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Stefanie Boyar/Herald

BREAKIN'

Inside

♦ Find out how to get quick cash for your Spring Break trip.

♦ Is that tan really worth it?

♦ Get the scoop on new spring fashions.

... and more

AWAY

A special section of the
College Heights Herald

March 8, 1994

TANNING: Despite the risks, students take the chance

By Don Edwards

Some doctors may say people who use tanning beds have been out in the sun too long.

Dermatologist Gordon Newell said the ultraviolet rays which are produced by the sun are duplicated in tanning beds.

"The American Association of Dermatology is opposed to tanning beds," he said. "We know the UVA rays in them cause cancer. Doctors are concerned that Langerhans' cells which aid in immune surveillance are damaged."

Newell said that lymphocytes, which migrate through the blood in the outer skin, are also damaged by ultraviolet radiation.

John Phelps, owner of Bahama Mama, 332 E. 13th Street, said many people have misconceptions about tanning beds.

"There's an old myth about tanning beds causing cancer, he said. "But that's just not so."

Phelps said many people are

just not familiar with how tanning beds work.

"As with anything, if you misuse a tanning bed, you're not going to get the right results," he said. "But if you use the proper moisturizers and lotions and stay the right amount of time, it can actually benefit you in many ways."

Phelps said several tests performed by independent researchers indicated that tanning beds lowered blood pressure and improved blood circulation.

Louisville Junior Stacey Pike, an employee at Beach Bum, said the salon offers lotions and moisturizers which a majority of the customers use.

"Mainly the lotions are used to intensify your tan while moisturizing your skin," she said. "But I don't think it makes a difference if you use the lotion or not, though."

Becky Cody, a senior from Hendersonville, Tenn., said she goes to the tanning bed twice a

week.

"I think there is as much danger in the sun as going to the tanning bed," she said. "I

"We may look at tanned skin a couple of generations from now as some look upon smoking today."

— Gordon Newell
dermatologist

don't see the difference."

Bowling Green freshman

David Burton said he has never been to a tanning bed, and probably never will.

"The sun is free," he said. "I also think people look stupid walking around in January and February with dark brown skin. It's really fake-looking."

Beach Bum employee Lori Jenkins, a senior from Lewisburg, said many students use the tanning beds before formal and Spring Break.

"I think tanning beds are healthy," she said. "It's more regulated than the sun. You go in and we know exactly how long to keep you in. It's better than going out in the sun for a few hours and getting fried."

Jenkins said although the beds are considered safer after several precautions, there are still dangers.

"A lot of people don't take the eye protection seriously even though we recommend it," she said. "You can really do a lot of damage to your eyes by not wearing them."

Newell said there are more dangers to tanning bed users than just wrinkled skin and possible skin cancer.

"We see patients all the time who have been taking prescription medication who burn very easily," he said. "When they use the tanning beds without considering the potential risks, there can be a real danger."

Newell said even those who aren't on medication might have adverse skin reactions.

"If you have fair skin, tanning beds will burn you just like the sun can," he said.

Newell said he hopes the trend to be less tan will grow more popular in magazines and advertising.

"A couple of generations ago, tan skin usually implied that one was a laborer," he said. "Then the tennis look came along and everyone wanted tan skin. We may look at tanned skin a couple of generations from now as some look upon smoking today."

Some students plan to have a non-traditional break

By Tammy L. Hankins

It's Spring Break.

Some students will be relaxing on the beaches in Panama City, Daytona and Myrtle Beach. Some will be taking a cruise to the Bahamas. And many will probably be partying a little too much.

But for some non-traditional students, Spring Break will be nothing like that.

Bowling Green senior Donna Ewings said she will have completed all of her classes at Western by the time Spring

Break gets here because her last class is a bi-term and it ended the first week of March.

"Usually it (Spring Break) means I can watch television in the afternoons instead of studying," she said.

Spring Break is usually a time for her not to worry about time for her not to worry about classes and just go to work, she said.

She said most college students get a "real break." They go home to relax with their parents or take vacations.

But for non-traditional stu-

dents, they still have to go to work and put in a full day, she said.

Hedgenville senior Gary Hans said he will be working during Spring Break, but not at a job.

"I'm hoping to move to Elizabethtown," he said.

He said he wanted to move, so he set aside Spring Break as a time to do it.

But instead of moving, Hans said he would rather be relaxing or taking a vacation in Italy. Some non-traditional stu-

dents would like to take trips, but can't for financial reasons.

