



OK! But just one more,
then we have to go back
and write our research
paper

No we don't,
because it's
SPRING BREAK!

The Spectator

SPRING BREAK TAB

Spring 2002

www.valdosta.edu/spectator

Well folks, it's that time again.

Time to forget school for a week, hang out with the crew and get roasted in the sun.



So on the car ride to where ever the party is, bring along a Spectator Tab.

We've got the top ten things to do, recipes for hip parties and much more.

So have a great Spring Break! Just think...only six more weeks till we're OUTTA HERE!

A reminder before the party begins

Ahhhh. Those two words we all wait the whole year to hear. **SPRING BREAK.**

First trips to the beach for the year, fun in the sun, tons of people your age from all over the country flocking to the same places for a good time, drinking too much, wild parties.

Did I mention drinking too much?

These are all things synonymous with college Spring Break. Everyone knows this is the week when every rule is just meant to be broken.

But beware. There is one rule that should not be broken, no matter how much fun you're having or how much trouble you want to get into.

And that's drinking and driving.

Over 20 percent of all traffic fatalities in the U.S. each year are caused by drunk drivers.



Amy Williamson

Driving under the influence is totally preventable, and so are lost lives.

This year over Spring Break, be a friend and volunteer to be the designated driver. Use your seatbelt. Use three or four-lane highways whenever possible. Know your limit and/or eat food while you drink to help absorb the alcohol in your system.

Think twice before you say,

"Bring me another cold on," or "Mix me another drink."

These tips may seem like they'll "take the fun out of it," but before you get behind the wheel, think about how much fun you'd be capable of having in a casket or sitting in jail for the life you've just taken.

Be responsible. Don't ruin the rest of your life just for a few moments of wanting to feel like you're in control behind the wheel.

Think about it this way. Feeling invincible often is a result of doing something stupid, and by drinking and driving, you're being the epitome of stupid.

Amy Williamson is a Spectator columnist and can be contacted at amymwilliamson@hotmail.com

TO DO LIST:

1. Get sunscreen
2. Feed dog
3. Smile at cute neighbor
4. Go to the gym
5. Sign up for JOUR 2500 and have the time of my life!

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Residence halls close during Spring Break

Neil Skeratt
Staff Writer

Plane ticket to Cancun: \$600. A five star hotel: \$200 per night. Staying in the residence halls over spring break: guess again.

Most residence halls will close at 10 a.m. March 23. The halls that are staying open will be Converse Hall and Lowndes Hall, and students living in any of the

other halls will have to leave for the break unless they have a friend in the halls that agree they can stay with them. If you want to stay in the halls you must sign up at their residence hall's front desk, and have written permission from a friend in either Converse or Lowndes to stay with them. The dorms reopen at 3 p.m. on March 31.

"The same rules apply if

you're staying over here over the break as when all the halls are open," Renee Snider, associate director for the office of Housing and Residence Life, said.

You do not have to turn your keys in over the break, and for any further specifics the office of Housing and Residence Life suggests you see you RA.



TOP TEN MOVIES

1. A.I. : Artificial Intellegence-- PG13
2. Don't Say A Word-- R
3. The One-- PG-13
4. The Last Castle-- R
5. Jay and Silent Bob Strike Back-- R
6. The Musketeer-- PG-13
7. Hardball-- PG-13
8. Rat Race-- PG-13
9. "O"-- R
10. Hearts in Atlantis-- PG-13

Skin Cancer Facts You've Probably Don't Know

"Melanoma is one of the most common cancers in people less than 30 years old."

"Dark-skinned people can get melanoma on the palms of their hands, soles of their feet, under their nails, inside their mouth, and rarely, in their internal organs."

"Melanoma can also form in the eyes, mouth, vagina, large intestine and other internal organs."

This information came from the American Cancer Society web site. For more information about melanoma, visit the American Cancer Society web site at www.cancer.org.

Have a spare hour or two?

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People Poll: What will you do on Spring Break?



Alex Sosa
Graduate
Pre - Med



Rheannon Finch
Freshman
Dental Hygiene



Bradley Pettett
Senior
History



Tony Wesley
Junior
CIS



Chanel Morris
Freshman
Undecided

"Goin' to the Wild West to who-ride in Cali. Ride a few waves and catch some rays."

"I'm going to the beach with my roommate and my other best friend."

"Going back home to Atlanta. Pretty boring, actually."

"Go home a couple days, relax with my family."

"I'm going to Daytona for the weekend, and then after that school-work."

Want to have spring break fun all year? Join the Spectator! Sign up for JOUR 2500. Okay, so I lied. You won't find Spring Break fun, but you will become an insomniac! And that's fun, right?

