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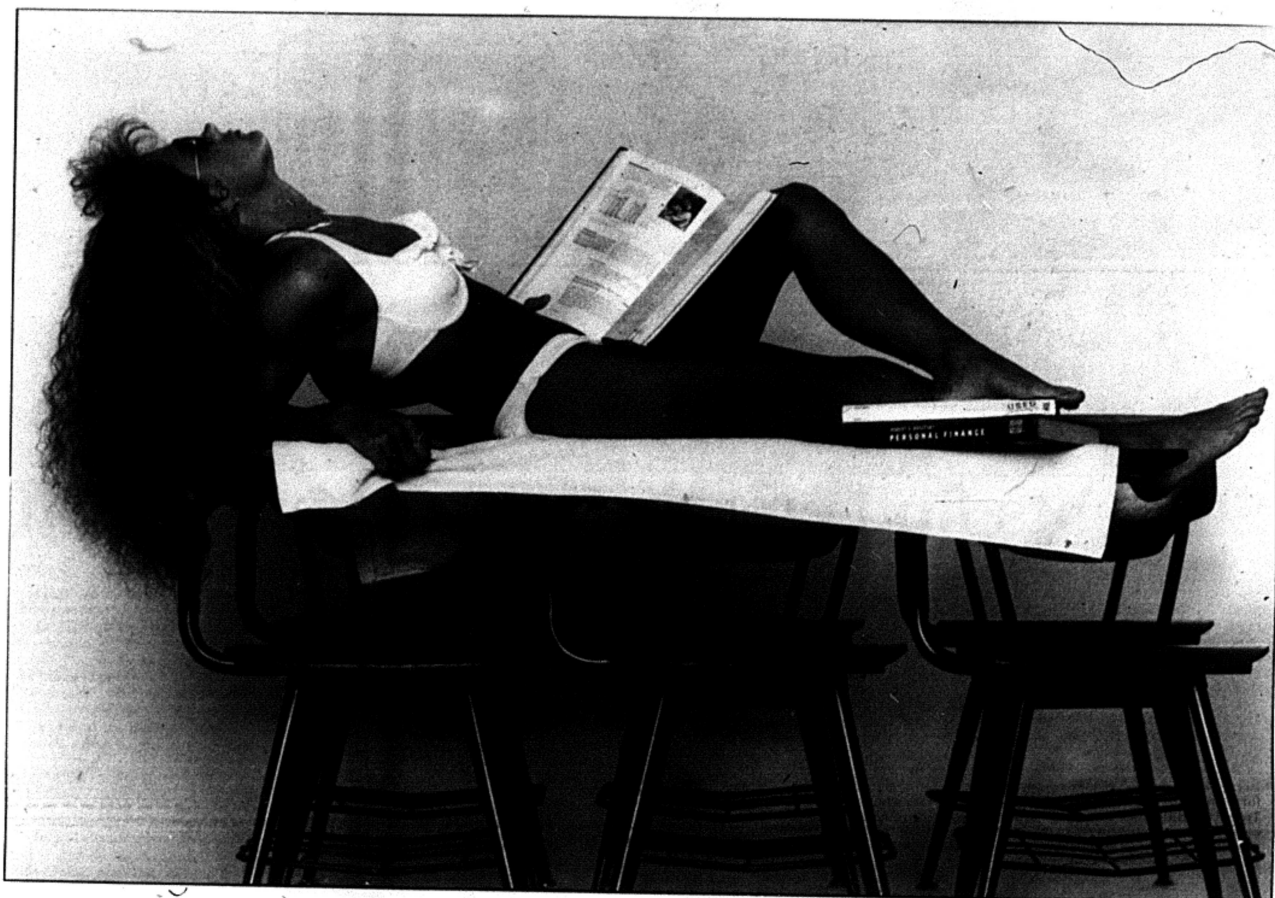
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Joe Stefanchik/Herald

