Science center: still in campus plans

BY ANTHONY SAVELLE
EDITOR

Willie Gary spoke like a preacher to a congregation of parishioners, his voice full of passion and conviction.

Gary, a black attorney with three practices in Florida, delivered the Martin Luther King Jr. Memorial Lecture, "Dream Activities Center Tuesday, St. Petersburg's appearance was part of the Cultural Affairs celebration of Martin Luther King Jr. Day. His appearance was part of the 100-person audience. His talk about one hundred people. His speech was part of the Cultural Affairs celebration of Martin Luther King Jr. Day.

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Volunteers needed for March 4 Special Olympics

BY CHRIS GRANDOLA
ASSISTANT EDITOR

Two hours in an entire month. Not much, is it?

Barry McDowell, coordinator for Volunteer Services & Student Disabilities at USF St. Petersburg, said that’s all it takes to donate a bit of time for a good cause.

“There’s so many needs in the community that every small amount goes a long way,” said McDowell, who worked at Eckerd College for 20 years in the same capacity before coming to the University in 2001.

On March 4, at Lakewood High School, McDowell will coordinate a group of students from USF as they help with the annual Special Olympics event, the Summer Games.

Each year, the Special Olympics organization holds regional events in each state during this time of year to determine participants for the World Summer Games held every four years. The next global tournament will be in 2007 in Shangahi, China.

The tournament at Lakewood is co-sponsored by the Pinellas County branch of the Special Olympics and the City of St. Petersburg. While the city provides a majority of the staff to set up and run the event, USF and other volunteer groups are essential to making the games a success.

“It takes quite a bit of coordination,” said Barbi Van Camp, who is in her twelfth year as recreation supervisor for the City of St. Petersburg. “While we staff over 50 personnel from our own divisions, it takes a ton of other volunteers to fill positions during the event. Groups like the one at USF are integral for the day to run smoothly.”

Typically, around 20-30 students assist at the games, helping run the track and soccer events.

“It’s a rewarding day,” said McDowell. “We meet at Lakewood in the morning and are usually finished [early in the afternoon]. The day is a lot of fun, being able to help the athletes, be a part of something so great like the Special Olympics.”

This year, McDowell is faced with a shortage of volunteers leading up to Saturday.

“It might be that the word didn’t get out in time we don’t have as many signed up as we usually do,” said McDowell. “But, it’s important for students to know that they can sign up pretty much until the last day. And because we have a lot of older students, it’s okay to come out with your family.”

McDowell noted that the effort also brings tremendous exposure to the University and strengthens ties to the community as a whole.

“It’s a nice connection,” said McDowell, who also advises Volunteer USFSP, a student volunteer group that started last year. “Our groups just recently helped with a dinner for the Ronald McDonald House and we always participate at the beach clean-up each season.”

“Be a part of something that works both ways,” said McDowell. “Of course, the help you give does wonders for those you are assisting, but, as stressed out and busy as we are in our own lives, we help ourselves when we give. It actually comes back to reward us emotionally and gives us that sense of balance in our lives.”

— Those interested in volunteering should call McDowell at (727) 873-4990. Volunteer USFSP meets each Thursday at 4 p.m. in Terrace 300.

Additional information can be found at the following websites:

http://www.recycledper­son.com or http://www.myspace.com/recy­cler62

Career Expo — The Counseling and Career Center at USF St. Petersburg is holding the 2006 Spring Career Expo March 4, from 12 p.m. — 4 p.m. in the Campus Activities Center.

— Students will have the opportunity to network with local employers and community organizations. The campus still needs employers to sign-up and meet students. If your company is interested in participating, contact Bebi Mahadeo at (727) 873-4129 or careernet@usfsp.edu

Beach clean-up — Volunteers are needed for a beach-cleanup at Terra Verde, Saturday, March 18. For more information, contact Barry McDowell at (727) 873-4990 or mcdowell@usfsp.edu.
**D-V-Dumb**

*BY CHRIS GEORGE*

**CONTRIBUTING COLUMNIST**

God invented certain phrases so the average person would know who should be labeled as "old." The utterance of one of these phrases easily told young people that this narrator's time had past, and we should deal with them accordingly.

In terms of music, it's too bad and I can't understand any of the words. Politcs all of these guys are crooks. Politicians used to be noble. Movies: Why does there have to be so much swearing, killing and sex.