Bowling Green sophomore Patricia Rose said she would like to take her daughter to Disney World for Spring Break, but can't afford it.

Instead, she will be painting their bedrooms, she said.

Even if she had planned a trip, her Spring Break would still be different from most students, she said.

"I don't party like traditional students," she said.

For some students, Spring

Break won't be any different than the rest of the semester.

Bowling Green junior Dorothy Downs said the only place she'll be going for Spring Break is to the library.

She said she will be doing three or four papers and reading a few books.

She said Spring Break should be a time to relax and enjoy yourself.

"I do believe the younger ones make the use of it that it should be, where the non-trads don't," she said.

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While working on her "abs," Russell Springs senior Kim Withers gets in shape for her Spring Break trip to Key West, Fla. Withers is traveling with eight of her Alpha Delta Pi sisters. "Everyone wants to look good in their bathing suits," Withers said.

PUMPING IRON: Some students shaping up before they ship out

BY SHERRI OSBORNE

Spring Break is right around the corner, and many students have begun the final preparations for their annual trips — they're getting in shape.

But other students said they didn't increase their workouts just because of the break.

"I think everybody is going more because of New Year's Resolutions and springtime in general," said Libby Oldham, a sophomore from Hendersonville, Tenn. "I go (to work out) more in the springtime because the weather is nicer and I want to get out more."

Though Louisville junior Jami Siegel said she is looking forward to Spring Break, she isn't doing anything special.

"I'm not exercising any more because of it," Siegel said. "I've been working out since the beginning of the year."

Some Preston Health and Activities Center employees said they have noticed a significant increase.

"It usually picks up two to three weeks before Spring Break," said Louisville junior Josh Geary, a Preston Center employee. "Actually, it increases quite a bit. There is mainly an increase in girls, but this

tendency occurs every year."

Other Western students work out for the fun of it, and not so they can slip into their bikinis.

Lexington senior Kathy Clark said she runs to get in shape.

"It's more fun and it's easier for me to do," she said.

Still, some students said they get fit for their personal satisfaction.

Madisonville sophomore Stephanie Wiles said she works out for her health.

"I've been going to Preston because it makes me feel better," Wiles said.

Religious groups plan to help others during the break

◆ **Hilltoppers for Christ are going to Mexico and Campus Crusade for Christ is going to Florida**

BY ARNOLD F. FLENER

Two student Christian organizations plan to share their faith during Spring Break.

Twelve members of the Hilltoppers for Christ, will travel to Frontero, Mexico, over Spring Break to help put the roof on a struggling 25-member church, said Dal Narramore, director of Hilltoppers for Christ.

Narramore said the Hilltoppers for Christ are helping the people of this small Mexican church because they feel everyone needs a place to worship.

The mission trip will be paid for by donations from Greenwood Park Church of Christ members, or members of the students' own churches. Students generally come up with a portion of the money on their own and have their own spending money, Narramore said.

Narramore said the Hilltoppers for Christ hope to identify with the young people of Mexico, since the average Mexican age is 16 years old.

"We are trying to encourage

the young people of Mexico in their faith," he said.

Bowling Green freshman Laurie Wright, a member of the Hilltoppers for Christ, said the Mexico mission trip is important, but the Hilltoppers for Christ do a lot of work on campus as well.

"We try to let people on campus know that we're for Christ," Wright said.

Another student Christian organization, Campus Crusade for Christ, is preparing for its annual Spring Break activity, known as "The Big Break," in Daytona, Fla.

Owensboro junior Jenny Webb, a Campus Crusade member, said the annual conference involves student Christian organizations from universities all over the United States.

Each university sends its organizations to Daytona during their Spring Breaks and students spend time on the beach sharing their faith with other people.

Daytona was chosen for "The Big Break," because the town has many events that attract crowds, and it is a gathering place for young people, Webb said.

"It's a good experience for students to have because it gives them a chance to put their faith into action," Owensboro senior Karen Watkins said.

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PROFESSORS: Work and fun are on the Spring Break syllabus

By Bill Kemp

For history Professor Robert Diettle, Spring Break is more than a time to get away from the stress that comes with being a professor.

It's a chance to see his wife. Diettle said his wife lives in Grinnell, Iowa, and teaches at a college there. He said they live so far apart because it was best for their careers, and he visits her whenever he gets a break.

But that's not all he's doing. "While I'm there," he said, "I'll be working on a microfilm of an 18th century diary."

