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Photo Courtesy of Joshua Nascimento
Joshua Nascimento scrimmaging as a small child with his father, the famous soccer player Pele.

My Father, the Brazilian Legend: Pelé's Son on Playing Soccer for UT

By MARCUS MITCHELL
Head Copy Editor

For many collegiate athletes, support from family members are a key component to success. This cannot be any more true for Joshua Nascimento, a freshman forward for the Spartans soccer team. Born in São Paulo, Joshua was raised in a Brazilian household where soccer wasn't just an interest,

it was a livelihood. With a soccer ball at his feet by the age of seven, Joshua experienced on a regular basis what many soccer fanatics could only dream to do. He was able to play soccer with Edson Nascimento, known throughout the world as Pele. But Joshua just calls him dad.

"Having Pele as my father is indescribable, I can't really put it in words. But he is the kindest and most

generous person that I know," said Joshua. "He is an idol to so many in the world, but he is my father first."

Whereas Pele is recognized universally as the greatest soccer player to ever play, Joshua recognized him with a "Greatest Dad Ever" coffee mug. To the masses, Pele was the man who mastered the difficult "bicycle

To PELE'S SON Page 19

I'll Have My James Bond Black, Please

See OPINION Page 15

Ducky's Offering \$50,000 in Scholarships to UT Athletes

See SPORTS Page 20

Recycling Pilot Program Starts in Vaughn

See NEWS Page 4

Ink Enthusiasts Share Sense of Community at Convention

See A&E Page 7

'Get Shredded' with Ketogenic Dieting

By HANNAH FARROW
News Writer

The University of Tampa is performing a study in October exploring how the ketogenic diet may improve one's body by gaining muscle and losing fat. This study is the fourth of its kind that has been conducted at UT. This diet had originally been researched as a possible way to treat cancer, diabetes, and alzheimer patients, but results instead showed how it altered participants' bodies for the better.

UT graduate students Ryan Lowry and Chris Irvin will run this two-week study from Oct. 11 - 23. Informational meetings start this upcoming Monday, September 21.

The ketogenic diet relies on a meal plan very high in fat, low in carbohydrates, and moderate in protein. Lowry and Irvin will provide meal and food lists containing 75 percent calories from fat, 20 percent from protein and five percent from carbs. For students who eat on campus, they will provide instructions on which places and meals to eat.

"Most people use carbs as primary source of fuel," Irvin said. "When you restrict carbs, you produce ketones, which is a product when you break down fats. All the systems in your body that run on carbs can run on ketones. This study uses fats instead



Nathan Legger/The Minaret
Inside the Health Sciences and Human Performance Building.

of carbs for energy."

"Once a participant's brain learns to use the ketones as its main fuel, it's actually more efficient and their energy levels are higher," Irvin said.

Lowry and Irvin are looking for 18 to 20 students to participate in the study, and are hoping for an even distribution of males and females.

During the first week, participants will do a high-intensity workout each day, and will get their fingers pricked once after the workout and once at night to check blood sugar levels. The second week will consist of participants drinking protein shakes on Monday, Wednesday

To KETOGENIC Page 3



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String of Thefts in SoHo: Cellphone Robberies on the Rise



Rachael King/The Minaret
MacDintons's Irish Pub and Restaurant has been a target for recent smart phone theft.

By RACHAEL KING
News Writer

Throughout the last few years, it has been fairly common to hear of students losing their phones at the bars on South Howard, but what happens when it becomes more than random acts of carelessness?

Bartenders working in Soho say they are constantly dealing with missing phones. They are used to irresponsible people who simply misplace their phones and blame it on the bar, but the game has changed. Now, there are people who go to bars with the purpose of stealing phones from intoxicated, unaware college students.

Katie Ruark, a bartender at MacDintons's Irish Pub, says she constantly has people coming in during the day looking for their phones they lost the night before.

"We usually get up to three phone calls a day from people trying to find their phones from the previous night," said Ruark. "Most of the time, we have nothing to give them."

Phone theft is at an all time high, according to Jeff Phillips, a UT graduate and head of security at MacDintons's.

"We usually have at least five phones stolen and reported missing each night, starting Thursday to Saturday," said Phillips. "That's almost 20 phones a weekend."

Morgan Shaut, a public relations

major at UT, was one of the many who lost a phone at MacDintons's. Shaut goes out to the bars regularly and knows from experience to be careful with her belongings. She never thought someone would actually go into her purse and take something from her. It wasn't until she left the bar that she realized her phone had been stolen.

"My phone was safe in my purse, said Shaut. "They must've watched me take my phone out and see how easy it was to get into my bag. I don't remember if anyone bumped into me to distract me, or what. All I know is that I left MacDintons's and was in line for The Lodge, went to get my phone out of my bag, and it was gone."

Tyler Lewis, a senior allied health major, had a similar experience. This was not her first time getting her phone stolen at MacDintons's. Last year she was robbed while at the popular Soho bar, and has been hesitant to go back ever since. Lewis expressed disbelief over the same incident happening again.

"I remember the last time I saw my phone that night," Lewis said. "I had stepped out to call a friend and tell her where to meet me. I came back inside the bar to wait for her, and put my phone back in my purse. A few minutes later, when I went to check it, my bag was wide open and my phone was gone."

When Lewis went back to

MacDintons's the next day to see if anyone had found her phone, she was told by security that there had been 10 phones reported stolen that night, and five reported stolen at Yard of Ale, the bar across the street. One woman actually got her entire purse taken. Phillips believes that one person is making their way around South Howard stealing phones.

In both cases, the phones had been immediately turned off, making them impossible to track. When asked about this, Phillips did not look surprised. Every time security has tried to track the missing phones, they appear offline.

"Whoever is doing this knows what they are doing, and is doing it consistently," said Phillips. "Security has a suspect. It is a middle-aged man, that we are fairly certain is behind all of this. We are waiting to catch him in the act, and until then will be on high alert."

It is extremely important to keep your belongings close and to be aware of your surroundings when out on South Howard. Security is trying their best to find who is responsible for all this theft, but until then, it is up to you to make sure you are responsible for your things.

Rachael King can be reached at rachael.king@spartans.ut.edu



Rachael King/The Minaret
Bars on South Howard have dealt with a spike in robberies, especially in cases of smart phones like iPhones.

Syrian Student Reflects on Refugee Crisis

By LAINEY LOUDON
News Writer

Since the start of the Syrian Civil War in 2011, almost 12 million people, or half of the population of Syria, have been displaced; 7.6 million of those within the country itself. Half of all Syrian refugees are under the age of 18, according to the United Nations.

Syrian refugees are paying smugglers anywhere from \$1,000 to \$4,500 U.S. per person to escape by boat or raft across the Mediterranean Sea to Greece. Others trek by foot to neighboring countries, including Lebanon, Jordan, Egypt, and Iraq. Turkey has accommodated the most refugees, at almost two million people.

A Syrian student at the University of Tampa, who prefers to remain anonymous for his own privacy, has experienced this event firsthand. Though he has not been to Syria since 2013, he has many family members and friends who have fled from the country.

"They are running from death," says the source, "it's a good bargain not to die instead of saving money."

Thousands of people are selling their houses and belongings in order to obtain enough money so they can escape the chaos, bringing little, if any personal belongings with them.

"The only people who are still there don't have the money to leave," said the

Syrian UT student, "they want to leave, but they cannot pay."

Some refugees crossing into neighboring countries are being detained by police. Trains carrying migrants are also being stopped and returned. Many countries neighboring Syria cannot accommodate the thousands of people who want to enter their country, so they are closing the borders.

"Saudi Arabia closed all kinds of visas for Syrians," said the Syrian student, "this country claims to be an Arab country, they claim to be my brothers, but I can't go there. They don't want to have us."

Other migrants do not even make it because of razor wire fences, tear gas, water cannons and force used by border police.

"It is miserable there," said the source.

The source also says that the demographical change is hard for the refugees. "They are losing their identity and they don't want that," said the source.

The U.S. assists roughly 6.6 million suffering Syrians per month, providing them with food, water, healthcare, and other basic necessities.

In 2015, the U.S. expects to admit a total of 70,000 refugees from all around the world, and by the end of September, the U.S. plans to take in 1,500 Syrian refugees. President Obama has made a pledge to accept a minimum of 10,000 Syrian refugees within the next fiscal year.

Refugees from Syria can apply for



Josh Zakary/Flickr
Syrian refugees waiting at a train station in Vienna, Austria.

Temporary Protected Status, but the source said that to the Syrian people, this is not enough.

"I can't build a dream on TPS," said the source, "it's temporary, and this war is going to last forever."

The source also claimed that some countries are reporting that they are hosting more Syrians than are actually present.

"Some countries say, 'I have 200,000 refugees in my country,' but they are not in the country," said the source, "they just forced them to get their fingerprints taken."

"When they [refugees] arrive in the [first] country, the government makes them

stay for at least 10 days. They know that they are going to buy food and they are going to buy clothes. It is good for the economy," said the source, "that's why they force them to wait. These people are not leaving Syria to go to Hungary or Greece; they are going to main countries: Germany, Sweden, and England. England is a dream for them."

The source's brother left Syria this week and made it all the way to Germany.

Lainey Loudon can be reached at lainey.loudon@spartans.ut.edu

Ketogenic diet study conducted on students

From KETOGENIC Page 1

and Friday, getting their fingers pricked three times over the course of two hours. On Tuesday and Thursday, participants will do a full-body workout.

Irvin emphasizes that participants won't work out outside of the study because it will alter results.

The hardest part about the study is balancing one's protein intake, Irvin explained. If a participant has too much

protein, the study won't work.

Additionally, participants will not be allowed to drink alcohol for two straight weeks. Irvin said he understands college students' desire to drink on Halloween, so they timed the study to end a week before the 31st.

Kevin Shields, a UT graduate student who is currently a sports science researcher at UT, participated in this study last year for eight weeks.

"It's a really great learning experience," Shields said. Working out three times a week, he dropped his weight from 195 pounds to 179 pounds. He also lost body fat mass. "The study really opens your eyes. You can achieve the same goal by doing it a different way."

According to Irvin, when most people diet, there is a loss in muscle mass. The great thing about the ketogenic diet is participants lose fat rather than muscle mass.

"I did the study for 10 weeks and I was down about four to five percent body fat, but my weight didn't change," Irvin said.

The researchers are looking for participants who can handle a hard workout and have a dedicated mindset. Those who are interested in participating in this study or future studies should visit HSHP 112.

Hannah Farrow can be reached at hannah.farrow@spartans.ut.edu

LOCAL BEATS



POLICE

¿You da bomb?

On September 20, "A suspicious package was reported sitting unattended in front of the ROTC building. Area was secured and evacuated. TPD EOD responded, cleared and removed the package."

UT's Suitehearts

On September 20, "A male non university student and a female university student were engaged in a disorderly argument in UT leased housing (Barrymore Hotel). It was discovered that the non student had been living in the room unauthorized."

Dude, Where's My Car?

On September 20, an "Automotive part found in the hallway of Jenkins Hall and was disposed of."



CAMPUS

Law School Fair

On September 24 from 2 to 4 p.m., Career Services will host the law school fair in Plant Hall's Fletcher Lounge. About 60 law schools will be present. Professional attire is recommended. Contact Julia Ruddock at jruddock@ut.edu with questions.

Friday Film

Join Student Productions for a showing of "Jurassic World" in Reeves Theater on September 28 at 5 p.m. Popcorn will be provided. Contact studentproductions@ut.edu with questions.

New Spartans Support Group

On September 30 from 4 to 5 p.m., the New Spartans Support Group will meet to build connections and help new students make the best of their college experience. Contact Donna Antonello at dantonello@ut.edu for more information.



GREEK

Multicultural Greek Council Theme Week

During the week of September 28, the Multicultural Greek Council will host informational events open to the public about their organizations, programming opportunities and involvement. For more information, contact bhoffman@ut.edu

Delta Zeta's Rose Bowl

Down, set... Hike for Hearing! Delta Zeta Sorority will host their annual football fundraiser for the Starkey Hearing Foundation. The event is on October 1 on the Intramural field from 6-9 p.m. The Unified Dance team will perform at half time. For more information, contact kelsey.thomas@spartans.ut.edu

UTampa Begins Recycling Initiative in Vaughn

By JESS FORTE
News Writer

UT is beginning a green streak by instilling a recycling program in the Vaughn Center. Recycling bins have been placed in each trash room in the hall, giving students the opportunity to conveniently help save the environment.

Student coordinators Elizabeth Gallagher and Christina Muyschondt, two members of the Student Environmental Action Coalition (SEAC), are currently in charge of the program.

"As an environmental organization on campus, we are constantly looking for ways to continue improving sustainability practices at UT," Gallagher, the former president of SEAC, said. "One of the most frequently requested improvement projects was a more accessible recycling system for the residence halls."

Gallagher explained that this "trial" period for the program will last the entire first semester, and the program is easy for students to be a part of.

"We at UT participate in what is called 'single stream recycling,' meaning the students do not have to sort their recyclables, [which takes] an additional step out. All they have to do is separate trash from recyclables," Gallagher said.

Brianna Mercer, a senior criminal justice major and Vaughn RA, believes that students are really enjoying the program.

"Right now we're having a floor-wide contest," she said. "We're going to tally all the stuff up and see who recycled the most. The residents really like it."

One part of the program that makes it easier for Vaughn residents is the special bags that they are given to carry their recyclable items to the trash room when needed.

These paper bags "have printed directions of what can and cannot be recycled on them, which has aided in the

educational piece of this program and also aided in getting the students used to sorting their waste," Gallagher said.

Another benefit from the bags is that they are also made out of recycled paper, and can be reused until they become worn out, when they can then be recycled.

"The residents really like that they can put their recyclables in the bag and continue to use it," Mercer said.

Lauren Mansfield, a freshman biochemistry major and Vaughn resident, isn't too familiar with the program.

"I know that there's a recycling bin in the trash room. It isn't usually full. There's usually a lot of cardboard boxes around it," she said. "I don't separate my recyclables from the trash here, but I do at home."

