

1-11-2016

Crow's Nest : 2016 : 01 : 11

University of South Florida St. Petersburg.

Follow this and additional works at: https://digital.usfsp.edu/crows_nest

Recommended Citation

University of South Florida St. Petersburg, "Crow's Nest : 2016 : 01 : 11" (2016). *Crow's Nest*. 520.
https://digital.usfsp.edu/crows_nest/520

This News Article is brought to you for free and open access by the University History: Campus Publications at Digital USFSP. It has been accepted for inclusion in Crow's Nest by an authorized administrator of Digital USFSP.



Cure the new semester slump with these tech tools p. 2



Take a class overseas p. 8

Florida's first Earthship, incomplete and up for sale



BY CAITLIN ASHWORTH
STAFF REPORTER

For over a decade, Michael and Denise Pflazer have worked toward a dream of living completely sustainable in an Earthship – an energy-efficient home constructed from recycled materials such as rubber tires and tin cans, complete with solar-powered electricity and rainwater plumbing.

According to the Tampa Tribune, rainwater gathered from the rooftop would be used for drinking, washing dishes and flushing toilets before it trickles back out to nourish the gardens.

Although the Earthship would not have an air conditioning system, Pflazer said it would maintain a cool temperature due to the cave-like design.

This is the first Earthship in Florida.

However, today the project lays dormant as overgrown grass and weeds consume the more than 4,000-square-foot foundation and tire walls.

Caitlin Ashworth / Crow's Nest

The Earthship is a completely sustainable home, using energy from the sun to produce electricity and rainwater for plumbing. Unfortunately, owner of Florida's first Earthship, Michael Pflazer, could not complete the project due to funds.

Continued on p. 2

St. Petersburg shares ideas and stories at 4th annual Zine Fest

BY DEVIN RODRIGUEZ
STAFF REPORTER

St. Petersburg's 4th annual Zine Fest was held at the Venture Compound on Saturday. Over 30 artists came to show and sell their work inside the warehouse space. Zine's (pronounced \ zēn\) are self-made magazines that share ideas or stories.

Some use visual imagery like comics or photography to develop and express a point. In the '90s, zines were big with bands and

music reviewers and have since re-emerged as a way for people to share ideas.

"There are absolutely no rules when it comes to creating zines. There are no boundaries holding you back, and you can create what you want, publish it and give it to people," says Kelly Steele, local author and creator of Zine Fest.

"Sharing your ideas like this is one of the greatest, most liberating feelings."



Devin Rodriguez / Crow's Nest

Local Author Bob Dixon (right) poses next to his newest book Rags and Ruins, at the 4th annual Zine Fest on Saturday, held at the Venture Compound in downtown St. Petersburg.

News Briefs

WELCOME BACK, STUDENTS!
ON MONDAY, JAN. 18, THE USF
SYSTEM WILL BE CLOSED IN
HONOR OF MARTIN LUTHER
KING JR. DAY. THERE WILL BE NO
CLASSES.

Tuesday, Jan. 12

Get on Board Day

USC Ballrooms // 10:30 a.m. to 2 p.m.

The USFSP community is invited to attend Get on Board Day, where students will promote their clubs and organizations. This is the perfect opportunity to get involved on campus and network with fellow Bulls. Stop by before, after or in between classes.

Orientation Leader Info Session

SLC 2101 // 5 — 6:30 p.m.

Find out how you can be one of the next orientation leaders — an exciting way to make money and have a positive impact on incoming students! If you can't make it, visit usfsp.edu/orientation/apply to learn more and submit an application. They are due Jan. 15.

Wednesday, Jan. 13

USFSP by the Decades

Nelson Poynter Memorial Library - Poynter Corner // noon to 1 p.m.

The library will host a lively discussion on the topic "Cultivating Town and Gown Relationships." Jim Schnur, Special Collections Librarian and Sudsy Tschiederer, university graduate and long-time staffer, will discuss the college's history and culture with special guests Dr. Ray Arsenault, Gert Anderson and more. Light snacks will be provided.

Mr. and Miss USFSP Info Session

USC Palm Room // noon to 1 p.m.

Join Victor Sims and Iannah Johnson as they discuss their roles as Mr. and Miss USFSP and what it means to represent the university. Find out why the titles are "more than just a crown." Applications are available on PeteSync.

"The Forgotten Coast: Return to Wild Florida"

Shorecrest Preparatory by the Florida Wildlife Corridor // 7:30 — 9 p.m.

USFSP's Environmental Science and Sustainability Club invites the community to watch the premiere of the new film that follows three friends as they exit from civilization behind a wandering black bear's footsteps. The trio travel nearly a thousand miles by foot through unexplored wildlife, stretching from the Alabama border to the Everglades

Friday, Jan. 15

Last Day to Add/Drop

This is the last day to add a course or drop a course and receive a full reimbursement for tuition costs.

8 helpful apps and websites every student should know about

BY SAMANTHA PUTTERMAN
STAFF REPORTER

It's hard to get back in the swing of things after winter break.

Interestingly enough, most find it most difficult to adapt in the fall semester. However, transitioning to the spring semester is often even harder.

