Student involvement grew under her watch

Dr. Julie Wong, who served as regional vice chancellor for four years, helped plan the construction of the University Student Center and start the first dining services on campus.

By Emily Wehunt
Staff Reporter

After spending four years as the regional vice chancellor of student affairs at USF St. Petersburg, Dr. Julie Wong, 54, has accepted a new position in her home state of California. Before coming to USFSP, Dr. Wong served three years serving as regional vice chancellor of student affairs at the University of Colorado Boulder. She planned to move back to California, where she was born and raised, but when she was offered an opportunity to work at USFSP, she took it.

Dr. Wong came to USFSP in 2011. She was drawn to the friendly students on campus, who she says are down to earth and hardworking. She was also attracted to the location and the potential for growth. According to Dr. Wong, her biggest accomplishment was helping with the construction of the University Student Center, and working to establish the first dining service faculty on campus. She credits both to enhancing student life here on campus.

Dr. Wong says she is a “builder” and loves the opportunity to construct new buildings. She was able to be part of a lot of new building opportunities while at USFSP. In addition to the new USC building, Dr. Wong also assisted with the renovations of the Student Life Center and the new residence hall that was built inside the USC in 2012. During her time at USFSP she watched the number of clubs and organizations on campus grow from 30 to 100. She worked closely with the student leaders on campus and the faculty and staff to help make this campus what it is today.

“We just brought a lot of life to campus, before it was like a commuter campus,” Dr. Wong told The Crow’s Nest.

She recognized that although more students were living on campus, there were still a large number of commuters. She made sure to reach out to these students as well through events like the “Commuter Dine and Dash,” which gave commuters the opportunity to grab a bite to eat before heading back to their cars.

Continued on p. 3

Recreation field to get professional upgrade

By Jonah King
Crow’s Nest Contributor

Get ready for a professional-level sports field on campus.

USF St. Petersburg is partnering with the Tampa Bay Rowdies to upgrade the recreation field along Third Street S and between Fifth and Sixth Avenue S.

Field upgrades include: a resurfaced field, full-size goals, fresh Bermuda sod, stadium lights, security fencing and sprayed field markings, according to Student Body president Cody Boyer. Boyer announced the changes in a Facebook post on the student-run page, USFSP Know It All’s Guide. Boyer’s post was followed by an email from Regional Chancellor Sophia Wisniewska.

Continued on p. 3
News Briefs

Tuesday, Jan. 13

Taco Tuesday is back at The Reef. Stop by for lunch or dinner to get yourself as many tacos as you can eat... and afford!

Looking for a job? Come to the Career Center at 5 p.m. Recruiters from the SSL Store will be there to talk about their openings for customer experience specialists. The Career Center is located at room 2101 of the Student Life Center.

Wednesday Jan. 14

If you are chronically uninvolved on campus, or you just want to make more friends, we have a solution for you. Get on Board Day is back! From 10 a.m. to 2 p.m. tables will be set up all over Harborwalk, and it’s the perfect time to get involved. Meet with the leaders of various clubs and organizations to see what the fuss is all about. You can sign up while you are there or simply just get information. Just think—this could be your first step in making lifelong friends. That’s half of the college experience, right?

And while you’re there, come say hello to The Crow’s Nest. We’re always looking for contributors. If you don’t want to write for us, that’s OK. Say hello anyway.

Have you thought about getting a master’s degree in business administration? Well, consider USFSP! According to U.S. News and World Report 2015 survey, USFSP was awarded the No. 32 spot in the nation out of 192 universities for their online MBA program, and was ranked second in Florida. Going to school online. What a concept.

The Crow’s Nest is hiring! If you like social media, managing websites, and marketing, why don’t you apply to The Crow’s Nest? We are hiring a marketing representative for the spring 2015 semester. If editing and leadership is more your style, apply to be our managing editor. But make sure you are an AP style whiz. Contact Jennifer Nesslar, editor in chief, for more information at jnesslar@mail.usf.edu. Or stop one of our weekly meetings in SLC 2400 at 5 p.m.

Organizations excited to serve the community

“I’m a painter looking at a blank canvas...There are just so many ideas and things I want to do. But I have to start somewhere and I’m just happy to be able to say that I tried.”

—Noora Khalil

By Terrence Tran
Crow’s Nest Contributor

Charity and community service doesn’t end after the holidays.

Power of Change, a community fundraising program, is coming to USF St. Petersburg this semester with the aid of campus organization CharitaBull.

Noora Khalil, 21, is the founder of USFSP’s CharitaBull, a student-run organization dedicated to community outreach and service.

