

# Gettin' your freak on for

• The dangers and dramas involved in Spring Break, from drinking and drugs to airport security, as well as the most happenin' vacation spots and how to protect yourself while you are there.

## Spring Break tips

### TOP FIVE SPRING BREAK HOT SPOTS

- 1) DAYTONA BEACH, FL.
- 2) PANAMA CITY BEACH, FL.
- 3) SOUTH PADRE ISLAND, TX.
- 4) THE BAHAMAS
- 5) CANCUN, MX.

### WEBSITES THAT OFFER WILD RIDES

- 1) **PRICELINE.COM:** HELPS YOU FIND AND SAVE MORE THAN \$200 ON TICKETS.
- 2) **GREYHOUND:** OFFERS \$99 ROUNDTRIP OR 15% OFF SPECIAL WALK-UP FARES.
- 3) **COLLEGECLUB.COM:** OFFERS SITE SEEKERS TO FIND HOT SPOTS, HOTTIE PICS, AND MEANS OF TRAVEL TO VARIOUS EXOTIC SPRING BREAK LOCATIONS.



### SPRING FLING DO'S AND DON'TS

You're away from campus, surrounded by tons of people; hotties and the homelies, how do you spend your Spring Break? What can you do about your single lifestyle? Here are a few tips that I think can make your Spring Break a memorable one. You never know you may find your "one".

—Go for it! If you see a hottie and you want his/her number, go ask for it. How will they know you want them unless you tell them?

—Don't just hook up with someone to say you had a Spring Fling. Why waste what could be your greatest relationship for a fleeting moment of sex.

—Don't drink so much you can't remember you had a great time.

—Keep your drink with you at all times; you never know if someone has slipped something in it. This is mostly for females.

—Hey, guys. Don't slip a girl some drugs in her drink just so you can get your freak on.

by Salena De La Cruz

Information compiled from <http://www.studentadvantage.com/issue/>

## The bad news on binge drinking

SALENA DE LA CRUZ  
Opinion Editor

Timeless are the tales and traditions of college students and Spring Break: friends, dancing until dawn and basking in the Mexican sunshine—and lots and lots of alcohol. This tradition that is looked at all in good fun and as a way to unwind after Spring Break isn't just fun—it's binge drinking. And it's not just about beer bongs and kegs anymore, but about serious consequences that can lead to injury or death.

"The drug that really poses the largest threat to the health of the people of the U.S. across all ages, but most especially college students, is alcohol," said George Marcelle, communications and social marketing professional for Social & Health Services Ltd.

Binge drinking is described as five

"...the drug that really poses the largest threat...is alcohol."

George Marcelle  
Social & Health Svc. LTD.

or more drinks in a row for men and four or more for women. More easily it can be described as "too much alco-

hol in too little time," according to the Harvard School of Public Health College Alcohol Study.

Excessive drinking remains a growing problem on college campuses. With the drinking, crime has become synonymous with this "fun."

According to the National Center on Addiction and Substance Abuse (CASA) at Columbia University, alcohol is involved in 90 percent of campus rapes.

A study published in the Journal of American College Health found that 73 percent of the assailants and 55 percent of rape victims used alcohol or other drugs prior to the assault. Alcohol is also involved in two-thirds of college student suicides and 95 percent of violent crime on campus.

Students who binge drink are 21 times more likely to be hurt or injured; drive while under the influence; get in trouble with the police or campus security; engage in unprotected or unplanned sex; damage property; or fall behind in school work, according to the U.S. Department of Health and Human Services.

"One of the very first facts I learned about alcohol consumption was that the group, in the United States, that consistently drinks the most alcohol are white males enrolled in college," said Marcelle. "I'm sorry to tell you...since I first learned that fact, it hasn't really changed that much."

According to the most recent studies done by the Harvard study, approximately two out of five college students

are binge drinkers: 51 percent of male students and 40 percent of women. Students most likely to binge drink are white, age 23 or younger, and residents of a fraternity or sorority.

