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ONE HUNDRED THINGS TO DO BEFORE YOU GRADUATE

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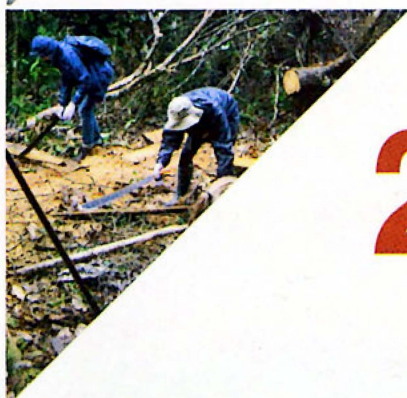
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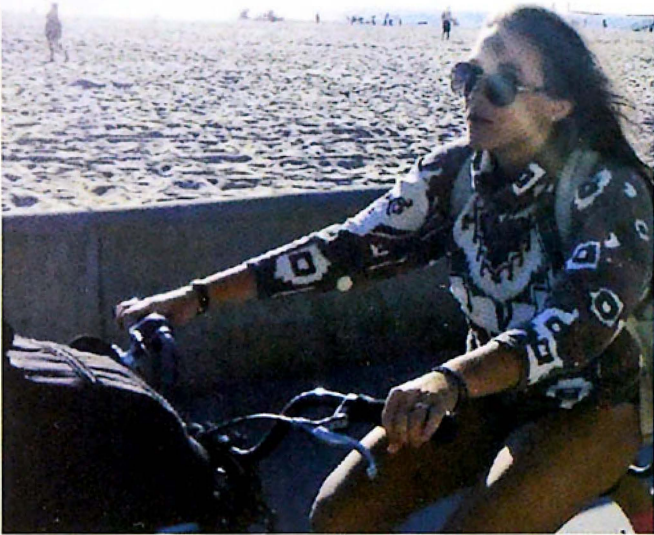
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TESS SHEETS | EDITOR-IN-CHIEF

Hello to whoever you are that has picked up this magazine. I want to say thank you for doing that, you really didn't have to. But since you have, I want you to know the rules. Yes, there are a few, but they're not very hard.

All you have to do is tear this magazine apart.

No, I'm being serious. Right now, flip through the pages. Done? Okay now doggy-ear the one that stood out to you the most. Promise you'll go back and read that after this, ok? If you end up liking it, draw on the pages. Make a note of your favorite line. Maybe it changed the way you thought about something. Or, maybe you just noticed something about Tampa that you'd never seen before.

Alright, now go to the middle of the magazine, to that big list written on a fake yellow pad of paper. Read all 100 tasks. Check the ones you've already done. If this is your first week ever on campus, I'm sure #5 has already happened to you. Scratch it out. Now pry out that list from the staples and tape it to your wall. Mark all over it.

There's no simple formula to guarantee that every college student make the most out of their college experience, but if anything is going to kickstart the adventure in you it'll be this list.

See the page about Family Weekend? Pull that one out, too. Go to these place. Then, rank them from one to five based on which you liked the most and take your parents there. Fold the paper and put it in your back pocket so you remember. What I'm trying to say is: use this magazine as a guide. I know it's pretty (that's how I got you to pick it up), but I hope you will find something in it that can teach you something new-- or at the very least remind you of something you've forgotten. Every new year comes with new challenges faced and new goals marked. You don't have to be a freshman to want to know more about your school, your peers, your city and yourself. Hopefully, this magazine will help you get the most out of all those things. It's yours now, rip it to shreds.



BIANCA LOPEZ | MANAGING EDITOR

So here we are: after just three years at UT, I am preparing for my departure from life at this resort-of-a-campus and my arrival into the cold, unforgiving world. Well, I'm from Miami, so I don't know about the "cold" part. Nonetheless, senior year is scary. Luckily, I have The Minaret to keep me warm. Hopefully, you'll find it as warm and comforting as I have.

This magazine is the result of near-tears, resuscitation of a certain near-death server computer, late nights of delirium in the office, mostly-sarcastic snapchats pleading for a savior and too much junk food.

Our main feature of this issue is "100 Things to do Before Graduation" because, when it comes down to it (and as cheesy as it sounds), you have to live without regrets. Do it all. You don't want to look back on what you could have done in college but didn't because your friends called it lame.

Join the honor society, eat the donut ice cream cone, make friends with a group you didn't think you'd fit in with, start all over every year until you have tried it all and found your place.

Welcome to our new students and readers, we will work hard this year to do you proud. Now go and make this school year count!



WE GIVE YOU DIRECTION. YOU LEAD THE WAY.

Graduate Programs Information Session
Sept. 8 at 6 p.m., COB 131

Come learn more about UT's graduate programs! Get advice from faculty, admissions counselors, academic advisors, current students and alumni. The session will begin with a general overview of graduate studies at UT, followed by separate breakout sessions for each program area of interest. Refreshments will be served.

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INFORMATION WILL BE PROVIDED ABOUT:

- 4+1 MBA and other MBA programs
- M.S. in Accounting
- M.S. in Entrepreneurship
- M.S. in Finance
- M.S. in Marketing
- Certificate in Nonprofit Management
- 4+1 M.Ed. and other M.Ed. programs
- M.S. in Instructional Design and Technology
- M.S. in Exercise and Nutrition Science
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- MFA in Creative Writing

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MAKING IT BIG IN THE BIG APPLE

BY REGINA GONZALEZ

On an unusually humid Monday in early August, I stepped over the “watch the gap” sign onto the Long Island Railroad train en route to Penn Station from my hometown of Island Park, New York. I had always been grateful for the location I grew up in; living five minutes away from the beach and a 45 minute train ride away from the concrete jungle that is New York City.

The area on Long Island I live in is suburban; it's on the water—the perfect little beach town when you think of a summer in New York. However, senior communication major Chris Grisby and I were able to get a taste of the “city life” from the summer internships we landed in New York.

While I was lucky to grow up a train ride away from perhaps the greatest city in the world, Grisby was born and raised thinking “everything was bigger in

Texas,” living outside of Dallas in Rowell. Grisby quickly learned the difference between the two cities after living in Manhattan this summer for an internship with NBC News.

After a summer of texting back and forth, we were finally meeting up in the city to chat about our experiences with our internships. As I hopped off the train and walked towards Grisby in the heart of Herald Square, I immediately noticed that I wasn't looking at just a Texas born college student anymore; I was looking at a NY commuting resident with his backpack on and his metro card in hand.

Being sick of New York Pizza and halal food trucks, he decided to show me a little Texas in the big city. We ventured on the subway through midtown and sat down at Brother Jimmy's BBQ for all you can eat wings and rib tips, and with sticky fingers, laughed and reflected on both of

our incredible experiences.

For both Chris and myself, being a journalist is not just something that was decided overnight. In fact, I learned that Grisby had been an aspiring journalist and didn't even know it when he was “anchoring” his own show at just eight years old.

“Being a journalist just kind of fell into my lap. When I got my first camera, a friend of mine and I created a kid's version of ESPN and posted it to youtube,” Grisby said. “Then, in high school, I joined my school's TV station and instantly reconnected to those times, realizing that I liked talking to other people and exploring, so journalism was the way to go.”

Now an aspiring broadcaster, Grisby decided to become a part of something called the National Association of

Black Journalists (NABJ); a nationwide organization where African American journalists can learn from and mentor each other and ultimately create more diverse news environments.

"It's almost a nationwide business frat but for black journalists to network between peers students and journalist mentors that are already in the field," Grisby said. "Al Roker, Tamron Hall are some major names apart of it, and through this organization I was able to apply for a fellowship with NBC, and through that fellowship I was able to land an internship with them."

Coming to New York to work for NBC this summer was more than just packing a suitcase for Grisby as he also had to find an apartment to live in with the money that NBC gave him for rent and housing expenses. His best option was a three-bedroom apartment in Staten Island shared with two other college students pursuing internships in Manhattan. Then came the journey that is commuting, and after listening to him tell me that he woke up at 4:30 am to walk to the ferry, take a half-hour ferry ride to then get on the subway and be at the studio for the TODAY Show by 6 a.m., I couldn't even believe he had the energy to sit in front of me.

However, the hands on experience and knowledge he was able to gain seemed well worth it. A smile grew across his face while he explained his duties on a typical day at the studio.

"I worked at the breaking news desk and basically my role is to gather information on any news that's going on in the domestic US and filter out that news," Grisby said. "We have to decide what's going to hit the national headlines then start making phone calls or talking to police and searching through or asking questions on social media."

Grisby also got to travel to get info, too. For example, when news that Yankees designated hitter Alex Rodriguez was going to retire leaked to the public, Grisby immediately hopped on a train to Yankee Stadium to get feedback and thoughts from fans.

Aside from the benefits of being in a newsroom surrounded by so many big names such as Matt Lauer and Al Roker, gathering information on national news wasn't the only hands on experience Grisby was able to do.

For a week in August, Grisby took the week off of living large in Manhattan to head to Washington D.C. for the NABJ National Conference. There, he was part of something called the "student project." For the week, he covered the conference with a daily newscast, daily newspaper, and on the digital platform and transformed one of the conference rooms of the hotel into a working and active newsroom.

"It gave me an awesome experience on getting a hands on feel of being in the newsroom," Grisby said.

While there, Grisby was able to interview The Birth of a Nation writer, director, and leading actor Nate Parker about his experiences in creating the movie and how he wants it to impact his audience.

"The interview was intended to be for NABJ NAHJ student projects group but due to the content gathered from Parker, NBC picked it up and published my interview which was incredible," Grisby said.

As a journalism student myself, I sat there so intrigued and mesmerized at his stories the entire time. For someone

so young to be able to have a published interview posted by NBC and get that kind of experience while networking and gaining so much knowledge was the perfect example of how a student should utilize their opportunities when landing such a great internship.

"When I landed this, I was so excited because New York is where it's at. FOX, NBC and any major news organization were the highest positions you could get, and all I can say to anyone lucky enough to have such a great opportunity at their hands is make use of your time," Grisby said. "If you don't put all your heart into your work, it's going be like any internship whether you're in New York or Alaska. But if you socialize and learn and network, big names will notice and they're going to give you their email or business card and pick up on traits. Everyone can get an internship but it's how you go above and beyond to show you want to get better from it."

When it came to talking about my summer, I didn't even know where to begin. Working full time for a minor league baseball team definitely was a different environment than

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working in a newsroom like Chris, but the knowledge I gained from my experience is definitely incomparable to anything I have ever done.

With a father that has worked in the NFL and being born and raised a Yankees fan, sports have always been something very close to my heart, and pursuing a career as a broadcaster or sports journalist has been a goal of mine since high school. Coming to UT gave me a great head start in hopes to making that happen, and is the whole reason

With a father that has worked in the NFL and being born and raised a Yankees fan, sports have always been something very close to my heart, and pursuing a career as a broadcaster or sports journalist has been a goal of mine since high school. Coming to UT gave me a great head start in hopes of making that happen, and is the whole reason I was able to call MCU Park, home of the Brooklyn Cyclones my home away from home this summer.

In November of 2015, the sports management department at UT decided to gather up as many students majoring or minoring in the field and take a trip to Nashville for the 2015 Baseball Winter Meetings. Basically, the Winter Meetings host a job fair in a giant convention center, where so much is going on. Besides Major League teams trading players, major networks like ESPN, YES Network, MLB Network, etc., were there covering the event, and there is also a job fair for those seeking to work for teams all

across the nation.

So, when I took a flight to Nashville with 150 resumes in my briefcase, dressed everyday in pant suits and networking as much as I could, never did I expect to land such an amazing opportunity right back home in New York.

When I first started the position in June, it was all about the prep work for the upcoming season. Right away, I realized that I wasn't just a fan sitting in the stands anymore, now I was thrown into the world of baseball as a business and every little detail of how a team runs behind the scenes.