Breakin' Away

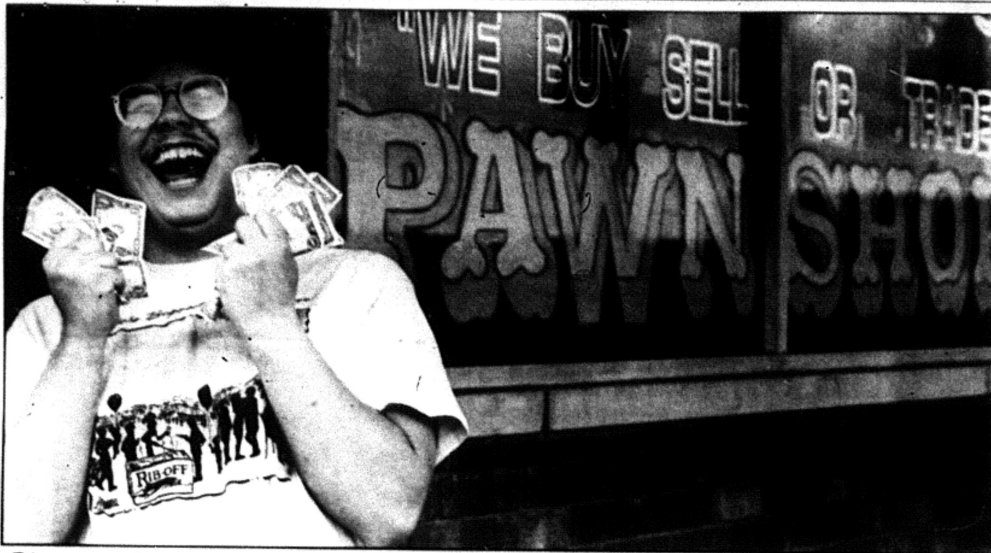
A special section to the *College Heights Herald*

Inside:

- ♥ Spring Breaks from hell
- ♥ Tips for slimming down
- ♥ Dangers of tanning beds

...and more

Tuesday, March 9, 1993



Darron Silva/Herald
Students go to many
 measures to get money for
 Spring Break. Kirk Stobinski, a
 freshman from Monclova, Ohio,
 illustrates the benefits of using
 a pawn shop for quick cash.

Students find creative ways to earn cash

BY SHERRY WILSON

In the countdown to Spring Break, students are getting desperate for some fast cash. Some are selling their books, electronics and even their own blood, to get the funds needed to reach their vacation destination.

Jeff Mills of E-Z Money Pawn said that he always has an increase in business this time of year from college students.

People pawn their cars," said Mills. "They pawn everything from TVs and VCRs to jewelry."

Scott Saulsbury of Nashville's Plasma Alliance said that many area college students are donating plasma for money.

"People come in to donate plasma and we pay them for it," he said. "We have a lot of Western Kentucky University students." Donors can come in twice a week and get \$20 each time.

Many students are using their tax refunds to pay for their trips.

Janine Graves of H&R Block said the Rapid Refund check was popular with most college students. H&R Block completes

the tax forms and charges a percentage of the projected refund. They deduct that fee from the customer's check.

"Most of the students use Rapid Refund," said Graves. "It's guaranteed back in three days at least."

Some students have a back-up plan if their tax refund doesn't make it in the mail before they leave.

"I'm going to use my parent's money in case my tax refund doesn't come," said Tim Fallen, a junior from Evansville, Ind.

If students are lucky enough

to have just finished several bi-term courses, they can sell their books back.

Robert Hall, manager of Lemox Book Co., said that happens often near Spring Break.

"It's a little coincidental, but bi-terms begin at about the same time as Spring Break," he said. "People are turning in books after bi-terms."

But Hall said another reason for the increase in business was just to get money for the break.

"A whole lot of it is the money for Spring break, that's for sure."

Hallsaid

Even with so many opportunities to pick up fast cash from local businesses, some students, like Lewisport senior Shelby Emmick, have been saving their own money.

"I've been working at home on weekends," he said. "I've been saving all year."

Emmick said he has saved \$500 for his trip to South Padre, Texas.

"I plan on spending all of it," he said. "That's what I saved it for."



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Dream vacations turn hellish for some

◆ *Bad past experiences have students feeling differently about the 'perfect' vacation*

By **STEPHANIE BROADBENT**

Spring Break, it usually brings to mind sunny, white sand beaches, beautiful men and women in skimpy bathing suits and plenty of tropical brewed delights.

But add to the scenario a flat tire, a roach motel and a hangover, and Spring Break paradise vacations can turn into hell.

Louisville sophomore Angelyn

Rudd will never forget her worst Spring Break. She and the four women she was with had a flat tire on their way to Florida. When they finally got there, they discovered their motel was infested with roaches, the owners couldn't speak English and the redneck next door wouldn't leave them alone.

