

## Panera Bread offers a lot more than just bread

by Liz Hayes and Katie Galley  
news editor and editorial page editor

Finally, Erie has something convenient that we don't have at home — Panera Bread. For those who aren't familiar with this restaurant chain, it is a made-to-order sandwich stop with some really great options you won't get at Country Fair. It can be a bit pricey (your average bill will probably be in the \$7 range), but the quality and quantity can't be beat. Plus, since you go up to the counter to order and carry your own tray to the table, you don't have to worry about having that extra buck to tip the waitress!

Panera has a great selection of deli sandwiches to satisfy the taste buds. There are the Signature sandwiches that include the Sierra Turkey, Tuscan Chicken, Asiago Roast Beef, Bacon Turkey Bravo, Italian Combo, and the Veggie. You can choose from a wide variety of breads to have your sandwich made on — our favorites are the Asiago Cheese Focaccia with a great crumbly texture, or the French Combo roll for those who like a lot of crunch in a sandwich. The toppings are varied, and they don't give you a problem if you want to add or remove something from the sandwich.

The other line of sandwiches Panera has are the Café Sandwiches. These



Dining section of the Panera Bread restaurant located on Peach Street.

include the Smoked Turkey Breast on Sourdough, Chicken Salad on Nine Grain, Tuna Salad on Honey Wheat, Smoked Ham and Cheese on Rye, and even the good ole PB&J on French for those who want a taste of their childhood. You get a choice of various toppings for your sandwich, and while it is not a listed option, they will still usually let you pick your bread. Our only advice regarding the sandwiches would be this: If you ask for cheese, make sure they give you cheese! They seem to make it a habit of leaving it

off the sandwich.

The best meal-deal Panera has is the "You Pick Two" selection. You pick two of the following for a set price: a bowl of soup, half a sandwich, or half a salad. And those halves are still pretty darn large! The only down-side is that for some of the select sandwiches and soups you may have to pay an extra charge, and the drink is not included. But all in all, you get a lot of food, so you may want to ask for a bag.

For those who want something hot,

we recommend the Hot Panini Sandwiches, all of which come on focaccia bread. These include the Frontega Chicken, Cuban Pork and Ham, and the Portabella and Mozzarella. And yes, you can include these choices in the pick two deal.

Aside from the sandwiches, Panera offers a variety of great soups every day. Our favorites are the Broccoli Cheddar (every Sunday, Tuesday, and Wednesday), and the Chicken Chili (Monday, Wednesday, and Saturday). All the soups rotate except for the French Onion, which is offered every day. You can also get your soup served in a bread bowl for about \$1.50 more. Also available are some great café salads: Chicken Oriental, Fandango, Greek, Caesar, and the Classic Café. Those that we have had are pretty good (Classic and the Caesar), and you can add grilled chicken to all of them (with a charge, of course).

Aside from the café options, Panera has some great coffee drinks, desserts, breads, and bagels. Other suggestions are the I.C. Frappe Drinks, which are cold espresso drinks "blended into frosty, creamy treats." For dessert, we highly recommend the cinnamon scones and the croissants. The bagels are also pretty good, but who would want a bagel when all the other great stuff is available?

Aside from the food, which we have

determined is the best tasting things since the Chicken Nachos Belle Grande, the atmosphere at Panera can't be beat. Over by the bakery shop they offer tall bistro tables and stools, and you can usually find the latest copy of the New York Times on one of them. Over by the "grab your tray and go" area there are booths for those who want to get cuddly with their significant other and there is also a great solarium type area with wooden tables and cool, multi colored padded booths. Sit by the window and watch the cars drive by and the snow fall outside while you warm up inside.

An added bonus that has happened to us numerous times is the 'famous local newscaster' sighting. While sitting unsuspectingly in the above forementioned booths, we have seen many of the Erie on air news broadcasters. What a great way to top off any meal!

The only down-sides to Panera are that they are pricey and they are not on Buffalo Road. If only we could relocate them between the Buffalo Road Taco Bell and the Liquor Store, and have them adopt some of the Bell's prices! But, if you are out on Peach Street, instead of going to the Taco Bell there, you might want to give Panera a try. If you have a five and a few singles in your pocket, you will get a great meal.

## 3 Doors Down coming to Erie



ROLLING STONE PHOTO

Clockwise from top left - Chris Henderson, Richard Lyles, Todd Harrell, Brad Arnold, Matt Roberts

by Paige Miles  
copy editor

It's a rare occasion that a band comes to Erie, not to mention a band people have heard of. On Sunday, March 4, 3 Doors Down will play with Oleander and Shades Apart at the Erie Civic Center.

3 Doors Down, consisting of Brad Arnold, Todd Harrell, Matt Roberts, Chris Henderson, and Richard Lyles, made their number one debut with the single *Kryptonite*, which pushed the band into the modern rock spotlight. *Kryptonite* sat at the top position on the charts for over 41 weeks.

