

SPRING BREAK

LEVEL 2022

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Binge Watching



Reading



Sleeping



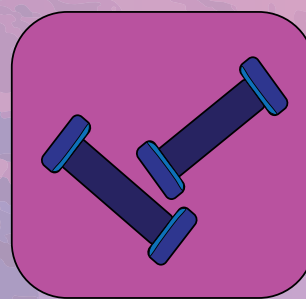
Playing Video Games



Going to the Beach



Traveling



Exercising



Shopping

THE ORACLE

INDEX

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Self-care, Page 4

St. Patrick's Day, Page 5

Spring break statistics, Page 10

Beach destinations, Page 11

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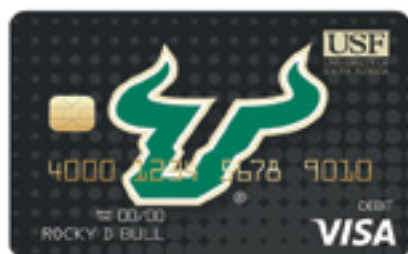
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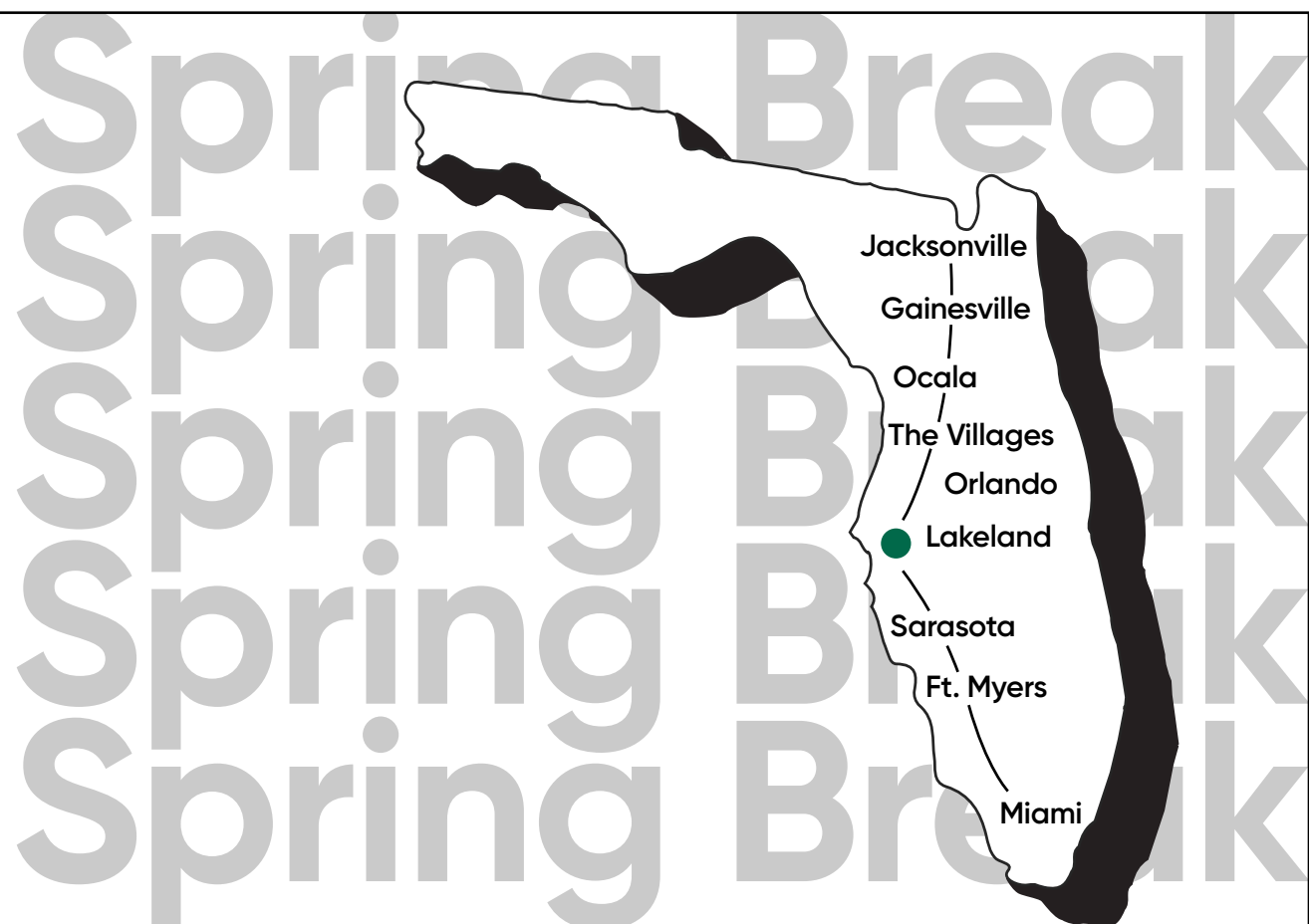


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Five ways to practice self-care over spring break

By Hannah Wagner
CORRESPONDENT

The image of spring break in Florida is usually painted with beach excursions and late night parties. However, transitioning from the pandemic, the idea of staying home during the break may be well-appreciated by some students.