The diary belonged to a book seller from Paris, he said.

He is planning to go to the library at Grinnell for research, he said.

Some professors use Spring Break for both religious and recreational activities.

Government Professor Chris Hamilton said he is going to fast, and during his fast, he is going to participate in a racquetball tournament in Evansville, Ind.

Hamilton is a believer of the Baha'i faith. He said they go by a different calendar, and the fast starts at the beginning of their year, which is March 21. During the fast, which lasts about 19 days, he can eat, but only after sunset, he said.

Hamilton said the fast usually happens the same time as Spring Break.

But, he said he doesn't want to stick to a strict schedule while on break.

"I manage my time every day

of the week," Hamilton said, "so I'll probably manage it less during the break time."

He also said Spring Break is more of a babysitting expense than a vacation.

"Unfortunately, the 'powers that be' have not achieved the wisdom necessary to see how important it is to coordinate the schools' and the Kentucky universities' vacation schedules," he said.

It's probably because the administration is made up of an older generation whose children are out of school, Hamilton said, and they won't address the problems of faculty members with kids "because this generation doesn't understand the problem and doesn't care."

Unlike Hamilton, some professors just try to get away from school and relax.

Lou Ehrhke, a consumer family sciences professor, said he's going to Key West for the entire week because he wants to go where it's warm, and get out of the classroom.

During past Spring Breaks, he has gone to Puerto Rico, the Virgin Islands and Mexico, he said, because he likes to relax in a different atmosphere.

"After Spring Break, I feel re-energized," Ehrhke said. But it usually takes students three or four days to get back mentally, he said.

Diettle said he likes Spring Break because it allows him to catch up on personal research.

"It helps me re-charge my intellectual batteries," he said.

Travelers should play it safe on the road while driving

By Jennifer Provano

Students who head off for their Spring Break destination before preparing their car for the road may not make it there safely.

The most important thing students should do before leaving is let someone know where they will be traveling, said Bowling Green police Sgt. Mari Harris of the Community Relations Unit.

"They should tell someone where they're going, when they're leaving, and they should call the person when they get there," Harris said.

Harris said students should also have their cars checked by a professional before leaving. She said a routine tune-up is all that is needed.

Wilford Lamastus, the owner of Lamastus Chevron Station, said students should have someone check the oil level, the water level, the tire pressure, the radiator hoses and the belts.

"It should be somebody who

knows what to check for," Lamastus said.

Henderson senior Lynn Collins said students should also have their alternator and battery checked. She was stuck in Hoover, Ala., when the alternator in her friend's car broke on their way back from Florida her freshman year.

"She had a tune up before we left," Collins said. "They said it was okay."

Collins said they felt safe because they were traveling with a man.

"It's so hard to trust people if you're a girl," Collins said. "We were really lucky."

Harris said if the car breaks down, students should stay in the car and lock the doors.

"If someone stops, crack the window and ask them to please go to the next exit and call someone," Harris said. "Don't get out of your car even if you're tempted."

If someone shows a badge, but he or she does not have on a

uniform or is not in a marked car, students should ask them to radio for a marked car before they get out, Harris said.

"Police officers would rather someone do this," Harris said. "They won't laugh or complain."

Harris also said students should travel in groups because it is safer.

"Even as a police officer, I

think twice about going by myself," Harris said.

Students traveling south should not wear shorts and a T-shirt because they may end up in an ice storm, Harris said.

She said students should wear clothes according to the weather they will be traveling in and should bring a blanket in the back seat.

Students should also carry a

flashlight, some food, a coat, a

spare tire and a tire jack, Harris

said.

"Spring Break is a good time," she said. "But you have to make it a good time and follow some of these simple things."

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SPRING BREAK: It only happens in America

BY ANN MADISON

A new vacation means new plans for international students. Kristi Jalil, a junior from Singapore, said Spring Break is definitely an "American thing."

Some international students said their school semesters are set up differently than in the United States. They have vacations, but not one called Spring Break.

Marianne Reinskou, a junior from Norway, said they have a week off in winter and 10 days off for Easter. Students usually go

skiing during the breaks, she said.

Reinskou said this year during Spring Break, she will probably tour somewhere in this country, like New Orleans.

Undergraduates tend to travel in the United States, since many live too far to go home said Hilary Statton, president of the International Club.

Since Singapore is thousands of miles away, Jalil said she will be traveling to Indiana University to visit her boyfriend.

