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Perspectives
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My Perspective



While working on this magazine, there was a fire drill in Vaughn and Managing Editor Lauren Richey and I had to evacuate with the rest of the Vaughn inhabitants. We stood silently out in the cold parking lot and watched the other people around us taking selfies, laughing at their forgotten shoes and talking about gateways essays they didn't want to write. Lauren turned to me and said, "It's crazy to think how different of a place we are compared to these guys." She was reading my mind (as she usually does) as I had just been thinking about an impending job application deadline and the deadline for this magazine.

Though we were in the same freezing parking lot, I was in a completely different place than the freshman who gathered before me. I have four years of memories at UT and theirs are just beginning. Their perspectives are so drastically different than mine. In the middle pages of this magazine, we aimed to examine the perspectives of students who represent some of the many different kinds of people who make up this place. From the RA's we fear to the ROTC members who run the track at the crack of dawn. No two people view their time at UT the same way and I believe that this is something to celebrate.

Mia Glatter

MIA GLATTER
EDITOR-IN-CHIEF

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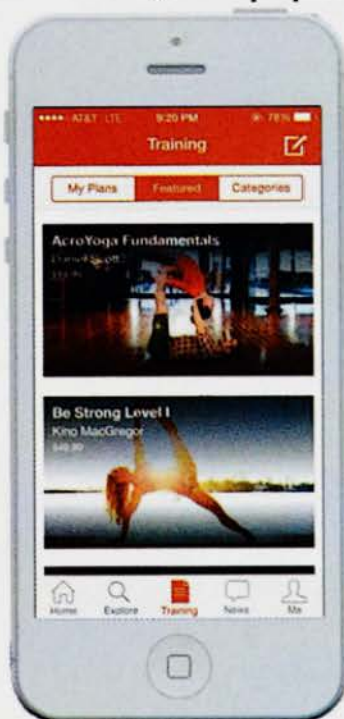
Don't know the difference between a strike and a goal? Our sports editor breaks down the lingo.

LIFESTYLE

health & fitness apps to download in college



Cody App



Cody allows you to work out with your friends even if you're going solo at the gym. A whole section of this app is dedicated to cheering on your fellow exercisers. Discover inside connections within the fitness community with different training sets, complete with videos, pictures, and text instructions. Cody also tracks your progress, keeping track of every rep and set.



Argus



If you want to keep a food/life diary without actually having to remind yourself to enter the information, Argus is the app for you. Argus tracks your sleeping, eating, drinking, and exercising habits to give you a complete report how your body is doing. For people who like to have precise goals and know exactly where their bodies need to be this is the app to keep up with anybody's OCD.



Plant Nanny



This is possibly the most adorable way to keep you hydrated throughout your day. Plant Nanny allows you to keep a little plant, and in order to keep it alive you have to feed it water in correlation to your own water consumption. For every ounce you drink, your plant drinks as well, growing into an adult plant. There are a ton of customizable options, ranging from different pots and plants to choose from.

Let's face it. Those New Year's resolutions you made last January were thrown out the window a long time ago. February is the month we all settle back into our usual routines until the next New Year. But what if we had a little motivation? Perhaps something to send us a friendly reminder that we need to get our butts back into shape. This is where technology can help. Our eyes are glued to our smart phones most of the time anyway, let's put that un-healthy obsession to good use.

By Lauren Richey



Clue



Clue is an app that will learn everything about your female body. Clue helps women track their cycles to a T: your sexual activity, moods, flow, and pain levels. The best part is that the more information you provide, the better Clue knows your body. Never again be surprised by that time of the month, and know exactly when and for how long you will be in stretchy sweatpants, eating ice cream.



Sleep Cycle



Never wake up feeling groggy or (too) irritated at your alarm again. Once you install Sleep Cycle onto your phone, place it under your bed sheet and every movement and snore is monitored to track the phases of your sleep. The app is programmed to know exactly when you're in your lightest phase of sleep and therefore the most optimal time to wake you up. The more you use it, the better night's sleep you'll get.



Fooducate



For people wanting to know exactly what is in their food, this app makes it the easiest to do just that. Scan any barcode and you'll find out much more than a nutrition label will tell you. Fooducate will break down the quality of the calories in any food item and will even suggest healthier options to go for. Fooducate will also track your food and calorie intake as well as exercise levels.

the BEST BURGERS in TAMPA BAY

Willy Culture Burger
from BURGER CULTURE

Willy Culture lean beef, trim bacon, tasty cheese,
egg, beetroot, pineapple, tomato, lettuce, onion,
tomato relish & culture mayo



BBQ Bacon Burger from BURGER 21

Lettuce, tomato, applewood-smoked
bacon, cheddar, onion strings, hickory
bbq sauce, toasted sesame bun



Bizou Burger from BIZOU BRASSERIE

brioche bun, caramelized onion, goat cheese
brie, choice of fries or salad



Mushroom Swiss from Oakley's Grille

Certified Black Angus beef, sliced
sauteed mushrooms, naturally aged
swiss cheese, romaine lettuce and vine
ripe tomato slices on a fresh toasted
bakery potato bun

10 YEARS AGO IN MOVIES

10 years have passed since we were introduced to Christian Bale as a darker Batman in "Batman Begins" and tiny Dakota Fanning screamed for 120 minutes in "War of the Worlds" and ruined a movie. We compiled a list of what we consider the best unsung heros of 2005 that deserve to be re-watched if for no other reason than to see your favorite stars in laughable 00s clothing. You might even feel the desire to break out your jean skirts or turtle neck sweaters, but we'd advise against it.

By Mia Glatter and Connor Droll



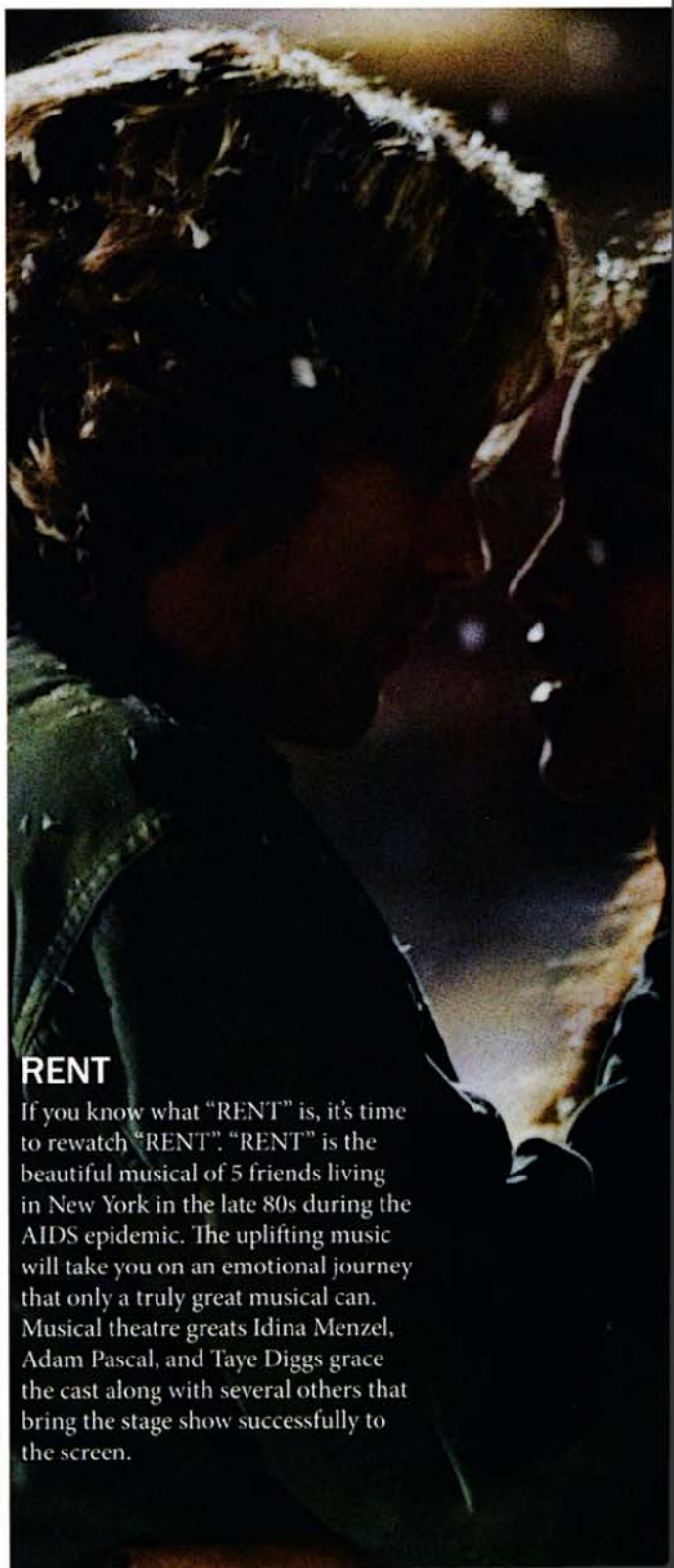
HITCHHIKER'S GUIDE TO THE GALAXY

Before he was a Hobbit in Middle Earth, Martin Freeman was a hitchhiker of the galaxy. Based on the books by author Douglas Adams, Hitchhikers follows a man from Earth who discovers there is more to the universe than he thought when he hitches a ride on an alien ship as the Earth is being destroyed. Zooey Deschanel plays his love interest and Alan Rickman voices a depressed robot in a fun, action-packed sci-fi adventure.