As with any pilot program, there are always a few kinks that have to be worked out for the program to be run more smoothly. Mercer believes a strong partnership with the Facilities Dept. needs to be forged in order to maximize the best possible results from the program. Facilities was unavailable for comment.

"I would want [Facilities] to be more on board. They deal with the trash as well," Mercer said. "If you have 48 residents trying to use one recycling bin, it overflows and no one wants to put anything in it."

This issue could lead residents to walk to the other side of the hall and force them to use the other trash room to recycle, or not separate their trash if they see that the bin is full. Mansfield believes that the addition of more recycling bins throughout the hall would make students more motivated to use the program.

"We don't have any type of garbage cans by the elevators, and I think that would definitely help," she said. "If they're finished with a water bottle, for example, they can just throw it in there on their way to class."

Dean of Students Stephanie Krebs has been pleased with how the program



Liz MacLean/The Minaret
Signs above the recycling bins tell students what can be recycled.

is going. "I have been very impressed by the leadership and passion of the Student Environmental Action Coalition," she said. "They have worked hard to coordinate this pilot along with the support of the UT facilities department. I look forward to

hearing how the pilot positively impacts our campus."

Jess Forte can be reached at jessica.forte@spartans.ut.edu

Students Say PEACE Out to Beach Litter

By ARIEL HERNANDEZ
News Writer

Everyone has, at least once, found themselves picking up trash from the ground and disposing it into a dumpster. However, how many have picked up trash, put it into a bag as a collection of data and then conducted a study on it?

In a partnership with Keep Tampa Bay Beautiful, UT's PEACE Volunteer Center picked up trash for the International Coastal Cleanup on Saturday, Sept. 19, at McKay Bay Nature Park.

Unlike average litter removal events, this one focused on collecting data to identify the number and type of littered items, the size of items removed from each site, and the amount of recyclable materials used.

"If 238 plastic water bottles are found, they can kind of anticipate future needs for cleanups," said Daniel Holahan, the co-student coordinator of PEACE. "Finding out that there is a really large accumulation of plastic bottles will result in putting more recycling bins there."

After the data was collected by the three PEACE members and 18 volunteers, it was shared with Keep America Beautiful, the Ocean Conservancy, and other local officials so they can help provide a local and global perspective.

"I would love to build a stronger partnership with [Keep Tampa Bay Beautiful], where we can possibly aid in implementing some of those long term



Photo courtesy of Jessie Beckett
Two members of PEACE pick up trash at the beach cleanup.

solutions," Holahan said.

Andrew Arnold, director of communications for PEACE, was pleased with his organization's effort despite not being able to attend the event.

"Unfortunately I didn't participate in the cleanup but our volunteers cleaned up a lot, which I had high hopes for," he said.

PEACE is looking to boost their already

established presence on campus. They already have almost 800 students registered on their OrgSync Portal, 18 full-time staff members, four different communities, one director of communications, two coordinators and a total of 75 students that show up to meetings and events collectively.

"I think we find the most interest from incoming and transfer students because

they're the ones who are trying to get the most out of the campus," said Holahan. "But what we are trying to do is get more upperclassmen involvement, although the majority of our staff are upperclassmen."

Students do not need to have prior PEACE experience in order to sign up for any events. PEACE welcomes anybody who wants to learn more about the community to stop by their office (Vaughn 206) and discuss setting up a service related to their specific passion.

This past Monday, the organization celebrated PEACE One Day: the International Day of Peace, where all countries and global entities ceasefire (including ISIS).

In efforts to celebrate global peace, finger painting, games, and the handing out of free t-shirts occurred in Vaughn Courtyard from 11 a.m. to 7 p.m. The daily outdoor events were followed by a meditation ceremony in Sykes Chapel and a showing of *Selma* in Brevard's community room.

To get involved or for general information about PEACE, visit their general assembly on Wednesdays in room 219 in the Vaughn Center.

Ariel Hernandez can be reached at ariel.hernandez@spartans.ut.edu

'One Student' Starts a New Chapter on Campus

By **GABRIEL COHN**
News Writer

One Student, a sexual violence prevention organization, has started a new chapter at the University of Tampa in the second year of their partnership with the school.

One Student put together a research-based, student-led and staff-supported approach to engaging college campuses in culture change and focused on UT as being one of the colleges to lead the charge.

During the first year of One Student's partnership with UT, a climate survey was conducted to study college students' behaviors and knowledge on the important and serious issue of sexual violence.

About 90 percent of students say they can tell when someone is too intoxicated to give consent, according to One Student's climate survey conducted this past April. However, in reality, a majority of those students are actually unaware of the point of intoxication where consent cannot be given.

One Student's main goal is to change students' knowledge, attitudes and behaviors regarding sex, respect, consent and sexual assault. One Student wants to create a "culture of consent" at universities across the nation and create an environment where victims can feel comfortable coming forward to get the help they so desperately need.

Dr. Kathryn Branch, an associate professor of criminology and criminal justice at UTampa, has been a part of One Student since its founding in 2010. Branch has done various research regarding campus sexual violence and how victims are not seeking the right help.

"Most victims don't report victimization," Branch said. "They instead seek their friends or faculty members for help. These friends and faculty members are not all properly trained, so they are unable to fully help students that are victims of sexual violence."

According to the National Sexual Violence Resource Center's study on sexual



Gabriel Cohn/The Minaret
One Student members gather at their inaugural meeting.

assault on college campuses, 90 percent of sexual assault victims on college campuses do not report the assault. Based on this information, victims are not seeking the correct help or reporting their incidents to the proper authorities.

One Student wants to educate students and faculty members on the parameters of sexual violence so that more people can help victims of sexual assault. The organization aims to accomplish this goal by applying bystander education, training and multi-media education platforms.

Branch is excited about the good that One Student can do and knows how important this issue is across the nation.

"Crime has ripple effects," Branch said. "One in four female students are victims of sexual violence, which means that everyone knows someone who has been affected."

I'm excited about educating people about this issue. Education about sexual violence will give students the knowledge of the parameters of consent and victims would then have a community of friends and faculty that they can go to for help."

One Student believes that if more students are educated on sexual violence then some of the gray area of consent can be wiped away and encourage more people to talk about sexual abuse.

Cristina Muyschondt, a UT diplomat, Student Coordinator of Diversity and Inclusion, and member of the One Student chapter, looks forward to being one of the students that leads UT toward a culture of consent.

"My goal is to help change the culture of our campus," Muyschondt said. "I want to raise awareness about sexual assault and

teach students to communicate so they can have healthy and successful relationships."

One Student wants campus-wide change and enlightenment of the seriousness of this pressing campus issue by the end of this second year of their partnership with UT.

For more information on One Student and their chapter here at UT, contact Monnie Wertz, Assistant to the Vice President of Operations and Planning. Students that are victims of sexual violence can call the confidential victim advocacy hotline at (813)257-3900 or go to the Crisis Center of Tampa Bay to get help.

Gabriel Cohn can be reached at gabriel.cohn@spartans.ut.edu

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DIVERSIONS

ON CAMPUS

SEPTEMBER 24
Chamber Music for Strings and Piano
Grand Salon
7:30pm
Free

SEPTEMBER 25
Friday Film "Jurassic World"
Reeves Theater
8:00pm
Free

SEPTEMBER 26
Women's Soccer vs Palm Beach Atlantic
Pepin Stadium
7:00pm
Free

SEPTEMBER 26
Gluten-Free Improv Show
Reeves Theater
7:30pm
Free

OFF CAMPUS

SEPTEMBER 25
MarchFourth
State Theater
7:30pm
\$17-20

SEPTEMBER 25
Once
Straz Center for Performing Arts
8:00pm
\$46.50-81.50

SEPTEMBER 26
St. Jude Walk/Run to End Childhood Cancer
Amalie Arena
8:30am
\$10

SEPTEMBER 27
Yoga + Dali
Dali Museum
12:00pm
\$15

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9			4			6	2	

websudoku.com

PICTURE of the WEEK



Photo by Gabi Roque

Students got covered in paint during the Color Burst 5K that took place on campus last Saturday, Sept. 19.

ARTS + ENTERTAINMENT

Ink Enthusiasts Share Sense of Community at Tampa Tattoo Arts Convention

BY SAMMI BRENNAN
Arts + Entertainment Editor

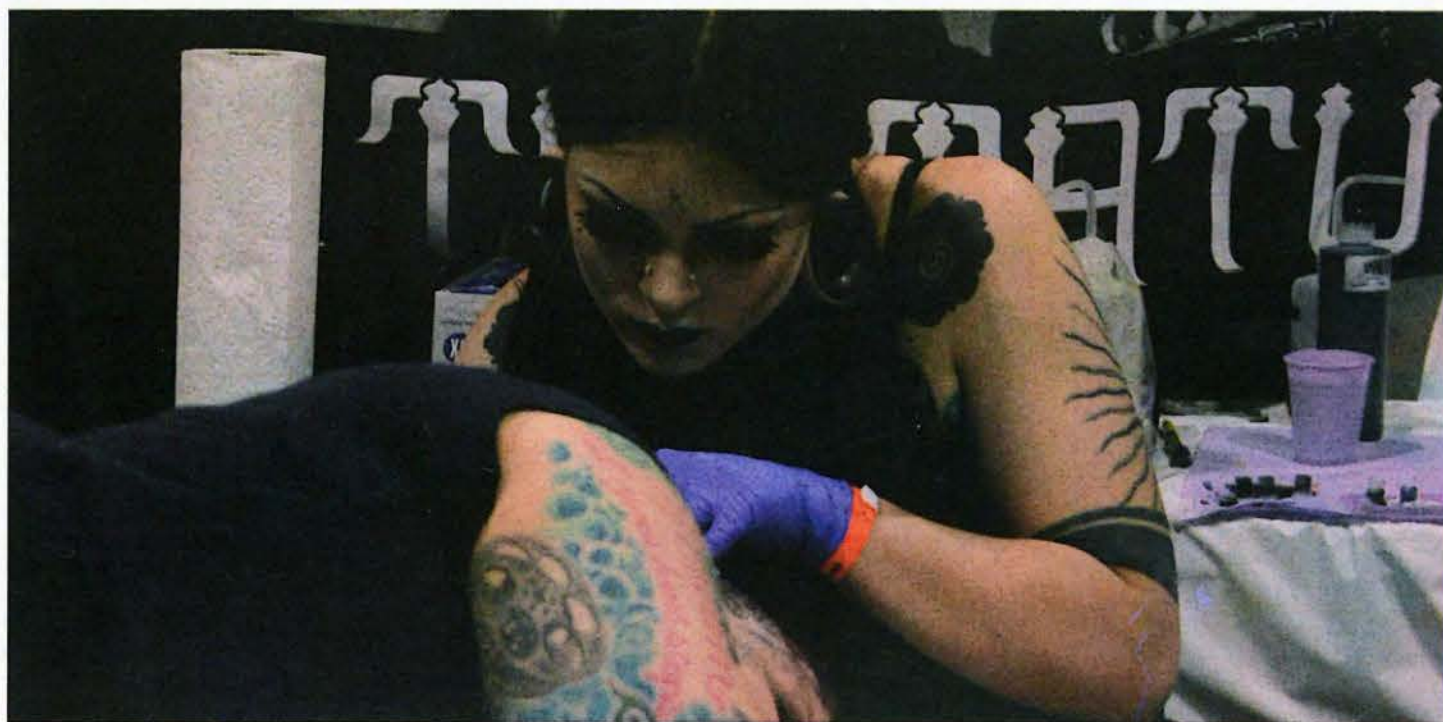
All signs pointed to me getting my third tattoo at the Tampa Tattoo Arts Convention, located at the Tampa Convention Center this past weekend. Even the police officer by the ticket booth encouraged me to at least be open to the idea. If I had gotten one, I know I would have been surrounded by an accepting community eager to congratulate me on my new ink.

Hosted by Villain Arts, the Tampa Tattoo Arts Convention was lined with rows of booths displaying artwork from extremely precise and talented tattoo artists. Every other booth had a fellow tattoo enthusiast getting inked, with the most common tattoo placement in the upper leg and shoulder areas. The tattoo models had various reactions to the needle pricks. Some drowned out the pain by listening to their headphones, others simply kept using their phones as if the experience was tantamount to waiting for their coffee at Starbucks.

As I wandered around the aisles, I took note of the various tattooing booths, such as Str8line, Ariel Galang Tattoos, Idle Hands Tattoo Emporium and Old School Tattoo Company, each name foreign to me. The only tattoo booth I recognized was Atomic Tattoo, which has various locations in Tampa. However, many of the tattoo studios were from out of state. One of the first booths that caught my eye was that of Rendezvous Tattoo, where two friendly tattoo artists sat pleasantly eating their lunches. Each had striking shades of blue in their hair and various facial piercings.

Kerri Shelafoe and Chris Shelafoe happily clasped hands as they told me about their marriage. Kerri had most of her artwork located on her chest; beautiful flowers conquered the area. Chris had subtle claw marks piercing the left side of his face and a blue-black, almost charcoal-like, tattoo on his entire left arm. Located in Marquette, Michigan, Rendezvous Tattoo does mostly tattoo art, but includes body piercings as well. "We like to be able to change the public opinion about what tattoos are and what to expect of tattoos," Kerri said.

At one point, I came across a booth that appeared to have tattooed raw meat in glass casings. Eerily similar to



Claire Farrow/The Minaret

Many people who attended the Tampa Tattoo Arts Convention would choose to get tattoos on site.

human flesh, these veined substances drew my attention immediately.

"[These canvases] tattoo very close to actual human skin, the way that they're made," said Gina, a spokesperson for Skinned Ink. "They have a nice soft layer so that they take color and shading similar to the way your skin would."

As mentioned on the Skinned Ink website, creator Sean Ozz was inspired to create these canvases because of his hope he would one day, when he died, be able to skin himself of his tattoos in order for his family and friends to retain a memory of him and his artwork. Gina's admiration for Ozz was clearly evident as she listed all of his experience and accomplishments. "He took one of his passions and made an amazing product for the industry," Gina said.