Khalil plans to bring Power of Change meters to campus. These meters will collect passerby’s loose change as donations to various charities.

“If every bull donated just 20 cents, we would already be at $1,000,” said Khalil.

To bring these meters to campus, Khalil is working with student government and TRIO Student Support Services, a service working to support first-generation college students on campus.

Khalil also hopes to have help from St. Petersburg Mayor Rick Kriseman.

Khalil formed CharitaBull last semester in hopes to unite fellow students in charitable activities. She established a back-to-school drive for impoverished youth, as well as what she likes to call an “Anything Drive.”

Last year’s “Anything Drive” collected everything from hygiene products to canned goods. Khalil and members of CharitaBull organized these goods and distributed them to larger charities. Clothes were sent to ShoeBox Recycling where they were sent for internation aid. Stuffed animals were given to the St. Petersburg Police Department to be given to children in need of comfort especially in cases of domestic violence.

“Bulls are the best at so many things...I am excited for us to become the leaders in charity,” said Khalil.

CharitaBull is collaborating with Nicole Messina of TRIO, Jozef Gherman and Student Government and Jared Alberico of Student Veterans to initiate various projects at USFSP. CharitaBull’s next action is to march in the Martin Luther King Jr. parade in downtown St. Petersburg; banner and all.

“Right now, it’s just some of our members marching, but I would love to have other Bulls come out,” said Khalil.

Khalil would also like to send “love boxes” to soldiers in the U.S. military. When she asked what were the best items to send, she was told “just send junk food or magazines.”

“Seriously, imagine a soldier reading Glamour magazine,” she laughed. “But really, even simple things like that bring them closer to home.”

Khalil is working with group members of CharitaBull to gather these donations, as well as brain-storming for more opportunities to help. Khalil hopes to achieve all of these goals and also partner with Habitat for Humanity and Historic Kenwood for projects this semester.

“I’m like a painter looking at a blank canvas,” said Khalil. “There are just so many ideas and things I want to do. But I have to start somewhere and I’m just happy to be able to say that I tried.”

By Angela Bruno
Crow’s Nest Contributor

The real challenge of the semester: finding textbook prices that will allow you to keep some of that graciously gifted holiday cash.

We’ve whipped up a list of the best places online to buy or rent your books that will save you some serious dough.

Chegg.com

With the convenience of getting all of your texts in one beautiful orange box that is delivered quickly, Chegg makes the list. This site allows to rent or buy, but has incredible rental prices. Better yet, Chegg gives you a phone call at the end of your rental period to remind you to return the books. You just pack them all up back into the box, print out the free shipping label and deliver to UPS. Done and done!

Amazon.com

This site is a tried and true resource for book prices. Amazon has a great selection of options to ensure you get the best price. Whether you rent, buy used or even get an e-text, Amazon has you covered. The only downfall? Shipping tends to take a considerable amount of time if not priority mailed. Plan ahead if you decide to use Amazon.com.

Textbookrentals.com

Although this site does not allow users to directly buy or rent textbooks, it is the best site to check where you can get the best rental price on a specific title. Just plug in the ISBN or textbook name and textbookrentals.com will bring up various rental options in order of price from lowest to highest.

Half.com

Run by eBay, this site is not limited to books, but does have an extensive textbook section. While shopping for this semester’s titles, you can sell any old ones you have on hand, as half.com has a sellers option. With the old, in with the cash.

If all else fails, remember that you can always get the earlier editions of the department, for considerably less money. Most professors approve this option, but make sure to ask in advance to ensure you don’t miss out on valuable content.

Making the most of your textbook money

Sometimes you just can’t afford to spend any more on textbooks. Here are some cheaper, online options to check out.

Police work? There’s an app for that

By Thomas Boyd
Crow’s Nest Contributor

You expect many things from a local police department, but you probably don’t expect them to release an app for your phone.

In October 2014, the St. Petersburg Police department released the St. Petersburg Police app on the iTunes and Google Play stores.

This app is free with several notable and entertaining features.

It contains catalog system for your property. This may not sound very glamorous, but it is quite useful. The app provides the framework to create a catalog of your valuable items. Users can add an item with a name, description, serial number and photo. That way, if the item is stolen, there is a greater chance of it being recovered and returned.

Another interesting feature of the app is the “most wanted” and “unsolved” tabs. In the unsolved tab, users are asked to identify people in various crimes throughout the city. It includes the crime’s description and any photographic evidence of it. The other tab “most wanted” is just that, it’s a list of the most wanted people in St. Petersburg with their mugshots and descriptions.

I find both of these sections extremely entertaining simply to see what crimes are being committed in our city.