SIN CITY

"Sin City" was based off of a graphic novel created by director Frank Miller and it has a visual style that is totally unique. The movie plays out in three parts, each part following a different character in the corrupt and fictional Basin City. A cast of some serious stars like Bruce Willis, Mickey Rourke and Jessica Alba combined with the visually stunning gore makes this a great watch.

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RENT

If you know what "RENT" is, it's time to rewatch "RENT". "RENT" is the beautiful musical of 5 friends living in New York in the late 80s during the AIDS epidemic. The uplifting music will take you on an emotional journey that only a truly great musical can. Musical theatre greats Idina Menzel, Adam Pascal, and Taye Diggs grace the cast along with several others that bring the stage show successfully to the screen.

SERENITY

Created by fan-favorite Joss Whedon (known for the "Buffy the Vampire Slayer" series and "the Avengers" films), *Serenity* was the second chance to bring back his beloved, but short-lived, television series, "Firefly". Set in a futuristic, space-opera setting similar to "Star Wars" meeting the Wild West, *Serenity* follows Nathan Fillion's Malcom and his crew of scavenger/smugglers as they get thrown into a conflict involving the authoritarian supergovernment, the Alliance, and savage humans called Reavers. Featuring tons of space battles, martial arts, and the witty/sassy dialogue that is expected in Whedon's work, *Serenity* is a very entertaining ride.



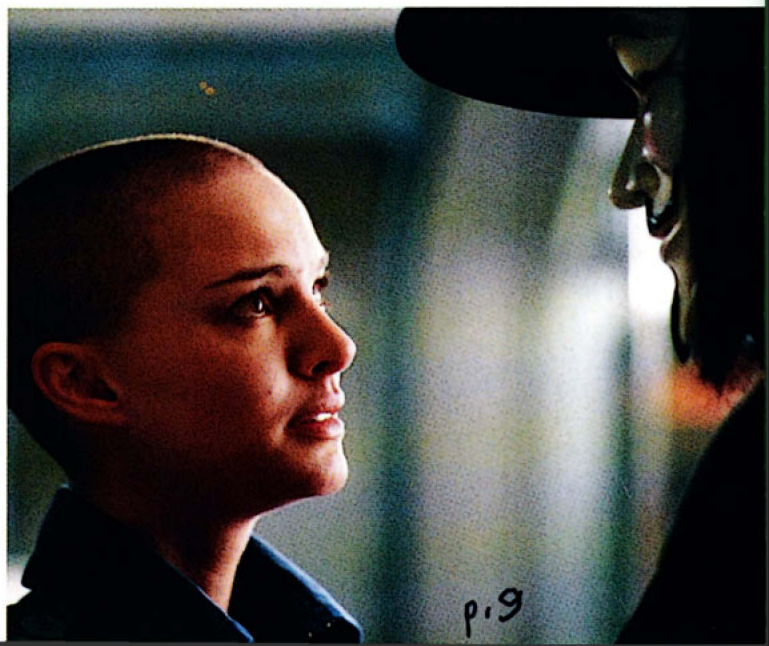
KISS KISS BANG BANG

Starring Val Kilmer and Robert Downey Jr. in the midst of his monumental career comeback, "Kiss Kiss Bang Bang" is a hilarious crime-comedy written and directed by Shane Black (famous for the "Lethal Weapon" franchise and "Iron Man 3"). "Kiss Kiss Bang Bang" follows Downey as a thief turned actor who is shadowing a private investigator, Kilmer, for a film role before he decides to take on a case of his own. The movie is largely propelled by the surprisingly great chemistry between Downey and Kilmer which leads to some of the most comedic pieces of dialogue in years. An original plot set in a genre that is not visited all too often, "Kiss Kiss Bang Bang" will leave you actually enjoying Val Kilmer. Which is, like, really rare.



V FOR VENDETTA

Written and produced by the Wachowski siblings (famous for the Matrix Trilogy), "V for Vendetta" is a great comic book movie that does not involve super heroes or super powers. Starring Natalie Portman and a masked Hugo Weaving, V for Vendetta is set in a dystopian England that is ruled by a lethal and totalitarian government. Weaving plays V, a Guy Fawkes-mask-wearing vigilante who is trying to single-handedly overthrow the government, and Portman as his newly found protégé. V for Vendetta has a very original storyline, a handful of great action sequences, and plenty of symbolism that can easily be related to modern issues.



PERSPECTO

"What you
see depends
not only on
what you look **at**,
but also,
on where you
look **from**."

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Resident
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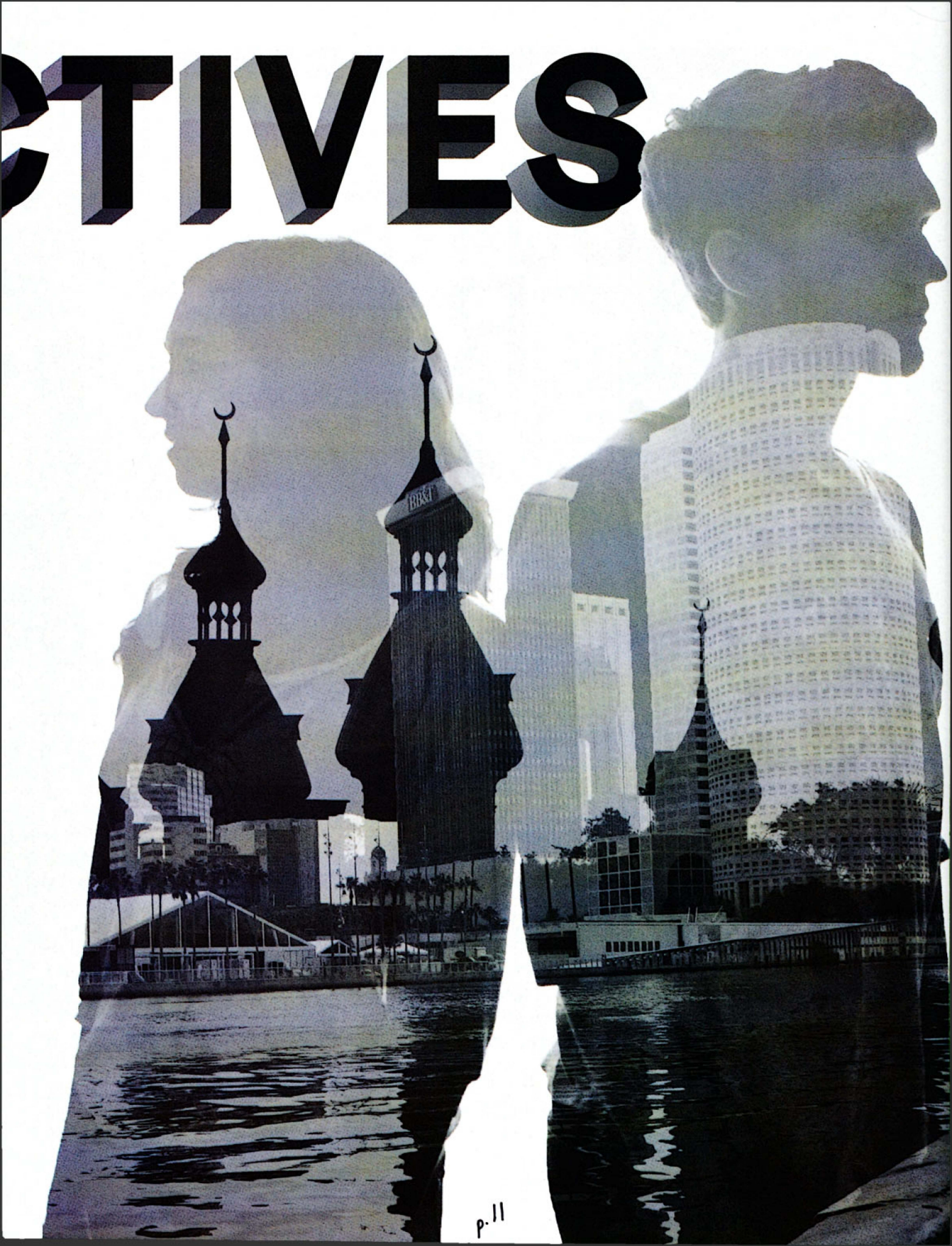
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"YOU'RE AN RA 24/7"

BY KARA DELEMEESTER

"You're an R.A. 24/7" is a phrase that I've been hearing since I stepped into Reeves for my first day of training in the Fall of 2013. I've since started spouting it out in response to questions about how many hours I work, what days of the week I work, and if I'm ever NOT an R.A. I've also recently considered getting the phrase inked along my forearm in a typewriter font.

