10-26-2009

Crow's Nest : 2009 : 10 : 26

University of South Florida St. Petersburg.
A petition has been proposed to the USF St. Petersburg administration by the Student Environmental Awareness Society (SEAS) to create a more effective recycling program in Residence Hall One (RHO).

SEAS, founded by Eric Ooi in spring 2006, proposes the new recycling program petition for the location of recycling bins inside RHO.

"It is a little discouraging how inconvenient and difficult the process is to just create a recycling program," said Christopher Hastings, a junior majoring in chemical engineering, and the recycling program facilitator. "SEAS has to get a lot of things approved and provide evidence that the students living in RHO are following the recycling program correctly and are using it."

If administration finds SEAS petition obtainable, there are a few changes that will take place with RHO recycling program. "We are first asking that the outside recycling bins be returned," said Tiffany Knowles, a senior majoring in environmental science and vice-president of SEAS. "Second, we would like to provide recycling bins for storage inside dorms."

Last year's recycling program in RHO was not a success with residents. "The recycling program was removed from Residence Hall One due to a small number of students who abused the trash cans," said Brian Akins, resident life director and facilities coordinator. "The recycling program was a huge inconvenience to our custodial department when they thought they would be picking up cans or plastic bottles the bins would be half filled with trash and other unwanted items."

The current recycling program in RHO is out-of-date and disorganized.

"In outside open areas on campus and inside buildings, recycling bins are scarce," Hastings said. "The 96-gallon bins at the main drop-off location are rarely used and most recyclables are thrown away with the trash."

The SEAS petition will place recycling bins in a convenient place for students in RHO. "We have begun surveying USF students for input to be used for improving the current recycling program," Hastings said. However, if SEAS petition is denied by administration, they will seek to receive funds from student government and they will repetition their petition. "If [the first petition] is denied, then the plan is to have 96 gallon containers of each type on each floor of the dormitory," Hastings said. "If that is denied then the recycling drop off location will have more bins and more emphasis will be put into students recycling."

If administration decides to pass their petitions, SEAS plans to start an educational recycling event for RHO.

"When the recycling bins are placed, the plan includes the RA's of each floor introducing the bins and information on what should and should not be recycled," Hastings said. "The students living in RHO will also receive the SEAS newsletters with recycling information provided."

SEAS newsletters will provide residents with recycling information. "Whenever possible SEAS representatives will also distribute recycling pamphlets around campus," Hastings said. "One way or another, each USF student should know where to recycle, what to recycle, and how it benefits the environment and economy."

SEAS members are eager and ready to promote the new recycling program to RHO residents. "I am really excited about the recycling initiative we have planned," Knowles said. "This would demonstrate the student desire for a greener campus."

"I think that the recycling program is an excellent idea," said David Roberts, an environmental science and policy major. "People should start holding themselves accountable for their environmental impacts this would certainly make that more convenient."

SEAS members plan to continue promoting recycling awareness by hosting Earth Week. "We hope to have some large environmental organizations on campus including Repower America and The Sierra Club," Hastings said. "During Earth Week, we will discuss sustainable living, environmental and climate legislation, and volunteering opportunities for any students interested."

By Amy Blanton
ablanton2@mail.usf.edu
Photos by Zach Hall / CN Photographer

The NBA Season is back! Sports, 8

Who are the Neville Bros.? Our editor Nikolay only recognized one song in their concert, but still walked away enlightened.

This Week Online...

Purple Eagle vs. Blue Hues? Believe it or not, these are college mascots. Read up on other strange names in college sports online.

I hope they serve beer in... "Hello my name is Tucker Maxwell. Yep, we cover the controversial new movie that has critics up in arms."

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Wor'e Online! twitter.com/usfcrow'snest Facebook search: USF Crow's Nest

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The City of St. Petersburg is going the extra mile for the city trails project and adding a whole new element: water.

By Sara Palmer

Senators and presidents are not the only people who can be active in Student Government - students can get involved as well.

The USF St. Petersburg SG has a variety of committees, some of them brand new, which any student can join.

"Any and all can attend, and I actually encourage it in order to have as wide a student voice as possible," Sen. Matt O'Brien said.