Aside from tattoo booths, there were ink suppliers and original paintings. The Art Afterlife Skeletons' booth had various skins of snakes and the inner workings of other deceased creatures. Evolve Body Jewelry Company displayed countless gages in every color, shape and size imaginable. A Japanese jewelry and artistry booth incorporated everything from jade

bracelets to oni masks. Several booths had graphic t-shirts, written on them "This is my Zombie Killing Shirt" and "Pretty in Ink." One booth, which sold graphic tees and stylish clothing, had a young, blond-haired boy with a warm smile tending to it.

Liam, who is 16-years-old, has been working two years for a clothing company known as Static, which travels around the world to various tattoo events to sell their merchandise. "You get to go all around the country doing all these shows and stuff and you get to meet all new types of people," Liam said.

The convention hosted several events including tattoo contests, burlesque shows and live human suspension. A small stage was located toward the back of the room, and it was there that I encountered the mystifying belly dancer, Caroline Hekate. Her accompanying music was so chilling I could feel a finger gliding down my spine. After her slithering show, she briskly made her way back to her art booth, located directly across from the stage. Her work is inspired by her studies in philosophy as well as Greek and Egyptian mythology. However, her inspiration is drawn from other forms as well.

"It's very much inspired by nature. Pretty much I consider myself to be a very observant person. And then I get my meditation when you crank the music and start doodling," Caroline said. In her black and white drawings, she uses pen and pencil to create her striking figurines. Her largest painting was colored a sinister red with two daunting eyes staring directly at you. She explained to me that it depicted aries and aquarius. The story behind the name "Hekate" is rather intriguing. "Caroline is my real name and Hekate is the name that I derived from the goddess of the underworld which comes originally from Egyptian mythology but it was adopted by the Greeks."

The question is, do tattoos necessarily need to hold significance? In my experience, whenever I ask someone if they would ever get a tattoo, I usually get the response, "I want to wait until I find one that is really important to me." Most of the people I know have tattoos that symbolize the importance of family or emphasize strength. For some, the tattoo is simply something they are interested in. To Chris Shelafoe, it's not entirely about meaning.

"Most people hold their tattoos dearly to their heart, not that I don't, but like, it has to have a meaning or something, and I'm like 'put it on!'" Added his wife Kerri, "If it's pretty, we're good."

It's impossible to be oblivious to the sense of community tattoo enthusiasts share; it's an acceptance unlike anything else. Many are put off by the physical appearances of tattoo enthusiasts. Along with tattoos, many that partook in the convention had radiant hair, gages, body piercings and even horns. It's a misunderstood community that is constantly being judged.

"What sets us aside is how not afraid we are to go the distance with our ink," Chris Shelafoe said. He then mentioned his tongue splitting and displayed a wiggly surprise that is branded in my mind for life.

Sammi Brennan can be reached at sammi.brennan@theminaretonline.com.



Claire Farrow/The Minaret

Skinned Inc. developed tattooable canvases to simulate real human skin, allowing artists to practice their craft.

A Day at the Museums, Free For All

By **CHRISTIAN HAITZ**
Arts + Entertainment Writer

Are you the least cultured out of your group of friends? Do you have a fever that can only be cured by fine art? Well, Saturday, Sept. 26 is the perfect day for you, because museums across the St. Pete area will be waiving their entrance fee as part of the Arts Alive! Celebration.

The event aims to bring people into the community and visit the local museums, particularly those who might not be able to afford the experience. The day coincides with the *Smithsonian Magazine's* Museum Day Live, where various museums across the country will be opening their doors free of charge.

Founded by two German Jews who escaped persecution, the Florida

Holocaust Museum stands as one of the largest Holocaust museums in the United States. It houses many artifacts from World War II and presents them in a timeline, starting with life before the war and ending with information on other genocides and acts of hatred occurring today. The centerpiece of the museum is an actual boxcar that transported victims of the Nazi regime to the various concentration camps. It is a true testament to those who lost their lives in the genocide, and is something that will be with you all day. Just make sure you have tissues on hand.

For those who enjoy the finer things in life, head over to the St. Petersburg Museum of Fine Arts. Located on the ever-popular Beach Drive, this museum is home to thousands of pieces from early antiquity to present day. Highlights include artwork from Monet, Cézanne and Renoir. To celebrate the museum's 50th anniversary, MFA also has on display *Five Decades of Photography*, a vast collection of photography spanning five decades. These images stretch from the formative days of the medium to the early twenty-first century. The Museum of Fine Art is sure to keep you entertained for many hours.

The Dali Museum, located just east of Tropicana Field, features the largest collection of the great Spaniard Salvador Dali. The museum contains many of Dali's masterwork pieces, including *The Hallucinogenic*

Toreador, *The Discovery of America by Christopher Columbus*, and many other of his surrealist work. Also on exhibit is artwork from renowned Dutch graphic artist, M.C. Escher. The exhibit contains over 135 works ranging from his most popular, *Drawing Hands*, to rarely displayed drawings of family members and panoramas of exotic landscapes. Admission to the exhibit is included and will be featured until Jan. 3.

Unfortunately, free admission to The Dali Museum is only available for Pinellas County residents, but students get a \$17 ticket when they present their IDs. Attendees will also receive a voucher for a free return visit in the month of October.

Other participating museums include the Dr. Carter G. Woodson Museum and the St. Petersburg Museum of History.

If St. Petersburg is a little far for your tastes, there are plenty of museums also participating in Museum Day Live in Tampa. The Ybor City Museum State Park, the Tampa Bay History Center and the Tampa Museum of Art are sure not to disappoint.

For more information and a complete list of participating museums, go to smithsonianmag.com

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Museum of Fine Arts, St. Petersburg, Florida/ Facebook
The Museum of Fine Arts is among the many museums in the area open for free this Saturday.

The Maine Electrify The Stage at Free Gig

By **MADISON KAZAR**
Arts + Entertainment Writer

"Music" and "free," arguably two of the best words in the English language, came together at The Maine's Free For All Tour Friday, Sept. 18 at St. Petersburg's Jannus Live. The Maine, accompanied by local punk band Airsickness and Nick Santino's Indie rock Beach Weather, delivered an evening jam packed with sick guitar and the tightest of skinny jeans.

Brightly colored hair and black hoodies scattered the audience. Despite the perpetual oven that is Florida, everyone was bundled in darkly colored winter wear. Equipped with their beanies and band t-shirts, the crowd was audibly ecstatic to witness the ensemble of pop-punk that was awaiting them.

Fueling the aesthetic with their black attire and ripped jeans, Airsickness took the stage to perform their album *Between All the Lies*, which they released earlier this year. The St. Pete locals possessed extremely high energy with their head-banging tunes and long hair shielding their faces. Their sound, akin to that of Forever the Sickest Kids, brought back nostalgic memories from the good ole' middle school days. Ending their set with "Faking Smiles," Airsickness set the tone for a night that would surely be an exciting one.

If you are at all familiar with the pop-punk scene that was 2007-2009, then A Rocket to the Moon was most likely on your MP3 player and probably the ringtone on your Razor cell phone. Nick Santino, the lead singer of A Rocket to the Moon, pursued a solo career in 2014. After a solid year of being a solo artist and two albums later, Santino decided to head

back to the band life and hit the studio with Beach Weather. Beach Weather's album *What a Drag* released on Aug. 28 this year and set a new and more mature sound for Santino.

A group of teens sporting A Rocket to the Moon tees expressed their disappointment in not hearing any of his previous works during his set, but it was apparent that the musician was starting fresh with a new, mellow and much more 'indie' sound. The band exhibited a California vibe with lyrics like "she left me like the wind with her gypsy soul" that were reminiscent of the '70s, an aesthetic that was brought home by their flared jeans.

What a Drag is certainly a collection of songs that you can roll your windows down and listen to on the way to the beach. Paired with the soundtrack of seagulls and waves crashing on the shore, Beach Weather, an entirely different sound for

Santino, was welcomed by the crowd of screaming fans.

The lights dimmed and the crowd gasped when Arizona natives, The Maine, took the stage. They started off the night with their fan favorite single "English Girls" from their newly released album *American Candy*, which carried a more alternative feel in comparison to their earlier pop-punk vibe.

The band played a medley of songs off all of their albums dating back to 2007. John O'Callaghan, the tall, blonde, tattooed, lead singer possessed an extremely crowd-oriented performance, involving the audience members in every song: even bringing up an eager audience member to assist him in performing the song "Right Girl" off of 2010's *Black & White*.

In a salute to the '90s, The Maine performed an acoustic version of the iconic Backstreet Boys' "As Long As

You Love Me," that faded into the crowd favorite "Whoever She Is" off of 2009's *Can't Stop Won't Stop*.

Stepping off of the stage and singing into the sweaty and screaming faces in the front row, O'Callaghan continued feeding off of the crowd's high energy and ended the night with "Another Night In Mars" off of their *American Candy* album.

If it wasn't evident how much The Maine adores their fans based on the fact that they went on an entirely free tour, the band waited outside the venue taking pictures and getting to know fans after the show. Going the extra step each member waited around discussing hobbies, signing autographs and got to know each person. They proved that a real connection can be made through a mutual love of music.

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The Maine/ Facebook
The Maine, alongside Beach Weather and local band Airsickness, performed a free show at Jannus Live on Friday, Sept. 28.

Muppets Make a Mockumentary

By JORDAN WALSH
Arts + Entertainment Writer

Fake reality has dominated our comedies for years, but what happens when the “fake” overpowers the “reality?” Over the last decade, mockumentary-style television has not only provided some of the most popular and successful situational comedies of our time, but has actually become an essential phenomenon in describing the modern era of the medium. With shows like *Parks and Recreation*, *The Office* and *Modern Family* showcasing some of the most popular and long-running network comedy from the last ten years, it seems necessary to question the reasons for America’s interest in fake reality. This question is especially relevant considering the most recent, and undoubtedly the strangest, addition of *The Muppets* to the mix.

The Muppets premiered this past Tuesday, Sept. 22 on ABC—but a 10-minute preview of the series has been around since July. The preview provided a glimpse of the new generation of Jim Henson’s iconic puppets, one that is decidedly more adult and subtle (if subtlety is even possible when the main characters are vibrantly colored stuffed animals).

In the preview, the series comes across as very similar to *The Office* in format and tone—starting off with a business meeting while cutting intermittently to “talking head” asides (where one character talks directly into the camera, away from the others, as if they’re being interviewed). Intertwined with the narrative of a network purchasing a reality series focusing on the Muppets is a b-plot in which Kermit the Frog deals with his recent

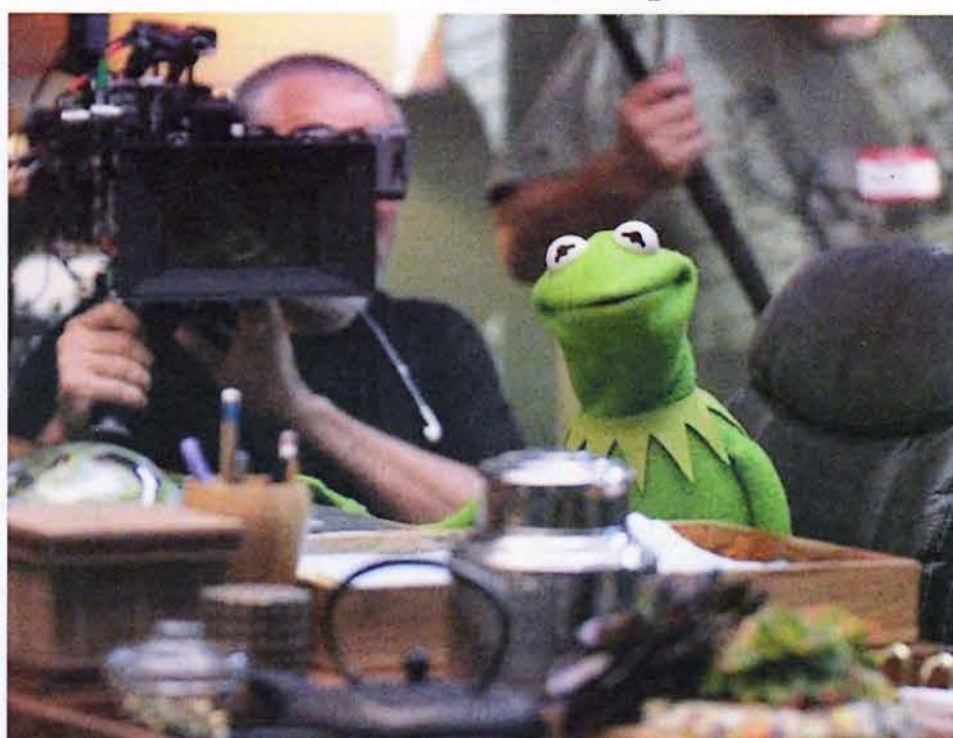
breakup with his long-time girlfriend, Miss Piggy.

This fusion of the Muppets’ amusing nature and this recent trend in primetime television sitcoms seems to work surprisingly well in the preview, but the question is how we got to the point where this fusion would make sense in the first place. Strangely enough, the arrival of *The Muppets*, whether the end result is successful or not, seems to mark a perfect meeting point between American television’s modern trends. *The Muppets* is a mockumentary, a nostalgic reboot, and an absurd comedy all at once. The idea walks a fine line between fascinating and gimmicky, but its mere existence on network television speaks volumes about television comedy in 2015.

So where’s the attraction in plopping already-famous characters into a “reality” framework? It helps to think about what makes mockumentary shows with human characters so appealing.

In the cases of shows like *The Office*, *Parks and Recreation* or *Modern Family*, mockumentary shows cover mostly mundane portions of American life: dead-end jobs, bureaucratic government work, extended middle-class American families. What sets these shows apart is the “reality” format’s ability to bring the events of the show closer to their audience through these “talking head” portions and sensible breaking of the fourth wall.