While I'll often make jokes about being a Resident Assistant at the University of Tampa, working for Residence Life has made my experience at UT a meaningful, and sometimes entertaining, one.

I started my career with Residence Life my sophomore

year at UT in McKay hall. I worked on community side and had an entire hall of lowerclassmen residents. This year, in ResCom/Palm Apartments, serving a mixed community of upper and lower classmen. Next year, I'm excited to serve as the Head Resident in the same building. This means that instead of being responsible for a floor of residents, I'll be responsible for a staff of R.A.s. I'm looking forward to providing my future staff with the same sense of community and family that I've experienced.

Being an R.A. has not only provided me with free housing, a resume builder, and dozens of hilarious stories, but it's also

provided me with a community I didn't know I needed. Last year I worked on a staff of nine R.A.s, most of whom I'm still extremely close with. We ended up bonding rather quickly through filling out Incident Report Forms together at 3 a.m., and supporting each other through breakups, the loss of family members, and the overall stress of college. Even though we're not on the same staff anymore, we still pick each other up at the airport each semester and make time to have dinner. During spring training this past January, my grandfather passed away. That morning I sent a text to my Co-R.A. from last year and



within minutes she was across campus and at my door. When I returned to training after being with my family, my R.A. family was there to greet me with their love and support, something I know that we'll always be willing to give each other regardless of what staff we're on.

On the surface level, the job seems like it's all door tags, bulletin boards, and bribing students with food to come to programs, but there's a lot of additional work that we have to put in. Programs require advanced planning, registration, evaluation forms, and reimbursements. Door tags and bulletin boards usually go up at 11:59 p.m. on the day they're due. I've had to knock on doors, leave notes, and stop people in the hallway just to get a signature roster signed. I've gone delusional and

started speaking in the third person while writing a two-page single-spaced Incident Report Form at 5 a.m.. And the eleventh circle of hell is leaving for winter break and having all of the keys work, but returning in the spring to check them and finding that none of them do.

The majority of the job is serving as a resource for your residents and working to build a sense of community in your residence hall. However, the most difficult part of the job is documenting UT policy violations and incidents with residents. Residents often have a hard time separating the job from the person, resulting in a lot of snide remarks and awkward silences the morning after a documentation occurs. One of my biggest struggles when I first started out was not taking it personally when my residents were upset with

me for doing my job. Having a resident hate you no matter how many times you explain to them that you're just doing your job, you're not out to get them, and you do in fact know that "it's college," can be extremely frustrating. The best advice I could give an R.A. is to forgive and forget. The sooner you move on from an incident, the sooner your residents will too.

As an employee of the Office of Residence Life, I've often found myself having to defend them. Everybody has issues with their job and their employers, and I haven't been immune to my own frustrations. However, what a lot of people don't realize is that just as R.A.s get blamed for doing their job, ResLife is often times the messenger with the bad news who gets shot. What people don't realize is that being a part of ResLife, as with any job, has its pros and cons. Anyone who has ever been an R.A. at UT will tell you that working Halloween and Gasparilla is the most stressful thing you'll ever experience, and that R.A. training is entirely too long. But ResLife provides you with the opportunity to develop leadership skills, serves as an outlet for your passion for crafting, and gives you a family of R.A.s, H.R.s, and Professional staff members who will always have your back.

I've been an R.A. 24/7 since I signed my acceptance letter, and I'll always be extremely grateful for ResLife and the importance that they've place on my time here at UT.



ON THE WATER

BY SAM ALLEN

I woke up at 5:30 A.M. on Thursday, Jan. 29 to embark on a rowing expedition with the varsity team here at UT. With GoPro in hand, or rather on head, I shuffled over to the Boat House with the incorrect assumption that I would be rowing with the rowing team. When the team arrived, Bill Dunlap, who has been the UT rowing coach since 1981, kindly introduced me as a reporter from The Minaret. "That's dedication to be out here so early for the paper," I kept hearing the team members saying. My dedication, however, does not compare to the grit it takes to be a part of the rowing team. My disappointment in not being alongside them was soon replaced with admiration for the amount of hard work that

goes into rowing. With wide eyes I watched them fly across the water. "The first competitive pressure piece they're going to do is a format called Tabata," Dunlap informed me, "It's an extremely intense anaerobic format, then it'll be more like a race after that. But tabata is above race pressure, no pacing, just flat out as hard as you can go. It's a 20 second sprint and a 10 second rest repeated eight times."

I turned to watch the team; there were four boats. Two sets of pairs (a boat containing only two rowers) which I was later told were reserved for the more advanced rowers, and two fours (a boat containing four rowers and one coxswain: the member who does not row but steers and commands the boat). I watched as the team rowed out of the darkness

into the growing sunrise. The wind was ice cold and hit me hard. It was difficult for me to imagine finding the motivation to be out here every morning. After a moment, I turned to Brianna Colon, a member of the team who rode with the coach and me as she awaited her turn to row. I took this opportunity to ask her about the team.

"Practice is from 6:00 A.M. to 7:30A..m., classes don't really start until 8am so it fits into anyone's schedule," Colon began. "Rowing is one of the best workout's you'll get. It works out your legs, your back, your abs, your triceps, your arms; it's everything." Colon continued. "You can never properly prepare yourself for the fire you'll feel in a race ... People sometimes ask me if rowing

is fun, it's not necessarily fun but the feeling you get when you win a race is the best feeling you'll ever feel. You just feel accomplished, it's not an easy win. You have to go through so much work and it's all mental, too. You want to give up during a race but you know you can do it and push yourself to the end."

The rowers were all perfectly synchronized, moving all at the same time as one solid unit. "Another thing that's cool about rowing is that you can close your eyes and still row together because you can feel the water ... You don't need to know where the water is, you can feel it, like you're one with the water," Colon said.

Gradually the sky began to brighten, revealing brilliant shades

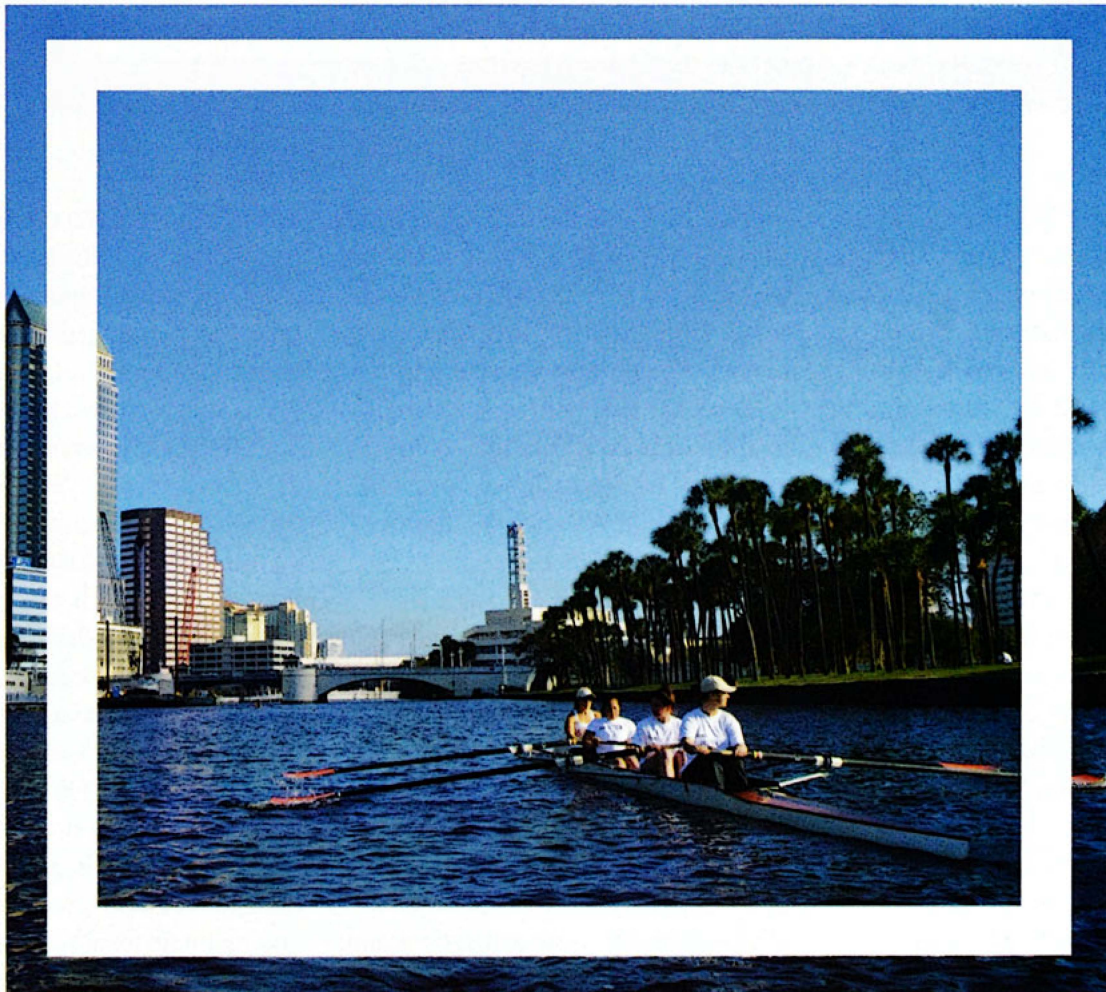
of orange, pink and blue. Dunlap slowed the boat to a stop so that Colon could begin to row. Rihanna Seferian took Colon's place on the boat next to me as Colon eased herself into the rowing boat, which was still in the middle of the lake. After introductions she began to tell me more about the team.