If you say any of these things, then you may not think you're old but everyone around you does. Fortunately for you, however, the last one can be taken off the list.

A shift in the movie business has taken place, and moviegoers who aren't emotionally disturbed are paying for it.

Horror movies geared at young adults have reached an all-time high. Almost once a week we are barraged by advertisements for the newest slasher movie, and without hesitation; I can't help but ask myself, who watches this garbage?

Why, you ask, do movie studios spend so much time and millions of dollars on cheap-looking movies that gross modest box office receipts? Three little letters are the answer.

D-V-D

**America loves shiny objects and DVD sales figures show it.**

America is a nation of movie lovers. That is not all they are, however. Executives know that the quality movies look like. Unfortunately, they prefer a great-looking bottom line to a great-looking movie. But can you blame them? DVD sales have increased over 2,000 percent since 1999. With a statistic like that, I'm surprised even more pandering to the movie audience isn't attempted.

Since capitalism is such a staple of our country and you can't blame studios for trying to make money, who is to blame for all of these movies full of cheap thrills and corny dialogue?

You guessed it.America. There is only one place to point the finger... Ourselves. We love junk, and if we didn't watch it, they wouldn't make it. There's a reason the masses are called the great unwashed and it is not because we have good taste.

So, the next time you ask yourself why movies have so much swearing, killing and sex, just consider two possibilities. Either you're an innocent victim or you're getting old. And if you're one of the many who have to come to the grim realization that you're getting old, look at the bright side. The horror movie wouldn't make you watch anyway.
USFSP SAILING

Rival Eckerd wins at USF

BY ANTHONY SALVEGGI
EDITOR

The USF sailing team took third place overall in the South Points 2 regatta held at USF St. Petersburg February 14. Freshman Kristin Britt and junior Giselle Moya finished second in the "B" division after eight races.

Sophomores Bill Jones and Alyson Dagly came in fifth in the "A" division. The junior varsity squad of Anthony Scruggs, Katie Galloway and Lee Finell finished third. Over the course of the regatta, the sailing team placed seventh overall in 18 teams in the Charleston Intercollegiate held February 18-19 at the College of Charleston in South Carolina.

The Bulls had their best showing in the "A" division, finishing second, only one point behind Charleston. Senior Kevin Reali participated in all 12 of the races, while Ashley Ray and freshman Tim King divided time as his race partners. The "B" division squad, which included junior Jesse Combe (who was in all 12 races), King, and sophomore Liz Foy, came in 12th.

As expected, "Sailing World" magazine has the women's team ranked 9th in the nation, down three spots from its previous ranking. The coed team dropped one spot from 10 to 11.

RESULTS FROM FEBRUARY 18 REGATTA:

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Steve Spiel...
IF WITHERSPOON, D GOOD LUCK goes to...

BY CHRISTINA CASTELLANA & JUSTIN LOWERY, STAFF WRITERS

If Being flexible (or "WITHERSPOON, D GOOD LUCK") scars. Such competition this year, Witherpoon gave the best performance of the year, and of her career.

BEST SUPPORTING ACTOR

CHRISTINA SAYS JAKE GYLLENHAAL, "BROKEBACK MOUNTAIN"

Gyllenhaal delivers his lines with passion and sensitivity. He brings value and credibility to the vulnerable part he plays, and there is never a moment of doubt or hesitation.

JUSTIN SAYS GEORGE CLOONEY, "GOOD NIGHT, AND GOOD LUCK" & SYRIAN

The logical thinking should be: George Clooney has had such a great year between "Syriana" and "Good Night, and Good Luck" that we have to give him something. Clooney grew a beard and put on 35 pounds to play a CIA operative with heart.

BEST SUPPORTING ACTRESS

CHRISTINA SAYS MICHELLE WILLIAMS, "BROKEBACK MOUNTAIN"

Williams' performance is superb. She effectively shows the pain and anguish with every trial her character endures. In "Brokeback Mountain," she is fragile and alone, and conveys what it's like to be betrayed and heartbroken with utmost sincerity and sensitivity. Her talent is unparalleled and deserves recognition.

JUSTIN SAYS CATHERINE KEENER, "CAPOTE"

After a number of great performances over the years, it's time the Academy honored the always-great Catherine Keener. She did a wonderful job as author Harper Lee in "Capote."

