The university in 2025?

Under the master plan, which is subject to dramatic change, the campus of 2025 would have more student housing at three locations, expanded parking, pedestrian walkways along Second and Third streets S and Sixth Avenue, a new science and technology building, and an expanded Student Life Center.

By Jeffery Zanker
Staff Reporter

On-campus housing for up to 950 more students. An expansion of the Student Life Center. Walkways instead of streets. A new dining hall for freshmen, a new parking garage, and a new academic building for the teaching of science, technology, engineering and math.

Those are some of the highlights of an updated, 10-year master plan for the university that was approved by the USF Board of Trustees last month.

But the plan, administrators stress, is just that – a plan. “The plan is basically a vision of our goals,” said Joe Trubacz, the university’s regional vice chancellor for administrative and financial services. “Just because it is in the plan doesn’t mean it will happen.”

Under state law, the state’s public universities are required to update their master plans every five years. The update approved by the USF trustees would carry USF St. Petersburg until 2025, when the university expects to have 10,000 students. Current enrollment is 6,774.

The goals of the updated plan are lofty, emphasizing that USFSP would remain “an intimate campus nestled on the waterfront, steps from world-class cultural institutions.”

But virtually every part of the plan will require further study, the cooperation of the city and other public agencies, and – most important – a lot of money, according to Trubacz and James Grant, the university’s construction project manager.

Continued on p. 3
Students can now use their meal plans at the Tavern and Grind

By Samantha Pettueman
Staff Reporter

Students can now spend up to $50 of their meal plans at either the Grind, the Tavern or split it between the two. $50 may not seem like much, but the fact that it’s called “Flex-A-Bull,” is only in its infancy.

“This is a pilot program this semester to see if we can do this,” said Steve Bettner, director of business services. “We also want to make sure it’s viable for the Tavern and the Grind. They’ve been very good partners so far and they’re going to have to see if it’s not hurting their business, but helping it.”

Both businesses have a core clientele apart from students.

“What happens if, all of a sudden, the Tavern has 400 students come in they didn’t anticipate? It might drive off all the other business they’ve had,” Bettner said. “That’s why we went with $50 this semester, to ease into this and make sure we didn’t flood their market. We want to maintain their atmosphere but also provide more services and variety to the students who have a meal plan.

And since the spring semester serves as a test-run, there is no increase or charge to students’ meal plans accounts.

“The typical meal plans are still in effect – the Green, Gold and Gold Plus – they’re at the same dollar values they were at before,” Bettner said. “We allocated $50 off of each meal plan, it came right off the top, so there’s no additional fees.”

USF St. Petersburg started to offer meal plans four years ago, but the growing student population has brought a demand for more dining options. The location and popularity of the Tavern and Grind made the decision to include them an easy one.

“It gives students more options,” said Jim Kensinger, a longtime Tavern employee. “With the close proximity of the Tavern, it only makes sense to include it.”

For the restaurant’s owner, Tom Haerter, it’s about seeing new faces.

“I want new kids on campus to be able to experience life at the Tavern,” he said.

And for a restaurant that won Creative loafing’s Best of the Bay “College Hangout” award in 2013 and 2014, the addition makes sense. Besides the need for a spot to hang out with friends over group sandwiches and philly cheese steaks, a convenient place to gazele dough coffee during study sessions is equally important.

“That’s where the Grind comes in.”

I’m really happy about the new program. We’re excited about being able to serve USFSP students in this new way,” said Jacob Hunt, manager at the Grind. “I graduated in 2013 from USFSP, so the students here mean a lot – to all of us.”

If the program is successful this semester, it will be available as an add-on in the summer and fall. The initial offer is estimated around $100, though students will likely be able to increase the amount if they run out.

“We will (still) have the meal plan, but students will be able to buy,” Bettner said. “You can still get SharkBites, which exist today, but I see, long-term, this taking over SharkBites.”

SharkBites work a lot like gift cards – the purchase allows you to receive discounts you wouldn’t have when paying directly.

There aren’t discounts for Flex-A-Bull, yet.

Bettner said he would rather leave that up to the business owners and let the market decide where students go.

“It will be up to them if they want to offer 10 percent discounts, 15 percent, whatever it is,” he said. “We’re going to let the vendors offer those discounts. I didn’t want to mandate what private businesses do.”

