The ritual of Spring Break

BY JOHN TERRANA
STAFF WRITER
Spring break has remained a time of respite for college students and an opportunity for them to act crazy. It's also a subject suited for academic study by at least one student at USF St. Petersburg.

Mergian Kane, a graduate student in Florida Studies, will present her paper about spring break at an annual conference held by the Florida Historical Society in Naples, Fla. from May 24-27.

Kane's interest in the topic stems from her desire to research the roots of spring break and how it has cultivated a religious following over the last several decades.

"I am focusing on youth culture's increasing influence on consumer culture and how this is manifested in the spring break ritual," said Kane, who added that nearly 400,000 students visited Daytona Beach in 1989.

Kane said that after the GI Bill introduced thousands of new students into college life, the seduction of Florida warmth helped generate a new industry, and the most notable change in spring break has been its commercialization.

Some of the bizarre spring break rituals, which have included kidnap­ping, stealing, and defacing property, are precursors to the MTV-hyped frenzy, that wasn't always the case, according to Kane's research.

"While Daytona Beach has become synonymous with the spring break frenzy, that wasn't always the case, according to Kane's research. Palm Beach was the original haven for travelers from the north,"

MORE
Health Resources
- Contact Shannon Cho, coordinator of Health and Wellness for USF St. Petersburg for a health evaluation at (727) 873-4148.
- Visit the USF Tampa website for more tips and health resources at www.tampamasters.org/health/nutrition.html.
- Visit the University of Rochester Health Guide at www.rochesterhealthguide.com/ for more helpful information.

Destinations
According to aboott.com, here are the top 10 destinations for Spring Breakers:
- Acapulco, Mexico
- Cancun, Mexico
- Negrit, Jamaica
- Panama City, Florida
- Lake Havasu, Arizona
- Daytona Beach, Florida
- South Padre Island, Texas
- Nassau, Bahamas
- Las Vegas, Nevada
- Colorado ski resorts (Steamboat Springs, Crested Butte, Winter Park and others)

Visit studenttravel.about.com and then click on Spring Break 2006 on the left side of the page to learn more about these destinations and find Spring Break travel tips.

Other resources for student travel include:
- www.statravel.com
- www.studentuniverse.com
- www.smartertravel.com
- www.contiki.com

Food service to be added with dorms

BY CHRISTINA CASTELLANA
STAFF WRITER

Even though the USF St. Petersburg housing Web site says that all students who live in the residence hall will be responsible for their own meals, plans are underway to provide for food service.

Director of Student Services Cedric Howard said he will soon be going through a bidding process for the selection of a food service vendor. He will then work with the vendor to create meal plan options for both residential and commuter students.

Howard said meal plans were not provided in the past because the campus could not afford to offer such services. USF Tampa has a variety of meal plans for students living in dorms because they generate enough revenue to provide these services.

USF St. Petersburg's total campus population of students, faculty and staff is around 5,000, while the Tampa campus has over 40,000.

With the new dorm, students will have some meal plan choices, but need not rely fully on those options - to care for all of their food needs.

Each room in the residence hall will be fully equipped with an operating kitchen. A Publix supermarket is located two blocks north of the dormitory in the University Plaza Mall.

On-campus eateries like The Tavern and Bayboro Café plus a variety of downtown restaurants within a five-block radius also provide

Health tips

The USF Tampa Health Service Web site lists 10 tips for a healthy diet.

1. Drink three to five 17-ounce bottles of water everyday.
2. Eat three servings of fruit and three servings of vegetables everyday.
3. Choose high-fiber grains, such as oatmeal, bran cereal, whole wheat bread, pasta, and crackers.
4. Have two to three servings of low-fat dairy everyday. If you dislike dairy, take 1,000mg of calcium.
5. At meals, eat a portion of cooked meat or soy that is the size of a deck of cards.
6. Avoid high-calorie, high-sugar foods and beverages.
7. When eating out, take half of your meal home.
8. Eat when you are hungry. Stop when you are full.
9. Eat slowly. It takes 20 minutes for your brain to get the message you are full.
10. Choose a variety of foods. Practice moderation.

The need for a healthy diet

The University of Rochester has a comprehensive health guideline Web site that educates students in making good food choices and informs them on how certain meals affect their students with an assortment of food options.

see Food Service page 6

Food Service to be added with dorms

- Dorm kitchens may not suffice for keeping new students healthy

see Food Service page 6
Security team proactive in keeping campus safe

BY MEGHAN BULLISON CONTRIBUTING WRITER

The golf carts chauffeuring people around campus after dark belong to the campus SAFETeam, a free service supported by Student Government and underutilized according to its leader, John Waller.