The first order of business in the media department was putting together the 2016 media guide. My boss and director of communications for the Cyclones, Billy Harner, had compiled most of it, and as soon as I picked it up I realized you must have the patience of a saint to work in baseball, because the media guide was broken into six sections of stats and information about the team's history, current records, roster, etc., all in size 9 font. Myself and the two other media relations interns had to read through all 100 pages of it to edit, compile stats and then compile the roster.

Since we are a short-season A team, when the 2016 MLB Draft came around, almost all of the Mets' picks were going to be playing for us if they signed along with the other players brought up from the rookie ball team that had already been playing in the organization. When

we covered the draft, as each new guy was picked we would do research on them to compile stats, career highs, personal information and write a quick player bio for the section of the guide.

After that was done and the guide was sent to be printed, it was about them coming to the park and media day. I had never realized the time and effort it takes to publicize the team and have them on all media aspects of the Cyclones. When the players first arrived on media day, I was running around like a mad woman. I was responsible for getting their info, taking them to get their headshots and team photos and having them fill out fun fact sheets for the website. I took that information and updated a roster to their website and before you know it, the season was a few days away.

Throughout the season had an array of different things to do in my position and was happy with the way my boss let me use my own creativity in my work. Usually during games, I would sit in the press box and write the game recap that was then posted to the website about 20 minutes after it ended. I was also sometimes taking my own photos of the game on my canon, whether it was of the players or of fans in the stands on our promotional nights, and posting them to the Brooklyn Cyclones social media accounts. It was funny how our boss really trusted the fact that his interns were young and educated about snapchat and twitter, and would let us take the reigns on posting cool snap stories or artsy shots (yes, you bet I had the players get on

snapchat and use the puppy dog filter). Social media was significant in the sense that we wanted to take fans "behind the scenes" of games to give them a relatable feel to this young players, so we would post from the dugout or the players doing social events so fans could always keep up with the Cyclones.

When it came to reporting, I was given a lot of free range too. Every other week or so I was interviewing players and coaches for feature stories and player profiles that were content in each edition of the game day programs handed out to fans. Broadcasting wise, my boss and the video producers let me film live interviews with top draft picks for their YouTube segment "Cyclones Insider." Some episodes would be for fans to get to know some of the guys and I would ask them fun questions about their favorite hobbies and what they do on off days. Some even showed me their hidden talents, like when first rounder Justin Dunn tried teaching me how to juggle. As the season went on, I started to veer away from those kind of interviews and started to talk more to the guys about their playing this season and even got to interview

one the Cyclones shortstop before he went off to play in the New York Penn League All-Star Game.

I will forever be thankful for the immense amount of knowledge and exposure I gained from working with the Cyclones. Everyday during this internship I learned something new. I was blessed to be in an environment where so many big names were working or passing through. From Jose Reyes playing with us for three days on rehab assignment to Joe Torre and Donnie Wahlburg dropping by for guest appearances on games dedicated to their charities, and shows to former Met Edgardo Alfonzo being the bench coach for the team, it was an honor to be able to talk to them or snap photos while working there.

Reflecting on Chris' advice, I second that utilizing your resources and exposure when landing an internship is crucial in being able to take the next step of your journey. I was lucky to be surrounded by different media outlets all the time and took advantage of getting tips and insight from the representatives and reporters, even the camera guys.

Another huge piece of advice I learned

hands on was making the staff your family. The front office employees at the Cyclones are some of the hardest working people I have ever met and are the reason that team has the reputation and popularity that they do. I'm so happy that a majority of the other interns and my coworkers became friends for life. When you meet people that have your back and offer contacts and support to help you continue your journey in what you want to do, never lose touch with them. The players themselves also reminded me more of why I love what I do, because every single one of them has a reason for being in the Mets organization and puts in 110% effort every single day in hopes of making the major league roster, their passion and love for the game is inspiring.

Chris and I had a great conversation. It was great to catch up and learn about the different environments working with journalism can consist of and how two UT students were able to make the most of our opportunities so far in Tampa and qualify for even bigger ones in New York. With great resume builders and knowledge gained, I am curious and excited to see where we end up next.

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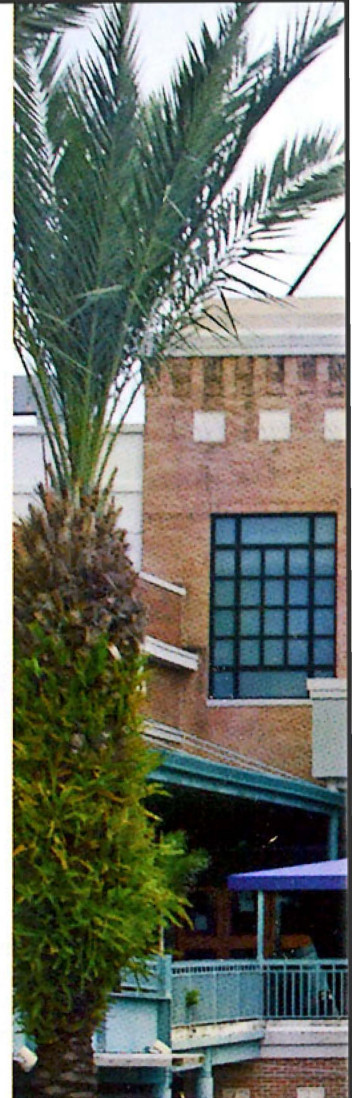


5 Attractions for Family Weekend in Tampa

BY KATIE STOCKDALE

Orientation weekend is one of the busiest times of the semester. With students scrambling to prepare for classes and moving into their new on-campus home, there is not a lot of time to explore the city.

However, family weekend on Sept. 30 - Oct. 1, provides the perfect opportunity to make up for lost time. Tampa is filled with a wide variety of places to visit. Here are a few that will allow families to experience the city at its finest.



Plant Museum:

Plant Hall is the first image that comes to mind when the University of Tampa is mentioned. It's a beautiful piece of architecture with classic brick, towering minarets and shining domes. Nestled in the South wing is the Plant Museum which replicates the Hall's past as the Tampa Bay Hotel, with period pieces and glimpses into the lives of Henry B. Plant and his wife. On the walking tour, an interactive recording acts as your tour guide. It teaches you about the rich history intrinsic to the hotel and its contribution to the rise of Tampa and the creation of its unique culture. Admission for adults is \$10, \$5 for children and free for UT students. Hours are Tuesday - Saturday from 10 a.m. - 5 p.m., and Sundays from noon - 5 p.m.





Aquarium:

About a five minute drive from campus in Channelside is the Florida Aquarium. Covering six acres, the aquarium offers five intriguing exhibits: the Wetlands Trail, Journey to Madagascar, Bays and Beaches, the Coral Reef Gallery, and Ocean Commotion. The facility is interactive, with opportunities to pet horseshoe crabs, stingrays and a coral community. The aquarium has a wealth of fish species, as well as areas dedicated to larger ocean inhabitants. Tanks are devoted to octopus and squid, and there are showcases for marine mammals, such as otters. While the aquarium does not have dolphins in their facility, they offer wild dolphin boat tours where guests can observe dolphins in the wild of Tampa Bay with a special ticket. A general admissions ticket for adults is \$25. Tickets for children ages 3-11 are \$20. A combo ticket, which includes a dolphin tour, is \$50 for adults and \$40 for children.

Ghost Tours:

Because family weekend starts off the Halloween season, why not take an evening to discover the ghosts of Tampa Bay? Tampa has several tours, from the Official Ghost Tour of Ybor to the Tampa leg of Ghost Tours in St. Petersburg and Tampa. The Ybor tour is a walking tour that lasts about two hours, but has frequent stops. It starts at 7:30 p.m. Ghost Tours of Ybor City tells stories of real people and folklore, with no need for special effects. The Ghost tour of Tampa, starting at 8 p.m. and lasting 90 minutes, is another walking tour. The tour includes ghost stories, haunted houses and supernatural experiences. Both tours require reservations to be made ahead of time and can be done online. The cost of the Ybor tour is \$25 for adults and \$10 for children from 8 p.m. - midnight. The Ghost Tour of Tampa is \$15 for adults and \$10 for children.



Lowry Park Zoo:

Lowry has been named one of the most popular zoos in the U.S. and was reaccredited in 2015 by the Aquarium and Zoos Association (AZA). The zoo has seven main sections: the entrance, Florida Wildlife, Asian Gardens, Primates, Carousel Circle, Wallaroo Station and Safari Africa. The entrance offers a large fountain area for young children and one of the zoo's aviaries. This leads into the primates, where orangutans work on puzzles, golden lion tamarins scamper through trees and baboons lounge. The second aviary, which holds tropical birds, lies between the primates and the Asian Gardens. This area is most famous for its tigers, though it also boasts the third aviary and a sloth bear. The Florida Wildlife trail highlights all of the native Florida animals, such as Florida panthers, red wolves and alligators. It ends in an undersea exhibit, loved for its manatees. Across the zoo lies Wallaroo Station where you can walk among wallabies or get up close with a bat. A few steps away is Safari Africa, where you can observe meerkats, feed giraffes or see elephants on stroll. Rhinos join in on the fun and if you're lucky, you might even see a cheetah. This area offers an African Guided Safari, letting guests get closer to the animals of the safari. It is well worth a visit. A general admission (12 and up) one-day ticket is \$28 and a

Ybor:

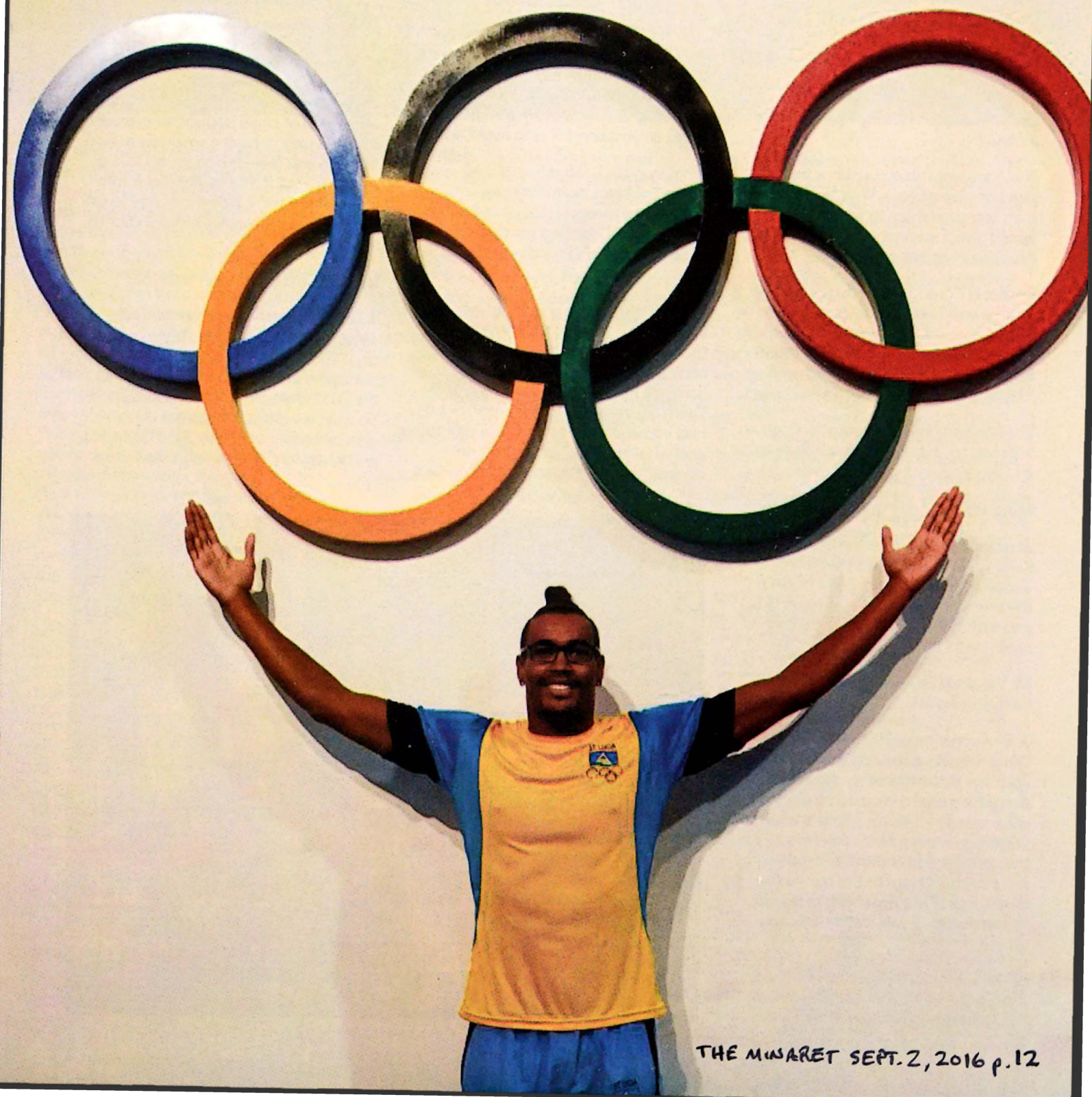
Ybor City is Tampa's National Landmark Historic District. Reflecting the unique culture of the port town, you can take a tour of the district to learn about Tampa's history or visit one of the independent Ybor restaurants. You can stop by the Ybor City Museum to learn about Tampa's reputation as the 'cigar capital of the world.' A stop to Ybor wouldn't be complete without a meal at Columbia, a restaurant that's been open for 110 years. Kept in the family for five generations, Columbia has grown from a small café to a family chain with seven locations. Visiting the one that started it all is a can't-miss experience for both the food and atmosphere. Watch a live flamenco performance, a traditional Spanish dance, while you eat, Mondays through Saturdays at 7 and 9:30 p.m.