Some may utilize the week to attempt to schedule as many activities as possible. Others might use their time to prepare for upcoming coursework and exams for the semester. Whether you plan on going out or staying in, spring break can also serve to give people the opportunity to destress and catch up on necessary self-care.

Here is a list of advice and activities to best maximize the time you take for yourself during spring break.

Reconnect with activities and people

Given the extensive workloads many students undertake during the semester, it is easy to neglect the things that we are passionate about for the sake of achieving high grades.

Reconnecting with something that you have left behind during the semester, such as a hobby or hanging out with friends, can assist you in remembering why you enjoyed such activities in the first place.

Those planning to stay in during the break should make sure to reach out to their families and friends to find time to hang out together, and shouldn't hesitate to schedule time to complete activities related to their hobbies.

Give yourself some well-deserved rest



After dealing with the initial stresses of the semester, spending time to unwind can prove to be a rewarding choice. PIXABAY

For those of us that spend the average night studying until dawn, or for others that use their spare time to partake in social activities, sleep is often viewed as secondary.

Most college students sleep less than eight hours per night despite requiring an average of seven to 10, according to an article written by Sleep Foundation in 2021.

Use some of your free time this spring break to stay in bed and give yourself some well-deserved rest.

Ensuring that you get a proper amount of sleep during break is something that will be appreciated as you return back to campus, leaving you rested, energized and prepared for whatever assignments may await you.

Try something outside of your comfort zone

Whether it's going to eat at a new restaurant or trying a hobby, spring break offers students the opportunity to partake in activities that they would usually not have time for.

Students wanting to explore new activities outside of Tampa have the option of traveling to one of Florida's many beaches for a day in the sun or taking a day to wander around other cities, such as downtown St. Petersburg and Orlando.

Those wanting to explore new activities close to campus have the opportunity to take the Bull Runner for a day of adventure at USF's Riverfront Park or utilize the USF U-Pass program to take a public bus to downtown

Tampa.

Taking the time to step outside of your comfort zone can be intimidating, but try your best to do something new this spring break.

Prioritize your mental health

While spring break is often idealized as a week of endless fun and adventure, having a week away from classes and extracurriculars provides students a reprieve from stressors and an opportunity to prioritize their mental health.

A good way to find emotional support over break is to confide in your friends and other students about problems that you are facing.

Although the idea of approaching someone with your

feelings might be scary, you and your friends may share and be able to bond over similar experiences.

It is normal to feel anxious, sad and lonely at times, but if such feelings worsen, please don't hesitate to reach out for help over spring break.

Students can seek out the USF Counseling Center for more personalized assistance. Whether it be on concerns about how the semester has gone thus far or confiding about personal struggles, talking to a licensed professional can provide necessary support in understanding your struggles.

Be kind to yourself

Give yourself credit for your hard work, regardless of how insignificant you think it may be.

As college students are often consumed with stress over their respective schedules, too often do they forget to celebrate small achievements.

It is important to recognize that no goal is too simplistic if it is a step toward progress, whether it be acing an exam, finishing an item on your to-do list or making sure to clean your apartment.

No matter what your plans are for spring break, prioritizing self-care is important in preparing yourself for the class work and exams that lie ahead. Remember, while it is important to work towards the future, don't forget to love yourself in the present.

Shamrockin' ways to celebrate St. Patrick's Day



Kellie Murray

STAFF WRITER

St. Patrick's Day is a holiday that often goes unnoticed, but in Tampa, there are many festivities to celebrate it. Tampa Bay will be bringing back a pre-pandemic tradition this year and coloring the Hillsborough River a kelly green, and bars across the city will host events and a bar crawl.

Since 2011, the city of Tampa dyed the Hillsborough River green for the River O' Green Fest. This tradition came to a pause

over the past two years due to the pandemic, according to News Channel 8.

The River O' Green Fest is taking place March 12 from 11 a.m. to 5 p.m. at the Curtis Hixon Waterfront Park. The event is free and includes live entertainment, food and beverage vendors, beer and family-friendly activities, according to the River O' Green website.

Tampa residents and guests can also go paddling on the River Green. The paddle is free if attendees bring their own board, but gear rental, such as boards and paddles, is available for \$40 and up. Reservations can be made at Urbain Kai and it includes gear and a tour guide.

