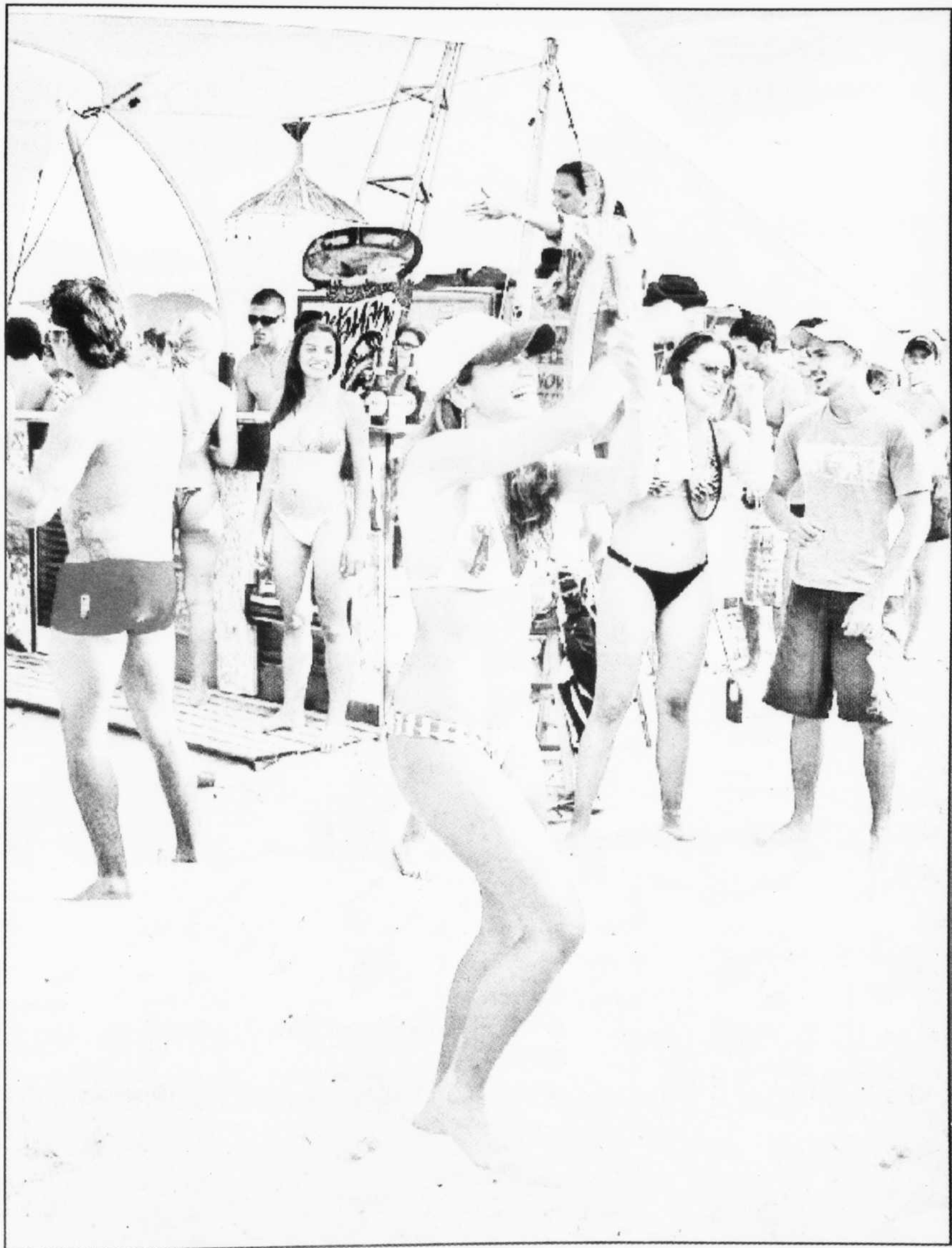


Spring Break '07

Sidelines - Feb. 5, 2007



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Photo by Dana Owens | Editor in chief

Drinking can be expensive, especially in a top tourist destination such as Florida. To save money, students should decide to share a bottle or 12-pack away from the club.

Spring break for student's budget

By Dana Owens

Editor in chief

The funny thing about traveling on a budget is no one seems to realize it can be done anywhere and on any scale. From Miami to Gatlinburg, students don't have to spend all their surplus scholarship money on a week-long getaway.