Minaret Tours:

While you won't want to spend the entire weekend on campus, parents will want to take in the atmosphere. The Minaret Climb is the perfect way to do this. It offers a beautiful 360-degree view, gets you inside an iconic Tampa landmark and will make parents understand the pain of Plant Hall stairs. Take in the view on a tour that lasts about thirty minutes. The Climbs are first come first serve, and sign-ups take place on sight in the Plant Hall Music room. Times vary slightly between the two days, but tours will be happening between 10 a.m. and 3:00 p.m. on both Friday and Saturday. This is included in the general admissions fee for Family Weekend.

OLYMPIC-SIZED DREAMS

BY TESS SHEETS



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**"It's a crazy feeling that I can't really explain.
It's one of a kind."**

Do you remember what kind of person you were at 11 years old? What kinds of food did you like? What were your goals and your aspirations? Who were your idols? What was your favorite sport? Did you dream of being a professional athlete?

Try to answer those questions from the point of view of your 11-year-old self and then compare them to the answers you would give if someone asked you today. Are they even remotely similar?

Recent UT graduate Jordan Augier set a goal as an 11 year old to compete in the 2016 Olympics. Ten years later, he did it. Augier, '16, raced for his native country St. Lucia in the 50m Free in Rio on Aug. 11th and placed 45th out 85 swimmers.

The Minaret got the chance to sit down with him to chat about how it feels to be an Olympian.

Minaret: What day did you get to Rio?

Jordan: I got there on the 3rd of August. So, I had time to settle in, experience everything, get a taste of the environment and the atmosphere, and then get ready for the opening ceremony.

M: What was the village like that you were staying in?

J: Everyone stayed in the same village. What they do is they construct this big area, for all the teams to stay in and everything is provided: food, dental care, eye care, there's a fitness area. There's a lot of stuff. It's amazing to see the construction and the effort they put into preparing for the games like that. I mean, yeah it is a big thing, but just seeing it— it was just an amazing village.

I think there were about 35 highrises,

and every team stayed in the different building. Some teams, like the bigger ones like Canada and USA, they would fill up an entire building. And everyone had their flags hanging from their balconies. So it was really cool see that. It was an amazing thing to experience.

What they do is, after the games, instead of breaking them down or letting it go to waste, they tend to fix them up a little bit and sell them to locals as apartments and condos and stuff like that.

Overall the village was amazing. I know some teams had some trouble though with some things not being completed yet. Like I remember Team Jamaica had some problems and then Team Australia, who went pretty early had some problems with the plumbing and whatnot. But, luckily, we only occupied two flats, so we didn't have

any problems.

M: How many athletes competed for St. Lucia?

J: There were only five of us. There was one guy for track, two high-jump girls, one girl for sailing and then me for swimming. So it was a very small team of athletes. It was pretty nice because we all kind of knew each other basically, so it was nice to have a small team. And it makes you feel— not to sound vain or anything— but it makes you feel a little more important, a little more vital to the success or performance of your country and stuff like that.

M: Did you have a coach with you?

J: I did. I had my coach from St. Lucia, Jamie Peterkin. He's been my coach since 2006. So, like 10 years ago, we set out a plan that we were going to go to the 2016 Olympics and make it happen. So what we did is, we had the overall goal of leading up to the 2016 Olympics and what we'd do is break it down into





Olympic cycles, which is four years, and then base our progress and try to hit the progress marks every time, which would lead us up to getting qualified and then going there. I've been swimming for like 15 or 16 years now, right? So, when Jamie came along, he saw the potential in me and then we planned to do it, and then 10 years later it happened. So it's a great feeling. And I remember all my school friends and close friends from high school that I still keep in touch with, when the news came out and it was released, everyone would message me and say "whenever we had a new teacher, every new semester, you know you stand up, say your name, something you like to do and then a goal or aspiration, and you would say 'I want to go to the 2016 Olympics.'" And I remember that. I remember writing down "I want to go to the 2016 Olympics." So, it happening is just beyond words for me.

M: You competed on the 11th. So how did you prepare for that race? It was like in the middle of the day, too. You had a lot of time to think about it, am I right?

J: Right. So, referring to the time thing, the only reason that the competition time was changed, at least for swimming, was so that the west coast was able to view it, because that's the majority of the people that watch the Olympics. So, NBC actually changed all the times of the sports. So usually on a race day, I would wake up around 5:30 a.m., be at the pool around 7:30, warm up. Warm ends usually around 9:30, they close the pool, meet starts at 10:00 and then for my event, which happens to be first, I would have been racing by like 10:06. I don't think I even

left the village by 10:00. So it was really strange. I was a change of pace for me. But, I had the time to adjust, so that's what we did in the days leading up to the race. I had to practice waking up at that time, leaving the village at that time, jumping in the pool for warm up, doing all the training sessions and whatnot based on the time that I was going to swim. So it was kind of getting my body into the rhythm of things, so I kind of got used to it. But, it still was a bit strange having to race at that time in the day because usually by then you're back at the village or hotel resting for the night session.

It was different, but preparation wise, what we did was focus a lot on race rehearsal and just a lot of vision— just envisioning everything. So each day in practice we would break down the event into three or four sections and we would try to nail it right on the point. So I would do dives and then break out into the first 15. And then the next day we would practice that middle segment and then the next day we'd practice the finishing segment. And then two days before I actually raced, we do what we call a stinger, where you put on a old racing suit and try to do the same event as hard as you can. And then you rest up and have a short warm up the next day, and then comes race day where you just have to put it together.

For the envisioning part, especially in the last 24 hours before the event, what we do is, my coach would make me rest both my eyes and sit down, and just envision everything: walking up to the blocks, adjusting the blocks to my setting— everything. And he would start me and in my head, I would go through the race

and tell him when I touched the wall. And he would time it and tell me "if you can do that, then you can really race your race before you even have to do it."

M: So how did your actual race compare to your previous races and your vision of the race?

J: Leading up to the race, I was actually not nervous for some reason. Because my race was so late into the competition and I got to watch so many people so I was just like "I want to race, I want to race." Then waiting that long, when the night before finally came, I wasn't that nervous, I was just kind of anxious and excited to swim and have my big day. But then when you try to go to bed that night and you're nervous and going through the race in your head, you wake up in the morning and it's a struggle to eat breakfast and the nerves start to kick in. When I got on the block and looked down and saw all the flags and the Olympic rings, I was just like "this is it. Ten years later, this is it." And everyone got quiet and I just went down and everything was blank. It was just literally muscle memory. I don't even remember looking down at the water or anything. It's a crazy feeling that I can't really explain. It's one of a kind. But hopefully there will be another one. I'm focusing on taking a short rest because I have some aches and then jumping back in the pool and doing it all over again.

M: So you're planning on going to Tokyo?

J: Yep, that should be a really good one. I'm just trying to get my life on track, so when I finally decide what I'm going to do with my life, when I finally get a job soon, then I'll be able to schedule swimming

and lifting around that, rather than starting it now and then getting a job and it's all scrambled.

M: Are you looking to stay in Tampa?

J: Yeah so I'm looking for jobs in Tampa and I'm also looking to buy a house. I love Tampa, it reminds me of home. And that's why I love this school, it reminds me of home. Tampa is big and stuff but it's also small you get that home feeling. St. Lucia is small. You see a lot of the same people, and on campus it's kind of hard not to see the same people a lot of the time. That's why I like Tampa. Tampa is growing and expanding but it also has that kind of home feeling.

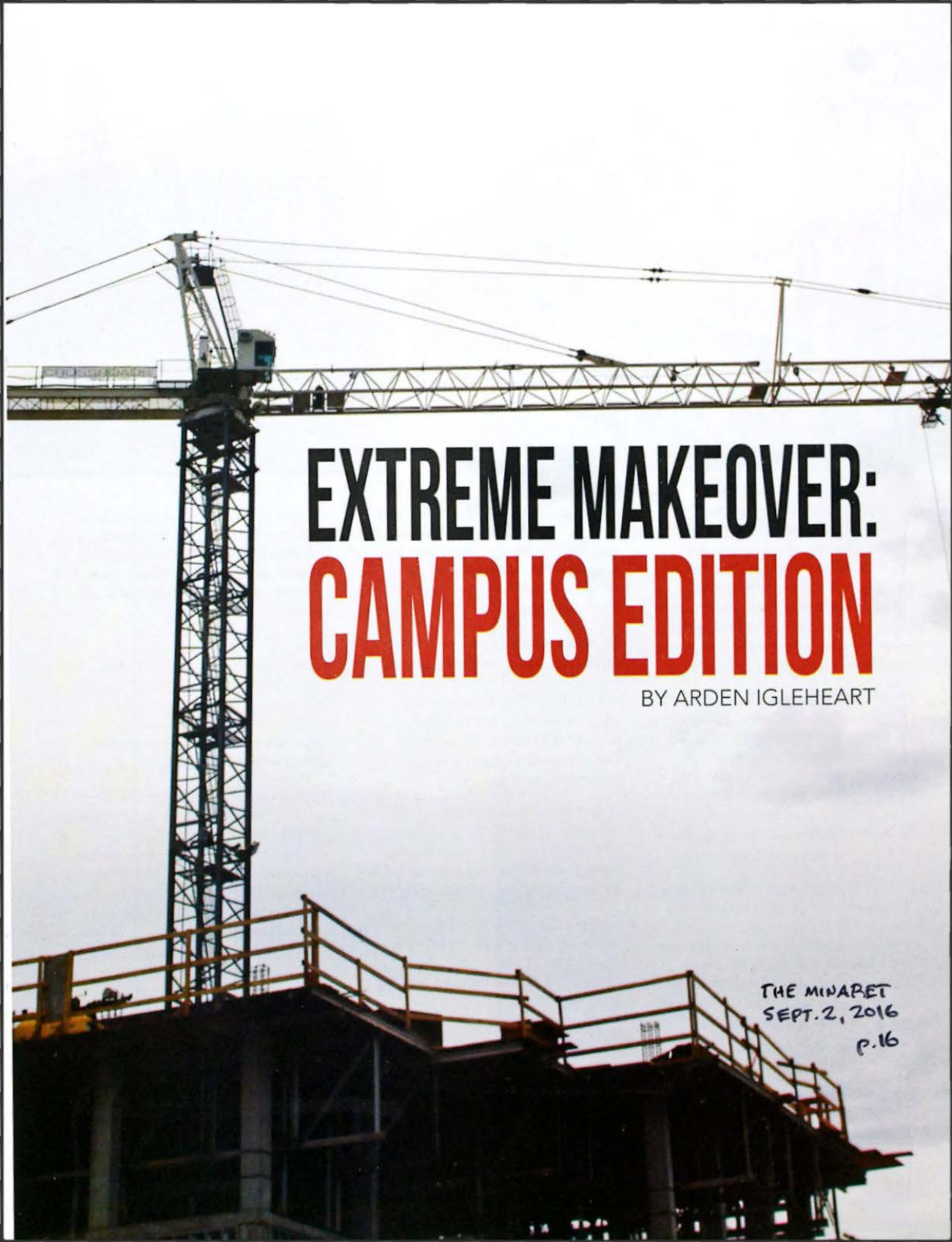
M: In terms of your actual time, how did that compare?

