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Inhale, exhale, relax at the wellness center

By Sara Palmer
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Imagine this scene: You have about an hour before a huge exam and your nerves are fried. You are wringing your hands as you pace back and forth across your dorm room until your roommate finally has had enough and tells you to chill out. You wish you could. You know that the anxiety will not stop and you cannot relax until the test is over.

But you are wrong. Relaxation does not have to wait.

The USF St. Petersburg Center for Counseling, Health and Wellness has you covered.

Behind Bayboro Hall, with darkened windows facing the waterfront, people often pass by the center and think it is empty or filled with offices, but take the time to open the doors. Inside is a private and comfortable environment providing a wealth of information and experienced professionals ready to help you with almost any problem.

And you'll find the Relaxation Room.

"The room officially opened up at the end of last spring toward the beginning of summer," said Anita Sahgal, Psy.D., clinical director of the center.

A professional psychologist will conduct a brief 15 to 20 minute evaluation before your first visit to the relaxation room. The only time you meet with a doctor is on this first visit, but Sahgal said she recommends speaking with one of the professionals again after several weeks, just to monitor your progress.

In the relaxation room you can lay back in a massage chair and listen to world-renowned professionals give you advice on relaxation. You can also just listen to soft music, close your eyes and escape the day, all while monitoring your heart beat and skin moisture through a computerized biofeedback program.

The computerized biofeedback program has three small white plastic cuffs that hook on to your three middle fingers. This allows the computer to monitor your heart rate and your skin response. According to the program, your skin moisture can rise or fall depending on your level of relaxation. This, in conjunction with monitoring your heart beat, helps you see how stressed or relaxed you are.

Once you created a confidential username and password for the program, you can connect the finger cuffs and browse the categories in the program. There are guided and self-exploration training sessions, each one narrated by a prominent leader in meditation, such as Deepak Chopra, M.D. or Dean Ornish, M.D.

The guided training consists of 15 sessions that are supposed to flow into each other, taking a person from a beginner level of meditation and exploring relaxation as they advance through the training. The self-exploration sessions allow you to pick and choose which sessions you want.

Sahgal recommends using the guided training because it is a step-by-step program to help teach you how to relax. Each lesson builds on the lesson before. There is a brief narration at the start of each session, where a professional in the field of meditation explains techniques. Afterwards, soft music or nature sounds lull you into relaxation as you practice the techniques you just learned.

You can let the music play on or you can move on to another lesson. There is no time limit.

Students, faculty and staff can all utilize the relaxation room free of charge. "We hope to make it easily accessible to students," Sahgal said.

To make an appointment contact Staff Assistant Lori Anderson at 873-4422.

What about our privacy? Are not light cameras the modern-day peeping Tom or are they doing any good at all?
Get in the know: POST TRAUMATIC STRESS DISORDER

By Peter Pupello

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The shooting rampage at Fort Hood has struck a cord with the military's longstanding problem of confronting Post Traumatic Stress Disorder. What was once referred to as "shell shock," and dealt with in a "get over it" attitude is finally being recognized, understood and treated.

PTSD, a complex and troubling disorder, affects past and present members of the military in alarming numbers. According to the DSM-IV, the "bible" of the American Psychiatric Association, the essential features of PTSD are described as a psychiatric condition triggered by exposure to horrific events experienced with intense fear, terror and helplessness which was directly experienced or observed in addition to posing death, serious injury or threatening physical integrity. The symptoms manifest in persistent re-experiencing, avoidance and increased arousal and can occur within a month or have a delayed onset of up to ten years.

In all cases, PTSD is capable of ruining lives and wreaking havoc on loved ones, friends and employers as well. The replaying of the event as if it were happening now and the emotional numbing and physiological changes in the autonomic nervous system that control light, flight and fear responses are the symptoms that lead to a diagnosis.

This disease is a very unfortunate aspect that characterizes the lives of so many military personnel," Lieutenant Colonel Patrick O'Sullivan of the United States Army said. "It is a shame that this illness is so often to blame for the uncharacteristic behavior of such good men and women who risk their lives to defend our freedoms."

