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THE MINARET



The Minaret



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Volume 83 Number 2 • September 8 2016 • ut.minaret@gmail.com • theminaretonline.com

Smoke-Free Campus Not Risk-Free

New policy reduces smoking on campus but poses threat to students

BY RICH TADDONIO
News Writer

The Breathe Easy UT project has been in the works for six years, headed by Gina Firth, Associate Dean of Wellness at UT, along with Dr. Rebecca Olsen, Dr. Mary Martinasek, and several public health students, working towards the objective of eliminating smoking on campus.

With the creation of designated smoking areas on campus in 2013, they were making progress towards their goal.

"We wanted to decrease secondhand smoke exposure to UT students and faculty," Firth said.

Though putting students in danger was not the intention of the policymakers, as of August 1, 2016, students and faculty at UT are forced to leave the safety of campus in order to smoke.

The no-smoking policy is designed to promote a healthy and safe working, learning, and living environment,

according to the Health and Wellness page located on the UT website.

"More people are choosing to quit because of it," Firth said about the new policy. This, according to her, was part of the plan.

Firth went on to say that, while certain areas such as the West Kennedy sidewalk along the campus limits are technically public property, students should be respectful of others who use those areas to walk to and from class.

Students who have chosen not to quit are now smoking just at the borders of campus.

One popular spot to smoke now is the Amscot parking lot behind the Health and Wellness center, which Firth sees as "karma" since it is also right outside her office.

Another is next to the bus stop on West Kennedy across from the Falk Theater.

"We are constantly getting emails from the school saying someone got assaulted or robbed nearby, but off-campus," said Andrew McCarthy, a



Signs around campus prohibit smoking for students, faculty, and guests. Bernard Alexander/The Minaret

junior environmental science major living on campus. "It seems strange that when I want to smoke, the school wants me to go off-campus."

The fact is that people do not

feel safe leaving campus to smoke. Venturing out too far has resulted in dire consequences for students in the past,

To SMOKE-FREE Page 4

Introducing: Your New Fitness Center

Highlights include more than 100 cardio machines and adult monkey bars



Students try out the monkey bar features at the new fitness center. Julia Albini/The Minaret

BY ARDEN IGLEHEART
News Editor

Walking into the new Fitness and Recreation center, students can see a 28 foot tall, red cylinder suspended from the ceiling. The cylinder is visible from every angle on the north side of campus, and according to president Ronald Vaughn, symbolizes the healthy heart of UT.

"There is another building block here, and what a magnificent, beautiful, building block it is, on the campus of the ever-growing, ever-improving University of Tampa," said Jim Ferman, chair of the Board of Trustees, in a speech at the grand opening of the center on Friday.

Housed on the first floor are over 100 cardio machines, offices for campus recreation, a lounge, and three group exercise rooms. A work room for campus coordinators is dedicated to Margaret McNiff, the namesake for the previous fitness center.

Students cited the large number of machines as a benefit to the center as compared to the McNiff Fitness center, which was demolished in May. Kacy Rabinowitz, a

sophomore elementary education major, said it would encourage her to work out more often.

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U.S. Women's
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CAMPUS

Comedian Sam Comroe

Student Productions presents Sam Comroe on Sept. 14 at 8 p.m. in Reeves Theater. New York-based Comroe is known for making comedy of his Tourette's syndrome. Contact studentproductions@ut.edu, for more information.

Mens' Soccer To Play Clayton State

The UT men's soccer team will take on Clayton State on Sept. 9 from 7-9 p.m. at Pepin Stadium. Contact tkolbe@ut.edu.

Want to Join the Peace Corps?

Regional Recruiter Chad Chernet will be at UT Sept 13., 5-5:45 p.m. to speak about volunteer opportunities in Riverside 102. Pre-register on HIRE-UT. Contact hireut@ut.edu for more information.



GREEK

Panhellenic Recruitment

Panhellenic sororities hold recruitment from Thursday, Sept. 8 to Monday, Sept 13. Contact Andrea Cevallos at utphadevelopment@gmail.com with questions.

Sigma Kappa joins Sororities at UT

Sigma Kappa is starting a new chapter on UT's campus. Information sessions are Tuesday, Sept. 13 and Monday, Sept 19 at 8 pm in Grand Salon. Visit lovesigmakappa.com/ut or email UTampa@sigmakappa.org for more information.

Interfraternity Council Recruitment

IFC recruitment takes place on campus Sept. 6 through September 18. Contact Seth Davidson with any questions at seth.davidson@spartans.ut.edu.



POLICE

Ultimate Burn

On Aug. 16, four students and a faculty member failed to evacuate a building after a fire alarm was activated.

Stay Off Our Lawn

On Aug. 19, Campus Safety issued a non-student a verbal trespassing warning.

You're Grounded

On Aug. 19, a student reported his license plate was missing after he removed it from his car and placed it on the ground.

(S)he Doesn't Even Go Here

On Aug. 20, an intoxicated non-student was involved in a motor vehicle crash on university property and was then arrested by Tampa police for DUI.

Fitness Center Shines on Opening Day



There are over 100 cardio machines at the new fitness center, as well as a spinning room, classroom and yoga studio.

From FITNESS CENTER Page 1

"I feel like I can come now whenever I want; I don't have to just come any time because there's enough machines for everyone," Rabinowitz said.

Because of the large size of the center, the university hired more student employees than it had at McNiff. In the first few months of the new center being open, gym staff will track how many people visit and determine if an even larger staff is needed.

"If there are more people than we think, they're going to hire more students," said Sandy Shwe, a graduate student studying exercise and nutrition science who is also a weight room supervisor at the gym. "So I think it's really great for the campus, the students, [and] everyone."

Group fitness studios are each equipped with a large projection screen. A small tablet on the wall in each room has a list of different workout videos that can be displayed on the screen for gym goers to exercise along with.

Over 60 exercise classes will be offered at the new center. Classes began Tuesday, September 6, and a schedule is available on UT's website. The center features new classes such as barre fitness classes, and classes that use "the Frog," a machine with bars connecting two sets of wheels. Users place their hands and feet on the bars, and contracts their abs to contract the machine and roll the wheels closer together, putting them in a frog-like position.

On the east side of the building, there

is also a basketball court with a seating area and the school has plans for a sand volleyball court

While most students are satisfied with the design of the new gym, some are left wanting more.

"I wish they had put the basketball hoops indoors because it can get really hot out there," said Andrew Buonfiglio, a freshman finance major.

The second floor houses weight machines and one room on each side

with free weights. There is also a separate spinning room, a classroom space, and a yoga studio.

Chanel Manzant, who teaches yoga at the center, believes that the new space will benefit her yoga classes.

"By being in here today, the students are just so excited to be in this space," Manzant said. "So I think we'll use that energy, that excitement in the first few weeks of classes, to build excitement, and to build our classes up, and to really get students into fitness and the yoga side of things."

During the opening ceremony, campus administrators stressed the importance of health for academic success, and Manzant believes that access to more yoga classes will help students academically.

"Yoga is such a beautiful practice, and students can take what they need from it. If they need to feel centered, they can take that, if they need to feel calm or if they have anxiety, wherever it is they're coming for, if they're coming just for the physical aspect, they can find it here in the yoga class." The fitness center is not complete. Phase II will expand the center by another 20,000 square feet, and will include classrooms and lab spaces for human performance and health sciences.

Arden Igleheart can be reached at arden.igleheart@theminaretonline.com



Dean of Students Stephanie Russell Krebs speaks at the gym opening.

Political Clubs Gear Up for 2016 Presidential Election

Student organizations try to make up for lack of political enthusiasm on campus

BY LIZ MACLEAN
News Editor

Trump or Hillary--it's the debate of the year. Across the country, people are rallying, canvassing, and even tweeting, all in the name of their candidate. But here at UT, there's a different political scene; one that appears in club meetings or tabling in Vaughn.

"This campus has notoriously been apathetic," said Luis Suira, senior political science major and president of College Democrats. "Many people are out of state. Generally speaking, the students down here are less concerned about our political news."

College Republicans have also found that when it comes to politics, much of the UT campus remains quiet.

"People just don't really care," said Bri Robinson, junior political science major and secretary of College Republicans. "I think the election is very controversial right now, so if you say anything, you're going to get negative comments."

This is why College Democrats and College Republicans are trying to involve students in the political scene. Both clubs held several events last year and have already started planning for this semester.

Last year, College Republicans met Lieutenant Governor of Florida Carlos Lopez-Cantera and went trap shooting, an event that was geared toward being both political and entertaining (trap shooting is using a shotgun to hit a clay disk that is flung into the air). College Democrats held debate-watching parties, where students could see how the debate process works and feel free to ask questions.

"Last year when they had O'Malley, Sanders and Clinton on stage, we could go through their platforms and watch them vying for the candidacy," Suira said. "We

invited students and members of the community to come to campus and watch with like-minded individuals."

The two political clubs have also been trying to educate students on 2016 presidential candidates. College Democrats distributed Bernie Sanders and Hillary Clinton brochures and made calls for local and out-of-state elections, while several College Republicans members campaigned for Marco Rubio and Donald Trump.

Because it's an election year, the political clubs are reaching out more to UT students and finding ways to integrate politics into campus life. College Democrats held panel discussions with students and professors on topics that directly affect schools, such as the right to carry a gun on campus (however, even if a law is passed allowing guns at public schools, UT can deny rights to this law on campus since it is a private university). Members of College Republicans are working on a College Students for Trump campaign and may partner with the Hillsborough County Republican party.

Both clubs also plan to register new voters for the upcoming election. College Democrats and College Republicans will table in Vaughn during the Spartan Street Fair and also in the weeks prior to the election. Students can contact Kathleen Becker, the vice president of College Democrats, at kathleen.becker@spartans.ut.edu to register to vote. October 11 is the last day to register to vote in Florida (go to <https://www.usa.gov/voter-registration-deadlines> for more information on voting deadlines by state).

"If any clubs want us to come and register them, we can register either Republicans or Democrats," Becker said. "You can also get your ballot mailed to you and just fill it out and send it back in, so then you don't need to go anywhere."



Photo courtesy of Daniel Driscoll

College Republicans, who are encouraging students to become politically active, visit the White House.

College Democrats and College Republicans will also be driving students to the polls on election day, as they have done for many years in the past. Members of each club emphasized the importance of voting, no matter who the ballot is for.

"The more people that vote, the better picture the state of Florida sees of who the people actually want to be elected," said Danny Driscoll, junior criminology major and president of College Republicans.

Members of the clubs also explained that it's okay to ask questions; in fact, that's what more people should be doing.

"Don't be afraid to ask about the issues. It's okay that you don't know everything; no one does, really," Becker said.

Members also encourage students to do some research before choosing a candidate to support. Ontheissues.org provides unbiased information about candidates and details on their platforms.

"Check your facts and look into the core beliefs of each party and the histories of the parties," said Katelyn Brown, junior international and cultural studies major and treasurer of College Republicans.

College Democrats will meet Tuesdays at 8 p.m. and College Republicans will meet Thursdays at 9 p.m., locations to be determined. Students are encouraged to look on the College Democrats' and College Republicans' Facebook page for more information about meetings and events. To get on the College Republican's email list, contact daniel.driscoll@spartans.ut.edu.

Liz MacLean can be reached at liz.maclea@theminaretonline.com

Hillary Clinton Holds Rally at USF

BY BIANCA LOPEZ
Managing Editor

With only two months left until election day, the candidates are touring the states and sharing their stances with cities throughout America. This past Tuesday, Tampa was that city for Hillary Clinton, the democratic nominee.

Clinton held a rally at USF's campus, attracting an audience of about 1,500. Many of UT's own were in attendance, showing support for the nominee.

Luis Suira, a senior political science major and president of College Democrats, drove in the motorcade that met Clinton's plane and her press. Suira, who plans to one day work in campaign management, played a role in escorting Clinton's people to the rally.

"It was exciting driving with the police escort and watching the sentry vehicle maneuver behind her

limo," Suira said. "It was a good experience to coordinate with high level press and the secret service."

During Clinton's speech, she focused on many domestic issues like jobs, education and taxes. One domestic issue in particular that hit close to home for many locals in the crowd was gun control. Clinton used the Orlando Pulse nightclub shooting from the summer to share her gun control stance.

"The Pulse shootings were something that really affected me," said Michael Womack, a senior advertising/public relations major. "Just her keeping pressure on gun control and mentioning Pulse directly meant a lot to me."