Some think the longer span of summer break makes returning to school more stressful, but in fact, it can make it easier. Students have months to relax, take trips and catch up with old friends. And while the winter break gives us *some* time to do this, it's really not much.

We are all certainly more sane by the end, though it still feels a little unfinished. The taste of freedom is just enough to make us hungrier. Going out and sleeping in has finally started to feel normal when it's cut short.

We can all sit here and complain about it, but that won't stop time from moving and essays from being assigned.

If you're feeling a little dazed and confused this week, or getting lost and overwhelmed (likely before 11 a.m.), then here are some tech-tools that may help save the day and get you back into school-mode.

1. StudentRate.com

This site collects student deals and discounts on electronics, clothes, travel and much more. Instead of searching for individual vendors that offer student discounts, StudentRate compiles the lists for you.

If you haven't purchased textbooks yet, check out StudentRate's textbook price comparison tool. Search by book name, author or ISBN and the app will put together

a list of textbook sellers and the rates of each.

2. Sleepyti.me

This website and app (available on IOS for \$0.99) uses the REM cycle sciences to calculate a person's optimal amount of sleep depending on when they plan to wake up.

It's pretty simple, just plug in the time you want to wake up and sleepyti.me will show you the best time you should go to bed in order to feel well-rested.

You can also switch it up if you know when you plan to go to sleep, but not when to wake up.

3. Codecademy.com

Codecademy is a free resource to learn coding. Need I say more? If you don't know by now, knowing how to code in our digital world has become incredibly important. This computer lingo will help you in countless ways — predominantly, to land jobs after graduation.

In addition to breaking down programming concepts and syntax like HTML, CSS and JavaScript, the site teaches specific web developer skills that include building interactive websites and applications.

Whether it's business or personal, having a free option for something this coveted is an obvious win.

4. Twinword.com

Have you ever been in the middle of writing an essay, blog or story, and start repeating the same word over and over? Then, even after you've found a few decent substitutions, another word would begin to re-appear. It's a vicious cycle.

I don't know about you, but there are a few things I hate more.

Twinword can help solve this problem. The online word processor features a built-in thesaurus that searches for the right word, offering suggestions when a term shows up too often.

That just sounds like heaven, at least to me...not to repeat myself.

5. Brain.fm

Do you ever study while listening to music? Some students can listen to any genre of music, some only classical and others not at all. But what does science have to say about it? Brain.fm is a web app that tells you.

Brain.fm uses audio brainwave training that creates highly-specific music designed to improve your brain's performance. The app offers three categories: Focus, Relax and Sleep.

While the versatile improvement is a pretty big claim to make, this brain-workout tool is backed by over 180 studies and intensive EEG analysis.

There is a monthly fee of \$6.95, and a yearly rate of only \$3.99. You can also try out 7 free sessions before needing to pay.

6. Hemingwayapp.com

The Hemingway application started out as an online-only text editor that aimed to improve people's writing based on the simple language style of author Ernest Hemingway. It has since expanded as a desktop editor (\$9.99 on Mac and Windows) that allows you to open and save files.

Regardless of which you choose, this app really does it all.

It offers a counter that keeps track of the paragraphs, sentences, words and characters in a piece, and a grading system that is based on how readable your writing is. If it's complicated and dense, the grade will be worse.

The app also analyzes the grammar and sentence structure of a piece by highlighting in various colors. For example, a sentence highlighted in yellow indicates it's too long and complex, while a phrase in green is marked to show passive tense, and so on.

7. Mint

Money: Most of us don't have much of it. But for those who may struggle to keep track of the bills while juggling a fresh batch of classes, Mint is here to help.

Available on Android and IOS, this free website and app allows you to view all your financial accounts in one place.

Create budgets (in case you just can't help yourself sometimes), track your spending, receive alerts for unusual account charges and get tips on how to reduce fees, and save money.

8. Lynda.com

This digital library offers over 4,000 video courses on almost every skill and technique imaginable. Interested in audio and music production? Want to enhance your Indesign skills? You'll find it on Lynda. Whatever you want to discover, or even just practice, it's there.

The collection can be accessed on a computer, tablet or mobile device.

In 2004, the Pfaltzers acquired the land in Myakka, Fla. and began implementing the project in 2008. Manatee County's strict building codes and permits led the project to a rough start. However, a nonprofit organization called Earthship Florida formed and worked toward the goal of completing the home.

According to Earthship Florida, the project is 70 percent complete. Earthship lacks a roof, interior walls and a solar panel electric system.

Pfalzer said constructing the Earthship was "very labor intensive."

"The costs were far more than we were able to afford. We got as far as we could," he said.

Originally, the group envisioned colleges such as Eckerd College and USF St. Petersburg using the

Earthship and surrounding property as a learning center to teach and experiment with sustainable methods and technologies.

Grateful 4 Grace, a nonprofit organization founded in 2015 by Nicholas Cardin and former USF student Gabrielle Heinlein, is interested in the property.

The group aims to help others become more consciously sustainable and works toward the long-term goal of creating self-sufficient communities throughout the United States.