"Most of [the team] played sports in high school. Maybe two or three have been rowing since high school but the rest started with the club and then joined the team. We get members through the club, we're Division II so we don't really recruit." Rihanna noted.

"Division I is like UConn, Duke, Penn State where they have full athletic scholarships. Division

III is made up of smaller schools. We've beaten Division I school's before," Rihanna explained, with a smile. "It doesn't really matter what Division you're in. It just matters if you're faster."

Day started to break as we grew ever closer to the UT's docks. The wind died down and the warmth of the day began to spread over me. Once we reached the docks and I disembarked, I realized that the cool air had made my legs numb. I began to think about the fire-in-the-belly feeling that Brianna had described to me. As I watched them turn their boats over and hang them on posts to be washed, I stretched my legs onward wondering if I would have what it takes to row.





FINDING SANCTUARY

BY GRIFFIN GUINTA

We live in a world bombarded by sounds. Everywhere we walk, we're likely to hear some kind of noise. Birds chirp to greet the morning sunrise, motorists blare their horns at slow moving traffic, and the murmuring of conversation echoes from building to building. But the noise isn't simply external. We are also constantly locked in battle with the voices in our heads, voices that seem to only grow more irritated and frustrated the busier we get. Because of this, we crave an escape from the dull reality of our days, which, more often than not, end up becoming like a laundry cycle. Wake up. Eat. Go to Class. Hopefully Sleep. Repeat.

Everyone escapes the rigors and obstacles plaguing their lives in different ways. For many students, that

reprieve comes in the form of faith and spirituality. To fully connect with their higher powers, these individuals seek refuge from the chaos in Sykes Chapel—easily the quietest spot on campus.

Students of all faiths are drawn in by the magnetic aura of this serene sanctuary. Christians, Jews, Muslims, Hindus, Buddhists and even those who do not identify themselves with a particular religion share this magnificent space in utter harmony, knowing fully well that the chapel is a place that transcends the conflicts of this world.

"I appreciate that there is a communication between the faiths on the campus. There's been no conflict or struggle between us," said Kristen Walker, a senior musical theatre major. Walker, a member of the Jewish faith,

admires the unwritten standards of respect that each student holds when entering Sykes Chapel. Last year while reflecting in the meditation room, she encountered a Muslim student who was coming in to do her daily prayer.

"I [originally] wanted some time to myself," she said. "But while I was sitting there a Muslim girl came in to do her prayers. She didn't ask me to leave, and I wasn't bothered by her. It was such a cool thing that could happen in the same space."

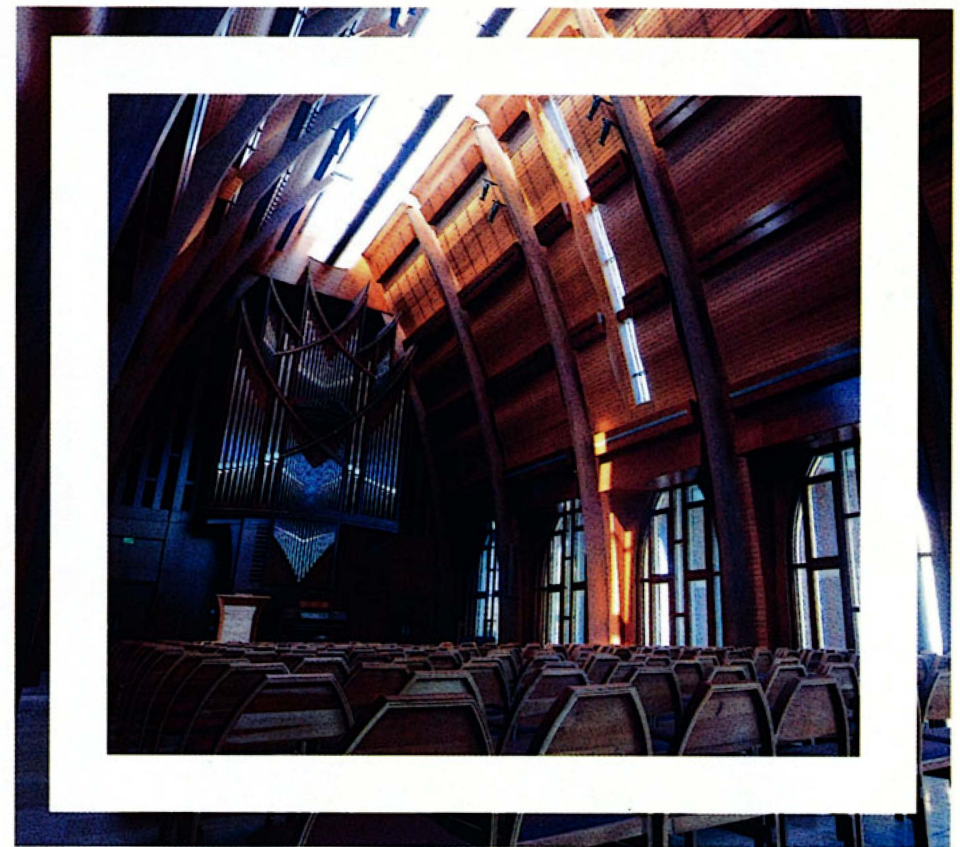
Walker's favorite memory in the chapel is a time in which she came there to celebrate Yom Kippur with Hillel, UT's Jewish student community. At Yom Kippur, it is customary to dress in white (to symbolize purity) and maintain an aura of utter reverence in order to establish a

connection with God. She recalled the sheer beauty of taking a few hours to congregate with fellow Jews and celebrate the blessings of the past year.

"I really felt very spiritually connected with everyone else who was in there. I didn't know if I was going to be able to find something like that at UT. I was afraid that leaving home would cause me to lose some of the strength of my faith. But here I felt at home knowing I had a community of people to grow with," she said.

For Mahdi Khairallah, Sykes Chapel is a frequent pit stop in between classes. Because of his Muslim faith, Khairallah is required to pray five different prayers at varying intervals of the day: Fajr (before dawn), Dhuhr (noon), 'Asr (afternoon), Maghrib (sunset) and 'Isha (evening). "It's the same basic prayer with some variations," he said. "Basically, you're thanking God for everything you have—friends, parents, blessings. Even if you're poor or something there's still a feeling of thankfulness." In Khairallah's life, inner peace is at the pinnacle of importance. Not only is Islam his religion, it's his way of life. It steers him away from negative temptations and reminds him to maintain an air of humility as best he can. "Islam teaches you about peace. It's a peaceful religion and that comes from your connection with God. It doesn't make you think about yourself, it makes you think about others. If he needs water and I'm thirsty, I give him the water. It's a small example, but it's true."