PTSD can affect those exposed to combat, the wounded, captured and medics and nurses responding to being subjected to horrific experiences, utterly helpless to prevent or control them. The rage that results is devastat ing to a person's sense of self; and yet, these are considered normal reactions to an abnormal situation.

Perhaps this illness sheds some light in the aftermath of the massacre at Fort Hood on Nov. 5. Various reports verify that the shooter, Maj. Nidal Malik Hasan, practiced psychiatry at the Walter Reed Army Medical Center, which included a fellowship in disaster and preventive psychiatry. At Walter Reed, Hasan received a poor performance evaluation, according to an official who spoke to the Associated Press. In addition, Hasan was believed to be "pretty upset" after being told of his deployment to Iraq, according to an internal military source.

So what can be done to combat this disorder and prevent future tragedies such as the one at Fort Hood?

While members of the military must pass numerous exams, both mental and physical, before being enlisted into one of the four military branches, the tests themselves do not account for any behavioral or personality changes that could occur once installed in the armed forces.

Also, advances in research have led to effective treatment modalities including talk therapy, support groups, cognitive-behavioral therapy, Eye Movement Desensitization and Reprocessing therapy (EMDR), and clinical hypnosis. Psychotropic medications used for sleep disturbances, depression and anxiety have also proven to be effective.

"There are remarkable things happening in the medical and counseling communities to battle this ugly disorder that has affected so many of our armed forces members," Hillsborough County licensed mental health Therapist Teresa Rendulo said. "Many have already been proven to be effective, while others are still in the stages of being tested and developed. We, as counselors, are trying to learn as much as we can on how to help the members of the military since their jobs are already hard enough as it is."

Recovery and reconnection with understanding and compassion is the goal for treatment and may be the greatest honor that can be given to those who have bravely served their country.

Local business owners learn to shop for customers

By Marisa Barbosa

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Like last minute shoppers, local businesses at Bay Walk are debating last minute marketing strategies to attract patrons this holiday season.

But even thinking about marketing strategies can be scary to businesses that are dealing with the sales and marketing strategies, 17 are free or vary from 15 minutes to approximately 100 areas, "Barley said. "It's very useful to go to their shops," said.

Pearce followed one of the main steps given by Schallert in the part one seminar. She created a Facebook page last week. "I just realized how it works. You can update it regularly," she said.

According to City of St. Petersburg Economic Development Coordinator Kimberly Bailey, the event attracted approximately 100 people for the first two seminars.

"We have been promoting the event through association groups, the city's Business Assistance Center, at local Starbucks and Dunkin Donuts coffee shops and through UPS shipping stores. Word of mouth has been helping the event and we are hopeful that the final part of the series will draw just over 100 people," she said. "It's very useful to go to an environment like that, where you can relate to what they are saying."

"Local businesses that have taken the opportunity to attend have found Jon Schallert's insights and business advice very valuable," Bailey said.

"We have been talking a lot more with the city as a result," Pearce said. "The Bay Walk situation just scarred a lot of people away from the area, making it sound worst than it really is."

The last part of the seminar will be hosted on Jan. 20, 2010 at the Muvico Theatre in Bay Walk.
Major choices for students’ education

By Amy Blanton
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A total of 3,900 students have declared USF St. Petersburg their home campus. Of these students, 3,202 are undergraduate students, and as of fall 2009, only 146 have not declared a major.

The top five choices are psychology, environmental science and policy, pre-business administration, mass communications and education.

Three hundred and four undergraduate students chose psychology as their major. Dr. Mark Pezzo, the associate dean of the college of arts & sciences, whose area of study is social judgment and decision making, thinks that one of the reasons why students choose to major in psychology is because it provides a solid, scientific foundation for a variety of careers.

“Although many of our students wish to go into some sort of counseling position, psychology is also an excellent choice for people going to medical school, law school, public health, social work and a number of other fields,” Pezzo said.

When Dr. Pezzo was asked what the psychology program provides its students, he said that it “provides a foundation in critical thinking, statistical thinking, and behavioral techniques, cognitive approaches and biological bases.”

Two hundred and sixty undergrad students chose environmental science and policy as their major. Dr. Deb Cassill, an Associate Professor whose area of focus is Biology and Evolutionary Theory, thinks that one of the reasons why undergrad students choose to major in pre-business administration is because “I personally feel that our business programs are attractive to any student with an interest in working in a business setting or even running their own business”.