The last tab that I found practical use out of was the directory. As the name suggests, this tab acts as a directory of phone numbers for specific departments within the police force, and while you may not ever need the phone number of the detective division, it’s nice to know that you have the number.

Overall this app is a solid first step into the era of smartphones and the selfie. It is a clever way that the police department is trying to reach out to its community and crowd source—things that used to only be able to be done on the questionnaires. So if you live in St. Petersburg, or are just interested in the weird crimes of Florida, I would definitely recommend this app.

news@crownsneststpete.com

If you would like to march in the Martin Luther King Jr. Parade with CharitaBull, attend a meeting or get involved in future projects, please contact Noora Khalil at: nkhalil1@mail.usf.edu.
Rowdies involved in field improvements

Continued from p.1

Boyer anticipates the field to be ready by the end of February.

The partnership with the Rowdies expedited the project and allowed work to start before the spring semester.

The Rowdies are paying for the bermuda sod and fencing, while the university Capital Improvement Trust Fund will finance the lights. Who will pay for the other improvements has not been determined yet, Boyer said.

Mike Manganello, the communications coordinator for the Tampa Bay Rowdies, said that the team has been partners with USF for some time.

“Our organization and the university are good partners,” Manganello said.

The Rowdies will hold some of their weekday practices on the field. Manganello said. The field is going to be shorter than the stadium, because there isn’t enough space to fit the actual dimensions for a full field.

The Rowdies often appear at Harbor Markets in front of the University Student Center and host “USF Night at the Rowdies” every season, which includes a student discount.

Capital Improvement Trust Fund committee approved the field renovation in 2014. Construction and other campus improvement projects are funded through the Capital Improvement Trust Fund, which is supported by $4.76 student fee.

Student Life Director Matt Morrin chairs the CITF committee, which is composed of six students and six staff members.

Fitness and intramural coordinator Greg Haverlock said that campus recreation was involved in the discussions, but it was a CITF project. Haverlock said he hopes there will be a growth in intramural sports as students have been pushing for it for three years.

Current intramural sports schedules have been adjusted to accommodate the building of the field.

“We’re excited for the opportunities,” Haverlock said.

When asked about the Rowdies use of the field, Haverlock said that campus recreation’s biggest concern is the students’ access to the facility.

The field will go through some stages before it is fully upgraded. The field won’t be immediately operational, Boyer said, referencing the tentative February opening date.

The sod will need time to grow, and the lights are expected to come in after the sod, Haverlock said.

In their messages, Boyer and Dr. Wisniewska said the trees cut down for the field renovation are going to be replaced with new trees in another location, likely along Sixth Avenue S.

Including the new opportunities for intramural sports, ROTC will have access to the field, Boyer said.

For any further questions about the renovation of the field, contact Matt Morrin at mmorrin@mail.usf.edu or Cody Boyer at cboyer@mail.usf.edu. For information about reserving the fields, contact Greg Haverlock at gh1@mail.usf.edu.

Dr. Wong to continue career in California

Continued from p.1

Dr. Wong accepted a job at California State University, East Bay. She was born and raised in California.

“I love mentoring students and empowering them,” Dr. Wong said. “Always encouraging them to grow and develop.”

After completing her final day at USFSP last week, she is now back in her home state of California, where she is happy to be close to family and friends.

Dr. Wong accepted a new job at California State University, East Bay, which is part of the California State University system. There, she will continue to work as the regional vice chancellor of student affairs. She says the students at her new college are very similar to those here at USFSP, and she feels it is a good fit for her.

With Dr. Wong’s departure, Dr. Gardner Tucker Jr. will serve as interim regional associate vice chancellor of student affairs, beginning on Jan. 26.

Dr. Tucker previously worked on campus as the interim dean of students and director of housing. He was involved with the formation of the strategic plan, which, among other goals, plans campus growth from 4,700 to 10,000 students by 2024.
Find tranquility at Sunken Gardens

By Emily Tinti
Staff Reporter
Locals and visitors have immersed themselves in the botanical beauty of Sunken Gardens for more than 100 years. In the heart of St. Petersburg rests this roadside attraction, home to a striking variety of native and exotic life.

Sometimes an attraction doesn’t need all the promotional hype to maintain its value. The site speaks for itself—with the presence of waterfalls, a butterfly garden and more than 50,000 tropical plants.

Though not as large as similar botanical gardens, it’s clear Sunken Gardens is lovingly cared for. The pathways are clear, all plants and animals are labeled and the air has a cleaneness to it.