According to senior Jake Altier, Sykes Chapel is a wonderful place to foster community. Altier, a Christian, leads a Bible study on campus entitled "Freshman Leaders." In order to break out of the mundane cycle of sitting inside a classroom or meeting room, he leads his group outside from time to time to meditate in the chapel's tranquil zen garden. "Sometimes



we go into [the garden] to look at a passage from the Bible and discuss it," he said. "There's something about being in such a peaceful place that helps you clear your mind and get closer to God." That being said, Altier concedes that the immense workload of college can inhibit the consistency of having quiet time with Christ. "As a Christian, it's a daily battle to find time to focus on Jesus. We have so many distractions that deprive us of a lifetime filled with peace and joy-filled hearts; peace that comes from spending time with Him."

"I usually just come in here and walk around. I think if someone saw me from the outside they would think I'm crazy for just walking around like a zombie," Kamakshi Dhadiwal says with a chuckle. For her, the boundless freedom of the chapel is what distinguishes it from any other building on campus. Though the building itself is not a huge space, it is symbolically abundant because of its soothing aesthetics. Its circular design

is representative of the cycles of life and reminds us that everything is interconnected.

Even though she is Hindu, she doesn't have any specific rituals or rites that she practices upon entering the space. The openness of the religion allows for its followers to establish a connection with Krishna and all of his many roots. In Kamakshi's case, that connection is water.

"I connect more to water than anything else. For me the sound of water is automatically soothing. It's important for us to be free of all other sounds."

Granted, she too was baffled by the paradoxical nature of the chapel's location.

"It's funny how this space is right by a soccer field where people are yelling all the time and a volleyball court where people are shouting all the time, yet when I'm at this place, I hear nothing."



EXPLORING ENGLISH

BY MIA GLATTER

Everyone is always asked at some point in their college career why they chose the college they did. Choosing the University of Tampa for the weather or for a specific program are all valid reasons, but when Venezuelan native Maria Perez Salas chooses to become a full-time student it will be because she worked hard to meet one of the hardest prerequisites of applying; learning English.

The English as a Second Language (ELS) Center is tucked away beside the health center in the MacKechnie building, an understated brick building that blends in with the others on campus. Inside,

however, is bustling with the excited, though broken, chatter of students who are at UT to learn what most other American students take for granted.

The students are widely varying in age and ethnicities. Some are there to learn English to apply to college and some want to improve their chances of getting a job in their home country. Students study at the ELS center five days a week and are not allowed to miss any classes. Salas walks around the ELS center with the biggest smile and enthusiasm for mastering what she has come so far to learn.

With a day starting at 8:30

a.m. and ending at 3:30 p.m., Salas works on grammar, reading, writing, vocabulary and English labs.

“When I finish at ELS I will apply to UT and maybe go for business or communication major,” she said.

Salas signed up for the ESL program through els.edu and was placed at UT with a friend, and even though she did not choose it, she says she loves it here. Though much is different from her home country of Venezuela, the school system is familiar.

“Class at home is much like UT. I have classes at different times a day, like a normal college,” she said.

Moving to Tampa can be culturally shocking to many of the students who come from all over the world, but Salas welcomed the opportunity to move away from a country in turmoil.

It has been almost exactly a year since the violent protests in Venezuela erupted when people became fed up with the declining economic situation and corrupt political power. Large demonstrations occurred and resulted in over 3,000 arrests and the deaths of 43 people. Although protests have calmed since 2014, the situation for the Venezuelan people has not improved a great deal. A sudden spike in

protests occurred last week on the anniversary of deaths of protesters the previous year..

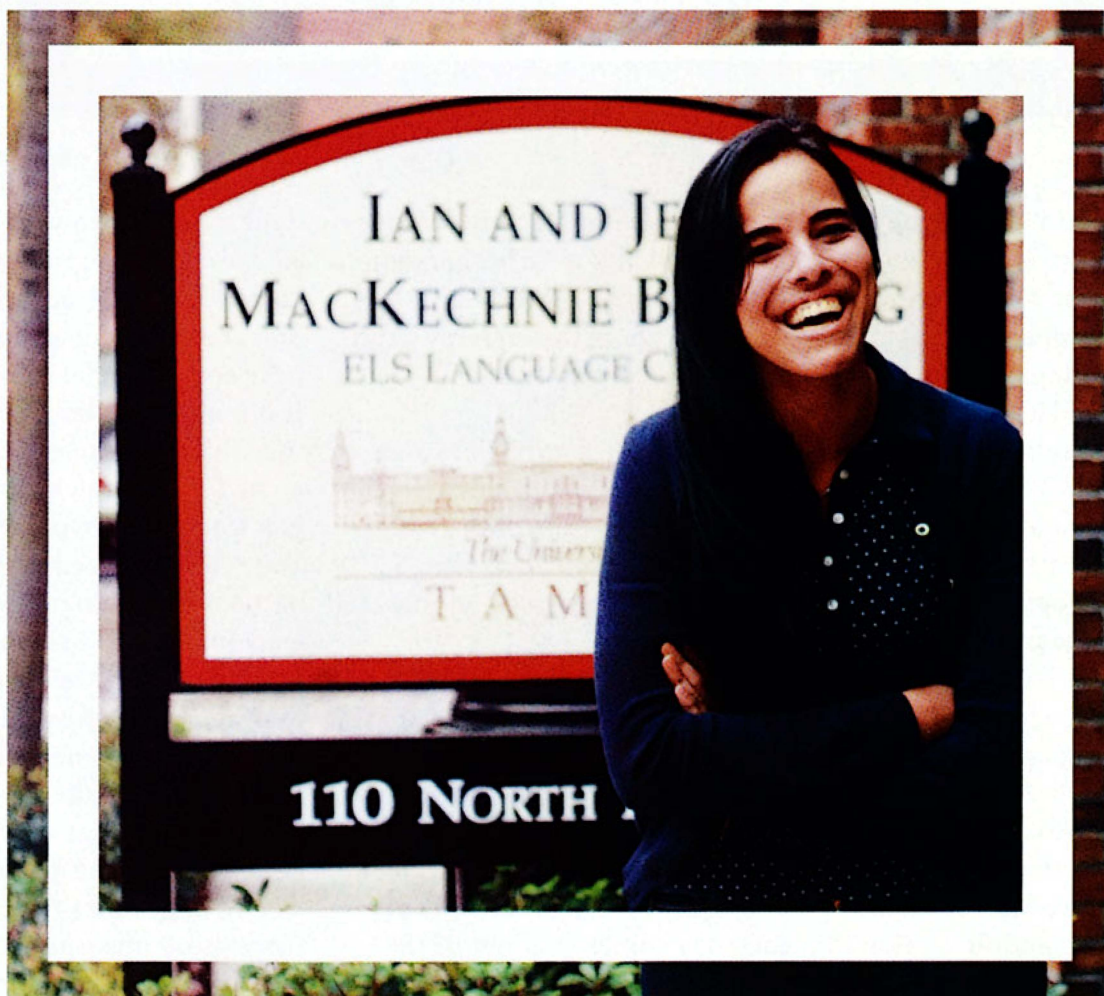
Salas is thankful to be away from what is happening there.

"Venezuela is not a good country anymore with all of the drugs and violence and the fear of being killed. It's really nice to have that freedom [to get away]."

Counted among the things she misses about her home country are the people and the food but she is happy in her off-campus living situation.

"In Venezuela people are so friendly and warm. When we greet we hug, we touch more, we kiss on cheek. People here are colder. Like not as openly

friendly. We are more informal in Venezuela," she said. "Also driving. Where I am from there is no speed limit, and they drive wherever they want with no signs, or they drive on both sides of the street. The water is much better here than in Venezuela. But it is also so cold here, we don't have this many types of weather. And I like living here better," she said "I love UT a lot."





MORNING SOLDIER

BY RYAN CLABAUGH

How do you do it? Why do you wake up that early? Where do you find the time to do anything else? The questions posed by the average UT student to Cadets of the Army ROTC Spartan Battalion become as repetitive to listen to as they do tedious to answer. In fact, it almost becomes an expected occurrence when meeting new people.

When I first started out my freshman year, I have to admit, I considered it a burden. Those first weeks of waking up each morning at 5:30 a.m. (0530 in army time) were a culture shock. The labs where I would spend my Tuesday afternoons dressed in full Army gear lying in the middle of Plant Park, I found quite strange. The

odd looks I would receive from fellow students were bothersome. And don't even get me started on what was going through my head when I was on my first FTX (Field Training Exercise).

However, like with all things in life, you learn to adapt. Since those first uncomfortable moments my freshman year, ROTC has grown to be an integral part of my life.