Womack is no stranger to Clinton's campaign rallies, or campaigns in general. At the end of last semester, Womack attended Clinton's rally in Ybor and worked on Barack Obama's campaign for six months in 2012. He fondly recalls

shaking hands with President Obama during the campaign.

"You have a duty as a citizen to be informed," Womack said. "You could call [my political volunteering] a hobby. It's your duty as an American to volunteer and get involved. It's crunch-time."

Womack described the venue as intimate. Friends of his got turned away at the door for showing up late when the rally hit capacity.

Clinton has chosen many more "intimate" venues along her campaign trail. While this sets a tight limit for attendees, it allows for closeness with the audience.

"It was pretty cool. I actually got to shake her hand," Womack said. "I was up close and got my selfie. It was a good time."

Bianca Lopez can be reached at bianca.lopez@theminaretonline.com



Photo courtesy of Michael Womack
Womack and Hillary Clinton at USF on Tuesday.

New smoking policy puts students at risk

From SMOKE-FREE Page 1

Campus Safety regularly sends out emails throughout the year warning students of these confrontations outside of campus, advising people to travel in groups and to avoid going out at night.

One email sent out October 29 reported that at 12:40 p.m., a UT student was robbed by two men armed with a stun gun and a hammer on Edison Street by the Thompson building.

"The student surrendered his laptop and ran away, and he is physically unharmed," the email stated.

Now, with the new no-smoking policy in effect, more students are forced to go off campus during all times of day, risking their safety.

"I do believe safety is an issue," Firth said. "People need to use common sense."

Firth says she is aware that

nicotine is a very difficult substance to quit. In fact, according to addictioncenter.com, nicotine addiction is the most common addiction in America. More than two-thirds of Americans who tried cigarettes or chewing tobacco reported being dependent at some point during their lifetime.

Nicotine, according to the American Cancer Society, is as addicting as cocaine and heroin. When a person smokes, they become physically, mentally, and emotionally dependent on nicotine, which means they need to deal with physical, mental, and emotional withdrawal when they quit, making quitting cold turkey extremely difficult.

Firth recommends that students who need to smoke should find a "smoking buddy" with whom they can go off campus with for an evening cigarette.

But is there more that can be done? When asked if Campus Safety

should extend their patrols to areas beyond the borders of campus property for smokers, McCarthy did not believe that was the answer.

"I don't know how they could," McCarthy said. "I don't really think it's their job either. What happens off-campus shouldn't be any of their business."

McCarthy believes the school should have kept the designated smoking areas instead of changing the policy.

Students trying to quit will probably still be smoking, albeit at a lesser rate, and they will still need to leave campus to do so.

They will still need to leave campus for that last cigarette ever, and that could very well be the time someone comes along looking to do them harm.

Rich Taddonio can be reached at richard.taddonio@spartans.ut.edu

WORLD

Six-year-old Sarah Patel attempted to stop an armed robber who broke into her family's electrical shop in Auckland, New Zealand. Security footage shows Patel runs up to the intruder, grabbing his leg and trying to stop him from attacking an employee with an ax. The intruders were eventually stopped by police. Five 16-year-old boys were charged with aggravated robbery, injuring with intent, and breaching bail.

NATIONAL

President Obama nominated the first federal Muslim judge on Tuesday, September 6. Abid Qureshi will serve on the United States District Court in Washington DC. However, it's unlikely that Senate Republicans will confirm Qureshi's nomination.

LOCAL

An uber driver was fired after being accused of looking in the window of one of his passenger's homes after he dropped her off. The driver brought two women back to one of their homes in St. Petersburg at 3:50 am on Sunday, September 4. The uber driver was arrested and charged with prowling or loitering. He was then released on a \$250 bond.

WRITERS WANTED!

Come to a Minaret Meeting Mondays at 7:30 in Vaughn 219!

Construction Worker Killed on North Boulevard

Accident brings to light dangers of Tampa roads

Early in the morning on Saturday, August 27, before most students had begun their day, two construction workers were involved in a collision on North Boulevard that resulted in the loss of a life.

This is not the first time an accident has occurred on UT's campus that endangered the life of another person. Sophomore Emily Ennis was involved in an accident last spring as she was walking to grab a snack from Metro Mart across the street from campus. On her way there, Ennis was hit by a car.

"I was looking right, when suddenly I heard brakes squealing. I look left just seconds in time. I saw a car coming my direction on Kennedy, and a car turning left onto North Boulevard," Ennis said. "I woke up laying half in the street."

The injuries that Ennis sustained forced her to leave Tampa for the remainder of the semester to recover. She had broken her left arm as well as sustained serious tissue damage from

the accident. From April, when the accident occurred, through July, she remained in bed recovering. Ennis was able to return to UT this fall to continue her studies.

Tampa Bay's roads rank second only behind Orlando as the "most dangerous places to walk," according to a 2014 study done by Smart Growth America. In 2015, Hillsborough county set a new record for pedestrian deaths with 51, up from 34 in 2015.

The study, called Dangerous By Design, stresses that design of roadways play a valuable role in road safety.

A UT, sophomore government and world affairs major and local road safety activist Kevin O'Hare took to Facebook to share his thoughts on UT's road safety and the incident that occurred on North Boulevard. In a Facebook post regarding the accident on August 27, O'Hare writes "Fatal Moped accident on N. Blvd last night on campus. Ongoing investigation.

Kills me to see this so early - but it is fair to note this road has 2 student crosswalks and had speed limit of under 30. User education and enforcement is needed to prevent preventable deaths."

O'Hare is the Communications Director for Walk Bike Tampa, an advocacy group for safe pedestrian and cycling routes.

Students can go to Plan Hillsborough and the Florida Department of Transportation websites for information. The information on these websites allows students and other Tampa Bay residents to educate themselves on pedestrian safety in and around UT's campus and downtown Tampa. On the Walk Bike Tampa website there are ways for community members to reach out and share their concerns and suggestions for a safer commute, such as attending meetings or contacting the organization directly.

"I know for example when I am walking downtown and it is our turn to walk and people don't stop," said Rose Jabbour, a junior entrepreneurship student. "So maybe they should have police and make sure that they actually stop. I mean [not stopping is] illegal."

Despite ideas, such as adding speed bumps, stop signs, or decreasing the speed limit, presented by students and local Tampa organizations aimed at reforming traffic patterns and increasing pedestrian safety, Tampa's roads remain some of the most dangerous in the nation.

Anne Merrill can be reached at anne.merrill@spartans.ut.edu



Katelyn Massarelli/The Minaret
Memorial flowers for a deceased construction worker were placed next to West Parking Garage.



WE GIVE YOU DIRECTION. YOU LEAD THE WAY.

Graduate Programs Information Session
Thursday, 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.



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
- 4+1 M.Ed. and other M.Ed. programs
- M.S. in Instructional Design and Technology
- M.S. in Exercise and Nutrition Science
- M.S. in Nursing
- MFA in Creative Writing

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DIVERSIONS

ON CAMPUSOFF CAMPUS

- SEPTEMBER 9

Men's Soccer vs. Clayton State

Pepin Stadium

7:00 p.m.

Free
- SEPTEMBER 9

The Dark Knight Showing

Reeves Theater

8:00 p.m.

Free
- SEPTEMBER 13

Student Productions Info Meeting

Reeves Theater

9:00 p.m.

Free
- SEPTEMBER 14

Comedian Sam Comroe

Reeves Theater

8:00 p.m.

Free
- SEPTEMBER 10

Willy Wonka & the Chocolate Factory

Tampa Theatre

2:00 p.m.

Free
- SEPTEMBER 11

Gone With The Wind

Tampa Theatre

3:00 p.m.

\$10
- SEPTEMBER 13

Zumba in the Park

Curtis Hixon Waterfront Park

6:00 p.m.

Free
- SEPTEMBER 13

Y RUN

Downtown Tampa YMCA

7:00 p.m.

Free

Sudoku

8					5	7		
	5			6	4			3
4		3				2	1	
	2				5	7	4	
5		9	4			3	6	7
		4	8	6				5
		8	2				5	4
	3			9	4		6	
		5	1					9

websudoku.com

Country Word Search

K O S O V O Q G I X H A
J G S U F Z U M A S O M
T H Y C N I W O K O U A
V Z P I E M N N L H Z N
Q Q M N M B I T J O Q A
L I C X E A C E N N C P
A J C Y Y B A N P D H D
O A D H I W R E G U A S
S V H V L E A G K R O Q
U J D G Q C G R T A M L
W M D Q J X U O O S A U
F I X C G Q A T A R S O

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- Honduras

Panama

Kosovo

Qatar

Laos
- Samoa

Montenegro

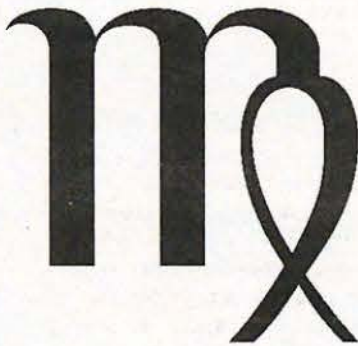
Yemen

Nicaragua

Zimbabwe

Weekly Horoscope

Virgo (Aug. 23 - Sept. 22)

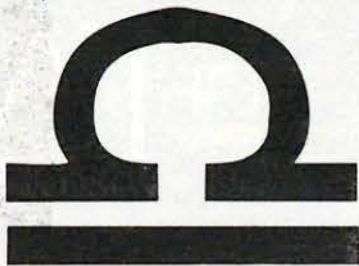


virgozodiacsign.net

“This is a great time to attend to personal goals and interests. Don’t rush into any decisions, though, as Mercury continues its retrograde and changes may need to be made anyway. In the meantime, you might be better off researching your options. Jupiter’s move into your money zone is good news, particularly if this area has been unstable in the past. You could get a pay raise, find ways to earn significant extra cash, and generally feel more confident about finances.”

Courtesy of astrocenter.com

Libra (Sept. 23 - Oct. 22)



rgbstock.com

“You may still have a desire to take time out to reflect and recharge. If so, then you’re on track, as a continued focus on your spiritual sector encourages this. And with Mercury spinning backward, this can also be the perfect time to resolve issues that have dragged on for some time. There’s excellent news for you, too, as lucky Jupiter dances into your sign on Friday and remains here for twelve months. One opportunity you’ve craved may follow hot on its heels.”

Courtesy of astrocenter.com

ARTS + ENTERTAINMENT

Cheat Codes for College

By IVY VELAZQUEZ
Arts + Entertainment Editor

The start of college is often described as the start of a new chapter in a student's life. For most, it's their first time away from home. This big transition can be intimidating as you realize that you are suddenly responsible for yourself with no parents to fall back on. And with this new responsibility comes the stress of college life, from balancing classwork and a social life, to piling on the extra work for extracurricular activities. Here are a few tips and tricks to help wind down.

Make Time for Friends

Making time to hang out with friends can really help take some of the stress away. Whether it's all of you going out together or a night of playing games and watching movies, by regularly making time to meet up, it gives you something to look forward to. College is a time for making memories and getting into some shenanigans with friends is exactly the way to do that.

Friends can be your support system as well. When you're going through a particularly hard time, whether it be with classes or social situations, they can be there to take your mind off of it. They are the ones who will understand, as they're probably going through their own version of stressful college life. You each can help the other; put aside an hour to talk and laugh with your friends and you'll find yourself feeling like a bit of the weight has been lifted from your shoulders. After all, laughter is the best medicine.

Go to On-Campus Events

At least once a week, there is something going on on campus and going to a few events can be a great way take your mind off that paper you've been having trouble with. Often, stepping away and coming back to work after you've had some fun can be exactly what you need in order to get moving along with the assignment.

Whether it's to a sporting event, a Spartans After Dark event, or one of the movie nights in Vaughn Courtyard or Reeves Theater, participating in school activities not only keeps you involved with the happenings around campus but it serves as a good distraction. It's a great way to make new friends and plan new outings with friends.

Blast Your Music

Many students listen to music as they write a paper or study for an exam. But in the case of relieving stress, music is best listened to for fun. Now, by 'blast your music,' still take into account that the dorms have thin walls and be considerate of your floormates; not everyone likes the same music as you. It might be best to do the blasting through your earphones, though there is a certain satisfaction to blasting it through some speakers.

But yes, just take a moment to turn up the volume and dance around your room like nobody's watching. Even though your roommates might be in the corner silently judging,



Photo courtesy of pixabay.com

who knows, they might join in. A mini-dance-party in the dorm could be a great way to bond.