J: The time wasn't exactly what I wanted. Many people don't know this but I went into the competition with a slight injury. I had a tear in my right bicep, which I'm still recovering from. I was getting intense treatment every day leading up to the competition. It didn't hurt me that much inside the pool, it was more outside of the pool, but what I found it did have an effect on, an what I found was more significant, was it had kind of a mental plague on me. So that kind of had an effect on me, but I don't want to use that as an excuse. I want to know that I got up on the block and swam the hardest swim at that point. It felt fine the first half, but for some reason I started to tighten up during the second half and I felt myself slowing down and I knew when I hit the wall it wasn't going to be what I wanted. I went 23.28 and my best time is 23.00, so my goal time was to go 22.8 or faster, which I know I can.

But unfortunately it wasn't that and it was very frustrating and a lot of people messaged me and were like, "You got where you wanted to get, it's still a big thing, appreciate the moment. I know it wasn't what you wanted, I know you wanted to do this and that. Just don't beat yourself up too much." My coach wanted to go out that night after my race and we didn't. He knew I was upset. I almost cried. I just went back to my area, put my face in my towel and I could just hear my phone blowing up.

And the Olympics were really important to me because in 2006 I actually quit swimming. Then my grandmother, who was very influential in my swimming and in the entire swimming association back home, she was the one who got me back into it. Although I didn't like it at first, I got back into it and it's gotten me further than I could have ever expected. She passed away in 2010, and after that I said that anything I ever did in swimming would be dedicated to her. That's why it meant that much more to me. A lot of my big swims, as soon as I hit the wall, I would instantly go to her and know that she was looking over me. I know she had the best seat in the stands, watching right over me. So I felt a little like I disappointed her, but I got to the Olympics, so that was more than enough of an achievement. That's mainly why I want to go for another round.





EXTREME MAKEOVER: CAMPUS EDITION

BY ARDEN IGLEHEART

THE MINARET
SEPT. 2, 2016
p.16



This year, returning students might notice more changes to campus besides hordes of new freshmen. The new fitness and recreation center, located just north of the Ferman Music Center, is almost complete, and ResCom was demolished in May to clear the way for the second phase of the Palm Apartments.

The Fitness Center will be complete sometime early this semester, according to Stephanie Russell Krebs, Dean of Students. It will include six group exercise rooms including a separate spinning room, exercise machines and free weights, as well as a room for recreation staff meetings, professional training sessions and other events.

McNiff Fitness Center was demolished in May after 20 years of operation to make room for new basketball and volleyball courts. These will open when the center opens or slightly after. The new center is two stories and about eight times bigger than McNiff, and according to Krebs, there is no comparison between it and McNiff.

"The new facility will better accommodate our growing population and will meet the exercise needs of students, faculty and staff," Krebs said. "We are excited that students

will have either no or a shorter waiting time for equipment, there will be more exercise classes and personal training opportunities, and easier access to intramurals, off-campus recreation, club sports and more."

UT chose to institute a new fitness center because the school's population has almost tripled since the opening of McNiff in 1993. The university also offers quite a few recreational programs, and administrators felt that it needed a bigger space to accommodate those.

"I strongly believe that this center will enrich students' UT experience by helping them maintain a healthy lifestyle, which has very positive impacts on student learning," Krebs said.

Jenna Manto, a sophomore journalism major, says she does think UT needs a new gym, but thinks the university should have first focused on building new dorms.

"I think the gym could've waited until we had more housing first. That should've been their main priority before they started building a gym," Manto said.

ResCom was bulldozed in May after commencement, and there have been

changes to campus roads. Spaulding drive, located off North Boulevard between Brevard Hall and Sykes Chapel, will remain narrowed to two lanes. North Brevard Street is and will remain closed.

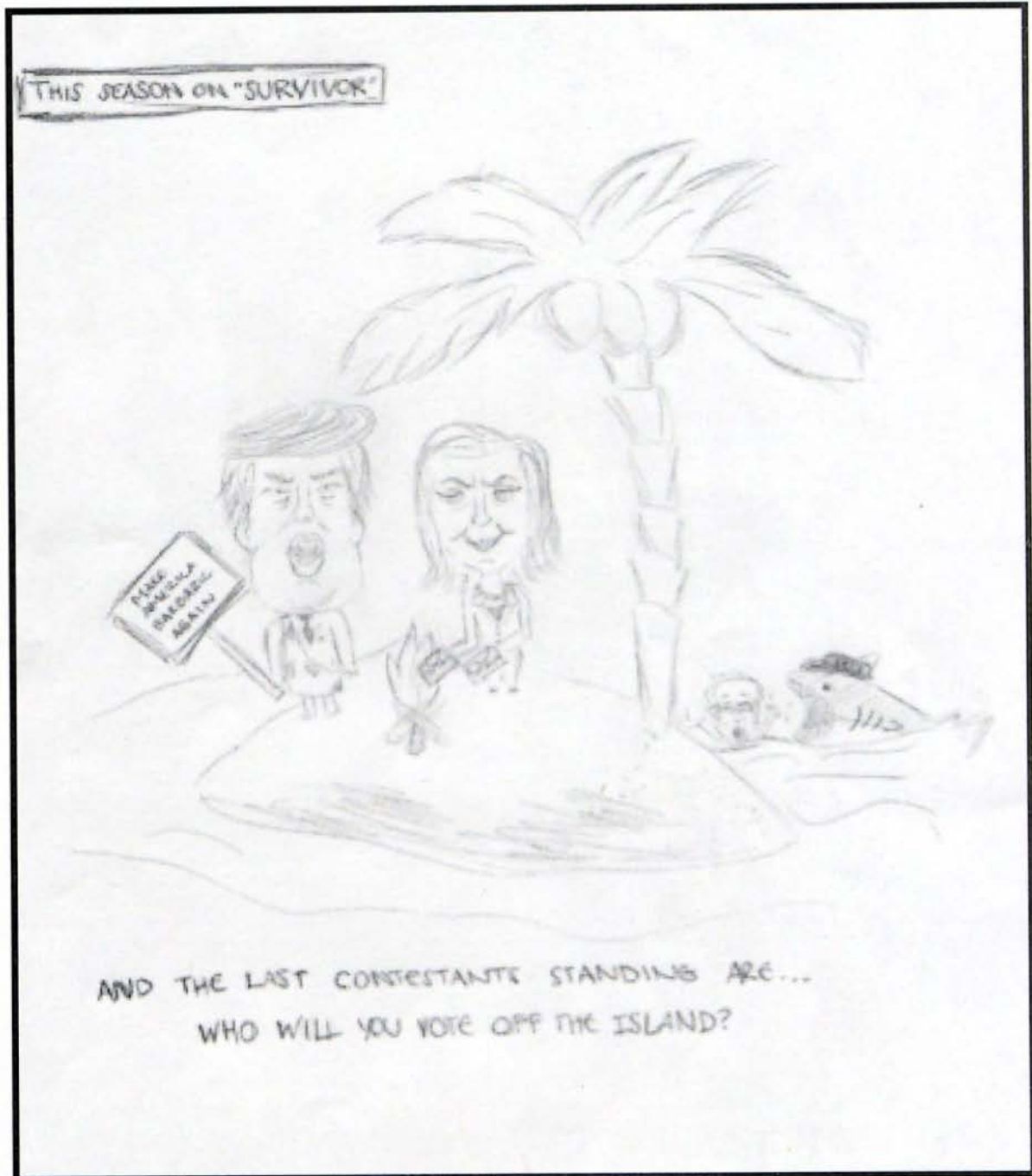
Phase II of Palm Apartments will house approximately 600 students compared to ResCom's 234. The units will be similar in style to the existing Palm Apartments, suite-style with single rooms and a common kitchen, bathroom and living area.

"I personally prefer the apartment-style dorms," Manto said, "and I know many students prefer living in their own bedroom... so I think it's a positive in that aspect but at the same time it takes up a lot of space to have so many apartment-style dorms." Manto said that traditional dorms might have been a better choice if more students could be housed in them.

Krebs said that the buildings will provide students with more modern amenities and a more comfortable space compared to ResCom.

"UT students largely prefer living on campus, so it was clear that we needed to continue building residence hall space that would meet the needs of current students," Krebs said.

SPOTLIGHT ON POLITICS



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100 THINGS TO DO BEFORE YOU GRADUATE

- ☐ Visit Plant Museum. It's free for students
- ☐ Submit a poem to Neon
- ☐ Instagram it (#livewhereyouvacation)
- ☐ Try to find Derek Jeter at Starbucks
- ☐ Get stuck in the rain
- ☐ Go to Puppies Tampa
- ☐ Go to a Rays game
- ☐ Locate the Science Wing
- ☐ Go to Midnight Madness
- ☐ Make it to the Gasparilla Parade
- ☐ Don't make it to the Gasparilla parade
- ☐ Try a Soho doughnut
- ☐ Daytrip to St. Pete's Beach
- ☐ Win "HamBingo" at Hamburger Mary's
- ☐ Check out the historic elevator in Plant
- ☐ Take a streetcar in Ybor
- ☐ Volunteer with PEACE
- ☐ Eat at the original Taco Bus
- ☐ Learn how to do your own laundry
- ☐ Make friends with someone from another country
- ☐ Order every meal exchange at least once
- ☐ Climb the minaret
- ☐ Go to a Greek formal
- ☐ Work on your resume at Career Services
- ☐ Take an 8 a.m. and regret it
- ☐ Listen to WUTT Radio (1080AM)
- ☐ Take a stroll on the Riverwalk
- ☐ Wear a sweatshirt on an 80-degree day
- ☐ Study in the library
- ☐ Attend Party in the Park
- ☐ Eat at New York, New York at 2 a.m.
- ☐ Set up a hammock by the river
- ☐ Get to know your RA
- ☐ Cook something in a dorm kitchen
- ☐ Vote for the new Student Government
- ☐ Eat ice cream at Bo's
- ☐ Make Dean's List at least once
- ☐ Visit a friend from UT on break
- ☐ Ghost hunt in Plant
- ☐ Get to know your neighbors in the dorm
- ☐ Stay up all night finishing an assignment
- ☐ Catch a movie night in Reeves
- ☐ Relax in the labyrinth meditation room in Sykes Chapel
- ☐ Receive an email about someone being "accosted" on Cass
- ☐ Attend an event or meeting solely for the free food
- ☐ Panic when the WiFi isn't working and assignment is due in 20 minutes
- ☐ Go to Busch Gardens
- ☐ Spend all of your Spartan Dollars
- ☐ Check Ratemyprofessors.com while while registering for classes
- ☐ Discover the strange acoustics of the sanctu- behind Sykes Chapel
- ☐ Find and conquer the inevitable cockroach your dorm #thisisflorida
- ☐ Eat in the Bern's Dessert Room
- ☐ Visit Oxford Exchange
- ☐ Sign up for a challenging course
- ☐ Take an exercise class in the new gym
- ☐ Find Rathskeller. Eat at Rathskeller.
- ☐ Sit on the swinging benches outside of Straz
- ☐ Watch the UT baseball team take on the Phillies
- ☐ Play with the dogs during finals week
- ☐ Fill out the end of the semester surveys
- ☐ stop the emails
- ☐ Be startled by a UT squirrel