In other shows, a character’s direct address of the audience is a rare and absurd moment in which the rules of the show’s world are broken to acknowledge that the characters



The Muppets/ Twitter
Kermit the Frog and other Muppets characters will face reality in new mockumentary series.

are, indeed, fictional. But with the element of the documentary in place, the option for this is always there because the camera exists *within* the show’s world. The characters know they’re being watched by you—this establishes a special kind of connection with the viewer.

What remains to be seen is how this will work with *The Muppets*. The danger of “jumping the shark” on the mockumentary trend is ever-present as the show launches—it’s possible that *The Muppets* will go down as an important moment in the art of the American sitcom. Bringing these

clearly fictional characters closer to the audience could easily shatter the illusion of closeness that other shows thrive off of.

On the other hand, it also has the potential to inject a little more absurdism into primetime television. If *The Muppets* plays its cards right and is self-aware of the strangeness of its existence, network TV could be looking at a new, weirder future.

The Muppets airs Tuesdays at 8 p.m. on ABC.

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NY Fashion Week: A Dream For Students and Bloggers

By ALEXA TURKOVICH
Arts + Entertainment Writer

The only event that can single-handedly take over the metropolis of Manhattan is Mercedes-Benz Fashion Week. Twice a year, designers and models flock to the Chelsea district to prepare for a week of madness. New trends that are brought to Fashion Week spark interest amongst bloggers and students alike.

Sydney Carver, more likely known as the fashion blogger Summer Wind, attended Fashion Week for the third time this September. As a successful blogger with sponsorships from companies such as J.Crew, Kate Spade, Tory Burch and Nordstrom, she emphasizes the importance of knowing others in the business.

“The networking is amazing. You meet so many different people in many different industries from all around the country and you can connect with them,” Carver said.

Although she enjoyed catching up with old friends during Fashion Week, the importance of Carver attending shows goes further than just seeing beautiful clothing.

“The shows are fun and kind of like icing on the cake. Some shows, I do make a point to go to because I know they parallel with the Summer Wind brand,” Carver said. “Mara Hoffman is one I make a point to go to because I really like her stuff and it will be featured on my blog come spring. Attending shows also helps me to see what will be ‘in’ come spring and helps me to plan my spring content in advance.”

At New York Fashion Week, Carver went backstage with Aveda and Tibi

stylist and had her hair and makeup done. “I had never been backstage at a show, only in the audience. I had always heard how crazy backstage is, but it was really neat to experience it,” Carver said.

Fashion Institute of Technology students in New York City also have the opportunity to be a part of Fashion week. Kelsey Stewart, a sophomore at FIT, attended the event. “At FIT there are sign ups to volunteer at fashion week. Students camp outside to make sure they get a spot. Sometimes professors will email students about the opportunity to attend a show,” Stewart said.

Stewart hopes to continue with a future in the fashion industry and stays true to her personal style. “My style is minimal but not boring. I wear a lot of black and white but I love a fun print,” Stewart said. “When I graduate, I would love to work for a fashion company in their social media department.”

The large amount of speculation surrounding New York Fashion Week is well-deserved. Many people come together from all parts of the world, and share their work and love for fashion. There are multiple components to the fashion industry that all work together to create something even more amazing.

Tampa Bay’s own Fashion Week ran from Wednesday, Sept. 16 to Saturday, Sept. 19 at International Plaza. Among the designers featured were Oscar de la Portilla Escandon, Priscilla Kidder and Cerulean Blu. Additional international fashion festivities will continue in Paris, France from Sept. 29 to Oct. 7.

Alexa Turkovich can be reached at alexa.turkovich@spartans.ut.edu.



Photos courtesy of Kelsey Stewart
Fashion Institute of Technology student Kelsey Stewart covered Fashion Week for her blog.

Trace Your Roots: Tips For Tracking the Past

Genealogy: A line of descent traced continuously from an ancestor



Tracing genealogy can reveal old documents and pictures that are historically tied to your family. This photo is from the early 1900s and portrays Elsie Eden's ancestors. Photo Courtesy of Elise Edens

BY ELISE EDENS
Arts + Entertainment Editor

Have you ever wondered if you were related to the Queen of England, or a famous criminal? As it turns out, things like this can really happen. In 2010, a new show about family roots called *Who Do You Think You Are*, an adaptation of an already extant BBC show of the same name, debuted on NBC. The first episode featured Sarah Jessica Parker, who discovered that her ancestor has been accused of witchcraft during the Salem Witch Trials. In following weeks, other well-known celebrities would work with researchers to discover their families' past, and focus on one or more ancestors. The show was dropped for a year before TLC picked it back up. *Who Do You Think You Are* is now on its 7th season and has had celebrities like Jim Parsons (*The Big Bang Theory*), Bryan Cranston (*Breaking Bad*), Lisa Kudrow (*Friends*), J.K. Rowling, and more.

I gained an interest in my family's heritage after watching a few episodes, and have been researching for the last four years. When I first started, I made a lot of mistakes because I was eager to find more information without fully understanding the trade. I get asked a lot what my hobbies are I tell people genealogical research. The look I get is entertaining because they have no idea what it means, so I sum it up in one line: "I research the dead." When that doesn't click, I explain that it is a person's family history. I am here to tell you that you can do this research yourself. The rest of this article will help you understand where to start, and the mistakes I made myself that you should also avoid.

Step One: Immediate Family

Before you go join *ancestry.com*, I highly suggest calling your parents, grandparents, aunts and uncles. They will be your best bet for getting information. Start with yourself and work your way back. Make sure you get birth dates, death dates and even marriage dates. The places these events took place will be helpful down the line, so make sure you write those down too! Once you have collected all the information that you possibly can from your family members (make sure you write everything down), you can begin adding into a tree on *ancestry.com* or *familysearch.org*.

Tip: Ask your grandparents to tell you stories about their parents, and ask to see photos. Write down or record the stories. Make sure you also write down who is in photographs!

Step Two: Online Records

Now that you have gathered your information and entered it in *ancestry.com* you will begin to see green leaves. These leaves represent that the person in your tree has a hint or record(s). Once you click on the leaf, you will be directed to a page where it shows you all the records the site has found on that person, such as Census Records, Birth Records, Social Security or Online Obituaries. It is important to know that you cannot always trust every record online. Make sure it is from a credible source, and check that other records show the same information. It is crucial to understand that you should not trust other family trees. This was a mistake I made, and it led me to believe I was related to King Henry III and other royalty.

Trick: If you want to view the records on *ancestry.com* you have to pay. It is worth it and I highly recommend that you pay for a 6

month World View Membership. It will pay off in the long run. For those not wanting to pay, I use *familysearch.org*.

Step Three: In Person Records

You will not be able to find everything online. Acknowledge you will have to contact your local record office or public library. I would recommend the library first. Most have a genealogy section, and if they do not, look for an established historical society in the area. I have been to my local library so many times looking for records that the ladies know me and the people I was researching by name.

These will be great places to get ahold of birth certificates, death certificates and even newspaper articles that might have been written about your ancestor. Most libraries have Microfilm copies of old newspapers, and in my opinion they are the single greatest machines to play with.

Also, if you are trying to access a record in another state, don't hesitate to contact the library or historical society in that locale--they will be more than willing to help you out.

Step Four: Miscellaneous

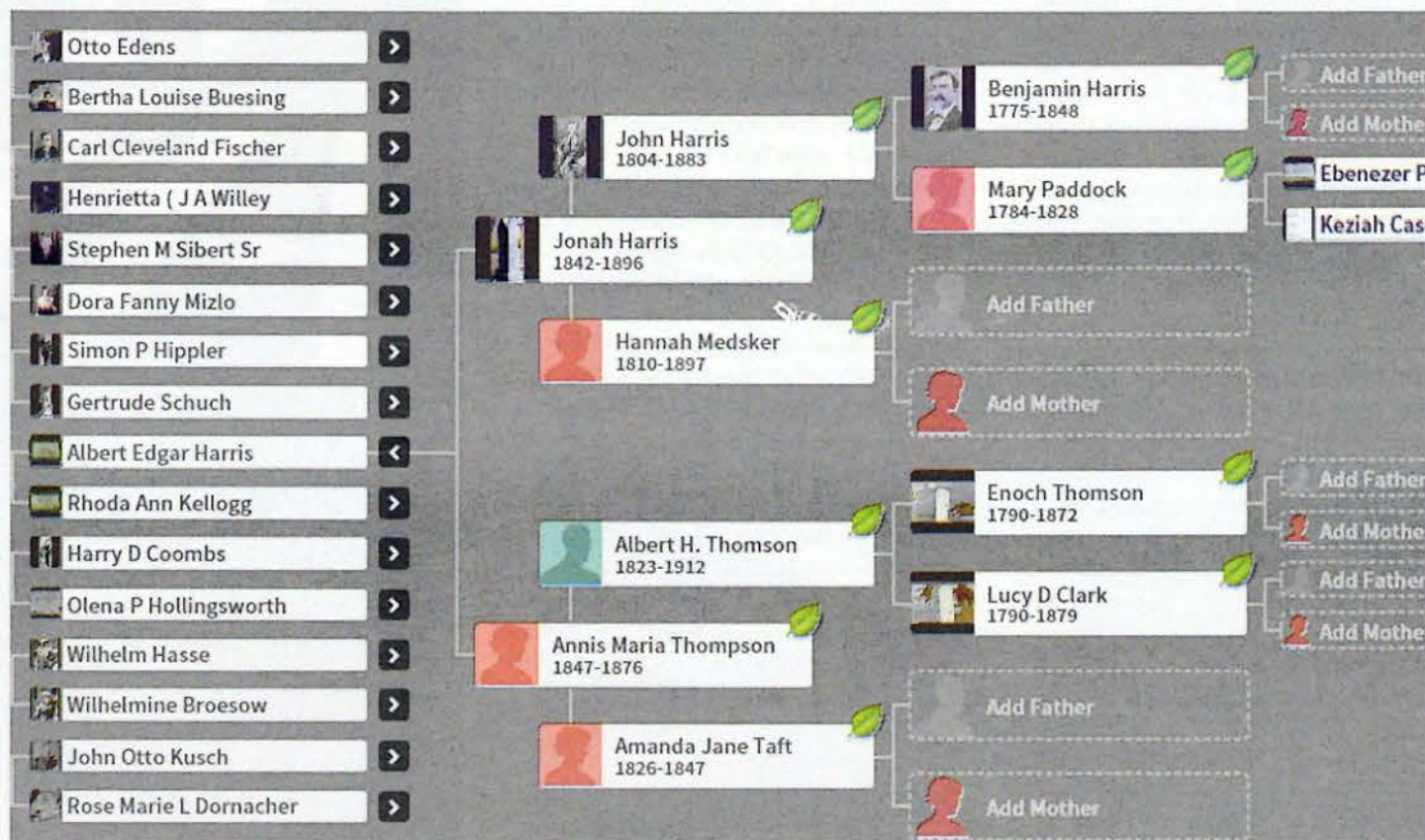
Photographs: I mentioned earlier in the article to look for photographs of your ancestors, and to ask your relatives to tell you who is in the picture. Make sure you write the names down and scan a copy of the picture in case the photo gets damaged in any way.

Organize: Try to stay as organized as possible when you are doing your research. Label everything, and make sure it has a place. I have over 5,000 people in my family tree with a lot of individual information, so it helps to stay organized.

Obituaries: Obituaries can be a great source of information. Whether you want to know who the person's parents are, who they were married to or even to see which family members are still alive. I use them often to locate cousins that I never even knew I had.

Websites: There are a ton of websites online for genealogy. I use *findagrave.com* often when searching for grave sites and death information.

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Screenshot/Ancestry.com
Online resources like Ancestry.com help make genealogy tracing a more manageable process.

OPINION

Measles, Mumps and Rubella, Oh My!

HEALTH

NICOLETTA PAPPAS
Opinion Writer

Two weeks ago, students were shocked to find one of their classmates had been diagnosed with the mumps. Most children in the United States receive the MMR (mumps, measles and rubella) vaccine before entering grade school. According to the Center for Disease Control and Prevention, the MMR vaccination is 88 percent effective and the disease can spread quickly through close contact with others, especially on college campuses. Although required by the university, not all college students are vaccinated. Refusing a vaccination allows bacteria and deadly viruses to spread easily, putting both vaccinated and unvaccinated students at severe risk.

UT requires students to have proper immunization records when entering freshman year. Vaccinations become increasingly important especially for residential students, as potential

bacteria and viruses can be left behind from previous inhabitants. If these records are not provided, Residence Life does not provide room keys and holds are placed on students' accounts. An unvaccinated student has not developed enough antibodies to fight against major viruses, leaving their body prey to many forms of sickness. This can potentially have deadly consequences that affect their life and the students around them.

We must be careful whom we force to get immunizations because some individuals don't believe in the benefits of modern medicine. Forcing them to get a vaccine technically goes against their religious rights, but can have detrimental effects on the rest of the population. It is outlined in the Florida education code that all immunizations from communicable diseases should be documented to the school when enrolling. This statute can be bypassed if the school is presented with a signed request of the parent "stating objections to the examination on religious grounds."

The state of Florida (as well as the 49 other states) would not have enacted a statute enforcing immunizations if they were not important and effective. One unvaccinated student has a strong chance of contracting a virus and infecting all they come in contact with. Especially with airborne viruses like the mumps, close contact in classrooms and dormitories are breeding grounds for viral infections.

The Dickey Health and Wellness Center allows a student or parent to refuse vaccinations if it contradicts their religious beliefs. The parents of the student sign a formal rejection of immunization and the Florida statute allows the student to remain unvaccinated. There is no testing process or doctor's approval; the parent or guardian simply refuses the vaccination. While valuing personal religious beliefs, the process of rejecting an immunization should be a more arduous process. The Resident Assistants on each floor should be informed of students'

unvaccinated status in order to take extra precautions. If the RA was informed, it would not be necessary to tell roommates or suitemates lest they may discriminate. Public safety takes front seat and the university's primary job is to ensure the safety and wellness of the students.