Exercise

Some like to go for a five mile run, others just a mile. There are those who prefer weights or maybe a little bit of Zumba. Yoga is a great way of relieving stress, though it may not be for everybody. If you do turn to exercise for stress relief, it's all about finding what works for you.

Just this summer, they repaved the track, so it's good as new and perfect for speed workouts. If you're not one for going in circles, a run or bicycle ride along Riverwalk or Bayshore is a great alternative. Both have some great scenery to view as you go, providing more things to take your mind off the workout.

And of course, there's the new gym, with its new equipment and increased space. There are weekly classes in the gym, from Zumba to cycling, that you can go to, so you can pick one that best suits your time and go. And don't be afraid to try some new stuff, you might find something that works for you. Local yoga studio Yoga Downtown Tampa offers a free weekly yoga class at Curtis Hixon Park across the river. Even a walk through Plant Park can take some of that weight from your shoulders.

For more information on the the classes in Curtis Hixon, visit yogadowntowntampa.com.

Take Naps

Seriously. You're going to be tired after a day of classes (unless you're one of those lucky ones who have one class all day). But, taking a 30 minute nap before hitting your homework can help with productivity. It gives your body a chance to relax after going through classes. And if you are one of those who have a four-hour lab at six p.m., then a nap will definitely be beneficial to helping you stay awake. And for freshman and sophomores who are still in their teens, naps may be especially

Spending time with friends can be an effective and essential way of relieving stress while making memories.

beneficial as teenagers are supposed to get up to at least 10 hours of sleep and - face it - that's not happening on a regular basis.

Of course, napping in your dorm may be easier said than done, especially within those first few weeks of school when you're still getting used to your new room. People walking up and down the halls while talking loudly doesn't exactly help either; even the sound of your roommates rustling around the room can make it difficult to get some shut eye. Some things that might help are earplugs and maybe even an eye-cover to block out light. Playing soothing music through some noise cancelling headphones can also help.

Also, make sure to put your phone away; the screen light will only make you more restless. Use it to set an alarm and then put it to the side. And don't worry if you're not actually able to fall asleep. Even just laying down and resting for half an hour can still be beneficial.

Stay in Touch with Your Friends and Family Back Home

Don't forget about the people you left behind. While you may be excited about starting your new life at college, there are people back home who are going to miss you. And yes, you're going to miss them.

So take a few minutes, whether it's everyday or once a week, to call your mom or dad. Parents love it when you tell them about your

day or if you call for some advice. Call one of your siblings. Sure, you guys may not have gotten along great at home but that doesn't mean you don't love each other in your own way. Shoot a text to your high school best friend. Ask them how college is going for them. They've already been through so much with you, you don't want to lose that.

Talking to people from home allows you to go back into the more comfortable role that you had back there, even if it is just for 10 minutes or so.

Do Stuff That You Enjoy Doing

Really, that's what's really going to help take the stress off. If you like to take study breaks by watching your favorite show on Netflix, go for it. If you want to sit back with a good book and get through a few chapters, read away. You can always sunbathe by the pool, or if you play an instrument, take some time to practice.

Doing things you like to do is the best way to take your mind off the things that are stressing you out, like homework. Unless you like doing homework, that's cool too. You do you. At the end of the day, only you really know what works for you.

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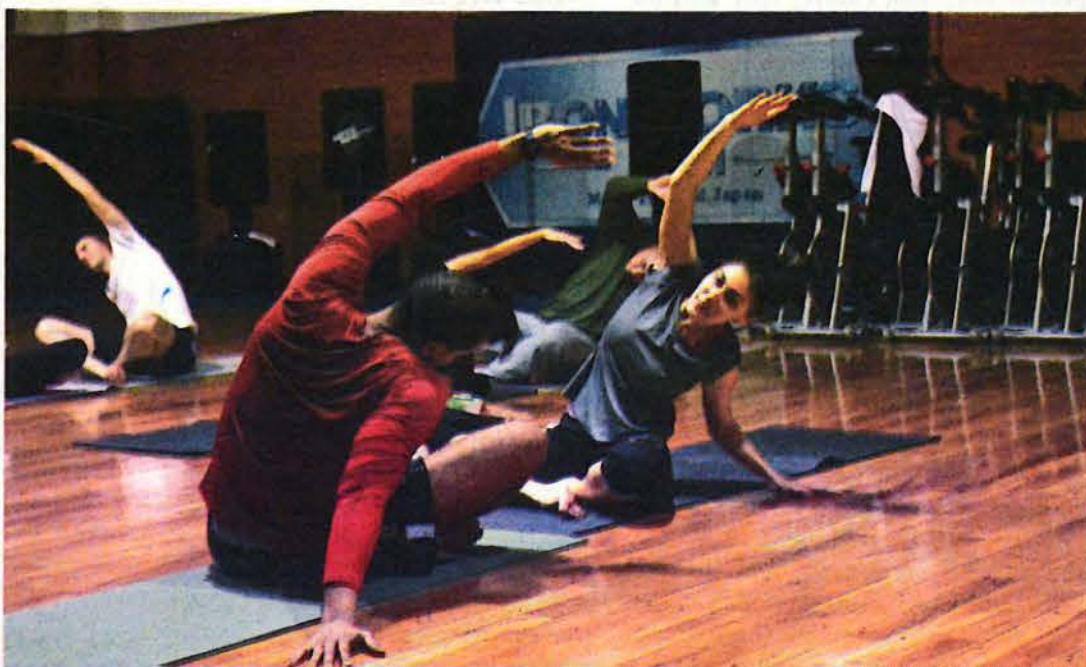


Photo courtesy of pixabay.com

Yoga, along with other types of exercise, can also play a key role in reducing stress.

Asian Bistro: Should it Stay or Should it Go?

By JENNA MANTO
Arts + Entertainment Writer

There have been many new improvements to UT's campus this semester, including the addition of a brand new food option. Asian Bistro has replaced SparBQ in Morsani and is now open Monday through Friday from 11 a.m. - 9 p.m., offering three meal exchanges: Build Your Rice Bowl, Veggie Delight Rice Bowl, and dumplings. All meal exchanges include a fountain beverage as well as a fortune cookie.

Students have a choice between chicken, pork, and tofu and if you are willing to pay extra, either with Spartan Dollars or cash, shrimp is also offered. There are a myriad of fresh vegetables to choose from including carrots, broccoli and mushrooms. The Bistro also offers three sauce options: teriyaki, General Tso's and sweet & sour. Students can also choose from brown or white rice with every entree. As for dumplings, there are two choices: chicken or vegetable shiitake mushroom.

The Asian Bistro also offers food not on the meal plan including fresh rice paper rolls with sauce. For individually listed prices on their menu you can also add extra portions of food to your meal.

Similar to ordering at Pandini's, when ordering at the Asian Bistro, you must swipe your ID or pay at the register, get



Asian Bistro replaces SparBQ in Morsani Hall, eliciting mixed reactions from students
Christian Maldonado/The Minaret

a printed "ticket," and proceed around the Bistro to the end of the line, which has caused some confusion. Unlike ordering pasta dishes at Pandini's, where the line begins right after the register, when you finish paying at the Bistro you must walk around to the other end of the line which is next to Salsa Rico.

Lately, the lines at the Bistro have been especially long around lunch and dinner time. Unlike the old SparBQ option, which was less popular with students, the Asian Bistro is attracting many students

craving new meal options.

"Asian was the perfect choice because it added a better variety to campus," said Mariah Miller, a sophomore digital arts major.

While many students are trying the Bistro, not everyone is satisfied with the new food option.

"The bistro was a nice thought but not good food," said Ally Clements, a junior public health major. "I can appreciate that UT is trying to add healthier and tastier options to our meal plans. However, I feel as if the quality of meat at the new bistro is really

unsatisfactory."

Other students are finding that the Bistro has some negatives, but overall the addition was a step in the right direction.

The Bistro only has room for two pans to cook at a time, meaning only two meals can be made at once, causing the slow service.

"It's a good experience, but the lines are kind of slow," said Chelsea Mullins, a sophomore athletic training major.

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Best Shows to Binge Watch Your First Semester

By KATELYN MASSARELLI
Copy Editor

As college students, we are constantly busy with classes, extracurricular activities and balancing a social life. We welcome the smallest chance for a break and Netflix bingeing is just one of many things to do during your moments of down time. The first semester is a whirlwind of change to any freshman and Netflix is the perfect escape any student needs in their life. Here are just a few Netflix shows that will help you with not only your first semester, but the many semesters to come.

Family Guy

If you love a show that mocks current events, celebrities and politicians, then Family Guy will be the perfect show to make you laugh uncontrollably. In the fictional small town of Quahog, Rhode Island, viewers watch the Griffin family as they go through everyday life. Peter and Lois Griffin have a traditional marriage and raise their three kids Meg, Chris, and Stewie along with their dog, Brian.

The dark humor of the Griffin's will make you ask your screen, "Did that really just happen?" Whether it be another one of Stewie's attempts at world domination or another scene where Meg gets made fun of by everyone on the show, the Griffins will keep you entertained during your break from schoolwork. The 13 seasons available on Netflix will delay the inevitable feeling of not knowing what to do once finishing a show.

That '70s Show

That '70s Show may be based on 1970s culture, but this binge-worthy show will give you enough comic relief to get you through that 10-page research paper. The group of friends, Eric Forman, Donna Pinciotti, Steven Hyde, Jackie Burkhart, Michael Kelso, and Fez, are constantly hanging out in the Forman basement or down at the Hub. Their lives in the 1970s unfold in the small town Point Place, Wisconsin.

This show is filled with the teens' coming of age, romance and tons of laughs that carry over to the viewers. That '70s Show is a sitcom that will provide you with the carefree break you need after a long study session.

One Tree Hill

Shows that portray high school unrealistically used to be annoying, but now that college has arrived they seem more comical. Though One Tree Hill is one of those shows, it's a feel-good drama that will make it easy for bingers to look past the false reality and pay more attention to the story being told. Being born into a long line of family drama, main character Lucas Scott's life in the small town of Tree Hill, South Carolina is a constant reminder of his mom's past with his father and the town's high school basketball legend, Dan Scott. Dan left Lucas's mom, Karen, after high school to live his dream of playing college basketball. He comes back a semester later with a pregnant wife, but still refuses to take any part in Lucas's life. Now that Lucas and his half-brother, Nathan Scott, are

NETFLIX

Photo courtesy of forbes.com

Netflix offers many options to choose from when trying to escape the stressors of college life

in high school themselves, their family drama boils over when Lucas makes an effort to join the basketball team. Dan and Nathan do everything in their power to make him feel unwelcome.

In this show, you will see the family relationship unfold with romance and drama surrounding the two brothers and friends. You'll cry tears of joy as you watch the characters continue to develop throughout the series and laugh along with them as they do.

The Vampire Diaries

With the final season airing this October, it's never been a better time to start binge-watching this gripping show filled with supernatural beings and enough drama to get your head out of your textbooks. The Vampire Diaries is based off the book series created by L.J. Smith about the characters of Mystic Falls, Virginia. The series starts off with main character, Elena Gilbert,

grieving the loss of both her parents when she meets Stefan Salvatore, a brooding vampire who is taken aback because Elena looks exactly like Katherine Pierce, his late lover from 1864 Mystic Falls. A series of mystery continues to erupt as Stefan tries to create a life for himself in Mystic Falls again, but only so many secrets can be held together. His older brother, Damon, returns to Mystic Falls for his own mysterious agenda and follows through with his intentions to never let his brother forget his past mistakes.

With romance, drama, and mystery taking over, that hard class will be the last thing you're thinking about during a binge marathon of The Vampire Diaries.

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New Comic Con Comes to Tampa

By **VERONICA GRAY**
Arts + Entertainment Writer

Nerds prepare for weeks on end for the start of convention, or "con," season. This is the season in the months spanning from May to August, maybe a even few late fall months, when comic cons, anime cons and many others start popping up around the nation. While the big dream is to get to San Diego Comic Con, fans of all ages can attend conventions right here in Florida.

Last year, Tampa Bay Comic Con (TBCC) brought out the stars with Jenna Coleman (*The Hunger Games: Catching Fire*) and Carrie Fisher (*Star Wars*). This year's con, which took place August 5-7, was no different. The celebrity line up included stars from a wide variety of genres with Ian McDiarmid (*Star Wars*), Jack Gleeson (HBO's *Game of Thrones*), and Norman Reedus (*The Walking Dead*) as some of the big names. Other draws to the convention were Sean Asin (*The Lord of the Rings* trilogy), panels with published authors giving writing tips to aspiring sci-fi and fantasy writers and a special shadow cast showing of *The Rocky Horror Picture Show* Saturday night followed by an on site party.

