11-23-2009

Crow's Nest : 2009 : 11 : 23

University of South Florida St. Petersburg.
The holiday season is much more than presents and turkey to college students. This time is also about finals. Students can feel sad during the holidays is that they don’t have family to spend time with and thus, they feel lonely,” said Anita Sahgal, Psy.D., clinical director at the center. “Another reason is if students have financial difficulties, they may feel bad that they cannot give gifts to people or celebrate in a way they would like to.”

Between the shopping and the family, financial woes and over-commercialization, the demands of the holiday season can be very stressful, according to the Mental Health America Web site. Often this kind of stress can lead to poor coping decisions, such as excessive drinking or issues with sleeping.

“The warning signs for holiday depression are really very similar to depression in general,” Sales said. Some of the signs include changes in appetite, inability to stay focused and motivated, depressed sex drive, isolation from friends and family, feelings of hopelessness and helplessness, or thoughts of suicide. Sahgal said. Almost half of all college students have felt some kind of depression, so much so that they found it difficult to function, according to the Ulifeline Web site. This site is featured on the Center for Counseling, Health and Wellness Web page and Sales recommends it as a useful tool.

An ideal holiday is exemplified through television and movies, though these depictions are usually not the norm. “Based on my experience, one reason that students may feel sad during the holidays is that they don’t have family to spend time with and thus, they feel lonely,” said Anita Sahgal, Psy.D., clinical director at the center. “Another reason is if students have financial difficulties, they may feel bad that they cannot give gifts to people or celebrate in a way they would like to.”

Between the shopping and the family, financial woes and over-commercialization, the demands of the holiday season can be very stressful, according to the Mental Health America Web site. Often this kind of stress can lead to poor coping decisions, such as excessive drinking or issues with sleeping.

“The warning signs for holiday depression are really very similar to depression in general,” Sales said. Some of the signs include changes in appetite, inability to stay focused and motivated, decreased sex drive, isolation from friends and family, feelings of hopelessness and helplessness, or thoughts of suicide. Sahgal said. Almost half of all college students have felt some kind of depression, so much so that they found it difficult to function, according to the Ulifeline Web site. This site is featured on the Center for Counseling, Health and Wellness Web page and Sales recommends it as a useful tool.

Another reason for holiday depressions could have less to do with the cheerless cheer and more to do with the sunless skies.

“Still another reason, which is more common in the north, is related to lack of sunshine during the holiday or cold season,” Sahgal said. “This can often produce temporary symptoms of depression because people don’t react well to constant dark and gloomy weather.”

USF St. Petersburg students can use the center without charge to help them deal with any issues they may be having, not just seasonal depression. All a student has to do is pick up the phone and call 727-873-4422 to make an appointment.

“It is a sure sign of strength to seek out services. It is true that students, and the population at large, sometimes see seeking counseling as a sign of weakness,” Sales said. “However, once an individual actually comes into the center and attends an initial session, many state that they feel relieved and more hopeful.”

Sometimes, depressed students may need a good friend to point them in the right direction.

“Students can help their friends understand that many people often face these feelings and that talking to a professional can be helpful, not only in dealing with the feelings in that moment, but also preventing an increase in stress or depression in the future,” Sahgal said. Depression affects more than 18 million Americans over the age of 18, according to Mental Health America.

“I have often seen a spike in holiday depression and I have worked to help individuals accept their own specific situation, whatever it may be, and to create a holiday that is unique and meaningful to them,” Sales said.

Based on my experience, one reason that students may feel sad during the holidays is that they don’t have family to spend time with and thus, they feel lonely," said Anita Sahgal, Psy.D., clinical director at the center. "Another reason is if students have financial difficulties, they may feel bad that they cannot give gifts to people or celebrate in a way they would like to."

Between the shopping and the family, financial woes and over-commercialization, the demands of the holiday season can be very stressful, according to the Mental Health America Web site. Often this kind of stress can lead to poor coping decisions, such as excessive drinking or issues with sleeping.