The band originally formed as a trio during the mid 90s in Escatawpa, Mississippi. After making a demo of *Kryptonite*, the band began to gain heavy airplay on local stations. They originally used a guest drummer from time to time, but later on added him as a permanent member of the group when they signed with Universal Records.

3 Doors Down's album, *The Better Life*, is surprisingly their sophomore album. Their first CD contained many songs also featured on *The Better Life*, including *Kryptonite*. Their second single, *Loser*, is climbing the charts as *Duck and Run*, their latest single, is the third most added song to the modern rock charts.

In late December, a DJ on a local radio station quoted that *Kryptonite* will be the rock song that will be remembered still when today's teenagers have grandchildren. 3 Doors Down could also be remembered as the biggest act to hit Erie in 2001.

*Three Doors Down, along with Oleander and Shades Apart, are scheduled to play Sunday, March 4, at 7:30 p.m. Tickets in advance are \$23.75 and \$25.00 the day of the show. Tickets are available through Ticketmaster and SFX.com.*

## A special Valentine's Day story

by Tammy Srembo  
staff writer

For most people Valentine's Day is supposed to be filled with love and happiness. Valentine's Day is meant to be shared with your loved ones and show how much you love them.

This is a story about true love. A story of true love that started from being a little kid, to having a crush, to having your heart broken, to being in love. Back when Emily Rose was a little girl, she had always loved Valentine's Day. She loved everything about this unique holiday. Her mother would decorate the house in Valentine's Day decorations including hearts, red and pink bows, and bears. Emily's mother would constantly tell her how special the day was. Her mother would tell her stories about how she met the love of her life and later married him, (Emily's father). Emily really enjoyed these moments with her mother. It seemed as if Emily's mother really opened up when she talked about her husband. The two of them would sit around and talk and giggle like two teenage girls with crushes.

Each Valentine's Day, Emily's mother and father would buy her a Valentine's Day present, which was always a special gift. Emily could not wait until she received her gift. When she started elementary school, the other children in her classes would exchange Valentines. Emily would go with her mother and pick out her Valentines. Emily would pick out the cutest Valentines, some years having bears on them, some having puppies on them, and some being popular characters. For first grade, Emily and her mother were told by Emily's first grade teacher to make a little "mailbox" for the big Valentine exchange. Being that Emily's mother was into arts and crafts, Emily's mother had a brilliant idea. She took a big Planter's Cheese Balls container and cleaned and emptied it out. She put red felt around the container to cover it up. Next, she cut out little white and pink felt hearts and glued them onto the container. Being that Emily had picked out panda bear Valentines for her first Valentine exchange, her mother cut out a boy and a girl panda bear and glued them onto the container. To finish the mailbox, Emily's mother took the lid to the container and made a slot in the top so that the kids could just put the Valentines into the slot. She then put red felt onto the lid. For the final touch, she put white ribbon around the top. Success! The perfect little "mailbox" for Emily.

Valentine's Day had finally arrived, and Emily was on the school bus on her way to her first big Valentine's Day party at school. It was snowing out, which made the day even more exciting for little Emily. She loved snow, and

she loved Valentine's Day... what a perfect day! Her mother and father had bought Emily a stuffed raccoon for this year's gift. Emily just loved the raccoon! She was upset that the raccoon had to stay home while she was at school. As the school bus stopped at the entrance to the elementary school, Emily checked one last time to make sure she had everything; her mailbox, her Valentines for the other kids, and lastly, her little pink backpack she took to school every day.

Emily entered her homeroom and saw all the other kids filled with as much excitement as her. The little students impatiently sat through the first half of their school day. After lunch the fun began. The teacher said that the students could now go around and exchange their Valentines. Setting each of the "mailboxes" out on the desks, the little students eagerly ran around the room placing each other's Valentine's into one another's "mailboxes". After the big rush, the students then anxiously opened and looked inside their "mailboxes". Emily was in such bliss. The teacher then gave the students a surprise, Valentine's Day cookies in the shape of hearts. At the end of the day, Emily went to catch her school bus. As she stepped outside the elementary school, to her surprise it was still snowing! Every little kid loves snow, and to Emily this snow was extra special, it was Valentine's Day snow. She went home and showed her mother all of the Valentines that the kids had given her. By the time she went to bed, she was exhausted.

Over the years, Emily still loved Valentine's Day. It was February 14 again. This time, Emily was in her senior year of high school. Her mother still decorated the house, but not as much. Emily's parents still bought her a gift every Valentine's Day. This year it was not a stuffed raccoon, but a pair of heart-shaped earrings and a sentimental card.