As if the trip to Florida wasn't bad enough, the return home was even worse. Rudd said Rudd was driving her friend's car when the engine exploded. "We had to walk five miles to a gas station," she said. "My friend actually blamed me and threatened to sue me."

My friend's parents came to

pick us up, and they were drunk," Rudd said. "They were swerving all over the road and her 90 year old drunk grandfather was hitting on me!" Rudd said she and the other four girls never spoke to each other again.

Jennifer Abrams said her Spring Break was hell last year. The Fort Wright sophomore went to Florida with her best friend, but they couldn't find a hotel and decided to go back home. On the way back, the car broke down in the middle of nowhere. When they got back, Abrams discovered that a close relative was in the hospital, and the next day her boyfriend broke up with her.

"For the rest of the week I didn't have anything to do, any money to spend or anybody to do anything with," Abrams said.

Last year Auburn freshman Caleb Asbridge's high school senior dream vacation turned into a nightmare. Asbridge and his friend planned a trip to Atlanta over Spring Break and told his parents they were going to leave after school on Friday. Instead they skipped school and left early.

That night he called his parents to tell them they had made it to Atlanta safely and his father told him he knew Asbridge had skipped school. He

made Asbridge drive all the way back that same night.

Hopkinsville senior John Batts gave up an opportunity to go to Florida last year because his girlfriend wanted him to come see her instead. He went to visit her but she was so busy he only saw her once the whole week.

Although there are no guarantees that Spring Break will be the perfect vacation, Abrams is determined that this Spring Break will be better than last year.

"I'm not going to Florida again," she said, "but I do plan to relax and enjoy myself."

NON-TRADS: Will spend time studying, visiting friends

By **LINDA S. MORRIS**

The high-maintenance non-traditional students would love to go to Florida or Texas during spring break like other students usually do. Planning a more practical week.

"I would like to be in Florida on the beach," said Russellville junior David Smith. But he will be working to get money for a trip to the beach this summer.

Of the 7 students plan to hit the books rather than the beach. "I'm planning to study for my anatomy lab since I have a test on Monday after the break," said Mountaintop freshman Reanna Haubert. "I'll start on my spring reading too."

Some students are smart. Andrew Newell said he will be doing the same.

"I'm studying, house and cooking," she said. "From 8 to 11 a.m. I'll be in the kitchen with my little girl and help the teacher out with grading papers and reading to the kids."

Many non-trads are planning

to visit nearby friends and family.

Even though Franklin senior David Cary works full time, he

◆ **"I'm defrosting my freezer. I'll have to get a hammer and chisel to get the ice off."**

— **Lynne Holland**

Bowling Green senior

is taking time off to do things around the house and visit friends in Ohio with his wife.

Others are staying closer to home. "I'm going to Nashville, stay with my best friend and see my sister," said Bowling Green sophomore Paula Vaughan Schaffer.

However, when she was in high school she went with her friends to Florida, hung out on

the beach, chased guys, we didn't sleep, we didn't eat."

Though Scott Evans, a junior from Gallatin, Tenn., had also gone to Florida on a previous spring break, this year he plans to "relax and go see my friends in Tennessee."

Bowling Green senior Lynne

Holland plans an exciting spring break at home.

"I'm defrosting my freezer. I'll have to get a hammer and chisel to get the ice off," Holland said. She also would like to have some fun with her two boys, but first, "I will have to use a blow torch or flame thrower to clean out their rooms."

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Sports teams will be busy over the break

By DENNIS VARNEY

Not everyone on campus gets a break next week.

Western's athletic teams are at different points of their seasons, but almost all are spending Spring Break either practicing or competing.

The women's basketball team may have the most significant task in front of them as they travel to Ruston, La., to play in the Sun Belt Conference Tournament. The Lady Toppers' first opponent will be Southwestern Louisiana.

The winner of the Sun Belt

tournament will get an automatic bid to the NCAA Tournament, which also starts during break.

Senior center Paulette Monroe said it doesn't bother her to play during break.

"I have no problem with the way it is scheduled," she said. "After the season is over we can go home whenever we want to."

The men's Sun Belt Conference Tournament ended last night, but the Toppers are not ready to pack their bags and go home just yet. During the break, they will be practicing for the NCAA Tournament, which begins next week.