"The warning signs for holiday depression are really very similar to depression in general," Sales said. Some of the signs include changes in appetite, inability to stay focused and motivated, decreased sex drive, isolation from friends and family, feelings of hopelessness and helplessness, or thoughts of suicide. Sahgal said. Almost half of all college students have felt some kind of depression, so much so that they found it difficult to function, according to the Ulifeline Web site. This site is featured on the Center for Counseling, Health and Wellness Web page and Sales recommends it as a useful tool.

Another reason for holiday depressions could have less to do with the cheerless cheer and more to do with the sunless skies.

"Still another reason, which is more common in the north, is related to lack of sunshine during the holiday or cold season," Sahgal said. "This can often produce temporary symptoms of depression because people don't react well to constant dark and gloomy weather."

USF St. Petersburg students can use the center without charge to help them deal with any issues they may be having, not just seasonal depression. All a student has to do is pick up the phone and call 727-873-4422 to make an appointment.

"It is a sure sign of strength to seek out services. It is true that students, and the population at large, sometimes see seeking counseling as a sign of weakness," Sales said. "However, once an individual actually comes into the center and attends an initial session, many state that they feel relieved and more hopeful."

Sometimes, depressed students may need a good friend to point them in the right direction.

"Students can help their friends understand that many people often face these feelings and that talking to a professional can be helpful, not only in dealing with the feelings in that moment, but also preventing an increase in stress or depression in the future," Sahgal said. Depression affects more than 18 million Americans over the age of 18, according to Mental Health America.

"I have often seen a spike in holiday depression and I have worked to help individuals accept their own specific situation, whatever it may be, and to create a holiday that is unique and meaningful to them," Sales said.
Helping Our Troops, H.O.T., is collecting donations for care packages to send to U.S. troops in Iraq and Afghanistan. Donations can be dropped off until November 28 in Davis Hall (DAV) 100 or the Marine Science building (MSL) 119. Photo by Amy Blanton

By Amy Blanton
ablan102@mail.usf.edu

USF St. Petersburg is collecting donations until Nov. 28th for St. Petersburg's Helping Our Troops drive.

The St. Petersburg H.O.T. drive, created by Jodi Davis, honors the wounded combat soldiers from Iraq and Afghanistan.

"It is a small group of volunteers working to primarily send care packages to troops in Iraq and Afghanistan," said Davis. "We also do other troops related volunteer work for families of troops deployed from other countries." Davis created H.O.T. in 2007 with her neighborhood association. "The St. Pete H.O.T. drive helps and assists our national troops, deployed or at home," Davis said. Major Scott Macksum, the officer in charge of the army ROTC program at USF St. Petersburg, Lynn Hawkins, the fiscal and business assistant at USF St. Petersburg, is in charge of coordinating donations on campus. Hawkins said that she joined St. Petersburg H.O.T. and the council neighborhood association when her brother was deployed for the first time. "I started getting donations for his unit," Hawkins said. Hawkins said in the past volunteers have been her co-workers, students, the army ROTC and local residents.

Hawkins continued by saying that there will be a ceremony before the donations are packed with a special thank you to honor Corporal Michael Jernigan for his service, and his family.

Jernigan, who served in the marines from 2002 to 2005, was hit by a roadside bomb in Iraq on Aug. 22, 2004. He received numerous injuries including a crushed skull, the removal of both his eyes, a reconstructed right hand and severe damage to his right knee.

Now, Jernigan is a student at USF St. Petersburg where he is pursuing his political science degree.

H.O.T needs the following donations: toiletries, snack food, toys and candy for the Iraqi children, and money for the cost of shipping. Once all of the donations are collected, they will be boxed up in an assembly line manner in the CAC.

Donations can be dropped off in the bins located at Davis 100, attention made to Lynn Hawkins and in the Marine Science building (MSL) 119, attention made to Cam Ngo from now until Nov. 28.

"We do this because we support our troops and want to show our thanks for their sacrifice and service to our country," Davis said.

For information contact Lynn Hawkins at lynn.mary@usf.edu or 727-452-6791. The drive is in need of volunteers.