A Pirate Water Taxi, which is a pirate-themed boat ride on

the Hillsborough River, will also be available throughout the day along the Riverwalk. Adult tickets are \$25 and kids are \$15.

Also, along the green river will be the ShamROCK Fest on the Riverwalk. This event is happening March 12 from 10 a.m. to 6 p.m. Music by Tom Petty and Guns N' Roses tribute bands will be featured. There will also be Irish step dance performances, a magician, leprechauns as well as Irish food and drink specials.

There is no age requirement to attend the ShamROCK Fest, but attendees 12 and up need to purchase a ticket for \$10 online. VIP tickets are also available for attendees over 21 starting at \$55, which includes complimentary drinks, private bathrooms, snacks, shade and comfortable

furniture throughout the event.

Lucky's fifth annual St. Patrick's Day Crawl is happening March 19 from 4-11:59 p.m. The event is expecting 2,500 people to attend, according to Visit Tampa Bay's website.

The event will include a costume contest, two complimentary drinks or shots, exclusive drink specials, a custom lucky badge and lanyard as well as waived cover at all venues.

Tickets are available for \$20 per person in a group or \$25 for a single ticket on the website.

Rough Riders St. Patrick's Day Parade will continue its 40-plus year annual tradition paying homage to former President Theodore Roosevelt's St. Patrick's Day celebrations. The parade is held on the Saturday before

St. Patrick's Day in Ybor City, according to the Tampa Bay Times.

Attendees can take a streetcar from downtown from the River O' Green Fest to Ybor City for the parade.

Whether you want to go paddling through a green river, take a pirate cruise or enjoy some live entertainment on the Riverwalk, Tampa has plenty of festivities for people of all ages for St. Patrick's Day.



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THU, MARCH 17
AMERICAN SOCIAL

THE 5TH ANNUAL LUCKY'S
ST. PATRICK'S DAY CRAWL
SAT, MARCH 19
JAMES JOYCE IRISH PUB & EATERY

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Gasparilla Film Festival

March 10-13,

Tampa Theatre,

<https://www.gasparillafilmfestival.com/>

Carrollwood Players Theatre Once Upon a Mat-
tress, March 11th -April 2nd, Fridays and Saturdays
at 8 p.m. Sundays at 2 p.m.

<https://carrollwoodplayers.org/>

Cactus Moon Market

March 12th.

Held every second Saturday of the month at
Cactus Moon plant & gift shop, in Tampa's more
art-forward neighborhood, #SeminoleHeights.
Cactus Moon, 4206 N. Nebraska Ave. Tampa, FL

Powerstories: Voices of Truth Theatre Festival
March 15-20.

Showcasing eight local and national playwrights to
a global audience. The festival is a combination of
live-in-theatre musical, and virtual productions,
both full-length and shorts.2105 W. Kennedy Blvd.,
Tampa, FL 33606.

Secret Stash Music Fest

March 17th 6 PM -3 AM.

Food, vendors, art & live music!

10509 North Nebraska Avenue, Tampa, FL 33612,

<https://www.speakupentertainment.org/>

Innings Festival

March 19 & 20, Raymond James Stadium.

The two-day event will feature over 15 artists on 3
stages, with no overlapping sets.

<https://www.tampasportsauthority.com/all-events/inningsfestival>

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PM-9:00 PM in partnership with the Music Bureau.

WTR Pool, 7700 Courtney Campbell Causeway,

<https://wtrpool.com/events/>

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Statistics behind the fun: Why tourism booms over spring break



Notorious for its revelry, spring break is a time of mass alcohol consumption and travel. PIXABAY



Katherine Mailly

STAFF WRITER

Dating back to ancient Greece when it was a festival dedicated to Dionysus, the god of wine and debauchery, spring break has long been a time of letting go. Today, it has morphed into a rite of passage for college students, involving traveling and partying.

Approximately one-and-a-half million students travel annually during spring break, according to TravelMarket Report, making it a period with more intensive travel than throughout the rest of the year.

An estimated 37% of Americans are traveling this spring, according to BusinessWire, which is a significant increase from the 29% in spring 2021. Of these travelers, 75% are planning to stay in the U.S. as opposed to traveling abroad.

In general, tropical beaches are the prime target of spring break travelers, with many of the most popular spring break destinations located in Florida, including Miami, Fort Lauderdale, Orlando, Fort Myers and Tampa.

Spring break is also associated with economic impacts, both negative and positive. The tourism industry, before the pandemic, accounted for approximately 10% of global jobs and had a 10.4% of global GDP (\$9.2 trillion), according to the World Travel & Tourism Council. In 2020, it decreased

to 5.5% of global GDP, and 62 million jobs were lost.

The tourism industry is expected to rebound this year, said the New York Times, as greater numbers of Americans make plans to travel. However, the “spring break effect” — the influence spring break has on local economies — is not particularly influential.