There is more exciting news

ahead for the next con, MegaCon Tampa Bay. Coming Halloween weekend (Oct. 28-30) from Fan Expo HQ, creators of MegaCon Orlando and Fan Expo Dallas, MegaCon Tampa Bay promises to be a star studded event. MegaCon has already announced celebrities like David Tennant (*Doctor Who*, *Jessica Jones*), William Shatner (*Star Trek*) and Matthew Lewis (*Harry Potter* films). More celebrity guests are due to be announced in the coming weeks.

The great part about TBCC, MegaCon and other cons, is that they can be enjoyed whether in a group of two, four, or more friends cosplaying and taking on the vendors together, or geeking out alone in a panel featuring a favorite celebrity. Like cosplaying, it is not necessary to have a group of friends to have fun at cons in the area, but it can be more enjoyable when you dress up, act the part and have a few friends to geek out with you (or to hold all of those really awesome collectables you found). The point of the convention is to have fun, whether that means you go at it alone or have assembled the best cosplay team, TBCC and MegaCon are a great places to hang out, take a ton of pictures, grab that rare collectable you've been searching for and meet your favorite celebrity all in



Photos courtesy of Savanna Blackerby

Tampa Bay Comic Con is home to many panels and exhibits dedicated to everything nerdy.

the same day.

At MegaCon there will be panels, celebrity signings and photo ops, and hundreds of vendors all packed into three days of nerd heaven at the Tampa Convention Center. Grab your friends, or just your best college budget cosplay and plan to join thousands of other nerds and geeks

alike this October For tickets and more information on the event, check out www.megacontampabay.com.

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No Shortage of Theater this Fall in Tampa

By KATELYN MASSARELLI
Copy Editor

The theater life in Tampa is just one of the many parts of the city that bring fellow members of the community together to show their passion for performance. Students have the chance to explore the productions brought to Tampa this semester at theaters close to campus. Here are a few theaters students can go to in the Tampa Bay area and just a few of the many productions being brought to the community between now and December:

Willy Wonka & the Chocolate Factory, Tampa Theatre

A childhood classic that will never be forgotten, Willy Wonka & the Chocolate Factory is playing at the Tampa Theatre on September 10 in honor of late actor, Gene Wilder who played Willy Wonka in the Original film. The movie tells a story based on the book Charlie and the Chocolate Factory of a boy named Charlie living in an impoverished life in a cramped house with his family. Charlie stares constantly through the glass window of the candy store where countless bars of Willy Wonka's Chocolate Bars lie. After finding a golden ticket to visit Willy Wonka's Chocolate Factory, Charlie is given the adventure of a lifetime through a glimpse into the life of the extraordinary man who captivates the world with his candy. With Wilder's unexpected death, this showing of the film is sure to be emotionally touching and bring you back to your childhood days.

The movie screening is free to the community and seating is first-come, first-served. The screening will begin at 2 p.m. and doors will open at 1 p.m. For more information go to tampatheatre.org.

The Illusionists, Straz Center

On their Live from Broadway Tour, The Illusionists will be appearing in Tampa Bay to deliver a show full of magic. The audience will experience grand illusion, levitation, mind-reading, disappearance, and history being made by the Escapologist, Andrew Basso, as he holds his breath for four minutes in an underwater cell as he tries to escape. The performers provide traditional aspects of past great illusionists such as Harry Houdini with a contemporary spin. The Anti-Conjuror, The Inventor, The Weapon Master, The Deductionist, The Futurist, The Trickster, The Escapologist, The Manipulator, and The Grand Illusionist all bring together each of their specialized areas of magic and bring a distinct performance for their Tampa Bay audience.

The performances will take place in Carol Morsani Hall in the Straz Center of Performing Arts between September 23-25 and tickets range from \$35-95. For more information visit www.strazcenter.org.

iLuminate, Straz Center

A Dancing Performance in Ferguson Hall, iLuminate combines dance with



Straz Center is just one of the many places holding productions this fall, providing a variety of shows. *geniuspianokids.com*

technology that is bound to glow up the night. The group incorporates their Hip-Hop moves in a glow-in-the-dark performance with illusions visually appealing to the audience. The dance group were first-recognized internationally when they competed on the sixth season of America's Got Talent. They placed third that season and continue to perform for audiences.

The Performance will take place November 20 at 8 p.m. Tickets can be purchased online at www.strazcenter.org.

One Man Dark Knight: A Batman Parody, Straz Center

Based on the Batman Trilogy, One

Man Dark Knight: A Batman Parody, is a parody that sets out to have audience members laughing uncontrollably. The writer and performer in this production, Charles Ross, has also been apart of other parodies such as One Man: Star Wars Trilogy and One Man: Lord of the Rings. There will be no costumes or sets during the performance which aims to take you back to your love of superheros and spark your imagination. The play starts with Batman's origins and follows him through his battles with Gotham villains.

The production will be held in the Jaeb Theater of the Straz Center on December 16 at 7:30 p.m. Tickets are available online at www.strazcenter.org.

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Tahir's New Novel Ignites Excitement

By KATIE STOCKDALE
Arts + Entertainment Editor

Fantasy has made a comeback over the past few years, attracting a new generation of readers. This is proven with Sabaa Tahir's debut novel, *An Ember in the Ashes*. Tahir, like many authors, has combined fantasy with young adult adventure fiction, creating a thriller that is less intimidating than a traditional fantasy novel like *Lord of the Rings* or *A Game of Thrones*. Now is the time to pick it up, as the next book, *A Torch in the Night*, came out on Tuesday, August 30.

An Ember in the Ashes is set in a Roman-esque world and follows the lives of two very different characters. Laia, a Scholar, is part of the poor and oppressed society that was crushed under the Martial Empire. And Elias is a Martial, training to be a Mask, their most deadly weapon; and son of Gens Veturia, one of the strongest Martial families.

Different as they are, they both have a choice looming over them as the story opens. For Laia, the choice is between fighting a battle she is sure to lose in order to save her last remaining family member or to flee. For Elias, the choice is to desert his post, lose all of his titles, and risk capture, but be free of the place he hates; or let it consume him.

These choices, and the character's reactions to them, are a testament to how developed Tahir's writing is. Both characters are deeply complex, containing flaws, and recognizing those flaws in themselves. Not only do they recognize these flaws, they judge themselves by them.

Laia is a self-proclaimed coward, and throughout the novel she rallies against her own fear.

Elias sees himself as a hypocrite, worse than the other brutal Martials because he believes their actions to be wrong, but he does not change his own.

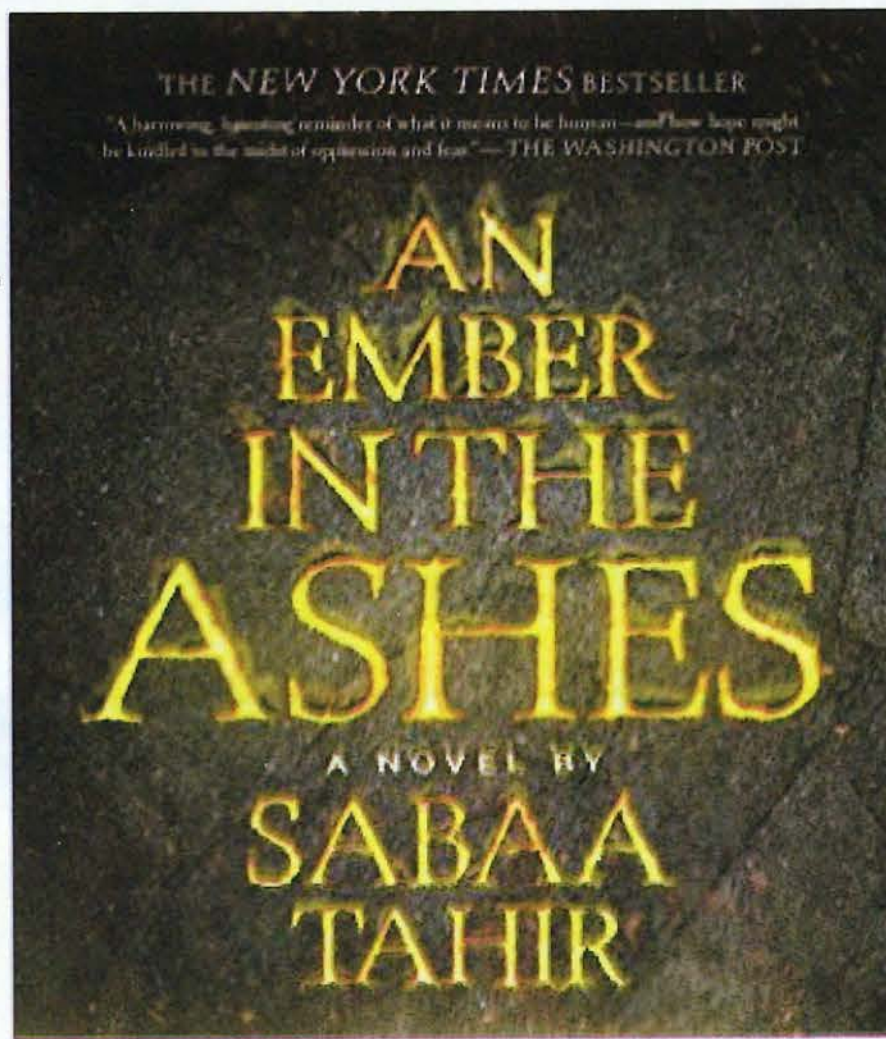
These intriguing character contrasts are merely part of the novel Tahir has penned. No fantasy world would be complete without World-Building, and Tahir gives the perfect amount that does not detract from the plot or characters. Both characters are skeptical of magic, but quickly lose this skepticism when they come in contact with the magical creatures of Tahir's world.

Tahir combines mythology, drawing creatures from Middle Eastern and Arabic folklore and combining them with European fairy creatures. Jinn, efrits, and ghuls come from the Middle East while wraiths come from Scotland and fey are the general term for fairies in Europe. While she pulls these creatures from an established history of lore, she expands their magical traits.

Drawing from the Roman influence, are the Augurs of the Martial Empire. They stand separate from the government of the Empire and are almost gods to the Martials. As in the Roman view of the world, the Augurs can see the future. They have been alive since the beginning of the Empire and exist to protect its future. But beyond divination, they can create 'living' metal, masks which bind to their wearers' faces. This is the gift the Augurs give to the most elite soldiers of the Empire and it is what Elias is training to become.

While magic is an underlying part of the book, it could have been emphasized more. However, the book is only the first in a series, and could simply be introducing the magic system so that it can flourish in later books.

The plot of the novel did an



Tahir's debut novel is a gripping adventure ride through a new and nuanced fantasy world. *Amazon.com*

excellent job setting up for the rest of the four-book series. It allowed for the book to feel finished but still drove excitement forward for the sequel, and seeds were planted for larger conflicts that can be carried into future books.

The book's messages of self-doubt and even self-hatred carry strong weight. Without being too overbearing, the

messages cause readers to reflect on themselves and enhance the characters.

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OPINION

The National Anthem: Should We Follow Kaepernick's Lead?

By **BILL DELEHUNT**

Opinion Writer

Colin Kaepernick, a bi-racial quarterback for the NFL's San Francisco 49ers, sat during the playing of the National Anthem at three preseason games.

Kaepernick's reasoning was widely reported as follows: "I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color. To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder."

Predictably, this action was seen as being disrespectful to the flag, denigrating America and insulting to the military by self-styled defenders of America. As part of full disclosure, I am a white combat veteran and played my last organized football game for St. John the Baptist Elementary School. Typical of these dinosaurs (dinosaur: Latin for "Large mouth but too small minded for nuanced complexity") is Craig "Sawman" Sawyer, a fifty-something former military member who disparagingly refers to 28 year old Kaepernick as, "Young Colin." He writes, "What Colin did by dishonoring our flag and national anthem was effectively to lower his soiled trousers and defecate upon every American patriot who fought for Colin's protective sanctuary and every American who has ever paid for any professional sporting event, or item."

The Blaze's video blogger Tomi Lahren labeled Kaepernick a, "Whiny, indulgent, attention seeking crybaby." She goes on to say, "Is our country perfect? No. But what have you done to make it better?" Well, Kaepernick has pledged \$1 million dollars to charities which will support communities in need and promote racial equality. It will be interesting to see if Lahren matches that donation.