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"Any and all can attend, and I actually encourage it in order to have as wide a student voice as possible," Sen. Matt O'Brien said.

McDonald is the chair for this committee and hopes to create an even stronger connection to the student body by passing out surveys and hosting constituent dinners. He even hopes to establish a public suggestion box, where students can voice their opinions any time.

"The student committees are open to the public and students can speak and give their own ideas or even help with our projects and their input will be put into the minutes being taken," McDonald said. The meetings are held Wednesday nights at 5:30 p.m. in CAC 133.

One committee that recently formed by SG is the Intramural Lights committee.

"The goal of this committee is to have stadium style lights installed on our sports field. We are looking into a community sponsorship to meet us halfway with the cost," said Sen. Christian Haas, the chair for this committee.

This committee is working with faculty, administrators and the community to try and provide better lighting for the intramural fields. The group is looking into both traditional and solar lighting.

There are no meetings for this committee, but Haas said that they would be sending out surveys to gather student input.

"I think lights are a big necessity on the field, and I know I would use them all the time," said SG Director of Marketing and Public Affairs Reuben Pressman, who is also a member of this committee.

It is very important that students participate in SG, if they want their opinions to be heard.

"Joining an SG committee is one of the most fundamental ways that the student body can give their input toward the growth and development of our campus," SG President Jon Ellington said. "SG committees are where real decisions are made and this is the best time for a student to voice their opinions on our campus issues."
New fountain up and running

By Amy Blanton
ablanton2@mail.usf.edu

Besides the new addition of the Science and Technology building to the USF St. Petersburg campus, a new fountain will join it as well.

LeShaun Clayton, a sophomore in environmental science and policy, appreciates the new fountain on campus. "I think that the whole building is looking nice and pretty and I like the fountain," Clayton said. "It is a cute touch to campus."

Some students feel that the new fountain will give the campus a fresh, new look. "It makes our campus look more complete, instead of looking nice and pretty but not complete," said Jamie Kennedy, a junior mass communications major. "It makes it look clean and really, really nice."

Kennedy believes that the new fountain will give campus scenery more definition. "I think it makes the campus look more complete, instead of just having empty space right there," Kennedy said. "I think it looks very nice."

There was another campus fountain located on Fourth Street, but it does not run anymore. "I honestly do not know if I have seen them run [the fountain on Fourth Street] in the year that I have been here," Kennedy said. "I really like that fountain and I wish they would run it more because I definitely think it is an attention grabber."

Even though construction has not come to an end near the new Science and Technology building, the new fountain runs during late hours. "I think that they need to shut it off by a certain time," Kennedy said. "Maybe if it is like 8 p.m. or maybe 9 p.m. depending on when the last class gets out, but they need to keep it off because they are wasting a lot of electricity and a lot of water."

Not all students are captured by the beauty of the new fountain, but they are wondering about the cost of the fountain. "I'm kind of concerned that they spent that money on something aesthetic when tuition costs are rising and budgets at the departments have been cut," said Lottie Watts, graduate student in journalism and media studies.

Watts, who is a graduate assistant at the Neighborhood News Bureau, said that the Bureau is limited in what they can do because the budget is just not there. "So I guess in that sense I kind of wish that the funds would have been allocated differently," Watts said.

Watts continued to say that she is concerned that people many ruin the new fountain. "I would hate to see something happen to the fountain," Watts said. "I really hope that people use maturity and make good decisions and not decide 'oh it's going to be so cool if I go do this' and ruin it."

The Homecoming Advisory Committee at USF St. Petersburg is pleased to announced their candidates for the 2009 Homecoming Duke & Duchess!

Candidates for Duke

Johnathan Ellington
Representing Student Government
Kyle Patterson
Sponsored by Brian Akins, Resident Life Coordinator
DeMarrio Tobler
Representing Black Student Association

Candidates for Duchess

Lynette Aragon
Representing Harborside Activities Board
Sarah Henry
Representing Student Government
Cassandra Julien
Representing Black Student Association
Jasmine Knight
Representing Office of Multicultural Affairs
Halloween treats for all ages

By Marisa Barbosa 
mbarbosa@mail.usf.edu

Halloween night means much more than candy this year, from scavenger hunts to free drinks to costume contests, downtown St. Petersburg has something everyone can enjoy.