If you are interested in sustainable and tiny-home communities, go to grateful4grace.org. Email firstFLearthship@yahoo.com if interested in the Florida Earthship.



Caitlin Ashworth / Crow's Nest

The Earthship's walls are created from recycled materials such as tires and beer cans. Pfalzer said he spent years collecting materials before his team began building.

2015: The hottest year on record? **news** 3

By **MORIAH PARRISH**
STAFF REPORTER

Although no major government organization has confirmed the claim, 2015 is said to be one of the hottest years on record.

Global temperature has been measured and recorded since about 1850. According to the data collected, the past 15 years have been record-breaking. On average, global temperatures have been growing progressively hotter.

On May 23, 2015, Alaska hit 91 degrees, setting a record for earliest day of the year to reach summer temperatures, according to a Climate.gov article.

World Meteorological Organization Secretary-General Michel Jarraud said 2015's global climate will make history.

"Levels of greenhouse gases in the atmosphere reached new highs," Jarraud said. "Carbon dioxide crossed the 400 parts per million barrier for the first time. This is bad news for the planet."

What did this mean for those soaking up the sun in St. Petersburg?

Gov. Rick Scott announced in November that Florida had

welcomed the most visitors over a nine-month period of any time in the state's history.

Several thousands of those tourists were concentrated in St. Pete Beach, infusing the area with sightseeing dollars and creating more job opportunities for those in the hospitality industry.

So far, regional wildlife does not seem to be too adversely affected.

Barbara Stalbird, a supervisor with the Boyd Hill Nature Preserve in South St. Petersburg, stated there were no negative effects linked to climate change noted with the captive wildlife rehabilitated in the park.

"We did note a general reduction in the number of baby alligators during the 2015 nesting season and have theorized it was related to the amount of rain and flooding the preserve experienced during the summer nesting months," Stalbird said. "But we have not conducted any research to confirm this."

There are still some dissenters to the idea of global warming.

The Committee for a Constructive Tomorrow (CFACT), a group established in 1985, lobbies



Washington for what they deem more sensible approaches to environmental regulation.

In December, the group cited a study that suggested the temperatures recorded by the National Oceanic and Atmospheric

Administration (NOAA), a federal agency, were warmer than reality.

CFACT claimed stations monitoring the temperatures were adversely affected by local urbanization.

However, the study did not touch on the higher-than-average temperatures recorded consistently in less developed parts of the world.




The Crow's Nest is hiring for the Spring semester!

If you're interested in working for the college newspaper now is the time to apply.


To request an application and more information, contact usfcrowsnest@gmail.com

For further questions, contact the Editor in Chief Samantha Putterman at ann21@mail.usf.edu


THE CROW'S NEST
STUDENT NEWSPAPER OF USFSP



CONTRIBUTORS WELCOME!



writers



photographers



Cartoonists

STAFF MEETINGS TUESDAYS AT 5 P.M.
STUDENT LIFE CENTER ROOM 2400

CONTACT US: USFCROWSNEST@GMAIL.COM

2015

A year in review

BY DEVIN RODRIGUEZ
STAFF REPORTER



7: Charlie Hebdo shootings in France. Two masked gunmen with ties to terrorist organizations stormed the offices of the weekly satirical newspaper. Twelve people were killed and 11 more injured. The gunmen were killed after a long manhunt. "Je suis Charlie," French for "I am Charlie," became a widely used slogan in support for the newspaper in public gatherings and on social media.

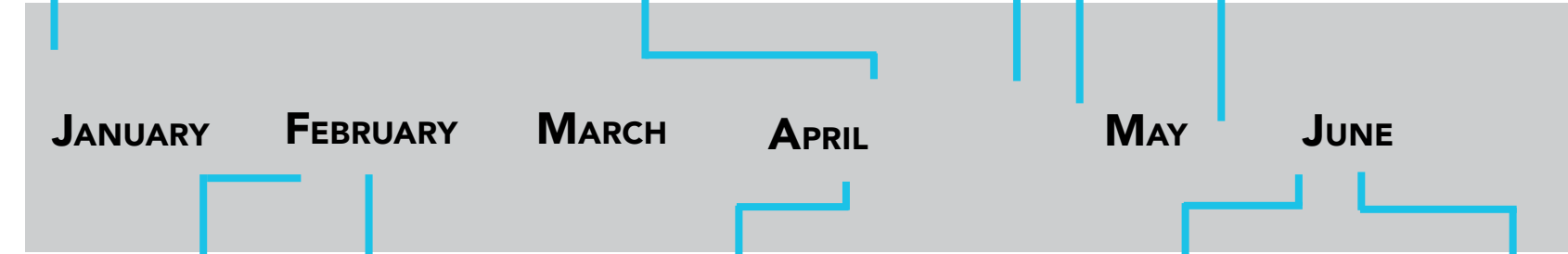
14: Blues legend B.B. King dies at age 89. King (above) is considered one of the most influential blues musicians of all time, and he was inducted into the Rock and Roll Hall of Fame. He was nicknamed "The King of Blues."

