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nity. They showcase community events on their community board and are willingly donated to local non-profit organizations. Lastly, they have a decent woman's restroom.

The negatives about Panera Bread are that the ordering area is pretty small. The overall food combinations are not good. They only have one combo selection that allows you try two different foods (you Pick 2). Customers have to purchase a drink separately. It does not come with your meal.

I purchased a Grande coffee, which brought my total meal to more than \$10. At least they offer free refills. After I arrived within 30 minutes, three customers complained about their order. To solve this problem, management gave one customer a free pie, and corrected the other two orders.

Overall, I enjoyed my dining experience at Panera Bread. They are located at 1933 Skibo Rd and are open seven days a week, from 6 am to 9 pm.

Another great thing about Panera Bread is that all of their unsold bread at the end of the day is donated to a local hunger relief agency.

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wheels did everything but screech as passengers hit the "stop requested" button.

The reasoning seemed to be she was already way behind schedule and a connecting bus was waiting. But it's hard to forget having to hold on for fear of sliding off your seat and ending up on the floor in a pile of passengers.

But in all fairness it was late at night and I was glad she got me to my last connecting transfer on time. It was a cold night.

It may be better to walk or carpool. A better answer may be that the FAST transit system needs a major overhaul to increase route and

time availability. It may also require extensive training for drivers in public safety.

One good experience is that many drivers and dispatchers were extremely friendly and helpful.

To wrap up my research I decided to give it one last day of bus riding and shopping. That only ended with me and six other passengers stranded on the side of the road one very cold, late night. The connecting bus had stopped running for the night (lets call it miscommunication). As the passengers stood in the cold waiting to hear if they would be sending another bus, or if there would be a solution, the attitude of the driver and the dispatcher was that the route was over and it wasn't their problem.

"This is my last run, my route is over. I'm heading back to the station. The 15 is already at the station, that's it," said the driver. As passengers stood in the isles waiting for a decision it became clear, they were on their own to figure it out. Now it was time to start walking or calling family or friends for rides.

Lucky for me I had I was able to call a cab and get home quickly. After telling the cab company my situation they had someone there to pick me up in 8 minutes.

The new director in charge of the FAST transit system was unavailable for comments. We can hope that he has fresh ideas for a system that is clearly in need of changes.

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hol). The effects of the alcohol are masked by the ability of the caffeine to make an individual feel alert and not as drunk as they may be.

Experts agree with the FDA that Four Loko isn't just another type of booze. John Zadroga reports in UWire College Network:

Rutger's University nutrition and registered dietician Peggy Policastro explained the concoction's effects on the body. "The natural response of the body to alcohol is sleepiness and fatigue," she said. "When a stimulant such as caffeine is added, this response is blocked, allowing for the consumer to engage in riskier behavior for longer."

An incident at Central Washington State University further confirmed the dangers of the drink. Originally reported by the Los Angeles Times, attendees of a college

party thought they'd fallen victim to a date rape drug. It was something rather different and it was legal. Students were described by police as being sprawled everywhere from the bathroom to the backyard, some partially conscious, others completely unconscious.

"I drank the entire thing and had to go to the emergency room," says a Fayetteville State University Sophomore who requested to remain anonymous. "It's like I was drunk, but I was wide awake so I couldn't just go to bed and sleep the drunkenness off. I [became] real sick."

In response, Phusion Projects defended Four Loko by comparing it to other alcoholic drinks with caffeine. It has since removed all stimulants from Four Loko, including caffeine, guarana and taurine.

Teaching the next generation



Voice photo by Dea Spicer

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COUCH POTATOES



Jovian Turnbull