BEST ORIGINAL SCREENPLAY

CHRISTINA SAYS "GOOD NIGHT, AND GOOD LUCK"

George Clooney and Grant Heslov deserve this award simply because the story is exceptional, and it brings an important part of American history to life.

JUSTIN SAYS "MATCH POINT"

Woody Allen deserves this award for his tightly woven thriller that draws comparisons to Alfred Hitchcock's work. It's disappointing that his film only got one nomination. "Match Points" is his best written film in the last 30 years, and that's saying a lot.

BEST ADAPTED SCREENPLAY

CHRISTINA SAYS "MUNICH"

"Munich" captures the conflict between Israel and Palestine with brutal honesty. Violence and tragedy plague this film, which highlights the day when 11 Israeli athletes were murdered at the 1972 Olympics in Munich. The movie is excellent and evokes a tragedy that affected and changed many lives.

JUSTIN SAYS "MUNICH"

"Munich" is the best film of the year. "Munich" is the best directed film of the year. "Munich" is the best written film of the year. See the patterns?

Health 101

Health Educator Shannon Cho answers your health questions and offers advice for healthy living

Q: Dear Shannon,

It's that time again – the Olympics. This means I turn on my TV and get frustrated at the amazing performance of these athletes from all over the world. I have worked out on and off since high school, but I can never keep it up long enough to really see results. How can I get motivated like the Olympics?

A: First of all, try not to compare yourself to an Olympic athlete. That is an unfair comparison for anyone who does not train daily with the goal of going to the Olympics! An Olympic athlete has often reached the pinnacle of their career when they compete in the most prestigious games in the world.

You mentioned being motivated in your question – this is great work to use when describing an Olympic athlete, but "committed" is an even better one. If most of us sat around and waited to be motivated to go to the gym and work out, it probably would not happen. I don't say that to frustrate you, but instead to be realistic.

The decision to start a workout program can be a big change and adjustment for anyone. For this reason, many people go through the Stages of Change when starting a fitness program. The Stages of Change framework can be applicable to any behavioral change that someone is trying to make. The Five Stages of Change are: Pre-contemplation, Contemplation, Preparation, Action, and Maintenance. It sounds like you are continuously getting stuck in the Maintenance Stage, since you can't continue your exercise routine long enough to see results. This is extremely common! More often than not, people relapse when trying to sustain a behavior change. This is when commitment comes into play.

Here are a few suggestions you can use to sustain your commitment to working out:

Be accountable – One of the key relapses occur in behavior change is because we aren't accountable to anyone, or at least we feel like we aren't. You are accountable to someone, and that someone is yourself. Be accountable to yourself for the more reason of improving your health if nothing else. You can also find others to be accountable to, such as your friends and family, if they care about you, then they want you to be healthy too.

Set Realistic Goals – If you don't set some goals for yourself, then there will be nothing to be accountable of! You are working for what is your success or motivation for wanting to work out? Is it appearance, health, stress management or something else? Set both short- and long-term goals based on your motivation for getting in shape. Don't forget to reward yourself when you reach your goals.

Be Flexible – Being flexible (or lack thereof) can make or break your commitment to exercise. You should always have a second plan in case life gets in the way of your routine. It is inevitable that you are going to have setbacks, so don't let this be an excuse to give up. Too often we get frustrated and decide giving up is the way to go. It may be easier at that time, but in the long run we have to start all over again.

I hope you can use these suggestions to your advantage. You definitely don't have to be an Olympic athlete to have a successful fitness plan. I am confident that you will enjoy your exercise with your own fitness plan.

Shannon Cho

health educator
Plan to attend:
Thursday March 9, 2006
6 pm
College of Business Room 2
Third Floor
263 13th Ave South
St. Petersburg, FL

MBA Info Session

Find out how you can be prepared for socially responsible business leadership in the global environment of the 21st Century at USF St. Petersburg
Fall Application Deadline: June 1, 2006

For more information, call 727-873-4622 or email mba@stpt.usf.edu
Tight squeezes

DAVIS HALL — (PHOTO AT LEFT) The narrow hallway leading to the stall doors makes it difficult to maneuver in this downstairs restroom in Davis Hall. (PHOTO AT RIGHT) The push button for the outside door of the ladies restroom located across from the bookshop is operational. Getting inside the restroom stall however is not easy. The stall door opens out, but there is no room for a person in a wheelchair to position oneself to open the door and enter the stall.