Those early, cold mornings spent doing PT (physical training) on the intramural field become habit, one that you learn to enjoy. Who needs coffee when you start each day with a workout? In fact, one of my favorite moments of each day comes at about 0715 when the workout and shower are

done, and I get to walk through a dead quiet campus as the sun rises. It's a peaceful time as is breakfast with my comrades in a near empty cafeteria that follows. It is a moment that only we and the athletes get to experience.

As for those awkward labs, you learn to have pride in them. You realize with each simple battle drill conducted you are learning how to become a better soldier and a better leader. A new appreciation is gained for the men and women overseas as you realize that they are doing something similar only more complex and, you know, real. The strange looks that we receive from those unsuspecting students who came only to tan on a sunny

weekday afternoon become comical. They make us want to scream our slogan "Spartans Lead the Way" that much louder.

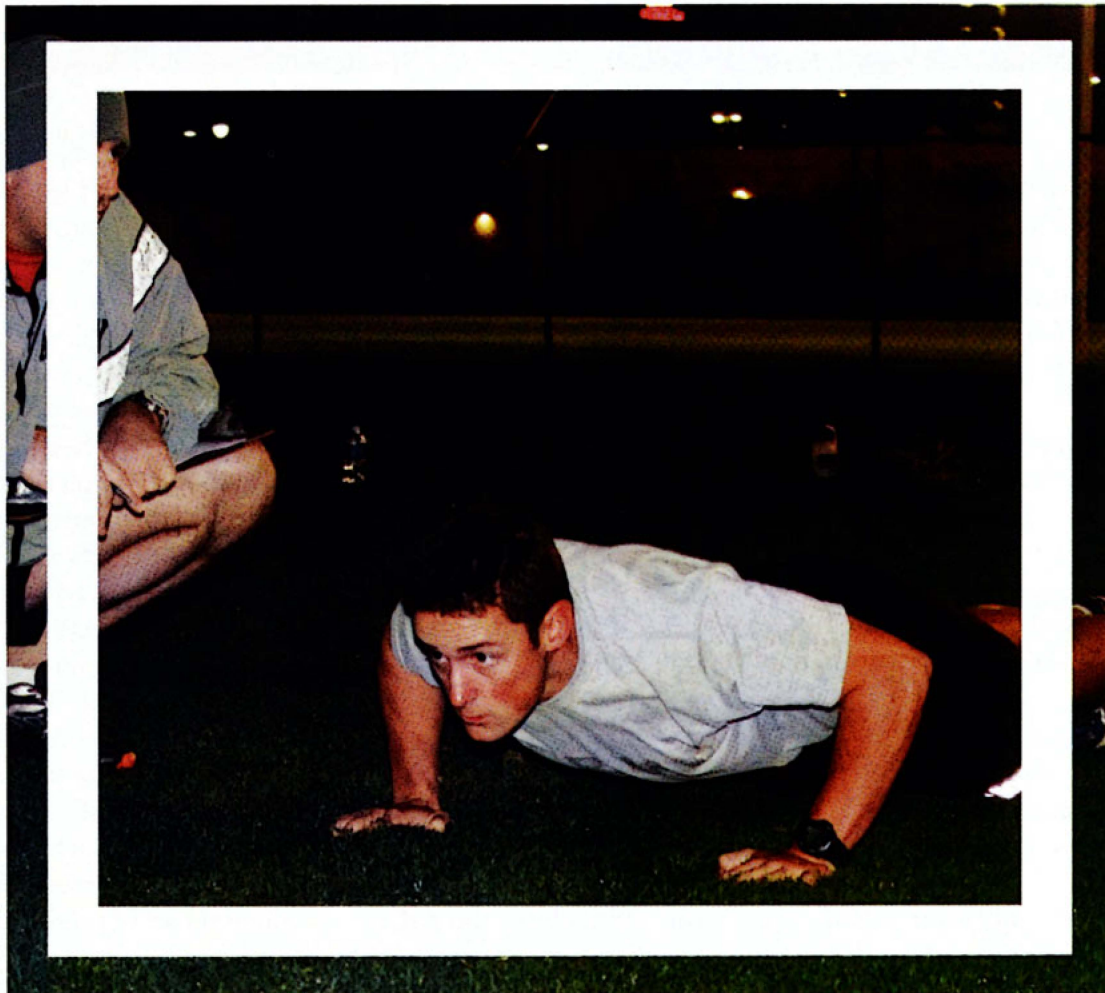
As for those pesky FTXs, you even learn to get used to them after a while. The first time I sacrificed an entire weekend and drove hours away from campus to lay in the woods for two to three 2-3 days was awful. There's no way of sugar coating it: I hated my life. The sleep I received was sparing and the packaged MREs (meal ready to eat) we get provide little enjoyment. As I proceeded in my ROTC career, however, and went to summer events such as airborne school and LDAC (a mandatory, month long accessions camp all Cadets go to following their junior year)

I learned another valuable skill, the ability to suck it up and move forward. No matter how tired or hungry we get, we learn to focus on the task at hand. I am extremely grateful for this skill as I know it will help me throughout life, not just in my Army career.

At the end of the day, we ROTC Cadets realize that we have things harder than the average student on campus. We sacrifice more of our free time and sleep, and can't go out to dollar beers or tick-tock Tuesdays (a crying shame, I know). However, real army soldiers have it much harder and as I approach the end of my senior year I'm glad that I had ROTC to prepare me for the challenges ahead.

When we commission as

officers in the Army, my fellow Cadets and I will immediately be called to be platoon leaders with dozens of soldiers under our command. Some of us will be immediately deployed to combat zones. The life that awaits us post-graduation is sure to bring trials and tribulations significantly more arduous than the ones that we face as college students. The ROTC program and our highly experienced Cadre have instilled hard work, perseverance, and dedication into my fellow Cadets and I. They are qualities that I will cherish as I go on in life. So go ahead, keep asking me how I do it. I do it with the utmost pride, and I wouldn't trade it for anything in the world.





UNSTOPPABLE STUDENTS

BY BIANCA LOPEZ

For students, college is the first time they must advocate for themselves. It is no longer their parents' responsibility to make sure they are receiving fair treatment. This rings especially true for disabled students.

"It is very much up to the student to self-advocate for themselves about what they need and to schedule it and all of that," said Janice Law, Academic Excellence Programs Director. "For some students, yes, that is more responsibility than they had to take on in secondary school. There's much more self-advocacy at this level."

The Americans with Disabilities Act (ADA) requires universities to make programs accessible to qualifying students. The university's website claims "UT is fully committed to act in compliance with all ADA

mandated requirements."

Nicholas Pollio, a freshman psychology major, has dealt with Spina Bifida since birth. Spina Bifida is a neurological disorder. An area of Pollio's back never completely formed, so he is paralyzed below the knee. Since he still maintains a degree of motor control and can stand for a good amount of time, Pollio uses a segway to travel around campus.

Pollio filled out a special needs application before coming to UT, specifying which housing accommodations he would need due to his disability.

"I have enough room to store my segway, easy to access, there's a nice shower. Everything is accommodated to what I asked for so it was nice," Pollio said. "What I like about the campus is it's easy to get everywhere

with it, I have yet to have any trouble getting somewhere with the segway. I can literally drive up to my classes, go in elevators, it's no big deal."

The school offers services for disabled students ranging from handicapped door access to supplying E-books for the hearing impaired. They even offer services for students who are temporarily disabled; for example, students with broken arms can have scribes write for them.

"We offer what's considered at the university-level to be reasonable accommodations," Law said. "This can be confusing especially for incoming freshmen because it doesn't always necessarily translate into exactly what you had in high school or middle school, it's a different level, it's a different set of rules and regulations and laws."

The Academic Center for Excellence (ACE) offers accommodations to fit a student's specific disability. While tutors are available to all students, the center also offers academic skills classes and allows certain students to complete their exams in distraction-reduced testing rooms.

"[ACE is] extremely accommodating and understanding," said Elisabeth Pendergrass, a senior and marine biology major with attention deficit hyperactivity disorder (ADHD). "They really make an effort to give you the best options possible; for example, I get time and a half on tests and I am allowed to take them in the ACE center."

The center also offers many services outside of disability assistance. A student's privacy is kept when they visit the center. If a student uses resources that are available to them such as recording lectures or taking exams in the center, his or her professors will not be notified of the student's specific disability.

While UT has accommodations for students with disabilities, the program can't satisfy every student.

Daniela Quintyne is a freshman education major with auditory processing disorder, attention deficit disorder and dysgraphia, a disorder that makes it difficult to write. Quintyne takes advantage of ACE's distraction-reduced testing center and uses a computer for assignments because of her dysgraphia.