Getting vaccinated reduces your chance of getting yourself, as well as others, severely sick. Proper precautions should be taken by non-vaccinated individuals to reduce the spread of sickness. We may not know who or why someone contracted the mumps, but we can reduce the chances by staying clean and vaccinated. Modern medicine and vaccinations were created for the health and wellness of society and we should all take advantage of it.

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Comic of the Week: Student Woes

This back to school season is as stressful as ever.

By Kate Sims



U.S. Shortage of Therapists is a Problem

Psychiatrists? Not so much

MENTAL HEALTH

SAM ALLEN
Opinion Editor

Nervousness spread through me as I read a Bay News 9 article titled: "Across Much of US, A Serious Shortage of Psychiatrists." The article claimed that despite growing awareness of mental illness, a shortage of psychiatrists is becoming an increasing problem. My mind instantly filled with thoughts of people across the nation with mental illnesses that were going unaddressed. But then I remembered my first encounter with a psychiatrist and soon after changed my mind.

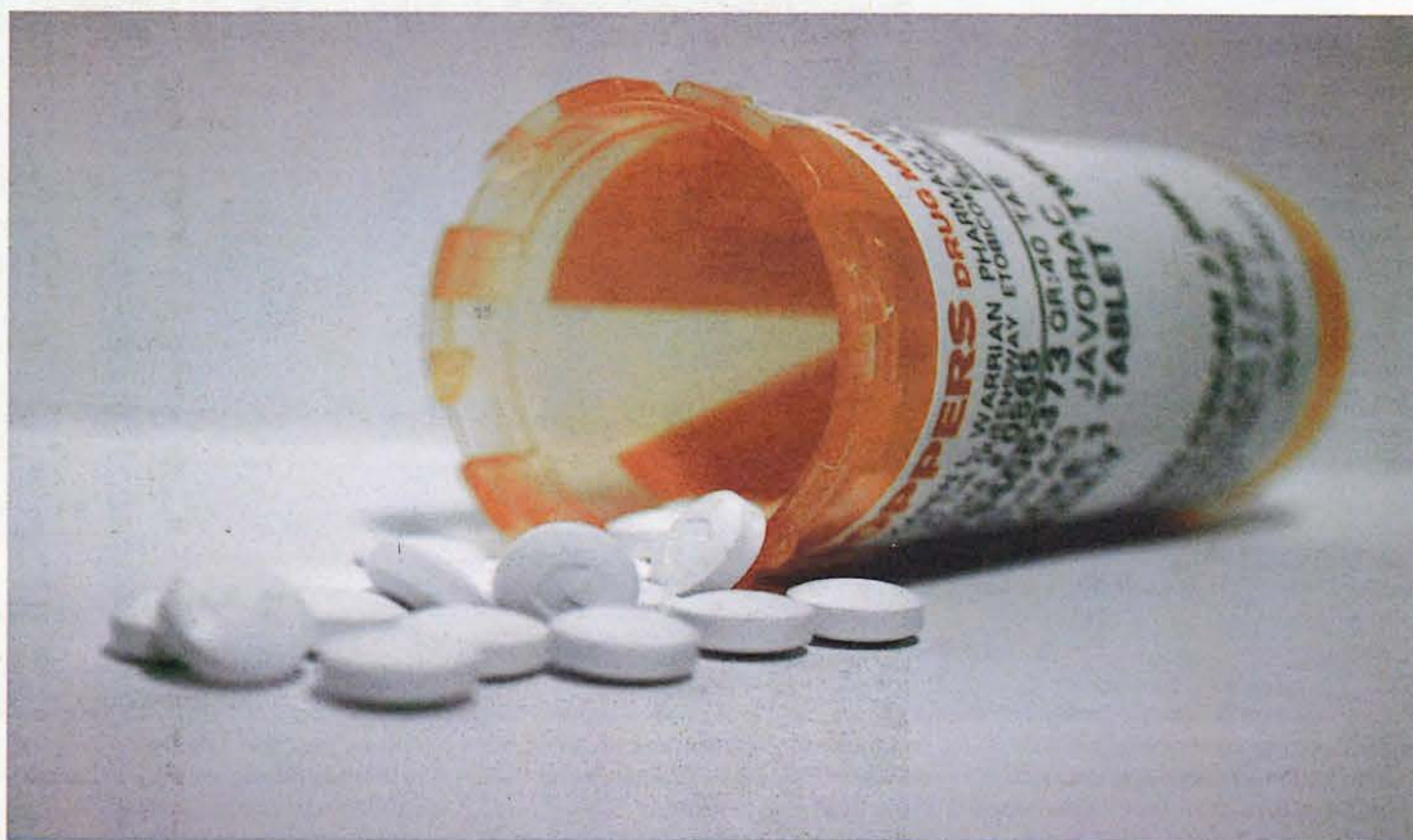
The year before I moved to Tampa I was terrified that I had been developing some type of mood disorder, so I was turned over to a psychiatrist like so many other cogs in the pharmaceutical machine. After admitting that she had not read my file that my therapist had sent over, the psychiatrist spent a brief 10 minutes with me and decided to prescribe medication. Her words on the subject were as followed, "I don't think you have a disorder, but take this anyway."

I angrily left her office without the prescription, appalled by her lack of interest in me or the impact these drugs that I apparently didn't need would have on my body. She turned out to be right, I don't have a mood disorder, but she should never have offered me medication.

This country needs a serious reform in the way we screen for mental illness and the care provided for people who genuinely need it. This lack of psychiatrists, who sit at their desks and only glance up at you long enough to scribble you a script, may be a good thing.

We need to focus on providing more Cognitive Behavioral Therapy. The therapist I saw before going to the one who simply prescribed me medicine, met with me weekly and drew up plans on how I could change my ever-swinging mood. She helped me manage my stress and suggested meal plans that reduced my sugar intake and would help me sleep better. She encouraged me to work out a few times a week, so that I could blow off steam in a healthy way rather than taking my frustration out on others. Therapists help you work through your problems yourself, giving you the tools necessary to improve your life, especially when things get tough. Unlike therapists, Psychiatrists are medical doctors and can prescribe medication. Even now I turn back to the suggestions of my therapist when I become overwhelmed and think about how I can better manage my mood.

There are certainly people out there who do need a prescription, but Cognitive Behavioral Therapy can help them too. Medication should be a last-resort option, but instead it's a psychiatrist's first instinct. This practice is putting a Band-Aid on a serious issue in our society. Going to see a therapist should be a healthy thing that we are not afraid to talk



Medication for mental issues can be prescribed by psychiatrists, but should be used sparingly. *The Javorac/Flickr*

"As enrollment continues to increase, as well as psychological and mental health issues continue to increase, we have to keep up the pace with that. It's absolutely Paramount." Gina Firth, Associate Dean of Wellness.

about or admit to. Everyone has problems and occasionally a trained professional is the best person to lend a helping hand.

This overmedication is part of what leads to the stigma of mental illness. All too often the mentally ill are given medication and sent off without any tips or tools on how to manage stress in general. It made me feel helpless to be sent to that office and know that this was all they were going to do for me. They were writing me off, medicating me and sending me away to make room for the next person in need of 'help'. What we need is more accessible therapy options and a clearer distinction on what each counselor specializes in. We should be striving to solve the mental health crisis not to medicate it.

UT students who may be struggling with depression, anxiety, etc., have many options for therapy on campus. "We have our own counselling center which is staffed by two licensed mental health counselors, one licensed clinical social worker, one psychologist, one psychiatric nurse practitioner and a consulting psychiatrist. We have quite a variety of options here on campus. A student is eligible for up to six counseling sessions a semester and if they need more than that, our therapists will make a referral to someone in the community," said Gina Firth UT's Associate Dean of

Wellness. "Every case is 'case-by-case' you can never give generalized care," Firth explained.

However, with our growing number of students and initiatives to destigmatize mental health counselling we might begin to feel the effects of the ever growing need for therapists in our community. This shortage is one of the many concerns of Firth and Connie McCullough, UT's Counseling Services Director. So with UT's rise in student enrollment, will the university be able to provide enough care? "As enrollment continues to increase, as well as psychological and mental health issues continue to increase, we have to keep up pace with that. It's absolutely paramount," Firth assured me.

Sam Allen can be reached at Samantha.Allen@theminaretonline.com

For More Information

To Schedule a Counselling Appointment at the Dickey Health and Wellness Center call the following number: (813) 253-6250
healthcenter@ut.edu

Hours of Operation

Monday-Wednesday:
8:30 a.m. - 5 p.m.
Thursday: 9:30 a.m. - 5 p.m.
Friday: 8:30 a.m.-5 p.m.

To get involved with Mental Wellness on campus visit the Wellness Center to join the **Active Minds** Initiative. *This group works to utilize the student voice to change the conversation about mental health on college campuses, educates students on mental health issues and advocates to reduce related stigma.*

National Suicide Prevention
Lifeline: 1 (800) 273-8255



Sam Allen/The Minaret

One Man's Pipe Dream, Another Man's Reality

FACULTY FORUM

DR. RYAN HEBERT
Professor of Music

Editor's Note: This year The Minaret is implementing a column called "Faculty Spotlight." Here faculty can share opinions and viewpoints with the university community. We encourage them to submit articles approximately 700 to 1100 words long to enrich the atmosphere on campus.

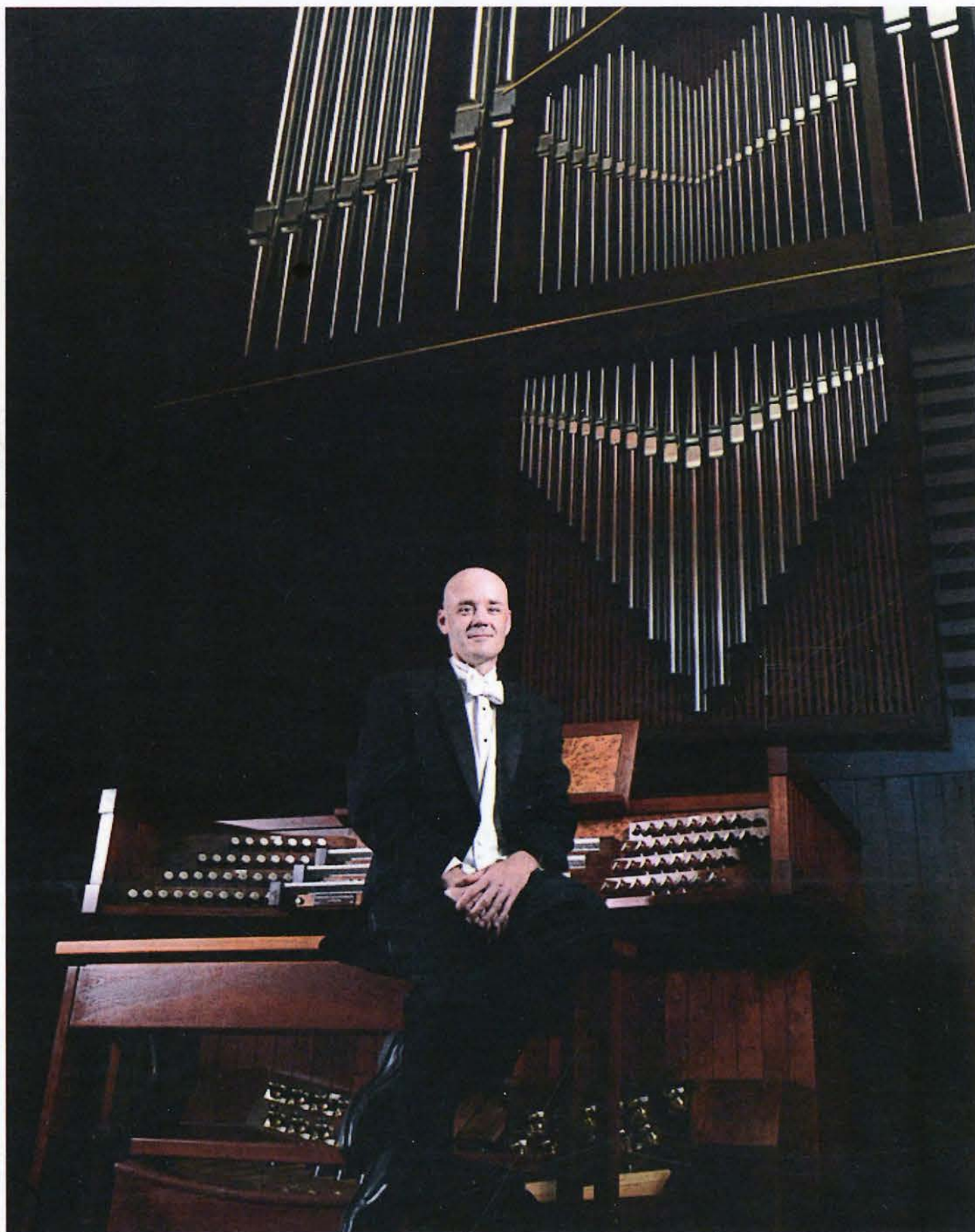
Please contact griffin.guinta@theminaretonline.com if interested in contributing.

It's 7:00 a.m. when I arrive on campus most mornings. With the exception of some dedicated athletes and the occasional security personnel stirring about, the campus has a rather calm, if not austere, feeling to it. Although they're deserted, in a few hours the sidewalks will be a flurry of people, walking with purpose, but oddly stuck inside their heads, perhaps worried about getting to class on time, or dealing with the stress of navigating another busy day.

For me, it all starts with a good cup of coffee in my hand and a short walk from the music building to the chapel. Through the quietness of the twilight, the morning haze lifting through the sunrise, my short walk from the music building to the chapel gives me a moment of reflection. I am travelling to one of our campus's most unique spaces - Sykes Chapel and Center for Faith and Values. I am grateful for this place for several reasons.

