mission. It turns out, though, that the word “mission” is a large umbrella underneath which many things can be counted that the consumer buying pink items may not realize.

The majority of that number, 38 percent of their total revenue, in fact, goes to “education.” Education could also be considered marketing. It could be the pamphlets that you see everywhere telling you about the foundation, or it could be direct educational material about breast cancer.

Either way, whatever they take it to mean, the majority of the charitable donations that everyone thinks they’re making this time of year are not going to research.

In fact, while the organization does aid in the cost of screenings for breast cancer and in actual treatment, which are good things, only 18 percent of all revenue taken in by the Susan G. Komen organization goes to research.

That word “research” is also a broad term covering several things: new treatments (new pharmaceuticals to sell back to the patients), different types of breast cancer, genetic factors and, of course, possible causes and prevention.

I’m not saying that the Komen organization has not aided in making people aware of breast cancer and its effects on individuals and families. I’m not saying that they haven’t helped bring money and a larger focus from the federal government to breast cancer research. I’m not saying they haven’t helped more women than ever before fight the disease and continue to live their lives after treatment. They have.

But shouldn’t an organization that claims to strive incessantly for a cure focus more of its dollars on research that would discover the cause in the first place? If we don’t know precisely what causes cancer of any kind, how will we ever pin point the proper antidote?

This is what makes me see red when I see something pink: it’s not necessary.

Stores are selling items, items that must be manufactured, in order to donate a portion of the profits to the organization. From there, a small portion of that already, already, small portion, will find its way to research breast cancer.

It’s flat out not enough.

Manufacturing produces pollution, plain and simple. Pollution is generally considered to have carcinogenic factors, depending on what is actually being produced.

So, say, even though I already have three reusable water bottles to take to the gym, I buy a fourth pink one for $12, because I want to support the cause and make others aware that I have.

But when creating that fourth water bottle that I didn’t need produces pollution, and only pennies of that $12 finds its way to research purposes, how good can I really allow myself to feel about my purchase?

I think I’ll just skip the middle-pinkie woman and send that $12 straight to research myself, thank you very much. I encourage you to do the same.

Data quoted in this article can be found at www5.komen.org.

Moriah Parrish is a staunch feminist and a junior majoring in biology. She can be reached for questions, comments or general debating fun at parrishm@mail.usf.edu.

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**Bulls win homecoming thriller**

**By David Stoner**  
Crown’s Next Contributor

It is important for any team to win its homecoming game and that is exactly what the USF football team did in a 45-24 Saturday afternoon thriller against the Syracuse Orange.

Homecoming is an emotional time for both players and fans. A win sets the stage for the rest of the season, especially for this team, which was already 1-3. Now at 2-3, there is a much better chance to play for a bowl game.

All three phases of the game—the offense, defense and special teams performed well to put together a complete game. First, it was the defense, keeping Syracuse scoreless in the first quarter to allow the offense to eventually find its feet. Defense also forced two turnovers, one of which forced turnovers in the game. One was a fumble on a punt, giving the offense the ball on the Syracuse 16-yard line, which lead to a field goal at the close of the first half.

At halftime the score was a 10-3 lead for the Bulls, the field goal was a big momentum shift going into the locker room. The offense was just getting started. Coach Willie Taggart clearly took lessons from previous games and did not rest on the lead. Instead, he opened up the playbook and the offense executed. The offense was highlighted by a reverse flea, which worked perfectly and resulted in a touchdown.

If this game, the offense came out with a more balanced running and passing game. This loosened up the defense, which could not stack the box and allowed both passing and running to excel. This style of play makes the game very entertaining to attend and a lot more fun.

In the third quarter, the Bulls led by 21 points, but the Orange came roaring back to score two quick touchdowns in a four-minute span to cut the lead to seven points.

In previous years, the Bulls might have folded and gone on to lose. It was clear that the crowd feared a late loss of momentum, reminiscent of the Bulls of years past.

But the team showed incredible resilience and perseverance and took back control of the game and rebuilt the lead. The Bulls had to play through adversity, will be important in the season going forward. This is one of the biggest wins for the program in many years.

Syracuse is a power conference school from the Atlantic Coast Conference (ACC). Going into the homecoming game with a losing record made the victory a massive confidence booster for the entire USF football program.

Next up, the Bulls look to continue the momentum in their away game against the Connecticut Huskies at noon on Saturday, Oct. 17. The next opportunity to see the Bulls at home is Saturday, Oct. 24, against Southern Methodist University.

David Stoner is a junior majoring in journalism and media studies. He can be reached at stoned3@mail.usf.edu

USF mascot, Rocky D. Bull lives by the motto, “Mess with the bull, get the horns.”
Almost is Enough

By Choya Randolph
Crow’s Nest Contributor

No one really wants to think about their goals and think “so close” or “almost had it.”

