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Former professor aids in tsunami relief efforts

Irena Milasinovic
Features Editor

From his eighth floor apartment overlooking the Andaman Sea, Henry Aruffo heard screams. He saw people running to a higher ground as the ace d the beach. Within days, Aruffo said he is starting to lose hearing in his left ear, caused by the infection he contracted from diving in fetid waters.

An Awful Scene

Later that week, Aruffo recovered bodies from the temple in Khao Lak, a town located about 50 miles north of Phuket. "The bodies had been dead for six to seven days. The smell was overpowering," Aruffo said. "Images are still in my head and will not go away. There are lingering physical effects as well. Aruffo said he is starting to lose hearing in his left ear, caused by the infection he contracted from diving in fetid waters.

Aruffo said those first few days were an awful scene of bodies being recovered, lives, families and businesses destroyed, and volunteers working 16 to 20 hours a day. The tsunami, triggered by a 9.0-magnitude quake off the northern coast of Sumatra, has thus far killed over 220,000 people in 11 countries in southern Asia.

Trying to rebuild

After a professional body recovery team took over on Jan. 3, the situation began to subside. "Now, the streets of Phuket have been cleaned, business are trying to rebuild, friends and families have taken place, and it is calming down in this region of Thailand," Aruffo said. "There are people with very little giving to those around them with less, sharing their homes and food with strangers," he said.

Aruffo plans on staying and addressing the long-term environmental recovery process. He said he hopes to organise local and volunteer workers to assist in environmental projects that will help heal Thailand's wounds.

He started the Coral Reef Institute in Phuket as a grass-roots environmental organisation dedicated to ocean survival and ecological education. "My time was spent trying to get the local Thai popula tion to think in a more ecological way by instilling an environmental spirit or ethic into the culture," Aruffo said.

Now he is focusing his energy on the Coral Reef repair project that will replant the stalk of the large table corals back in the ground. Aruffo hopes that in time, the ecosystem's balance will be partially restored and provide shelter and food sources for the sea life in the coral reef ecosystem.

A global citizen

Before coming to Thailand, Aruffo had traveled to 11 countries in southern Asia. "The experience was like no other," Aruffo said. He said the beach is now pristine, sandy and ready for tourists to return.

The above diagram represents both phases of the parking garage (in red on left), which will be partially restored and write a 2004 parking garage. The student housing, referred to as Phase I in the 2004 campus master plan, will be built on the corner of Fifth Ave. S. and Second St. S., where the campus police station now sits. The seven-story structure will house 354 beds, and all apartments will come equipped with a kitchen, living room, high-speed Internet, phone and cable television. A resident manager will live on the first floor and one assistant will live on each of the seven floors. There will be a two-bedroom apartment on the first floor, and on each floor will be a two-bedroom double apartment that can house four students.

But 79 of the residential units will be four-bedroom apartments. Those apartments will cost each student approximately $5,952 per academic year. Double-bedroom units will cost $6,494 per year, and a single bedroom unit will cost $6,067.

If needed, USF St. Petersburg could build two more residential facilities. The proposed Phase II student housing would be a five-story building with 161 beds, and would stand at the intersection of First St. S. and Fifth Ave. S. A third facility would have 311 beds and would sit at Sixth Ave. S. and First St., adjacent to the fitness center.

Abdul Nasser, USF St. Petersburg's regional vice chancellor, said construction of the second and third residential facilities will depend on the demand for housing after the first residence hall has been built and occupied.

A Phase I parking garage will also be built in Fall 2006, and will stand a block west of the student housing on Third St. between Sixth Ave. S. and F PB Ave. S. It will also be seven stories high and will have 951 parking spaces, as well as security cameras and an elevator.

The student housing will cost an estimated $18.3 million and will be funded by tax-exempt bonds.
2 Friday, Jan. 20

USF St. Petersburg has first research leader

Before coming to USF St. Petersburg, D'Elia was the Vice President for Research at the University at Albany, SUNY, where he also served as a professor of biology and public administration and policy. He has also been program director for Biological Oceanography at the National Science Foundation, and was a professor at the Chesapeake Biological Laboratory in Maryland for 21 years.

