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Industrialized food contributes to enlightening art

By Andrew Silverstein

As a writer I have faced the same problem of trying to create. Are there days where you sit down and know exactly what you want to do? How do you begin?

I have been known to throw a paintbrush and a canvas in front of me and start painting. And I think that is something that every artist does. But it takes a lot of practice to get into a flow.

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Hidden fees make campus budget

By Amy Blanton
ablanton2@mail.usf.edu

Student fees paid by the USF St. Petersburg student body makes up 42 percent of the campus budget. According to the university controllers office cash accounting document, the Activity and Services (A&S) fee is $5 for each semester. The money is used for maintaining an updated opening gym, access to the pool and for kayaks rentals. Each student pays the A&S fee, which means that they are not required to pay to use the gym, pool or kayaks.

According to Julie Jakway, the Regional Assistant Vice Chancellor for Financial Services, the auxiliary enterprise fees are used for things that are related to the institution but not directed toward the mission.

"An example of an auxiliary is the bookstore, parking or parking fees," Jakway said. "It does not have to do necessarily with instruction, but they are the things that are offered. These are activities that we do here at the institution to support your education," Jakway said. According to the 2009 – 2010 USF St. Petersburg budget summary by revenue Sources, the (A&S) fees make up 2 percent, the Auxiliary Enterprises makes up 11 percent, and tuition makes up 29 percent of the budget.

According to Jakway, the general fund is made up of tuition, state appropriations, which comes from tax dollars for the university as a whole and lottery, which comes from lottery earnings and it is used for everything throughout the institution.

"It is used for everything from faculty salaries and benefits to paying utilities and maintaining the grounds," Jakway said. "Tuition is not pulled out separately and used for separate things."

Although every student pays the (A&S) fee, not every student uses the facilities that the fee pays for, which leads some students to question the (A&S) fee.

"I think it should be more of like an option of whether or not you want it," Jessica Barker, a sophomore majoring in criminology, said. "I never use any of those things so it does not help me even though I am paying for it. I should get something out of it."

"I guess it is my own fault though I'm not taking advantage of it," she said.

Some students are not aware of what they are being charged in their student fee.

"I usually look at it at the beginning of the semester and see where my money went, but I do not really pay attention to the random little fees," Baker said. "I figure there is nothing that I can do about it."

Anthony Patterson, a freshman, said that he was completely uninformed about being charged the various fees.

"I am worried about what costs a lot if no one essentially is paying for it," Patterson said.

"I have Bright Futures, some school scholarships, and they cover all of my expenses," he said.

A few students believe that the fees help the university stay organized and developed.

"I think that it is important that we as a school support the upkeep of the buildings," Deanna Sharp, a junior majoring in education, said. "If we need more parking, I guess we need more parking."

"I think that it is important for students, as a whole, to support the school," Sharp said.

To find out more about the various fees charge by the university, go to the website http://usfw.web.usf.edu/control­ler/cashaccounting/tuition and select the current year and the semester you started attending USF.

SG battles heart disease with one foot in front of the other

By Sara Palmer
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USF St. Petersburg students have an opportunity to shake the dust off their legs and get their blood pumping – all for a good cause.

On November 14, Student Government will be participating in the American Heart Association’s Heart Walk at Raymond James Stadium. They encourage all students to join and hope to see a large USF St. Petersburg turnout.

"This will give us an opportunity to show that every level of our campus is committed to helping out those that help the world," Student Government President Jon Ellington said.

Ellington and the rest of SG are hoping to raise $1000 for the event. Students can donate money in a collection box in GAC 138 or by signing up to walk at the event.

According to a 2004 study at Arizona State University, the majority of college students are uninformed about preventative measures for heart disease. Many were not aware of the daily risks they take.

For example, heavy drinking in college can result in heart disease later in life, according to research by the AHA.

According to the Journal of American College Health, other risk factors include tobacco use, a sedentary lifestyle, high-fat diets and high stress levels, all of which can be found in many students’ daily lives.

"Students should be concerned about heart disease because it can affect anyone and everyone, even if you have perfect health," SG Vice President Nichole Crankshaw said.

Heart disease is the number one killer in the United States, according to the AHA’s Web site. Money raised by the walk will help fund heart disease research and education, which has helped to yield important discoveries such as pacemakers, bypass surgery and CPR.