Restaurant owners hope to increase appetites—and revenue

By Marisa Barbosa
mbarbosa@mail.usf.edu

Many restaurants in downtown St. Petersburg are waiting patiently for customers. All of the businesses are competing, while simultaneously sharing a similar interest: entice more diners and shoppers to downtown.

Mike Harting, owner of Bella Brava Restaurant, is starting a downtown restaurant association in St. Petersburg. "I don't like to drive by Central Ave. and see all those empty places," he said.

The association aspires to serve three main purposes. One goal is to rally restaurant owners together to deal with politics, such as parking meters and homelessness issues. Second, the association hopes to create a group marketing concept, including a Web site, coupons and other ways to promote business. Third, Harting seeks to create a cooperative where the restaurants can buy supplies together and get discounts.

Fresco's Waterfront Bistro, located at 309 2nd Avenue NE in St. Petersburg, is one of eight restaurants in the downtown restaurant association. Photo by Myra Stringfellow

Parkshore Grill, The Museum of Fine Arts Cafe, The Garden, Orange Blossom Catering and Fresco's are some of the restaurants involved. So far the association has held two meetings. The first one included six restaurant owners and eight attended the second. Emmanuel Roux, owner of the Garden Restaurant for the past 16 years, said it is a natural thing for the Garden to be involved because it is one of the oldest restaurants in St. Petersburg, open since 1890.

"St. Petersburg needs to become more of a dining destination," Roux said. "It doesn't matter which restaurant they go to.

The association will form a strong body in city council meetings to deal with parking issues. Harting said he would suggest a lower parking fine and a longer parking limit. "Two hours is not enough for dining," he said. "If a person has to go back to the car and finds a ticket, most likely this customer won't come back to the restaurant."

"The association feels that the homelessness issue should be addressed too. Their idea is for the city to create a centralized service, all in one location. "I'm sympathetic with the issue, but I know it's not part of the dining experience customers want to have," Harting said.

In the wake of a sinking economy, many businesses find themselves joining together, when they were once scattered apart.

"We will always compete, but we can also help each other," Roux said. "Many things affects all of us and we need to establish a communication and ways to help each other."
Financial gifts create opportunities on campus

By Amy Blanton ablanto2@mail.usf.edu

Next semester some students may need extra money for books and tuition, or the university may want to start breaking ground for a new building. Whatever the new innovation or need for the campus, endowments make it possible for the USF St. Petersburg campus to grow and thrive.

Endowments, known as gifts to the university, are invested into the university and students. “Any person that you can imagine can give money to the endowment,” said Julie Jakway, the regional assistant vice chancellor for financial services.

According to Erin Dunn, the campus director of the office of financial aid, there was $96,000 given to the university to be used for scholarships. The largest endowment scholarship that is awarded to students is the Frances G. Elvidge scholarship. $5,000 is awarded to 40 freshmen and 30 undergrads, $2,500 for fall and spring semester.

$7,000 is also awarded to 20 graduate students, $3,500 for fall and spring semester.

The endowments come from individual donors or organizations; however, the donor decides where they want the endowments to go for the university.

“When an individual gives us money as an endowment, most often they say use it for x, and we have to use it for that,” Jakway said. “Sometimes they give it to us as general income and say use at your discretion, but for the most part it is usually given for a specific purpose.”

Not all endowments are used for scholarships; some are used for the campus.

“By its very nature, an endowment is designed to last into perpetuity,” said Jay Wilson, the director of foundation communications.

“Sometimes donors make gifts that are not endowed; these are called operating gifts and they are intended to be used for current operations.”

Professor Hugh LaFollette, who holds the Marie and Leslie E. Cole Chair in Ethics position at USF St. Petersburg, said that his chair position was funded by a generous gift from Edward Cole, the former mayor of St. Petersburg.

Through the endowment, LaFollette works to increase, expand and refine discussions of ethics on the USF St. Petersburg campus.

“Besides my teaching and my research in ethics I work with faculty who want to discuss ethics in their classes and do research in ethics,”LaFollette said.

Overall, there are 15 endowment scholarships given to USF St. Petersburg students. For more information about the foundation, go to http://giving.usf.edu/ and for details on the endowment scholarships visit www.swtpt.usf.edu/finaid.
Pay what you can yoga? Y.E.S.