D'Elia has also served on numerous panels and committees concerning Florida's marine and estuarine systems, notably being appointed by the U.S. Secretary of the Interior to the Blue Ribbon Florida Bay Peer Review Panel on Florida Bay research and restoration (1993-95). Since his arrival, D'Elia has reached out to re-establish strategic partnerships with the Southeast Fisheries Science, the U.S. Geological Survey (USGS) and the National Oceanic and Atmospheric Administration (NOAA).

D'Elia hopes that by making research a priority at USF St. Petersburg, the university will be able to promote both social and economic development in Pinellas County.

"A good university has many connections to the community," D'Elia said.

Brief Me

Vice Chancellor for Academic Affairs

Search

Dr. Greg Weissenstein, candidate for USF St. Petersburg's vice chancellor for academic affairs, will be at a campus open forum Feb. 1 in Davis 130 from 10 a.m. to 11 a.m.

New courses high-light spring schedule

The College of Education is offering "Exceptional In American Society," a new course being taught by special education professor William Heller. The elective course is designed to acquaint students with those who are different, and whose differences call attention to themselves. People with exceptionalities are one of the most misunderstood minorities in our society, said Heller. Visiting instructor Miroslava Boyadzhieva is teaching "University Singers." Boyadzhieva said the course will "teach people how to use their voices, how to read and appreciate music, and how to work as a team." Boyadzhieva worked on the proposal for the course last summer at the request of Y. Mark Durand, USF St. Petersburg provost of arts and sciences.

Genessa Poth Senior Staff Writer

When Christopher D’Elia joined the University of South Florida St. Petersburg faculty in 2009, he became the school’s first research leader in its 39-year history. His appointment as Regional Associate Vice Chancellor for Research and Community Partnerships in September 2004, D’Elia has taken several steps toward improving the school’s research program. He is currently working on identifying research possibilities, ensuring the quality of outstanding research proposals, and developing partnerships within the community.

And because many professors find grant writing to be a perplexing maze of regulations, D’Elia has shed light on the process through training courses.

There is no university where the majority of the staff knows how to write research proposals, "D’Elia said.

D’Elia has also created the Research Administrative Roundtable, a committee that will monitor the research proposal process and make it more efficient.

The main priority is to increase the overall interest in research without regard to discipline, " D’Elia said.

D’Elia, who received his doctorate in Zoology from the University of Georgia, also holds the rank of Professor of Environmental Science and Policy. Although he has been busy with his research duties, D’Elia says that he hopes to teach Marine Biology next year.

D’Elia is also the head of the Center for Science and Policy Applications for Coastal Environmental, otherwise known as SPACE. That program recently sent out a grant proposal to the Environmental Protection Agency for $750,000. The EPA funding would go toward studying water use, oyster reef health, and ecological communities that affect water quality and algae blooms.

TSUNAMI from Page 1

Around the world and shared his experiences with his students. "It was a joy of his voyages were highlights in the classroom," said USF St. Petersburg geography professor Rebecca Johns. Johns, who has known Aruffo for ten years, said that she is not surprised to hear that he is helping with the tsunami relief efforts.

"As a geographer, Harry is, like most of us, a global citizen, and is only living up to those obligations," Johns said.

"Aruffo is a great and heroic "what he's doing in Thailand," said Aldina Dere, an international studies major and one of Aruffo's former students. "It's amazing that he decided to spend his time and money traveling — not for his own pleasure, but for helping others." Witnessing the tsunami, Aruffo said, was "the most terrifying, most revolting, and memorable event in my life.

Aruffo said that his former students learn that although "you cannot decide how you die, you are in total control of how you live your life and the type of person you become.

"Anyone willing to care more about other people than themselves can make the world a better place," Aruffo said.

Although the underwriter for the bonds was not known at the time of publication, Nasser said one would likely be chosen during the final week of January. A bond will also pay for the construction of the parking garage.

The current USF St. Petersburg master plan, which is available on the school's Administration and Finance Web site, projects an increase in the total number of students from 4,220 this year to 6,213 in 2008-2009.