Though Bettner said he didn’t want to over-promising anything because of the multiple variables that need to be met and put into place first, he sees Flex-A-Bull, and the overall USFSP meal plans, expanding.

“During this semester, I hope to also bring in Starbuck’s over at Barnes & Noble and all of our Coke machines. That’s my short-term goal,” he said.

“Long-term, the sky’s the limit. It could be the Hangar, or anything within walking distance that’s reasonable.”

Students can now use their meal plans at the Grind and the Tavern.

By Jason Saab
Staff Reporter

Amy Anderson’s passion for history began when she was young and has led her to an experience she never dreamt would become a reality. It was while working under the guidance of the Smithsonian that Anderson realized her love for the hands-on aspect of history. It was there that Anderson is ready for the challenge.

“I’m a proud American and so many others, but we don’t like to talk about how we got to that (and) what happened to get to where we are today,” she said. Anderson’s appreciation for history has also shown her how much of it is misrepresented.

“Long-term, the sky’s the limit. It could be the Hangar, or anything within walking distance that’s reasonable.”

The foundation of her interest came from her parents, who planned family vacations in places like Gettysburg, PA, one of her favorite places.

“It’s a giant field you’re looking at, off of this higher point the Union took, and just picture a field full of men fighting and charging, but it’s so quiet and still,” Anderson said. “Knowing how much happened there and how many men died, it’s absolutely breathtaking.”

And since the spring semester serves as a test-run, there is no increase or charge to students’ meal plans accounts.

The pair will work on an “undocumented and un-researched” project, which will mark one of Anderson’s first jobs at the museum.

The project involves textile samples, photos of children working in textile mills in 1915 during the rise of child labor laws, and evidence possibly linking the South Carolina textile trade to Ethiopia.
Master Plan offers look into the future

The master plan does not put an overall price tag on the proposed improvements. But it indicates that the university would rely on state appropriations, private donations, the sale of revenue bonds, money from subleases, and student fees for dining, housing and parking.

Although the plan calls for a “significant focus on increasing undergraduate enrollment, retention and graduation,” the campus, which now covers 62.4 acres, would not grow beyond its present boundaries.

Here are some of the highlights of the master plan:

Student Housing
The goal is to have on-campus housing for 14 percent of the student body by 2025. The university now has beds for 554 students in Residence Hall One and 196 beds in the University Student Center dormitory. Under the plan, there would be a “freshman housing district” on the north side of Sixth Avenue S between Third and Fourth streets. The land, which is just south of the soccer recreation field, is now a parking lot.

The freshman district would have a seven-story residence hall with 250 beds and a dining facility on the northwest corner of Sixth Avenue S and Third Street and another seven-story hall with 250 beds on the northeast corner of Sixth Avenue S and Fourth Street.

The next housing phase would be a five- or six-story addition on Sixth Avenue S and Second Street. The current campus is built around St. Pete, provides an initial opportunity to go to a rescue, foster home or no-kill shelter. However, lacking opposable thumbs and cell phones, the strays still need a way to reach out, call (727) 521-1117 or email: info@stpetereads.com

Parking
There are spaces for 1,160 vehicles in the university’s only parking garage – not enough for the anticipated growth of the campus, according to the master plan. The plan calls for a new parking garage for about 1,000 vehicles across the street from Harbor Hall on Third Street S at 11th Avenue. It would be built between 2015 and 2020.

The expansion of campus housing should help ease the parking crunch, according to the master plan. But the university would also explore the possibility of off-campus and remote parking lots, an off-campus park-and-ride program and improved bus service. It would consider scheduling more classes during non-peak hours and revising parking rates so that close-in parking costs more.

Buildings
A new four-story building for the Kate Tiedemann College of Business is scheduled to open this fall between Third and Fourth streets S and Seventh and Eighth avenues. The university is renovating a former Greyhound Bus maintenance building behind the Poynter Institute to house four teaching labs, three for biology and one for chemistry.

The only academic building expansion in the master plan is a second science and technology building, which would be constructed in the parking lot on the north side of the current Science and Technology building and house STEM-based classes, labs and offices. A recent surge in the number of biology majors – now up to 700 – figured in the proposed expansion.