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- ☐ Dance happening
- ☐ Run out of meal swipes before the week-
- ☐ Play pool on campus
- ☐ Visit the Book Arts Studio
- ☐ Run on Bayshore
- ☐ Go to both the WestShore and Interna-
- ☐ malls
- ☐ Call the Laser Team for a ride
- ☐ Complain about something on YikYak
- ☐ Mac & Cheese/Grilled Cheese Festivals)
- ☐ Eat in Downtown Tampa
- ☐ Pull an all-nighter during finals week
- ☐ at least five times
- ☐ Fight your way through a group project
- ☐ Visit the Health Center when you get sick
- ☐ Eat lunch with the Dean of Students and
- ☐ Try your hand at Casino Night
- ☐ Stress out about a test you haven't studied
- ☐ Take a class just for fun
- ☐ Go to a UT hockey game

- ☐ Get a drink on SoHo
- ☐ Dance in a club in Ybor
- ☐ Enjoy a performance in Falk
- ☐ Take your yearbook photo
- ☐ Meet Spartacus
- ☐ Attend a UT music concert
- ☐ Gawk back at the kids on campus tours
- ☐ Take photos on the 9th floor of Vaughn
- ☐ Wake up 10 minutes before class and still
- ☐ make it on time
- ☐ Go to the pool only to find it closed or
- ☐ swim team in it instead
- ☐ When family visits, eat off campus
- ☐ Do some research and present your find-
- ☐ Play in or watch an intramural game
- ☐ Take the Barrymore shuttle
- ☐ Watch the sunset from the 11th floor of
- ☐ Jenkins
- ☐ Prepare to finally meet the elusive Presi-
- ☐ Vaughn at graduation





INTO THE AMAZON

BY LIZ MACLEAN

After a long semester of maneuvering campus constructing and waiting in long lines at the omelette bar, fifteen students finished their last exams and flew to Ecuador for an Alternative Break with the PEACE Volunteer Center in May. For a week, they lived in huts in the Amazon rainforest, surrounded by the native Masanga community.

The UT students experienced daily life in the Amazon as they conformed to the schedules and lifestyles of the indigenous people. Every day, the students would wake up for the morning ritual, which sometimes started at 4 a.m. with the traditional Amazonian Guayusa tea.

The purpose of the Alternative Break was to have students perform volunteer work and improve the area they visited. Students repainted the community schoolhouse, compacted soil in the surrounding areas, and bagged guayusa to replant in the Amazon rainforest. They also used machetes to remove unwanted species and replanted the guayusa, which is an integral part of the Masanga community.

"Our group helped plant a garden, paint their community

building, and learned how to make traditional jewelry out of materials taken directly from the Amazon Rainforest," said Emily Little, junior marine-science biology major.

The students repaired trails, cleared spots of land for planting bamboo and guayusa, moved fully grown plants from gardens into the Amazon and got rid of invasive species.

During their week in the Amazon, students were educated on the plants and animals in the rainforest and their medicinal and nutritional values. Masanga community leaders showed students how to properly plant and cultivate crops and stressed the importance of conserving the land around them.

"[This trip] taught me the importance of community conservation not only through preserving an area but replenishing the land," said Sarah Cirelli, junior advertising and public relations major.

Even though there was a language barrier (the natives spoke Spanish and Kichewa), students agreed they all found ways of understanding each other.

"I was amazed by how well you could communicate with the strong language barrier that surrounded us," Little said. "We all attempted to learn Spanish and in turn, the community tried to learn small amounts of English."

Students were given free time during the trip, and many used it not for themselves, but to help the community where they were staying. They made a garden, helped the women in the village cook meals and taught the children English.

"We played, colored, talked, and got a chance to understand a little bit more about how they are raised and live," Little said.

Fully immersed in the Masanga culture, students learned how to use a blow dart made out of a plant stalk from the rainforest. The villagers shared their spiritual beliefs and the children performed a ceremonial dance dressed in traditional clothing.

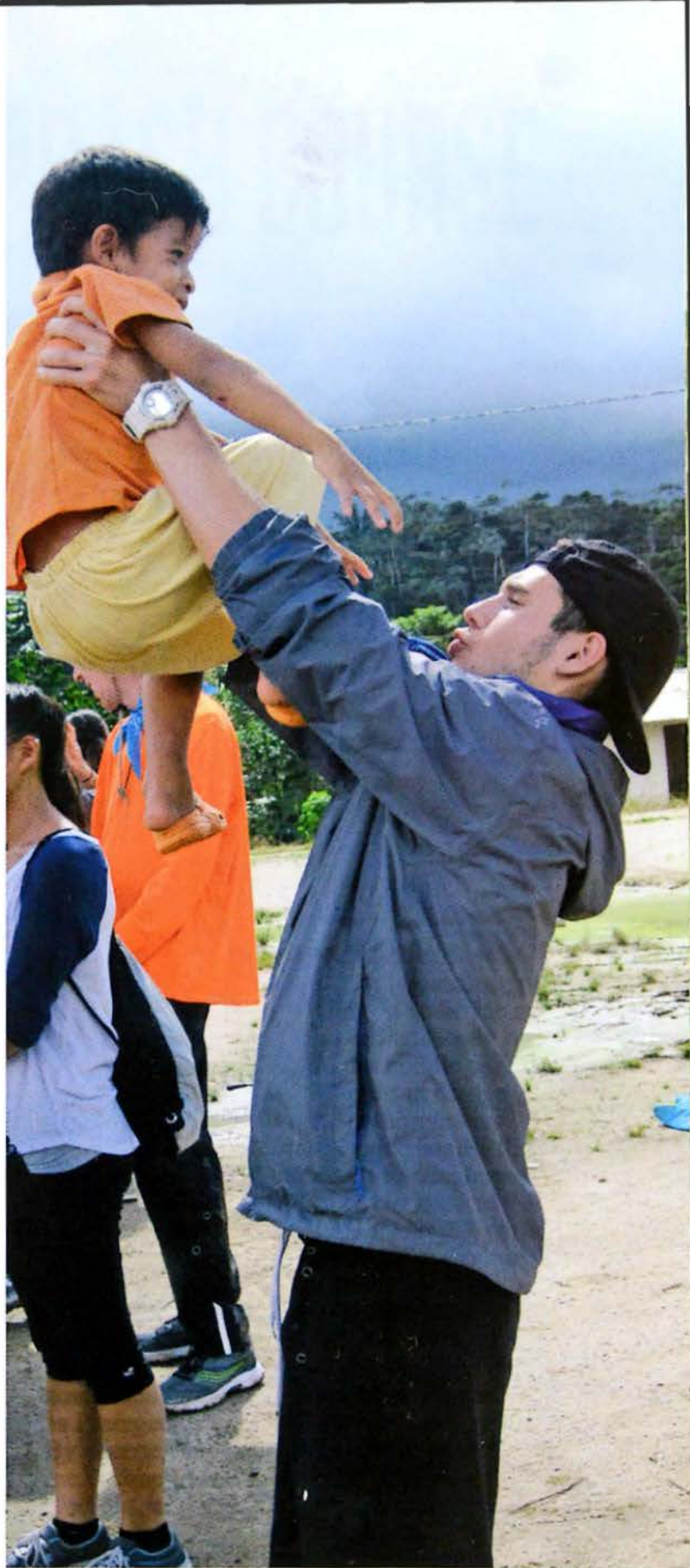
Life in the Amazon is very different from life in Tampa, as the students witnessed. Running water was available, although drinking water had to be boiled first, and laundry was done in a small stream. Mosquito nets were a necessity. Showering consisted of running outside in the rain, since it downpoured almost every day for a brief period of time.

"There was one afternoon where we all just ran around outside sharing camp soap and made our best attempt to wash off the immense amount of dirt we had accumulated," said Jessie Beckett, senior psychology and business major, in a blog post.

The Masanga community emphasized the importance of family and showed the UT students how different their lifestyles are.

"Each day, we would have three meals together as a large group, which doesn't always happen in Tampa," said Ian McGinnity, advisor of the PEACE Volunteer Center.

McGinnity also noted that students weren't glued to their phone screens during their time spent in the Amazon; instead they were used to capture pictures of the beautiful rainforest and culture-filled village.



During the second part of the trip, students returned to Quito and explored the city and surrounding areas. They went zip lining, learned how to make chocolate, visited the equator line and learned how to barter at the largest South American market in Otavalo.

Interestingly, most of the students agreed that the most enjoyable aspect of the trip was not the free time, but the volunteer work they accomplished.

"My favorite part of the trip was the chance to interact with the community," Little said. "I love interacting with kids, and the ones we got to know in Amazanga were some of the most generous, curious, and kind ones I had ever met."

The PEACE Volunteer Center offers other Alternative Breaks with themes such as Homelessness, Human Trafficking, and Food Security. The Alternative Break (AB) program with PEACE has been operating since the 1999-2000 academic year and continues to inspire and educate students at UT.

"The AB Program is technically a short term service project that is meant to inform students of the social issues surrounding our everyday society and how you might be able to make a difference as broke, young, passionate college students," Beckett said.

The main goal of the AB Program is to help students value volunteer work and become more active citizens in their community, according to the PEACE Volunteer Center. There is limited space on each trip, but eight trips are offered every year: one domestic and one international trip in May, two domestic trips over spring break, two weekend breaks during the fall semester, and two weekend breaks during the spring semester.

"If you are looking for an opportunity to learn something about yourself, make unforgettable memories, life-long friends, and truly enjoy stepping outside of your comfort zone to make a difference, the Alternative Break Program is for you," Little said.



"ART" HISTORY CRASH COURSE

BY REBECCA TURNER

On the second floor, filling up a corner office of the library is Special Collections. Inside, filing cabinets and shelves are packed with items, documents, pictures and even a historic urn—and Art Bagley can tell you about all of it.

Art began working at the library in late 1987 after finishing a master's degree program at FSU in library science. Now, he has a multi-purpose role as a reference, collection development and special collections librarian.

Art, along with his colleagues in Special Collections, has been working to make various parts of the library more accessible to students.

"We just had a big project here in Special Collections with our artwork that we have: paintings, photographs, maps, everything like that," Art explains. "And they're all up in storage now in the attic and they're available for checkout. It's kind of a clumsy way to work it right now, but eventually all of that material will be in the catalog. So, anybody on campus who wants to decorate their dorm room or their office can browse the artwork on the UT library catalog."

This project began about a year ago when staff members approached the library director asking to decorate their offices with the artwork. The artwork had previously gone relatively unused and unappreciated by anyone apart from library staff. Art hopes that the project will be in the catalog with thumbnail photos



and brief descriptions by summer 2017. However, work on the project was slowed during renovations over the summer, making an exact start date uncertain.

The library was opened in the late 1960s, with it having been previously located in Plant Hall's Grand Salon for a short time and then in Plant Hall's Fletcher Lounge beginning in the 1930s. The recent renovations to Macdonald-Kelce library have included all areas

of the library apart from Special Collections and the Florida Military Collection, which is located on the first floor, as they were used for storage. Both will likely be renovated next summer.

That is far from the only project the library staffers have recently tackled, however.

"A project that we're really glad we finally got around to doing is that we sent out to a vendor all of our
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Minarets, all of our Moroccans, all of our alumni newsletters and all of our faculty/staff newsletters and had them digitized and put into our database," Art says excitedly.