The expected increase in the student body has Nasser hopeful that he will have time during the summer of 2006 to expand the cafeteria into the space currently occupied by the bookstore.

And what happens if things get too comfortable for a planned Phase II garage, if needed, would add another 375 spaces, and would be built just south of the first parking facility. Based on current projections of maximum residential occupancy of all three residential halls and commuter demand, there could be a shortfall of 475 parking spaces even after both garages are built.

These are issues we'll have to deal with," Nasser said.

HOUSING from Page 1

Despite all of the proposed congressional action, Nasser said students will experience no increase in fees to fund either of the projects. Only a planned increase in parking fees will go toward maintaining the garage.

One thing that will certainly need to increase is the number of employees maintaining the new facilities.

"When fall [2006] comes around, we'll start planning staffing needs," Nasser said.

For the time being, Nasser plans to hire two people to oversee the construction of the first residence hall.

Dear Debra,

I am interested in donating to the USF St. Petersburg Residence Hall. How can I do that?

Sincerely,

Nasser
How Democrats Can Win the Next Presidential Election

By Jim Grinaker

Editorial

A work in progress

By Kristy A. Martinez

Dear Editor,

After reading several of the opinion articles in the Dec. 1, 2004 edition of The Crow's Nest, I was truly saddened to see such disparity in how our news should be presented. Columns by both Haith Hooper and Kristy Martinez debated the language that should be used when presenting stories to the reader, both making good points to support their arguments.

One thing to consider is that a journalist is your audience, vaguely noted in both articles. As an institution for higher learning, I think some, if not the majority, of the understandings and solutions to the problems of today should be placed on college students. I don't want to qualify any college student as an elitist, nor our campus as a leader in the intellectual community, but I have to rephrase for above the general populous.

As students, our duty is to ourselves, broadening our quest for knowledge in all areas of life, in and out of classrooms. As a service to the students, The Crow's Nest should be striving to achieve these needs and push our limits. I think it is a travesty when every place to turn for some sort of enlightened or enhanced communication is "fitted for the general public," especially when the general public is not a part of the audience. Surely an explanation of terms complicated to a specific field would be welcomed, such as Ms. Martinez stated in her column, though I personally feel that an article written about science is intended to be read by people of or seeking the same profession, and should be arranged as such. But to deny my fellow students' cravings because of an elitist view in the newspaper, you denies a chance for character and quality of civilization.

Gino Conchola, finance major.

Letter to the Editor Policy

• The Crow's Nest welcomes letters to the editor.
• To be considered for publication, letters must be 150 words or less. Letters will not be cut unless they exceed 150 words.
• Should a letter be selected, it will not be edited in any way and the author will be contacted before publication.
• Please include full name, position (i.e., student, faculty, etc.), e-mail and telephone number for verification purposes only.
• Letters can be e-mailed to USCFrowsnest@aol.com and are chosen at the discretion of the editorial board.
Gym renovations delayed

Irene Mileasinovc
Features Editor

Those anticipating a renovated fitness center at the University of South Florida St. Petersburg will have to wait a little longer. None of the changes that were scheduled to take place over the holiday break have been implemented.

"We had hopes," said Jim Stull, the fitness center program specialist. Stull, who is also the acting director of student life, gave a number of reasons for the delay. The equipment manufacturer wasn't selected in November as scheduled. Additional technical information that would have aided in the selection, such as performance ratings, warranty packages, and equipment specifications, didn't arrive until after New Year's.

Stull had met with three fitness equipment manufacturers -- Precor, Hammer Strength, and Nautilus -- last summer. He said the committee has decided on an equipment manufacturer, but declined to name the brand.

"We have what we want," Stull said. "It requires less room, it is sleeker, and easy to employ."

Much of the current equipment in the fitness center is 12 to 14 years old. Now that a manufacturer has been chosen, Stull expects the installation of the new equipment to be completed in six to eight weeks. Other scheduled changes are still in the works. A rubberized floor and blinds have been selected; all that is left is the issuance of a purchase order. However, the installation of a proposed audio/video system will depend on how much money is left, said Stull.