About 15 years ago, long-time Old Northeast resident Cynthia Sierra used to drive a bright yellow convertible Volkswagen with three other friends dressed up as witches to judge their neighborhood event, involving the popular, the witches formed HONNA and residents, attracting everyone can enjoy. a thriller dance contest for east and every kid Old at last year, said Tracey Lock, Old Northeast resident and HONNA member. "I noticed people in the neighborhood up with the idea of doing the scavenger hunt, where they will be selling scavenger hunt maps for $5, so people can better explore the neighborhood. "I wanted to host an event the day before so people could see the houses without having to give up the trick-or-treating, " she said. "We are planning on having it every year the night before Halloween regardless of what day it falls on."

The scavenger hunt will be Friday, October 30th and Halloween night this year will be on a Saturday. This means many of the bars and clubs in the downtown area are ready to celebrate.

Dressing up and being creative can make you some extra cash at one of the several costume contests around downtown. Push Ultra Lounge, at 128 Third St. S., is offering a $300 cash prize and VIP bottle service for first place, $200 cash plus VIP bottle service for second place and VIP bottle service for third place.

For this reason, Lock came Vintage, a nightclub at 16 Second St. N., is also offering costume prizes. Most original and sexiest costumes will receive a $500 cash prize. The club is also promoting $3 shots for the evening. On Friday, October 20, they will have $5 drinks and a thriller dance contest for a $100 bar tab.

Right around the corner at The Bishop, 260 First Ave. N., costume-clad patrons will receive their first drink of the night for free. A costume contest will be hosted at midnight with $250 in cash and prizes.

A few blocks west on Central Avenue, Durty Nelly's at 661 Central Ave. is having a Hallow Durty Party. The costume contest will also be held at midnight for the sexiest, most original and overall best costumes. The tattoo shop Foolish Pride will be sponsoring some of the prizes including a $100 gift certificate and $100 to the overall best costume. The other two best will get $50 cash each. Five free piercings will be given away during the party. They will have a reserved area for body painting for those not in a costume. who want to be part of the contest.

The Old Northeast Tavern, at 201 Seventh Ave. N., will also have a costume contest at midnight for first, second and third best. This bar will offer gift card prizes.

There are many different choices for Halloween night. You can visit them all, but you can only be at one at midnight for the costume contest. Make the right choice and you could walk away with more than just Halloween candy.

Historic house decorations for Halloween were coming to judge their neighborhood event, involving the popular, the witches formed HONNA and residents, attracting everyone can enjoy. a thriller dance contest for east and every kid Old at last year, said Tracey Lock, Old Northeast resident and HONNA member. "I noticed people in the neighborhood up with the idea of doing the scavenger hunt, where they will be selling scavenger hunt maps for $5, so people can better explore the neighborhood. "I wanted to host an event the day before so people could see the houses without having to give up the trick-or-treating, " she said. "We are planning on having it every year the night before Halloween regardless of what day it falls on."

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Sweat drips, beers pour and smoke rises in the midst of inherent bar-chatter and glass clanging. 150-plus people are crammed into the Tampa dive bar, The Brass Mug, and it is freaking hot: You are blasted with it right when you walk in the door; a thick cloud of stale air, body odor and cigarette smoke enveloping your face like an older-sibling pillow suffocation.

Once you are in, you are sweating with the best of them. The young, the old, the pierced, the tatted, the utterly insane-looking; they are all here united in their love, or at least partial fondness, of metal, more specifically the six bands on the roster: Promise Me Hell, Celigrath, Cannabis Corpse, Ramming Speed, No Friends and Fatal.

We are here for Fatal. They are the hometown boys. All four of them dwell in or around the St. Petersburg area. There is Nick Moerch, 18, the drummer and youngest of the foursome, Steve Stanton, 21, the lead guitarist, Shane Handal, 21, the bassist, and Luke James, 22, the lead singer and rhythm guitarist. Interestingly enough, Handal and James actually met and still attend USF St. Petersburg as sociology and graphic design majors respectively.