Because the proposed science building lies under the main flight path of Albert Whitted Airport, it would have only two stories.

The master plan also includes an addition on the east side of the Student Life Center. It would serve “the needs of a growing student community” and include a multipurpose gym for activities such as basketball and volleyball, said Trubacz.

Walkways
The current campus is built around Harborwalk, a walkway that extends southward from Sixth Avenue S to Davis and Bayboro halls.

Under the master plan, additional walkways would replace the streets that now run through campus – Sixth Avenue S between First and Fourth streets, Second Street S between Fifth and Sixth avenues, and Third Street S between Fifth and Seventh avenues. The intersection of Fifth Avenue S and Second Street would become the “principal symbolic entry” to the campus, according to the plan.

The street closures would require the permission of the city, which last fall added the name “University Way” to Second Street.

In its updated master plan, the university lays out goals, objectives and policies. They include:

- “An intimate campus nestled on the waterfront, steps from world-class cultural institutions.”
- An annual student head count of 10,000 in 10 years.
- A “significant focus on increasing undergraduate enrollment, retention and graduation.”
- The closure of three streets – Second and Third streets S and Sixth Avenue S – to expand the pedestrian-oriented campus, with “structured parking on the periphery.”
- A new freshman housing district and an expansion of the Student Life Center.
- A new building for science, technology, engineering and math.

Volunteers wanted: Give time, get happy

By Moriah Parrish
Staff Reporter

Whether you are a freshman living on campus without a car, or a graduating senior, spring semester is still a prime time to get involved in your community and give back to those in need.

A common misconception often associated with volunteering is a required and strict schedule.

However, nothing could be further from the truth.

In fact, several facilities and organizations are more than willing to work around a student’s hectic schedule.

Highlighted below are five local agencies looking for helping hands.

Literacy Council of St. Petersburg, Inc.
If you can read this, you can teach someone else to do the same.

The Literacy Council is an organization that aims to eradicate adult illiteracy in the Tampa Bay area.

The group, with several location around St. Pete, provides an initial orientation and training, and may include GED preparation tutoring. They only ask for three hours per week, and times are flexible.

It would open new worlds of possibility for adults striving to improve their reading skills.

To reach out, call (727) 521-1117 or email: info@stpetereads.com

Doobert

Sometimes animals at high kill and volume shelters will get the opportunity to go to a rescue, foster home or no-kill shelter. However, lacking opposable thumbs and cell phones, the strays still need a way to reach out, call (727) 521-1117 or email: info@stpetereads.com

By Moriah Parrish
Staff Reporter

Continued on p. 6
**Spaghetti Squash with a Creamy Lemon Sauce**

**BY Angelina Bruno**  
Crow’s Nest Contributor

I’m trying to cut carbs when I can (don’t worry, I still make room for desserts) and spaghetti squash is the best carb substitute I’ve found, especially as a pasta lover.

The squash is nearly flavorless, and allows the sauce to do all the talking. I also can’t help but love how this vegetable is an angel hair pasta copycat. I typically serve this with a red sauce, but I wanted to try something new. It has no cream in it, but uses flour and a little cheese for consistency.

**Ingredients**  
Serves: 2  
- 1 spaghetti squash, halved and seeded  
- 3 tablespoons olive oil  
- 2.5 cups of chicken broth  
- 3 garlic cloves, finely chopped  
- 3 tablespoons of fresh basil  
- 3 tablespoons of flour (this thickens the sauce, so use more or less depending on your preferred consistency)  
- 4 tablespoons of grated Romano cheese  
- juice from one lemon  
- 1 cup of sliced white mushrooms  
- 2 cups of spinach

**Directions**  
For the squash:  
- Preheat oven to 425°F.  
- Drizzle the squash with 1 tablespoon of olive oil. Sprinkle with salt and pepper.  
- On a baking sheet, place squash with the flat side down on parchment paper. Bake for 50 minutes, or until tender.  
- Once the squash is cooked, allow to cool, and then scrape the insides out with a fork.