Guided informational tours are offered, but guests also have the option to wander and take in the view for themselves. Following the garden paths clears the most occupied of minds. Some people drop by for a walk, picnic or even just to embrace the vast green surroundings.

Beyond a simple walk, Sunken Gardens offers workshops and programs available throughout the week. Hoop dancing lessons, yoga instruction and horticultural workshops are primary events that take place. You can pay for each session you attend or purchase a package of sessions and make it a routine. Even if you already know how to hoop, or know a handful of yoga stances, practicing these exercises in a garden sounds like absolute serenity.

In love with the Gardens? Weddings are big-time events that have occurred for decades on what’s called the Wedding Lawn. Make sure you browse the gift shop, which always has some type of clearance. Many of the items are a bit cheap and reflective of Florida clichés, but it’s worth perusing. You cannot leave without photos. Four acres of well-kept, pure tropical lushness makes for the perfect backdrop to anybody and anything.

Despite its position on a busy street, Sunken Gardens preserves its simplicity and historical value without seeming like a typical tourist attraction. It’s a welcoming destination for those who just want to enjoy sunny rays and unwind in the comfort of somewhere beautiful—and maybe one of St. Pete’s best-kept secrets.

life@crowneststpete.com

Sunken Gardens is a peaceful place to visit despite its location along busy Fourth Street N.

IF YOU GO:
Sunken Gardens is located at 1825 Fourth St. N.
It is open from 10 a.m.-4:30 p.m. Monday-Saturday, and noon-4:30 p.m. on Sunday. Regular adult admission is $8.

Kick the new semester blues with these songs

By Samantha Puterman
Crow’s Next Contributor

Ah, the start of another glorious semester. For most of us, a new semester means more stress and less sleep. Sometimes it’s truly hard to get back in the swing of things—but with a little help from our musical friends, we will get by just fine.

“All Eyes On You” — St. Lucia
St. Lucia (or Jean-Philip Grobler) is known for his misty pop sound. Born in South Africa and based out of Brooklyn, this Madonna lover knows how to take ‘synthpop’ to a new, dreamy level. Put this on to take the edge off your morning, half-awake-frantic-drive-to-school car ride.

“The Way We Get By” — Spoon
This fast-paced hit can pull you out of the back-to-school blues in an instant. Released in 2002 on the band’s fourth album, this song will make you dance to its edgy yet simplistic rhythm. Try listening to it as you get ready for your day. Just don’t hold a cup of coffee at the same time…your wardrobe will thank you.

“Booty Swing” — Parov Stelar
Austrian musician, Marcus Furered, known by his stage name Parov Stelar, released this jazzy, electro swing song in 2012. Its upbeat, instrumental style makes it perfect to listen to while studying, without being overly distracting.

“(You Gotta) Fight For Your Right (To Party)” — Beastie Boys
How could this be a good back to school song? Well, it’s simple. We all can’t be robots, and when we try too hard, we explode. Let’s not, shall we? It reached No. 7 on the Billboard Hot 100 in its day and was later named one of “The Rock and Roll Hall of Fame’s 500 songs that shaped Rock and Roll.” This 1986 hit is perfect to jam out to after taking that preposterous pop quiz.

“Feeling Good” — Michael Buble’
Let’s take it down a notch with our favorite big band, Canadian crooner, Michael Buble. He performs this jazzy cover with perfection in his second album, “It’s Time”. How will this song make you feel during the hustle and bustle of college? Good.

“Supremacy” — Muse
This English rock band really knows how to get their fans pumped up. “Supremacy” is the opening track and fourth single for their sixth studio album, “The 2nd Law,” which came out in early 2013. Frontman Matthew Bellamy is known to hit incredibly high notes, but shatters all records here. The underlying James Bond theme makes the single devilishly addictive…like multiple times a day addictive. Throw this on when you don’t want to get out of bed, seriously.

“Daydreamin” — Lupe Fiasco
Soul singer Jill Scott joins Lupe Fiasco in this alternative Hip Hop track. In 2008, it won the Grammy Award for ‘Best Urban Alternative Performance’. This is the cool down song after a big test, long day of classes, or just because.

“American Man” — Rio Bravo
If any song makes you feel like you can do anything, it’s this one. Released in the summer of 2012, “American Man” pulses with energetic confidence. Its catchy melody and feeling of opportunity will make you want to climb a mountain—or in outer space.