Fatal plays a mixed style of old-school thrash metal (think Metallica's 'Kill 'Em All') blended with a modern metal sensibility similar to bands like Torche and Darkest Hour. Their musical odyssey, like many bands born from the garage, has been a long, tough, and expensive one; many Christmases spent giving up on gifts they would otherwise want for new equipment or recording studio money. But, through it all, they are undeniably passionate about what they do.

This past summer, they booked an east coast U.S. club tour on their own. No manager, no special coordinator, just a longing for bay area escape and the power of e-mail and myspace messages. They conquered the east coast sleeping on couches, playing dingy clubs, and, on occasion, getting paid in nourishment like sushi and Savannah Georgia's finest moonshine; all while packed in an old SUV towing their cheap Craigslist-bought trailer.

Now, the band's destined for one of the largest Florida music festivals, The Fest, held each year on the last weekend of October in downtown Gainesville. For Fatal, this is big. More than 250 like-minded bands and a thousand-plus fans converging in various clubs throughout downtown Gainesville for a weekend of musical camaraderie and support of the "do it yourself," or D.I.Y., ethos Fatal and so many of these other bands are a part of. Right now though, in this shabby little strip-mall bar, it's Fatal's turn to take the stage. They tune their guitars, test the mics and make sure the set-up's in order. Soon enough, they are set. Handal and James, guitars slung across their backs like packs of medieval arrows, take a few good swigs from their companion beer pitchers, face their fellow band mates, then the crowd and ferociously blast into the music that has put them where they are today.

Fatal, along with fellow showmates, No Friends, and 250+ other punk, metal, and indie bands play at The Fest 8 October 23-25 in downtown Gainesville. Tickets are $60 in advance/$80 the weekend of and can be bought locally at Duddy Koot Records located at 538 Central Avenue in Downtown or online at the official Fest website www.TheFestF1.com.

More information on Fatal as well as some of their music can be found at www.myspace.com/FatalRules.
The senior

Because the "Freshman Fifteen" is so last semester...

By Sara Palmer
slpalmer@mail.usf.edu

Most people know that it is common knowledge that many students start school and pack on that "Freshman Fifteen." For some of us, those of us who consider ourselves professional students and have been in school for longer than we would care to admit, find that it is pretty easy to pack on the freshman fifteen over and over again.

Then you hit senior year and become privy to what I refer to as the "Senior Sixty." While the Freshman 15 does not sound so bad, when you have been a college student, relying on eating fast food for almost every meal, always using the dollar menu. It was fast, convenient, and tasted good.

I definitely know that running 21 and discovering the yummy goodness of a tall pint of chocolate milk with a single scoop of vanilla ice cream is a treat some of us. Many may have something to do with it as well.

I don't binge eat; I don't drink excessive amounts of alcohol. It started by being a broke college student, relying on eating fast food for almost every meal, always using the dollar menu. It was fast, convenient, and tasted good.

This is an anonymous quote by a student from Kennesaw State University on the Web site www.freshman15.com. This Web site had no stories from USF, but there was an entry from a student who went to the University of Memphis, the school I attended before moving to Florida.

"Just a year and some change later, I hit 250. At that point, I had trouble squeezing into some of the desks in class. I've never really had the discipline to stick with a weight loss program for long."

The Freshman 15 Web site challenges students to eat healthy and exercise while maintaining their hectic schedules. It has many great, simple tips to help prevent those extra pounds from sneak ing up on your thighs and into your bum. However, if you do not have the time to check it out, I have a few tips for you that I use in my daily life.

The fitness center on campus is a godsend to people trying to shed some pounds or maintain a certain weight. The center has free weights, cardio machines and weight training. Building muscle is a great way to burn fat and walking just a few miles a day on the treadmill can make a huge difference.

Sometimes I just do not want to go to the gym. Well, if you want to add excitement to your workout, try fitness classes and intramurals. They provide daily and weekly exercise structure. I rarely miss my Friday yoga class and my sand volleyball team, The Ballbusters.

