Counseling center helps students deal with grief

By Robbie Crowley
Staff Writer
rcrowley@mail.usf.edu

As college students, it’s easy to get caught up in our own busy schedules. The demands of classes and work, along with our social lives, can get us into a routine where we basically know what to expect every day. It’s easy to get into a set pattern and a sudden change or loss can quickly make our normal routines difficult to cope with.

Many of us were fortunate enough to have known Aaron Moe, a graduate student in Journalism and Media Studies and managing editor of The Crow’s Nest. His sudden death last month was a shock and tragic loss to our campus community. Many of us and is something that is one issue that each staff member is trained to help students get through. Counseling sessions can offer students various ways to cope with a loss. The center also has educational material for students to read and learn about dealing with grief and other issues. In individual counseling sessions, counselors focus on active engagement, increased support and skill building. Depending on the student’s needs, the center can offer up to 12 individual counseling sessions. In addition to one-on-one counseling, the center offers group counseling. If several students are grieving the same loss or share the same issue, they can complete an initial assessment with a counselor and begin group therapy sessions. These sessions usually consist of a small group of students and can have one or two counselors. With this method, not only do students receive support from the counseling staff, but they are also able to gain support from one another.

To begin sessions, students can either step by the center in Bayboro 117 or call 727-873-4422 to make an appointment for an initial assessment. Students should arrive about 30 minutes early to the first appointment to fill out paperwork. Completing the initial assessment allows the staff to evaluate students’ needs individually and devise the best counseling plan. Students can also be assured that their visits will be confidential and professional.

Services are offered through scheduling appointments, but the center can also offer emergency appointments for urgent concerns or crises. Counseling sessions can be an integral part of the support system needed to deal with grief. These free services should be taken advantage of by anyone in need on campus.

The history behind St. Patrick’s Day

By Nikaya Williams
Section Editor
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It is almost that time of year again... you know, when everyone starts wearing stickers that read “Kiss me I’m Irish” and you see people wearing green shirts with cute little Leprechaun’s standing at the end of the rainbow with a bucket of gold.

It is St. Patrick’s Day, the holiday at the end of March. March 17 was chosen to honor the patron saint of Ireland, St. Patrick, who is the largest in the world’s oldest civilian parade and the largest in the United States, with over 150,000 participants.

St. Patrick’s Day is also celebrated in Japan, Singapore, Australia and Russia. City in the first St. Patrick’s Day parade to support and help reconnect Irish soldiers serving in the English military to their roots.

In 1848, several New York Irish aid societies decided to unite their parades to form one New York City St. Patrick’s Day parade. According to history.com, the St. Patrick’s Day parade is the world’s oldest civilian parade and the largest in the United States, with over 150,000 participants.

St. Patrick’s Day is also celebrated in Japan, Singapore, Australia and Russia.
Waste not, want not: habits need to change

By Lenay Ruhl
Section Editor
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An older man, too skinny for his height, with a ragged beard and graying hair digs through dumpsters behind restaurants. He slowly pulls out scraps of food and places them in the basket of his bicycle.

Sometimes we get swept away by all of the things we want or already have, to forget that some people have nothing. When we live our lives always having access to food, it is difficult to even begin to understand the concept of having nothing at all or what it feels like to truly be hungry.

When a restaurant closes at the end of the day and there is cooked food left over, where does it go? Chances are the restaurant throws this food away. At KFC all of the mashed potatoes, macaroni and cheese, those biscuits that taste so good with the extra crispy life center is located in Petersburg, with sweeping views of the Pantheon.

If you feel you cannot break up with your co-dependent coffee shop habit, try taking small steps to save money. Some establishments offer discounts to patrons who bring their own coffee mugs and—bonus—you are doing your ecological good deed for the day, too.

Here are some other ways to save money during these times of economic hardship.

Take a look around your closet. Bored? Have the urge to go on a shopping spree? Here is an easy solution: fill a garbage bag with clothes you are tired of and shoes that do not fit anymore. Wrap and never, never, never, never, ever, ever exposed, must be thrown away. Some restaurants donate their unopened products when their menus change.

Walker mentioned additional groups that are there to help such as Tampa Bay Harvest, a food recovery program, and a food bank called Second Harvest Food Bank of Central Florida. Although these groups help decrease food waste in our country and provide for those who are less fortunate, there are other large organizations that make changes to help. Restaurants could rationalize more, or work together with local soup kitchens in order to preserve food and put it to better use. This is especially critical in an area such as this where many people are in need.