“Bulls On Parade” — Rage Against The Machine
Then there was Rage. This incredibly talented rap-metal group has too many hits to name. “Bulls On Parade” debuted in 1996 in the band’s second studio album, “Evil Empire,” and is widely known for its famous guitar solo and vinyl scratch effect. Besides it’s overwhelming popularity and timeless-ness, the song’s title is enough isn’t it?

arts@crowneststpete.com
Two young breweries bring a unique taste to the Bay area

By Sean LeRoux
Crow’s Nest Contributor

Until recently, you’d be hard pressed to find a bay-area brewery that offered mead and cider along with their more standard craft beer options. There are a few small meaderies throughout the state -- area breweries Cigar City Cider and Mead and Mad Beach Craft Brewing Company have introduced mead to the bay area on a much larger scale.

What is mead? Mead is an alcoholic beverage, legally classified as a type of wine, that is brewed with fermented honey and water. Considered to be the oldest alcoholic beverage known to man, mead predates wine, beer and all other forms of alcohol.

Although the local craft beer industry is booming, few breweries produce mead or cider due to licensing obstacles. If you’re looking to branch out and try something different on your next evening out, both of these breweries are certainly worth the drive.

Mad Beach Brewing Company is one of the few breweries in the Tampa Bay area that brew mead and cider in house.

WHAT TO TRY AT MAD BEACH BREWING:

Kalypso Cider ($5)
A delicious, key lime-flavored cider that is highly drinkable.

I Yam What I Yam ($5)
A rich, imperial sweet potato ale with a brown sugar rim.

Bee Tang Mead ($5)
A smooth, delicious mead with welcome hints of mango and habanero pepper that complement the overall flavor nicely.

WHAT TO TRY AT CIGAR CITY CIDER AND MEAD:

Cowboy Dan’s Holiday... Extravaganza ($5)
An interesting caramel apple cider. An absolute must try.

Orange Blossom Mead ($6)
A strong honey flavor, 13 percent alcohol content, and all locally sourced ingredients.

Wise Prick ($5)
A cider flavored with elderflower and cactus. Smooth, sweet and highly drinkable pepper that compliment the overall flavor nicely.

Cigar City Cider and Mead

Opened last November. Located on 15th Street N, between Seventh and Eighth Avenues, its quaint location is typical of a smaller brewery.

There are no fancy lights or games, just a well-sized seating area and bar, and a clear view of the brewing area. The atmosphere is calm, thanks to the distance between CCB Cider and Mead and the crazier parts of Ybor City. A majority of what they have to offer is cider, but there were three meads available and a few of their traditional beers as well.

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IF YOU GO:

Mad Beach Craft Brewing Co.
is located at 12945 Village Blvd. on Madeira Beach.

Cigar City Cider and Mead
is located at 1812 N 15th St. in Ybor.
Field renovations welcome on campus

Nothing unites a campus like sports. At least in the United States, that is. We’d like to think that our school spirit comes from our pride in academics. But let’s be honest. People don’t return to their college town to sit in on a lecture.

They come for the sports.

Sports commands emotion. Perhaps it’s because we empathize with the players. They enter a few hours worth of intense effort. Some moments get ugly. Sometimes they experience incredible victories. Other times they are terribly defeated.

It sounds a lot like our lives.

When you put a bunch of enthusiastic sports fans in a stadium together, they leave as friends. It’s emotional.

Being on a sports team is even more emotional. You experience the struggles with your teammates. Talk about instant bonding.

This is why a professional-level sports field is a great investment for our university. It will unite us. It’s these sort of things that our money should go toward.

USF St. Petersburg is unique. We are located in a downtown area. We will probably never have our own football team and a giant stadium to host games. People may never travel from miles around to watch a game at our campus. But we’re definitely missing sports right now. We have a world-class sailing team, and few universities can say they have that. But for students who don’t sail, sports opportunities are slim. We’ve had a few intramurals on campus throughout the years, but we’ve never had the resources to grow them.

Until now.

Students have been asking for more sports, and the university has done an outstanding job at responding. As the campus expands, sports is something we need to have more of.

We think that the partnership with the Tampa Bay Rowdies is an excellent plan. Bringing the Rowdies to our campus for practices will only ignite student interest in our community. We’re a university woven neatly into downtown St. Petersburg. We should be connected to our community.

Our connection with the Rowdies has already benefited us. The fields will be completed earlier than they would have if the university was the only one funding it. But perhaps this will only deepen our ties with the Rowdies, and lead to more benefits for students of the university. As for the Rowdies, perhaps they will have greater attendance at games if USFSP students get interested.

Let’s bring on the sports. And with it, let’s welcome a greater sense of community.

editor@crowsneststpete.com

Dolphin sighting

A dolphin greeted students on their first day of classes. Dolphins occasionally swim along the USF St. Petersburg waterfront.