The SAFETeam provides escort services to students and faculty between the hours of 6:30-10:30 Monday through Thursday nights. Usually the drivers roam campus to seek out people to drive to their cars. "I wish more students would take advantage of the SAFETeam's services, because you do pay for it in your tuition," said Waller. "If you've ever looked at your tuition bill there is an activity and service fee for which student government controls, and that is how we pay for the golf carts and drivers."

Students who know about the SAFETeam say it provides a constant nighttime presence and serves as a deterrent to car thieves. "This campus is not very well lit at night, nor is it in the best part of the neighborhood," said Monique Fields, a former education professor. "Students will be working out of the heart of a community with a lot of richness," Killenberg said. "My hope is that it will become a wonderful learning experience for journalism students and a model that other journalism schools may like to emulate."

The journalism department has applied for a grant that would supply more computers and help with the rent at the Sanderlin Center, Fields said. The results of the grant application should be known by May. Although classes at the Sanderlin Center begin this week for Neighborhood News students, an official grand opening is slated for April 22.

By Casey Cora Contributing Writer

Call it a "blue scholar" job. Students of USF St. Petersburg's Neighborhood News Bureau class and professors in the journalism department combined efforts to work on a new home for the classroom.

With paintbrushes and tools in hand, they scrubbed, painted and assembled furniture for the new newsroom, located at the James B. Sanderlin Center at 2335 22nd Avenue South.

Along with regular office amenities, students will have access to digital tape recorders and digital cameras for covering stories.

"It's kind of a modest start," said Monique Fields, a visiting associate professor who teaches the Neighborhood News class. Fields, a former education professor for the St. Petersburg Times, hopes the classroom's new Midtown location will promote more immersion in the community for burgeoning reporters.

"The best way to cover a community is to be in that community," she said. "I hope it shows our commitment to the neighborhood by covering its issues."

Midtown is a predominantly black community located in a 5.5 square-mile area in St. Petersburg, defined by the borders of Fourth Street South, 34th Street South, Second Avenue North and 30th Avenue South.

Neighborhood News Bureau Mission

- Provide training for journalism students at USF and other schools.
- Function as a community connection for collecting and disseminating information and news.
- Produce stories, features and announcements for use by local and regional news media and community organizations.

Source: http://www.stp.t.usf.edu/journalism/nnb.html
The Tenth Annual Bayborio Fiction Contest

Any University of South Florida St. Petersburg students who are registered part-time or full-time for the 2006 spring semester are invited to submit original short stories for SAPL's annual fiction contest, now in its twentieth year. To be eligible for judging, entries must be received by 5:00 p.m. on Friday, April 7, 2006. Complete guidelines and applications may be found at the Library's web site: www.nelson.usf.edu/sapl/contest.html. Winning stories will be published on that web site and may appear in SAPL's newsletter.
Bullstock kicks off in perfect weather

Battle of the Bands attracts crowd

BY ANTHONY SALVEGGI
EDITOR

Under a clear blue sky, about 175 people attended the first ever Battle of the Bands: Bullstock '06. The inaugural event was held during the afternoon of March 4 on the Harborside Lawn.

Live's Page took first place in the battle, Can't Do It came in second, and Crooked Edge was third. Seven bands participated in the event, which was sponsored by the Harborside Activities Board.

While offering attendees a chance to be entertained, the event also showcased the USF St. Petersburg campus.

"We thought it was a good way to help recruit high school students," said Jennifer Quinn-Taylor, coordinator of Student Life.

CAN'T DO IT -- Audience members listen to Can't Do It, a local ska/punk band and the last act of the day at the inaugural Battle of the Bands: Bullstock '06.

BULLSTOCK CROWD -- Students and visitors sit on the Harborside Lawn to watch the Battle of the Bands: Bullstock '06. About 175 people attended the event.

WINNERS' CIRCLE -- Two members of the Harborside Activities Board speak to the winners of Bullstock '06.

AND THE WINNER IS... -- Freshman Jessica Hamilton, music director for the Harborside Activities Board, announces the top three bands at Bullstock '06.

AFTER THE SHOW -- After the awards were handed out, the process of packing up the music gear began.
Dinner and a “Date Movie”

Nick-N-Willy’s pizzeria serves up ambience

BY CHRISTINA CASTELLANA

Nick-N-Willy’s is a great addition to the collection of St. Petersburg pizzerias. From $5.00 personal-sized pizzas backed on the spot, to large $10.00 “take-n-bake” pizzas, the eatery provides customers with a friendly atmosphere, affordable prices and delicious pizza pies.