Many college students, with their limited funds, tend to avoid any expensive products or services that would contribute more significantly to the local economy. They book less-expensive hotel rooms and pack more people into one room, buy cheaper alcohol and limit their excursions to the beach.

While small businesses, mostly in the profession of selling cheap alcohol, may benefit from college students’ patronage, law enforcement is the only business

consistently impacted by spring break. Over spring break, the police are called more often and crime rates increase, which burdens the local economy, according to The Atlantic.

Panama Beach City, labeled the “spring break capital of the world,” experiences a significant increase in crimes in the month of March, according to The Atlantic. From 2001-05, the city ranged from 65-130 cases of criminal activity per month before spiking to an average of 290 crimes in February and 187 and March.

Alcohol is another defining factor for the traditional spring break. While other festivities such as Christmas and Thanksgiving are known for cookies or turkey, spring break is often criticized and praised for the pure amount of alcohol consumed.

Over spring break, 44% of female college students and 75% of male students will drink on a daily basis, according to American Addiction Centers. Men consume an average of 18 alcoholic beverages daily, with women drinking up to 10.

Certain demographics also tend to underestimate how much they are drinking, including male students, those associated with fraternities or sororities and those encouraged by their friends.

St. Patrick’s day, falling on March 17 this year, is another important day for drinking, according to Insider. It’s the fourth most popular day to drink — following Christmas, New Year’s and the Fourth of July. An estimated 13 million pints of Guinness are served.

Beaches to plan your spring break around

By Gabriela Menez Chahade
CORRESPONDENT

Spring break is the best time to relax and take a break from all the work that comes with the spring semester.

Fortunately, according to Forbes Magazine, Florida has some of the best beaches in the country. Here is a look at some of the best beaches near the Tampa area to spend your time enjoying the salty water and warm weather.

No. 5 — Venice Beach

Known as the shark tooth capital of the world, various species of shark have made the waters of Venice their home for millions of years.

Due to its location at 101 The Esplanade at the west end of West Venice Avenue in Sarasota, visitors will have many opportunities to sight dolphins and shorebirds.

Venice Beach not only has pristine water, but it also offers amenities such as food concessions, two sand volleyball courts, a picnic area, boardwalks and free parking.

No. 4 — Pass-a-Grille

Just off the coast of St. Pete, Pass-a-Grille Beach offers beautiful landscapes, as well as great dining and shopping scenes.

If you are not only interested in swimming and sunbathing, the beach surrounds a seaside community with various hotels and shopping stores near the area.

Unlike most beaches in the area, Pass-a-Grille does not have any high rise hotels or buildings, featuring a wide open beach.



With Florida being a hot-spot of beach getaways, there are a variety of options to choose from when planning a trip for spring break. PIXABAY

In 2010, Pass-a-Grille was named the sunset capital of Florida. Every evening, a bell is rung to celebrate the sunset.

No. 3 — Fort Myers Beach

Fort Myers beach offers much more than green waters and fluffy sand. It is well known for its shops, such as the Gift Gallery and Boutique, and restaurants, including Matanzas on the Bay and Parrot Key Caribbean Grill.

If visitors want to refresh themselves after being in the heat, they can do so at Truly Scrumptious Cafe and Ice Cream situated right across Fort Myers Beach boardwalk.

There are also a variety of

water sports at the beach, including jetski, boat and kayak rentals scattered across the beach.

No. 2 — Clearwater

Clearwater, located in Pinellas County, attracts a little more than six million tourists every year. It is located northwest of Tampa and St. Pete, just an hour away from the USF Tampa campus.

Headlined as one of the best beaches for families by Planetware, Clearwater Beach has become more crowded over the years.

Yet, its eye-catching scenery has remained as beautiful as ever. Besides, the area is surrounded

by good restaurants and fun activities to take part in.

The Clearwater Aquarium, best known for being the filming site for the “Dolphin Tale,” is an excellent spot to see marine life.

No. 1 — Siesta Key

Siesta Key public beach in Sarasota has been voted as one of the best beaches in the country for years now. It was ranked No. 1 Beach in the U.S. 2020 by TripAdvisor’s Traveler’s Choice Awards.

With soft white sand and crystalline water, Siesta Key Beach attracts tourists from all over the world.

There are several amenities

near the beach, including tennis and volleyball courts, playgrounds, picnic areas and pavilions.

The beach, spanning 8 miles, offers visitors plenty of space to run, walk, play sports or build sandcastles with beautiful scenery.

With its location near downtown Sarasota, there are multiple places to eat and have fun after relaxing at the beach in the area.

Duval’s Fresh Local Seafood is a great restaurant offering a range of options. Some other options include Caragiulo’s Italian American and Lucky Pelican.

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