As of Oct. 22 the total donations for the Tampa Bay heart walk was $846,000, but SG wants to do its part to help the AHA reach its goal of $1.8 million.

“Our team goal is to raise $1000 for the charity, but I know we students can come together and excel beyond this number,” Ellington said.
The real winner? Our taste buds
By Kelsie McClain
Contributing Writer

Students and faculty members were invited to submit chili, soup, dip or salsa to the Chili Cook Off, hosted by Harborside Activities Board (HAB).

Each entry was tasted and judged at the event, with a winner in each category. Although there were 10 entries submitted, only seven dishes were brought to the cook off and of those, four consisted of chili.

Forty-three students and faculty members signed up for the opportunity to taste and judge his or her favorite dish. Though the vote was close, automatically making them winners. The soup category winner was Chris Pfitz, the maker of Stupendous! Corn Chowder. The winning salsa entry was Fiesta in Your Mouth, by Tiffany McEachern, and the best dip was Tantalizing Tex-Mex Dip, brought in by Linnea Fisher.

HAB is in charge of organizing various events on campus throughout the year. One of their upcoming activities includes “Movie in the Pool.” For more information about HAB events, please visit their Web site, http://www.usfsphab.org/.

Crocheted jewelry revives Williams Park
By Marisa Barbosa
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“Anne-painted here in Florida. Not made in China,” said a sign at Anne Castle’s booth, emphasizing one of the main reasons for Art in the Park - to promote local artists.

Art in the Park has returned for its third season at Williams Park in downtown St. Petersburg, located at First Avenue N. between Third and Fourth Streets every Saturday from 10 a.m. to 3 p.m. until May. According to event organizer Christine Silvia, the event began with eight artists about three years ago. Last year about 20 artists rented booths and this year the event started with 40 different vendors.

Silva, who calls herself a “successful starving artist,” said there was a lot of pressure to do something to revitalize Williams Park.

Silvia sees the event as a way to benefit all forms of art and all kinds of artists. Vendors pay $20 a week, and if they attend three weeks in a row, the fourth week is free.

Dance Academy Soulful Arts, at 290 Martin Luther King, is a non-profit organization that has benefitted from fundraising at Art in the Park.

“We almost closed recently, but we finally got new sponsors that kept us open,” Administrative Director Charlotte Quandt said.

Center for Arts and Education’s PinkCricket recently joined the Arts in the Park lineup. It is Tampa Bay’s first non-profit youth arts center, which focuses on literary, visual and theatrical arts. PinkCricket will be organizing events during the season, such as a sidewalk art competition for adults and children and a featured artist every month.

The artists have all sorts of reasons for coming to the park. KT Wear, for example, is a booth that sells mostly handmade jewelry. Kelly Williams and her daughter make them together to help raise money for college.

Jodie Barry is on her second season at the market selling knitted and crocheted items. She does not just sell traditional handmade items, but also crocheted silver jewelry. “There are so many interesting things here,” Barry said.

Rebecca Heck, Nin McQuillen and Leslie Tinnaro are all silver jewelry artists. They have been supporting the market since its first season.

“It’s a good way to meet other artists,” said Kim Windham-O’Leary, who sells vintage as well as her own handmade jewelry, combined with hand cut shells.

Places like Art in the Park provide unique and cultural alternatives to shopping. “Why buy gifts in a mall when you can go to a park?” Silvia said.
Industrialized food
continued from page 1

subsidizing farmers who are growing diverse crops—even if they are grown conventionally. This would make whole foods more accessible. One step is to let your voice be heard.