Students in Singapore do not

have as many vacations, she said. During a two-month summer break, students usually go shopping, see movies, or hang out at discos and clubs.

While the summer months are vacation time for Singapore students, Ecuador students get out of school for a day about eight or 10 times a year during national holidays, said Angelo Rodriguez, a senior from Ecuador.

He said some schools there have year-round courses from October to June. Others have three trimesters from September

to December, February to May and June to July.

During the third, he said, if students do not take classes, they may go back home, travel around the country, or take hiking trips in the Andes.

Rodriguez said he may go to Miami to visit relatives for Spring Break.

"Spring Break is a good idea," he said. "When the weather is warming, it's an excellent chance to go south and relax on the beach."

For some students, Spring

Break means getting ahead on school work.

Mark Staynings, a graduate student from England, said he will be working on a few papers that are due in April.

"But I'll relax a little too," he said. "I'll probably sleep a little more than usual."

Unlike some students, Alex Troshev, a freshman from Russia, said he hasn't made plans for the break yet, but he is more than ready for a vacation.

"I could go right now if I had to," he said.

Snowy memories keeping some students home

BY CRAIG ALLEN

Next week, hundreds of Western students will descend upon the beaches of Florida in search of fun and an escape from the pressures of college life.

But for some, the nightmares of past Spring Breaks are enough to keep them at home and away from overpriced hotel rooms, bad weather and disappointment.

However, some students said this year's break couldn't be any worse than last year when a winter storm dumped inches of snow on travelers, closing interstate highways and bringing rain and low temperatures to Florida's normally sunny and temperate beaches.

Bowling Green junior Aaron

Blazer said last year he and three friends had been planning their trek to Daytona Beach for months.

They had to delay their trip when the snow hit, and when they were finally able to leave, huge chunks of ice on the road knocked their car around so much that they lost a hubcap.

The traffic eventually thinned out somewhere in Georgia, and Blazer's friend, who was driving the car, got a speeding ticket.

Upon arrival in Daytona, Blazer and his friends found there was actually nothing to do.

"When we got there, it rained every day," Blazer said. "The only good thing was that we had about 10 cases of beer. We just sort of walked around in the rain."

"We decided we were going to get as far as we could, but we got stuck in the snow about five miles from Dalton, Ga."

— Kenny Wright
Radcliff sophomore

Louisville junior Mike Clark

said he went to Panama City Beach with some friends. And despite the old cliché that getting there is half the fun, Clark said the trip down was even worse than the cold weather and no sun in Florida.

"We stopped to get gas near Birmingham, Ala., and there was 14 inches of snow on the ground. Everyone was telling us not to go on, but we didn't care anymore," he said. "We got back on the interstate and we were stuck there all night. The trip from Bowling Green to Panama took 27 hours."

Clark said their only comfort that night was the two cases of beer they had stashed in the trunk.

"We just chilled out and drank it," he said. "There was nothing else to do ... it was an

awful trip all around."

Radcliff sophomore Kenny Wright also had weather-related problems last Spring Break.

"We decided we were going to get as far as we could, but we got stuck in the snow about five miles from Dalton, Ga.," he said.

Wright said he did not want to spend the night in the car and hitched a ride into town.

"Every hotel was booked and people were sleeping on floors of restaurants," he said. "The next morning, I got back and my friends had gone on to Daytona. I spent the night in a homeless shelter and finally got a hold of the people I went with, but they were already drunk and partying. It was hell."

HOME: There are a few things to do for Bowling Green breakers

BY JULIE GRUNDY

Clay Jackson won't be heading to any sunny beaches or white slopes this Spring Break. Unlike some students, Jackson will be staying in Bowling Green by choice.

"It's not really that I don't want to go somewhere to have fun," he said, "but I'd rather be saving money than spending it next week. I'll be working for some extra cash."

Jackson, a junior from Roswell, Ga., has managed to fit some fun into his work schedule at Red Lobster. He and a few friends are planning to go to a concert in Cincinnati during the break.

"Other than that, I'm not sure what's left to do in Bowling Green," he said, "but surely people can find fun somehow."

Actually, Bowling Green has quite a few local attractions for

those stuck in the limits of Warren County.

◆ The Preston Health and Activities Center will be staying open during Spring Break, offering those who don't have a chance to get on the beach to get into some sweat. Though the center will be closed this weekend, it will be open 8 a.m. to 7 p.m. Monday through Friday and regular hours next weekend.