We waste too much food in America. There is that old saying, "you don't know what you have 'til it's gone." Some of us will never experience what it is like to be without food. This is why we can throw it away so easily. We should all attempt to understand the concept of having nothing. That way we will all appreciate the things we have.

Ditching that fancy cup of joe will save you money

By Aimee Alexander
Staff Writer
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It is no shock we are waist-deep in recession. It is here. It is real. It can seem really scary to those of us always having access to food, or what it feels like to truly be hungry. Not only is it scary but it can seem really scary to those of us not always having access to food, it is difficult to even understand what it feels like to truly be hungry.

There are local organizations that are dedicated to taking donations and seeing that people in the city have access to the things they need. Daystar Life Center, located in St. Petersburg, makes it a point to reuse things that we would typically throw away. The center is dedicated to helping people with basic needs such as food, health, housing, transportation and advocacy.

Daystar's Executive Director Jane Walker said food is not the only thing wasted. "There are so many things wasted that we do not even think about," she said. The Daystar Life Center recycles things such as grocery bags, water bottles or detergent containers. They also recycle shredded paper and cardboard boxes. Walker talked about medical supply companies donating mattresses and batteries to the center because batteries are not reusable. A mattress used once, even though it is wrapped and never, never, never, never, ever, ever exposed, must be thrown away. Some restaurants donate their unopened products when their menus change.

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Take a look around your closet. Bored? Have the urge to go on a shopping spree? Here is an easy solution: fill a garbage bag with clothes you are tired of and shoes that never matched anything. Call friends and ask them to do the same. Set aside a Saturday and swapping clothes. You still get to go shopping and it will not cost a dime. Any leftovers can be dropped off at a local charity.

Feel like renting a movie? Visit your local library. It is a free resource for movies and books unless you return them late.

Visit http://www.film revisited. com and discover free art openings, discounted sporting events and all the half-price sushi after 10 p.m. that your thrifty little heart can handle. Being a student with a valid ID does have its advantages; discounts to movie theaters, plays, restaurants, car insurance and even some banks offer student accounts without service fees.

Bulls in the Burg, a USF St. Petersburg Student Discount Program, can be found on Facebook. Sign up at http://www. facebook.com/pages/Bulls-in-the-Burg-USFSP-Student-Discount-Program for more information about participating area businesses.

Being in a recession does not mean you have to compromise how you spend your time. It is what you spend your money on that counts. With a few creative tweaks, you can restore balance to your checkbook and put some money back into the pockets of those fabulous jeans you just swapped with your best friend.
SG senate proposes new textbook program

By Sadie Hewitt
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Senator Christian Haas, with the support of the Student Government Senate, has proposed a textbook program that will ultimately make every required textbook available at the library.

Although the program is in the planning stages, SG "would like to provide, at the very least, one of each text book available for all students to use while in the library," Haas said. He plans to meet with the dean of each college to discuss further steps that SG can take to implement this program.

"I imagine a concept where the professors simply request an extra teachers copy of each book they assign (ideally free or minimal costs) to give to the library," Haas explained.

The idea to have textbooks in the library for student use was a concern of the student body and was a popular topic in the SG suggestion box. Haas met with a constituent who presented the idea to him and asked what he could do to help. A Senate resolution, known as 10-005, was drafted and then passed at the Feb. 17 Senate meeting. Resolutions are Senate initiatives and are not legally binding.

It has not been decided as to how the program will be funded, and Haas is uneasy about SG directly funding the textbook program. "However, depending on the actual cost the service may prove to be worth it," he said.

"If we can save students money while providing an educational resource, we are living up to the purpose of our organization," Haas said. "I believe that this idea is an exemplary service any student government can provide."
Earth-friendly, minus the dirt

By Aimee Alexander
Staff Writer
aralexa2@mail.usf.edu

Being eco-friendly comes naturally to Shelly and Jeff Kellogg, owners and operators of First Fruits Hydroponics, a U-Pick produce farm in St. Petersburg, Florida.

While some folks might be familiar with the concept of visiting farms to pick their own produce, many are unfamiliar with hydroponic farming. Hydroponics is a modern word for an ancient way of farming. Put simply, it is farming without the dirt. Gravel, sand and vermiculite—a volcanic rock mixture—replace the need for soil. This absence of soil greatly reduces the threat of pests and use of pesticides. Nutrient-rich natural resources, such as mined rocks or mineral deposits, are dissolved and used for plant food.