22: Ireland becomes the first country to legalize same-sex marriage through popular vote. Voter turnout was high as steps were taken to change the constitution in order to allow same-sex couples the right to marry.



25: Magnitude 7.8 earthquake strikes Nepal. Causing more than 8,000 deaths and injuring more than 21,000 people, it was the worst earthquake to hit Nepal since 1934.

26: Laws guaranteeing same-sex marriage as constitutional right in the U.S. are upheld. On a 5-4 vote, the Supreme Court effectively made same-sex marriage legal throughout the country.



4: NBC Nightly News anchor Brian Williams apologizes for embellishing stories. Over the years, Williams had made numerous claims that proved to be false or at least embellished, and he was suspended by the network. In September, Williams got back on the air as a breaking news anchor on MSNBC, the network's cable news affiliate.



27: Leonard Nimoy dies at age 83. (Below) He was best known for his role as Spock in the Star Trek television series and several movies, but the versatile actor was also a director and photographer.

12: Freddie Gray's death leads to riots in Baltimore. Gray died in a police van after an altercation with police. Though severely injured, he was dragged into the van without medical assistance and died before reaching the hospital. The incident led to protests (below) that turned violent and criminal charges against six police officers.



17: Charleston church massacre. A white gunman killed nine people who had welcomed him into a prayer service at a black church. Dylann Roof, 21, was arrested and told police he had committed the murders in hopes of igniting a race war.

16: Donald Trump announces presidential campaign. Love him or hate him, Trump has dominated headlines with his controversial statements and opinions since announcing his bid for presidency. Seven months later, most polls show he is the Republican front-runner heading into a



Power plate: Grilled chicken with avocado

BY ANGELINA BRUNO
CROW'S NEST CONTRIBUTOR

To make this protein-packed plate, I used frozen brown rice and pre-cooked grilled chicken from Trader Joe's. The items are still whole foods with no added chemicals, so I can't feel too bad about it.

It saved me a lot of time on the stove and got a healthy, low-fat dinner on the table in less than 20 minutes.

I'd call that a win-win.

Ingredients

Serves: 1

For the avocado crème:

- ½ of an avocado
- the juice of 1/3 a lime
- ½ teaspoon of cumin
- 1 teaspoon of chili powder
- salt and pepper to taste
- 4 tablespoons nonfat Greek yogurt

For the plate:

- 4 ounces of grilled chicken breast
- ½ cup of brown rice
- ½ cup of cucumber, sliced thin
- cherry tomato for garnish

Directions

Place the salt and pepper, avocado, lime, cumin and chili powder into the blender and purée.

Add in the Greek yogurt and blend until the sauce is smooth.

Place ½ cup of brown rice in a measuring cup and flip over onto the plate (this is how I created the cylinder shape of the rice). Garnish with a sliced cherry tomato.

Slice chicken at an angle and add to the plate.

Using a spoon, take a dollop of avocado crème and dollop a spoonful onto the plate, and then drag the spoon to create the shape in the photo.

Circle the plate with cucumber slices.

Enjoy!

A look back at

USFSP in

2015

January

Bike-A-Bull, an on-campus bike-share program, officially opens for operation.

February

Jozef Gherman and Juan Salazar are elected student body president and vice president after a run-off election.

14: The Iran nuclear deal. In negotiations spearheaded by President Barack Obama and Secretary of State John Kerry, Iran and six other nations came to a consensus regarding Iran's nuclear development. The agreement stipulates cut-backs in uranium and plutonium processing and could mark a historic turn in the relationship between Iran and the United States.



6: Jon Stewart makes final appearance on the "Daily Show." The comic-turned-influential commentator gave a heartfelt goodbye to the long running comedy news show aired on Comedy Central. Trevor Noah became his successor.

8: USFSP professors Kathryn and John Arthur announce the discovery of the earliest human genome. In Ethiopia, the two archaeologists (right) discovered the 4,500- year-old skeletal remains of an African hunter-gatherer. The skeleton was named Bayira, which means "first born" in the Gamo language.



4: Miss Piggy and Kermit the Frog announce divorce. In devastating news, the Muppet couple announced their divorce on Facebook. Still being civil, the two agreed to continue making television appearances. But it didn't take *long* for Kermit to find a new love interest in Denise the pig.

12: USFSP celebrates 50th anniversary. Five decades after the campus first offered classes, the university kicked off a yearlong celebration with campus ceremonies. A Bayboro Blonde Ale was released by 3 Daughters Brewing, and Second Street S was co-named University Way in an announcement by Mayor Rick Kriseman.

12: Beirut double suicide attack. The bombing, which took place in a mostly Shiite residential area, scoured a busy shopping district during rush hour. The attack was the worst to hit the city in years, resulting in 43 deaths and over 200 injuries.

2: San Bernardino attack. Fourteen people were killed and 22 injured in a terrorist attack in the California city. The terrorists were a married couple who lived nearby. They were inspired by terrorists groups outside the country, but apparently had no direct connection to any specific cell.