I also ride my bicycle to school. I commute, on average, about five miles a day by bike.

It is not much, but it burns calories, not sugar. Which makes my calves and the environment much nicer to look at.

I bring my snacks with me to class. Often I find that I arrive on campus at 9:00 a.m., and I am not back home until 12 hours later. I refuse to be drawn in by tantalizing allure of the vending machine as it whispers, "Sara... Sara... Sun chips... Garden salsa... Tastes like heaven, you know it does..."

I turn my head away from the Doritos and M&Ms. I shun the cheese crackers and the cookie bars. Instead I bring protein bars, cauliflower or apple slices. If you stave off hunger and all ways feel satisfied, you will not make bad choices such as Publix chicken tenders, which are the bane of my existence.

By the way, I am not a skinny girl nor am I a trained fitness professional. I am an average girl, with an average weight and average looks. My BMI is right smack in the dead center of healthy. Do I want to lose some weight? Well, duh, I am a woman aren't I?

I also am older. My metabolism has slowed down significantly since I was in my early 20s. I often chaste myself for not developing these healthier habits sooner.

The stress of academics combined with the convenience of Taco Bell can easily expand our waistlines. With a little determination, some smart thinking and a bag of broccoli, we can all avoid the Senior Sixty no matter how long we are in school.

For the Love of Sports.

By Peter Pupello
ppupello@mail.usf.edu

"There's no crying in baseball," the famous Hollywood one-liner goes. Come to think of it, a true statement was never uttered in the conversation combining sports and the emotional habits of male thirty-somethings. Then again, when our nation's greatest pastime is represented by macho sluggers who are as high on testosterone as they are their own egos, the subject pairing the two topics which possess little purity rarely, if ever, comes up. It is fitting though, and ironic, for such an accurate truth infrequently comes out of the land out west that revels in fantasy.

Other than Wade Boggs' salt water trail following Buckner's ga ggle in the '86 Series, there really is no crying in baseball. It seems odd, however, when considering the gamut of emotions that the sport ultimately elicits, from Lou Piniella's admonitions of camey Manny Ramirez's humorous antics in the Dodger clubhouse. If only the lack of tears extended to other professional sports, then Kleenex wouldn't be thinking T.O., the Great One, and His Royal Amnesia for keeping the factory doors open.

We've seen Terrell Owens transform from his seemingly callous self to a normal human being after a playoff loss. Gretzky simply couldn't hold back as he packed his bags from Edmonton and crossed the border to the West Coast. Even when Michael Jordan won yet another NBA championship, he too broke down and cried.

This is the uncompromising reality of male athletes. Aside from their image on the playing field, they are human like the rest of us and only have society to blame for reaffirming the male, super-sports-star stereotype.

"That's my teammate. That's my quarterback. Man. It's not fair. It's just not fair." Owens once tearfully proclaimed in defense of Dallas Cowboys quarterback Tony Romo. Rumors swirled after a playoff loss that Romo was to blame for his lack of focus in the game stemming from the presence of then-girlfriend Jessica Simpson. Whether this was a prime factor in the Cowboys failing to reach the depths of the post-season remains questionable, but brings up a worthy point exploring male and female relationships.

As true as the no-crying-in-baseball assertion, there is no doubt that females are more emotional when it comes to relationships. But as Owens previously stated, it's not fair. What's not fair is that males are held to higher standards and are looked down upon for revealing their inner feelings. And they say all is fair in love and war? Child, please. I've seen men ball their eyes out over lost love, others who aren't afraid to say "I love you," and to be honest, even I have seen The Notebook.

Males are just as vulnerable as females to profess their feelings, even if it involves a display of warm water running in rivulets down the cheeks. Society tells us that as males, there's no crying in relationships, while Hollywood reminds us that there's simply no crying in baseball. Not yet at least, but then again, even a blind squirrel finds a nut every once in a while.
A rejection of your attempt to be friendly leaves you with two choices: Try again, or give up. If you want to make another effort, go slowly. Let things develop without pressure.

TAURUS (April 20 to May 20) It could be a problem dealing with unfamiliar people who do things differently from what you are used to. But rely on that strong sense of purpose to get you through this difficult period.