According to the U.S. Department of Health Services, students make alcohol and other drug problems...However, that would not be acceptable socially, I don't think. I do think when we talk about the college age populations we need to look at a more comprehensive approach...and respect for the laws as they are now," said Marcelle.

There are many consequences involved in binge drinking. It can affect your day-to-day life as well as physical persons. Persons who binge drink can experience alcohol poisoning. Symptoms of alcohol poisoning include but are not limited to vomiting; unconsciousness; cold, clammy, pale or bluish skin; or slow and irregular breathing.

"The important thing to remember right now is that the law is 21 (legal drinking age) and there are legal consequences and it extends a lot from just the hassle of getting a DUI (Driver Under the Influence). It can affect your participation in school, on athletic teams, and the though the law is 21 you need to be conscious of and clear about what those consequences are," said Marcelle.

As many college students prepare for what many deem as the greatest vacation and biggest party, known as Spring Break, many colleges and students are arming themselves with knowledge and strength against drinking. Strong alcohol policies are being set to help deter drinking. In hopes of keeping drinking to a minimum, many

colleges and universities have made dorms and social events alcohol-free.

"I guess on one level it would be great if the legal drinking age were 25. If you look at the research, people after 21 tend not to develop serious alcohol and other drug problems...However, that would not be acceptable socially, I don't think. I do think when we talk about the college age populations we need to look at a more comprehensive approach...and respect for the laws as they are now," said Marcelle.

If college students drink, they must remember to drink in moderation and responsibly. All of this does no good if it's thought right before they black-out. When the world start spinning out of control and the porcelain gods are being bowed to, remember, it can be stopped by stepping back. Just remember why people are in college: to learn and have fun. But there is a line that needs to be drawn when having fun or someone can get hurt or even die.

It's not funny when someone is so drunk they can't remember how they got there. It's not funny when someone wakes up next to someone they don't know. It's not funny when someone blacks out and remembers nothing. It's not funny when someone drinks and drives. It's not funny because this could be you or someone you care about. Think before you drink. Drink responsibly.

To reach Salena De La Cruz, e-mail or drop by B-104.

## Flying the friendly skies safe, secure

MAGGIE JIRASEK  
Editor-in-Chief

New airport security measurements are intended to greatly improve security at America's airports, but as new regulations come into force, travelers have to learn how to deal with the changes that come along.

Since the Sept. 11 attacks, airports nationwide are on high alert. Many changes have been made to the air traveling system in order to secure passengers and the American population in general.

No longer people can say goodbye to their loved ones, friends or family at the departure gate. Instead, only ticketed passengers with a valid I.D. can pass the security check. This rule has already been in force at many international airports for a long time. Passengers are also required to show up at least two hours before take off time. Waiting in long lines is basi-

cally unavoidable.

According to Leon Nixon, member of the Airfield Security Coordination Unit (ASCU) and Airport Police for Los Angeles World Airports, passengers have to be prepared to be patted down and searched. Some passengers are even asked to take off their shoes and socks. In case you are carrying a beverage when passing the security check, you will be asked to have a drink to make sure that the fluid doesn't contain any kind of harmful substances.

"Wear socks that don't have holes in them, so you won't be embarrassed," warned Nixon.

Some travelers are subject to what is called a random search, meaning that individuals will be picked out of the crowd and searched.

"Stay calm when being searched and know that the procedures are set for a reason," said Nixon.

Often people feel offended when

being patted down or having strangers go through their belongings. Not following the procedures, however, is a violation against the law.

"A violation can hit you with a \$12,000-20,000 fine," said Nixon. "Keep in mind that the rules are in place so we all can fly safe."

Although it is known to traveling individuals that new regulations are there to make airports a safer place, to many it might seem sort of redundant and at times pointless to go through several security checks and being searched and patted down more than once before boarding the plane. However, it is important to remember that going through all the procedures and following the rules will make airports a safer place and protect traveling passengers.

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