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

20: Cuba and the United States relations mended. After decades of animosity, the Cold War enemies restored diplomatic relations and reopened embassies. But now the two countries must move past ceremony and tackle tough issues that still divide them.

18: Demolition begins on St. Petersburg Pier. The iconic inverted pyramid finally came down after four years of civic debate and delays. The Pier, which opened in 1973, will be replaced by a newer version that is scheduled for completion and a grand opening in the fall of 2018.



28: NASA announces water found on Mars. Using data collected from the agency's Mars Reconnaissance Orbiter, (above) scientists found compelling proof that liquid water flows intermittently on present-day Mars.

13: Paris attacked by terrorists. Six locations were attacked in and around Paris, leaving 128 dead from the shootings and bombings. Of the dead, 89 were killed in the Bataclan concert venue. Much of the world watched in solidarity following the tragedy.

18: Star Wars: The Force Awakens opens in theaters. (Bottom) Shattering previous box office records, J.J. Abrams' epic space drama surpassed Avatar as the highest grossing film. The movie has reached sales of \$11 billion worldwide.



22: Pope visits the United States. Visiting Washington, New York and Philadelphia, the pontiff (left) shook hands with the president, members of Congress, celebrities, prisoners, homeless people and the disabled. He spoke of compassion and understanding to crowds of hundreds of thousands.



March
A new electric vehicle charger in parking garage provides a quick, full charge in 30 minutes.

April
USF scientists crack down on fish fraud by creating a new handheld device called GrouperChek.

May
Duke Energy presents the solar panel project – a million-dollar grant to USFSP for energy research using solar panels on the parking garage.

June
USFSP special collections librarian James "Jim" Schnur is honored as the 2015 Presidential Citation recipient for the Florida Historical Society.

July
Over 60 students are informed they will be relocated to the Hilton Bayfront Hotel on First Street S due to full residence halls.

August
The Student Life Center's renovation is complete.

September
Student Environmental Awareness Society (SEAS) installs two "WaterGoat" devices in Bayboro Harbor to help eradicate trash.

October
University announces the Student Success Center to be named for USF Trustee Debbie Nye Sembler.

November
USF football team makes bowl eligibility for the first time in five years.

December
University Master Plan is approved with the vision to nearly double in size within 10 years.

THE CROW'S NEST

EDITOR-IN-CHIEF
SAMANTHA PUTTERMAN

MANAGING EDITOR
CAITLIN ASHWORTH

CREATIVE DIRECTOR
GABRIELA MENA

COPY EDITOR
EMILY TINTI

NEWS EDITOR
JASON SAAB

NEWS ASSISTANT
JEFFREY ZANKER

ARTS & LIFE EDITOR
DEVIN RODRIGUEZ

STAFF REPORTER
MORIAH PARRISH

PHOTO EDITOR
TAMIRACLE WILLIAMS

ADVERTISING/WEB MANAGER
JESSICA JAGODZINSKI

DISTRIBUTION MANAGER
DENNIS GEYER

ADVISER
ROB HOOKER

Mission Statement: *The Crow's Nest* is committed to providing its readers with news relevant to the University of South Florida St. Petersburg and its surrounding community. *The Crow's Nest* abides by the highest ethical standards and focuses on stories that help readers make informed decisions on current issues. We take seriously the public's trust in our news reporting and strive to uphold the highest standards of reporting as defined by the Society of Professional Journalists.

The views expressed—both written and graphic—in the opinion section of *The Crow's Nest* do not necessarily reflect the views of the editorial board. Submit letters to the editor to crows-nesteditor@gmail.com. *The Crow's Nest* reserves the right to edit these pieces for style and length. If a letter is not meant for publication, please mark it as such. All submissions must include the author's name, daytime phone number, and e-mail address. *The Crow's Nest* is provided free by the Activities & Services Fee, and advertising. *The Crow's Nest* neither endorses nor takes responsibility for any claims made by our advertisers.

Because of high production costs, members of the USFSP community are permitted one copy per issue. Where available, additional copies may be purchased for 10 cents each by contacting the newspaper's editor in chief or managing editor. Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution and/or subject to university discipline.

The *Crow's Nest* office is located at:

Student Life Center 2400,
University of South Florida
St. Petersburg
140 Seventh Ave. S.,
St. Petersburg, FL 33701
(727) 873-4113
Press run: 1,000
Copyright 2014 St. Petersburg, FL

The *Crow's Nest* is printed by:

Web Offset Printing
12198 44th Street North
Clearwater, Florida 33762



Facebook: The Crow's Nest at USF St. Petersburg
Twitter: @USFCrow'snest
crowsneststpete.com

Challenges for international students at USF St. Petersburg

BY INDHIRA SUERO ACOSTA
CROW'S NEST CONTRIBUTOR



As an international student, one of the first things to learn is how to be independent in a foreign country.

In countries like mine – the Dominican Republic – and especially in Latin American nations, we are used to having things easy. Our mothers and fathers are always there for us. Most of us live with our parents until we get married, and we know how to get to every corner of our cities.

But when you arrive in a new country, you tend to feel disoriented. My own experience helped me realize that international students really do need some extra help, something I wish our campus would offer more.