"I think the services are helpful, they did match most of my accommodations but I have gotten frustrated with them before," Quintyne said. "When I first visited UT, there was a different head of the department. She told me that if I needed a note taker in my classes that she would do that for me although it was not in my accommodations. I definitely needed one in one of my classes last semester, but when I asked if I could get one they denied me

because it wasn't in my file. I didn't do bad in the class but I think if I had a note taker my grades would have been better."

Despite the many services the ADA requires schools to offer, this does not include any accommodations that could "fundamentally alter" any academic programs or requirements. For example, UT is not required to and therefore does not offer extensions on assignments homework or projects because such things are considered to be the student's responsibility.

"The extra time to take an exam, etcetera, is reasonable, but let's just say a student said 'Well, I'm not a good test-taker and, so, I never had to take tests in high schools. Will I be getting that accommodation?' Absolutely, not," Law said. "If the course requires two exams, you have to take two exams. They still have to do what is outlined in the course, as any other student has to do."

ACE is working towards starting workshops and a disability advisory council made up of students. Many students and even faculty members do not realize that accommodations like

extra time are not advantages over other students. Law explained that students pass exams by knowing the information, and that extended time will not make a student pass if they do not understand the subject matter.

The university's objective is not to give handouts, but rather, supply disabled students with the resources they need to be self-sufficient adults.

"My life isn't perfect, no one's is. I'll have days where something might come up or I might have pain or something like that, so I might have to take like a day off and teachers are willing to work around that with me," Pollio said. "I think [UT is] doing a great job. From what I've seen, [there are] so many different people with so many different things in their life, whether it's learning disabilities or physical disabilities, mental disabilities, whatever you want to say. I see that in every way possible, they try to make everyone feel normal."





THE CHAMPION'S COACH

BY REGINA GONZALEZ

We live in a competitive world. Success comes to those who dedicate everything to their passions in life and strive to be better every single day. Whether you have a love for art, sports, or interpretive dance, the profound effort you put into something you love controls your future triumphs. For Cody Liner, sophomore and student assistant coach for women's volleyball, dedicating himself to working and aiding in the success of a team is that distinct passion.

Growing up in Virginia Beach, Virginia, Liner began playing both club and high school volleyball at the age of 14. By the time he was 17, he was playing for a more advanced team with older players that had already led his previous team to a

National Tournament. When his senior year came around, Liner injured himself and was unable to finish out the season, but he wasn't going to let that stop him from being a part of the game. A previous club coach of his had the idea of Liner becoming his coaching assistant, and right away, Liner accepted the offer. "Getting injured was a big sorrow, but you have to cherish the moments you have, I had gained a ton of leadership abilities throughout my years of playing and was finally able to put it to use coaching seventeen-year-olds at the age of eighteen," Liner said.

When it came to applying to colleges and searching for a university where he felt he would succeed, UT was not his first choice

until looking on the volleyball roster and seeing that the program offered a student assistant coaching job. After emailing head coach Chris Catanach about it, Liner came on a campus tour at UT right before an interview at Nova Southeastern University in Fort Lauderdale for the same position. "UT was a very spur of the moment decision, it was the last school I applied to and the first one I was accepted to on a scholarship and to be honest, I had no intentions of coming here until I saw the coaching position," Liner said, "I came here before visiting Nova and after I left, I didn't even want to bother going, I fell in love with the campus and coach and decided to come here and pursue being a student assistant."

Jumping right into the start of the season as a freshman, his role consisted of doing most of the dirty work. From setting up the nets to mopping the court and keeping stats, the year focused on him learning the basics and getting a grip of what the program was all about. Returning to the job his sophomore year, Liner received a surprising promotion from Catanach. "One day coach and I were walking back to the office together and he looked at me and said 'How would you feel about being director of operations' so I accepted and took on being both the director of operations and student assistant," Liner said. Involving a lot more responsibilities, Liner was now in charge of everything including pregame setup at games, score sheets, cameras, setting up the clock and making sure the visiting team knew where to go. He also began using the team's new advanced stat system called Data Base. Assistant coach, Brian

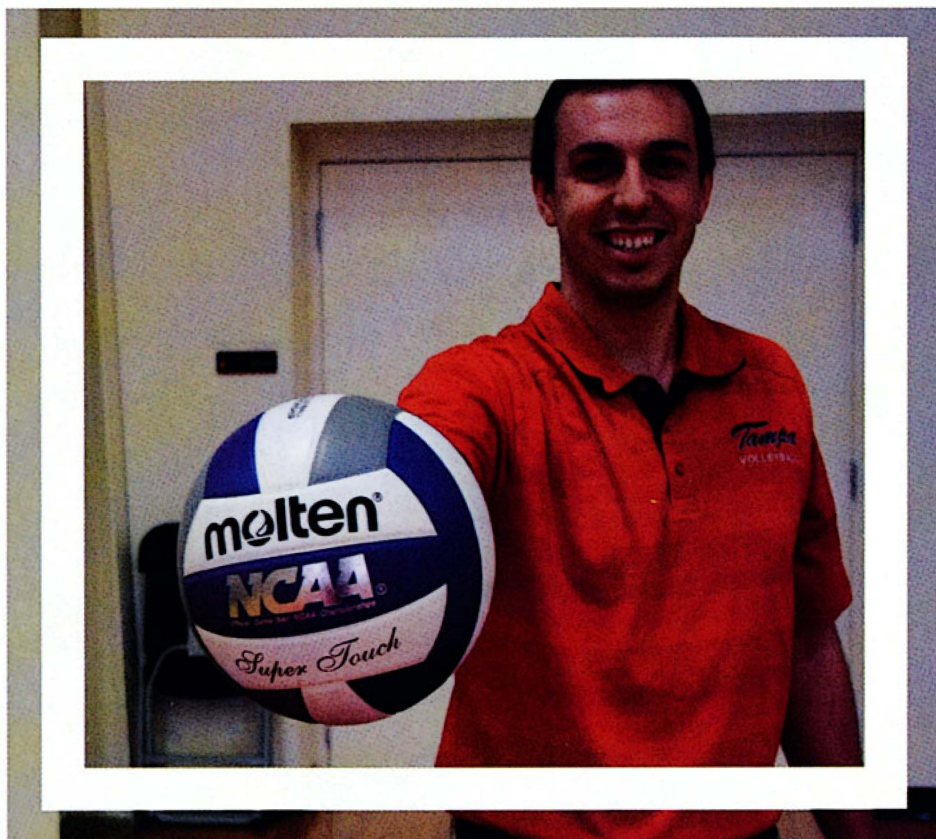
Imperiale, called out plays, Liner would put them in the system. When traveling to away games, he made sure all of the equipment was packed, all of the jerseys were ready, scheduled reservations at restaurants in the location and made sure everyone was aware of times and schedules.

Liner came to UT to pursue a sports management major and also decided to double minor in marketing and business. With his extensive position on the team along with his involvement in other campus organizations such as the Leadership Fellows Program and Delta Sigma Pi business fraternity, time management was key. Coming from a quiet home life with his mother in Virginia, his busy schedule was a major transition, but he commends the volleyball team and staff for making it enjoyable regardless of the constant hustle: "These girls are my sisters. This team and these coaches are my family

away from home," Liner said. "This job has helped me mature a lot. Even though I was the new guy I had to learn quickly, but I love what I do and at the end of the day volleyball always comes first."

With the help of his newfound family here at UT, Liner was able to be apart of an exciting achievement this past semester when the women's volleyball team won the Division II National Championships on Dec. 6, which just happened to be Liner's nineteenth birthday as well. "It's funny because when I woke up that morning, my birthday was honestly in the back of mind," Liner said. "It felt like a championship day. Berkely Whaley scored the winning kill to bring us to a 25-21 victory in a 'perfect five.' We would practice the perfect five drill all the time during practice and it came through in the championship which was awesome. That moment of excitement was something you can't make up."

At only 19-years-old and now a part of a national championship program, Liner is nowhere near done striving towards even more future accomplishments. With a more relaxed off-season spring semester, he is now able to have more time to himself and work towards his goals. As far as his next few years at UT and beyond, Liner has a profound passion to want to get better. "I want to be a better coach and I want to learn more about the game and be dedicated to volleyball," Liner said, "I would love to come back to UT as a graduate assistant after my senior year, but I also want to see different aspects of other coaches and programs so I can adopt my own philosophy of coaching after learning what I have here, because in the end, a coach's own philosophy is what is important and what helps a team win."



Skin Deep

By Doha Madani

While Tampa may be a great place to hit up the town, nothing ruins your game like a classic case of pizza face. Here are some easy tips to keep your skin clear under that harsh Florida sun.