For the sauce:  
- In a sauce pan over medium heat, add the chicken broth and slowly whisk in the flour.  
- Add basil, garlic, salt and pepper, and then whisk in the lemon juice and cheese.  
- Let it simmer for at least 10 minutes over low heat, or until sauce has thickened.  
- In a small pan, add a drizzle of olive oil, and sauté mushrooms. (I like to leave them a bit firm, as it gives this dish some texture.)  
- Remove the mushrooms from the pan and set aside.  
- Add in spinach and sauté lightly with ½ tablespoon of olive oil.

To serve, toss the squash, mushrooms and sauce in a large bowl. Top with spinach.

Enjoy!

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**Music review: ★**

**Bowie says goodbye with final album**

**BY DEVIN RODRIGUEZ**  
Staff Reporter

David Bowie leaves behind a long and remarkable legacy, and his grand finale comes as an ambitious album that strays far from his original pop sensibilities.

“Blackstar,” Bowie’s 25th and final studio album, was released on Jan. 8, 2016, the rock star’s 69th birthday.

He died two days later.

The album was produced by Toni Visconti, who worked with Bowie on his 2013 release The Next Day, a return after a 10-year studio silence. The album also includes work done by jazz saxophonist Donny McCaslin and his ensemble.

“Blackstar” is a departure from the pop sounds of “Heroes” and “Hunky Dory,” as well as the rock-and-roll that propelled him to stardom in “Ziggy Stardust” and “Aladdin Sane.” Not surprisingly, considering the 30-year separation. However, the album sounds shockingly different compared to The Next Day, which was produced less than two years ago and seemed to nod toward Bowie’s roots, easily classifying as rock.

But “Blackstar” cannot be so easily classified. Where “The Next Day” seems to be looking back, “Blackstar” looks forward.

The album takes inspiration from artists like the electronic music-duo Boards of Canada and the experimental hip-hop trio Death Grips. Bowie also found inspiration from a young rapper out of Compton.

“We were listening to a lot of Kendrick Lamar,” Visconti told Rolling Stone. “We wound up with something like that, but we loved the fact that Kendrick was so open-minded and he didn’t do a straight-up hip-hop record. He threw everything on there, and that’s exactly what we wanted to do. The goal, in many, many ways, was to avoid rock & roll.”

The late singer, by no means, created an album that’s easily accessible. There is not a single radio-friendly hit to be found. Instead, this album stands as his literal swan song — a piece of art that David Bowie crafted knowing that he would lose his 18-month battle with cancer.

Yet, this knowledge seems to only enhance the work. Bowie takes his fans by the hand and investigates death with them. It is probably the closest any artist has come to touching finality.

The concept of death is tied to this album in a way that makes the two inseparable. The work would not exist, nor would the songs carry meaning, without Bowie’s battle. In the song “Lazarus,” Bowie opens with “Look up here, I’m in heaven/ I’ve got scars that can’t be seen/... Look up here, man, I’m in danger/ I’ve got nothing left to lose.”

After his death, the lyrics have conveyed an even deeper meaning to his fans.

Much of the record wraps the listener in tight, as dark tendrils of saxophone and jazz instrumentation wail out complicated solos.

Bowie’s voice is altered with ADT, or automatic double-track, and uses ripples and echoes to give it a ghostly, ethereal quality. This only adds to the singer’s aged voice.

In the final track, on his final album, Bowie repeats the line - “I can’t give everything away.”

There is so much truth in those words.

*Information from the Rolling Stone was used in this report.*

Do you have any thoughts about the album? Refer to page 6 to write a letter to the editor.
Local artist premieres art exhibit

By Devin Rodriguez  Staff Reporter

Local artist Yvonne Young has been creating art in St. Petersburg for over 30 years, and her newest collection titled "FUN" premiered on Jan. 16 at St. Pete Art Works at 635 Central Avenue.

The collection, named for its bright colors and exciting visual design, features six pieces of Linocut prints, with inspiration drawn from butterfly wings that contour the page in symmetrical patterns.

Linocut printing is an artistic technique where the artist cuts away from a linoleum block to create a relief that can be imprinted with ink. The print is then brought to life with a vibrant palette of water colors.

This exhibition is part of a monthly series that highlights different local artists apart of the Gulf Coast Artist Alliance.

Although Young has been producing art for quite a while, she said it hasn’t always been easy.

"Sustaining yourself as an artist is difficult," she said. "There is no steady paycheck, no health insurance, no 401K. But I do it anyway. I just have to do it."