Most who walk through the doors of Sykes Chapel will see the organ first; it's too obvious to miss its imposing stature. One's eyes are immediately drawn to an imaginatively designed case of shiny pipes arranged in perfect proportion. There is so much for the eye to see, and it takes a moment to take it all in. The case towers 80 feet into the air, and the sheer beauty of its design leaves one breathless. For me, this machine, this musical instrument, is so much more real than what the average person experiences when they see and hear it. I am one of only a handful of people who actually get to play it, and because of that, my day doesn't start like most who arrive on campus to work and attend classes.

Not only do I have at my fingertips and toes the ability to control the sounding of the organ's 3,184 pipes, but I have an understanding of its vast inner-workings. How is this? Because I have crawled around behind the organ, high above and deep behind what most people see. I have traveled into the bowels of the organ case to witness the complexity of its design; I marvel at how this great cacophony of mechanics, levers, electrical wires, wood and metal all work together to make such a glorious sound. And even more so, I marvel at how I can make this happen with my own hands and feet, even in the early hours of the morning. But it's not the engineer



Dr. Ryan Hebert has been an avid organ player since childhood and enjoys playing daily at The Sykes Chapel for Faith and Values. *Jessica Leigh Photography*

in me that appreciates the organ, it's the musician in me that is drawn to it. From a very early age, I can remember being curious about the organ and drawn to its massiveness and beauty. I remember feeling like I wanted to be the one making those pipes sing, and I have never lost my passion for playing what Mozart once called "The King of Instruments."

It's 7:15 a.m., and just a few steps away from the students sleeping in their dorm rooms, dreading the inevitable sound of their alarm clocks, the organ sings in its fullness and richness of tone inside the chapel. I turn the switch and air rushes into the "lungs" of the organ, each pipe standing erect, ready to sing. The lights on the console shine brightly, ready to illuminate the music to be worked on.

Sometimes I play full organ, yet no one is aware of even the slightest disturbance on campus. No one outside of the chapel walls is aware of the sounds within them. I am alone, but that's OK. I too am unaware. I am unaware of the

activities that are slowly emerging as each minute marches toward the start of the day. Faculty and staff arrive and students wake from their slumber; the sidewalks prepare for the bustle of another day. In this sacred moment, I play centuries-old music that feeds the soul.

Without a concern for what happens outside of the building, my mind is refreshed and my awareness soars with the music of the organ, wafting high above my head. I am focused and centered, working out difficult passages of music. This is my escape from the mundane activities of everyday life.

It's 8:50 a.m., and I realize it's time to get to my first class. As quickly as the organ came to life, the switch is turned off, the lights extinguished, and reality emerges with a great sense of urgency to make it to class on time. However, in preceding moments time has stood still inside the building, while the sidewalks now feel the increased vibration of activity. The time I just spent practicing seems to have

vanished, and feels as illusive as playing the organ is in and unto itself. But that's okay. My mind is clear--my consciousness is fully aware of the present moment.

Before the "regular" day begins, my soul is full. My mind is overflowing with energy and creativity. My ears are gleefully saturated with the sounds of organ music heard just moments before, in the stillness of the morning. My spirit is rejoicing because I worked out those difficult passages of music and found just the right combinations of sounds on the pieces I am preparing to play for a future concert.

It's a good feeling. I'm already looking forward to tomorrow.

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The Shots Heard Around the World

Gun Regulation Needs to be a Top Priority for America

PUBLIC SAFETY

SARAH TICE
Opinion Contributor

On Aug. 29, a 13-year-old girl was injured on the Arizona freeway by flying glass from a car window being shot. Many similar incidents on that freeway have been reported since. Just a few short weeks later on Sept. 14, another shooting occurred, this time in Mississippi. Shannon Lamb, a professor at Delta State University, fatally shot another professor, Dr. Ethan Schmidt. Lamb also shot his supposed girlfriend, Amy Prentiss, at her home in Mississippi. Lamb committed suicide a few days after the crimes were committed. Both of these shootings occurred within weeks of each other and drew heavy media coverage.

Gun violence is a major issue in the United States and it happens quite frequently. How many more incidents need to occur before we make a change? The bottom line is, the United States needs stricter gun regulation. According to the Washington Post, the United States has a higher gun violence rate (an estimated 30,000 firearm deaths annually) than Australia, France, Canada, and Germany, among others. In 1996, Australia removed

one million guns out of circulation following one of their biggest massacres, a CNN report said. The country banned rapid-fire rifles and shotguns soon after and also introduced an effective buy-back policy. The Washington Post states that following the increase of gun control, Australia's homicide rate fell by 59 percent and the suicide rate fell by 65 percent. So America, what are we waiting for?

The United States is in desperate need of gun regulation, however not everybody agrees. The main issue people have with gun restrictions is the belief that changing these laws will violate the Second Amendment: the right to bear arms. Stricter gun laws do not take away this right. We who are for stricter gun regulations are not asking for the complete recall of guns, but rather we are asking to make obtaining a gun more difficult, as many fall into the wrong hands. Australia's methods seemed to work, so we should follow by their example. If we do, we could see a significant decrease in gun-related violence.

We must begin by implementing stricter background checks, banning assault weapons and enforcing mandatory waiting periods. Thorough background checks will shed more light on the person trying to buy the gun. Moreover, anyone with a criminal history or someone mentally



St. Louis Circuit Attorney's Office/Wikimedia Commons
Gun control is a serious problem in America that does not receive the attention it deserves.

disturbed shouldn't be allowed to own a gun. Banning assault weapons like semi-automatics is another no-brainer, as they were originally created for the military, not civilian use. Lastly, enforcing mandatory waiting periods helps guard against impulsive acts of violence such as massacres and suicides.

With the country's attention scattered in a million different directions, it appears gun laws are not changing anytime soon, even though we are in need of change. Gun regulation could save hundreds of

lives each day and thousands of lives each year. We, as a country, need to take action and make sure that guns do not fall into the wrong hands and that massacres and incidents involving guns cease to exist.

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I'll have my James Bond Black, Please

SOCIAL ISSUES

SAMMI BRENNAN
Arts + Entertainment Editor

Upon recently viewing the trailer for the upcoming James Bond film *Spectre*, the fire of outrage, which was at the time mere ash, had once again reignited from within me. It all began with the comments sparked by Anthony Horowitz, author of *Trigger Mortis*, which is a continuation of the classic James Bond book series. Although not the original James Bond creator, Horowitz decided to provide his input on who should follow Daniel Craig as the notable secret agent. Let's just say his comments had "shaken" many and "stirred" a heap of controversy.

As far as casting goes, there has yet to be any diversity in regards to who should play Bond. Beginning in 1954 with Barry Nelson's portrayal in an hour-long TV special, Agent 007 has since continuously been casted as a white male seven times. In one of the many leaked Sony Pictures Entertainment emails, Chairperson Amy Pascal suggested British actor Idris Elba be the next James Bond. Social media went mad and there was an overall, if not overwhelming acceptance of Pascal's proposal. In December, Elba took to social media as well, tweeting: "Isn't 007 supposed to be handsome? Glad you think I've got a shot! Happy New Year people." Alongside the tweet was a selfie of Elba making a comical face. Elba as Bond rumors began dying down and sadly there lacked any information of a production in the works.

In an article for the *Daily Mail* published on Aug. 29, when asked about Elba's consideration as James Bond, Horowitz's response took a major wrong turn in this deliberation. Horowitz's reply was as follows, "For me, Idris Elba is a bit too rough to play the part. It's not a color issue. I think he is probably a bit too 'street' for Bond. Is it a question of being suave? Yeah." Upon first reading this comment, countless thoughts and questions flew through my mind like a raging storm. Above all, I was frustrated with the amount of ignorance this statement held.

Firstly, Anthony Horowitz took to social media for his apology—tweets clearly show how sincere a person is. Since when did our culture decide that posting a status or writing a tweet would be a fulfilling apology? Nevertheless, Horowitz went that route. In his defense, he mentioned that in his *Daily Mail* interview he specified another black British actor would be better suited for the role. This

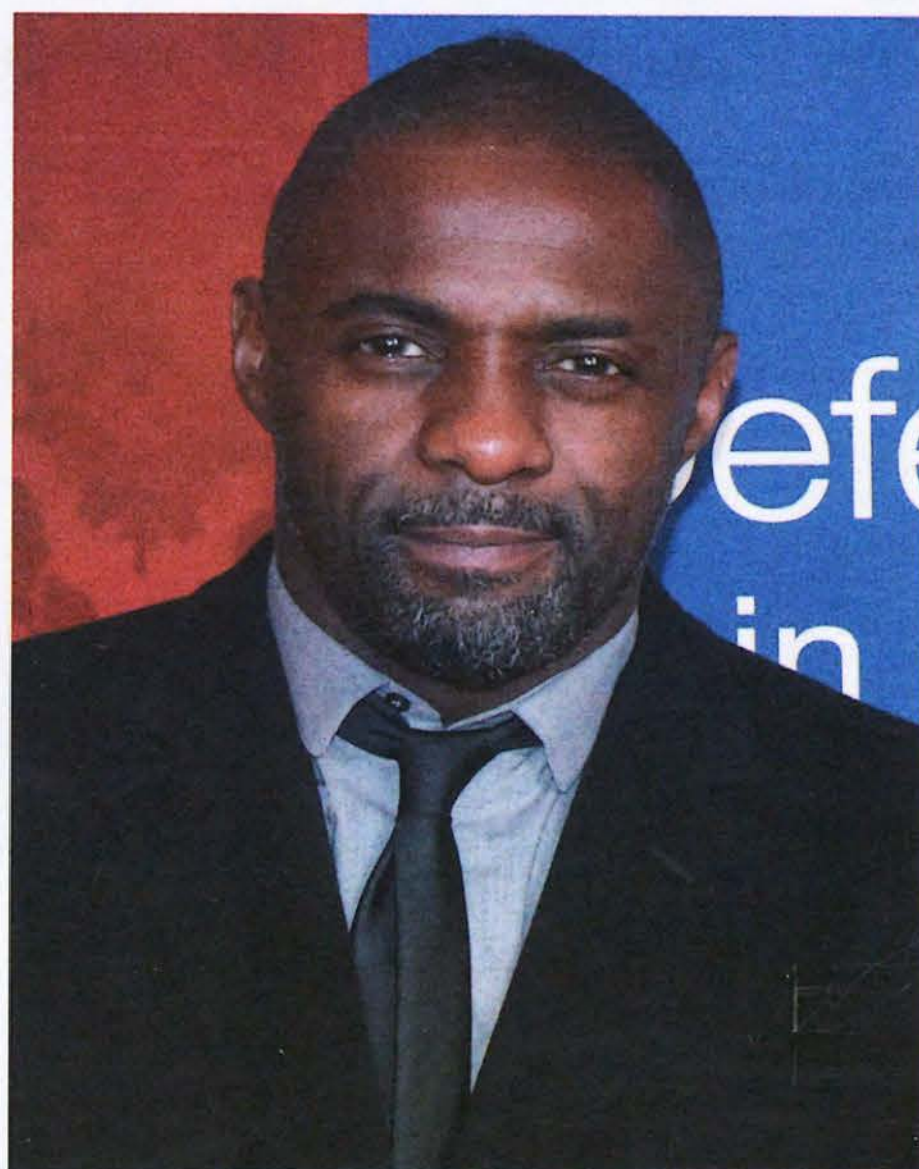
sounds eerily similar to the "I'm not a racist, I have black friends," argument.

Horowitz's apology also sparked some connections in my head to the CNN article tweeted by the actor Don Cheadle. The article was titled "Go Ahead, admit you're a racist" by CNN writer John Blake. The article revolved around Kelly Osbourne's racist comments on *The View* in which, upon discussing Trump's views on immigration, Osbourne said, "If you kick every Latino out of this country, then who is going to be cleaning your toilet?" Of course, many were outraged by Osbourne's remark, including *The View* host Rosie Perez. In Osbourne's apology tweet, she wrote, "I will not apologize for being a racist as I am NOT."

Writer John Blake discusses in the article how he urges those who make racist comments to take responsibility for what they have done by wholeheartedly saying something along the lines as, "I was being racist," "Those were racist comments I made," or "What I said was racist." Anthony Horowitz needs to admit that what he said was, indeed, a racist comment. Moreover, can we finally end twitter apologies? If I made a racist comment that upset someone I wouldn't tweet it, I would go up to the person I offended and formally apologize. Clearly, Horowitz was not willing enough to take that extra step.

Secondly, Horowitz admitted his comment about Elba being "too street" was derived from Elba's role on the BBC drama *Luther*. Elba plays a detective chief inspector who doesn't play by the book, but that is only because he is geared to seek justice for others with law enforcement constantly clashing with him. As a fan of the show, it's difficult to perceive how Horowitz interpreted the character of *Luther* as being "street." Let's not forget all the roles Elba has had, like, say, portraying Nelson Mandela? Or how about his roles as a Nordic God in *Thor* (2011), a branch manager on *The Office*, and, one of my favorite roles, as marshal Stacker Pentecost in *Pacific Rim* (2013).

Guess he only plays street thugs. Perhaps Horowitz was referring to Elba's role as the drug lord Stringer Bell on the critically-acclaimed television series *The Wire*. Since when did we start assuming that a person's role on a television show or in a film has anything to do with how that person is in reality? If that is the case, then Michael C. Hall is a serial killer, Leonardo DiCaprio sniffs cocaine out of butt cracks and Andy Serkis is an actual ape. To quote John Blake, "go ahead, admit you're a racist."



UK Department for International Development/Wikimedia Commons
Idris Elba, known for his roles in *Thor*, and *The Office*, may be the next James Bond.

Breaking it down into specifics, Elba would be the ideal James Bond. The actor is used to backlash, which he will inevitably receive from racist James Bond fans stubborn in their beliefs that James Bond cannot be any other race (cue Rush Limbaugh).