Many MTSU students will be relocating to various beach destinations March 5 through 10, and who could blame them? To make the 10-plus hour drive more bearable and cost-effective, bring along filling food such as sandwiches, fruit, peanut butter and crackers or trail mix.

Once the destination is reached, the cash-strapped student would be wise to stock up on far more reasonably priced food from the grocery store instead of relying on restaurants or greasy but cheap fast-food places.

A helpful resource for finding the good but inexpensive eateries is "Rachel Ray's \$40 a day" Web site (<http://www.foodnetwork.com>). Believe it or not, the Food Network star we love to hate has been to many major cities around the country and knows how to find the deals. If that isn't appealing, just ask the locals for the best place to eat rather than falling into overpriced tourist traps. Those cheap little cafés usually end up being very tasty.

Though gas has just barley dipped to below the \$2 mark, in Tennessee anyway, being conscious of mileage will save students a couple of bucks and

stops along the way.

As frustrating as it is to be passed on the freeway, just take it slow. Driving between 60 to 70 mph will guarantee far better gas mileage. Keep in mind that at high speeds, having the windows rolled down will create significant enough drag to affect mileage as well. Use the air-conditioner on a low speed while driving fast, but crack the windows when driving around town.

Likewise, if the destination is a bit on the chilly side, be sure to turn off your heater while accelerating onto the freeway. This will put less stress on your engine and consume less fuel. Try to keep the heat on low, especially when driving at high speeds. It's amazing what a hat and pair of gloves will do.

It cannot be overlooked that many students use spring break as an excuse for partying and perhaps excessive drinking, but money can be saved here too. Instead of bar hopping every night and paying cover fees, minimums, over-priced drinks and tips, bring your own beer.

For beach-goers, what could be better than watching the waves at night and enjoying a six, 12 or 24-pack with some friends? It's cheaper and driving might not even be an issue. For those seeking a snowy retreat, the same rule applies. Buy a bottle and throw back a few shots before engaging passers-by in a snowball fight outside the hotel. At

See Budget, 6

Students plan for cheaper vacations

By Mary Rose Fox

Community News Editor

MTV's version of spring break shows hundreds of college students on warm, sunny beaches.

Planning a vacation involves a lot of preparation, including finding decent airfare or a reliable car for transportation, putting together the proper wardrobe for the destination and organizing an itinerary for the trip.

Some students, such as junior pre-vet major Abby Canon, are planning for warm weather trips. "I'm going to Panama City with a couple of friends," she said.

Canon decided on a Florida getaway because she knew that others were going. "Plus, it's cheap," she added.

MTSU students that plan on going to the beach on a budget may prefer to relax of the shores of the Gulf of Mexico or the Atlantic Ocean, as opposed to traveling cross country.

Freshman aerospace major Lawrence Evans said, "I thought about going to Daytona Beach" and renting a condo with a few friends over the break.

Opting for a Tennessee vacation may be more wallet-friendly than an out-of-state holiday.

"I think I'm going to Chattanooga for a couple of days and going to the aquarium," said Suzanna Butler, senior dietetics major. "It's cheaper," she added.

Those who are too busy with everyday life and don't have the luxury of a reality break manage to put the break to good use.

Freshman Lauren Owens, an animal science major, said she is going home to Johnson City to help her mother pack as she relocates to Knoxville.

Whether students are vacationing or working over the break, it looks as though many will be busy.

Zach Kolp, freshman music major, said he will be "working the entire time. Nothing else." ♦

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Swim styles go retro this spring

By Sarah Lavery

Features Editor

Spring break beach destinations can be such a contradiction. On the one hand, the idea of endless white sands and glistening, ice-blue water represents freedom and reckless abandon. It conjures up the image of running barefoot hand-in-hand with that special someone, far from the turmoil of school, work and responsibility.

On the other hand, for any of these fantasies to be realized, you're inevitably going to have to be in a bathing suit, which means baring it all and being as close to naked as you'll probably ever be in public. For most — unless you're of the rare super-model-breed variety — this isn't the most appealing idea.

Luckily though, this season's bathing suit trends are reverting from the itchy-bitsy neon bikini to the classy, 1940s pin-up-inspired one piece.