The university must still choose a vendor to provide the selected equipment. That process is done through a bid document, which will specify the warranty, service contract, and other expected items. The document, which was to have been completed last November, permits vendors to bid their services. After the university reviews the bids, a vendor will be selected that best meets the criteria of price and quality.

Although students generally aren't complaining, some of them are wondering if the renovation is still in the process, said John Terrana, a student who works at the campus activity center, and who has been part of the six-member committee Stull and Student Government President Thomas Piccolo assembled to decide on the upgrades. The fitness center renovation work group met every Friday morning from October until the holiday break in December.

The project is expected to cost about $100,000, which is in line with the authorized $155,000 budget. It will be funded with money taken from a mandatory activity and service fee deducted from student tuition. Chris Koenig, student government treasurer, said that the funds have been approved.

"No matter what — they are getting the gym," said Koenig.

Eventually.
Making time to be healthy

Brittany Penske  
Staff Writer

Robbie Klimowicz sits in Davis Lobby between classes wondering when she is going to have time to eat her next meal.

Klimowicz, a 21-year-old criminology major at USF St. Petersburg, said since she started college, she's been eating less because she has less time.

"I am constantly skipping meals," Klimowicz said. "I haven't had three balanced meals in a day in so long. I eat whenever I get a chance. Usually, I grab something out of the vending machine.

Klimowicz, like many college students, finds it hard to prioritize eating healthy and exercising within a hectic schedule.

But Carmen Baxter, a personal trainer and nutritionist for Bally Total Fitness, said busy students can make the right choices about what they eat.

"Avoid vending machines," Baxter said. "Any kind of food that can sit on a shelf for more than three days is no good for you, with the exception of nuts and beef jerky. Students should bring snacks from home, such as fruits and veggie sticks.

Bayboro Café at USF St. Petersburg offers salads and fruit. Baxter also advised staying away from fried food, opting instead for grilled chicken and wheat bread.

"Drink a lot of water. It actually makes you feel full faster and is good for you," said Baxter, who also said students should try diet soda instead of regular.

"People should eat their calories, not drink them," Baxter said.

Making the right choices at school can be easy, but at home, the student is the one who has to cook or purchase the right kinds of foods.

Baxter has developed a way to have dinner already taken care of so she can avoid fast food. Once a week she has a small cooking get-together with some friends. Baxter pulls out the Tupperware, makes five to seven dishes at once and has dinner for the whole week.

Kim May, a senior dietitian at USF, said it is important to experiment with different ingredients.

May said nuts and seeds on a salad, and tater and jalapeno cheese in a wrap or sandwich are very healthy. She also said students can try the following frozen meals one to two times a week: Healthy Choice, Smart Ones and Lean Cuisine.

"Be sure to add a piece of fruit or one to two tablespoons of nuts for adequate energy. A little frozen meal isn't enough for a whole meal," she said.

Exercise can be hard to fit into a college student's schedule, but is necessary for a healthy diet.

"Schedule 30 minutes to one hour of physical activity every day," May said.

"Plan it as part of your schedule like you would class, studying, dinner. Plan it and then stick to it. Make sure it happens just like everything else," May said.

Megan Willoughby, a 19-year-old business major, said she fits in an exercise class between her academic classes.

Baxter said students should eat to live, not live to eat.

"You're in the race of life just like NASCAR," she said. "You feel yourself at every pit stop with three meals and two attacks a day."

Is that a fact?

USF St. Petersburg has a fitness center, free for students, located in the Campus Activities Center. The Counseling and Career Center in Bayboro Hall 119 has a walking group from 12:30 to 1:30 p.m. Mondays, Wednesdays and Fridays starting Jan. 24. A Healthy Lifestyle group meets from 12:30 to 1:30 p.m. Tuesdays and Thursdays starting Jan. 25.

For more information contact Sandy Blood, health educator at the Counseling & Career Center, at (727) 553-4114.

Coed sailing team looks to continue success in spring

Anthony Salveggi  
Assignments Editor

In the wake of one of its most outstanding seasons, the USF St. Petersburg coed sailing team enters Spring 2005 focused on remaining among the country's top-ranked schools in the Inter-Collegiate Sailing Association.