Submit a picture with a caption for photo of the week to jnesslar@mail.usf.edu by Friday at 5 p.m. The best photo submission will run next week.

Photo of the week

A dolphin greeted students on their first day of classes. Dolphins occasionally swim along the USF St. Petersburg waterfront.

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Gluten brings health concerns to the table

**By Caitlin Ashworth**

In 2001, my mom broke out in a mysterious rash that lasted for months. It was as if tiny bubbles of blood rose and lay just beneath the surface of her skin, pressuring her nerves with an uncontrollable itch. She could not sleep with the blistering pain of the fluid filled rash. Several months went by and various tests were conducted to find a cause to the sudden rash. My mom was diagnosed with Celiac Disease, an autoimmune disease that damages the small intestine caused by intolerance to gluten—a protein found in barley, wheat, rye and by contamination, oats. She joined the Gluten Intolerance Group of North America for support and guidance after her diagnosis. She became vice president of board of trustees for GIG. She helped found "The West End Gluten Intolerance Group in Richmond, Virginia and became the co-manager. Doctors had conflicting ideas on non-celiac gluten sensitivity. Some researchers believe that humans are not developed biologically to digest gluten. Some say that gluten sensitivity is genetic. After my mom’s experiences and the chance that her intolerance was genetic, she decided to test all four of her children, including me. In my opinion, the tests were inconclusive. My siblings and I had various tests, each with different results. The results were negative and positive in different tests and different for each child. She put the whole family on the diet from 2002 to 2007. My mom believes a tremor in my brother’s hand disappeared after the diet, but he believes it is new as of it. My siblings and I agree that we felt no different being besides being skinnier, because did not have many food options. Back then gluten wasn’t labeled on food products and it was hard to make out the gibberish in “ingredients”. ENRICHED WHEAT FLOUR was a dead giveaway, but other ingredients were not as obvious. We could eat Spicy Nacho Doritos, but not Nacho Cheese Doritos. We could eat a Snickers, but not a Milky Way. Since the ingredients in food products were so vague, we would tediously call each company and ask if what products contained gluten. It took several years to get wheat labeled on food products. I went with my mom to speak about labeling allergens with Eric Cantor, Former House Majority Leader, but back then he was a represented Virginia in the U.S. House of Representatives. Allergens are now labeled on food, but gluten has become a misconception. It seems like companies are marking off the labeling law. In big bold words a products say, "gluten-free!" giving anything without the protein a positive persona. Eating a gluten-free pizza is not healthier than eating a pizza with gluten. Gluten-free substitutions are made so people like my mom can enjoy more food options and digest them properly. A gluten-free substitute does not mean it is more nutritious. "People can definitely lose weight if they eat a lot of bagels and pasta and muffins, and they just remove those from their diet. But it’s not because they’re gluten-free; it’s because they removed a lot of calories," said Suzanne Simpson, a dietitian at the Celiac Disease Center at Columbia University, quoted by Valerie Ross of Men’s Health. "If they replace those with gluten-free muffins and pasta and bagels, they’re not going to lose weight, because that stuff has the same – if not more – calories than the gluten-containing products."

Caitlin Ashworth, a senior majoring in mass communications, is the assistant arts & life editor. She can be reached at cashworth@mail.usf.edu or on Twitter @kate_ashworth.

Pope Francis gets climate issues right

The Pope’s emphasis on climate change can only positively advance the conversation.

**By Emily Tinti**

Pope Francis is one of the most admired and influential figures of our time. Forbes named him one of their five most powerful people, and the media portrays him in a largely positive light due to his more tolerant and progressive views.

If he addresses an issue and calls for its betterment, then it’s likely to be resolved at a much faster rate. At the very least, people will become more aware of its urgency, and hopefully act upon his words in some kind of way.

When Pope Francis made statements regarding the global climate, I do think he surprised a lot of people. Of course he isn’t the first to talk about climate change. All of us should agree that the earth is over heating, and we must do something about it. I do think Pope Francis is talking about the earth with greater urgency. Pope Francis clearly states his concern needed to be vocalized.

"We are destroying Creation, Creation destroys us," Pope Francis said, according to theweek.com.

This man is speaking on behalf of around 1.2 billion Roman Catholics, and many others who take an interest in him. He instructed his followers to be "Custodians of Creation," which I think is awesome and I’m not even Catholic.

But I don’t think it matters if you’re Catholic, Or Jewish, Muslim, Buddhist or non-religious. You don’t have to believe in creationism to find meaning in the pope’s words. Pope Francis is simply emphasizing the importance of maintaining a livable, healthy world for current and future generations to come. He has acknowledged the way we can shape our later generations’ home if we just accept the changes that are happening, come together, and develop a universal solution.