This doesn't mean that bikinis are "out," but the new bathing suit trend asks for classy rather than trashy. The trendiest bikini bottoms are either high-waisted or boy-shorts, far from — thank god — the butt floss that was all the rage a few years ago.

Colors are more subdued — think jewel-toned colors like deep green, red or blue. The color brown — the perfect compliment to a tan — seems to be popping up in every designer's collection this season.

Long gone are the days of Sisco's "Thong Song" and girls everywhere trying to emulate what his overly catchy lyrics demanded. This season, even if you do have "dumps like a truck, truck truck" or "thighs like what, what what" that Sisco crooned about, try to opt, instead, for the new, classy silhouette. ♦



Graphic by Dana Owens | Editor in chief

String bikinis are being replaced by solid-colored one pieces this season with a nod to the 1940s pin-up girl.

Safety tips for spring break

Since spring break is just around the corner and college students the nation over are gearing up for wild adventures. Below are a few helpful and reasonable tips to keep any student safe and happy.

Alcohol: go with the flow but keep it low.

⌘ Watch your intake and know your limit. It does nobody favors to get "sloppy drunk." Alcohol poisoning still exists, even during spring break.

⌘ Water is a wonderful thing; the Aquafina commercials don't lie. For every one drink consumed, drink a glass of water. This keeps the body hydrated and leaves less chance for cotton-mouth hangover.

⌘ **DO NOT MIX.** Drugs are illegal. Know that mixing anything, illegal or not, can have serious consequences — like death. Alcohol is nice; enjoy it by itself.

⌘ Always choose a designated driver or bring enough money to take a cab. Don't drive drunk unless you want to be another statistic to confirm the notion that all college kids are dumb. Double plus bonus, most bars will hook up a DD with free, non-alcoholic drinks.

Money: a penny saved is a penny not spent on a stupid tourist trap.

⌘ Part of planning a vacation is scanning out the territory. Schedule freebie days, like going to

the beach, visiting landmarks or planning a picnic. See "Spring break on a student's budget" for more money-saving tips.

⌘ If you are going out of state, take an allotted amount of money and an emergency blank check. If a bank card is stolen, it could mean disaster. If you are going really far out of state, get travelers checks. Most companies will replace them immediately if they are stolen.

⌘ Only take what you need and nothing more. Rule of thumb: do not take anything to MTV Spring Break that you do not want stolen, broken or vomited on.

Transportation: caution, road trips can drive you crazy.

⌘ Check your car before driving long trips. Windshield wipers, oil, brakes, tire pressure and external lights should be top priorities.

⌘ Oddly enough, it helps to have a clean car, both inside and out, because it cuts down on wind resistance and ups mileage.

⌘ If other transportation is required, look into and compare prices. Also, flying is cheaper without the baggage; only take the essentials.

Above all, just remember to have fun and be safe. Everyone wants to live to see next year's spring break.

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Budget: "Be sensible with cash."

Continued from 3

\$20 per bottle versus \$6 per shot, the value is undeniable. But be forewarned, public drunkenness is illegal.

Those who choose to venture into the city may find being frugal a bit tougher, but certainly not impossible with some planning. Nearly every bar in the world has drink specials that are listed on the Web site or menu. Seek out the good deals before going out for the night. Coupons can

also be invaluable. Look in the local paper for unique restaurants that offer early-bird discounts or two-for-ones.

Whether in a city or on the beach, most major areas have public attractions such as zoos, museums and theaters. The best part about these places is most offer discounts or free days.

For a generally small entry fee, one can spend a good part of the day meandering about and forgetting the stresses of

school and work.

Finally, if shopping is a weakness and major source of debt, there is hope—it's called restraint. Instead of relying on a credit card, bring along an allotted amount of cash to be used exclusively for leisure spending. This will force the big spender to avoid impulse buying. Hard as it may be at the time, having money left over to pay rent will be worth it in the end. ♦

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Paris within a student's reach (and budget)

By Jake Jackson

Contributing Writer

It's your week of adventure, your right of passage. You have stashed cash away for this all of your teenage years. How can you avoid the cliché beach and still have the dream trip of your college career? Paris! I'm not talking about Paris, Tenn. or Paris, Texas—the place my friends immediately thought of when I talked about my Fall Break trip.