I understand that because USF St. Petersburg is a small campus, the international services department is at the Tampa campus, in a city with a much larger foreign population.

According to the university, there were 42,030 students enrolled

at the Tampa campus in fall '15, compared to 4,725 in St. Pete.

But foreign students still need some kind of assistance – whether it's to help them get to the office in Tampa, find safe and affordable places to live, or how to navigate around town.

These things are important when you arrive in a new country.

Every student has an advisor, and while they are certainly helpful, international students aren't just leaving their parents for the first time. They aren't just transferring from another U.S. school. These students just left their country, left everything they've ever known, to come study here.

And while there is an

international student adviser that foreign students can contact, it simply isn't enough.

I know USFSP is a considerably smaller campus. I don't expect the same international services that are offered in Tampa, but I do think administration should make implementing additional resources for foreign students a priority.

My department and professors have guided me during this process, but as an international student, sometimes you need someone to tell you, for example, which neighborhoods are safe and which aren't, where the closest or cheapest grocery stores are, and so on.

This college can offer so much to an international scholar, and I

hope that other foreign students who come in the future will be able to get more guidance and advice.

All the challenges we face at different points in our lives are part of becoming an individual. I can say that, after my first semester, I feel stronger. I've seen how we just have to do things for ourselves and survive.

I would advise any international student to not be afraid to express your feelings, it can save you a lot of frustration. When it comes to asking for help, approach your classmates and professors. You will be amazed at the amount of people who are willing to give you a hand.

It's like a labyrinth, you might not see the exit right away, but eventually, you'll be able to get out of it.

All of us can get overwhelmed by the new faces and fresh course loads that come with a new semester, but imagine all of that happening in a country that you just set foot on – for the first time.

Indhira Suero Acosta is an international graduate student in journalism and media studies. She can be reached at indhirasuero@mail.usf.edu



Make the most out of your New Year's

BY TAMIRACLE WILLIAMS
STAFF REPORTER

It's the beginning of a new semester and a new year, and in the midst of juggling new courses and schedules, we are still desperately trying to cling to our optimistic New Year's resolutions. Few make



it to December, others last a whole month. But most of us can't get past the first week.

I'm definitely one of those people who tend to forget about their resolutions within the first few weeks of January. So, I started using visual

compilations to help me stay motivated and keep track of my goals.

As a visual learner, writing resolutions down on paper doesn't inspire me at all. Instead, I've tested out a few fun ways to display them.

I usually have a small set of goals I want to achieve each year, and once I establish a list I go on Pinterest to find do-it-yourself (DIY) projects to display around my dorm room.

Here are three of my favorites:

Rotating Goal Poster

You'll need:
-poster board or construction paper
-markers
-sticky notes
-a ruler

Start by writing a phrase or quote that you find inspirational and fill the remaining space by drawing four or five boxes. Each box can represent a daily, weekly or monthly goal, depending on how you want to rotate your resolutions. On each sticky note, write down a goal you want to accomplish, and place in one of the boxes. Do this for the rest of your goals and

swap them out for fresh ideas once they've been completed.

This is a productive design for those who prefer to break up their yearly resolutions.

Vision Board

You'll need:
-poster board
-magazines
-scissors
-markers
-glue
-...and creativity.

This project is basically a collage, but one that holds a deep meaning with the pieces you will add. Once you have a clear picture of your vision and how you want it represented, leaf through a stack of magazines. Cut out any words or pictures that highlight your goals. After you have a substantial amount of cutouts, start on the board. Create a big and bold title, something that embodies your resolutions, then design the board however you like.

The final product can hang on your wall, or somewhere it can be seen every day.

Polaroid Display

You'll need:
-reminiscent Polaroid-style photographs

Polaroids are a creative way to display memories from past adventures, which can serve as motivational reminders of things you may want to do again or improve. This method can be especially useful if you aim to work on health, fitness or travel.

Write down a word or phrase for each picture that best represents a goal.

These displays can be placed on a mini fridge or arranged on an empty wall, perhaps accompanied by string lights.

If you're feeling crafty, a popular approach seems to be hanging installations, which often comprise string, command strips or clothespins.

Tamiracle Williams, a junior majoring in journalism and media studies, is the photo editor. She can be reached at tamiracle@mail.usf.edu



“I don’t know where I’m going, but I promise it won’t be boring.”

David Bowie, 1947 - 2016

SHARE YOUR THOUGHTS...

op-ed 7

Want to comment on a story or a campus issue?

Get it off your chest with a letter to the editor. The *Crow’s Nest* welcomes letters from students, faculty and staff. Send your letter to Ann21@mail.usf.edu.

Letters, which may be edited for length, clarity and taste, must include the writer’s name and telephone number (though the number will not be published).