My interpretation of the quote: If you believe the universe is a product of the divine, and we were given Earth as a gift, wouldn’t you want to treat the planet with care and respect? Right now it doesn’t seem so bad, but our great-great (and so on) grandchildren may think otherwise.

Pope Francis obviously isn’t the first well-known, non-political figure to come out and actually discuss climate change awareness. But he’s the pope, and he has been outspoken about a number of rather controversial subjects, and now he’s talking science. This is a big deal and I’m excited for the action and preservation that is to come.

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The empty love in romantic novels

Nicholas Sparks’ divorce proves that pop culture doesn’t know the real definition of love.

**By Jennifer Nessler**

I don’t think we understand love.

This week, Nicholas Sparks, the beloved author of the most cherished romantic novels in America, announced that he is divorcing his wife of 25 years. And social media blew up.

The website Mediaite calls Sparks the "author who taught America how to love" and claims that his divorce means every thing we ever knew about love is a lie. I feel sorry for Sparks. He never deserved that title in the first place.

I apologize now if I offended any fans of Sparks’ work. But I think we need to take a more critical look at what we are actually reading and watching.

I’ve never been a fan of chick flicks, but after repeatedly being told that The Notebook was one of the most genuine love stories out there, I decided to watch it. The Notebook is one of Sparks’ most famous novels and was made into a movie in 2004. Yes, there are some sweet moments, but I wouldn’t call it “the most genuine love story.” Not by a long shot.

The movie is split into two parts: An elderly woman suffers from dementia, and her husband stays by her side, even when she forgets who he is. Now that is a selfless act, and because of its selfless nature, I could call it genuine love. But her husband tells her a story, which ends up being the story about how they fell in love. And for me, that’s where the disconnect comes in.

The story details the lives of Noah and Allie, a couple separated by circumstances beyond their control. Allie becomes engaged to another man, but when she is reunited with Noah, she cheats on her fiancé with Noah. And this is supposed to be the greatest love story of our time?

I don’t think we understand love.

Sure, don’t get married to someone if you’re not confident about it. But we should not consider a story about an affair to be a great story of love. Because those oogly-googly feelings will pass. Then, what’s left? Cheating with someone else?

Love is selfless. It’s a commitment to endure even when it’s not easy. And ask any married person you know. It’s not like the movies.

Enduring through the hardships is what makes a marriage grow closer. It’s actually a beautiful thing.

I feel sorry for Sparks and all the marital pressure he endured from his fans. But I mostly feel sorry for the people of my generation, who think that a romance novel provides the greatest love story of all time.

Jennifer Nessler, a senior majoring in mass communications, is the editor-in-chief. She can be reached at jnesslar@mail.usf.edu or on Twitter @jnesslar.
USF Women’s Basketball

The Lady Bulls continue to roll on a six-game winning streak. The Bulls are 13-3 overall and 4-0 in the conference, second only to the defending champion UConn Huskies.

East-West Shrine Game

USF’s Andre Davis and Marvin Kloss were selected to compete in the 90th East-West Shrine Game on Jan. 17 at Tropicana Field in St. Petersburg. The football game is after all other college bowl games and features players from all over the country.

Bulls football: Out with the old

By Andrew Caplan
Staff Reporter

Following the conclusion of the 2014 football season, USF’s athletic department fired three of the football team’s coaches, including the offensive and defensive coordinators.

One month later, the Bulls are piecing together what hopes to be a postseason-caliber coaching staff, after the team has missed out on four consecutive bowl seasons.

While head coach Willie Taggart remains at the helm, the Bulls will have a new assistant head coach, a new offensive coordinator—the third in three seasons, and a new defensive coordinator—the fourth in five seasons.

With the defense ranking No. 69 overall in the country according to NCAA.com, the Bulls parted ways with defensive coordinator Chuck Bresnahan after two seasons.

Tom Allen will replace Bresnahan’s role on the team and comes to the Bulls from Ole Miss as the linebackers coach.

Allen and the Ole Miss defense gave up 13.8 points per game and 18 total touchdowns, both national bests.

The Bulls will have seven returning defensive starters in 2015, including their top five leading tacklers.

But the woes of the 4-8 season didn’t necessarily come from the defensive side of the ball. They come from the offense, where the team started three different quarterbacks, due to uncertainty at the position, throughout the season.

Former Purdue head coach Danny Hope was hired to replace Paul Wulff as offensive coordinator after just one season.