By Marisa Barbosa
mbarbosa@mail.usf.edu

Yes there is a new yoga studio in St. Petersburg, but it has some extra features to offer that many other yoga studios do not.

Yoga Energy Studio, also known as Y.E.S., at 1010 Central Ave. Ste. 102, has a "pay what you can" policy. The suggested donation is between $8 and $15, but people can pay whatever price they can afford.

According to owner Tim Ganley, the suggested donation is based on the fee other studios charge. But while college students have been paying an average of five dollars, sometimes he comes across a 50-dollar bill. "If I have 18 people, each one paying five dollars, it will cover the bills," he said. The instructor gets 40 percent of that, 50 percent pays the bills and 10 percent goes to charity.

One of the things that Ganley offers is called Kayoga. It started nearly 10 years ago and has been featured in different travel magazines across Europe. He has 12 kayaks and several standup paddle boards that a group can use to paddle to an island where he teaches yoga. He said he can work out prices for student groups.

Hot yoga is another feature Y.E.S. offers that is not available around the downtown area. The studio has an electrical heating system that maintains the room's temperature around 95 degrees. The hot yoga class offered incorporates postures from various disciplines of yoga combined with hot temperatures to help cleanse the body.

Ganley's studio has some personal and group programs, focusing on more mindful kinds of exercise, such as straightening first the core of the body, than the surface. Most of the group programs are almost full, and are not donation based, but charge $20 a person for a group class and $40 for half-hour for personal training.

Ganley owned another studio on the six hundred block on Central Avenue for eight years. After two bars opened on either side of his place he closed, only offering personal training for the next two years.

Ganley has been in the Coast Guard and was a police officer for 12 years in Pinellas County. He has been interested in yoga, fitness and nutritional education since he was 14. According to Ganley has took classes with yoga masters, when they were still teaching.

The studio's Web site, centralavefitness.com, lists all other services offered, from nutritional programs to all class schedules, which are constantly changing.
The Florida Holocaust Museum is a wonderful monument to a terrible period in human history. The images, artifacts and written accounts come together to form an experience everyone should build up the courage to explore at least once. If anything, it shows that as loving, happy and innovative humans can be, we also carry the capacity to commit atrocious and terrible acts upon each other, a simple fact that should never be forgotten.

The museum is influential in a way few films, books or television shows can really touch upon. You see the real images and artifacts; the shoes, the rail car, even remnant uniforms from the Nazi work camps. Within this are some powerful stories of redemption, escape and fighting back like the Warsaw Ghetto uprising on the part of Polish Jews or the story of around 1,200 European Jews escaping to live in the forest that the recent movie Defiance, starring Daniel Craig, depicts.

The pieces of this period of German history seemed to reverberate inside me after I left the museum and even as I write this. It is a hard pill to swallow: six-million murdered at the hands of a radical leader and his party in the name of racial purity?

It is all too often many of us go about our lives in relative peace and comfort without a single thought of how sacred and rare living with these attributes are. We arise from soft beds, drink coffee from distant lands, read an unfiltered swath of news from anywhere and everywhere in the world and have the freedom to choose how, when, where and how we do all this.

It seems like today, the news of a three car pile-up on Dale Mabry makes people more upset that they will be late for work than the fact that lives could have been lost or damaged. It is a repeating, nearly daily cycle.

If this desensitization is bad now, I think it is worse in regard to the past. When you have a job, maybe a few mouths to feed, a house or apartment to tend to and what seems like a million other things to take care of, a history lesson in the atrocities of our world's past is probably last on the list of things you would like to do in your spare time.

But, then you visit something as striking as The Florida Holocaust Museum and it hits you like a ton of bricks. This was a very terrible and very real occurrence that should never come close to being forgotten and it is up to us to not let that happen.

This was a very terrible and very real occurrence that should never come close to being forgotten and it is up to us to not let that happen.
Sometimes, it can be a compliment, but it is usually an insult. We assign a label to every curve, bulge or dimple, and it usually reflects what we did to create it.

