



# The UB Post

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Left: Certain schools in the Yale Gordon College of Liberal Arts moved from the Charles Royal building, on the corner of Charles and Mount Royal, down the block into this newly-renovated building at Charles and Preston Street, in time for the new semester. Right: A stained-glass window brightens the stairwell that Jonathan Shorr, executive director of the School of Communications, calls "one of the most beautiful" in Baltimore. It also features brass railings and curved marble.

Photos by Patrick Xie

## Liberal Arts Moves, Final Touches Still Underway

By IBRAHIM DABO  
Senior Staff Writer

After a long history of tenants—including the Knights of Pythias (a men's fraternal order) and numerous banking facilities—a newly renovated five-story building is the University of Baltimore's new home of the Yale Gordon College of Liberal Arts' School of Communications Design,

the Ampersand Institute for Words & Images, the School of Public Affairs, the Schaefer Center for Public Policy and the Office of the Dean.

Located at 10 W. Preston St., and now renamed the Liberal Arts and Policy (LAP) Building, the columned façade structure was purchased by UB in June 2001 for \$1.9 million.

Extensive renovation, which included floor restoration, is estimated at \$14.4 million.

While final adjustments are ongoing, classes have begun in the fairly traditional yet modern building.

Aside from its captivating floor space, comfortable couches, student workspaces and state-of-the-art Mac labs, the LAP's unique architecture, which includes stained glass windows and barrel stairs, was also restored.

"This may be one of the most beautiful stairwells in all of Baltimore," said Jonathan Shorr, executive

director of the School of Communications Design, commenting on the uniqueness of the stairwell's brass railings, curved marble and stained glass windows illuminating it all.

Shorr, however, expressed frustration at ongoing modification in the LAP, which has delayed the readiness of the media production classroom.

Oluwatoyin Oleleye, corporate communication, shared similar sentiments.

"The building is very nice, but you can tell it's not yet finished," Oleleye said. Apart from the noise from drillings, her professors have been unable to use PowerPoint presentations during lectures because the projectors aren't completely set up, she said.

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## Campus Rec Now Offers Personal Trainers for Better Results

By PAUL GONZALEZ  
Contributing Writer

My weightlifting and cardiovascular training started parallel to my high school football career. I was lucky to have two coaches who were certified personal trainers and showed interest in making me stronger and faster for game day.

The knowledge I learned from working with personal trainers has paid off well. To this day, I still heed the advice and technique I was taught and apply what I was shown to my personal workout routines.

Over the past two years working at University of Baltimore Campus Recreation Center (CRS), I have analyzed the styles of workout enthusiasts into four categories: those who lift incorrectly (dangerous), those who have been doing the same routine for years (boring), those who have hit a plateau in their routines (really?), and those that overwork and do not see results (ugh).

The perfect remedy to stop this recidivism for all four types of workout dilemmas—everyone fits into one—is to invest in one's health by hiring a personal trainer.

As CRS grows, so do the opportunities available to UB and MICA students, faculty and staff and public members. CRS's newest venture is to bring quality and affordable, well-trained personal trainers to aid in improving CRS facility user's mind, body and soul.

### Help! I Have Fallen and Can't Get Up!

No, I am not talking about Life Alert for the elderly; rather, I am referring to the many workout enthusiasts who perform weightlifting and cardiovascular routines incorrectly.

The jerking of one's body to push that last heavy rep, the poor body posture used, and incorrect hand and center of gravity placement can contribute dangerous consequences to one's joints, muscles and bones.

Stiffness or popping noises to one's body that causes one to become briefly incapacitated could be averted if one learns proper technique through a personal trainer.

A personal trainer can teach proper appendage movement from start to finish for weight, resistance and cardiovascular training.

Furthermore, a personal trainer is certified in the art of kinesiology in order to protect clients from performing improper body part movements that lead to injury.

If not for the long-term, it would be wise for both those new to working out and those who injure themselves to invest in a few sessions with a personal trainer to build a correct foundation for one's workout.

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Photo by Patrick Xie / The UB Post

The cast of *The Vagina Monologues*, performed on campus Feb. 12 and 13, takes a bow. From the left: April Montebon, Julia Jefferson, Beverly Shannon, Gigi Boam (sitting on bench), Susan Luchey, Karyn Schulz, Stacey Marriott. Standing in back row, from the left: Amy Costanzo, Kate Villegas, Denise Cumor, Erin Blush, Margaret Christenbury, Catherine Johnson, Astarte Saley and Sandi Nowakowski.

## UB Website "Upgrade" Draws Mixed Reviews

By IBIDUNMADE TELLA  
Contributing Writer

The word "new" is usually accompanied with excitement. A new car, career ...the mere thought of getting something new seems to add a splash of beautiful colors to the day. So how does the University of Baltimore's new website reflect the UB we know and love?

The university's original website was launched in the spring of 2006. The upgrade process started in the fall of 2008 and the new website was officially launched Jan. 15

"I wouldn't call this a new website, but an upgrade to satisfy multiple audiences: students, alumni, prospective students and the community," said Peter Toran, vice president of planning and university relations.

"I like the new website more, especially the MyUB homepage, because it is easy to navigate and I have everything I need right there," said Jermall Taylor, computer information systems.

Still, mixed feelings abound, particularly regarding the extra links, having an extra step to log into WebTycho and the abundance of information available on the website.

"I get really frustrated to have to click a series of links before I can access my e-mail" said Andrea Rainey, MFA integrated design.

According to Atiba Antoine, finance, "the new website is a little more complicated because of the navigations, but overall, it looks better. It puts a face on the campus

and the extras are great—you get to know about events on campus. There is also information about the professors. It keeps me stimulated."