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Spice up the party

Just a few recipes to try this mixed drink recipes

Buffalo

20 Wings
1 Bottle Durkee "Frank's Red Hot Sauce"
2 tsp. Worcestershire sauce
Margarine (optional)
Cayenne pepper (optional)
Vegetable Oil

Clean and cut the wings. In a deep fat fryer or large pot, fry the wings for about 15 minutes in the vegetable oil. For crispier wings leave in oil for 17. In separate saucepan heat the red hot sauce and the Worcestershire sauce. Add in margarine or cayenne to taste. The margarine will make the sauce milder, the cayenne

hotter. (If you're inviting guests, it may be a good idea to make a little of each). Remove wings from oil and place on paper towels. Place in a large bowl with wings, cover and toss. Serve with celery sticks and blue cheese dressing.

Source:
Leah F. Cassorla

Mexican 7 layer dip

Place the following, in order, into a deep, wide cassole dish (not making the layers too thick):

Layer 1 Refried beans or Bean Dip (For extra zest: add a touch

of curry or your favorite mexican spice, and mix.)
Layer 2 Chopped Onions
Layer 3 Sour Cream (I prefer Lite Sour Cream; it's not as heavy.)
Layer 4 Shredded Lettuce
Layer 5 Chunky Salsa (hot or mild)
Layer 6 Sliced Jalapenos

Layer 7 Shredded Sharp Cheddar Cheese
Garnish with a few Sliced Jalapenos.... and serve with substantial tortilla chips and/or king size corn chips!!! Yum....

Source:
www.personal.psu.edu/users/d/a/daf129/CheeseDip/dips/mexican7.html

Artichoke

This recipe came may be from the back of a can, but it gets nothing but compliments. It's so easy and doesn't require any fancy ingredients.

14 oz. can of artichoke hearts,

drained and chopped
3/4 cup mayonnaise
1/4 cup grated Parmesan cheese
1 teaspoon lemon juice
dash of garlic powder
salt and pepper to taste

9 inch quiche or pie pan or 1 quart shallow casserole. Bake for 25 to 30 minutes or until thoroughly heated. Serve hot or cold with crackers or vegetable dippers.

Source:
Heat oven to 350°. Combine all ingredients thoroughly in a medium bowl. Spread in an ungreased
www.outofthefryingpan.com/recipes/dip.artichoke.shtml

Ice Cream

2 eggs
3/4 cup sugar
2 cups heavy cream
1 cup milk
2 teaspoons vanilla extract

Whisk the eggs in a mixing bowl until light and fluffy. Whisk in the sugar, a little at a time then continue whisking until completely blended. Pour in the cream, milk, and vanilla and whisk to blend.

Put mixture into a small container. Put ice and seasalt into a larger container, and then place the container with the custard inside the larger container and shake until icecream solidifies.

Source:
www.dsUPER.net/~zaz/icecream/frame.html



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Mixed drink recipes
...for those 21 and older

Pina Colada	Sex on the Beech
Ingredients: 1 oz. light rum 1 oz. coconut cream 1 oz. crushed pineapple 1/4 cup crushed ice 1 orange slice 1 maraschino cherry	Ingredients: 3/4 oz. vodka 3/4 oz. Amaretto 3/4 oz. oragne juice 1/4 oz. cranberry juice 1/2 oz. peach Schnapps
Instructions: Place all ingredients into a blender and blend until smooth (about 30 seconds). Strain into glass, and garnish with orange slice and cherry.	Instruction: Fill glass with ice. Pour in all ingredients except Schnapps. Mix and float schnapps.
Servings: 1	Serves: 1
	recipes from www.extremebartending.com



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I have the worst hangover...



“Okay, brain, I don’t like you and you don’t like me. Let’s just take this exam so I can get back to killing you with beer.”--Homer Simpson

Tips to reduce a hangover:

1. Don't mix different types of alcohol. It will take your body longer to metabolize each type.
2. Avoid carbonated or “bubbly” drinks, which speed up the absorption of alcohol.
3. Don't drink overly sweet drinks. The flavors can disguise the true amount of alcohol.
4. Avoid darker liquors, especially bourbon.
5. Choose white wine over red. Red wine contains Tyramine, which is believed to cause headaches.
6. Don't be cheap! More expensive brands of liquor are generally also a higher quality, and will contain less of the toxins that make you ill.

HOW EATING AT THE WAFFLE HOUSE CAN ACTUALLY MAKE YOU FEEL BETTER

1. Drinking juices, milk or sports drinks are helpful after the drinking damage has been done. They will help you rehydrate, and juices like O.J. have Vitamin C.
2. Dairy products, high-fat and high-protein foods are the most helpful when recovering from a hangover.
3. Fruit and honey (or waffle syrup) will make you feel better because of the fructose.
4. Soup is good for a hangover because it helps rehydrate your body.
5. Keep food in your stomach, and nibble throughout your drinking night.