All of these old issues, some as far back as the early 1930s are available through utopia.ut.edu under the history tab at the bottom of the page. The database is full text searching and updated approximately every three years, but if you are looking for something not yet available there, you can always go talk to Art who is happy to explain and show any and all of UT history.

Art has a compelling past too, but he will often relate something he is talking about back to a UT vignette instead of focusing on himself. He was born in the Buffalo, NY area in 1952. He had two older sisters, Verna and Donna and a younger brother, Kirk. Today, Donna and Kirk both live in Sarasota.

Tragically, Art's oldest sister Verna died in childhood during a 1954 Buffalo school fire when Art was just a toddler. Talking about Verna, Art's voice softens from its normal, emphatic tone and a hint of sadness comes through.

"My mother always told me that after Verna died in the fire that I'd wander around the house like I was

looking for her because I couldn't understand the concept," Art says.

For the next few years, the family would travel periodically to Sarasota to visit family before his mother decided to make the move permanent to avoid the harsh winters. Art's father moved down first to secure a business and expand it for a full year before they would join him. Art remembers those first trips fondly.

"On one of those trips I remember stopping in Gettysburg the first evening on the road from Buffalo and I remember we were at some kind of motel and that we were right across the street from the battlefield. In the morning, while we were packing up at about six o'clock, through the fog I saw this real hazy, kind of tall thing," Art recalls. He later learned it was a monument. "That was my first brush with the Civil War on that trip to Florida."

After he graduated with his undergraduate degree in communication and a minor in American history from FSU in 1974, he worked for both Governor Bob Graham and Governor Bob Martinez in the communication office.

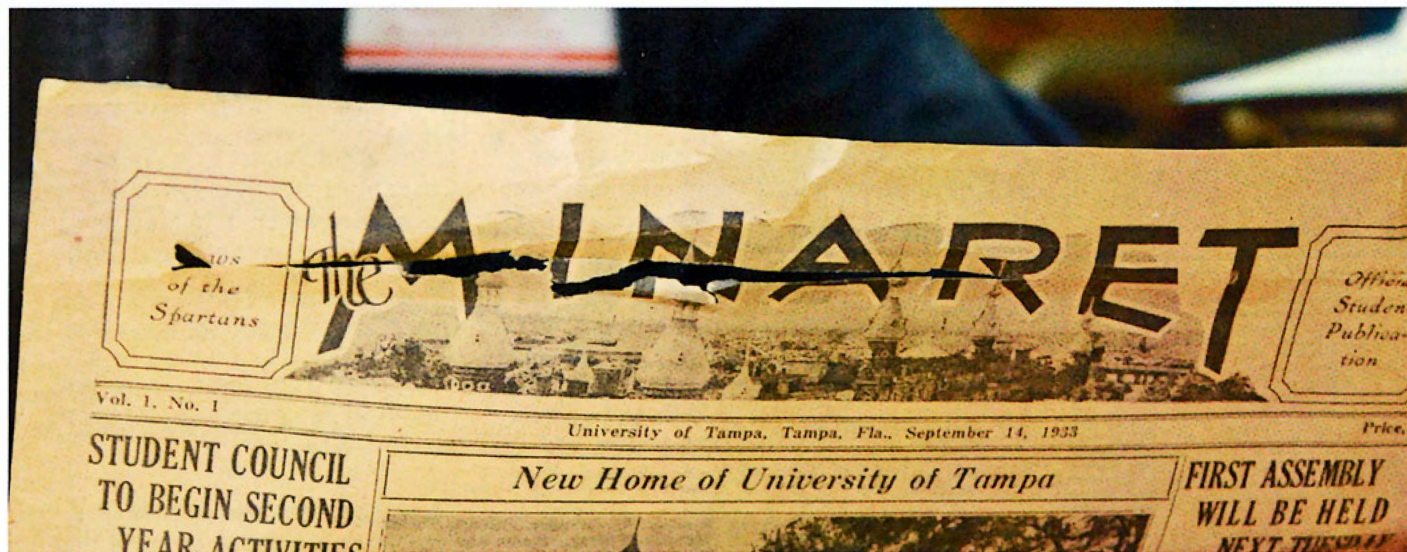
From there he looked into FSU masters programs and library science sounded particularly

interesting. Art says with a chuckle, "I doubly noticed that it was a non-thesis based master's degree. And I said I like to do research; I like history; I like books, so why don't I go to library school?"

It was at that time that Art met his wife Maria and they had daughter Chelsea who graduated from UT in 2012 and became a teacher. She has just recently completed her first year teaching at Reddick Elementary in Hillsborough County. After applying twice, Art landed a position at UT, where he now plans to work until retirement.

"A lot of people feel that libraries are nice, relaxing places, but that's out in your public area where you get to sit on the couch and look through the magazines, look at the artwork and play with the 3D printer nowadays. Behind the scenes at a library, there is pressure," Art says, speaking quite seriously. In his experience, the pressure is worth it to help staff and students alike. "I like helping people learn how to think logically, understand processes and solve problems."

Art vividly remembers helping one student when he was "fresh out of library school" who asked him how many inches are in a foot. He says he took a step back and remembered that what he was taught in school – there are



no unimportant questions. She needed to know. So, he found a dictionary and showed her a conversion chart. As it turned out, she was an international student from Spain who had grown up using the metric system.

Art concludes the story saying, "That just drove home the importance of a reference librarian and understanding the needs of the patrons."

Art's knowledge of UT is really what sets him apart from most other staff members. He is somewhat of the go-to person for UT and local history on campus. He can pull out information on who was here when and what dorms used to look like (many even with old photos stored in his archives). Art seems to enjoy talking about the former students and staff members he finds in his records the most. One such story is that of John "Jack" Brockman who left UT twice to go to war. The first time was for World War II and the second time for the Korean War, coming back to study in between.

Shortly after his arrival in Korea, he was captured by the North Koreans and was photographed by a Red Cross representative with other prisoners. That photograph made it out of Korea and into Life Magazine, but Jack never did. He most likely died as a prisoner of war.

Another student went on to become a golf pro in Gettysburg, PA during Eisenhower's presidency. He got to meet, golf and spend time with Eisenhower and his friends. Of him, Art says with a chuckle, "Hobnob with the mucky-mucks, he did."

At the top of his favorites to talk about though, is that aforementioned urn. There are two marble urns in Special Collections.



One is empty and the other houses the remains of Edward R. Martinez-Ybor, the grandson of the founder of Ybor City.

"He gave UT some money and his wife [the 17 years younger Bergljot Audhild Sanne] figured, 'Well, if he likes UT that much to give them money, then I'll give him when he dies,'" Art says, laughing.

He died in 1970 at 87-years-old, was donated and his wife moved away

to Ithaca, NY.

"I've never heard from any other librarians, at conferences and what-have-you that they have human remains in their library," Art says, his voice a mix of pride and amusement. "I mean, short of an anthropological library or a museum. A liberal arts university with someone's remains here? That's pretty unique."

LEVEL UP

BY JOHN FELTMAN

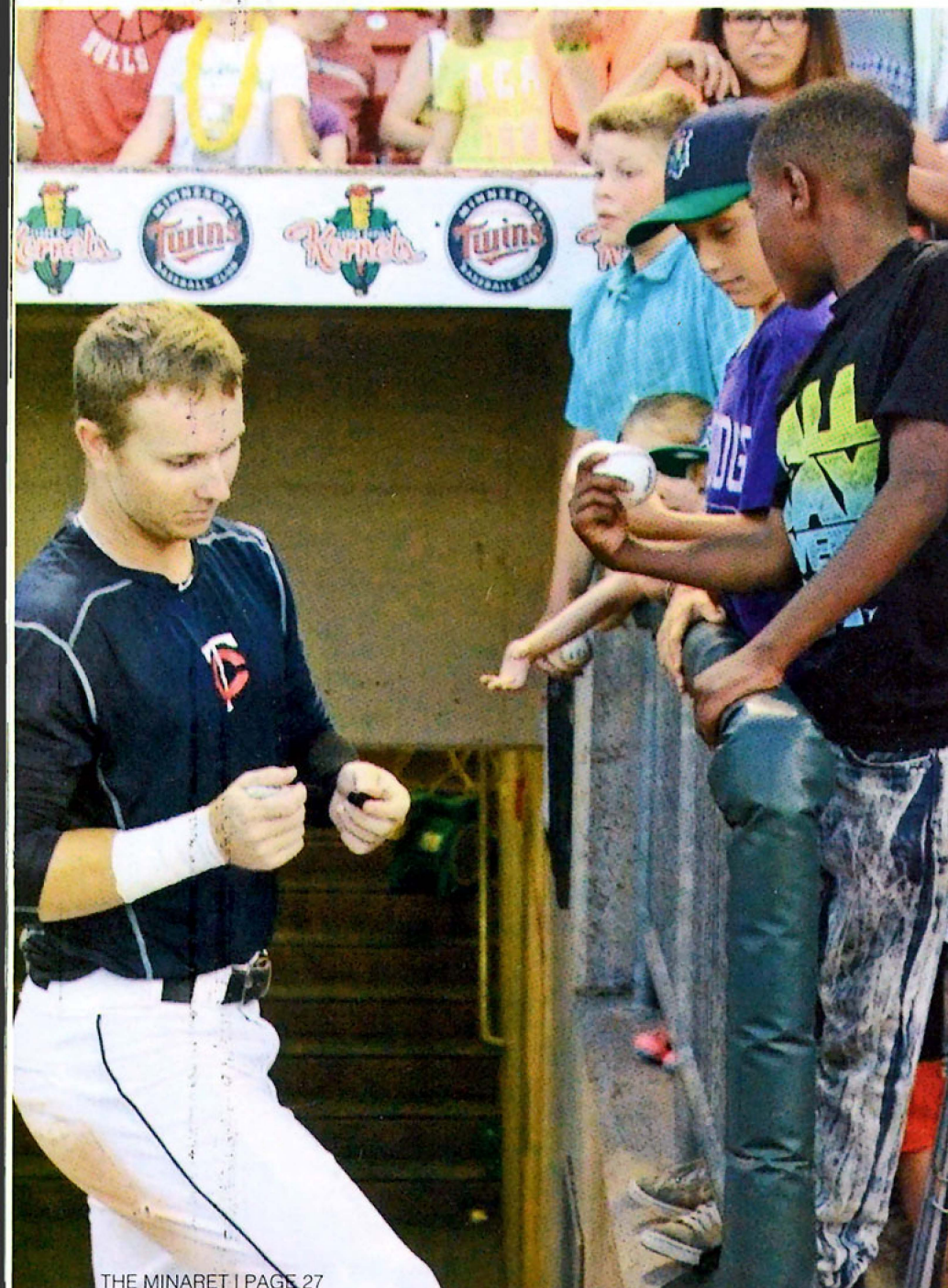
It's something that all baseball players think about at a young age: becoming a Major League Baseball player. The University of Tampa baseball program is one of the best college baseball programs in the country and their goal is simple: win, and mold these young players into professionals. However, Tampa's program is often overlooked because it is labeled as Division II, whereas the highest collegiate level of play takes place at the DI level.

With seven national championships, 17 SSC conference titles, 78 different players drafted by a major league team and seven players moving on to play in the majors, UT baseball's track record speaks for itself. This list doesn't even include players moving on to play in other countries.

"From winning a national championship my junior year to my senior year, I wouldn't change any of it," UT baseball alumnus Casey Scoggins said. "It was great, I learned and matured in my baseball knowledge as well as my personal life."

Scoggins, former everyday center fielder for UT, played his first two seasons of college baseball at Santa Fe College, and then played for UT in his junior and senior years. This past June, the Minnesota Twins selected Scoggins in the 39th round in the MLB amateur draft.

What peers often overlook is the journey a player embarks upon to go pro. Minor league baseball systems have a numerous of levels of play. Class A, rookie ball, AA and AAA are just some of the basic levels minor league systems contain. It is rare for a player to fly through each of these levels in a short period of time. Scoggins, currently playing for the Cedar Rapids Kernels, is in the A-ball level of the Twins organization.