A victory in the Fall Dinghy Championship of the South Atlantic Inter-Collegiate Sailing Association marked the high point of the season for the coed team. Kevin Reali and Ashley Reynolds, both juniors, finished first in the A division of the competition, while junior Andrew Blum and freshman Katie Leiser were third in the B division.

The district win made USF the top qualifying team from the SAISA to compete in the Atlantic Coast Dinghy Championship at the Massachusetts Institute of Technology, where it finished 10th among 18 schools - its best showing ever.

Another highlight came in October, when Reali and crew members Ryan Ray and Phil Tanner, both sophomores, won the SAISA Sloop Championship at the College of Charleston, beating six other teams.

That win gave USF's berth to November's ICSA Sloop North American Championship at the University of California, Irvine, where it placed fifth out of 10 teams. On the strength of those finishes, the coed team is No. 14 in the nation according to Sailing World magazine's college rankings.

For the spring, the team will shift its focus to events that feature team racing, where three boats from one school sail against three from another school in a round robin competition. Coed sailing team coach Garth Reynolds is enthusiastic about the format, calling it "very dynamic," while also noting that team racing improves boat handling.

But the team's overall goal is to qualify for the coed dinghy and team race ICSA North Americans, which will be hosted by the University of Texas in early June. Reynolds is confident the team can remain ranked in the top 15, and even sees the possibility for improvement.

"If we can put together some good regatta finishes, we could break the top 15," he said. With a season like the last one behind them, team members also seem to have the wind at their backs.

To see the USF St. Petersburg sailing team's spring schedule, visit www.sail.collegenet.org/icsa/Schedule.shtml.
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Café Alma

By Christina Castellana

In the middle of downtown St. Petersburg is a culinary gem called Café Alma. Fine, perfect ambience and incredible food make beauty-fully. The subterranean restaurant surpassed all expectations by providing a cozy space and stellar dishes at reasonable prices. It is rare that the atmosphere, service and food could all come together in such perfection. but on all accounts, Café Alma gets a perfect ten.

The interior exudes a warmth that makes customers want to relax. Artwork by local artists, track lighting and wall sconces create a soothing mood. Brick archways, pillow-stuffed banquettes and music by artists like Sade fuse together to form an environment conducive to enjoying a memorable evening.

Chef Christian Briner takes traditional Mediterranean fare and tweaks it to create signature dishes with a flare. The pumpkin sage ravioli with pancetta and blue crab ($14) was, in one word, "divine." The flavor of the pumpkin-stuffed ravioli with the salty pancetta and butter crab were a perfect combination. The sauteed calamari with crunchy garlic toast ($9) reminded me of dishes found in the Italian countryside; simple ingredients that fuse together to form something incredible. The last entree served was a chicken and chorizo wrap ($7). The pita wrap was soft and fluffy, and the spicy chorizo was cooled by the smooth feta. The wrap came with a cold pasta salad. The smorgasbord ended with a mocha creme brulee with a Belgian chocolate bottom. The creamy texture of the brulee mixed with the Belgian chocolate made every decadent spoonful heavenly.

The fresh and original menu is revamped every three months to give patrons the opportunity to continuously experiment with new flavorful entrees. The owners of Café Alma, Catherine and Dwight Watkins, hope to provide a space where people can gather, interact and have a great time while enjoying superb food. Sharing food is encouraged and ordering a few starters to enjoy a multiflavo is recommended. The restaurant is equipped with a free wireless internet connection so students can study or research while relaxing and having a good meal. Every Wednesday, Café Alma provides a sunset dinner special where students with valid student ID get discounts on pre-selected appetizers and drinks.

History Today

- Jan. 27, 1977 - The TV mini-series "Roots" is first broadcast.
- Jan. 28, 1935 - Iceland becomes the first country to legalize abortion.
- Jan. 29, 1845 - "The Raven" by Edgar Allen Poe is first published in New York City.
- Feb. 1, 1799 - France declared war on England and the Netherlands.
- Feb. 2, 1932 - Al Capone is sent to prison in Atlanta.

Sources www.historyork.com

Banding together

By Jason Merritt

Lance Armstrong should be proud. Not just because he overcame testicular, lung and brain cancer. Not just because he is the first, and only, six-time Tour de France winner, and not just because he's dating singer Sheryl Crow.