Despite this overwhelming flaw, there are daily steps we can take. Plant a small garden. Seek out and get to know local growers. Many of the small farmers in our area prefer to trade instead of deal in cash. Eat in season: produce which is in season not only tastes better but is often on sale. Buy from the bulk bins. Become a label reader, and make sure you understand the full ingredient list when you buy pre-packaged foods. There is a fantastic little book by Ellis Jones called The Better World Shopping Guide, which rates producers of everything from oil to flour based on things like environmental impact and the treatment of workers. It is small enough to fit in your bag. Eat less meat: never before had humans consumed so much meat, and frankly we are less healthy for it. Start by replacing one meat-based meal a week with a vegetarian meal. Take time to prepare food instead of falling into the habit of convenience foods, not only for the sake of physical health, but to build bonds with your loved ones. I have spent a lot of time abroad where I have found immense amounts of strength in community and family as people express their love through nourishment. It does not have to be elaborate, and it provides platforms for rich converse or vibrant celebrations. Besides painting, what else keeps you occupied these days? We are rounding out the harvest season, so I am putting up produce for the winter. My son keeps me on my toes as well. Together we are setting up a little studio for him to be able to make interpretations of his own discoveries of the world.
The newest trend in American dining seems to be the growth of American twists. St. Petersburg has Diner 437 taking the 50’s diner concept, adding its own dash of modernity and pan-frying it till near golden perfection. Diner 437 is the brainchild of Greg Pugh, owner of historic Ringside Cafe on Fourth Street. He opened the restaurant in early June after Ringside Central skipped town and left the 437 address an empty shell of building space on Central Avenue. Renowned bay area chef Domenica Macchia hopped on board to craft the menu and helm the flat top as head chef of the restaurant. After a few weeks of preliminary planning, Diner 437 opened. About a week after, when the figurative dust kind of settled, I decided to check out Diner 437. It was smack dab in the middle of a parking lot and the place was hopping; every table occupied, servers dashing fervently across the restaurant floor, the cooking in the open-style kitchen, each juggling multiple cooking duties sweating, yelling, cursing and pinpointing what cooks normally would probably be doing. Before we sat down we were warned by Pugh himself that it would take at least 30 minutes before we could order food, his frank honesty was admirable in a strange kind of way. Besides, something inside me said it was worth it. Low and behold, it was. Being poor, a college student, and incredibly cliché, I ordered the chicken breast sandwich. A delicious hamburger from diner 437.

with fries. Typically I would expect a grilled chicken breast on a bun, lettuce, tomato, mayonnaise, and, occasionally, a slice of Swiss cheese; the seemingly universal standard for restaurant grilled chicken sandwiches. But, Diner 437 prides itself, at least somewhat, on originality. Their version as described in the menu is, “roasted spinach & onions, grilled tomatoes, mozzarella cheese, roasted garlic mayo, baguette.” When presented, next to a generous helping of golden fries, it looked as beautiful as it was described. Wilted, oil-tinged spinach poking out of the baguette sitting atop a thick slice of real mozzarella with ample, hearty slices of roasted chicken downstairs, tomato, and that was just what I could see. Biting into it just opened another delicious dimension. The baguette was slightly crunchy on the exterior but soft on the inner, making a nice little bread mattress for all the good stuff inside. My only gripe about the chicken was its lukewarmness in contrast to the otherwise hot sandwich. The mozzarella was actually the soft, fresh kind most can only find at a deli or Italian market. The tomatoes were vibrantly red and sweet, and the spinach/onion combo was the perfect salty yin to the tomatoes sweet yang. Then there was the roasted garlic mayo to top it all off, my god, as if roasted garlic is not heavenly enough in and of itself. Macchia really knew her stuff and it definitely showed. Notice I said “knew.” About two months ago Macchia left Diner 437 for another head chef spot at Bella Brava down the street. Diner 437 still resides on, now open only for lunch during the week and lunch and dinner on weekends. I stopped in during the lunch hour last week to see just how Diner 437 is standing up, now Macchia-less. It was a bell of a lot less busy than the first time I went, which is fine, more relaxing if anything. This time, since I am still poor, collegiate, and cliché I got their interpretation of the basic steak sandwich. It came out insanely quick, like McDonald’s quick, which is awesome for anyone seeking a quick lunch in the downtown area. Like before it was served on the same crunchy baguette with a generous helping of fries. Instead of the cheaper steak typically used in a sandwich, Diner 437 goes all out, utilizing sliced filet mignon. While good, it almost feels like filet mignon is over-qualified for a sandwich job. You lose a good amount of the juice and fat, the key components of a good steak, when you slice the steak thin and grill it. Nevertheless it was still enjoyable. And that roasted garlic mayo? Back again on this guy, and, man, I have to say it tastes even better oozing through the tiny folds in the juicy steak slices. I’m calling it right now. If Diner 437 ever decides to bottle this stuff, they will make a killing. Just watch. For the typical college student the prices are a bit on the hefty side. The steak sandwich meal and a drink was about $14 with tax and tip, definitely worth it, just something most will not be able to do multiple nights/days during the week. In the end, Diner 437 is consistent, consist, and incredibly creative in their food execution. The appearance on the inside, although acceptable when I initially went, is still pretty drab save a few shoddy paintings of 50’s style pin ups girls on the walls. My high-top table was supported by a few stacked Budweiser coasters, and the only light provided seems to be that emanating from the windows in the front. But, the food’s focus and Diner 437 makes no qualms about it. It is not like American diners were really the pinnacle of restaurant design in the first place. Good work, Diner 437.
Where is the love?

