

CAROLINA NEWS

DINING

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exceptionally fresh and healthy. It's just really good food."

Charlotte Ridgell, accounting clerk for the Gator Dining Business Office at the University of Florida, said the university's dining services have a lot to offer.

"We get many reviews, and there aren't very many complaints," she said. "[UF's food services] has great variety. We are definitely very health conscious."

Chemical engineering freshman Melanie Timmons said there's room for improvement in USC's dining services.

"Overall, the food is satisfactory; however, the meal plans and prices could use some improvement," she said.

Freddie Munn, a sports administration sophomore, said he disagrees with some of USC's dining services policies.

"I don't agree with the idea of meal periods," he said. "If you pay so much money, then nobody should be able to tell you when to eat."

Marine science junior Dan Duke said USC's dining facilities are relatively good.

"I think [USC's dining services] are pretty good," he said. "It's better here than most other schools."

Kirk Kouzis, a criminal justice sophomore, said there isn't enough dining variety at USC.

"The people are friendly, but the food does get monotonous after a short time."

MEAL PLANS

The University of Georgia has two meal plan options. There is a five day (Monday through Friday) plan and a seven day (Monday through Sunday) plan. Students are granted unlimited food and access with these plans, but the seven-day plan excludes Sunday evening meals. The five-day plan costs \$971 per semester, and the seven day costs \$1072. Meal plans can't be used at all eateries at UGA.

Clemson University provides eight choices of meal plans for students, including two options for commuting students. There is an unlimited plan, an any-15 meal plan, an any-15 meal plus plan, an any-10 meal plan, an any-10 plus plan and a five-

day plan. Commuters have an option of getting a plan that allows the purchase of five lunches during the week and a 40-meal plan, which provides any 40 meals during the semester. The meal plans range in price from \$216 to \$984 per semester. Students can't currently use meal plans at the commercial eateries at Clemson, but they will be able to next semester, according to Clemson Dining Services Manager Evan Klingman.

The University of North Carolina offers seven meal plans. UNC has value plans, which come with an option of eight or 12 meals per week, and block plans, which give students a specific number of meals per semester without meal period restrictions. The meal plans range in price from \$800 to \$1,650 per semester. UNC recommends the 12-meal plan for freshman, but it isn't required. Meal plans can be used at two all-you-can-eat locations at UNC.

The University of Florida offers three meal plans: 19, 14 and 10 meals. UF also offers a declining balance account called DB Freebie, which can be purchased at values of \$200 to \$380. The 19-meal plan averages \$2.57 per meal, the 14-meal plan averages \$3.39 per meal, and the 10-meal plan averages \$4.37 per meal. But meal plans can't be used at any of UF's commercial eateries. Cash or declining balance accounts must be used at the commercial locations.

The University of Tennessee gives students five meal plan options. UT offers an unlimited access plus plan, an any 10-meal plan, an any 10-meal plus plan, an unlimited access plan and an exclusive 15-meal plan. Meal plans can be used at all of UT's dining locations including Chick-Fil-A and Pizza Hut, but none of the other commercial eateries. The meal plans range in price from \$825 to \$1,235.

USC offers five meal plans. USC students can select from plans that provide 21, 16, 14, 10 and five meals weekly. Each of the semester meal plans can be supplemented with bonus bucks or cash cards. Bonus bucks are mandatory for students with meal plans. Freshman don't have a required amount of bonus bucks, but sophomores receive \$100, juniors get \$150 and seniors and graduate students get \$200. The meal plans range in price from \$475 to \$958 for each semester.

SMART CARDS

Each of the six universities offers declining balance accounts as well as other balance accounts that can be used if students ex-

ceed the amount allotted for each meal. The accounts are included in the meal plans and are factored in on students' identification cards.

At UNC, student identification cards can also be used for meal accounts, vending machines, flex dollar account, declining balance accounts, doing laundry, renting movies, making copies, tickets for campus events and will be able to be used at Wachovia ATMs by next year.

UT student identification cards can be used for meals, to buy books, for dorm access, for debit accounts and to do laundry.

Aside from purchasing meals or items from general stores, USC's ID cards are used to check out books from the Thomas Cooper Library and to obtain tickets to campus events.

CHOICES

Each of the six universities offers much variety in dining services. Many of the universities offer several commercial eateries as well as other choices in dining.

UT offers many dining choices. UT has 18 eateries and seven convenience stores. The All American Grill and Grocery houses several commercial eateries, including Chick-Fil-A, Pizza Hut and Ben & Jerry's. And in the Rocky Top Café, there is a Panini Sub shop, Ben & Jerry's, Mario's Pizza and Pasta, Burger King, Columbo (frozen desserts) and Starbuck's.