Nestled in a corner of the Northeast Shopping Center, Nick-N-Willy’s has a small interior designed for pizza pickup or ‘eat and run’. There are a few tables and a pew of stools at the counter where pizza lovers get to see their pies being made from scratch. The pizzeria prides itself in providing customers with the freshest ingredients.

They dry their own herbs and use an assortment of delicious cheeses like feta, provolone, fontina, parmesan and of course, mozzarella. Patrons can choose from a variety of sauces like classic fresh tomato, zesty white garlic, and pesto with walnuts. The dough is a combination of four different flours and is made fresh every morning. The pizza crust created from this dough is light, moist and scrumptious.

Pizza connoisseurs will feel at home when they see the variety of possible toppings. Nick-N-Willy’s has a collection of signature pizzas like the Argan, which is a combination of mozzarella, fresh garlic and spinach, marinated sun-dried tomatoes, feta and oregano. For those with a more adventurous palate, the Big Kahuna is topped with fresh tomato sauce, mozzarella, cheddar, provolone, Canadian bacon, pineapple and mandarin oranges.

Nick-N-Willy’s also has a ‘build-your-own’ option where you can choose from a list full of tempting toppings and create your own perfect pizza. From a simple pepperoni and cheese pizza to one of the restaurant’s “ultimates” like Wild Willy-Cumbo, pizza aficionados will find just what they want to satisfy their cravings.

Don’t forget about dessert! The eatery also makes giant chocolate chip cookies ready to take home and fill your home with chocolate bliss.

ABOUT

Nick-N-Willy’s

Location
Northeast Shopping Center
212-27th Avenue North
727-822-1900
www.nicknwillys.com

Perks for frequent buyers
Pick up a Nick-N-Willy’s Personal Pan Pizza punch card. After 10 purchases and 10 punches on the card, you’ll receive a free personal pan pizza. (There is also a Large Pan Pizza punch card available.)

Take it home
Prepared pizzas can be found in the refrigerated area along with refreshments.

More than just dough
Nick-N-Willy’s store also sells pizza stones, wooden pizza paddles, pizza cutters and finger-notts for making pizza at home.

Random pizza facts
- 93% of Americans eat at least one pizza per month.
- In the United States, pizza represents over $30 billion in sales per year.

IS FREE YOUR FAVORITE NUMBER?
Source: www.nicknwillys.com

“Date Movie” is funny but not memorable

BY CHRISTINA CASTELLANA

"Date Movie" meshes together a series of spoofs inspired by a slew of contemporary blockbusters. Taking on films like "Fahrenheit 9/11," "Bridge Jones’ Diary," "The Wedding Planner," "Crank Rock," "The Wedding Crashers" and "Meet the Parents," "Date Movie" is a pure parody with an absurd take on finding true love.

Some people may find this film offensive at times, while others may find it hilarious. Either way, it’s the kind of movie that quickly fades from memory after just having seen it. I vaguely remember it as I write this review.

Julia Jones, played by Alyson Hannigan, is an overweight young woman desperate to find a man to marry. After many failed attempts, she resorts to a dating service run by a man named Hitch who takes pity on her and helps her lose the weight. After Julia’s transformation she goes on a game show and wins a date with Grant Pumphrey-dor (Adam Campbell). They instantly fall in love and make plans to be married.

While preparing for the big day, Grant arranges for his best friend Andy to be his best man. Andy, however, is no ordinary friend, and has plans to sabotage the wedding.

The string of ridiculous scenarios is entertaining for the first 45 minutes before it gets repetitive and boring. The jokes about flatulence, diarrhea and other body fluids are simply overdone and overrated.

If you liked "Scary Movie" chances are you’ll enjoy "Date Movie" just don’t expect to remember much.

My rating — 2 stars

Other movie options
- 16 Blocks
- Curious George
- Final Destination 3
- Freedomland
- Running Scared
- The Pink Panther
USF in middle of pack at two local intersectionals

BY ANTHONY SALVEGGI

Over the March 4-5 weekend, the Bulls finished in third and fifth place at the USF Women's Intersectional, while the coed team came in sixth out of 12 teams a few miles away at Eckerd College.

Charleston took the top two spots at the women's event, which also included two squads each from Eckerd College and the University of Florida. The regatta was sailed in Tampa Bay just off the St. Petersburg campus.

Seniors Abby Ethington and Ashley Wiersbicki sailed for the green team and came in third, with two first-place finishes out of 16 races.

For the gold team, seniors Joe Lee and Kristen Herman came in fifth and also earned two first-places finishes.

Sailing in the waters just south of the Pinellas Bayway, the USF coed team finished in the middle of the pack at the Eckerd College Intersectional. Other notable participants included Notre Dame, Boston University, and Texas.