Do not fear, Elba already has dealt with white supremacists. He can definitely handle it. In 2011, Elba was cast as the Norse god Heimdall in Marvel's *Thor*, and the Council of Conservative Citizens was not pleased. They urged others to boycott the film since a black actor was cast as a Norse god. A website was created known as boycott-thor.com, where the CCC described this outrageous casting by claiming that Marvel "viciously attacked the Tea Party movement, conservatives and European heritage." This is where I roll my eyes so hard that I get a headache. Elba's

response did not let me down. He told the *TV Times*, "Thor's mythical, right? Thor has a hammer that flies when he clicks his fingers. That's OK, but the color of my skin is wrong?" He went on to say that the casting choice was "a sign of the times for the future."

Overall, Anthony Horowitz needs to own up to his words by distributing a face-to-face apology with Elba, acknowledging his comments for being what they truly are: racist. No, I will not be seeing the new James Bond film. Better sharpen your pitchforks CCC, because I am not seeing anything with Agent 007 until I see some diversity.

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Target Stores Go on a Health Kick

LIFESTYLE

MARISA NOBS
Opinion Editor

The line of junk food products present at many retail and food stores' cash registers is all too familiar. One chain, Target, is seeking to change that by replacing them with healthier options, such as granola bars and Fitbit products. Of course, this move is a direct result of the two companies forming a partnership, but still, props to Target for taking away the looming temptation of packaged diabetes.

To help promote a healthier lifestyle among its employees, Target is providing them with free Fitbit Zips, which track a person's daily activity. With the retail price set at \$60, and Target's willingness to subsidize the cost of employees purchasing a more expensive Fitbit, the megastore

is clearly investing a lot more than time into this project. Don't fret; they aren't stopping there! Employees will be eligible to partake in a month-long competition consisting of fitness challenges, ultimately competing for the grand prize of selecting a charity to donate \$1 million dollars to.

It appears as though Target is aiming to change its image, again. Although the underlying goal is profit, the potential benefits for Target shoppers and employees justify it. When the company first started out, it had a less than sparkling reputation as a low-class discount store. When trying to buy ad space in *Vogue*, Target received a letter of rejection that stated, "We don't want your money, because including a brand like Target would diminish the quality of our advertising." Ouch.

With the right approach and investments, Target became what it is now a dominating force in the retail marketplace. This month, it featured a

twenty-page spread in *Vogue*. However, with people now becoming more health-conscious, the company needs to keep up. This is why it is taking dramatic steps to create an association between Target and healthy-living. It is mildly manipulative, but also clever.

There is no guarantee if it will work, though. A study conducted by Endeavour Partners concluded that half of 6,200 people who bought a strap-on fitness device stopped using it. If people who invested their own money in a device don't commit to it, then it is unlikely people will do it when receiving the product for free. Regardless, just the act and publicity may be all that Target needs to update their image as planned.

There is no denying that companies all aim to adjust to the changing world in order to keep the money rolling in, but at least Target is doing it in a way that may help, in a very small way, combat obesity in



ThePlac/Wikimedia Commons
Targets nationwide will promote healthier lifestyle.

America. Hopefully, it will even start a chain reaction (pun intended) among other stores.

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SPORTS

Swimmer Sets His Sights on Olympic Glory

Jeremy Parker qualifies for Olympic Trials with a record time in the 50 free

By KATELYN MASSARELLI
Sports Writer

Qualifying for the Olympic Trials is an honor for any athlete, especially to senior Jeremy Parker, who now qualifies to go to the Summer 2016 Olympic Trials for his performance in the 50 freestyle. Parker started swimming as a sophomore at Plant High School after realizing he wasn't meant for contact sports.

"I played lacrosse [before I started swimming] and broke my wrist," Parker said. "Rough sports weren't for me."

Parker's stepfather at the time encouraged him to try swimming. His stepfather was a swimmer for the University of Pennsylvania and would have gone to the Moscow Olympics in 1980, had the United States not boycotted following the Soviet Union's invasion into Afghanistan.

Parker started swimming for Plant High School's team and Greater Tampa Swim Association (GTSA). He quickly worked his way to the top with record breaking times in 200 free relay of 1:28 and the 400 relay of 3:13.

Wanting to further his swim career, Parker came to the University of Tampa where he is now in his senior year and carving new record times.

He holds records at UT in the 200 free, 200 free relay, 400 free relay, 800 free

relay, 200 medley relay and 400 free relay. Statewide, Parker holds a record with his relay team for the 200 free relay.

He achieved his qualifying time for the Olympics at the end of July this year at the Summer Beach Blast Invitational when he clocked a time of 22.87 seconds in the 50 free. UTampa has had five swimmers qualify for the Olympic Trials, but Parker will be the only one going because he is from the United States while the others are ineligible international students. Although Parker was excited to qualify for the Olympic Trials, this wasn't just an exciting moment for him, but for his entire team.

Senior Jordan Augier from St. Lucia who swims alongside Parker, described the momentous occasion as eventful. "He texted me that day and just said 'Dude, I got it,'" Augier said.

Both compete together on the 400 free relay and 200 medley relay. "Even though I can't go to the Olympic Trials for the U.S, it's still motivating to be on the same team as him because we motivate each other," Augier said.

Augier, along with the rest of UT's swim team, were supportive of their teammate. "My coach posted a picture of me [in my qualifying race] and the team started blowing up my phone," Parker said. "Considering I started when I was 16 years old when most start at five, I feel like I have done really great and that is all thanks to my coaches and teams."

Parker's favorite memories are making the Olympic trial cut and getting second place with his relay team at National last season.



Photo courtesy of Tom Kolbe
Parker qualifies for the Summer 2016 Olympic Trials with a recorded a time of 22.87 seconds in the 50 free.

Parker's current plan is to focus on his final year at UT and help get his team to Nationals. His goal before the Olympic trials is not only to compete for the 50 free, but also make the qualifying time for the 100 free as well.

"I am more determined than I've probably ever been in my whole life," Parker said. "It's kind of unreal when now I can almost count the days until I am almost done with swimming for the rest of my life."




























He'll continue to compete and train with GTSA leading up to the Olympic trials in late July of next year.

To make the Olympic swim team, Parker will have to be in the top sixteen in preliminary rounds, then in semi-finals top eight, and finally the top two swimmers in finals will continue on to the Olympics.

"It's every swimmers goal and it's an honor to even go to the Olympic trials, but even if I don't go to the Olympics I plan to do great and come out on top to end my career on a good note," Parker said.

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COLLEGE FOOTBALL PICK 'EM: STUDENTS PICK THIS WEEKEND'S BIG GAMES

GAMES					
					
WHO	UCF v. South Carolina	West Virginia v. Maryland	Florida v. Tennessee	Ohio State v. Western Michigan	Oregon v. Utah
 Frank Caio Junior Film Major	 28-17	 35-24	 20-17	 52-20	 42-28
 Sarah Moore Sophomore Allied Health Major	 28-24	 17-14	 28-20	 38-17	 48-24
 Philip Novotny Junior Communications Major	 35-3	 27-24	 31-20	 41-14	 41-38
 Santiago Lopez Sports Information Assistant	 24-10	 42-24	 35-31	 56-21	 62-35

Graphic by Wendy French

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Soccer Transfer Starts Season With a Bang

Nastasia Asgedom named Player of the Week in first game of season

By TARYN TAYLOR
Sports Writer

Nastasia Asgedom, a freshman soccer transfer from University of Central Florida, started in the first game of her UT career last weekend. She assisted with the game-winning goal in an upset against Columbus State University and became the Sunshine State Conference (SSC) Player of the Week. Asgedom is still in disbelief over this great recognition.

"I am super excited, it was my first game and I can't believe I got it, especially with all of the other players on the team," Asgedom said. "It came out of nowhere."

A Tampa native, Asgedom played soccer at H.B. Plant High School and club soccer with Tampa Bay United on the same team as some of her current UT teammates. Over the summer, Asgedom spent days playing with Tampa Bay United where they made it to regionals. As a collegiate player, Asgedom ventured to UCF, but saw no playing time as a redshirt. Her first game was against Columbus State on Sept. 11 playing for UT.

"When I first heard Nastasia was going to come play for UT I was very excited because after playing with her for two

years I knew how good of a player she is and I knew she would come in right away and make a difference," said sophomore Miranda Gonzalez.

Not only is Asgedom from Tampa, but she has roots in the UT community. Her father played soccer and is a coach for the men's soccer team. However, her decision to become a Spartan wasn't influenced by her father. Her dad is all for Asgedom making her own decisions and it was Asgedom's choice to play close to home; a perk being her family is able to come to more games and watch her play.

"My family is here, I grew up in Tampa and my dad helped me with soccer--while I was at UCF he couldn't make it to a lot of the games," Asgedom said.

Asgedom has been a value to have on all of the teams she has played for. As a junior in high school, she led her team in scoring and helped her team win a district championship, as well as make it to the regional quarterfinals. She has plenty of championships under her belt playing club soccer at Tampa Bay United. In the past year, they were both regional and State Cup champions.

Asgedom was in the game for all 90 minutes against Columbus State, where she recorded a goal and an assist. She says that when it came down to assisting in the game-winning goal, it was just "being there at the right time." Against the University of West Florida, she played 84 minutes and again made a goal and assist. She was



Photo courtesy of Tom Kolbe

Asgedom makes her collegiate debut for UT on September 11 against Columbus State.

excited to be on the field and ready to help her team this season.

"My first game was nerve-wracking, but a huge relief being on the team," Asgedom said.

Her coaches and teammates all agree that she has been a great addition to the team and are excited for this season with her. They are all happy to see her strengths so early in the season and can't wait to see what else she'll bring to the team.

"She has been an explosive threat offensively and we are going to look for her to continue and grow as a player throughout the year," said head coach Erin Switalski.

Asgedom is fitting into the system very well and has no regrets behind her decision to become a Spartan.

"I wouldn't change it," Asgedom said.

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Eat Like a Spartan: Inside an Athlete's Diet

UT athletes describe the meals that keep them at the top of their game

By ERIN TOWNSEND
Sports Writer

For Spartan athletes to train and compete at a superior level, part of their formula for success is knowing how to properly fuel their bodies to dominate Sunshine State Conference play.

"If you want to perform your best as an athlete, you should care about how you fuel yourself," said senior cross country runner Aimee Epps.

Instead of following a specific diet, integrating healthy eating habits is the most beneficial and long lasting option, according to athletes.

"I would not really say I follow a diet, I call it a lifestyle. My motto is eat clean, train dirty," said swimmer junior Marisa Barton.

Some players, such as Epps, noticed that being more food conscious not only improved their performance, but also their health and well-being as a whole.

"Diet has a lot more to do with performance than many athletes give it credit for I believe the change in my diet is part of why I dropped over a minute in my 5k time," Epps said.

These healthy eating habits revolve around eating a combination of different whole foods over processed foods.

"My diet goals are to eat as balanced as

possible [including] lots of protein, vegetables, fruit, grains and carbs. I try to put in the best food in order to produce the best performance in volleyball," said volleyball player senior Berkley Whaley.

These individual formulas can vary within a team depending on position or performance goals. A sprinter and long distance swimmer are going to have different nutrition plans to prepare themselves nutritionally.

"My particular diet is beneficial to my sport of swimming and type of events which are sprint events because I remain lean but keep my strength and muscle mass at the right amounts," said senior swimmer Jordan Augier.

A major goal for a lot of Spartans, especially swimmers, is taking in enough calories of proteins and carbs to help to continue building muscle from their high-intensity workouts and prevent muscle breakdown from calorie deficiency.

"For [swimming], it is very important to make sure we are properly fueled before we train. We burn ridiculous amounts of calories in our two-hour training sessions each day. In order to be able to train as hard as we do, it is important that we replace those calories as soon as possible," said Barton.

What you take in immediately after a workout is essential to promote growth and prevent breakdown. Chocolate milk is a favorite option because of its ideal mixture of proteins, carbs, and electrolytes.

"My diet goals are to make sure I am always fueled properly for practice. That means getting in the right kind of carbs, such

as fruits. After practice, my goal is to start recovery right away. I love drinking chocolate milk or a protein shake right after I am done with training," said Barton.

Each athlete has different food groups that they pay particular attention to, but most included increasing protein intake and limiting sugar intake.

"I stay away from sugary and greasy foods and track that I get the right kind of carbs and proteins, such as whole-wheat pasta and chicken, along with plenty of fruits and vegetables," said Barton. Augier mentioned that focusing highly on hydration was also important to him.

Another big element of any athlete's diet is knowing the right type of carb to eat. This would include eating whole grains, fruits and vegetables instead of sugars and simple starches, like white bread.

"I try to eat a good amount of healthy carbs so that I can burn them and turn them into fuel when I am competing or training," Whaley.

Throughout their training, when athletes eat carbs, it is vital to their training regiment. Many swimmers like to increase their carb intake before important events to optimize their amount of stored energy.

"I try my best to eat healthy and take out a lot of sugar from my diet so I will rarely be seen eating sweets, especially before my big meets. Also, in the weeks leading up to a big meet, I will eat only protein and greens and the week before start carb loading with pasta. The diet I follow is important for swimmers because carb loading really ensures that your

body has plenty of stored energy, and this is essential when swimming twice a day for four days at big championship meets," said swimmer Jeremy Parker.

While eating healthy and maintaining a proper intake of nutrients, the secret to any successful diet is to have room for an occasional cheat meal. "I do have a favorite guilty pleasure food and that is bacon. I love bacon," said Whaley.

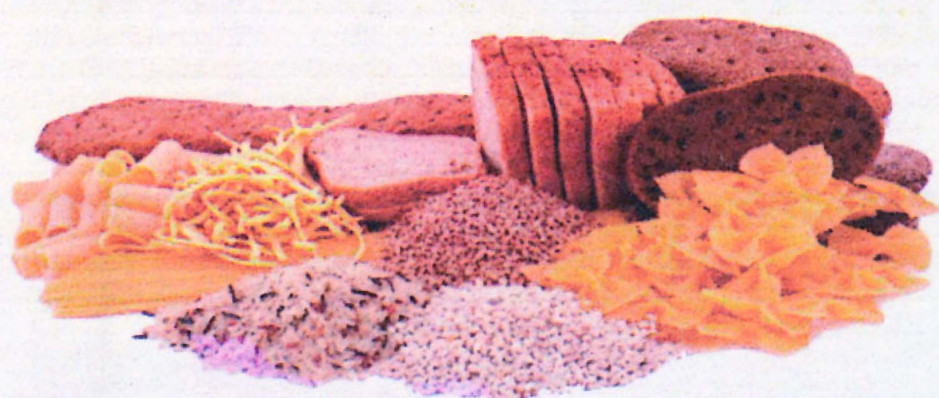
Epps, senior soccer player Lauren Moore, and volleyball player Allee Stelogeannis all treat themselves to pizza or ice cream (Ben & Jerry's) after a challenging practice or competition. Barton and Parker love candy, while Augier's cheat meal is McDonalds.