A considerable difference between the major leagues and minor leagues is not only the level of competition, but the massive difference in income. The minimum annual salary in the majors is roughly \$507,000, while minor league players earn below \$30,000. As a player advances through the minor league system, they earn more money as they go.

"It's an everyday job, but you are playing a game you love," Scoggins said. "It's a grind. You have to make sure you keep healthy, focus on yourself, and roll with the punches and take advantage of the opportunities given."

Pitcher Chris Williams, entering his senior season as a Spartan, has been in love with baseball since he was a little kid.

Last season, Williams posted a 10-2 record for the Spartans, striking out 72 batters in 74 innings pitched. He also had a perfect 6-0 record in SSC conference play, and two saves out of the bullpen.

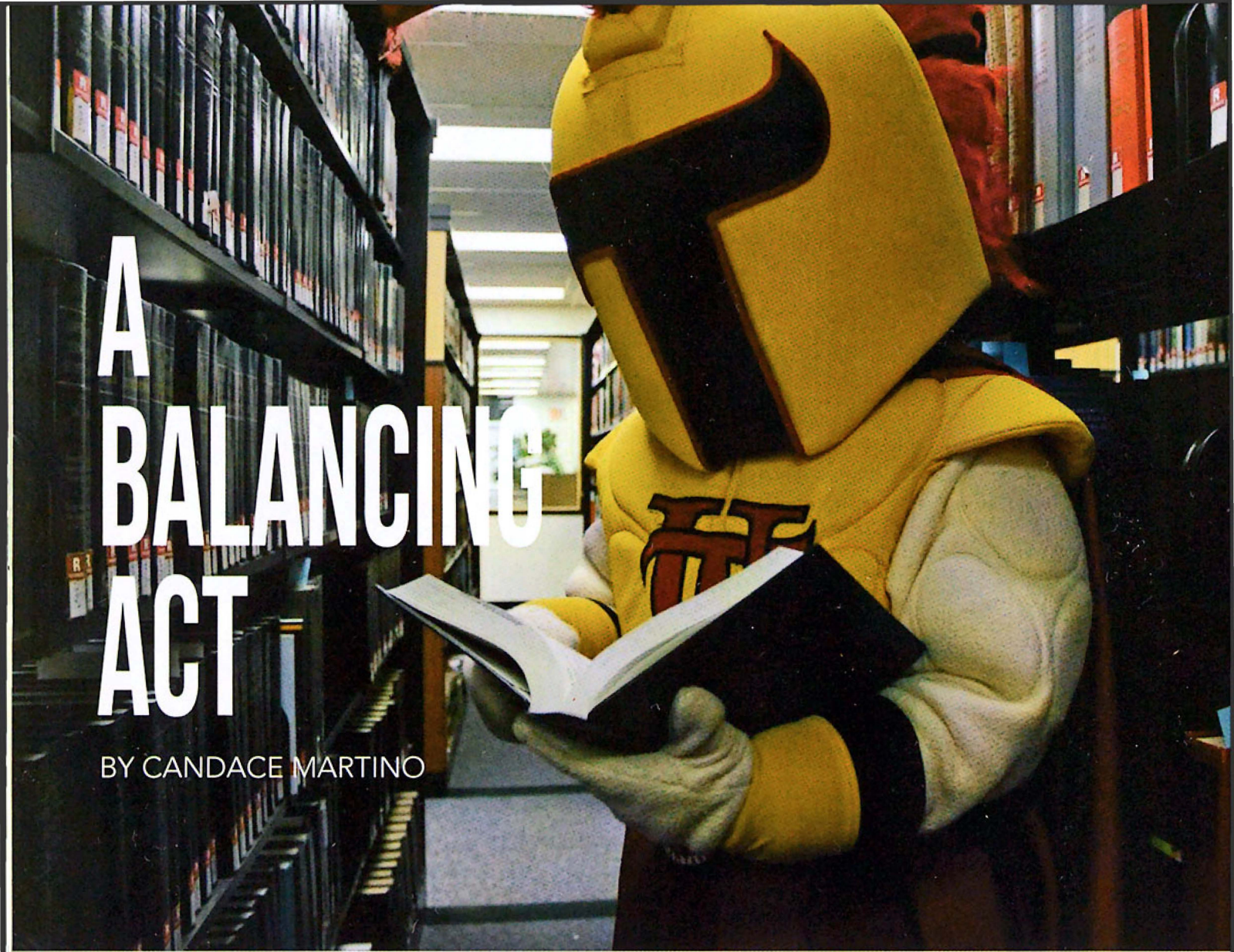
Williams, a 2016 First Team All Sunshine State Conference pitcher, has dreamed of going pro since he was a kid, but says he's unsure if he's going to play baseball professionally in the future. "Baseball, no matter how great it is, isn't forever," he said.

Another 2016 grad, Michael Calkins, pitched for UT the past four years. He did not get drafted this past June, but he has plans to play for a professional baseball team in Australia through connections established by UT baseball head coach Joe Urso.

"The Perth Heat is the top level pro team," Calkins said. "The minor league team of the Perth Heat is called the Wanneroo Giants, and they contacted me within a few days after Urso sent the email that they would love to have me on their team."

Calkins, originally from Oneonta, Ny., had a successful UT career. He won two national championships in his four years of being a part of the program, and was notably named the winning pitcher in the 2015 National Championship clincher. He is reporting to Australia in September to begin his professional career.

Calkins will not only be playing baseball in Australia, he will be helping out kids at youth baseball camps as an instructor "for a little extra money," he said. His schedule will be jam-packed during the time he will be spending with his team.

A person in a yellow and black mascot costume, featuring a large yellow helmet with a black 'T' shape and a yellow body with black accents, is standing in a library aisle. They are holding and reading an open book. The library shelves are filled with books, and the lighting is warm and focused on the mascot.

A BALANCING ACT

BY CANDACE MARTINO

There comes a time when an athlete's lofty high school sports careers come to an end and they are left imagining what could have been. There are no more bus trips down the road to play the biggest rival under the Friday night lights, no more oranges at halftime, not even pep rallies to get you fired up for tomorrow's homecoming game. In fact, that's the situation for about 95 percent of former high school athletes who don't continue on to play a college sport.

From the outside looking in, the lifestyle of a collegiate athlete appears to be similar to that of the rich and famous. It seems that everything is just about free, from tuition to unlimited team issued gear, and if you need someone to hold your hand for all four years, well that certainly can be arranged. Life as a college athlete seems to be a cakewalk for most.

Senior Allee Steleoganis on the women's volleyball team is fortunate enough to be in the position that she is in, getting ready to lace up for her fourth and final preseason. She's earned a full scholarship to UT for all four years, and many would love to be in her shoes. But what really does it feel like being a student-athlete?

"Being a student-athlete is a privilege," Steleoganis said. "It's something that very few people can say they've been apart of when it comes to being on a team. But, [with it] comes a lot of sacrifices and commitments that many people don't realize."

As the majority of the student body has the full length of summer break, Steleoganis has already made her way back to campus before classes start where the volleyball team is practicing twice a day to prepare



for the official start of season. Even though the volleyball season ends in the month of December (if your team is lucky enough to go that deep into playoffs), workouts start right back up about two weeks later. For her and her teammates, waking up before the sunrise just to practice and to hit the weight room, then walking to class with ice bags taped to every inch of their body seems to be the everyday norm.

"Ice is our best friend, especially during preseason!" Steleoganis said. "Usually after every practice everyone heads to the training room and if they have class then they'll just have to get ice wrapped on them to-go and waddle to class with it. Sometimes I catch people staring at me like I have nine eyes, but I'd rather get the looks than have bad knees."

If you are a student-athlete, dressed from head-to-toe in UT athletic gear isn't always your preferred choice, and it doesn't make it any easier to tell whether or not you're having a bad day. Many of your classmates don't tend to think so because they too have classes, work and studying to do. Though, what your classmates don't understand is that you very rarely get the opportunity to sleep in past 8 a.m., you can't skip your classes because that just might be the day the coaching staff does class checks and if you're thinking about sitting in the back of the classroom to catch up on sleep, forget it. It's a team rule to be in the first three rows. No matter what athletic team you are on, your every move is being magnified because you're a centerpiece of the university's brand.

"The team is told to sit in the front rows," said Miranda Gonzalez, a junior on the women's soccer team. "[Head coach Erin Switalski] or [assistant coach Brittan Spence] come in and do random class checks to ensure that

everyone went to class on time. If certain athletes are having problems with grades they are required to do extra study hall, and some are even required to get professors to sign attendance sheet to make sure they go to class and stay the entire time."

The rumors of student-athletes being exempt from responsibilities couldn't be the farther from the truth. Not only do college athletes have to make sure they are abiding by the team rules, they are responsible for holding each and everyone of their teammates accountable. Yes, that's right. If someone is late for practice you better believe there will be running involved. If your teammate misses classes 'Get on the end-line,' is something student-athletes know all too well. It is an endless cycle of finding a balance of being a student and an athlete.

"I am extremely thankful that I have the opportunity to be a student-athlete," Gonzalez said. "This journey has taught me so much about myself and what I can overcome on-and-off the field and in the classroom. I've got to meet some of my best friends from being on a team. I think there are times when it got tough and I questioned whether or not I made the right choice, but at the end of the day I wouldn't have it any other way."

When it's all said and done, being a student-athlete is a special privilege that each of these athletes are very grateful to have. With anything great comes sacrifice, and the exhilarating feel of holding a conference championship trophy up at the end of the season is why these college athletes wouldn't change a thing.

PUTTING YOURSELF OUT THERE

BY CHRISTIAN MALDONADO

If it wasn't the palms trees on the front of your acceptance letter, or the Dairy Queen signage in the introduction magazine that lured you to UT, then what did? Take your reasoning and think of where you'd like to be when it's all over, or better yet how you'd like it to end.

College can be a frightening place, but eventually it pays off and is reminisced as one of the best experiences in existence. What you do, the strides you take and the path you create will all make you who you are after college. From move in day to the last day of classes, you don't know what's going to come your way. You have no control over what life has planned for you, but you do have one special power: the ability to make a great first impression. Dominate the ice-breakers, give out the random "hellos," and don't be afraid to get involved. UT offers so many extracurricular activities, club opportunities and non-collegiate sports programs.

For example, fraternities and sororities are seen as the main gateway to becoming an involved student, some may disagree and think it's the "easy" path, but others have carried the honor with them for decades even after becoming a UT alumni. Cristal Lopez, a senior at UT studying Allied health, took a chance by putting herself out there, playing a key role in bringing back Zeta Phi Beta in the spring of 2016.