Kristin Britt, Ginelle Moya, Phil Tanner and Nikki Beckett sailed the team to a seventh-place finish in the "A" division. Freshmen Britt and Moya teamed up for the first 10 races, while Tanner and Beckett competed in the last two.

Sophomore William Jones, freshman Allison Dougly and Hoyt sailed sixth place in the "B" division.

USFSP SAILING

Food Service

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productivity. According to the site, eating breakfast helps fight off binging later in the day. A study from 2002 showed that people who ate a morning meal had a lower risk for obesity than those who wait until later in the day to eat.

Because college students may find it difficult to have a healthy meal in the morning before rushing to class, the Web site suggests that students prepare all the breakfast foods they will need for the week. Some breakfast options include cereal, bagel with a slice of low-fat cheese, and yogurt with fresh fruit and granola.

Another important component to a healthy diet is taking precautions when it comes to preparing foods. The University of Rochester suggests the following: practice good hygiene, keep a clean kitchen and eat at restaurants that follow strict health codes. Students should wash their hands when handling food, use two knives when preparing meals—one for raw meats and another for vegetables and fruits—and make sure the kitchen counter is washed with soapy water to prevent bacteria from growing.

Spring Break

From page 1

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Spring break has also changed. Kane said, because it now involves more students. colleges are bigger, and it is a phenomenon that has now spread across class as well. Historically, spring break was a segregated affair, Kane said. Black college students filed discrimination lawsuits against several Daytona Beach hotels for not allowing them to rent rooms during Black College Reunion week in the 1980s.

Efforts at diversity on college campuses have encouraged the spring break move to become equal opportunity.

Although Kane will not attend spring break in Daytona this year, she has already traveled there twice and has been to Ft. Lauderdale to visit public libraries and historical museums to perform research for her paper.
Coming Soon

Movies opening in theatres Friday, March 10:
- Failure to Launch
- The Libertine
- The Shaggy Dog

New releases on DVD/Video Tuesday, March 14:
- The Prize
- Winner of Defiance, Ohio
- Good Night, and Good Luck

Joyful sounds ring out February

BY ANTHONY SALVEGGI
EDITOR

USF St. Petersburg's celebration of Black History Month concluded in rousing fashion on February 28 with a gospel-themed concert that often brought audience members to their feet.

Rilled as "An Evening of Joyful Sounds Featuring Gospel Extravaganza," the concert, which was coordinated by the campus' Office of Multicultural Affairs, attracted close to 200 people to the Campus Activities Center.

Choirs from Gibbs High School and USF Tampa were among the performers during the two-hour event. Local music company Bam Bam Productions also provided a number of its artists for the evening, including T. Anderson and Brothers of Harmony.

The event concluded with an appearance by gospel recording artist Lucinda Moore, who flew in from her hometown of Bridgeport, Conn. Moore gave a high-energy performance despite being hampered by a sound system that frequently cut off the sound from her microphone.

For about five minutes, Moore gave up using her microphone, stepped down into the audience and sang without any amplification.

Her spirituality was evident throughout the performance, whether she was singing or talking to the audience.

"Glory to God, if it wasn't for his mercy and if it wasn't for his grace, where would we be," Moore declared.

After the concert, Moore signed autographs and sold her CDs at a table set up a few feet inside the entrance to the CAC Core. Moore said she came down at the request of Multicultural Affairs Coordinator Steve Marshall, who she said she has known through musical circles for three or four years.

Now in her "early 30s," Moore said she's been singing professionally since she was 17 and performs mostly in churches and at women's conferences, and praise and worship events.

A list of Moore's upcoming concerts dates can be found on her Web site at www.lucindamoore.com.

NEWS FROM STUDENT LIFE

WHAT'S HAPPENING...
Harborside Live:
Sarah Brosch
Wednesday, March 8
4:00-5:30 pm
Harborside Lawn

Sponsored by Harborside Activities Board

READ THIS...
SAFE Team needs U!
Drivers Needed!
Monday-Thursday
6:30-10:30 pm

Come to CAC Core and meet the SAFE Team!

Visit us online at
www.stpt.usf.edu/studentlife

COMING SOON...
Student Government Elections
Watch for more information

Available positions include:
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Treasurer
College Representatives
Call 873-4147

STUDENT LIFE PROGRAMS AND SERVICES ARE PAID FOR BY STUDENT FEES
USFSP Career Expo introduces students to the real world

WORK & STUDY — Clare Lynch from All Children's Hospital advises Carol Dorsey about how to complete a nursing degree while still working.

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For more information email housing@stpt.usf.edu, or contact Residence Life at (727) 873-5000.