Wulff’s offense doubled the previous season’s number of offensive touchdowns with 22 and had the school’s first 1,000-yard rusher in nearly a decade. Despite improving to four wins (doubling the 2013 total), the Bulls managed to put up 17.2 points per game, ranking them 119th (out of the 125 football bowl sub-divisions teams), leaving cause for his departure.

The offense ranked 97th in passing yards per game and 117th in rushing yards per game (out of 125 FBS teams).

Hope, 56, will also take over the duties as the offensive-line coach, an area the Bulls need to improve on in order to help the QB’s passing game.

Hope holds an overall record of 57-49 as a head coach and led Purdue to two bowl appearances. He will manage the Bulls running game and work closely with David Reaves, who Taggart promoted to co-offensive coordinator to oversee the team’s passing game.

The third coaching vacancy on the team was filled by Alonzo Hampton, replacing assistant head coach and defensive backs coach Ron Cooper.

Cooper came into USF with Taggart in 2013, but after questionable play calling, Cooper was out after two seasons with the team.

Hampton is no stranger to success. He worked with Taggart over at Western Kentucky University, where Taggart and his staff turned the program around with back-to-back 7-5 seasons before leaving for Tampa.

Hampton has spent his previous two years in Georgia at Tift County High School as a teacher and defensive backs coach. His team finished with an 8-4 record, qualifying for the Georgia High School Association Class 6A playoffs.

Now, heading into 2015 with Hampton, Hope and Allen joining Taggart’s staff, the team will return a style of play calling that was shown in first year under Taggart.

Taggart will resume all play calling responsibilities, but will work closely with Hope and Reaves when on offense.

After the team’s slight improvement from 2013, Athletic Director Mark Harlan has sent a clear message to the team with the firing of the coaches.

Win. Now.

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Men’s Basketball AAC Standings

*Standings as of 4 p.m. on Jan. 17

TEAM | CONF | OVERALL
--- | --- | ---
Temple | 3-0 | 12-4
Tulsa | 2-0 | 9-5
Cincinnati | 2-1 | 11-4
SMU | 2-1 | 11-4
Tulane | 2-1 | 11-4
Connecticut | 2-1 | 9-5
Memphis | 1-2 | 8-6
UCF | 1-2 | 8-6
South Florida | 1-2 | 7-9
Houston | 0-3 | 7-7
East Carolina | 0-3 | 7-9

Women’s Basketball AAC Standings

*Standings as of 4 p.m. on Jan. 17

TEAM | CONF | OVERALL
--- | --- | ---
Connecticut | 3-0 | 13-1
South Florida | 3-0 | 12-3
Temple | 3-0 | 7-9
Tulane | 3-1 | 12-3
UCF | 2-1 | 6-8
Memphis | 2-2 | 8-7
Tulsa | 1-2 | 6-8
Houston | 1-3 | 6-9
Cincinnati | 1-1 | 4-11
SMU | 0-3 | 4-10
East Carolina | 0-4 | 9-6

USF Men’s Basketball Schedule

Jan. 17 | vs. TULSA | 11 a.m.
Jan. 22 | @ TEM | 6:30 p.m.
Jan. 25 | @ UCONN | 12 p.m.
Jan. 28 | vs. SMU | 7 p.m.
Jan. 31 | @ TULSA | 1 p.m.
Feb. 4 | vs. TEM | 6:30 p.m.
Feb. 7 | @ Cincy | 8 p.m.
Feb. 11 | @ UCF | 7 p.m.
Feb. 14 | vs. MEM | 12 p.m.
Feb. 17 | vs. HOU | 7 p.m.
Feb. 21 | @ ECU | 11 a.m.
March 1 | @ HOU | 3 p.m.
March 4 | vs. UCF | 7 p.m.
March 7 | vs. TUL | 4 p.m.

USF Women’s Basketball Schedule

Jan. 14 | vs SMU | 7 p.m.
Jan. 18 | @ #2 UCONN | 1 p.m.
Jan. 21 | @ HOU | 6 p.m.
Jan. 25 | vs TUL | 4 p.m.
Jan. 31 | @ MEM | 3 p.m.
Feb. 3 | vs UCF | 7 p.m.
Feb. 7 | @ ON | 7 p.m.
Feb. 10 | @ SMU | 8 p.m.
Feb. 15 | @ ECU | 2 p.m.
Feb. 18 | vs TUL | 7 p.m.
Feb. 22 | vs TEM | 12 p.m.
Feb. 24 | @ ON | 7 p.m.
Feb. 28 | @ UCF | 4 p.m.
March 2 | vs #2 UCONN | 7 p.m.