You never hear a woman say, "Oh my thighs look like celery!" or "My butt looks like carrot sticks!" Instead we use foods with negative connotations, such as cottage cheese or stuffed sausage. According to the U.S. Center for Disease Control, the average American woman is 5 ft. 3 in. and 163 lbs. However, everyday, women are bombarded with an unrealistic ideal body type, one that is a far cry from the average. In fact, most fashion models associated with this ideal are 5 ft. 11 in. tall and weigh in at around 110 lbs, according to the National Eating Disorders Association. That makes a vast difference between who the average woman is and what society tells her she should be.

Often, women are given a number that is ideal. We take that number and we cram our bodies into it. We do jumping jacks, lounges or even lay down on the floor, all to make sure we can tell our friends that we are a size zero, two or four.

But just because you can button it, does not mean you can fit into it.

"It gives a whole new meaning to letting it all hang out," Target Sales Associate Karen Vose said.

She said that, in her experience, teenage girls and 20-something women are most likely to try on and purchase clothing that is really too small, but for whatever reasons, they believe that since they can zip them up, no matter how uncomfortably, they can wear them.

"It looks like you have gained weight when you wear pants that are too small," Vose said.

From G.Q. to Yahoo.com, most men will tell you that the number one sexy trait in a woman is not perfect breasts or slender legs, but confidence. Part of being confident in who you are comes with being comfortable in what you wear. Confidence does not come with a number. It is not packaged in a size double zero, but in an attitude. Any woman of any size can have that attitude, be that sexy and not have to suffer poor circulation to prove it.

To be honest and maybe a little harsh it just does not look good. If I cannot sell you on the idea that you should love your body the way it is, then maybe I can sell you on the idea that it is just plain ugly to see someone's fat pooling over the top of their jeans like a water balloon ready to burst.

The next time you are in the store, try on a pair of pants that does not leave a butt-ten imprint in your stomach. Put on a pair of jeans that you can actually sit down in, maybe even cross your legs. So what if those pants are one or even two sizes larger than what you would normally buy. You are a person, not a number.
Don’t ask others if they think you’re up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That “private” matter needs your attention.

**SCORPIO** (October 23 to November 21) This is a good time to use that Scorpio creativity to come up with something special that will help you get your desired career plan back on track and headed in the right direction.

**ARIES** (March 21 to April 19) A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.

**TAURUS** (April 20 to May 20) Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.

**GEMINI** (May 21 to June 20) The Goat appears to be making more demands on your time than you feel you’re ready to give. See how you might resolve the problem and avoid any misunderstandings.

**CANCER** (June 21 to July 22) This is a good time to take a situation until things settle.

**LEO** (July 23 to August 22) Sometimes a workplace colleague can’t be charmed into supporting the Lion’s position. That’s when it’s time to shift tactics and overwhelm the doubter with the facts.

**VIRGO** (August 23 to September 22) You continue to earn respect for your efforts to help someone close to you stand up to a bully. But be careful that in pushing this, you don’t bully yourself.

**LIBRA** (September 23 to October 22) Don’t ask others if they think you’re up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That “private” matter needs your attention.

**SCORPIO** (October 23 to November 21) This is a good time to use that Scorpio creativity to come up with something special that will help you get your desired career plan back on track and headed in the right direction.

**SAGITTARIUS** (November 22 to December 21) While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.

**CAPRICORN** (December 22 to January 19) The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and avoid any distractions that could cause you to make a misstep.

**AQUARIUS** (January 20 to February 18) A colleague’s demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.

**PISCES** (February 19 to March 20) A personal matter appears to be making more demands on your time than you feel you’re ready to give. See if some compromise can be reached before things get too dicey.

**Unscramble these twelve letter strings to form each into an ordinary word (ex. JONIRE → JINE).**

- CINEVA
- RAGNOA
- NEVAB
- RATAL
- AVLA
- SEASUG
- BUNGE
- KLYBU
- PETCID
- THE
- CEFTDE

**Best advice:**

**SCORPIO** (October 23 to November 21) Your continued efforts to help someone close to you stand up to a bully need to be reached before things get out of hand. See how you might resolve the problem and avoid any misunderstandings.