Jackson believes that the opportunity for students to focus on their area of interest in business makes the program very attractive. “Many of our young people today understand that a business degree opens many doors in regard to employment in the business world or the opportunity to pursue an advanced degree.”

Jackson also believes it is because the College of Business holds the highest specialty accreditation that business schools around the world can hold—The Association to Advance Collegiate Schools of Business.

“As is the case for all students at USFSP, our students are attracted by the quality in terms of both educational and professional backgrounds of our faculty, the more personal approach the college takes with its students and the marketability they will have after graduation,” Jackson said.

Two hundred and thirteen undergraduate students chose mass communications as their major. The program has grown since its inception in 1991. The mass communication program started with a handful of graduate students as a professional master’s program then a few years later, added the undergraduate journalism program.

“I think, in fact, this is why journalism is a popular major, said Robert Dardenne, chair and associate professor of the Department of Journalism and Media Studies. “Not only does it give students a good liberal arts education (our graduates end up with about 65 percent of their total credits outside journalism), but it gives students the opportunity to learn communication skills valuable to them no matter what they do.”

Two hundred and seven undergraduate students chose education as their major. Dr. Brianne Reck, the associate professor of educational leadership serves as the faculty coordinator for the program, whose area of specialty is educational leadership and organizational change, thinks that one of the reasons why undergrad students choose to major in education is because she believes the quality of the courses, the professors, and the close relationship with the Pinellas County Schools keeps candidates coming to the program.

“Our program offers candidates an opportunity to prepare to assume leadership positions in schools and school districts,” Reck said. “The program leads to state administrative certification.”

She also said that “candidates believe that they receive a strong background, are well prepared for the challenges of practice, and they appreciate the care and the interactions they have with the program faculty who are scholars with practitioner experience,” Reck said.
The new wing of All Children's Hospital, a neighbor of USF St. Petersburg, hosted a one-day open house event. At the opening ceremony, a group of “patient ambassadors,” current and former patients, were invited to cut the ribbon.

Founded in 1926, All Children's is one of the 25 top pediatric centers in North America. The new 10-story building, at 501 Sixth Ave, S, is two blocks away from the old one. Twice as big, the new facility is almost 700 thousand square feet.

The construction is a $400-million investment, which was planned in 2002. “We have been giving birth to this place for seven years,” All Children’s Health System President and CEO Gary A. Carmes said. But Carmes was not the only one in the decision making process. A group of nearly 2, 300 staff in the health system were divided into committees and asked to offer feedback from the beginning.

Chief Nursing Officer Pat Hughes has been working at the hospital for 32 years and is part of the feedback committee. In a tour through the new hospital, Hughes knew many details of the building, including the reason why they chose rubber floors to how the MRI Scanner works.

The new building was planned with the hospital’s philosophy, “clinical, patient and family.” Most rooms will be individual, with more space for family access. Family members are not considered visitors at the hospital and, at times, the mothers need as much care as the babies, which is the reason 24-hour access to the Intensive Care Units is provided.

A new Ronald McDonald house, conveniently located across the street from the hospital, will offer 14 additional rooms for families whose children are in the hospital.

Five of the 10 floors were open to the public during the grand opening on Nov 21. Every floor boasts a view of Tampa Bay and there is a chapel on the first floor for families.

The third floor is leased to Bayfront Hospital with separate public access. The hospital is moving its Bayfront Baby Place to the new facility so the two hospitals can work together in case of emergency. Babies in need of special care will be transferred straight to All Children’s Neonatal Intensive Care (NICU), located on the sixth floor.

Hughes has seen many technological advancements in the last 38 years. “We came a long way in viability for babies and the development of medications,” she said. “When I started, a five-pound baby was considered a small baby. Now we deal with 500 grams-babies. Kids that used to stay in the hospital for 10 days now go home the next day.”

Dec.12 will be the official opening day. AOS USA, a transition planning group, was hired in 2008 to train the staff on how to get patients to the new hospital and how to provide the same care when they get there. The All Children’s Hospital team will start moving at 5 a.m. and close the station at the old hospital at 5 p.m. According to Hughes, the destiny of the old building is still uncertain and is in the negotiation process.