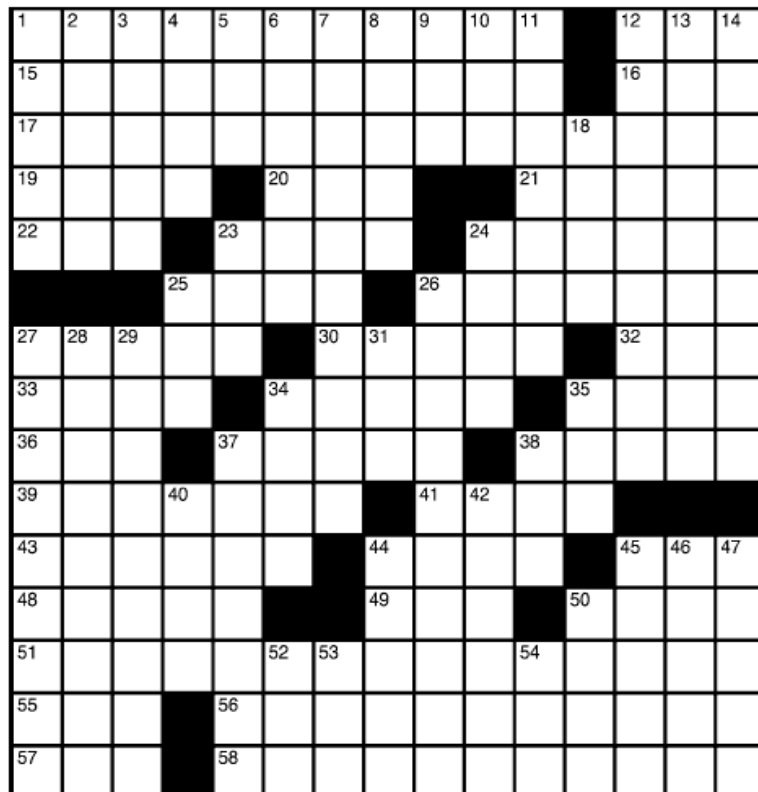
CROSSWORD

Edited By Rich Norris and Joyce Nichols Lewis
By Alan Olschwang

© 2015 Tribune Content Agency

ACROSS

- 1 Show that won 16 Primetime Emmys
- 12 Sno-__
- 15 Doesn't bother
- 16 Z preceeder
- 17 Celebration of a future union
- 19 “Vous __ ici”
- 20 Some tech sch. grads
- 21 French department __-Maritimes
- 22 Allotment word
- 23 Roasts
- 24 Mass figure
- 25 More familiar role for the portrayer of George in “Bringing Up Baby”
- 26 Embedded below the surface of
- 27 AMPAS’ London counterpart
- 30 Code subject
- 32 Original Dungeons & Dragons co.
- 33 Sinister
- 34 Fed, say
- 35 Seahawks coach Carroll
- 36 __ Bund: Swiss newspaper
- 37 Family member
- 38 A.L. West team, familiarly
- 39 Shakes
- 41 Classic muscle cars
- 43 Meat garnishes
- 44 Interstate H-1 locale
- 45 TV “Tool Man” Taylor
- 48 Local life
- 49 Airport near I-480, on itineraries
- 50 City SW of Bogotá
- 51 Lets have it
- 55 Chemical suffix
- 56 Considers
- 57 Georgia, once: Abbr.
- 58 Pressure tactic



- 6 Response to a pointer
- 7 Convention handouts
- 8 “Burn Notice” actress
- 9 Early AC/DC frontman Scott
- 10 Worker in an Aesop tale
- 11 Sails, say
- 12 Chiseler, at times
- 13 Corroborates
- 14 Top sellers
- 18 Others, in Latin
- 23 Pretoria’s home: Abbr.
- 24 Vexatious sort
- 25 View from Eng.’s Land’s End
- 26 West African cuisine
- 27 Stands where we lie
- 28 Opposite of predilections
- 29 Military might
- 31 __ center
- 34 Vents
- 35 NBA tally
- 37 Certain dieter’s credo
- 38 Trifle
- 40 Bit
- 42 Hollywood, casually
- 44 Autumn color
- 45 Certain Sri Lankan
- 46 Massey of “Balalaika” (1939)
- 47 Fred McConnell’s daughter, in an old sitcom
- 50 Provide gratis
- 52 “The Empire Strikes Back,” e.g.: Abbr.
- 53 19th Greek letter
- 54 1300 hours



DOWN

- 1 Censor
- 2 French annuity
- 3 Beaverlike?
- 4 Actress Gardner et al.
- 5 Frat bash staple

Sudoku #1

2	9							
	1	3			7	4	8	
		6		9			3	1
4				8			5	7
9	6						1	4
8	5			6				3
3	8			1		7		
	7	5	8			1	4	
							9	8

Study abroad this summer

Gain knowledge and see the world

BY CAITLIN ASHWORTH
STAFF REPORTER

Learn a language through cultural immersion, taste cuisine in France and Germany or study business in a foreign country. These are just some of the things students can experience while traveling with USF St. Petersburg's student abroad program.

All education abroad trip fees include health insurance, accommodations and program courses with university credit. Airfare, meals and personal endeavors are not included.

For most programs, the deadline to apply is Feb. 15 and a \$500 deposit is due within five days after committing to a program.

For more information, visit usfsp.edu/education-abroad.