What these purveyors of faux rage seem to have missed is the rest of "Young Colin's" remarks. Speaking of military members and their sacrifices to defend liberty, including the First Amendment, Kaepernick said in an August 28th press conference, "I have great respect for the men and women that have fought for this country...they fight for freedom, they fight for the people, they fight for liberty and justice, for everyone. That's not happening. People are dying in vain because this country isn't holding their end of the bargain up, as far as giving freedom and justice, liberty to everybody.... That's not right."

From history, we can find another star athlete who would attest to that point of view. In 1942, 2nd Lieutenant Jackie Robinson – yes, that Jackie Robinson, who would break the color barrier in major league sports 5 years later – was court-martialed for refusing a bus driver's demand to move to the back of the bus. Although exonerated by an all white jury, that racial injustice lead Robinson to write in his autobiography in 1972, "As I write



Colin Kaepernick plays for the NFL's San Francisco 49ers, shown above. He recently sat during the National Anthem at three preseason games. *Mike Morbeck/Flickr*

this twenty years later, I cannot stand and sing the anthem. I cannot salute the flag; I know that I am a black man in a white world. In 1972, in 1947, at my birth in 1919, I know that I never had it made."

Kaepernick isn't protesting the military. He's protesting white Stanford swimmer Brock Turner spending just three months in prison after raping an unconscious woman behind a dumpster while the American Civil Liberties Union (ACLU) claims there are more than 2100 blacks serving life-without-parole sentences for non-violent drug offenses.

He's protesting a white police officer choking to death a black man for selling loose cigarettes in Staten Island. He's protesting white Cleveland cops killing a 13 year old black boy who was playing with a toy gun without investigating the incident. He's protesting a white cop shooting a black man who is lying on his back with his hands in the air. As Kaepernick said in his press conference, "There is police brutality.... There's things we can do to hold them more accountable. Make those standards higher...(Y)ou can become a cop in six months and don't have to have the same amount of training as a cosmetologist. That's insane. Someone that's holding a curling iron has more education and more training than people that have a gun and are going out on the street to protect us."

Perhaps the most predictable outcome from this entire episode is that Kaepernick's method for focusing interest on this issue would overshadow the message.

To call attention to any societal problem through an action that can be deliberately misconstrued to raise the profile of detractors is problematic. Donald Trump has said America isn't great, and he'll potentially get 50 million votes for president this November; "Young Colin" agrees, and gets pilloried by certain factions. Kaepernick acknowledged that. "It wasn't something that I really planned as far as it blowing up...the fact that it has blow(n) up like this, I think it's a good thing. It brings awareness...and we can move forward."

Sawyer and Lahren both point out that Kaepernick plays a game for a living. If people are going to criticize Kaepernick's behavior during pre-game ceremonies, can we also question the relevance or the appropriateness of playing this song before games? I've been to a dozen or so military funerals. I've stood at attention in Arlington National Cemetery for interment of honored remains. Never once have I heard the National Anthem at these ceremonies. Taps is played, and occasionally Amazing Grace on the bagpipes. I've attended even more military weddings, where one or both participants are service members, but at the conclusion of the ceremony, Here Comes the Bride is played, not the Star Spangled Banner. So, why do we trivialize this great national symbol by playing it before the most inconsequential of entertainment in our society, ball games? When our hometown Tampa Bay Lightning hosts the Montreal Canadiens in a hockey game, defenseman Victor Hedman

must listen to both the Star Spangled Banner and O, Canada, even though he's from Sweden. Should we play the national anthems of all the countries with players in the game? It seems to be an absurdly logical extension of a questionable practice.

For some, this harkens back to a similar protest during the 1968 Olympic Games in Mexico City. American sprinters Tommie Smith and John Carlos raised gloved fists in a "human rights" salute as they stood on the medal podium while the Star Spangled Banner was played. Both were subsequently banned from further competition. In a Washington Post editorial, NBA great Kareem Abdul-Jabbar wrote that the most difficult part of this entire episode is that, nearly 50 years later, America still has not resolved the underlying racial problems. "Failure to fix this problem is what's really un-American here."

In Kaepernick's mind, this latest chapter in the civil rights struggle is vitally instructive.

"It's something that can unify this country," Kaepernick said, "If we have these real conversations that are uncomfortable for a lot of people, if we have these conversations, there's a better understanding of where both sides are coming from. And if we reach common ground, and can understand what everybody's going through, we can really affect change. And make sure that everyone is treated equally and has the same freedom."

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A Safe Place for Students

Submit Your Mental Health Inquiries to New ask.fm

By **BRIANNA KWASNIK**
Opinion Writer

Depression: a seemingly ugly ten-letter word that bears a lot of weight, both on the sufferer and their support systems.

Depression: a disease just as debilitating as any physical illness, often just as terminal, and just as painful (if not more). The major difference? It's a topic too often swept under the rug and locked into a taboo chest, simply because one can't always bear witness to its physical signs and scars until it presents dire consequences.

According to the World Health Organization, major depression carries the heaviest burden of disability among mental and behavioral disorders.

The National Institute of Mental Health reports that 43.8 million adults experience mental illness in a given year. In 2014, 15.7 million adults aged 18 and older experienced at least one major depressive episode in the past year.

I was first diagnosed with depression when I was eight years old, a time when my only significant care in the world was supposed to be deciding whether I wanted Doritos or Dunkaroos, or if I was feeling ambitious enough, both. I was fortunate enough to be surrounded by supportive friends and family, involved in sports

teams and extracurriculars after school -- however, I couldn't figure out why I preferred to be alone on the weekends, opting to turn in early for the night, or why I sought solace in my journal.

For me, an official diagnosis felt like a huge weight was lifted off of my shoulders. While my sadness might not have had a discernable reason, at least it had a name. A name for me confirmed that I wasn't alone.

Having been diagnosed so young, my family and I opted to try whatever natural remedies were available rather than relying on medication. I've tried yoga, meditation and mindfulness of every variety, workout routines, clean eating regimens, teas, journaling and talk therapy. You name it, I've tried it. Over the years, I've gathered coping techniques to pack away in my toolbox that help me cope when my depression resurfaces.

Going away to college, I had imagined new opportunities to make new friends, ways to advance in my career, and experience things that I never got to while living in New York -- I was in a new city and a new state. Just a few weeks after turning 18, I had imagined a semester away from living under my parents' rules as a new found liberation: no curfew, eating what I wanted, when I wanted, signing up for the classes I wanted, and going out with whoever I wanted.

When I made these plans, I never imagined that depression would be coming along with me.

My bags were packed and somehow the demons that lived in my head managed to slip into my overflowing suitcase, only to later unpack themselves and catch me off-guard during my second semester on my own.

I slowly fell back into the traps of depression; I started oversleeping, lost my appetite and concentration and suddenly had a lack of motivation and interest in the things that I used to enjoy, like writing and going out with friends. It took all of my energy to pull myself out of bed and to class each day. I was secretly hoping my professors would take notice and have sympathy for the fact that I was trying the absolute best that I could, even if I had to miss a day here or hand in a late assignment there. At least I got out of bed. I showed up.

I was grateful to find out that the Dickey Health and Wellness Center on campus offered therapy. However, I ran to each appointment like I was on a James Bond mission. At the time, I incessantly hoped that no one would recognize me or find out what I was really there for. I felt alone in my struggle and was completely blind to the fact that a good majority of my friends had been through or knew someone

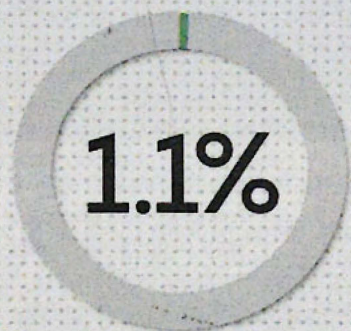
who had gone through a similar situation at some point in their lives. However, once I opened up and talked about it, I found out the truth: we are all in this fight together, taking it one day at a time. We are all away from home, uncomfortable and adjusting to the uncertainties of what the future holds -- but we don't have to do it alone.

This semester, I'd like to serve as the friend that I never had the courage to seek out. If you've ever had a question regarding mental health, resources in the area, or anything of the sort that you never got the chance to ask, first know that you are not alone and that there are resources available to help you both on campus and in the community. Throughout the semester, you can anonymously submit questions to ask.fm/MinaretMentalHealth, and I will do my due diligence in reaching out to area professionals to get the necessary information needed to get your questions answered.

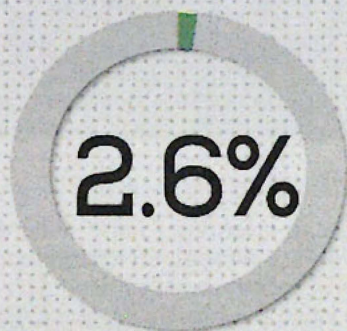
If you or someone you know is struggling, you can file an anonymous Student of Concern form at ut.edu/studentofconcern, or for more immediate assistance in a crisis situation, contact the Suicide & Crisis Hotline for Hillsborough County at (813) 234-1234.

Brianna Kwasnik can be reached at briannakwasnik@gmail.com

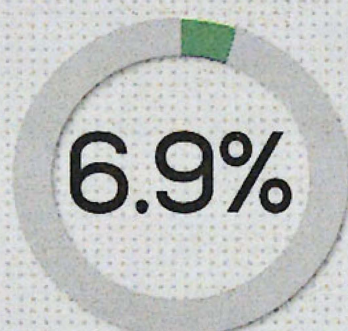
Prevalence of Mental Illness by Diagnosis



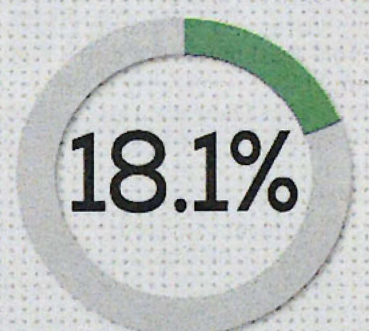
1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Graphic Courtesy of National Alliance of Mental Illness

Newsflash: There's More to College Than Being Hot

By **FAITH PONTI**
Opinion Writer

Being a freshman is horrifying: your parents leave you to the sharks; you hear horror stories of actual Clearwater sharks; you're expected to make friends instantly with the stranger you sat next to during your endless freshman orientation; your professors' syllabi sound like death threats; your first 3 a.m. fire alarm sounds like rockets landing...the list is endless. I would not wish those disturbing first weeks of college upon my worst enemy (who I probably met during those weeks). College is scary, friends; there's no denying it.

Even so, there is one aspect of starting your freshman year that should, in essence, not scare the living sh*t out of you. We've all heard about the freshman 15. We all know that broke college kids tend to live off of Domino's Pizza (buy the ranch dip for 50 cents extra, for

the love of god) and Krispy Kreme. We've all walked past the pool on a Saturday afternoon and have seen those tan Floridian gods and goddesses sunbathing, seemingly without a care in the world -- or a wrinkle on their thighs. We've all experienced the beer-belly-hangovers, during which you feel like a goblin that has had one too many butterbeers. We all know the feeling. As a freshman, you've probably already experienced it in your short few weeks here.

So yeah, let's face it: UT is full of hot people. I'm not sure which hot people factory dumped them all here, but they did, and we are forced to watch them at the beach or the bar existing in their flawless state... all while we wipe the gravy off of our t-shirts from the Caf's breakfast biscuits. Yeah, that's intimidating.

It intimidated the hell out of me, I won't lie. Save once or twice, you wouldn't find me close to the beach or pool my freshman year. I refused to wear tight-fitted clothes

out to [insert lame 18+ club here] for fear of looking approximately four months pregnant. I never went to Krispy Kreme, not even once, and I spent countless hours on the elliptical trying to sweat away any extra carb I had consumed that day. In essence, I let fear run my freshman year, and I experienced nothing. I so valued being "hot" that I forgot to value the things that mattered -- friendships, memories, experiences and DONUTS. I spent my days wishing I could be sexier -- so much, in fact, that I forgot to have a life.

Please, dear freshman, do not forget to have a life. Please don't skip out on your friend's birthday party because you're afraid to eat the cake. Please don't refuse to go out because you don't think girls will talk to you. Please don't skip group beach day because you don't think boys will like your butt. And please don't exercise three times a day just to burn off the cookie you ate last weekend. Don't get me

wrong; you should definitely try to eat some vegetables and fruits every day, and you should stay relatively active (New gym! Bayshore! Swimming!), and you shouldn't eat burritos for every meal. But, if a new friend asks you to eat a burrito with them so that you can get to know each other better, you should go. If your friends tell you that your bodycon dress looks great on you, you should believe them. And if you're feeling like you need to get a little sun, you should wear your bathing suit to the pool and tan.