Young said she thinks the work is rewarding, and that students should still pursue their artistic goals no matter how hard it may seem.

"There was a lot of years when I was younger that I didn’t have any confidence in myself. Once I began to really put myself out there, do it for me and do what I wanted to do — then, I started to feel like I could," Young said.

"I would say that anyone with any creativity within them should use it. Don’t hold back."

Community Cafe holds “Grandiversary”

Coffee shop owner takes pride in bringing people together

By Devin Rodriguez  Staff Reporter

Over 30 local vendors lined the 2400 block of St. Pete’s Grand Central District, stationed in parking lots and sidewalks selling an array of goods - from beer can candles to homemade jam.

Community Cafe, a coffee shop that caters to the student schedule of late-night hours, hosted its Grandiversary Block Party on Jan. 16 which supports local businesses, artists and charities.

“I love throwing parties,” said Community Cafe owner Mandy Keyes.

For the last few months, Keyes and her boyfriend Jason Kiger have worked hard to make the event a success. While juggling her duties as the cafe’s manager, Keyes has done the majority of the organizing, from scheduling vendors to creating graphics for the event.

“It’s a lot of work, but it’s worth it. It’s what I was born to do,” Keyes said while fixing decorations inside the cafe.

Keyes said she didn’t open her business for the coffee or the cooking. The aspect of her job she loves most is bringing people together.

“I used to throw costume parties to break down people’s barriers and become friends,” she said. “I still joke that I started Community for the parties.”

Many local businesses were out talking to people and selling their products.

USF St. Petersburg student Jamie Doerschuck, founder of BurgBox, was at the event showing off this month’s edition of her delivery subscription package. She was happy to tell people about her product and support the local businesses.

“It’s important for people to support the businesses here, without Community Cafe and shops like it, we wouldn’t be St. Pete. We’d just be some ‘Anytown, USA.’ Small business give us our identity,” Doerschuck said.

Pinelass Chocolate Company was out at the event for the second year in a row. Brothers Addam and Cody Vessa were giving out samples and selling their locally crafted dark chocolate. Cody, a business student at USFSP, believes that promoting local business can make a change for the better.

“It is nice when money you spend goes back to the community, but small businesses are more than just taxable entities. They represent someone’s dreams, and when you choose to support that, you are helping to bring their vision to reality,” Vessa said. “As more small businesses form and thrive, the diversity of our area grows and it continues to become a better place to live.”

Opening a business is difficult, whether the product is coffee, chocolate or delivery boxes, and it’s important to culminate a network and community of people.

Keyes has been in business for two years, and she hopes many more will come. Looking ahead, she says it is important for students to be prepared if they want to have a business of their own.

“Have you make a business plan, we spent two years working on ours, and it’s still been difficult,” she said. “Expect your business to take over your life.”
On-campus job postings

By Jeffrey Zanker
Staff Reporter

If you are looking for a job on campus, here is a list of some student and university organizations that are hiring.

HARBORSIDE ACTIVITIES BOARD
Director of special events | Paid

The special events director is in charge of overseeing various events on campus.

Application: Can be found on OrgSync under “Harborside Activity Board Forms”
Deadline: Wednesday, Jan. 20

Summer positions | Paid

A list of positions at HAB that will be available starting in summer term:

- President and vice president: scheduling, booking rooms and sending out newsletters
- Director of special events: see details above
- Director of stage acts: picking stage acts for campus events, along with polling peers on act choices
- Films director: holding a committee, polling students on movie choices and organizing the biweekly Screen on the Green event
- Marketing director: event marketing and promotion, along with overseeing a committee.
- Traditions director: presiding over a board of chairs that works on individual events for campus traditions such as Homecoming Week
- Director of design: designing fliers and promotional items (must be a graphic design major to qualify)

Applications: will open on Feb. 29.
Additional information: contact Chanel Varanzani at cvanzanti@mail.usf.edu

STUDENT GOVERNMENT ASSOCIATION
Bulls-in-the-Burg coordinator | Paid | 5 hours/week

Bulls-in-the-Burg offers students discounts at participating operations such as the Dali Museum and the Tampa Bay Rowdies.

The coordinator is responsible for overseeing the program and meeting with local businesses in downtown St. Petersburg.