But in reality, life happens. You can plan every aspect of your life perfectly and still be on an unexpected life trail.

I learned that this week.

I ran for Homecoming Queen and didn’t get it.

That sounds a little sad, but trust me, it isn’t. The reason why is because I genuinely had an amazing time at the ball. The entire week, I found myself—trying to campaign sufficiently, make flyers, make sure I had the right shoes, that my dress fit or that my hair would be curly enough for the style I yearned for.

It took me hours to get ready and all I could think about was that crown. All I was focused on was how bad I wanted to win, but then I lost.

I’m not going to lie and say I was ecstatic about not winning. However, I was so proud of Cynthia. The gorgeous girl deserved the crown. Believe it or not, being honestly happy for someone who earned what you wanted is harder than it looks.

But then I thought about how blessed I was to even be on the Homecoming Court.

Almost 20 girls applied and I was one of the lucky ones who made it. I thought about how much support ones who made it. I thought about how much support

The numbers don’t lie. We are terrorizing ourselves. Our priorities are objectively out of place, and the politicization of this issue doesn’t allow us to think objectively.

We point our fingers away from ourselves. According to the CDC, from 2004 to 2013, 316,545 Americans were killed by firearms on U.S. soil. 313 Americans were killed by acts of terrorism. The numbers don’t lie. We are ultimately led to immediate, sweeping gun control measures throughout Australia—The National Firearms Agreement and Buyback Program.

Since then, they haven’t had a mass shooting in 19 years.

It isn’t because Australians are mentally healthier than us. It isn’t because they are a slightly more homogeneous society than us. It isn’t because they have a lower population than us.

The reason that Australia has remained free from massacres is because they chose to do something about it. Nearly two decades ago, the Aussies came to the bold conclusion that a society with fewer firearms is a safer one. Because of that decision, Australia doesn’t have this hellacious normal that Americans have become tragically accustomed to.

There is nothing normal about this new normal.

It can change.

Choya Randolph is a senior majoring in journalism and media studies. She can be reached at choya@mail.usf.edu

The new normal

By Duncan Rodman
Crow’s Nest Contributor

On the morning of Oct. 1 my phone buzzed. CNN informed me, informed me in one simple push notification, that another mass shooting had occurred—this time in Oregon. I let out a vocalized sigh, and without much hesitation or thought, I immediately went back to work.

Is this the new normal?

Since the massacre at Columbine High School in 1999, mass shootings have become increasingly routine in this country. Public outrage over these incidences is diminishing with each event. We are killing each other, and we have become numb to it.

In his speech following the tragedy at Umpqua Community College, President Obama expressed his unmitigated frustration. “Our thoughts and prayers are not enough. It’s not enough,” he said. “It does not capture the heartache and grief and anger we should feel. It does nothing to prevent this carnage from being inflicted someplace else in America—next week or a couple of months from now.”

It is preposterous that the most powerful country on Earth, the supposed beacon of freedom and peace, is helpless to protect itself from its own people.

We gladly spend the time, money and energy to fight terrorism. The Air Force drops warheads on foreheads. The TSA screens every last crevice between your body and your clothing before boarding a plane. The NSA collects data on everyone we can—citizen or not—all in the name of preventing another terrorist attack.

So why can’t we protect us from ourselves?

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To add insult to injury, we act like it is completely out of our control. And many of us will do everything we can to morally justify doing nothing about it.

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Duncan Rodman is a senior majoring in mass communications. He can be reached at duncanrodman@mail.usf.edu
Stand-up paddleboarding is one of the fastest growing sports in the world. According to an Outdoor Industry Association report, the sport increased in public participation by 29 percent in 2014.

In recent years, paddleboards have become increasingly popular in the area and are used for entertainment, exercise and physical healing. Yoga instructors, entrepreneurs and the St. Petersburg community are changing their routines to be part of the new trend.

"Forty percent of the income for most watersports stores now come from the usage and rental of paddleboards," said Luis Perez, founder and CEO of CaribeSup, a local company that sells inflatable paddleboards with original designs that are lightweight and easily portable.

After working in sales for 12 years, Perez used his savings to open a paddleboard business. Perez said he had no idea how popular his sudden decision was going to be.

To increase awareness of marine life conservation, CaribeSup specializes in each paddle board to support charities with a common interest – water. One is the Sea Turtle Conservancy with a sea turtle design and another is the Manatee Club.

Molly Curls, a recent transfer student, got involved at USFSP by renting out paddleboards at the waterfront from the Haney Landing Sailing Center. Curls, who works part time at a yoga studio, wants her yoga practice to branch out to stand-up paddleboarding offered in St. Petersburg.