The baseball team will have its hands full with seven games over the break. Its first two will be a doubleheader at home against the University of Alabama at Birmingham on Saturday. Then the team will have a five-game road trip through the rest of the break.

The swim team just completed in the Eastern Intercollegiate Championships in Cleveland where they finished seventh. Seven members qualified for the U.S.S. Nationals and will now be preparing for the meet which

will take place in early April.

Coach Bill Powell said the swimmers who qualified will have a choice of practicing here or at home during break.

The track team will be the only team with a split break. They will have the first half of the break free, but will return on the March 17 to leave for the Florida State relays.

Coach Jody Brigham said the men's tennis team will be on the road March 12-20 to play five matches over the break.

The women's tennis team will

have a chance to enjoy the spring break however they want.

Freshman Stephanie McCarty said she is glad there will not be any practice over the break.

"Since I live in North Carolina, this will be the first time I'll get to go home since Christmas," she said. "I don't think not practicing for a week will hurt us any since we don't have a match for a while. We'll be practicing on our own at home anyway."

Their next match will be at Murray State on March 26.

Staying home for break no problem for some students

◆ Plans include working, relaxing and staying out of trouble

By BECKY JAMES

While some students will be lying on the beach this Spring Break, others will be finding different ways to relax — at home.

"I went to Washington D.C. to visit my bi-ther (last year) and this year I decided to just go home and relax," said Mary Methner, a junior from Logansport, Ind.

Louisville junior Peter Kelley said he's staying home because he got into trouble last year and doesn't want to repeat the incident.

"I'm going home to Louisville because last year I went to South Padre, Texas," Kelley said. "I

spent too much money, got drunk in Mexico, and they almost didn't let me back across the border because I was so drunk."

Other students can't go anywhere because they'll be working during the break.

"I get a week off of school

which means I will just be working my 40-hour job and actually have free time to just relax," said Chris Noble, a senior from Roanoke, Va.


Some students will take advantage of the break to work in the community.

"I am staying in Bowling Green and doing community service either with Children Protection Agency or Boy's Club," Nashville junior Dave Obedala said.

Students looking for a place to stay in Bowling Green during

the break might have a problem since dorms will close Friday. To remedy that problem, this week the Housing department will post lists of hotels that offer special rates for students who live in dorms.

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SURVIVAL TIPS: Budgets, car check-ups essential

By DAVID BUNNELL

If Murphy's law applies to Spring Break, then things will go wrong and vacationers need to be prepared.

When preparing for a long trip, there are several things to keep in mind.

People need to be ready for the financial burdens of traveling.

A student should have a budget in mind, said Jayvis Freeman, owner of Hampton Travel Agency. That is the most important thing.

She said for students to get good deals on hotel rooms, it is necessary to make reservations far in advance. For a small fee, travel agencies will offer trip cancellation insurance, which can guarantee a refund if the trip is called off.

Proper car care is essential for a safe trip as well.

Richard Greer, director of the Counseling Services Center, whose hobby is renovating old cars, had some tips for getting a car ready for travel.

"First check tires for proper inflation and bald spots," he said. The driver also needs to be sure he or she has a spare tire and the know-how to change it.

Drivers should also check fan belts, radiator hoses, plugs, electrical wiring and clean the battery terminals because corrosion could short out the battery, he said.

Greer said the most important safety precaution is not driving fast nor driving drunk.

Many students will get burned for their fun in the sun. Dr. Gordon Newell, a local dermatologist, said it is important to protect skin from harmful rays. One mistake students make is "going to a

tanning bed to get a base tan," he said. "Tan in a tanning bed is not as protective as a normal suntan," he said. "It provides a false sense of security."

Sunscreen is important to protect from sunburn in the short run and cancer in the long run. Newell said one should use a sunscreen with a minimum sun protection factor of 15. This will keep the skin protected for 15 times as long as it would be without sunscreen. He said reapplying a weaker sunscreen is futile because after a period of time it has reached its maximum potential. It is also important to have a sunscreen which protects from ultraviolet A rays as well as ultraviolet B rays.

Bad sunburns should be treated by taking aspirin or applying hydrocortisone cream, Newell said.

Many students have found creative

ways to deal with the boredom on long drives and with the problem of how to stay awake.