Most Spartan athletes said that they save these treats as a reward for pushing through a hard workout or as a post-season treat. This helps keep them motivated to stick with a healthy diet because they are not completely restricting themselves from food they love.

"Diet is good for me as an athlete because if I just kept eating whatever I wanted without considering my weight, I'd be putting my health in risk and my playing ability would decrease," said hockey player Bryan Bellemore.

With knowledge on how to fuel their bodies properly and maintain a wholesome balanced lifestyle, Spartan athletes are able to uphold a commanding presence and continue to dominate when game time starts.

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Taking on the family business



Photo Courtesy of Joshua Nascimento

At the age of 7, Nascimento poses with his legendary father in their home of Sao Paulo, Brazil.

From PELE'S SON Page 1

kick", but to Joshua, he was the man who helped him master riding a bicycle. And while included in Times' "100 Most Influential People of the 20th Century," Pele is undoubtedly one of the most influential people in Joshua Nascimento's life.

Like many children in Brazil, soccer quickly became more than just Joshua's passion. Wishing to play soccer professionally, Joshua has taken great strides in making his dream become a reality. At age 15, Joshua joined the Florida Rush, a developmental club where he began to hone his skills as a soccer player. But his journey truly took shape two years later.

In 2013, Joshua joined the youth academy of the prestigious Brazilian club, Santos F.C. On those legendary training grounds, he walked on the same fields that his father once did, who joined the club at the age of 15 in 1956, and would go on to score over 1000 goals for them. But with his father's legacy well in the past, Joshua joined Santos with every intention to begin a career of his own.

"Playing for Santos was a really great experience as it is one of the top youth

academies not only in Brazil, but in the world," said Joshua. "I got to be in the same academy as really good players like Neymar and Robinho. Santos developed me both mentally and physically and the experience I got was invaluable"

Playing for the U-20 team, Joshua helped Santos toward a 2013 São Paulo State Cup. However, his time playing for the historic club was marred with injuries and this past year Joshua decided to return to playing in the United States so he could compete at the

collegiate level.

So, how does a high-profile Brazilian forward with tons of upside wind up choosing to attend the University of Tampa? Well, whereas his father was a major influence in his soccer career, his twin sister, Celeste Nascimento, played a huge role in him becoming a Spartan.

"My sister and I are very close and, when I was looking at schools, I already knew she would be coming here, so UT was already on my radar," said Joshua. "Celeste told me how interesting the school was, but I knew I wanted to be a Spartan when I visited the campus and got to look around."

Now a Spartan, Joshua is eager to start the next step of his career as a collegiate student-athlete, a term that means a lot to the young forward.

"My goal is to play professional soccer, but that's not my only goal by any means," said Joshua. "I want to get a degree, and continuing my play in the United States gives me the best shot at doing that."

While he has already lived in the United States for several years with his sister and mother, Brazilian psychologist and gospel singer Assíria Lemos, Joshua can still see the differences between soccer culture in Brazil and the U.S.

"It's always a little weird going back and forth from the U.S. and Brazil. In São Paulo I am a

footballer, but in the U.S. I am a soccer player. It's an odd feeling," said Joshua. "In Brazil, every boy wants to grow up and be a footballer, but here in the U.S., soccer is not the forefront and there are a lot of sports that are more popular. But, academics are important here and the U.S. is doing a really good job college-wise."

While he has not had an immediate impact on the pitch as a Spartan, Joshua Nascimento plans to help UT in the best way he can. Though not as prestigious as Santos, UT has a strong reputation in getting players to the next level of their professional careers. Just this past year, two former Spartans faced each other in the Haiti vs. Jamaica matchup in the 2015 CONCACAF Gold Cup Quarterfinals. And this past July, former Spartan Tyler Blackwood inked a contract with English club Queens Park Rangers.

Whether or not Joshua is able to follow in their success is up to him, but that's just the way he likes it. Regardless of who his father may be or the comparisons that will inevitably come his way, when he steps onto the pitch, Joshua is a striker. A player who carries the weight of scoring goals on his shoulders. A man who has to stand alone against the defense, but has a whole team backing him up.

He may be the son of one of the greatest athletes to ever grace this earth, but that does not define him. "I am Joshua Nascimento, a freshman forward at the University of Tampa," said Joshua. "I am a Spartan."

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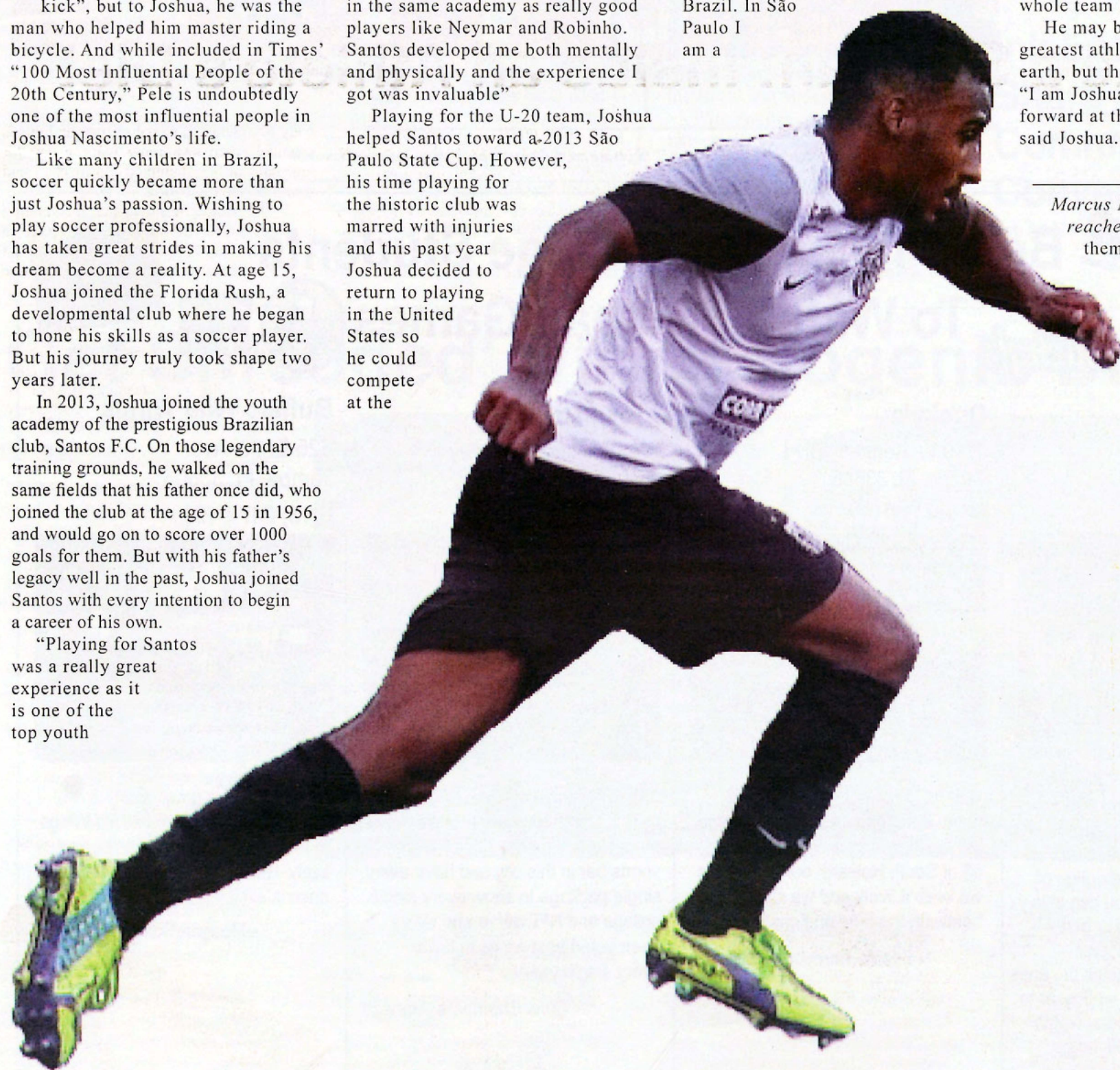


Photo courtesy of Joshua Nascimento

Local Restaurant Offers Scholarships to Incoming UT Athletes

By **FATIN AMIN**
Sports Writer

Ducky's Sports Lounge of Tampa, located on West Kennedy Blvd., has collaborated with the University of Tampa to create an endowed athletic scholarship worth \$50,000.

A total of four schools in Florida were picked by Ducky's to be awarded the scholarship, and the sports bar has agreed to a five-year pledge to raise the money. Ducky's established "UT Wednesday," where every first Wednesday of the month, a total of their earnings for that day will go toward the scholarship. Once the total amount has been reached, the interest rate from the \$50,000 will be awarded to an incoming freshman.

Anthony Prieto, a co-owner of Ducky's is looking forward to working with UT through building the scholarship and creating a relationship with the school.

"Everyone at the university is great," said Prieto. "They have been extremely helpful from day one. Ducky's is a sports-oriented restaurant and the University of Tampa has a great sports program."

The first UT Wednesday that was held on Sept. 2 at Ducky's, gave Prieto an insight as to what the faculty, staff, and the Tampa Bay community thought of the event.

"The response was pretty good," said Prieto. "Feedback from faculty and staff from UT that actually went was really good. They thought the food was good and atmosphere was great."

Schezy Barbas, Director of Major Gifts at the Office of Development and University Relations at UT, was approached by Ducky's and she worked closely with Prieto to create the scholarship.

"Ducky's contacted us because they were interested in creating an endowed scholarship for a student-athlete," said Barbas. "They reached out to UT as part of an initiative of the owners or partners to give back to the community by supporting students."

Barbas stated that the relationship UT has with Ducky's in creating the scholarship would be a good way to promote the school's athletics and name.

"UT attracts and recruits many deserving student athletes for whom financial assistance is important, and we were pleased to work together with Ducky's," said Barbas. "So this partnership is a tremendous benefit for future students."

Barbas hopes the scholarship will be a success and that it will continue to aid student athletes who wish to play at UT.

"When completed, the endowed

scholarship will be awarded to a student-athlete, for his or her freshman year," said Barbas. "The scholarship can be awarded each year to the same student for the remainder of the student's undergraduate education at UT, as long as the student continues to meet the selection criteria."

Ducky's reached out to UT in the early spring of 2015, according to Prieto. The collaboration is still in its early stages, but coaches are interested to find out what the scholarship has to offer.

Chris Catanach, the head coach of UT's women's volleyball team, has not heard much about the scholarship but gave his personal view about the scholarship.

"I think that is pretty neat and I just heard about it," said Catanach. "The scholarship is always a good thing for kids. My initial reaction is that it is a positive thing."

Catanach stated that it is a very

unique venture between a school and a restaurant to create a scholarship for incoming freshmen.

"I haven't found many restaurants in my years that are willing to commit to those major funds," said Catanach. "I assume Ducky's wants to generate patrons out of it, whether it is university employees, staff, faculty or students. I'm assuming they have a motive to it as well."

The athletic department here at UT is looking forward to the development of this relationship with Ducky's. Coaches, and athletic staff hope that the scholarship will grow and will eventually become a yearly affair to benefit the school and student-athletes.

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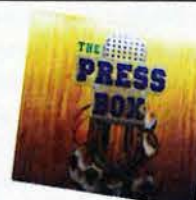


Popular sportsbar Ducky's has paired with UT to create an endowed scholarship, donating a portion of their revenue to an incoming athlete

Regina Gonzalez/ The Minaret



Best Places For College Students To Watch Football Games



Outpost Tavern

909 W. Kennedy Blvd.
Tampa, FL 33606
(813) 425-3647



"In addition to the twenty TV's we have, we also two managers here that are football fans we have a schedule printed out with all the games that are televised you. With the exception of when Ohio state plays, you can always come in and we can put any game that's televised on for you. Our proximity to UT campus helps because who wouldn't want to just walk over to a bar have a couple of beers, watch football and be able to walk home."

- Marc Petrini, General Manager

Ducky's

1719 W. Kennedy Blvd.
Tampa, FL 33606
(813) 254-6160



"We have so many TVs, a good menu that appeals to young people, the location is amazing being right off of South Howard, our staff is fun we keep it lively and we stay up beat with the fans and customers."

- Sophia Baraybar, Waitress

Press Box

222 S. Dale Mabry Hwy
Tampa, FL 33609
(813) 876-3528

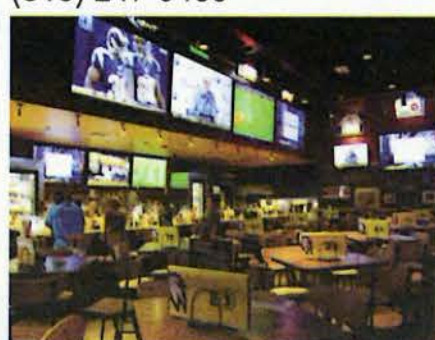


"We're a Tampa staple, we've been here for over 30 years now, we have probably have most TVs of any single sports bar in this city and have every single package to show every single college and NFL game and we've been voted best wings in town every single year!"

- Chris Chambers, Manager

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Tampa, FL 33605
(813) 247-9453



"Our location is great, the atmosphere of a Buffalo Wild Wings in the heart of Ybor couldn't be more lively. Having all the games on at once is exciting."

- Meagan Smith, Bartender

Graphic by Wendy French