

Paradise Lost?
By Mark Baron

So what are you doing for Spring break? Cancun? Jamaica? Panama City? It's the question that we, as college students, are faced with all the time. Those of us who choose to go on Spring break vacations know what to expect: alcohol, increased sexuality, babes, dudes, and memories that will have a lasting effect on you. However, there are things that we don't expect that can have a devastating effect on our lives. How does one have great memories without tragedy?

Spring Break, originating in the 1930s at Colgate University, has been an experience, whether good or bad, for many Americans. Let's not waste time here. Anybody who has gone on a Spring Break vacation, gone to the shore, or even watched a T.V. show, knows what to expect. We're talking SEX and hooking up (with the increased risk of getting sexually transmitted diseases), BINGE DRINKING (according to the American Journal of College Health- "18 drinks a day for guys and 10 for girls"), and finally DRUGS (which could range anywhere from Ecstasy to cocaine).

I'm not going to tell you what to do on your vacation. That's your parent's job. I look at it this way; you are going on a vacation to share a great experience with your friends, so look out for them! Think I'm lying? Think about this: A 19-year old named, Andrew Guglielmi, died after falling off the balcony of a Panama City, Florida hotel nearly five years ago. He was highly intoxicated. A year later, the same thing happened to a college freshman who just graduated from my high school. Where were these guys' friends? Get the point? If your going to drink, I suggest that there is at least one person not drinking; a "designated sober guy," if you will. This may seem like a nightmare to some of you, but a sober buddy may save your life one day.

This doesn't just go for drinking alcohol, but drugs and sex too. First off, drugs will kill you quicker than eating a falling piano. They ruin your life and everyone else's around you. Your friends care about you, care about them. Don't bother with drugs. As for sex, use a condom! It's a lot of common sense.

If you're not into all the drinking, drugs, and sex, that's fine! Maybe you're the type who likes to volunteer on your free time. If you are, Maywood's campus ministry hosts spring break service trips to places in and out of the US. Nothing is wrong with helping people other than you.

If you really need a work-free vacation, you can always be safe and creative. Senior, Amanda Mullen, has a unique story: "I took a trip out to Hershey Pennsylvania with my friends Tiffany and Tara and we went to the Hershey's Spa. If you were never there and you love chocolate, you must go. There is chocolate everywhere. You can even get a chocolate massage! Not the erotic kind just a normal one, but it's still one of the best experiences of my life." Thanks Amanda, for that sweet experience. It took me five hours for that punch line.

Spring Break is 24/7 party for most vacationers which means the attention you would have at a normal college party has to become hypersensitive. You can still have a blast, but the key is looking out for each other! For more spring break safety tips, take a look at: <http://academic.scranton.edu/departments/publicsafety/Spring-Break-Safety.pdf> or just Google “spring break safety tips.” It takes five minutes, but it can save a life.