Don't do what I did. Don't waste this precious year of friendship and community. This fundamental year matters. But being hot? Not so much.

Faith Ponti can be reached at faithponti@gmail.com

What's the Rush in Recruitment?

By TIARAH CHANDLER
Opinion Writer

I remember the beginning of the fall semester of my freshman year being a time where I thought I knew who I was. I went in as a public relations and advertising major with many assumptions on who I would be friends with and what I wanted to pursue at the UT. By that December, I realized that I was terribly wrong and college would shake my world until all of who I thought I was fell off. I am now an English major with a film minor. I know what I am passionate about and who my friends are. No one comes straight into college knowing who they really are and I stand by my belief that you need at least a good semester to learn about yourself.

So many naïve girls come into college in a hurry to join a sorority as soon as possible. One should know more about herself before she devotes her undergrad time to a sisterhood. That is my belief. You cannot be aware of how well you will get along with a certain group of young women if you aren't first acquainted with yourself. I am speaking directly to the new college version of you who has not yet been exposed to what is to come at the UT. The high school you left as soon as you moved into your dorm and said goodbye to your parents. My suggestions are to spend some time alone, talk to professors in the fields you are curious about and join some non-Greek organizations that don't require such permanent loyalty and devotion so quickly.

I am not against Greek life because I think sisterhood is beautiful and rewarding. However, most freshman girls don't know anybody or anything about who they are. They want to go through recruitment just to say that they're doing what everyone else is doing. Everyone is rushing, but every person is an individual with a brain. Give yourself time to see how yours works in this new environment.

Sometimes when I was alone, I would go sit on our docks at night time and watch the city lights change and blink across the Hillsborough river. Those colors would give me feelings that inspire poetry and paintings. When my roommates were away, I'd watch my favorite cartoons and shows on Netflix. Certain sitcoms inspired me to write skits and scripts. Figuring out what I liked while I was alone pushed me to drop my public relations major -- my heart just wasn't

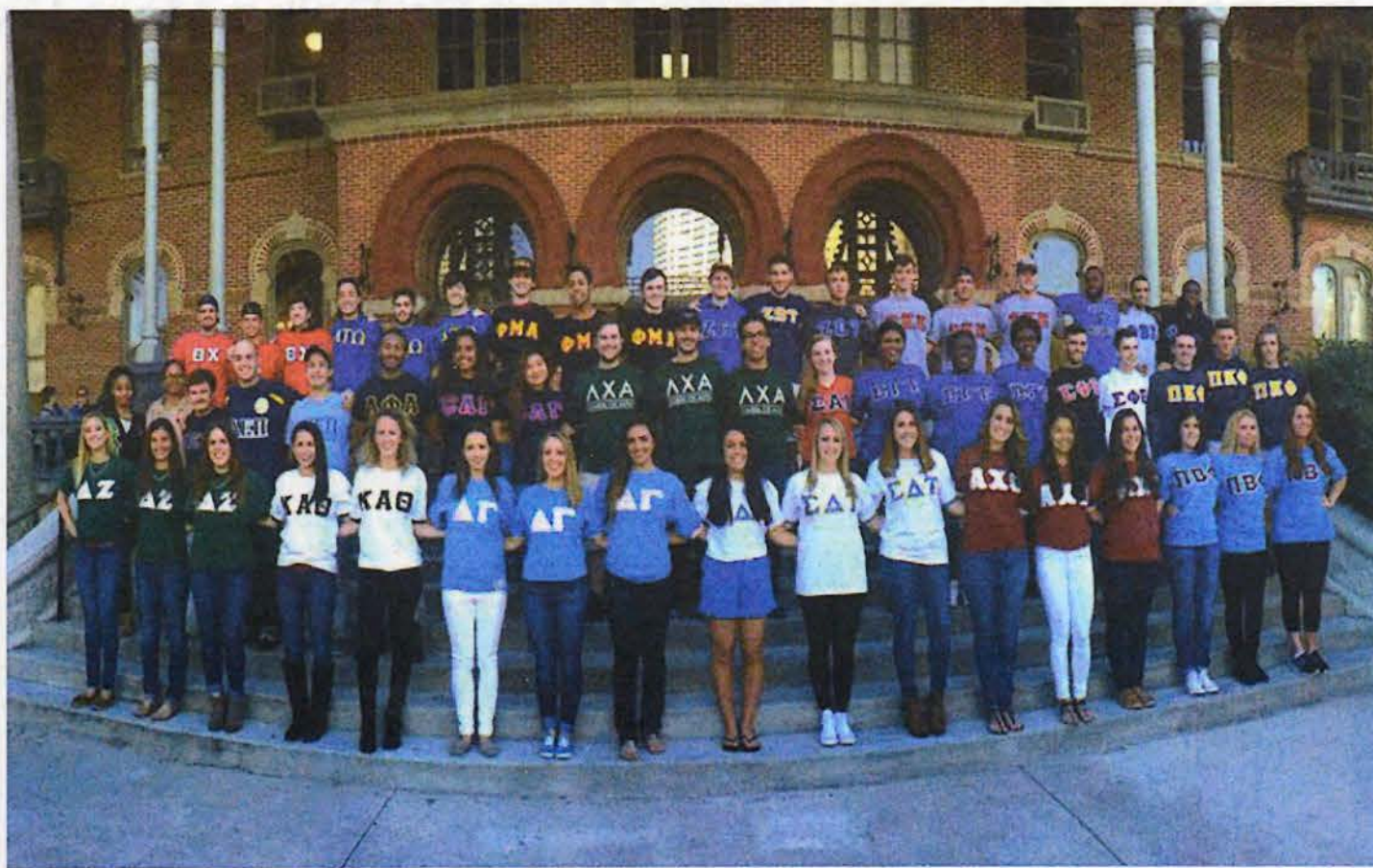


Photo courtesy of University of Tampa Sorority and Fraternity Life

Rushing Greek life is a timeless trend in colleges across the nation, but freshmen may not realize their rush pick is a college-long commitment.

in it. Without some alone time, I couldn't quite know how passionate I was about my art and writing.

Growing up, I didn't have many successful role models to give me goals or show me different careers or jobs that I could do. It wasn't until I got to college that I met people with doctorates and

professors who have worked with famous people and notable writers who have died and left legacies. Being interested in something can be so miniscule until someone helps you bring your ideas and passions to life. The professors you meet here can help you grow as an adult and as a profession after a single conversation. You need to give yourself time to grow away from that high school child before you go about making life-changing decisions. You may decide to be in the sorority of girls who are known for pretty clothes and makeup, then go all natural the next semester. My point is, you need to grow up and out of the old you before you seal the deal on something when you aren't done changing.

When you rush, or go through recruitment, you are presented with the best version of these sororities. They don't go to parties and extensively prepare just so they can be the best for you. This may be so exciting, but it isn't exactly how things will always be. My advice would be to wait at least one semester to get to know both people outside of Greek life as well as these organizations. This way you will be linked to girls inside of Greek life and have friends in different clubs

and organizations. When spring comes, or the following fall, you'll have learned so much about yourself and what kind of people you like to associate yourself with. Once you know everyone and have picked your friends you'll be ready to rush a sorority. You might even decide that you no longer want to be Greek. You can't know what else you may be interested in if you never give it a chance. Writing for the Minaret might even be where all of your future best friends are.

In no way am I knocking down the idea of becoming Greek. I may even decide to join a sorority someday. The fact of the matter is there will always be Greek life at UT. It is huge and very popular. This means you can wait until senior year to rush if you wanted. You can do it when you are ready but you are strongly urged to do some more self-exploration. Learn a new language, get a part time job, go on a leadership retreat or start your own organization. Going Greek takes a lot of commitment and you should not commit to something you have to pay for and live for without living for yourself first.

Tiarah Chandler can be reached at tiarah29@live.com

"No one comes straight into college knowing who they really are and I stand by my belief that you need at least a good semester to learn about yourself."

master's degrees in art, dance and the social sciences. I now know



Comic Courtesy of Kate Sims

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#StayWoke? Big Trends Get Slept On

Campaigns on Social Media Might Be Doing More Harm Than Good



Kony 2012 was a social media campaign that quickly gained popularity, but just as quickly lost its momentum when the social media trend faded. Other trends include the ALS Ice Bucket Challenge and Flint Water Crisis. *tian2992/Flickr*

By **MADHURA NADARAJAH**
Opinion Writer

According to Merriam-Webster, the term social media describes any medium of technology that allows an online community of people to share ideas, interests and knowledge. With almost 190 million users, social media has seen its fair share of proclamation and criticism. Let's take a look at the mid-2000s first. This was a golden time where MySpace was starting its gradual descend, Facebook was rapidly growing and people were still trying grasp the idea of five hundred character "tweets." At this time, many users praised social media for introducing them to new people or, on the other side of the spectrum, reuniting them with old friends. But with every Yin there is a Yang; for social media, that darkness came from what's known as charity fads.

What are social media charity fads and how exactly do they affect society? Currently there are a plethora of social media applications, from the still-popular Facebook and Twitter to the relatively-new Snapchat and Instagram. While there are many conversations being held about social media, users can all agree that social media is a double-edged sword. A portion of users and non-users see social media as spreading the word and their opinions on "hot" topics. On the other hand, another portion of users and non-users perceive social media as providing a façade of knowledge on these hot topics. Then, there's a group of people (myself included) who hold ambivalent feelings about social media.

From my own experience, social media provided me with direct access to see where my friends or followers — depending on the application — stood on trending topics. However, it also brought to light that many users of social media were not fully educated on the topic at hand that they were discussing; in fact, it

became apparent that a majority of them only derived their knowledge from social media, and not any thorough research or inquiries.

The question about the value of social media resurfaced again when individuals and organizations started to utilize social media (to be more specific, Facebook and Twitter) to raise awareness, support and money for various charities. In fact, senior UT student Jadira Scott believes that "social media's role in charity

Remember the reactionary hashtag #Flintwatercrisis? It can easily be described as one of those fads. Once word had spread about what was happening in Flint, many people took to Twitter and Facebook to proclaim their anger and sadness about the situation. While money and water donations were raised during the height of the crisis, it seemed that within a couple of weeks the fervor behind the hashtag was lost. Now it's easy

are benefits to certain social media fads. For instance, remember the Amyotrophic Lateral Sclerosis (ALS) Ice Bucket Challenge? This was a voluntarily composed trend in which individuals would throw a bucket of iced cold water on their body, so they can have a glimpse of understanding of what ALS feels like. The outcome of the challenge was that it not only raised awareness, but that it also raised a whopping hundred and fifteen million dollars since 2014.

As evidenced by these two examples alone there are pros and cons of social media when it comes to raising awareness about charities. Therefore, I urge you all for a call to change. That change is that when you learn about a voluntarily or reactionary trend on social media, and you wish to discuss it online or even take part in the cause, please do not treat it as a fad; instead see it as opportunity to do something more than just talk about it on social media. With that said, it is understandable that due to the myriad causes and movements in the world, it is exhausting (and possibly expensive) to continuously support every single one. Instead, I suggest that individuals do two things. One is that when they see a topic or hashtag trending on social media, do not just gather information from social media alone. Rather, read about it from verifiable sources before you decide to post something about it online. The second request is to neither forget nor stop the discussion. Because when that happens, that is when a trend becomes a fad it perpetuates this cycle of misery.

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"While the attention brought by these concepts are great, they soon become pushed to aside simultaneously as another topic, concept, trend — whatever you want to call it — is brought to the forefront. It begs the question of honesty behind social media users."

is great [because] it brings a lot of awareness to that cause and it is nice to see people from all over the world come together to support the cause."

Typically, in order to be considered a "successful" social media hit, the concept must be trending in order to go viral. Moreover, these concepts are either brought upon voluntarily or as a reaction to an event. The problem with social media, though, is that these viral concepts are almost always just fads. While the attention brought by these concepts are great, they soon become pushed to aside simultaneously as another topic, concept, trend — whatever you want to call it — is brought to the forefront. It begs the question of honesty behind social media users.

to blame the lack of longevity of #Flintwatercrisis on political red tape that the commonfolk cannot eradicate themselves.

However, throughout history, the commonfolk have repeatedly changed society through mass and ambition. Thus, it begs the question, are social media users really passionate about raising awareness and helping the move to remedy the Flint Water Crisis? Or are these social media users just more victims of passive participation, in which they believe they are making a difference by simply tweeting solemn words about the calamity with the hashtag #Flintwatercrisis?