Plants grown hydroponically use less water—about ten percent of what soil-based farming uses—and generate three to five times more produce in minimal space. Water overflow poses little toxic risk to the environment given that the plant food comes from natural resources.

At First Fruit Hydroponics, the plants grow vertically out of Hydro-Stackers—conical, multi-compartmented Styrofoam-like containers. Jeff Kellogg credits Florida farmer Chester Bullock, creator of the Hydro-Stacker, with helping his family transition into farming. "I bought one for my family, and I ended up with this," said Jeff Kellogg about their farm. Jeff Kellogg said Bullock made frequent weekly trips to their farm, offering help to the Kelloggs in any way he could.

For the past 15 years, the Kelloggs have operated a dog kennel—Kelloggs Kennel—on the same site. Searching for new ways to survive the challenging economy, the Kelloggs looked to their property for inspiration. "If the one-third acre of our plants were planted in the soil, they would take up about three acres of land," Shelly Kellogg said.

The farm contains 10,000 strawberry plants, with three varieties of strawberries, as well as 6,000 vegetable plants. On any given day, a rich assortment of produce can be discovered growing side-by-side: blueberries, snow peas, basil, butter lettuce, cauliflower, tomatoes, eggplant, squash, cabbage, green onions, broccoli, collard greens and zucchini.

"We broke ground in mid-April of last year," Jeff Kellogg said, "and with the help of our three children, Kelly, Justin and Jay, we were able to plant everything by Sep. 14." The farm opened for business in Nov. 2009.

Visitors to the farm should expect a fun experience, without all the labor-intensive demands a typical farm visit requires. Guests can roll up their sleeves, grab a pair of scissors provided by the farm, and hand-select their bounty. Hand-sanitizer and plastic bags are all provided and the produce is charged by weight.

With modest demands for water, soil and space, First Fruits Hydroponics appears to offer nourishment for society's ecological appetite.

First Fruit Hydroponics is located at 3215 46th Avenue North in St. Petersburg, Florida. Hours of operation are Wednesday, Saturday and Sunday, 1 p.m. to 5 p.m.
Martin Scorsese may be one of the best working film directors today. As the traditions of modern American cinema grew and solidified throughout the 50's, 60's and 70's, Scorsese was right there innovating with the best of them. Coppola, Spielberg and De Palma. These guys partner, Chuck Aule (Mark Ruffalo). They archetype of a hard-nosed cop quite well, Scorsese knows this and seems to pick scripts As a story, "Shutter Island" is primarily an examination of Leonardo DiCaprio's character, Teddy Daniels. While searching for the missing patient, Teddy's apprehension about the hospital itself begins to grow as he becomes more fervent by the minute. Even as the powers-that-be reassure Teddy, his distrust grows until... he... Wed. Guess they made this keyboard spoiler-proof.

Anyway, DiCaprio's performance is merely satisfying. He plays into the archetype of a hard-nosed cop quite well, but does little to make Daniel's character memorable or really his own. While this can be acceptable for an actor in a supporting or shared lead role, "Shutter Island" is about 90 percent face time with Leo.

After a while, any potential moments where DiCaprio could shine just take a backseat to "Shutter Island's" pretzel of a plot line, which might not be such a bad thing. Heck, the plot line is probably "Shutter Island's" best quality. It plays on the basic desire to know the unknown and feeds us tiny morsels, never enough to satisfy but just enough to keep the audience fiending for more. The big twist will be what many will base their judgment of the entire film upon and it is as, well, polarizing. Some will love it, scene while it hate it, and each will defend and debate their stances till they overload the IMDB servers or Facebook runs out of comment space. The point is, they will be talking, which is a great achievement in itself.

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**Movie review: Shutter Island**

By Andrew Silverstein

Staff Writer

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**CALENDAR OF EVENTS March 15 - 21:**

**Monday:**
- March 15: Art in Bloom 2010 10 a.m. - 4 p.m. Museum of Fine Arts
- Reality Neatly You Inside Out - An LGBTQ Support Group 1 - 2 p.m. RHQ 4th Floor Lounge
- Buy a slice get a slice at Joe's Brooklyn's Pizza with 10% E.T.
- Walk on the Wild Side - Evening Fitness Walk 6 - 7 p.m. Boyd Hill Nature Preserve

**Tuesday:**
- March 16: Yoga at Holy Hill 6 - 7 p.m. Boyd Hill Nature Preserve
- Wire Tasting and Tapas 7 - 9 p.m. Florida Craftsmen, 501 Central Ave. Florida Craftsmen offers a wine pairing, refreshments served!
- Good Fish Concert - A Tribute to Sublime 7 p.m. State Theatre
- Universal Soul Circus 7:30 p.m. Raymond James Stadium
- Driving Miss Daisy 8 - 10 p.m. American Stage Theatre