**"Stuff is just all over the place! I have to click several links to get what I want."**

Among the unique features of the new MyUB portal is that it has a Google search function, and with a single login, there is access to a lot more data—even e-mail accounts.

The new homepage has both an external page and an internal page,

which account for the slightly different homepage appearance when logging onto the UB website on and off campus.

"I get the point of it all. I know they need to reach out to parents since UB will now be offering four-year programs, but stuff is just all over the place! I have to click several links to get what I want, particularly from off campus," said Clifton Brown III, jurisprudence.

On the other hand, Beth Peterson, psychology, said, "I like the new website better. It is more user-friendly and easier to find what I am looking for."

"We will continue to make positive changes to the website—and this is just the beginning," Toran said.

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ibidunmade.tella@ubalt.edu

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"We're going through what we call 'punch list' items that require minor adjustments," said Steve Cassard, vice president for facilities management and capital planning.

Cassard added that these adjustments are generally normal, but there are some things that are going to require some significant modification.

"It's a combination of the original specification done theoretically, and then as a practical matter, once you see the application, you may want to make an adjustment," Cassard said.

"In other cases it may have been minor errors in the interpretation of a drawing in terms of the location of outlets."

The dean's suite is expected to be completed by the end of February. Located on the first floor, the suite was occupied by SunTrust bank during the original planning process.

Administrators were at first uncertain whether UB would get funding from the University System of Maryland's Board of Regents, according to

Steve Kitchen, associate vice president for facilities management.

Kitchen said that the board eventually funded the project, which is included in the \$14.4 million tab.

**"I think it just gives faculty members and students ... a sense of vitality and interest and enthusiasm about what they are doing."**

A multiple car accident at the intersection of Charles and W. Preston Streets at 11:20 p.m. on January 20 saw a car crash into the dean's office, breaking the window and some of its

structural components. Nobody was hurt inside the building.

Larry Thomas, dean of the College of Liberal Arts, said the LAP's superior space compared to the old building—the Charles Royal—is very meaningful.

"I think it just gives faculty members and students who are in there a sense of vitality and interest and enthusiasm about what they are doing," Thomas said.

He added that President Robert L. Bogomolny should be commended for his persistence in trying to provide a high-standard facility that really reflects the values and needs of the students and faculty at UB.

Trevor Shylock, who has a Master of Science in applied psychology and is a graduate fellow for the Schaefer Center, drew parallels between the Schaefer Center's former office at 1304 St. Paul St. and the LAP building, describing the latter as "more professional and client-friendly."

Jessica Borowski, English literature, said she will miss the Charles Royal

building because of its history, adding that she cherished an incredible and surreal experience last semester while taking a Feminine Realities (ENGL 372) class there.

"Because the building will undergo renovation soon, our professor, Kendra Kopelke, made it possible for us to paint a mural on one entire wall of the room," Borowski said.

As of now, it is not known who is going to occupy the old building.

Steve Kitchen said UB will have to "hire an architectural firm to help us with the design of the building and the building's systems. The building really needs to be completely renovated; all of its systems are in pretty bad shape."

A ribbon-cutting ceremony marking the official opening of the LAP building is slated for April 14, while a reunion for the School of Communications Design's alumni, going back to the 1960s, will take place on April 19.

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ibrahim.dabo@ubalt.edu

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### Another Day: Same Old, Same Old

I have fallen victim to this dilemma many times. I find a routine I like or is easy to execute quickly, and I tend to stick with it for way too long.

It is similar to those still fashionably stuck in the 1980s with their poufy hair and neon clothing: people hate change.

A perfect remedy to this problem is to mix up one's routine by working with a personal trainer. A personal trainer can tailor a workout to fit one's specific goals or body parts. Since no two minds are the same, a personal trainer can reinvent a workout by adding new exercises to the same old body parts we all like to work out.

### Avoid the Plateau!

Why can I not bench, run or squat any more than what I have been doing for months?

This defines my workout routine better than any other dilemma. Our bodies often reach a point of comfort that denies any further growth.

Regardless of what one does to reinvent one's workout routine, many physically cannot increase the weight or duration of particular exercises. A personal trainer specializes in overcoming plateaus by investigating the root cause of the problem.

Through technique and innovation, a personal trainer can mentor one to overcome a plateau by mixing up the routine; instead of always using free weights and dumbbells, resistance training and agility exercises can trick one's body to be able to up any ante and rise above plateaus.

### This Is An Intervention!

No, we are not here to discuss binge drinking.

I call these types of workout enthusiasts my "regulars" because they are at CRS so much that they deserve a paycheck: the over-worker. Set after set, mile after mile and crunch after crunch and no gains: What gives?

The over-worker is a combination of the previous three dilemmas, but with a semi-obsessive desire to be fit so intense that it might scare small children (the intensity of Laura Higgs, but without her fitness knowledge). A good solution to overexertion and wasted exercise is to work with a personal trainer.

It is a personal trainer's job to change an excessive program into a more realistic, condensed workout that maximizes one's potential. No longer will most of one's day be wasted without seeing gains in all venues of personal fitness.

Whether one fits perfectly into one of the four categories or not, in just one session, a personal trainer can produce significant gains to a beginner, an intermediate or an advanced workout enthusiast.

Katie Cox, coordinator of fitness and wellness and group exercise instructor, said, "If you're new to exercise and want to build confidence or you're already experienced and just want something different than your same routine, a personal trainer can give you that motivation you need. They're someone that can lead you in the right direction and give you advice, one-on-one."

Find out more at [www.ubalt.edu/campusrec](http://www.ubalt.edu/campusrec), by phone at 410.837.5591 or by visiting CRS in AC 311.

Gonzalez, jurisprudence student and CRS facility manager, can be reached at [paul.gonzalez@ubalt.edu](mailto:paul.gonzalez@ubalt.edu).