"There's always the good old trivial pursuit questions," Harrodsburg senior Keith Graham said. On long drives, he also entertains himself with "general craziness, bad jokes and noticing strange things about other cars on the road."

Darren Benning, a junior from New Albany, Ind., said once on a long trip "some people were supposed to stay awake to keep me awake, and they fell asleep." In order to stay awake when passengers fail to help, he said, "turn up the radio and maybe crack the window."

Clarkson senior Alison Hackley said to pass the time while driving, "I usually roll down the window and sing or fight with my sister."

Students can have a big time on a small budget

◆ Some are saving money by traveling in groups or staying with relatives

By JILL NOELLE CECIL

Many penny pinching students are hoping to get something for almost nothing by finding inexpensive Spring Break vacations.

But the rude awakening of learning the value of a dollar forces many students to make sacrifices.

Nashville sophomore Brian Williams said traveling to Panama City in a big group is a good way to split the cost of a condominium.

"We'll have 10 people in our room," he said. But he said the crowded arrangement won't matter because he'll be spending more time on the beach than in his room.

Determined to have fun, many vacationing students said they pride themselves on their ability to skip on necessities like food.

"We're skimping all the way," said Whittville freshman Allen Taylor.

To cut costs, Taylor and his 10 friends will be staying in two hotel rooms, one with a kitchen. They will bring all of their food with them and cook at the mess hall.

Taylor said there are plenty of ways to have a cheap vacation without sacrificing fun. He said his group's trip to Daytona will cost each person only \$120 for

the week.

Don't waste money on souvenirs, sleep on the beach or stay with relatives, and use coupons," he said.

Another way students can save money is by letting their parents pick up the bill.

"It's less expensive to go with my mom," Louissville sophomore Skye Bove said. "We're staying in my aunt and uncle's condo in Orlando."

Bove said she doesn't mind going with her mother, because she gets to relax and work on her tan.

Some students choose to not take a trip. Like Geoff Flahardy, a Chicago freshman, who would rather save the money for his fraternity's formal.

John Harmon, a junior from Hendersonville, Tenn., said after going to New Orleans for Mardi Gras he and many of his friends "just afford to do anything for Spring break."

"I'm staying in Bowling Green to work and save money for Spring formal," he said.

As a last resort to skipping a Spring Break vacation, a few students make unconventional plans.

Riding a Greyhound to Clearwater, Fla., wasn't what Liz Siwinski, a sophomore from Baltimore, Md., had in mind for a vacation.

"It's not the most comfortable way to go," she said. "It's a 21-hour trip and it's a pain, but you meet a lot of people."

Hoping to save the \$18 for a

round trip bus ticket, Siwinski often led to travel with her friends until they canceled.

Knowing the right place in the right place can be a plus in planning a vacation.

Hopkinsville sophomore Stacey Eastman will be staying in Fort Lauderdale with three other friends in an apartment owned by her grandparents.

"All we have to come up with

is money for gas and spending money," said Mike Pierce, a Frankfort junior.

Hopkinsville freshman Brian Rains, who is also going on the trip, said he is getting a great deal for the \$200 dollars he plans to take, \$75 of which is his share of the gas money.

"That will cover cars, T-shirts, food and alcohol and everything else," he said.

In addition to providing a place to stay, Pierce said, Eastman's grandparents bought the group tickets to watch a major league baseball team practice.

Pierce said their group plans to have as inexpensive a vacation as possible.

"We're looking for a few more people to split the gas cost," he said.

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 SO MUCH MUSIC SO LITTLE TIME

TANNING BEDS: Increase risks of skin cancer, eye damage

BY MICHELLE MCQUERRY

With Spring Break just around the corner, tanning salons are packed this week with students who want a tan.

But some may find that the tan itself could be more costly than the tanning salon's bill.

Recent studies at the American Academy of Dermatology and The Skin Cancer Foundation have found that ultraviolet-A rays emitted from tanning beds penetrate the skin deeper than the ultraviolet-B rays from the sun. This causes more serious long term damage and increases the risk of skin cancer.

Skin cancer is not the only risk involved with tanning beds, however. Rashes, warts and herpes can be transmitted if the beds are not properly disinfected between customers, according to the research done by the American Academy of Dermatology. This obviously becomes even more dangerous for those who tan in the nude. Tanning in the nude has become quite popular due to fear of tan lines.