**Wednesday:**
- March 17: Walking the Wild Side - Evening Fitness Walk 6 - 7 p.m. Boyd Hill Nature Preserve
- Good Fish Concert - A Tribute to Sublime 7 p.m. State Theatre
- Universal Soul Circus 7:30 p.m. Raymond James Stadium
- Driving Miss Daisy 8 - 10 p.m. American Stage Theatre
- Driving Miss Daisy 7:30 - 9:30 p.m. American Stage Theatre

**Thursday:**
- March 18: Universal Soul Circus 7:30 p.m. Raymond James Stadium
- Driving Miss Daisy 8 - 10 p.m. American Stage Theatre
- Drive Miss Daisy 7:30 - 9:30 p.m. American Stage Theatre
- Universal Soul Circus Noon, 4 p.m. and 7:30 p.m. Raymond James Stadium

**Friday:**
- March 19: Universal Soul Circus 7:30 p.m. Raymond James Stadium
- Sounds of Saturday - Lucid Dub 1 - 4 p.m. The Pier
- Universal Soul Circus Noon, 4 p.m. and 7:30 p.m. Raymond James Stadium
- Driving Miss Daisy 8 - 10 p.m. American Stage Theatre
- The Sunshine Boys 8 - 10 p.m. St. Pete Little Theatre

**Saturday:**
- March 20: Spring Fling and Bicycle Thing 10 a.m. - 4 p.m. Pioneer Settlement, Boyd Hill
- St. Pete Shuffle 7 - 11 p.m. Court's 55 Mirror Lake Drive N. Free shuttleboard available and wine pairing. This performance is benefiting Betty's Children.
- Universal Soul Circus 7:30 p.m. Raymond James Stadium
- Sound of Saturday - Lucid Dub 1 - 4 p.m. The Pier
- Universal Soul Circus Noon, 4 p.m. and 7:30 p.m. Raymond James Stadium
- Driving Miss Daisy 8 - 10 p.m. American Stage Theatre
- The Sunshine Boys 8 - 10 p.m. St. Pete Little Theatre

**Sunday:**
- March 21: Spring Fling and Bicycle Thing 10 a.m. - 4 p.m. Pioneer Settlement, Boyd Hill
- Driving Miss Daisy 8 - 10 p.m. American Stage Theatre
- The Sunshine Boys 8 - 10 p.m. St. Pete Little Theatre
Colonialism explains African history

By Amy Blanton
Staff Writer

"Arabian Nights"

Keller, assistant professor of history at Eckerd College, spoke about the period of Colonial time in Africa. The lecture titled "Chiefs and Administrators: Colonialism" explains African history and European Colonialism or New Imperialism," Keller said.

Dr. David Livingstone, an English explorer, was sent out on the greatest geographic mission of all time: the search for the Nile. "Explorers of Africa were Henry Morton Stanley, hired by the New York Herald to find Livingstone and Pierre Savoginan de Brazza, an Italian hired by France," Keller said.

In 1884, Otto von Bismark called a conference in Germany to negotiate the borders of Africa between the European powers so that one country would not control more than the others. These countries were England, France, Germany, Italy, Portugal, the Independent African States, Belgium and Spain.

"New borders cut across existing divisions, divided people and created colonies that were multi-ethnic and linguistic," Keller said. "It created almost arbitrary borders and turned the nation into a jigsaw puzzle."

The African social and political systems of government formed empires and chiefdoms. "If the leader of a tribe did not want the leadership power, then the chiefs were chosen by the government," Keller said.

Keller said things such as language, technology, power, war and tribal identities are a few results of European conquest in Africa. They helped Africa develop into the country it is today.