"Being a part of Zeta Phi Beta Sorority, Incorporated is truly an honor. We are a community conscious, action



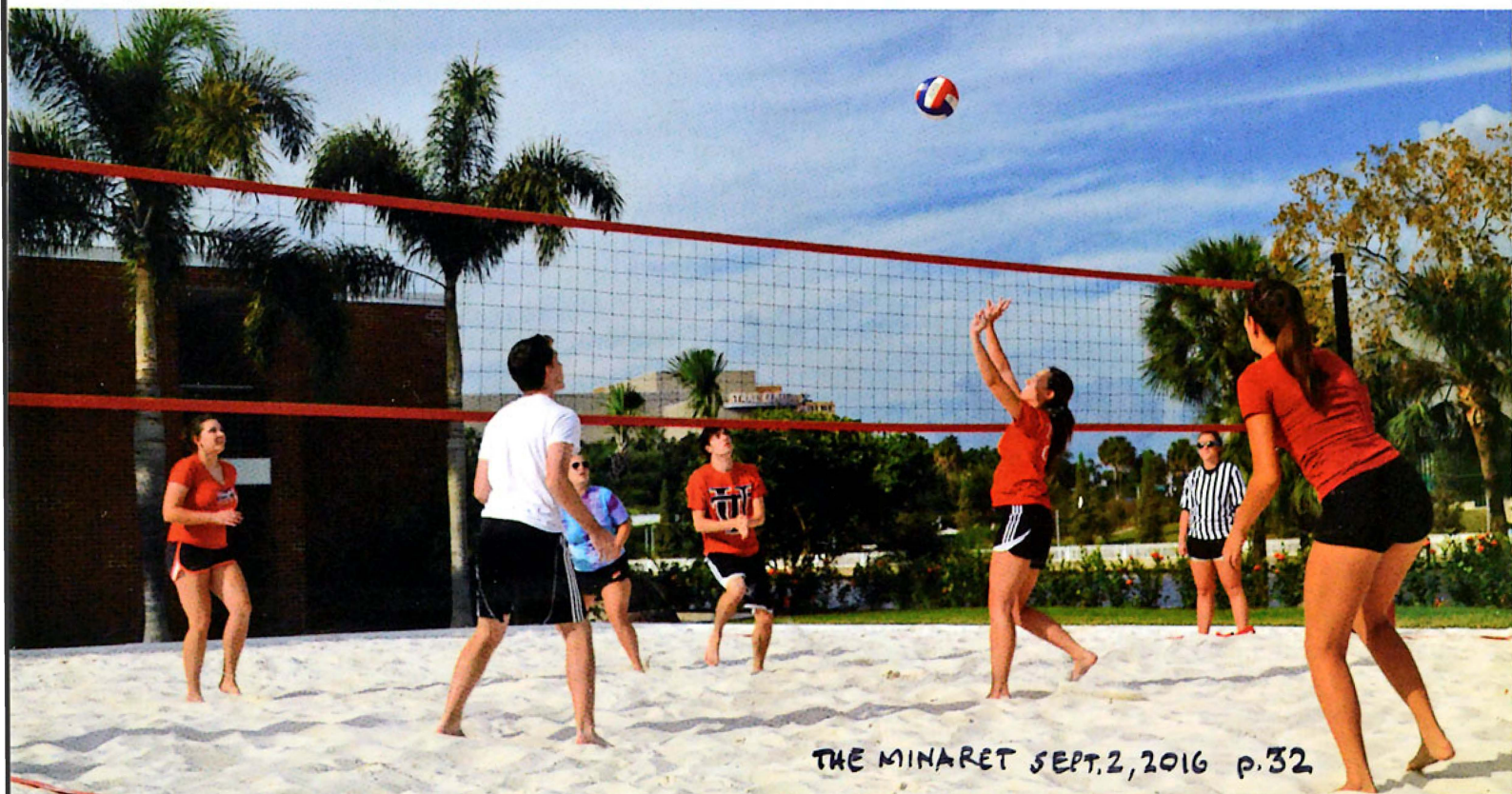
oriented organization that strives to fight against social injustices, all with lifelong sisters by your side," Lopez said. "To be a Zeta means that you are a finer woman, with excellence, courage, and purity."

It is opportunities like this that make UT the great institution it is, and the perfect place to find out who you'd like to be. The faster you become an active UT student, the more connections you will gain, making your college experience that much sweeter.

One of the hardest relationships you may face is with your roommate. Being paired up with a random person can be tricky, frustrating and amazing all at once. In the beginning it is usually all fun and games, until two months down the road when you either can't stand the person, or they turn out to be a life long friend. More often than not, you will run into a person you do not enjoy living with. If this is the case, do everything you can to make this person comfortable with you, as their new living partner. Have no secrets, unsaid statements or "holes" in communication, because you will reap the consequences later. If college can teach you anything, it is to voice your opinion and to not be

afraid to stand by it, even if no one else agrees. Most importantly, work on compromise when it comes to your living conditions. You may not always have privacy, freedom or even a place to think, but it's all a part of growing up. The best way to get through a problem is to understand all sides about the overall issue, work on it and move past it collectively. Besides being a personality and compromising with your roommate, make sure to adopt a routine!

There is no flaw, hiccup or problem when it comes to a schedule. Stay ahead of the pack, and don't fall behind with all of the distractions. Parties, last minute hangouts and local outings will all come your way, but in the end, you have the last say. There is nothing wrong with taking a Friday night stroll down Soho, but do not make that a part of your daily routine. Plan accordingly, efficiently and most importantly give yourself a break from time to time. College is meant to obtain an excellent education, and you have to work hard to achieve it, but we are all human. Just remember to make your mark in some manner, make the best of your living situation, and have a bulletproof routine.





PULSE

A SENSE OF COMMUNITY

BY MAHURA NADARAJAH

It is only August and 2016 has already been tumultuous. There was a disgusting amount of violence — mass shootings, police brutality, civilian brutality, animal cruelty...the list could go on and on. Arguably, the most incriminating thing is that polarizing disunity is the byproduct of all the violence. These heinous acts are tugging on extremes: coexistence vs. religious intolerance, Black lives vs. Blue lives, and the privileged vs. the underprivileged. It doesn't stop there — even those who do not offer their opinion on the current crisis are scrutinized for being ignorant pacifists.

So why do I mention all of this weariness in the Orientation issue of the Minaret? Is it to get our Spartan readers, especially freshmen, nettled? Or am I just adding fuel to the fire? It is a bit of both actually. In regards to the former, I want everyone to be aware of the past and present indecencies in our society; moreover, not just the single perspective

but the holistic one. In regards to the latter, as hard as it is to believe because we live in sunny Florida, school has started; that feeling of easiness, laziness and freedom that summer carries is now gone, and what takes its place is the harsh burden of autumn.

My entire goal is to remind Spartans that while at the macro-level, coexistence may seem like alchemy, it is possible. Don't believe me? Then take a minute and look at where you go to school. UT, even if it is a micro-level example, is a community that exudes coexistence, not blinded bliss.

The UT student, faculty, and staff body are comprised of different races, beliefs, political alliances, socioeconomic upbringings and areas of study. For instance, UT's CNHS poster presentations highlight student-led research from all departments. Senior Sarah Ballentine, who presented in this past CNHS, spoke on the importance of having events

"...I want everyone to be aware of the past and present indecencies in our society."

because it promotes unity amongst difference. She stated "having an event that is able to represent all individual interests of UT students [while] educating those around them unfamiliar with the topics, provides a sense of community between different departments."

In regards to non-academic differences, Spartans view these more as an innocuous nuance than a major strife. Spartan alumna, Fatin Amin experienced this first hand as she cheerfully recounts that her favorite holiday, Thanksgiving, is ironically unknown in her home country of Malaysia.

"I come from a country that is rich with diversity. I understand the basic principles of accepting and working together with a different race and I feel that UT has embraced that trait," she recalls. "The perfect example that really brings out the best in all the students at UT is when my friends invited me to their home for Thanksgiving. Being able to experience three Thanksgivings in the US really opened up my heart. I felt overwhelmed that I was able to be invited with open arms into a home of a different race and to be accepted as family. That is what I believe to be the sign of hope."

Resource is a synecdoche of community. Spartans are able to coexist in this community as well as utilize UT as a resource to both constructively voice their opinions and have their opinions challenged. How productive is it, though? If we look strictly at statistics, not only are students from all 50 states present, but a staggering 140 countries out of the 196 countries in our world have been represented in our student body. More precisely, that means there are roughly about



8,000 voices that will engage, challenge, educate and come together with you.


During February's Black History Month, communities came together peacefully yet passionately to educate and encourage peers to join the Black Lives Matter movement. Moreover, when the tragic shooting at Orlando's Pulse nightclub occurred, it seemed like the rest of the world wanted to wrongfully place blame on Muslims or reiterate their disgusting hate towards the LGBT community. However, Spartans, specifically the UTampa Pride club, turned a blind eye towards the discrimination and held a vigil for all the souls lost during the shooting. This is what a successfully functioning community does when violence is committed. They come together; they don't antagonize.

Thankfully, this sense of community is not only present when tragedy strikes, but is something that Spartans carry with them on and off campus during good times as well. For senior nursing major Megan Cote,

it was during her department's trip to Monteverde and San Jose, Costa Rica this past May that she learned developing community through communication did not necessarily require the same language to be spoken.

"I experienced and observed UT students interact with Costa Rican natives in a very open and loving way," Cote recalled. "Even though most of us could not communicate by speaking Spanish, we were still able to communicate through body language; I felt as though they realized that we really cared for them. I was proud of our sense of community, even for those who do not live the same lives that we do."

With that said, I urge Spartans, especially freshmen, to look at their UT community as their "Bridge over Troubled Water." During these times of peril and mistrust, look around and know that coexistence is possible because we are living in it right here at UT.



FROM: ME TO: ME

BY BILL
DELEHUNT

Dear Bill,

It's me, your older self. I'm back in school, working on a master's. I know it's hard to believe, since you're just an undergrad freshman -- but I've got some ideas on the best way to enjoy the next four years and get the most out of them.

You are going to be immersed in the most intoxicating drug ever -- freedom. You will wallow in it, with almost no accountability. You won't enjoy this much autonomy again for 60 years, until you retire. But like any drug, it's easy to overdose. For every opportunity it offers, it hides an equal and opposite land mine. Hear me out.

Have you thought about your major? Even a crystal ball wouldn't show you what you want to do the rest of your life. People will advise you to "follow your passion," and that's a good idea, but only to a point. Like it or not, your interest in medieval French poetry written by left handed nuns won't get you a job after graduation. Concentrate on an employable major. Forbes and Fortune run articles on professions projected to be hiring in five years. Do some research, find a major that interests you and will allow you to move out of your parents' basement before you're 45.

Look around a bit and take a variety of intro classes. Trust me, you will reinvent yourself a couple of times during your working life and a foundation in writing, business and technology will maximize your flexibility as you move from one job to another.

As you choose classes while exploring different potential majors, be careful in selecting your professors, since they run the gamut from lousy to exceptional. Professors who give easy A's don't give a damn about you. Avoid them. You're spending a lot of money on school, so get the most out of it. If you were taking a cab, you wouldn't want a driver who only took you a couple of blocks and "let you out early." A demanding teacher isn't one who hates you -- she's one who wants you to reach your potential.

One more word on getting your money's worth: Go. To. Class. You will always find a reason to skip, and you won't even have to look too hard. Right now, you only have to worry about yourself; kids, mortgage, aging parents, that all comes later. For now, just get to class. You'll be amazed at how well you do academically if you treat this like a job. To mix metaphors, you can observe a lot by just showing up, and that pays

dividends during finals.

Now, let's talk about extracurriculars. Remember reinventing yourself? The best thing about graduating high school and attending college is you can do that. Almost nobody knows you. The downside is, you have nearly no friends and you'll want to make some, quickly, because all the freedom in the world can't compensate for loneliness. Follow your passion and get involved in one of the 150 groups on campus. Write for the Minaret, go Greek, serve in Student Government -- all are great ways to meet people with the same interests, which is the start of friendships.

While exploring your passions, make sure one of them includes physical activity. The "Freshman Fifteen" is real, and while everyone complains about the food in the dining facility, you will eat a lot of it. You'll also cram snacks while cramming facts, and those midnight runs for pizza will be a double whammy. Remember,

you're here to expand your mind, not your jeans.

A final word about those land mines we've discussed. If you run over one, academically or personally, go talk to someone as quickly as you can. The university has help for you, in the health center, the writing center, even in professors. Talk to someone and do it early, as soon as you think you might be spinning out of control. Finding yourself in a mine field it doesn't mean you'll be destroyed; you'll always have a chance to recover. Be sure to learn from the experience, though, so you won't become a land mine magnet.

Some of this advice has been hard, and I don't mean to harsh your enthusiasm as you enter the most exciting period you have known. Enjoy this extraordinary freedom smartly and you'll have a fabulous undergrad experience.

All the best,
Bill

"Dear Bill, it's
me, your
older self."



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