Tennis organization creates community involvement

The tennis center also offers a home-work assistance program for kids in the community. “The kids that are signed up come here straight from school,” Thomason said. “They come in and have a snack and sit down and do their homework.” Thomason wants college students to get involved with the surrounding community by mentoring and tutoring some of the children in the program.

The tennis center also strives to help in the community and create a partnership with the campus. “We do not have a tennis facility on campus,” said Marty Dempsey, the intramural & fitness coordinator at USF St. Petersburg. “I think it is great that the St. Petersburg Tennis Club wants to get involved and get the word out that there are opportunities to play a great sport in the area.”

They will also offer college tennis leagues through United States Tennis Association. “The U.S.T.A. is a governing body that makes all of the rules and regulations,” said Miranda Gutierrez, tennis pro and instructor at the St. Petersburg Tennis Center. “They run all of the sanction tournaments.”

According to Gutierrez, you only have to pay $40 a year to become a member of U.S.T.A. “You can sign up for the tournaments online,” Gutierrez said. “They rank you based on how many tournaments you play and if you win you get more points.” Once a student assigns up for the tennis league, the tennis center can start putting teams together to travel throughout the state.

“It is really big in the state of Florida right now,” said Thomason. “You don’t have to be a great tennis player to be a part of the team.”

For more information about the St. Petersburg Tennis Center visit their website at http://www.sptennisfirstserve.org/
The time of giving is upon us. Come on, we all got a little materialism in us. While one can always glue macaroni and glitter to construction paper to make a really “unique” and “thoughtful” gift, most people expect something paid for. Not only that, but gifts like money and gift cards are considered taking the easy way out and not putting much thought into presents. We clearly cannot win here. Luckily, I have scoured the Internet and found ten unique, clever and cheap gifts that will surely lift you to “gift guru” status amongst your buds.

Freeloader Solar Cell Phone Charger
You have been in a brickbreaker-enduced blackberry trance and just realized your battery is almost completely drained. Well, the solar cell phone charger has got you covered. The makers claim it can power a cell phone for up to 44 hours, given sunlight is around. $49.99 at ThinkGeek.com

Fridge Locker
You stumble home all inebriated and hungry on a Thursday night, ravenously open the fridge and discover your choices are something like a lonely Go-Gurt tube and a bottle of ketchup. You almost want to cry. But, wait! Your roommates got a Styrofoam tray filled to the brim with the most glorious, greasy, Chinese food you have ever laid eyes on. Naturally, you shovel it into your face hole. He will not notice if you just take a little. But, alas, he does realize and the inevitable snowball of annoyance you will have with each other grows a little larger. Prevent this with the Fridge Locker. $19.99 at Amazon.com

Baconnaise
It is bacon flavored mayonnaise. It even comes in a ‘light’ version for the health nuts. I hope someone else finds this delightfully ironic. J & D’s also has other bacon-flavored products including, but not limited to, bacon salt, bacon envelopes and bacon popcorn. $5.99 at JDFoods.net

Kitchen Conversion Towel
Getting thoughtful gifts for mom can be challenging sometimes. If she is kitchen-savvy, this conversion chart/dish-towel hybrid is perfect. $22.00 at BaileyDocsTShirt.com

Cool Shooters Ice Shot Glasses
You have probably seen these on some travel channel show about the numerous ice hotels around the world’s insanely cold northern regions. Now you can bring some home to elicit automatic “oooohs” from every one of your spirit-imbibing buds. $7.99 at Amazon.com

Conceal Book Shelf
This little pillow pyramid props the book up so the backbreaking labor of holding a book is spared. The book pillow even has a fancy book mark at the top, to keep your place when that inevitable mid-afternoon book nap hits. $32.95 at Shopatron.com

Wooden War Engine Kit
A tiny, wooden catapult you build yourself. This would make a great addition to the many other seemingly useless trinkets on your work desk. Can you say “cubicle warfare?” $19.99 at ThinkGeek.com

To-Do Temporary Tattoos
These temporary tattoos provide a post-it-note sized template to create your own little to-do list and slap it anywhere on your awesome body. Everyone will totally think your tats are for real. $3.49 at PerpetualKid.com

The time of giving is upon us.
Exercise your body and brain during finals

By Sara Palmer
sopalmer@mail.usf.edu

We are in the home stretch and you probably have very little hair left to pull out. The situation is similar for most college students. Everything is due at the end of the semester and you probably have at least two term papers you have not started and several finals that are looming over you like a rain cloud. Let’s not forget your political science professor who seems to be convinced that his class is the only one you have been taking this whole semester.