By CHRISTINA CASTELLANA

When it comes to making its facilities accessible to people who use wheelchairs, USF St. Petersburg has room for improvement.

Barry McDowell, coordinator for Volunteer & Student Disability Services, said the problem areas are in Davis Hall, Coquina Hall, the Campus Activities Center, Poynter Library, and the Florida Center for Teachers.

Davis Hall, Coquina Hall and the CAC are not compliant with the Americans with Disabilities Act because they were built before the ADA was established in 1990. The Poynter Library and FCT are ADA compliant, but there are a couple of issues that some disabled students have brought to McDowell's attention.

McDowell said Davis Hall and Coquina Hall have narrow hallways and restrooms that are difficult or even impossible to use when a wheelchair is wider than the stall door. The only restroom with wheelchair accessibility on the east side of campus is located on the second floor of Davis Hall near the breezeway to Coquina Hall.

When the restroom is out of order or being cleaned, students have to go to Bayboro.

McDowell also said that the lecture-style classrooms in the Davis 103-106 corridor don't permit disabled students to access the area closest to the instructor because there are no ramps.

He added that the campus bookstore and Bayboro Café are also difficult to get into. The bookstore has very narrow aisles, through which it is impossible for a person to maneuver a wheelchair. The Bayboro Café has narrow doors that prevent many people in wheelchairs from gaining access.

McDowell said the Poynter Library provides good wheelchair accessibility to well-equipped restrooms and all three levels of the facility, but the large bar at the library's exit causes concern. The bar is there for the purpose of theft. If someone were to take a video or book without checking it out with a student ID, the sensors located on the white panels placed after the metal bar would sound off, and the exit door and metal bar would immediately stop the individual. It is library policy to have all library staff aid people in wheelchairs by holding the bar open for them.

Katie Jo Penniman, a junior studying social work at the University, said that even though "they let us go out, we should be able to get in and out on our own."

When describing the problem at the CAC, McDowell said the ramp leading to the side entrance can be dangerous. The ramp is mostly used by golf carts and is not a safe option for wheelchair users. CAC staff who use the golf carts did not able to see disabled students coming up the ramp, and even if the two golf carts were not in use and were parked in their spaces, getting by them on a wheelchair to access the entrance is a tight squeeze.

McDowell said there have ben some complaints about the FCT doors. The doors throughout FCT are heavy and there have been a few occasions when they didn't open automatically after the disability button was pressed. Penniman said she got stuck in the FCT building last semester because the doors wouldn't automatically open and they were too heavy for her to pull open. After some time had passed, someone came by and helped her.

McDowell said the campus wheelchair population is growing. This year there are about five students in wheelchairs, up from one or two in prior years. He said that updating the campus is "really a matter of communicating some of the needs and hurdles. The students who actually face these hurdles everyday are sharing their experiences to help the campus become more sensitive to disabled students."

John Dickson, associate director of Facilities Planning & Construction, said that there is limited budget for ADA renovations. Only $22,005 is available for improvements and that figure will not cover the costs of updating one restroom.

Making ADA renovations can be a complex first. Dickson said replacing a door is not going to solve the problem. The fixtures, floor and even pipelines may need revamping and replacing to make it ADA compliant.

-faculty, staff and students who wish to voice their concerns about accessibility should contact McDowell at (727) 873-4950.

Americans with Disabilities Act

- State and local governments must ensure that individuals with disabilities are not excluded from services, programs, and activities because buildings are inaccessible.
- Public entities must ensure that newly constructed buildings and facilities are free of architectural and communication barriers that prevent access or use by individuals with disabilities.

For more ADA accessibility guidelines, you can visit www.access-board.gov/adaag/adaag.htm.
NEWS FROM STUDENT LIFE

ROCK-N-ROLL WEEKEND
AT USFSP
Saturday & Sunday, March 4-5
Saturday~ Battle of the Bands
Noon to 4 pm
Harborside Lawn

Sunday~ Recycled Percussion
7 pm
Campus Activities Center

All events are FREE for USFSP students w/ student ID

STUDENT LIFE PROGRAMS AND SERVICES ARE PAID FOR BY STUDENT FEES

RESIDENCE HALL ONE
OPEN FALL 2006

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For more information email housing@stpt.usf.edu, or contact Residence Life at (727) 873-5000.

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