Armstrong should also be proud because he and the Lance Armstrong Foundation have started a pop culture trend that will surely be featured on VH1's "I Love 2004" sometime in the next decade or two.

Armstrong's yellow LIVESTRONG bracelets have taken over wrists everywhere. Chances are, you, or someone within twenty feet of you, are wearing one right now.

The wristbands cost a dollar through www.laf.org, and all proceeds go to the Lance Armstrong Foundation, which educates people about cancer, supports cancer research and develops programs for cancer patients. Soon after the LIVESTRONG craze began in May 2003, similar wristbands in different colors emerged, bearing a multitude of sayings.

The bracelets come in blue, black, red, white, gray, purple, pink, light blue and clear. The messages found on them range from FREEDOM AND PEACE to BUSH CHENEY and KERRY EDWARDS, and even include RED SOX fans. More religious, political or activist meanings, but some exist for the heck of it.

Kyle Peterson, 19, a freshman who is spending a semester at St. Petersburg College before going to St. Leo University on a football scholarship, wears two bracelets on his right wrist. One is the yellow LIVESTRONG. The second is green and reads, "Support Our Troops." He says he is not trying to be trendy. He had his LIVESTRONG bracelet before the last Tour de France even started.

"I've always followed Lance," Peterson says, "because it's such a cool story." Peterson's uncle is in the Marines, so he wears the second band in support. He bought the bracelet at 7-Eleven.

John Terrana, 31, a history major at USF St. Petersburg, wears the same green band as Peterson and also purchased it at 7-Eleven. He explains that half of the $3 spent on the "Support Our Troops" band is supposed to be donated to 7-Eleven to a charity of some kind.

"The other dollar probably goes to the pockets of the 7-Eleven CEO's," Terrana says. "But, hey, if a dollar goes to a good cause, it's cool." Terrana also wears the yellow LIVESTRONG band and a red band in support of former presidential and vice-presidential candidate John Kerry and John Edwards.

"I think this new trend is everywhere, which in Terrana's opinion is great for raising awareness of certain issues."

"Now I'm seeing pink (wristbands) and I'm asking, what's that for?" he says. "I've seen light blue, too."

The pink bands are for breast cancer awareness; the light blue represent autism awareness. Both can be found on eBay for a couple of dollars each. eBay has become an easy way to get all the types of wristbands, including the LIVESTRONG bands. A recent search for "Lance Armstrong bracelet" revealed 2,200 sales and auctions.

Will this trend last? Unlike slap bracelets, pogs, jelly shoes and day-glow, armbands raise awareness of societal issues as well as money in support. For those reasons, we could be seeing this trend last for a while.
Thousands of people filled downtown St. Petersburg on Monday, Jan. 17, for the Dr. Martin Luther King Jr. parade. About 20 students and faculty from USF St. Petersburg marched in the parade as it made its way down Central Avenue from Tropicana Field to the Renaissance Vinoy hotel.

Left: Graduate student Laura Clough inspects goodies on the Lux Mundt: Catholic Student Organization table while passing through Campus Showcase Jan. 19.

Every semester, USF St. Petersburg student clubs gather at Campus Showcase to tell new students about their organizations.

Upper right: USF St. Petersburg leadership studies professor Steven Krich sports his Porsche with Regional Chancellor Karen White during the Dr. Martin Luther King Jr. parade.

Upper left: USF St. Petersburg students and faculty gather for a group photo before marching.

Bottom: Ambre Njoh, USF St. Petersburg government and international affairs professor, hands out candy to excited children during the Dr. Martin Luther King Jr. parade in St. Petersburg Jan. 17.

Soundoff

Have you broken your New Year’s resolution yet?

“I gave up fast food and haven’t eaten any in three weeks.”
-Lenny Lopez, 19

“I resolved to quit smoking, but I’m not sure exactly when I’ll put it into action.”
-Lauren Ahern, 21

“I kept my New Year’s resolution to take my vitamin every day.”
-Leigh Hammer, 24

“I gave up coffee and I’ve kept it.”
-Leisa Clark