Nonetheless, Emily was still giddy about Valentine's Day. Emily was in love with a fellow student, Nathan. Emily was very eager as to whether or not Nathan would do anything special for her for Valentine's Day. For the first time in her life, Emily felt the true meaning of Valentine's Day. During the middle of the school day, Emily met her best girl friends for lunch in the cafeteria. She looked outside the cafeteria window and to her surprise it was snowing. Emily started to think about all of the special Valentine's Days her mother and father had given her and just started remembering what it was like when she was a little girl and about how she felt when it just happened to snow on this special day. Her friends broke her train of thought when they asked her if Nathan had given her roses or anything. Emily laughed and said, "no, not yet. Maybe he will come over

to my house later tonight and surprise me with flowers!" Her friends squealed with joy, and Emily found herself squealing as well. Emily rushed home and sat patiently by the window, eagerly waiting for her crush to surprise her with flowers. Hours went by. She stared motionless out of her bedroom window and watched as her neighbor girls' boyfriends came bearing roses and candy. Emily smiled to herself and kept her hopes up that Nathan was still coming to do the same. Midnight came, and Emily's mother asked her still-hopeful daughter if everything was ok. Emily just smiled and said that everything was. Emily went to school the next day as if nothing ever happened. She thought to herself... there's always next year, and besides, Nathan was more of a crush than a boyfriend, or was he?

Emily went away to college for her freshman year and for the first time in her life, she was away from her parents, her friends, and her family. Emily was involved in a serious relationship with James. Valentine's Day was quickly approaching, and Emily was so excited that for the first time in her life, she actually had a real relationship for this special day. Emily went out and bought her boyfriend a card, some cologne, and made a tape of all of their love songs. Emily was so happy when the day finally arrived. Her mother had mailed her a little box full of Emily's old Valentine's Day decorations and a card. Emily felt so close to home even when she was 300 miles away from her parents. Her mother had written in the card, "here are some of your old decorations. I thought it would make you feel at home. I love you." Emily felt tears in her eyes.

Emily was in her car and on her way over to her boyfriend's house for dinner. There was lots of traffic due to an accident from the icy roads. Having left her cell phone at her dorm room, she could not call James and tell him that she was on her way, and would be a few minutes late. Emily finally arrived at James' house. She was not even out of the car yet when James came storming out of the house screaming and yelling at her that she was late. She tried to explain, but he would not hear it. Emily did not know what to do. She had been dating James for almost a year and had never seen him so upset. She tried to calm him down but instead he took the gifts that she had bought for him and threw them. Emily was so scared, she was starting to leave, but James wouldn't let her. He started yelling and screaming even more and then later that night, took his anger out on Emily.

When the ambulance came to pick up Emily, she was a total wreck. She was crying hysterically and more scared than anything. The ambulance crew took Emily to the local Emergency Room,

where her parents were waiting for her. Emily thought to herself, "Why did this have to happen to me? Why me? What did I do?" Emily was already scared and crying when she then remembered that it was Valentine's Day. She began to cry even harder.

Since James, Emily has just casually dated guys, not wanting to get too close, afraid something bad might happen to her again. Emily had just started her senior year in college and then something happened that would turn her life around. Emily had made friends with Alex, a fellow college student. They would talk on the phone and chat online. They got along great. One day, Alex had asked Emily out on a date. Emily was still very wary of guys, especially since James. She kept telling Alex no, that she wasn't interested and that they should just stay friends. Emily became aware that she was hurting Alex's feelings. Emily was a very sensitive person and could not and would never hurt anybody. Emily called Alex and said that she would go on a date with him. This made Alex extremely happy. Their first date went very well. Their second and third dates also turned out great. Almost a year's time, not a day went by where they didn't see each other, talk on the phone, or talk online. Emily and Alex turned out to be inseparable. They honestly didn't think they could live without one another. Emily had been in love before, but Alex had not. Emily was in love, but this was a different kind of feeling for her. She had never felt this way before about anyone in her life. Emily had dreaded Valentine's Day since James, but Valentine's Day was approaching. Alex had told her that he would not let anything bad happen to her and that he would make Valentine's Day special. Emily was still a little wary about the day, but she took Alex's word for it.

Valentine's Day came. Emily woke up and called her parents to wish them a Happy Valentine's Day. She was truly happy, in love with Alex, and had that happy feeling back of Valentine's Day. While talking to her mother, her mother told her, "Emily, I can't believe where the time went. Just yesterday you were my little girl and we were making that little mailbox for you to take to your first-grade Valentine's Day party. We've been through a lot, but you're still my little girl. You will ALWAYS be my little girl, no matter what. I love you." Emily was crying with happiness. Her mother was crying, too. The two of them laughed and talked just like those days past when they would have little 'love' chats together. The differences between this talk and the talks they used to have were they both aged, they were farther away from each other now, and Emily knew the true meaning of Valentine's Day. She knew her mother was hiding

