

Life and Art

LIFESTYLES • TRENDS

That's the breaks

What can possibly go wrong during a week of fun and sun? Just name it

By TEREZA NEMESSANYI

Daily Pennsylvanian, U. of Pennsylvania

Mechanical breakdowns, broken bones and just plain bad breaks — it's not called Spring "Break" for nothing.

The annual week-long college rite offers the rare opportunity for thrill seekers to whet their appetite for adventure, usually set against an exotic backdrop.

But there's trouble to be found, even in paradise.

Just ask the group of U. of Arizona students who planned to spend their vacation on a houseboat on Lake Havasu two years ago.

A wrong turn made the five-hour drive stretch into eleven. And once they finally arrived, the boat's propeller broke on the first day, forcing the vacationers to remain docked for the entire week. Not allowed to use the boat's toilet, the students monopolized a public restroom on the beach. Unable to handle the volume, the toilet clogged and exploded.

"It smelled so badly that someone threw up in there," said senior Jen Lindley. "When the man came to fix it, he started hyperventilating. He was white as a ghost."

Lacking a sense of adventure, one pristine student bailed out. She called the mayor of the Lake Havasu community at 5 a.m. and had him take her to the airport to catch a flight home.

The other more hearty souls, however, stuck it out.

"It was quite an adventure and it wasn't what we expected, but we still had fun," Lindley said.

A relaxing week of camping and hiking with his family in the Grand Canyon was what U. of California, San Diego, senior Matt McLean had in mind. Instead, he spent his break Eskimo style.

"The weather was fine at first, and we hiked down," McLean said. "Then it snowed." And snowed. And snowed.

McLean spent three days stuck in the tent, playing cards and listening to his stepfather worry that the family would get fined for not sticking to the ranger's rigid itinerary.

Chad Rogers, an Ithaca College senior, would have been happy if his taxi driver in the Bahamas had simply obeyed the rules of the



COURTESY OF SOUTH PACIFIC ISLAND VISITOR & CONVENTION BUREAU

Spring Break is a time-honored tradition among college students looking for adventure, freedom and unforgettable memories.

road. Assuming he was used to vehicles driving on the left side of the street, he didn't comment as the taxi driver swerved all over the road.

"He slammed into a big cement street divider," he said. "He didn't say anything, he just went into reverse and drove us back to the hotel with three wheels. Sparks were coming out of where the axle was supposed to be."

Matt Smith, however, isn't so fainthearted. The Syracuse U. sophomore let this curiosity get the best of him last year in a Daytona Beach clam bar, where close examination of a raw oyster provided him with a flash of collegiate creativity.

"What if you do it I snort this oyster up my nose and spit it out my mouth?" he challenged his fraternity brother.

"Dude, I'll eat it if you do that," was the reply.

The mollusk briefly lodged behind an eyeball, Smith said, before "this big gale-force wind heaved out of me and it flew."

His buddy kept up his end of the bargain as well.

"It was great," Smith recalled nostalgically.

Students face bald facts of premature hair loss

By CHARLOTTE FALTERMAYER

The Review, U. of Delaware

While celebrities like Michael Jordan depict baldness in a positive light, most college men would rather forfeit the process of premature hair loss.

"I really didn't want to be 18, 19 or 20 years old and be bald," said Bret Chittenden, 18, a student at Delgado Community College in New Orleans who began losing his hair in high school. "It puts a damper on your appearance at that age," he said.

According to the American Hair Loss Council, 35 million males have Androgenetic Alopecia, or male pattern baldness. And while losing one's hair can be devastating at any age, early onset male pattern balding, which generally afflicts men in their teens and early 20s, is particularly traumatic.

Mike Mahoney, AHA president, cited early signs of aging and a sense of lack of control as reasons for anxiety over baldness. "It's like losing part of their identity," he said.

Dean Levensgood, 19, a sophomore at the



JIM VOLLBRECHT, (IDaho) ARGONAUT, U. OF IDAHO

Early balding can be emotionally disabling.

U. of Delaware who has been completely bald since the age of 12, said he was often made fun of as a child.

"They would say, 'Hey baldy!' or 'Hey Kojak.' Some people even came up to me and said, 'I'm sorry you're dying,'" he said.

For Matt McMaster, 21, a junior at Pacific Lutheran U., the experience was so distressing that he immediately contacted

his doctor, who prescribed Minoxidil.

"I was scared because, of course, image is a big deal these days," said McMaster, whose hairline has filled in from applying the drug.

According to Jeff Palmer, a spokesman for Upjohn, which sells Minoxidil under the brand name Rogaine, the drug must be used continuously. "Once you stop using it you'll lose what you've gained," he said.

Levensgood has never used Rogaine, but has tried "a million weird things."

"I used to wear this ugly flowered bathing cap to bed that used to be my grandmother's," he said. "It was really embarrassing."

Dante DeLeo, 21, a junior at Southern Connecticut State U., said he has been offered plenty of advice on how to stop his hair loss, such as refraining from wearing a hat and cutting down on junk food.

But according to Dr. Jerome Shupack at the New York U. Medical Center, these types of suggestions have "no validity whatsoever."

"One of the options is always learning how to live with your hair loss," Mahoney said. "As men age they seem to accept it."

Generation X misses making societal mark

By ALISON FORBES

Indiana Daily Student, Indiana U.

Everyone, it seems, is "talkin' 'bout my generation."

We twentysomethings have been called every name in the book, most of which revolve around some form of the word "apathetic." We apparently have no goals, no future and no ideals left to follow, say several aging baby boomers.

But whether we're saving the planet or going to hell, we're the almost 48 million humans born between 1961 and 1971.

Pegged as "Generation X," "baby busters," or just "lost," we may best be unraveled by an Xer himself, Douglas Coupland, author of "Generation X: Tales of an Accelerated Culture."

And, as in the novel, we've quickly learned the realities of life. Our economy continues its roller coaster ride, drugs and divorce are daily events, and the environment faces permanent damage from what were once thought to be technological advances.

But if mulling over large decisions is a trait typical of Xers, it might be because of the problems previous generations dumped on us, opting for the temporary quick fix. Long-term solutions are what we're looking for, said Beth Jaquish, a junior at Indiana U.

"We're coming out of the 'me' generation and becoming more aware of the world around us," she said.

While some reject the so-called American dream, others would like to capture some of the dream's stability.

But thanks to the economy, stability might always be elusive. It will be harder for people in our generation to live as "comfortably" as preceding ones, according to Time magazine.

For many, graduate school seems to be the way to go, said Allen Brown, a second-year medical student at the U. of Alabama, Birmingham.

"I'm obviously locked into a specific field," he said. "But there's plenty of college grads that are sitting at home, still looking for jobs."

Financial insecurity has influenced other aspects of Xers' lives. Many opt to remain single longer rather than adding the pressures of marriage and family.

Careers definitely come first, said Rena Perlmutter, a sophomore at the U. of Maryland.

"But I think most people want marriage and career both," she said. "Also, because of AIDS and divorce, most people are going back to the monogamy of the '50s."