By Nikeya Williams

Recently, I received a letter to donate money to help further the awareness of the genocide in Darfur, Africa. The contents of this letter mentioned the number of lives lost in Darfur since the inception of University. There have been roughly 400,000 lives lost in Darfur.

Still no one seems to be moved or concerned about this issue. We all know about the genocide in Darfur, but we still hold-on to our own worlds, not moved or concerned about the world around us.

Some of us would argue that this genocide in Darfur is not our problem since it is not in our country, but what about the children and families that are being murdered? The people in Darfur are human like us—shouldn't we be concerned about them?

As I reflect on Darfur's situation, it seems as though it was yesterday that this same atrocity happened in Rwanda, Cambodia and Germany with the Nazis and Jews. When will we as a human race realize that we must take meticulous notes to avoid the same mistakes as before? You see, genocide doesn't happen overnight, it takes a while to permeate in souls of people, and it needs unnoticeable places to grow and foster like a nasty sore.

In the Rwanda genocide, there was an estimated 800,000 Rwandans killed in 100 days. This genocide started after the Rwandan President Juvenal Habyarimana's airplane was shot down in April 1994. However, long before the killing of Habyarimana, there was a racial tension between the majority group Hutu and the minority group Tutsis. This racial tension developed during the colonization of Rwanda. The Belgians colonized Rwanda in 1916; they produced identity cards classifying people according to their ethnicity. The Belgians believed that the Tutsis were more superior to the Hutus. For years the Tutsis were given more opportunity for jobs and education. This inequality between Tutsis and Hutus caused 1994 genocide.

As this genocide in Rwanda developed, the world seemed to be oblivious to the cries for help from the Rwandan people. But after 100 days and the death of 800,000 people, the world eventually realized that genocide happened again. Then in Cambodia during 1975-1979, the Communist party (Khmer Rouge) killed 2 million people in efforts to promote communism. This genocide in Cambodia was considered to be the genocide of the 20th century.

Darfur's humanitarian crisis

Sudan's President Omar al-Bashir expelled 13 major relief groups that provide basic services to 4.2 million people in Sudan's Darfur province.

Behind the crisis

2003 Darfur's ethnic African tribes begin revolting against Sudan's Arab-led government.

April 2004 African Union (AU) agrees to send about 7,000 soldiers to monitor a cease-fire, which has been violated often.

May 2006 Government signs accord with one rebel group; plans backfires, causes fighting between rival rebel factions.

May 2007 U.N. resolves to send a hybrid U.N.-AU force of 22,500; Sudan drags its heels.

March 2009 Sudan's president expels foreign aid agencies after being indicted for war crimes by an international court

© 2009 MCT

Source: AP/Reuters, BBC

Crisis tall

* More than 200,000 killed, 2 million displaced

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The people in Darfur are human like us—shouldn't we be concerned about them?
Aries (March 21 to April 19) A long-angry workplace change could be happening soon. Consider rethinking your ideas and preparing a presentation just in case. A personal relationship turns a new turn.

Taurus (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

Gemini (May 21 to June 20) Your workload is still high, but -- good news! -- you should see start to day-light by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

Cancer (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

Leo (July 23 to August 20) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A surprise could be waiting.

Virgo (August 21 to September 22) The egotistical Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

Libra (September 23 to October 22) A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

Scorpio (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

Sagittarius (November 22 to December 21) As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

Capricorn (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities. Enjoy them with family and friends.

Aquarius (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

Pisces (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

BORN THIS WEEK: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.
Daniels will play this field. Christian Haas, chairperson of the Student Government grounds committee, oversees recreation issues on campus. Haas and Reuben Pressman, SG marketing director, are working with Progress Energy to purchase lights. Their idea is to bring in either stadium lights or solar-powered lights.

Haas said several people had input on coming up with the plan to brighten the field.

“It was a collective idea [we had] last year,” he said. “We are in the first steps of the project so we don’t have an estimated time of completion yet.”

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