With all this exercise that you are giving your brain, have you given a thought to your body? When it comes to crunch time, we usually cut whatever is easiest and cheapest, and the most exercise we get is walking, from class to the library. And let’s face it, campus is small, so that is not very far. Can also quiz each other for free.

We are in the home stretch and you probably have very little hair left to take using a study guide in front of a computer screen, take a break. Go outside and walk or jog for at least 10 minutes. This will get your blood pumping and give your mind a chance to brainstorm for your big English literature term paper.

Go to the gym with flash cards and study while you cycle. You can download free voice recording software, an example would be Audacity, and record your own study guide podcasts. If you listen to the instead of music while you work out, you can maximize your time and learn while you burn.

If you live in the dorms, get your roommate and grab a football and head over to the intramural field. Just take thirty minutes to decompress and exercise, that short amount of time will not detract from your studying. You can also quiz each other for your next test and if you get the question wrong run laps.

The university also offers several yoga classes that students can attend for free. Use this time to stretch your muscles and clear your mind. The exercise will help your body and the meditation will help your brain. The classes usually only last an hour, and while that may seem like precise study time, you will find that you are more productive after a work out and can make up that hour easily.

During the final weeks of a semester, McDonald’s becomes your best friend. You don’t have time to cook; therefore your meals are a type of multitasking. Even if you are pressured for time, you do not have to sacrifice healthy snacks and nutritious meals.

If you need to eat and study, instead of Wendy’s, try Eivos or even Subway. Both of these fast food restaurants offer healthy alternatives to Big Macs and tacos. Keep a bag of baby carrots in your fridge instead of potato chips in your cabinet. If you are working late into the night, try drinking water before you snack. Most often people feel hungry when they are really thirsty. Taking a drink of water will help you fight junk food cravings as well as refresh your body.

Do not have to sacrifice health for making the grade. Working out and eating properly during stressful studying will not only help your body, but it will exercise your mind as well.

Citizens wonder the affects of transgender rights

By Nikeya Williams
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Last week, City Council members in Tampa gathered together to discuss the debate of the new ordinance that would protect transgendered people from discrimination. During the discussion, many people argued that the new ordinance is needed, but others invoked that religion and some of the rules would give a stamp of approval to sexual deviants who might prey on children.

After two hours of discussion and debate, the ordinance passed by a 5-1 vote. The new rule prohibits discrimination in employment, housing and public accommodations based on "gender identity and expression."

Council Chairman Tom Scott, who is a preacher at 34th Street Church of God, said that he cares about God’s vote. "I believe that Jesus loves every person in this room," Scott said. Scott continued saying that the ordinance is about protecting people from discrimination.

Protecting people from discrimination is one of the main goals that society strives for today. Moreover, discrimination has always been an issue within society. But how do we deal with transgender discrimination? I know that many people, both religious or non-religious, believe that transgendered people should not be allowed to work or be a part of society.

However, transgendered individuals should be able to have the basic human rights to live in the world; they should be able to be employed and work. Do they not deserve the basic human rights? For instance, let’s say a transgendered person applies to be a neurologist at a hospital, and they have all the qualifications for the position. Also, they saved millions of lives before applying for this position, but they are still denied to work as a neurologist because they are transgendered. It is immoral to deny someone a position based on their sexual orientation. I believe that each person should have the right to work a job and take care of themselves.

According to a 2002 poll commissioned by the Human Rights Campaign Foundation, 61 percent of Americans believe that the country needs laws to protect transgendered people from discrimination. However, 57 percent incorrectly believe that transgendered individuals already are legally protected from being fired because of their gender identity and expression. In fact, the vast majority of jurisdictions in America still lack legal prohibitions on gender identity discrimination in the workplace.