Application: Visit Student Government’s Pete Sync page at orgsync.com/10759
Deadline: Wednesday, Jan. 20

Additional information: contact Greg Haverlock, Fitness Center Coordinator, at gh1@mail.usf.edu or 727-873-4202

LEADERSHIP AND STUDENT ORGANIZATIONS (LSO)
Graphic designer | Paid

The position involves creating fliers and posters to help promote campus events.

Application: email lso@usfsp.edu with your resume included
Additional information: contact LSO at lso@usfsp.edu or call (727) 873-4500

STUDENT SUCCESS CENTER
Front desk assistant | Paid | 5-10 hours/week

Two front desk assistant positions are available.

Assistants are responsible for “greeting and assisting people, answering the phone, assigning tutors, scheduling proctored tests and maintaining records,” according to the Recruit-A-Bull website. Students must be friendly, outgoing, detail-oriented and have at least a 2.5 GPA to qualify.

Application: Log onto Recruit-A-Bull to submit an application.

The center is also hiring three tutors for pre-cal, calc and business calc.

Log into Recruit-A-Bull to view specific details. Applicants must have a minimum 3.5 GPA to qualify.

Application: Visit Davis 107 and speak to CeCe Edwards to fill out a packet, which will include a faculty and character referral form. Then, submit a resume on Recruit-A-Bull.

Additional information: Contact CeCe Edwards at cedwards2@mail.usf.edu or (727) 873-4632

Campus Recreation
Pool lifeguard and group fitness instructor | Paid

Other available positions include assistants for sports activities, member services, fitness center and dock facilities.

Visit usfsp.edu/campusrec for job details and applications.

Additional information: Contact Greg Haverlock, Fitness Center Coordinator, at gh1@mail.usf.edu or 727-873-4202

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Front desk assistant | Paid | 5-10 hours/week

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Additional information: Contact CeCe Edwards at cedwards2@mail.usf.edu or (727) 873-4632

Not interested in this list of opportunities?

Check out volunteermatch.org, a website where you can find more options based on your interests and location. With 29 categories to browse, there’s bound to be something for everyone.

Continued from p. 3

Doober is like Uber for animals. Just sign up, enter your available ability and how far you are willing to go, and the company arranges the rest.

- Think of all the lives you could save.
- To sign up, visit doobert.com

St. Anthony’s Hospital

Nurses work around the clock and could use a little help. After a background check and initial training, volunteers take a nurse care cart around to various stations.

- The hours are flexible, and normally range only one-two shifts per week.
- If you have been thinking of entering the healthcare field, this would be a perfect way to gain first-hand perspective.

To learn more, call (727) 825-1548

Ronald McDonald House Charities of Tampa Bay, Inc.

If you’re a seasoned volunteer, look no further.

This organization provides housing near hospitals for relatives of children with critical and chronic illnesses.

The local “House” is looking for volunteers to staff the front desk to help families check in and out.

Light housekeeping and basic administrative skills are required, along with a six-month commitment to the position. The group is seeking people to fill three to four-hour evening and weekend shifts, about twice a month.

Imagine what a bright, cheery face could do to lift the spirits of families in hardship.

For more information, contact Lis Fieldes at (727) 767-8166

Daystar Life Center, Inc.

St. Petersburg has a large and visible homeless population. 48 percent of people living in South St. Pete live below the poverty line. Located a few blocks away from USFSP, the Daystar Life Center provides basic necessities to those facing financial hardship.

The center provides a food pantry, clothing closet and personal hygiene products for those in need. The organization also offers emergency aid for residents struggling to pay for utilities at the end of the month.

There are several areas in need of volunteer help, and once registered, volunteers can walk in any time between 8:30 a.m. to 3:30 p.m., Monday through Friday.

To get started, call volunteer coordinator Linda Heilscher (727) 823-4852.
“Our lives begin to end the day we become silent about things that matter.”

Martin Luther King Jr.

Letters which may be edited for length, clarity and taste, must include the writer’s name and telephone number (though the number will not be published).
Raw, vegan restaurant with a new style of “cooking”

BY ANGELINA BRUNO
Crow’s Nest Contributor

A quick look at the menu for Cider Press Café in downtown St. Petersburg can leave eaters puzzled. Eggplant bacon-layered sandwiches, and entrees drizzled in macadamia crema fresca and cashew crème.