Paris, France is exciting, adventurous and can be visited on a budget.

What better way to wow everyone than to say you are going to Paris? That was the thought on my mind last semester when Fall Break was approaching. After a few conversations with my cousin Neil Grindstaff, a recent law school graduate, we decided that Paris was our city. We scoured the internet and found deals that were surprisingly inexpensive. Doing a similar search for spring – and not settling for anything but the best deal – will surprise you, too.

Round-trip airline tickets purchased online currently cost \$690 on Delta and Northwest Airlines with only one connection from Nashville. That's only \$200 more than a trip to Cancun this season, and will surely make for a more unique and once-in-a-lifetime trip.

Paris has two rail systems. The Réseau Express Régional is the rail system that you use to ride into Paris (or other French cities). The airport is in Zone 5, so purchase the 5 day Visite Pass. This pass allows you travel within Zones 1-5 on the RER, Metro and Metro Buses. Once inside the perimeter of Paris, you can opt to take a bus, taxi or change to the Metro Rail System.

The train ride from the Charles de Gaulle airport into the city is an adventure. The RER Blue Line takes you safely through the suburbs of Paris and passes by the famous Le Stade of France, France's World Cup stadium. Take pictures!

You can stay at a youth hostel for 15 Euro (approximately \$20), but I opt for the luxury of a nice bed and a private shower.

My inexpensive hotel of choice in Paris is the Holiday Inn St. Germain des Pres. Lastminute.com has a rate of 74 Euro per night, approximately \$96, at the Holiday Inn.

Where do you start once you are in Paris? Once I arrive at my hotel, I immediately gave into my appetite. I headed to the closest "boulangerie", or bakery, where I bought a buttered baguette with ham and cheese. It cost less than \$5 and hits the spot every time. It is best not to overdo it on the first day, so I usually take a nap, eat a nice dinner and try to adjust my body's time clock to Paris time. Drink lots of water and go to bed at a decent hour.

On the second day, you will be – and I definitely was – ready to tour Paris!

"As a world traveler, the best advice I can give is to get a map, plan an itinerary and visit the main tourist sites on the second day," my cousin Neil advised me. "This will help you get your geographical bearings of the city and will teach you the transportation system. The train will take you within steps of the Eiffel Tower, The Louvre, Notre Dame, The Arc de Triomphe and many other famous sights."

The rest of your trip is yours to explore the city in depth. Take at least a day to explore the Louvre, keeping in mind there are long lines to see the Mona Lisa.

You can take a boat ride along the Seine River that runs through the city of Paris with stops along the way. The boat rides cost less than \$10 and has multiple stops where you can get on and off as you please. It's a great way to take a break from all the walking Paris demands and is famous for.

The famous Paris landmark Sacre Couer Basilica, a Roman Catholic Church dedicated to the Sacred heart, is on a hill overlooking the entire city. There is a flea market at the base of Sacre Couer with streets lined with vendors and shops. Souvenirs are inexpensive in the flea market area.

When you get a chance to take a vacation, enjoy it! Wherever you go, make sure to eat healthy, drink plenty of water and don't overdo it. Escape from school and the minutia of everyday life for a week. ♦

Top ten sights of Paris

1. View of the Eiffel Tower at dusk.

Rather than squeezing into a tiny elevator, opt for simply viewing the breathtaking landmark.

2. Louvre

Home of the Mona Lisa, the one-time palace can seem overwhelmingly big, so focus on one area.

3. Sacre Couer and Montmartre

This tourist attraction boasts a free eye-opening view of the city from the steps of the Sacre Couer.

4. Champs-Elysees

This famous tree-lined street is packed-to-the-brim with chic boutiques, cafes and shops.

5. Notre Dame

Considered one of the finest examples of Gothic architecture.

6. Musee d'Orsay

Hosts to a mind-numbing selection of impressionist art and other pieces.

7. Arc de Triomphe

Climbing up this landmark's mountainous steps leads to a breath-taking view of the city.

8. The Latin Quarter

This artsy area is stacked with secondhand book shops, boutiques and some of Paris's oldest relics.

9. River Seine


Boat rides promise views of the city's historic bridges, homes and land marks.

10. Versailles

One of the world's grandest historical museums and former royal residence.



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