As a society we should stand up for what we believe is right, but remember that we are all people and we all deserve to be treated with dignity and respect. We should also put ourselves in someone else’s shoes before we cast judgment on them.
Comfortable with.
LIBRA (September 23 to October 22) Holiday plans get back on track after some confusion about the direction you expect to take. A potentially troublesome money matter needs your immediate attention.

SCORPIO (October 23 to November 21) Your holiday preparations are on track. But you need to confront a personal situation while you can still keep it from overwhelming everything else.

SAGITTARIUS (November 22 to December 21) Tight financial matters ease a bit during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.

CAPRICORN (December 22 to January 19) Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it now!

PISCES (February 19 to March 20) There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have in years. Remember to stay positive.

Weekend Crossword

ROSS [35x1011] Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone.

Ease this year's holiday money matters one step at a time in order to avoid being overwhelmed and leaving things undone.

ROSS [35x1009] Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone.

ROSS [35x1007] Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone.

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A Gold Medalist on Campus

By Greg Lindberg
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Allison Jolly is an Olympic gold medalist. But sitting down and talking with her, you would have no idea that she owns a small piece of history.

Jolly, 53, is in her sixth season as the coach of the USF women’s sailing team on campus.

A St. Petersburg native, the unassuming coach took a unique path that led her into the sport.

Growing up in Florida, there was no air conditioning in homes or cars, she said. So she turned to the water.

“There were three ways to stay cool – you either went swimming, sailing or you had a friend with a motorboat,” she said. She didn’t like to swim but didn’t know anyone with a boat, which is why she took up sailing.

Jolly said she revels in the mental and physical challenges of the sport.

“Sailing is extremely tactical,” she said. “It’s like playing chess out on the water. If the wind shifts, it’s like someone picked up the board and moved all the pieces.”

In many sports, men have the upper hand when it comes to competitiveness. But Jolly believes that women are actually better suited for sailing because of their smaller stature.

“Women are not at a disadvantage,” she said. “Big 200-pound guys are.”

Jolly had the honor of participating in the 1988 Summer Olympics in South Korea, which marked the first time that the games allowed women to participate in sailing.

Living in California at the time, she was a spectator at the 1984 summer games in Los Angeles and found herself competing just a few years later.

“Never did I dream that four years later I’d be in the Olympics,” she said.

The Olympic trials involved only one competition that was open to everyone. Jolly said she felt more pressure trying to make the team than actually competing for the medal. She sailed on a two-person, 470-cm boat with Lynne Jewell, to make the tandem the only Americans to win a gold medal in sailing that year.

Jolly graduated from Lakewood High School and later transferred to Florida State University – the only Florida school with a sailing team at the time. She earned a degree in chemistry and briefly worked as a chemist and a computer programmer.

One day, she got a call from a high school sailing team that needed a substitute coach.

“I said, ‘Okay, just this once,’” she recalled. “I never wanted it to be my job because I was afraid I wouldn’t enjoy it.”

Her fill-in role soon became a full-time gig coaching the Plant High School and Berkeley Prep teams in Tampa.

Then, when the USF women’s coach stepped down, the door opened for Jolly.

“My arm got twisted, I applied and I got the job,” she said. “I love working with college kids.”

Gonzalo Crivello, the USF co-ed team coach, shares an office with Jolly at Haney Landing. He talked about how thrilled he is to work with the veteran sailor and how she helped him land his job.

“She’s a great partner, a great coworker,” he said. “She’s the reason why I’m here today.”

Crivello, 36, was working as a high school coach in Miami when he and Jolly met at sailing regattas throughout the state. She connected him with the right people to help advance his career and bring him to USF. He is now in his third season as coach.

Rachael Silverstein is the second-year captain of the women’s team. The 20-year-old junior, who has sailed since she was 10, is grateful to have a coach like Jolly.

“She is probably one of the most interesting people I know,” Silverstein said. “She has a personality that just draws you in.”

The women’s team is currently ranked No. 12 out of over 300 teams in the nation. Jolly feels all 25 athletes on the roster each play an important part in the team’s success.

“It’s a real team effort to make it all work,” she said.