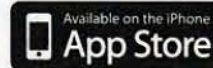
While passive participation is increasing on social media, and arguably not for the better, there



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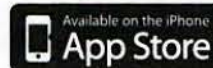
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SPORTS

Spartans Strive to Reclaim SSC Title

BY GABE COHN
Sports Writer

Here we are: the beginning of the fall semester of the 2016-2017 school year. UT students are getting acclimated with their classes and athletes are shaking off the rust from summer break. After extensive preparation and training, all of the fall sport athletes are suiting up for their regular seasons and gearing up for a conference championship run.

After a long offseason, the women's soccer team, led by second-year head coach Erin Switalski, looks ready to build off of what was a very successful 2015 season. Last year, Switalski and company posted an impressive 13-5-5 record and a solid 5-2-1 mark in Sunshine State Conference play after they were originally picked to finish fifth in the South Region in a pre-season poll. UT had a good SSC tournament run but finished runner-up after falling to Barry University by a 2-1 score in overtime. The Spartans, after their solid performance in the conference tournament, then earned the No. 3 seed in the South Region of the NCAA tournament.

UT won their first two games in the NCAA tournament against Lee University and North Alabama to make it to the regional final where they faced off again against Barry University. Unfortunately, the team lost a heartbreaker to the Barry University Bucs in the final by the score of 1-0, abruptly ending their tremendous season. When looking back, even though the Spartans had a successful season in 2015, they were initially unsure what to expect heading into that season according to junior defender Miranda Gonzalez.

"Last year was a very interesting year," Gonzalez said. "The team was new, the coach was new, and the expectations were new. No one really knew what to expect coming into the season last year, but, once the season started everyone realized that this team had the ability to go far. The name that our team eventually adopted during the season was 'the little team that



Sophomore midfielder Nastasia Asgedom looks to build off of her strong freshman season. Photo Courtesy of Tom Kolbe

could' because no one believed in us, but we believed in ourselves."

That belief and culture that was created under the new coaching regime was the X-factor behind the team's overall success and will be a major factor going forward. Midfielder Lauren Cicero, who is the only senior on the team, believes that her team's work ethic and drive will continue to lead them to success.

"Last season our biggest strength was our ability to act and play as a team," Cicero said. "We may not have the most individual talent on the field, but as a team, we played for each other and had a common goal that we worked towards achieving. We will utilize our team's chemistry and drive to reach greater

heights this season."

The ability to work together as a team will generate more continuity as the Spartans progress through the 2016 season, but they can't win without focusing on stamina and overall team fitness as well. "Besides working well as a team our other main focus last season was to be the most fit and most hardworking team on the field," Gonzalez said. "I think that that was a huge strength for us last season, especially because we won a good amount of games in overtime. I believe that this will be a strength heading into the upcoming season as well."

That fitness and stamina led the Spartans to eight overtime wins (seven in 2OT) out of their 13 total wins in 2015

and helped maintain their incredibly stingy defense, which allowed less than one goal per game.

There may have to be a few adjustments that need to be made because of the loss of three key seniors (Cici Gonzalez, Lauren Moore, Audrey Hayward), but the girls are ready to rise to the occasion according to sophomore midfielder Nastasia Asgedom.

So far the new girls are adjusting well to our style of play and will most likely fill in the missing gaps," Asgedom said. "Everyone is considered a threat on our team and has the opportunity to have a breakout performance this year. [Coach] Erin has high expectations for all of us and she wants to see different players raise the bar."





The coaches always have high expectations for their team heading into the season regardless of what the national rankings say, but this year, the expectations for them nationally are also high. Going into this season, the Spartans are ranked 15th in the nation and are picked to win the SSC title by the coaches in their pre-season poll. This high praise comes after the team was under the radar last year.

These rankings also open another chapter in the rivalry between Barry University and UT. Barry is currently ranked sixth in the nation, but they were not picked to win the conference, which presents the perfect backdrop for their highly anticipated matchup on Saturday, Oct. 15.

The road back to the conference final for the Spartans also includes matchups against North Alabama (#18), University of West Florida, Texas A&M-Commerce and Armstrong State (each received top 25 votes).

Overall, even though more adjustments need to be made and the pressure is on for them to win, this season looks incredibly promising for the young Spartans.

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

NFL WEEK ONE STAFF PICK 'EM		GAMES			
WHO		Bucs v. Falcons	Bills v. Ravens	Cowboys v. Cardinals	Patriots v. Giants
 Candace Martino Senior Com and Sports Management Major		 17-10	 27-21	 21-7	 10-6
 John Feltman Junior Journalism Major		 27-20	 24-10	 27-23	 31-20
 Gabe Cohn Senior Sports Management Major		 27-14	 21-17	 24-13	 20-10
 Tess Sheets Senior Journalism Major		 28-24	 28-7	 14-10	 21-17

Graphic by Christian Maldonado

Men's Soccer Flourishes at Home

BY PHIL NOVOTNY

Sports Writer

The University of Tampa men's soccer team is looking to take the next step. In 2016, the goal will be to win the Sunshine State Conference (SSC) since they were eliminated by Rollins College in the conference semifinal last year by a final score of 3-2. In order to achieve this endeavor, they will have to face off against elite competition such as conference foe Rollins and defending conference champion St. Leo University.

With the exception of Nova Southeastern and Florida Southern, every school finished over the .500 mark last season in conference play. "The whole conference is tough," said head coach Adrian Bush. "There is no easy game; it will be extremely tough."

Bush also addressed that hard work, commitment and preparation have been the steeple of their preseason, and he strives for it to carry over into the regular season.

"Everyone needs to have the proper focus," Bush said. "If we don't, we won't just lose, we'll get embarrassed."

In addition, team chemistry is another corresponding factor for the Spartans to get over the hump. "We need to be more cohesive as a unit this year," said senior midfielder Jonathan Tiggs. "We've always had tons of talent, but us playing as a team will really take us to the next level."

Senior forward Jason Collister echoes the cohesive mindset that's been brought on by the coaching staff. "The chemistry of the whole team has been evident since day one," Collister said.

This week, the SSC released a preseason poll, ranking the Spartans fourth in the SSC going into the regular season. St. Leo is projected to win the conference as they were awarded with 60 first place votes by the SSC, followed by Lynn and

Rollins with 53, and Tampa with 45. Collister again credits Bush and assistant coach Maurice Loregnard for staying on task and to not focus on the polls. "Adrian and Mo [Maurice] do a great job of keeping us focused on our performance and work ethic on the field, and not getting distracted by things such as those rankings," Collister said.

However, senior midfielder and captain Jake Winship also tends to

season without one of their essential assets, junior forward Monty Berrow. "If he can play, he will; different guys have to step up," Bush said.

Berrow, who was the leading scorer for the Spartans last season, is expected to miss about six weeks with a groin injury, which is an extensive period of time, due to the Spartans regular season ending on Oct. 26.

Even with the loss of Berrow, it doesn't seem to concern his teammates.

two goals against the University of South Florida. Winship reiterates that Berrow will be an upgrade to the roster once he returns. "Monty will be a big miss for us," Winship said. "When he comes back, he will really strengthen the squad."

On Friday afternoon, the Spartans prevailed against the University of West Florida in their season and home opener at Naimoli Family Athletic and Intramural Complex, 4-2.

The Spartans showcased their offensive prowess as they outshot West Florida 17 to 6 on the day. Two of those shots were tallied by sophomore midfielder Fredinho Mompremier, who lead the scoring charge for the Spartans. Collister and sophomore defender Ramzi Toure also found the back of the net.

Sunday afternoon brought a similar result for the Spartans as they shutout Spring Hill College, 2-0. Mompremier scored his third goal of the season, along with Collister who registered his second of the campaign. Dating back to last season, the Spartans are 8-0 at home.

Their last defeat on home turf was Oct. 26, 2014 when they fell to Rollins right before the SSC Tournament. Downing discusses the effect a home-field advantage has on the team.

"We appreciate any support to make it feel we're really at home," Downing said. "Having a big crowd is like having a 12th man." Even with a strong start this weekend, Collister shifts his focus to UT's next home matchup on Friday against Clayton State. "Starting out 2-0-0 in the region is huge for us, but we know we need to complete the three-game homestand and beat Clayton State on Friday," Collister said.

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Men's soccer begins the 2016 season with back-to-back wins over West Florida and Spring Hill.

Photo Courtesy of Tom Kolbe

not read into them. Thus, he doesn't zero in on one formidable opponent in the SSC, considering the strength of the conference as a whole. "We're not worried about anyone who we have to play, we're just focusing on ourselves," Winship said.

Despite the fiery optimism, the Spartans will have to begin the

"He is a great asset to our team and it's unfortunate to have him out, but he'll come back stronger and healthier; I'm sure of that," junior defender Bay Downing said. "I'll have to do my best to put some goals in the back of the net for him and the team."

Downing got off to a solid start during the preseason as he netted

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WE DELIVER!

Cupping therapy not just for Olympians

BY TESS SHEETS

Editor-in-Chief

The United States has the world's most decorated athletes in the Rio Olympics with more than 100 total gold, silver and bronze medals. But, it's red and purple that caught the nation's attention soon after the Games began.

We all know by now that those perfect little circles accessorizing the skin of Olympic athletes like Michael Phelps are a result of cupping, an ancient Chinese therapy used to stimulate blood flow and decrease muscle pain.

But what does it feel like? Does it hurt? Does it sting? Will those marks last forever? The answer to all these questions is no.

I know this because while I was interviewing Marcela Bowie of No Worries Natural Medicine in Indialantic, who performs cupping on her patients, she stopped mid-interview and asked, "Wanna try?"

My answer, of course, was yes. (Side note: If you are ever given the opportunity to look like an Olympic athlete-- even if it means bright purple, alien-like circles on your back for an indefinite amount of time-- you take it.)

I was pumped. I am Katie Ledecy, I told myself and then immediately texted my mom, "About to get cupped," with no other explanation.

Here's the lowdown on cupping from Bowie:

Cupping is most commonly used to treat muscle pain, which explains why we're seeing so many Olympic athletes covered in dots. The suction sensation stimulates blood flow and can speed up recovery, according to Bowie, a licensed Doctor of Oriental Medicine.

"So, if you have a spot injury or just muscles that have been overworked and, what we call in Chinese medicine, they have blood stagnation, so the blood is stagnant or the muscles are really tense and tight, and you don't have as much circulation, the cupping will actually help to increase the circulation and in a sense, get the old blood from deep within the muscles to the surface of the skin, so it allows fresh blood to come to that area," she said.

The technique is performed using glass cups, which are held over the skin while a flame is lit and placed inside the cup. The flame creates a sort-of vacuum, clearing out the oxygen and sucking the skin up inside as the flame is pulled out. Bowie assured me that there's no pain, and in fact most patients claim to feel muscle relief right away.

"It's kind of like a reverse massage,"



Anna Backosova/Flickr

Cupping therapy, similar to acupuncture, increases blood flow and speeds up the body recovery process. It became popular after the 2016 Rio Olympics.

she said.

For individuals with chronic pain or athletes who use the same muscle groups repeatedly, cupping usually becomes routine. "It's a maintenance thing," Bowie said.

Cupping can be performed anywhere on the body where there is soreness. Bowie has done it on a patient's abdomen to help with stomach pain and says gentle cupping can even be used after surgery. She has performed it on a patient as young as 6 years old who had muscle soreness in his back from scoliosis.

Small cups are even available for treatment on the face. The resulting red and purple marks can last anywhere from 30 minutes to two weeks. The color and longevity depends on the tightness of the muscle, she said.

Getting Cupped:

I removed my shirt and lay face down on the massage table. We began with a quick inspection of my tense muscles and I mentioned that I frequently have lower back pain (probably because of my very aggressive Olympic workouts. Kidding.)

Bowie placed eight cups on my back and that was the moment I transformed from Katie Ledecy into the victim of an octopus attack. Nevertheless, a conversation starter.

Traditional Chinese music played in the background. At one point, the calming mood was killed by the loud slurping sound of a cup that failed to suck up all the skin and popped off my back. Don't worry, it didn't hurt.

After all eight were adjusted, Dr. Bowie left the room with the parting words, "try not to move." Feeling very reassured at this point, I heeded her advice and tried to relax.

I couldn't feel the exact location of each cup, meaning there was no

pinching or pulling sensation in one specific area. Instead, it felt like pressure was being applied. I kept feeling like a stack of books was resting on top of my entire back (not sure why this was my immediate thought or if it's normal).