...more to come...
ACROSS
1  love (Lat.)  14  First victim  15  Africaner  16  "— whiz!"  22  Commotion  23  Lubricate  24  Snapshots  25  “Grapes of Wrath” type  26  "Wapiti"  27  "Winter-bourne"  28  "Blote"  29  "Grapes of Wrath" type  30  “Unsigned” (Abbr.)  31  Despondent  32  Bring forth  33  “Afrikaner”  34  “—whiz!”  35  Marry  36  Automobile  37  Enola Gay sound  38  Clear the framework  39  Units of and in large measure  40  “Cool!” (SI.)  41  Pay  42  Song of praise  43  “Cool!” (Sl.)  44  Furtive call dad  45  “Hoo boy!”  46  “Wapiti"  47  Autumn tool  48  Ante, maybe

DOWN
1  Actress
2  Academic framework  3  Individuals  4  Omelet  5  “Cheers” order  6  Censor’s sound  7  Quickly  8  Homer  9  Simpson’s dad  10  Meadow  11  Right angle
12  Request for a bribe  13  Hairstyle  14  Confusion  15  Confused  16  “—whiz!”  17  Serene  18  Billboards  19  Definite  20  Overextended department  21  Ripped  22  Recede  23  Lubricate  24  Snapshots  25  “Grapes of Wrath” type  26  “Unsigned” (Abbr.)  27  Gets a glimpse of  28  Blote  29  Vagrant  30  “Unsigned” (Abbr.)  31  Despondent  32  Omelet  33  countertop  34  “Afrikaner”  35  Marry  36  Automobile  37  Enola Gay sound  38  Clear the framework  39  Units of and in large measure  40  "Cool!” (SI.)  41  Pay  42  Song of praise  43  “Cool!” (Sl.)  44  Furtive call dad  45  “Hoo boy!”  46  “Wapiti"  47  Autumn tool  48  Ante, maybe

Weekly SUDOKU

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.

DIFFICULTY THIS WEEK: * * Moderate ** Challenging *** HOO BOY!

1. In 1965, Boston’s Tony Conigliaro became the youngest home-run champion in American League history. How young was he?  2. Adam Dunn hit 40-plus home runs in five consecutive major-league seasons (2004-’08). Who is the only player to do it in seven consecutive seasons?  3. Who is the career passing-yards leader at Auburn University?  4. Name the first NBA coach to win 1,000 games with the same team.  5. Who was the first European player to be taken No. 1 overall in the NHL Draft?  6. Dale Earnhardt and Darrell Waltrip combined to win six of the 10 NASCAR Cup Series championships during the 1980s. Which drivers won the other four?  7. 7-7 he Roger Federer-Airy R oddick fifth set at a Wimbledon in 2009 set a Grand Slam final men’s tennis record of 30 games. What had been the mark?
By Greg Lindberg
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The 2010 Winter Olympic Games in Vancouver, B.C. had its ups and downs, its moments to celebrate and moments to mourn. But it was the United States that came through big in the 21st edition of the games, winning the most medals out of the 82 participating nations over the grueling 16-day event.
The U.S. won a total of 37 medals—the most ever won by one nation at the winter games. These included nine gold medals, 15 silver medals and 13 bronze medals.
The opening day of the games was marred by the tragic death of Nodar Kumaritashvili, a 21-year-old Georgian luger. He was in a fatal crash after losing control of his sled during a training session on Feb. 12. However, spirits picked up when the games finally got underway.
Apolo Anton Ohno, the talented 27-year-old U.S. speed skater, set the record for most medals won by an American athlete in the history of the winter games. Ohno has won a total of eight medals in his Olympic career, including three at the 2010 games. He finished with two silvers in the men's short track competitions of 1500 m and 1000 m and earned a bronze in the 5000 m relay.
Bode Miller, the self-proclaimed party animal of the Olympics, is widely considered the greatest American alpine skier of all time. Miller cemented that title when he finally won a gold medal in men's combined alpine skiing. The 32-year-old also picked up a silver medal in the men's super-G race and a bronze for downhill skiing.
Shaun White, also known as "The Flying Tomato," made a name for himself at the 2006 winter games in Italy. The 23-year-old snowboarder is only 5-foot-8 but is speedy in the snow. White won the gold for men's halfpipe snowboarding just as he did four years earlier.

The American men's hockey team came close to striking gold for the first time since its memorable "Miracle on Ice" victory over the Soviet Union in 1980. This time, the U.S. team beat world hockey powers Finland and Switzerland but lost in heartbreaking fashion to Canada, 3-2, in overtime after NHL star Sidney Crosby scored the winning goal for the Canadians, giving Team USA the silver medal.

The women's hockey team also won silver by beating Sweden in a semifinal game and falling to Canada in the gold medal match.
The only other issue at the Olympics was a lack of snow on the ground. Trucks brought in more snow to Vancouver from other areas of Canada to ensure that the outdoor courses were sufficiently packed.
Perhaps the 2014 Winter Olympics in Russia will be cold enough. Those games will also feature several of this year's American athletes and could very well be another successful event for the men and women in red, white and blue.