GEMINI (May 21 to June 20) To avoid neglecting a personal matter because of a demanding new workplace schedule, start prioritizing immediately. Knowing how to apportion your time takes a little while to set up.

CANCER (June 21 to July 22) It won't be easy to avoid some of the pressures that come with change. Best advice: Talk things over at a time, and you'll be less likely to trip up while things are in a chaotic state.

LEO (July 23 to August 22) A much-talked-about workplace change could be coming soon. Be sure to get all the details involved in the process, and once you have them, you can decide how you want to deal with it.

VIRGO (August 23 to September 22) You might still believe that your trust was betrayed, although the facts would appear to prove the opposite. But by the week's end you should learn something that will help set the record straight.

LIBRA (September 23 to October 22) Holiday plans could be a challenge because of shifting circumstances. But more settled period starts by mid-October, allowing you to firm up your fun-making once and for all.

SCORPIO (October 23 to November 21) The facts continue to be on your side. So make use of them in dealing with any challenge to your rated position. Also, open your mind to the offer of help from an unlikely source.

SAGITTARIUS (November 22 to December 21) There could still be a communication problem holding up the resolution of a troublesome situation. Stay with it, and eventually your message will get through and be understood.

CAPRICORN (December 22 to January 19) A possible change in your workplace schedule might create a chaotic situation for a while. But once things begin to settle down, you might find that this could work to your advantage.

AQUARIUS (January 20 to February 18) A recent job-linked decision might need to be reassessed because of the possibility of finding benefits you might have overlooked. Check out all available data to help in the search.

PISCES (February 19 to March 20) A personal situation you agreed to sight not be as acceptable to the other person involved in the matter. Avoid pressuring and bullying. Instead, seek common ground by talking things through.

**VARIETY**

**King Crossword**

**ACROSS**

1. Poker variety 49. "Holdie" of a brief Herbert
2. Crooner 19. Road Runners' sound
3. Darlene 22. Omega's opposite
4. Ellipse 23. Additionally
6. Skywalker 25. Author
7. Leading lady? 26. The U in "YOU"
8. Have a bug 27. Looks at intensity
9. Swiss city 28. Joan of
10. Instrument 29. Petroli
11. Media - 30. Petrol
13. TV ma'am 32. Opposite of "Improve" "Whadda say?"
15. Only one 34. Sir sort
16. Greek 35. American hard
17. Unusual 36. South
18. Long green 37. Wood shows
19. TV condiment 38. Vocal
22. Anatomical cavities 41. "Cain's victim"
23. West of Hollywood 42. "Great in-the--"
24. "L.A. Story" 43. Tooth-paste
25. Finishing substance 44. Dispenser
26. Men only 45. Night light?
27. "Tavern" 46. "Cabbage"
28. "Secret" 47. Otherwise
30. "Is it?"

**DOWN**

1. Cabbage salad 29. Blye 52 Reed
2. Big press 30. "Bell"
3. "Guitars' kim" 31. Dispatched
4. Remove (from) 32. "Coin"
5. Planes, trains and automobiles 33. "Mill"
6. "Got a" 34. "In the--"
8. La Scala shows 36. "Of"
9. Family feud 37. "D часов"
10. Compartment 38. "Of"
12. "Aren't"
13. "Aren't"

**ACROSS**

1. (1) The Flinstones 49. "Holdie" of a brief Herbert
2. Plug 19. Road Runners' sound
3. Toy Story 22. Omega's opposite
4. Batman & Sexy Robin 23. Additionally
6. "L.A. Story" 25. Author
7. Unusual 26. The U in "YOU"
8. Unusual 27. Looks at intensity
10. Unusual 29. Petroli
11. Unusual 30. Petroli
12. Unusual 31. Dispatched
13. Unusual 32. Opposite of "Improve" "Whadda say?"
15. Only one 34. South
16. Unusual 35. South
17. Unusual 36. South
18. Unusual 37. Vocal
19. Unusual 38. Vocal
20. Unusual 39. Vocal
21. Unusual 40. Vocal
22. Unusual 41. Vocal
23. Unusual 42. Vocal
24. Unusual 43. Vocal
25. Unusual 44. Vocal
26. Unusual 45. Vocal
27. Unusual 46. Vocal
28. Unusual 47. Vocal
29. Unusual 48. Vocal
30. Unusual 49. Vocal

**UNSCRAMBLERS**

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANCE). Prepare to use any ONE word from any matrix (°) letter string as each unscramble (°) more than one word (ex. REAT becomes HATER or EART or HEART). Fill each string's word either across or down to knot all twelve strings together.