**AQUARIUS** (January 20 to February 18) A colleague’s demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.

**PISCES** (February 19 to March 20) A personal matter appears to be making more demands on your time than you feel you’re ready to give. See if some compromise can be reached before things get too dicey.

**Awesome Sausage, Apple, and Cranberry Stuffing**

**Ingredients**

- 1 1/2 cups cubed whole wheat bread
- 3/4 cup cubed white bread
- 1 pound ground turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 Golden Delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cup cooked turkey liver, finely chopped
- 3/4 cup turkey stock
- 4 tablespoons unsalted butter, melted

**Directions**

Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.

In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.

Pour sausage mixture over bread in bowl. Mix in chopped apples, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Spoon into turkey to loosely fill.

**Weekly SUDOKU**

The answer to this week’s SUDOKU is: BONPHAY.

**Portrait of a Poet**

By Linda Thistle

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

Place a number in the empty boxes in such a way that each number is put only once in each column, row, and 3x3 box. Each 3x3 box contains all the numbers from one to nine.
Sports Fandom on Facebook

By Greg Lindberg
glindber@mail.usf.edu

Sports fans use a variety of methods to express their passion for their favorite teams. Whether it’s a high school soccer team, a college basketball team or an NFL football team, there is a squad of athletes out there for everyone to support.

People wear their favorite team colors: green and gold for USF, orange and blue for the Florida Gators, red and pewter for the Tampa Bay Buccaneers. They wear hats and jerseys, hang flags on their cars and sometimes even get a little intense with trash talking; but there is a relatively new outlet for people to convey their admiration for their favorite teams: Facebook.

Arguably the most popular social networking site today, Facebook has over 300 million active users worldwide. Its members flock to the site to check their news feed, harvest their crops on FarmVille or chat with friends. However, one of the big things people now do is update their “status” with comments about their favorite sports teams.

The day the Bucs won their first game of the season - a 38-28 victory over Green Bay in which the team wore throwback jerseys - local fans had something to say about it on their profiles.

"Go Bucs! Let’s get a win in those ugly jerseys," wrote Dan before the game. "LOL, those jerseys are pretty ugly," commented Christine.

Then the joy started coming out once they finally sealed the deal. "Creamsicles rejoice! Bucs win! Bucs win!" Tommy wrote.

On a more personal note, Erika wanted to “thank [quarterback] Josh Freeman for reviving her! GO BUCS!!”

Not all fans have been celebrating about their teams, however. During a USF football game that ended in an unprecedented 31-0 loss to Rutgers, fans expressed their disappointment in the team.

Shannon said she “dislikes that USF is losing” during the game. "He can't believe we are getting embarrassed on national television."

Some status updates from locals are about teams outside the Sunshine State.

Lottie Watts, a journalism graduate student at USF St. Petersburg, frequently acknowledges her favorite teams in New York on Facebook. Watts, 21, graduated from Syracuse University and is a big supporter of the school’s basketball team. She also likes the NHL’s Buffalo Sabres.

In a recent post, Watts wrote, “Syracuse won, Sabres won... come on, Jonny!” She was referring to Jonny Flynn, a former Orange basketball player and current point guard for the NBA’s Minnesota Timberwolves.

“He’s our homegrown player,” she said of Flynn, who hails from Niagara Falls, N.Y. She is also “friends” with the point guard on the site - and he doesn’t confirm everybody.

Watts added that technology has enabled her to keep in touch with fellow fans up north.

“Facebook is great for sharing whatever you’re thinking,” she said. “When we’re all on Facebook, we can have that conversation that we’d have if we were sitting next to each other at the game.”

There are also groups on the site for fans to become even more connected. For example, the official Tampa Bay Rays fan group has over 93,000 members while the "USF Athletics" group has over 5,000 fans. Group administrators send out updates to keep fans informed on the latest happenings with their teams.

Sports are a communal way for people to connect with each other. Technology has just made it that much easier for fans of all types to stay in touch about their beloved bunches. Now you don’t even need to watch ESPN to find out what’s going on in the world of athletic competition. Just check your “live feed.”