Florida's Gator Dining offers 18 dining locations and four convenience stores. Commercial locations include the Baja Tortilla Grill, Little Caesar's, Dunkin' Donuts, Freshen's Yogurt, Wendy's, Subway, The Wokery, Java Hut (gourmet coffees and pastries), Allegro (pasta), Kentucky Fried Chicken, Taco Bell, Blimpie Subs and Salads, Burger King and DC Subs.

UGA has several eateries and an award-winning dining service. The Oglethorpe Dining Hall has buffet-style meals and a 24-dessert bar. The Bolton Dining Hall has diverse serving halls, a salad bar, a pasta line, Mexican food and low sodium and low fat eatery. Snelling Dining Hall has buffet style service along with a Giorgio's Pizza location, which offers Italian salads, subs and pizza items. A la carte menu items are available at the Faculty Center, the Georgia Room and the Bulldog Café. UGA also offers six convenience stores, which feature diverse to-go meal and snack items.

UNC also offers variety in its dining services: Totally Ital-

ian with various pastas and sauces, Pizza Factory (pizza and breadsticks), Wrapps, which offers ethnic cuisines wrapped in tortillas, Sandwich Stop, Chick-Fil-A, Al's Grill (burgers, grilled cheese, french fries and other grilled items) and Ram treats (smoothies, ice cream, frozen yogurt and hot pretzels). Carolina Dining also offers Domino's pizza delivery Sunday to Thursday 11 a.m. to 1 a.m. and Friday and Saturday from 11 a.m. to 2 a.m.

Clemson University has several food venues. The Canteen has pizza, grill items, Li'l Dino Subs and Chick-Fil-A. Cats Shop has packaged snack items and beverages for students. The Fernow Street Café offers breakfast items, salads, bagels, burgers, sandwiches and a Pizza Hut. The Clemson House serves traditional menu items for breakfast, lunch and dinner. The East Campus Convenience Store has convenience items, as well as a Taco Bell Express and a Li'l Dino Sub Shop. Harcombe Dining Hall has a full grill operation, traditional cafeteria foods and a salad bar. L.J. Fields is an upscale dining room, which offers waited service for lunch and dinner and late night coffee.

Meal plans can be used at all dining facilities at USC and include Pizza Hut, Taco Bell, Chick-Fil-A, Healthy Choice Deli, Sub City, Freshen's and Starbucks. All-you-can-eat fare is available at the Bates House cafeteria, the Patio and the Roost. USC also has two general stores (Capstone Country Store and Russell House Country Store), which offer various grocery and pharmaceutical items.

HEALTH-CONSCIOUSNESS

The Varsity Inn at UT offers a full salad bar, hearty entrees, vegetarian choices, fruits and desserts. UT also offer meals for students with dietary concerns. Pan Geos is a Mediterranean pasta kitchen, and the Granary caters to vegetarians. There's also a pita wrap and salad station.

UNC's Lenoir Mainstreet dining location houses the Marketplace Grill, which has cooked vegetables, Weight Watchers entrees and Lite Bites, which offers various salad items.

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Surviving FINALS

You have pushed yourself all semester to keep up with your studies. **NOW** is the time to put in a little extra effort to get through finals and pull off good grades. How are you going to make the most of the precious hours before exams? Here are some suggestions:

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1. Good lecture notes. If your notes aren't very detailed, get together with a classmate and review each others' notes. And while you're at it, don't just read your notes, copy or type them over so your brain has another chance to absorb the information.

2. Grab friends. Study groups can be a waste of time if they aren't focused. However, they can be invaluable if you have just a few people who come prepared to quiz each other and really work, even if you're studying different subjects.

3. Get up and Get Moving! Sitting in one place for several hours can put you to sleep. Stand up, walk around, or move from one end of the library to the other if you need a change of scenery.

4. Have a strategy. Start with the most difficult subject, or the one you like least. You'll be able to concentrate more on a boring subject when you're fresh.

5. Take a break. Take quick breaks or naps when your body needs them. Usually, 15 minutes of relaxing for every hour of study is a good balance. Just don't forget to set your alarm!

6. Be creative. Don't be a slave to wordy textbooks. Find a way to make them easier to digest. Make flashcards for names, dates and vocabulary. Making up songs and rhymes are other ways to give your brain an extra memory boost.

7. Anticipate. Remember your professors' hour-long tangents? There will probably be a question on one of them. You know your instructors, so structure your studying around what they feel is most important.

8. Eat well. If you do the all-nighter thing, you will probably crave junk food. This is especially true if you're PMSing. Greasy or sweet snacks will only make you feel sluggish though, so don't give in! Stick with a healthy diet.

9. Get comfortable. If you've got to spend the day studying, treat yourself to wearing your most comfortable jeans and softest old sweatshirt. And, if it's that time of the month, try Playtex® tampons because they are so comfortable you won't even feel them.

10. Be confident! Before the test, take one last look at flashcards and take a couple of deep breaths to relax. Be sure to take along extra pens and/or pencils. Go in with the confidence of knowing you're ready for anything!

Good Luck!

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