**SUDOKU**

Weekly SUDOKU by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**SCRAMBLERS**

Unscramble the letters within each encircled to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag! 1. Deafening
2. Massacre
3. Ignorance
4. CAUTION
5. VICTORY
6. EMBRACE
7. DECEIVE
8. ASTRIDE
9. STRUGGLE
10. DIVERSE
11. NEVERMORE
12. HARSCH

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7. DECEIVE
8. ASTRIDE
9. STRUGGLE
10. DIVERSE
11. NEVERMORE
12. HARSCH

**Today's Word**

"You know, . . . are nice and all, but just once I'd like to see the congregation to do the wave!"
SPORTS

Time for tipoff

By Greg Lindberg
glindber@mail.usf.edu

The hardwood is slick. Young stars are ready to prove themselves and the older veterans know they’ve still got some left in the tank. The 2009-10 NBA regular season is about to tip off. Basketball is back.

The defending NBA champion Los Angeles Lakers have brought back most of their players and coaching staff that beat the Orlando Magic in the NBA Finals last season. Kobe Bryant, who has been rumored to want out of L.A. for years, has settled down to remain with the team for now. This season, Bryant will be seeking his fifth NBA championship, and head coach Phil Jackson will go for his 11th career title. The Lakers also acquired veteran small forward Ron Artest from Houston in the off-season, who should help the team get back to the postseason.

The Orlando Magic surprised many fans last season by making it all the way to the NBA Finals. Star center Dwight Howard led the way for the Magic, averaging over 20 points per game in the postseason. Head coach Stan Van Gundy’s unique enthusiasm also helped inspire his team to succeed. With the acquisition of veteran shooting guard Vince Carter from the Nets, Orlando could enjoy its most magical season yet.

In Boston, the Celtics will have power forward Kevin Garnett back on the court. Garnett suffered a knee injury last season that kept him on the bench during his team’s playoff run. The Celtics also acquired center Rasheed Wallace. His experience and three-point shooting ability will be key to Boston’s success. In addition, young point guard Rajon Rondo is starting to play well. As long as the veteran guys on the team stay healthy and the younger players step up, the Celtics should go further into the playoffs coming off their early exit to the Magic a year ago.

The Denver Nuggets had a talented team last season and might experience more improvement this year. Point guard Chauncey Billups will be in his second season with the team and is expected to relish in his role as a veteran leader for Denver; his impact on small forward Carmelo Anthony started to show last year. Now in his seventh season with the Nuggets, Billups and Anthony will look to help Denver capture its first NBA championship in franchise history.

In this year’s NBA Draft, University of Oklahoma’s Blake Griffin was selected first overall by the Los Angeles Clippers. The 6-foot-10, 250-pound power forward played just two seasons of college basketball but is expected to have an immediate impact on a franchise that has had only one winning season in the last 17 years. The Clippers may not see a winning record coming off a 19-win campaign last year, but the future is bright with Griffin on the floor.

Shaquille O’Neal has moved to yet another team this season. After stints with four different NBA teams, the towering 7-foot-1-inch center will make his debut with the Cleveland Cavaliers alongside superstar small forward LeBron James. In what could very well be his final season, a healthy Shaq has the ability to give Cleveland the extra boost it needs to finally get over the hump. He didn’t with Kobe Bryant in Los Angeles and Dwyane Wade in Miami, so this season gives Shaq an opportunity to win a championship with a third NBA team.

For basketball fans that have not followed the NBA in a long time, this season might get you back into it. With so many rising stars playing among talented veterans, it should be a thrilling and memorable season on the hardwood.

THE CROW’S NEST

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