But there’s nothing nuts about this eatery.

Cider Press Café is a raw and vegan restaurant with locations in Naples and St. Petersburg. Both spots have seen success serving up this alternative cuisine to vegetarians, vegans and omnivores alike. The café’s owner, Johan Everstijn, said that his pleasantly surprised patrons “just keep coming back.”

What classifies food as raw, exactly?

To be considered “raw,” the food has to be kept under anywhere between 111 - 117 degrees Fahrenheit. Nothing at the restaurant is baked, fried, steamed, broiled or heated.

Everstijn is passionate about the health benefits of raw eating.

“When you eat raw foods, you don’t destroy the nutrients inside,” he said.

According to Everstijn, many of the enzymes, vitamins and nutrients inside fruits, vegetables and grains are killed when cooked.

Raw vegan food is low in calories, dense in nutrients and sugar-free. All of the café’s items are free of gluten, tofu, peanut, MSG, dairy and trans fat.

As a part-time vegan for 10 years and full vegan for five, Everstijn claims to have witnessed improvements in his health by choosing to no longer eat animal byproducts and resorting to a raw-food diet.

“I noticed the difference right away,” he said. “I felt so much better, and eating this way helps to detox the body.”

Cider Press Café is uncooked, the restaurant’s cuisine requires distinct preparation.

The cafe has three different types of juicers: cold pressed, centrifugal and masticating.

Cold pressed juices are created when fruits and veggies are processed to a pulp at a low speed that doesn’t damage the fruit and its nutrients. The juice’s ingredients are put into fabric packets, pressed, and then squeezed, resulting in the final product.

The centrifugal juicer is “the kind most people have in their home kitchen,” according to Everstijn.

It adds oxygen to the ingredients, and minimal heat due to friction.

Everstijn recommends drinking a blend from this type of juicer right away, because it will oxidize faster, a process that can damage nutrients.

There are a number of other machines the vegan eatery has used to work on creating an extensive menu with dishes that are vegan, yet still familiar — like “crab” cakes made with jicama.

As far as eating raw goes for others, Everstijn recommends it.

“There are people who have cured themselves of diabetes and cancer by using a more extreme version of this diet.”

The chef was first trained in omnivore-style cooking at a culinary school in Chicago. He then took to Facebook, posting videos, photos and recipes of raw and vegan eats he dreamed up in his home kitchen.

The Internet took notice.

In 2012, Everstijn was invited to work on creating plant-based cooking at a culinary school in Oklahoma City where he learned the craft of plant-based cooking.

Although all food at Cider Press Café is uncooked, the restaurant’s cuisine requires distinct preparation.

The chef has three different types of juicers: cold pressed, centrifugal and masticating.

Cold pressed juices are created when fruits and veggies are processed to a pulp at a low speed that doesn’t damage the fruit and its nutrients. The juice’s ingredients are put into fabric packets, pressed, and then squeezed, resulting in the final product.

“The food tastes good. It really does,” Everstijn said. “Why do we go out to eat?” he asked. His answer was quite simple. “We go out to have a good time and to eat good food.”

To people who are not followers of a raw vegan diet, Everstijn says: “The food tastes good. It really does. It just happens to be good for you.”

USF St. Pete leads 31st Annual MLK Drum Major for Justice Parade

BY TAMIRACLE WILLIAMS
Staff Reporter

Despite the temperature, USF St. Petersburg students, staff and faculty kept tradition alive by marching in the national MLK Drum Major for Justice Parade. The USFSP community has participated in the parade since 1994.

COMission, Black Student Association and South Florida All Stars were among the many clubs and organizations that participated in this year’s parade.

Mr. and Miss USFSP, Victor Sims and Iannah Johnson alongside Homecoming King and Queen Jared Bolton and Cynthia Wyre, could be seen standing at the top of the university’s 50th anniversary-themed float.

According to the parade’s website, the annual event, which began in 1965, is recognized as the largest MLK parade celebration in the southeastern United States, and has steadily gathered 100,000 spectators annually.

The parade covers approximately 2.5 miles, starting at Tropicana Field and ending at Vinoy Park.