Eyes are also at risk in tanning beds. According to the U.S. Department of Health and Human Services, the cornea and retina can be damaged and a permanent loss of vision can be

a result in some cases of exposure to ultraviolet radiation if protective goggles are not worn.

Exposure to ultraviolet rays also suppresses the body's

◆
"My forehead started getting wrinkled and tough, and my back got white splotches, so I stopped going as much."

— **Tiffany Jernigan**
Nashville junior

immune system, according to studies reviewed by Lorraine Kligman of the University of Pennsylvania School of Medicine.

Despite these negative

effects, some say a positive side to indoor tanning does exist. Beach Bum tanning salon employee Misty Kay Calta, a Bowling Green sophomore, said she knows several customers who get prescriptions from dermatologists to go to tanning salons for skin problems.

Greg Lawson, a recent Western graduate from Liberty, said he uses the tanning beds before going on vacation. "I would rather be burned before vacation rather than during my vacation," he said. Beach Bum is open until 2 a.m. this week for Spring Break.

Nashville junior Tiffany Jernigan uses tanning beds about once a week. She used to go even more often until she got skin problems. "My forehead started getting wrinkled and tough, and my back got white splotches, so I stopped going as much."

Survival kits available

While preparing for Spring Break, students may also purchase a Spring Break survival kit for \$3 sponsored by Student Health Services. The kit includes safety tips, a first-aid kit, sunblock, condoms, pens, a T-shirt, a toothbrush kit and safe sun pamphlets.



Teak Phillips/Herald

With Spring Break approaching next week, local tanning salons are keeping busy. Amy Warren, a freshman from Hendersonville, Tenn., lay in a tanning bed Thursday afternoon. Like many other students, Warren is traveling to Daytona Beach, Fla., for the break.

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WKU Health Beat

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EASY-DOES-IT EXERCISE BOOSTS YOUR IMMUNE SYSTEM

Until recently, much research which looked at the effects of exercise on the immune system reported negative effects. Research indicates that athletes may actually suffer higher rates of certain illnesses: mononucleosis, pneumonia, colds and flu. Newer research, however, shows that high-intensity exercise may depress the immune system, but moderate exercise strengthens it -- and may even reverse the decline in immune function that comes with aging.

A 1983 study found that marathoners have high rates of upper respiratory infections, and that the faster runners had the higher incidence rates of colds and flu. Another study of 2,300 competitors in the 1987 Los Angeles marathon, found that more than 40 percent reported at least one cold or flu episode during the two months preceding the race. Further analysis of the Los Angeles data revealed something interesting: the marathoners who had trained more than 60 miles weekly reported nearly twice as many colds as those who trained less than 20 miles weekly.

A newer study took a group of very active older women (average age 73) and found that their immune systems functioned at a level similar to those of women half their age and 55 percent higher than those of their sedentary counterparts. Better yet, the usual age-related decline in immune function was very nearly reversed in these fit older women -- most of whom did not start exercising regularly until they were in their sixties.



The culprit seems to be *intensity of workouts*, rather than *time spent*. Moderate exercise appears to enhance the immune system, while the physical/psychological stresses caused by intense exercise

diminishes it. "The threshold seems to be about 60 percent of your VO2 max (respiratory capacity)," says David Neuman, author of several of the studies. Pushing too hard may hurt rather than help your health!

ARE ATHLETES TRAINING TOO HARD?

For athletes who push hard in training, colds and flus may be a small price to pay for improved performance. Yet, overly intense or excessive training may result in diminished performance, warns exercise physiologist David L. Costill, Ph.D., director of the Human Performance Laboratory at Ball State University. His studies have shown that beefed-up workouts don't always translate into better times. "We're probably training our athletes to train, not to perform," he says.

In one study, researchers split Ball State swimmers into two groups. One group continued to train twice a day; the other dropped down to once. The twice-a-day swimmers lost their sprinting ability during the season, while the one-a-day group set personal records. A subsequent project found that swimmers who added weight lifting to their routines did not improve their times either. The idea that if I'm good now, if I train more and harder I'll be better isn't necessarily true.

Source: *Longevity*, March 1993

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- Roasted pureed eggplant with garlic and tomato
- Chick pea puree with garlic and a touch of olive oil
- Apple butter
- Peanut butter (Yes...nuts are high in fat, but in limited quantities nuts are a beneficial addition to your diet.)