"I think it’s awesome that yoga has this power to reach so many people, and now people have that chance to experience it on the water, which makes it an even more unique experience," Curls said.

Yoga instructor Dani Mae from Body Electric Yoga Company said she was looking for a more challenging practice when she discovered stand-up paddleboard yoga (SUP yoga). During her yoga instructor training, Mae thought about mixing the practice with paddleboards and decided to pursue the idea when training was complete.

The practice of yoga on a paddleboard forces every muscle in the body to work and teaches how to find balance in a serene way.

"You have to lose the balance to find it," Mae said, referring to the several difficulties and benefits of SUP yoga. "This type of practice is perfect for people who have had knee or hip replacements because it has no high impact."

Mae explained that doing yoga on solid ground only works between five to 10 muscles in the body – but maintaining balance is a different story. The body has to use more muscles to keep the position, activating the nervous system to help recover the injuries.

"This type of practice is static but you still are using all the muscles, strengthening and building the compression back to the joints to stabilize it," Mae said.

Five years ago, Andrea Natera suffered from an ACL knee ligament injury.

"I've been doing CrossFit for two years now and I've noticed when I do SUP yoga I don't experience the technique of paddle boarding to create new exercises, build strength and add harder challenges."

The Reebok CrossFit Games 2015 incorporated paddleboards to test the abilities of the contestants in a totally different way.

According to Reebok's CrossFit Games website, director Dave Castro said they had performed different tests in water but never involving boards. The idea of incorporating the boards in the 2014 games was in mind but a variety of situations prevented the activity from happening.

The race involved a 500-meter swim, followed by a two-mile kayak paddle and another 500-meter swim. The competitors, individually or groups, strive to maintain their balance and stay on the board through surf waters. The point of this test was to show the strength of the contestants and their abilities on the water.

According to Scott Smith, senior writer of the Tampa Bay Buccaneers website, NFL athletes are also including the sport into their training to gain resistance and full body strength.

"It's great for your flexibility and your balance, and leg strength as well," Barth said on the Buccaneers website. "It's kind of a total-body workout that's not going to have the effects that running does, the pounding on your body."

As the paddleboard industry grows, communities are starting to incorporate the new trend into their daily routines, while experiencing the benefits the sport provides to the body, as well as the connection with nature.

"Some people don't like working out, so if you can make it fun – and being out on the water is one of the ways to make it fun – it's a great time," Barth said.

Students Molly Curls paddleboarding at the USFSP waterfront.

Heaven or hell?

Hellview Cemetery brings spooky fun and donations to local charities

By Caitlin Ashworth
Staff Reporter

Every October for almost 20 years, Mark Muncy, 44, has transformed his yard in Northeast St. Petersburg into a labyrinth of horror he calls “Hellview Cemetery.”

Muncy was a regular at Universal Studio’s Halloween Horror Nights, but when he started a family, he decided it was time to bring the haunt to his suburban neighborhood.

What started as bloody handprints on the windows in 1996, grew larger each year as Muncy developed Hellview Cemetery, and his alter ego, The Caretaker.

According to Muncy, legend has it that St. Petersburg is filled with Native American burial mounds and forgotten cemeteries. And Hellview Cemetery might just be one of them, he added.

"The whole area is a huge graveyard," Muncy said. "You could have a house on top of one."

As an avid fan of traditional horror, Muncy plans to have “classic monsters” this year, such as Dr. Jekyll and Mr. Hyde, Frankenstein and Jack the Ripper.

One of Hellview’s most popular characters is Madame Oar, a 19th century brothel owner who was rumored to be behind the disappearances of visiting sailors. Some of Muncy’s most notable finds for the cemetery include an organ for the Phantom of the Opera room, an Overlook Hotel bottle from the movie, The Shining, and an authentic coffin from a flea market.

And for the grand finale – everyone’s worst nightmare. A clown.

“I’ve always been Mr. Jingles,” said scareactor Aric Stevenson, 29. A veteran of Ohio’s notorious "Haunted Hoochie," a metal-head’s scare house mecca where typical rules don’t exist.

During the first hour, Muncy gives what’s called the “Scobby Doo” version – a toned down, guided tour. Characters from cartoons and games guide young guests with a torch from the Minecraft video game to ward off monsters and “creepers.”

“We’ve had lines down the street,” said Dale Alden Jr., 44, a long-time Hellview volunteer.

The Hellview Cemetery is open five nights in October, for three hours each night. Muncy said the biggest night had about 1,000 people, doubling the average of 500.

Hellview is free and open to the public. However, donations are appreciated and are given to charities.