KNOW YOUR T-ZONE:

There are three major skin types: oily, dry and combination. People with oily skin probably feel like they're living in the tropics while those with dry skin have a Sahara on their face. Combination skin gets the best of both worlds. Knowing your skin type affects how you treat your skin, from how many times a day you wash it to the types of products you buy. Skin tends to act up the most in your T-zone, the forehead and nose area. Pay attention to how your skin reacts to the day in that area or go to a dermatologist to pin down your skin type.

WASH AWAY THE DAY:

Every single person should wash their face at least once a day. No matter what your gender may be, cleansing your face is probably the number one way to keep you from breaking out. Those with oily skin should use a cleanser twice a day but those with dry skin could probably get away with once a night. Cetaphil is an inexpensive drugstore cleanser that works for generally all skin types. Put a bottle in the shower and add a quick wash to your daily routine. For those with especially sensitive skin, the brand makes a gentle version to keep from bad reactions.



Walgreens,
\$10.99



Walgreens,
\$16.99



Walgreens,
\$6.49



Walgreens,
\$4.29



MOISTURIZE:

To keep healthy skin that doesn't flake, daily moisturizer is an essential part of your day. Not only does a facial lotion keep skin tight and glowing, but it also helps prevent wrinkles long term. For men, Neutrogena makes a special face lotion to help fight razor irritations on top of aging that can be picked up at a drugstore for under \$10. Aveeno Positively Radiant moisturizer is a product advertised mostly for women, but even a small bottle at \$15 will last months.

EXFOLIATE:

Exfoliating once a week is a pivotal step in preventing breakouts. There are a few ways to do this, but one of the cheapest is adding a scrub to your routine. Pick one day a week and set a daily reminder in your phone to purge your pores. St. Ives has a line of Apricot Scrubs that are less than \$5 and will last forever when used once a week. Those who suffer from constant acne, their blemish control version contains 2% salicylic acid to help fight black-heads and pimples.

HYDRATE:

Skin is your first defense from all the harsh sun, dirt and chemicals in the air and water is the ultimate defense in keeping your skin fighting worst of the day. Just keep refilling that water bottle and remember to drink a glass before bed. Juice, coffee and tea don't count to keep your skin healthy - even if they all do have water. Hydrated skin has a healthy glow and is much less likely to overproduce oils, which can stay in your pores and create breakouts. This step is the simplest and cheapest, but honestly neglected by most of us.

SPORTS LINGO

BY JORDAN LLANES



Here at The Minaret, we realize that the world of sports has its own language. Most of our editors here (Names won't be uttered here, but there have been some funny instances around our office) have scratched their heads at the terms used in our articles. So for their use and your own, here is a short but useful list of common sports terms used in the five major sports: baseball, football, basketball, hockey and soccer.

BASEBALL

FIVE TOOL PLAYER

A baseball player that is above-average or excellent in these five areas: the ability to hit for average and power, good base running skills/ speed, a strong/ accurate throwing arm and good fielding skills.

FULL COUNT

Refers to an instance when a batter reaches a count of three balls and two strikes in an at-bat.

TURN TWO

Refers to an instance when the defending team is able to get two outs on a single play. Also known as a double play.

BASKETBALL

ALLEY OOP

When one player throws the ball up near the basket and the other player grabs the ball in mid-air and scores, usually with a dunk

BREAKING ANKLES

When an offensive player performs a dribbling move, usually a crossover, that causes the defender to lose balance and/ or fall to the court.

DOWNTOWN

The area behind the three point line. Any basket scored from "downtown" is worth three points. So the next time you hear "he nails it from downtown!" you know what's going on

FOOTBALL

LAMBEAU LEAP

When a player of the Green Bay Packers celebrates a touchdown by jumping into the stands near the endzone at Lambeau Field, home of the Packers.

BOMB

Used to describe a long, arcing pass. Also used in baseball to refer to a home run.

ZEBRAS

Another term used for officials due to their white and black uniforms.

So the next time you're reading an article about an NBA game or watching a quarterback such as Andrew Luck throw a deep touchdown pass, now you have at least some knowledge of the what the heck is going on. Not to mention you can impress your friends who like to watch and talk about sports. That's always a winner.

HOCKEY

CRASHING THE NET

When an offensive player(s) rush towards the front of the opponent's goal in an attempt to deflect any rebound into the goal that comes off the goalie or to distract/ block the goalie's line of sight.

ENFORCER

The tough guy or protector of a hockey team. He is quick to fight and protect his teammates, especially against another team's enforcer. Also known as a goon.

SLAP SHOT

A type of shot when a player raises his stick up around his waist or higher and brings it down with a powerful motion, striking the puck with its blade.

BOXING

BOB AND WEAVE

An evasive tactic a boxer uses in their defense. Refers to when a boxer moves their head and body laterally, up, down and rapidly to avoid their opponent's punches.

GLASS JAW

A term that describes a fighter that is easy to knock out.

SUCKER PUNCH

A type of punch that catches an opponent off-guard.

SOCCER

HAT TRICK

Refers to an instance when a single player scores three goals in a single game. Also used in hockey.

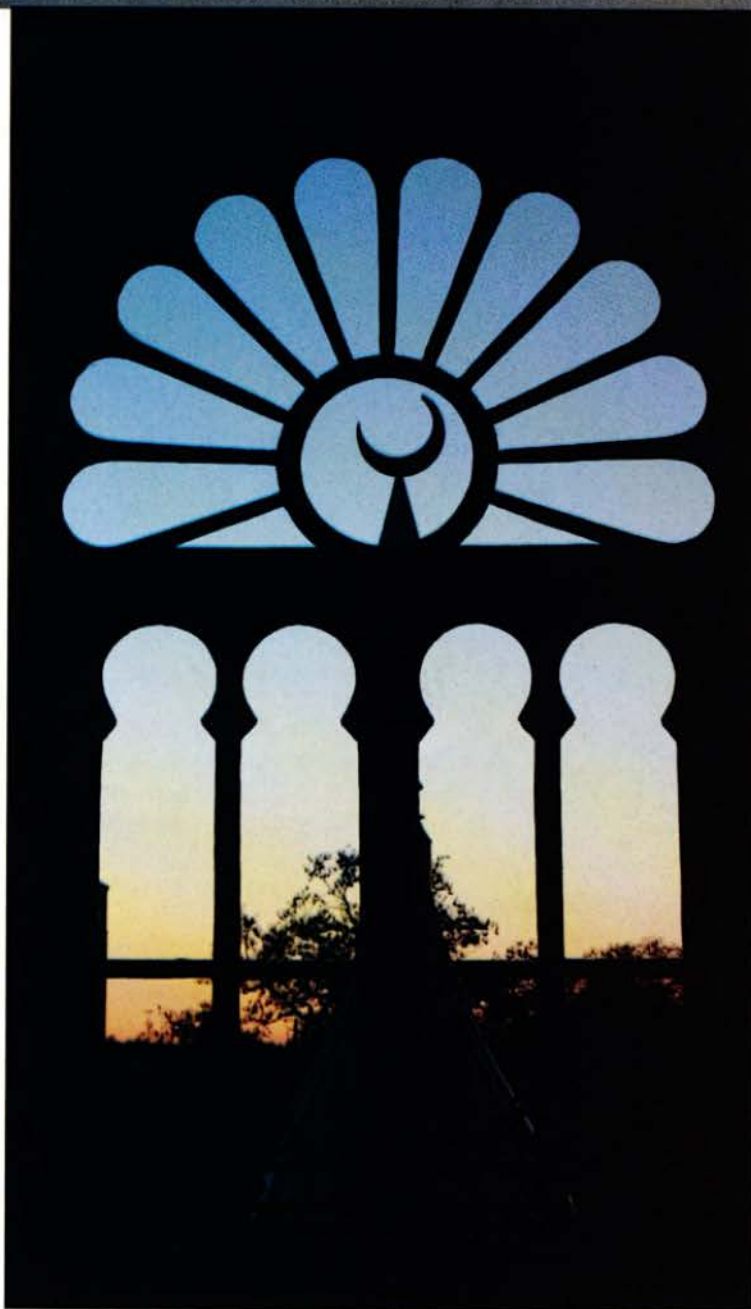
HOOLIGANS

Fanatical soccer fans who are known for their violent behavior.

PARKING THE BUS

A phrase used when a team goes into a dominant defensive strategy. This occurs when all the players on one team are playing behind the ball and not actively attacking to try and score.

Sources



Dr. Valerie C. Mechanik, M.D., FACOG

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Tom Kolbe and Chardene Williams.



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LET'S TALK.

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