Dr. Marcela Bowie, owner of No Worries Natural Medicine, performs cupping. My back was getting warmer and I assumed it was from the blood rising to the surface. It was relaxing, no doubt, but I could feel my skin stretching whenever I took a deep breath. It was a little unsettling.

About 10 minutes later, Bowie came back in and gently pulled the cups off. The circles on my back were pink and raised, but she said she didn't expect them to last more than a couple days (she was right, I was back to normal by day two).

I felt loose immediately, and by the end of the day I noted a some more possible effects:

Muscles felt relaxed, similar to the way they feel after a massage;

A couple of the marks were tender to the touch, but others I couldn't feel at all;

The lower back pain I usually feel at the end of the day didn't come, but it was hard to tell if this was a result of cupping;

Judging by the stares, I assumed people thought I'd been involved in an octopus attack and were not mistaking me for an Olympian. Oh well.

Note: Tess Sheets produced this story while interning at FLORIDA TODAY

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Photos Courtesy of John Sluder and Andi Son

(Left) Owner, Dr. Marcela Bowie, of No Worries Natural Medicine performs cupping. Fire cupping is the most common technique in the therapy.

Once a Spartan, Always a Spartan

BY ANA BRACCIALLI
Sports Writer



Photo Courtesy of Tom Kolbe
Former UT Volleyball player Kaylee Koetter.

After playing for the UT volleyball team from 2010 until 2014 as a setter, Kaylee Koetter is back at the home of the Spartans as a coach. Her skills as a volleyball player may be recognizable to the UT community, but it's her name that often catches the attention of a different fan base.

Dirk Koetter is known to many as the Tampa Bay Buccaneers head coach, but to Kaylee, he's "dad."

Dirk came to Tampa to follow his daughter and both are in their beginning years of coaching in the city, but Kaylee admits she never saw this career path in her future.

"Growing up, my father always knew that he wanted to follow my grandfather's steps, he was also a coach. But, for me, I always thought one of my brothers would do that," Koetter said.

The UT alumnae went to New York City after graduating for a marketing internship, but a few months away from volleyball made her realize her passion. She was ready to come back.

"One summer being gone I really missed it," Koetter said. "Here at UT, we run one of the best summer camps in the state of Florida for volleyball, and I knew that I need to be involved with volleyball in some shape or form."

After moving back to Tampa, Koetter and Spartans head coach Chris Catanach talked a lot about her plans. After discussing Koetter's future,

Catanach had no doubts about inviting her to be the assistant coach for the volleyball team.

"Kaylee was born into a coaching family," said Coach Catanach. "Her father and grandfather are both very successful coaches. She is a very good evaluator of talent and she is very perceptive of player strengths and weaknesses. I value her ideas and input on practice, strategies, personnel decisions, and team issues with the players. I think Kaylee has a bright coaching future."

The transition from being an athlete to being the coach was smooth, according to Koetter. She found ways to contribute to the team since she was a teammate.

"One of the things that the coach always said that I was good at was being prepared even when I knew that I wasn't going to play," Koetter said.

During her run as a Spartan, Koetter admits she had numerous injuries, which held her back from being a starting player. However, because of this, she pushed herself to contribute in other ways, and point the team in the right direction.

"I was always in the film room, preparing for the opponents and I was always trying to help, especially the setters, with whatever I could," Koetter said.

Although she never thought of following her father's steps while growing up, Koetter says that she is

closer than ever to her father because of their similar career paths.

"I think we have a different understanding of our relationship, which is cool because I feel we are in the same area right now," Koetter says.

Koetter is positive and looking forward for the upcoming season.

After nine seniors graduated last semester, the volleyball team looks younger than ever as six incoming freshmen are noted on the roster. While the task of molding new players may seem difficult for some, Koetter is excited to have a young team since she is also new to coaching.

"For the first time in a long time, we are young in experience," she said.

"I mean, they will make freshman mistakes, but it is really cool for me because I am so young coaching and still learning as well, and I feel that there is so much to teach right now."

Koetter is the definition of what a teammate should be: always willing to help the team and focused in what she wants.

All the dedication, passion, and hard work pays off in the end. The process that lead Koetter to do what she loves built her into the coach she is today, and that is something that she wouldn't change for anything, she says.

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NFL Season Preview: The Good, The Bad and The Ugly



Rookie running back Ezekiel Elliott and the Dallas Cowboys commence the 2016 NFL season at home on Sept. 11 against veteran quarterback Eli Manning and the New York Giants. John P./Flickr

BY JOHN FELTMAN
Sports Editor

The long wait is over. It's opening day of the NFL season, as tonight the Denver Broncos start their title defense of their Super Bowl victory over the Carolina Panthers, whom they defeated 24-10 back in February.

Every NFL team enters training camp with a lot of confidence and stubbornness, thinking that their team is this year's "team to beat." But, injuries occur throughout the season and certain players don't perform at as high of a level as they're expected, so these preseason dreams are sometimes shattered once the regular season begins.

There are a lot of teams I expect to finally make a breakout this season, along with teams I expect to remain at an elite level. And of course, there are the teams that would be lucky to win more than six games.

The Elite: Arizona Cardinals, Carolina Panthers, New England Patriots and Pittsburgh Steelers

These teams I expect to be the best of their respective conferences. The Cardinals return this season after a

tough loss at Carolina in the NFC championship, and will look to avenge their loss this season. They have a healthy, fully loaded offense, including breakout rookie running back David Johnson, who enters this season as the team's every down back.

I don't expect the Panthers to match their remarkable 2015 season, but I still expect them to be one of the NFC's best teams. With former FSU Seminole Kelvin Benjamin returning from injury, the team gets drastically better in the wide receiver department. The Panthers lost Josh Norman (signed with Washington), Jared Allen, Charles Tillman and a few other pieces on defense, but with pro-bowler Luke Keuchly patrolling the Panthers' linebacker core, it's tough to say the defense won't be just as dominant as last season.

New England and Pittsburgh will battle it out for the top seed of the AFC. Tom Brady is suspended the first four games of the year for the Patriots, but backup quarterback Jimmy Garoppolo will serve the team just fine while Brady is absent. The Pats' defense slightly downgraded with the departure of Chandler Jones, but with the addition of Martellus Bennett this improves their aerial attack. Edelman, Gronkowski and

James White provide a lot of weapons for whoever takes snaps under center, so the Patriots will be just fine until Brady returns.

Pittsburgh has arguably one of the best offenses in football, and will have to rely on Deangelo Williams while Leveon Bell misses the team's first three games due to suspension. We all saw how that worked out last year. Antonio Brown is arguably the league's best receiver, and he led the NFL in targets last season as well. Don't be surprised to see Pittsburgh meet up with New England in January for the AFC championship.

On The Rise: Oakland Raiders, Jacksonville Jaguars, Dallas Cowboys and Tampa Bay Buccaneers

The Oakland Raiders and Jacksonville Jaguars are in a pretty similar situation. Their respective divisions, AFC West and AFC South, are up for grabs this year. Both of these teams are comprised of a ton of young talent, and could finally be on the rise after some brutal seasons in the past decade. Quarterbacks Blake Bortles (Jaguars) and Derek Carr (Raiders) look to use last season as a building block in which both of these guys threw for over 30 touchdown passes a piece. Having Pro-bowler receivers Amari Cooper (Raiders) and Allen Robinson (Jaguars) to throw to doesn't hurt either. Their defenses are also filled with young, explosive, and talented players included Khalil Mack for the Raiders and Jalen Ramsey for the Jags. Both of these teams I expect to see in the playoffs come January.

The Tampa Bay Buccaneers have something to be excited about this season, and it all starts with their talented defense. Lead by Gerald McCoy, Levonte David, Brent Grimes and company, this defense is going to give a lot of NFL offensive coordinators a headache throughout the course of the season. With that said, it's all going to be up to second year quarterback Jameis Winston on how well the Bucs do this season. Winston had a nice rookie season, throwing for over 4,000 passing yards and totaling 28 touchdowns through the air or on the ground. A lot of questions were answered, as he will look to only improve as his career continues. Mike Evans led the NFL in drops last season, but still accumulated 1,200 receiving yards. If Winston improves and stays healthy, I expect a monster season from Evans. Don't be surprised to see the Bucs make the

playoffs and break the 10-win barrier.

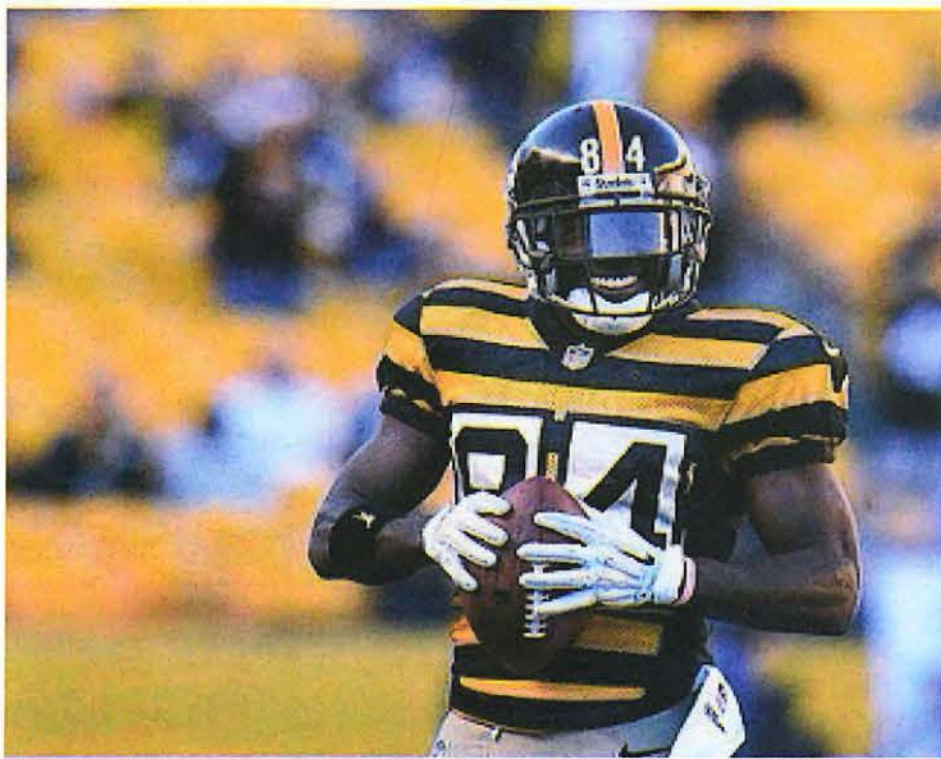
Now, my Dallas Cowboys had an awful 2015 season finishing last in the NFC East. The injury bug was spread all over the Cowboys' team. Quarterback Tony Romo only started 3 games for the team all season, as he fractured his clavicle on two separate occasions. They will also start the 2016 season without Romo under center, as he is scheduled to miss at least 8-10 weeks with a fractured bone in his back. He might actually be made out of glass at this point in his career.

Rookie quarterback Dak Prescott will look to carry his very impressive preseason performance into the regular season. Dez Bryant also missed seven games due to injury. Orlando Scandrick missed the entire 2015 season after tearing his ACL in training camp; Sean Lee missed some time due to concussions and knee injuries. The Cowboys also improved their ground game by using a fourth overall pick in the 2016 NFL draft on running back Ezekiel Elliott, from Ohio State University. He looks to make an immediate impact behind that dominant offensive line. If this team remains healthy, they might have one of the most dynamic offenses in the NFL. If Prescott can shine until Romo returns, Dallas should win the NFC East crown. But, they'll probably just break my heart again as usual.

The Bottom Feeders: Chicago Bears, Atlanta Falcons, Baltimore Ravens and Philadelphia Eagles

Yeah, this might be the saddest part of the column. The truth hurts sometimes, but like I always say it's better than beating around the bush. All of these teams have questionable players on offense and defense. I'm not sure if they can consistently be a force to be reckoned with. Unfortunately, every NFL team goes through transition periods in which they try to click on both sides of the ball. Chicago and Atlanta might as well use construction cones as their defensive line. The Ravens barely have a receiving core, and the Eagles don't even know if Carson Wentz will be ready to start on opening day. The good news is, at least these teams will be battling for the No. 1 draft pick in the 2017 NFL draft.

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Thad Bryson/Flickr

Wide receiver Antonio Brown led the NFL in receiving yards and redzone targets in 2015.