FOOD AND TRAVEL WRITING IN FRANCE AND GERMANY

May 24 to June 3 / Strasbourg, Paris and the Black Forest region of southwestern Germany

Students will experience different meals throughout culinary capitals of France and Germany. Many of the meals and tastings are included in the course fee as well as an entrance ticket to the Eiffel Tower.

Courses:

Undergraduate:

MMC 4936 Special Topics: Food Writing, 3 credits

MMC 4936 Special Topics: Travel Writing, 3 credits

Graduate:

MMC 6936 Special Topics: Food Writing, 3 credits

MMC 6936 Special Topics: Travel Writing, 3 credits

Faculty: Janet Keeler

\$4,175.00 plus airfare

USFSP BUSINESS IN EUROPE

June 23 to July 6 / Amsterdam, London and Munich

Students will study the history and culture of the European economies in Amsterdam, Munich and London, as well as tour local and international businesses and government institutions.

Courses:

MAN 4930 / GEB 4935: Doing Business in Europe, 3 credits

MAN 4600: International Management, 3 credits

Faculty: Dr. Dan Marlin

\$3,475 plus airfare

USFSP BUSINESS IN GERMANY

July 8-18 / Abstatt, Erlenbach, Flein, Heidelberg, Heilbronn, Löwenstein, Stuttgart and Untergruppenbach

The 10-day program focuses on Germany's Mittelstand companies in the Heilbronn-Franken region. Mittelstand companies are small and medium-sized enterprises that serve as the backbone of Germany's export-oriented economy.

Course:

GEB 6930: Study Abroad in Germany, 3 credits

Faculty: Dr. Hemant Merchant

\$3,800 plus airfare

USFSP BUSINESS IN THE BALTICS

July 3-23 / Vilnius, Lithuania

The capital of Lithuania, Vilnius, is seen as a rising economic star in business and is said to attract young professionals. Students will study at the top-ranked ISM University of Management, and will also visit local and multinational businesses.

Courses:

GEB 4935: Study Abroad in Lithuania, 3 credits

GEB 4915: Independent Research, 3 credits

Faculty: Dr. Hemant Merchant

\$2,650 plus airfare



Caitlin Ashworth / Crow's Nest

During a trip to France, students stayed in Strasbourg, a city in with a mix of German and French culture.

SPANISH LANGUAGE AND CULTURE IN SALAMANCA

June 19 to July 10/ Salamanca, Spain

The program is in collaboration with Estudio Sampere and is designed to teach students about the Spanish language while allowing them to become immersed in the Spanish culture.

Courses:

All students will enroll in SPN 4470 Advanced Overseas Studies, 1-6 credits, and select one of the following courses:

SPN 1120 Beginning Spanish I, 4 credits

SPN 1121 Beginning Spanish II, 4 credits (PR: SPN 1120 Spanish I or equivalent)

SPN 2200 Intermediate Spanish III, 3 credits (PR: SPN 1121 Spanish II or equivalent)

SPN 2201 Intermediate Spanish IV, 3 credits (PR: SPN 2200 Spanish III or equivalent)

SPN 3300 Advanced Grammar and Composition, 3 credits (PR: SPN 2201 Spanish IV or equivalent)

SPN 2240 Spanish Conversation I, 3 credits (PR: SPN 2201 Spanish IV)

Faculty: Margarita Altuna

FRENCH LANGUAGE AND CULTURE IN NICE

June 12 to July 2 / Nice, France

Students will study the French language through cultural immersion by living with French host families. The intensive learning program features courses from beginning language to advanced and proficiency level courses.

Courses:

All students will enroll in FRE 3470 French Overseas Study, 1-6 credits, and select one of the following courses:

FRE 1120 Beginning French I, 4 Credits

FRE 1121 Beginning French II, 4 Credits (PR: FRE 1120 French I or equivalent)

FRE 2200 French III, 3 credits (PR: FRE 1121 French II or equivalent)

FRE 2201 French IV, 3 credits (PR: FRE 2200 French III or equivalent)

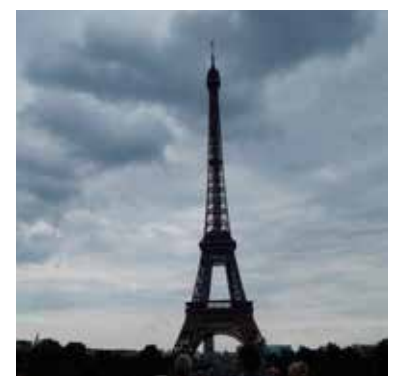
FRE 3420 Written French in Cultural Context, 3 credits (PR: FRE 2200 French III and/or FRE 2201 French IV).

FRE 3234 Reading in French Literature and Culture, 3 credits (PR: FRE 2201 French IV or equivalent)

FRE 3340 French for Business, 3 credits

Faculty: Richard Burnette

\$3,950 plus airfare



Caitlin Ashworth / Crow's Nest

During the Food and Travel Writing course in France, students tasted 24 cheeses at L'epicier Grand Cru Boutique & Cheese Bar.