DRINKING MYTHS

1. Coffee will NOT sober you up. You'll just be drunk *and* awake.
2. Take a hair of the dog that bit you. Throwing back some day-after shots can give temporary relief, but this just puts off the inevitable hangover to come.
3. Vodka and Gin *will* give you hangovers, but have fewer congeners (by-products of alcohol metabolism). This can mean a less painful hangover, but will not prevent them.

Some drinking truths

1. Yes! Beer before liquor, never sicker, liquor before beer never fear is TRUE!
Beer is carbonated, so drinking it before drinking liquor will cause faster absorption, leading to a more severe day-after.
2. Don't mix your liquors. Stick to one drink of choice for the night. Your metabolic processes will thank you.

The best cure....

Experts agree, water is the only “miracle cure.” A hangover is primarily dehydration. Drink up (water, that is) before, during and after drinking to help alleviate hangovers.

miracle cures...

1. Milk thistle: this helps the liver process alcohol better.
2. Gingerroot: this settles an upset stomach.
3. Berocca: a vitamin supplement of B and C, it's a combination of sugar, salt and bubbles, which can soothe your stomach and ease your headache.

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Dam, more wildlife on campus

Ray McKrow
Staff Writer

A new president is in office and most land development has long been underway, but trees continue to fall on campus.

This time the president is not to blame; however, construction may still be the answer. Rumors are spreading of a beaver sighting on campus, possibly the result of a large tree-taking plunder. No actual reports have been made on the matter, and it remains a mystery where the roots of the rumor began. Scott Doner, director of Public Safety, and Sheldon

Broomberg, Environmental Health and Safety officer, know nothing about the alleged sighting. According to both men, however, such wildlife has been known to float downstream and onto our campus in the past. According to Broomberg, both a small alligator and beavers have been removed from our campus by animal control experts and released back into the wilderness without causing any harm to the animals.

"Students go down to the creek for biology experiments and such, and we don't want anyone getting hurt," Broomberg said.

"It's for the safety of students from alligators and such."

Dr. Brad Bergstrom, biology professor, is not aware of any animals being removed from campus and questions why any would be.

"If part of our wildlife is being removed, we need to investigate that," Dr. Bergstrom said. "If the animals are not a problem, then people shouldn't

assume that they are a risk. There are often extremely small gators using the creek to disperse, which is very important to urban

wildlife. The animals usually move on after a while, probably feeding on snakes, which

you're always hearing people complaining about snakes.

"The alligators are too small to harm people. If there's nothing

wrong with it, then don't mess with it."

The majority of students said they do not fear such wildlife at VSU but feel fortunate as students they can experience such interactions on campus.

"Without these animals on campus we could not learn about them, and removing them is like playing God with the ecosystem," Todd Hall, senior biology major, said. "It's just wrong. They are messing things up worse by taking these animals from where they belong and placing them somewhere that could threaten their health."



Summer sports for the break

Casey Carpenter
Staff Writer

As the weather warms up and spring break rolls around, everyone tends to want to go outside and play. I personally relish the fact that we have a huge front lawn for everyone to throw a Frisbee around or toss a football or better yet, lay out and get some sun. But springtime brings around many other sports that we tend to shy away from during the colder seasons of the year.

Any type of water sport is strictly scheduled for springtime and summer time. This would include swimming, snorkeling and water-skiing. The great problem with these is the inarguable need for a large body of water. So I feel that water-skiing in Nebraska would pose a problem to those living there. Also, as far as swimming goes, the whole JAWS thing has caused nightmares for every child for the past 20 years.

Basketball season is beginning to slow down in spring, while baseball season is beginning to

start. Sitting on the couch watching conference finals is always an option, but it's not much of a cardiovascular workout. Baseball is pretty fun, but being a girl I'd rather play softball although the ball isn't soft at all.

Camping and hiking are good outdoor sports but warm weather doesn't make an ideal camping situation. For a real good workout, hike up those steps at Grand Bay. It's nearby and great scenery. Skateboarding, biking and rollerblading can be fun, but you have to watch out for traffic and large cracks in the road.

The moral of the story is that it doesn't matter what you do, just get out and do it. With holiday pounds still lingering and the nation with an alarming obesity rate, we need to get up and do something. Just being outdoors and getting a little sun will give you some much needed Vitamin D. As the semester is coming to a close in less than five weeks, we could all use a little stress reliever. Toss around a Frisbee or lounge in the sun, whatever it is, get off the couch and do something.

Congratulations to the 2002 Orientat Leaders!

*Marneth Andagan
Raquel Aque
Shantenet Blount
Brie Bowers
Quinn Brindger
Amy Burkhalter
Lynisha Childers
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Shari Ford
Ryan Gandy
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