◆ For those trying to get a head start on term papers due shortly after Spring Break, the campus library will be open 8 a.m. to 4:30 p.m. Monday through Friday and normal hours on the weekend.

◆ Though it may not be as warm as the sparkling waters of Florida, Barren River Lake usually is a good spot for an afternoon picnic or a little fishing. It's just a few minutes away from campus, too, letting students get back to those studies just as

soon as they're ready.

◆ Mammoth Cave can often be overlooked by students since it's so close. The massive cave system attracts thousands of visitors each year. Several tours are offered, some free and the rest for reasonable prices.

◆ Shakerstown is only 10 minutes west of Bowling Green and the site of the last western Shaker community. There's a museum, hotel, restaurant and antique shop for those who want to prolong their peaceful stay.

◆ There are plenty of opportunities to see plays at the Capitol Arts Center in downtown Bowling Green or, for those who don't mind the drive, at Horse Cave Theater just a few miles north on I-65.

◆ If all else fails, students recommend just taking it easy. "Don't do anything you don't have to do," Jackson said.

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Students get fast cash for Spring Break

BY CATNY BRAUTIGAM

Spring Break is right around the corner and some students go to extremes to get some quick cash for their trips.

Susie Dean, a freshman from Springfield, Tenn., said she sells old rings and charms to pawn shops whenever she needs a little extra money.

She said she will probably use half of the money to go to Panama City, Fla., during Spring Break.

Dean said this is an easy way to make money, "as long as students don't sell anything they will miss."

Joe Snooks, an employee at Hilltopper Pawn Shop, off O. I. d. Morgantown Road, said they try to give students a good deal.

Snooks said students usually bring in compact discs, cassettes, Nintendo games, electronic equipment, jewelry, bikes and sometimes weapons.

He said the pawn shop takes things in on pawn for 30 days and tries to loan at least one-third of what the merchandise is worth. There is a 20 percent interest charge on the loan, and as long as the owners of the items pay the interest, they can leave it in pawn as long as they want.

Another way for students to make some fast cash for Spring Break is to give plasma at Bowling Green Biologicals or the Plasma Alliance in Nashville.

Bowling Green Biologicals Manager Debra Floyd said plasma centers all over the country see an increase as Spring Break approaches.

Floyd said people can make up to \$130 per month, \$10 to \$25 per visit, depending on the number of times they have given. They can donate twice in a seven day period, but they must have 48 hours between the two donations, she said.

"It's a very safe and simple procedure that takes little of your time," Floyd said. "It's a lifesaving effort."

"Giving plasma is the best and most respectable way to earn \$15 in an hour."

**— Courtney Givens
freshman from
Newburgh, Ind.**

Courtney Givens, a freshman from Newburgh, Ind., said even though most of her money for Spring Break will come from her savings and selling back old books, giving plasma four times has helped her make extra money.

"Giving plasma is the best and most respectable way to earn \$15 in an hour," she said.

Jan Holder, Quality Temporaries employee relations manager, said students can take



Tor Mathiesen/Herald

Tony Brown, a junior from Portland, Ore., gives plasma as a way to finance his Spring Break at Bowling Green Biologicals. Students can earn \$10-\$25 a week and up to \$130 a month donating plasma.

temporary jobs to make money for Spring Break.

"We always have openings where we are needing short-term people," she said. "Payroll is done locally, and we do not hold back a week before they are paid."

Holder said the company has openings in clerical, industrial, and construction work.

She said people who are interested in getting a job there

must apply and be interviewed by one of the company's employees.

After an interview, they are ready for placement. She said the whole process only takes about 30 minutes.

Ann Walling, a freshman from Newburgh, Ind., said she plans to use money she saved from working over the summer, to pay for her Spring Break trip.

But, she said, if all else fails,

she will call her parents.

Stephanie Meredith, a freshman from Newburgh, Ind., said her parents are going to help her pay for Spring Break by giving her money for her birthday. And she said she will use her tax return.

Regardless of how they get the money, Dean said students should "do anything they can to have fun."

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TRAVEL: Flying and driving are popular choices

BY REBECCA SARGENT

Before "Spring Breakers" can whip out the suntan oil and beach towel, they must first find a way to get to their destination.

Airplanes and automobiles are or will be the first choices for some Western students this year.

Owensboro senior Jenelle Higdon said the easiest way to travel is to fly because you don't have to worry about anything, but the most economical way to go is to drive.

Higdon, who also works for Davenport Travels in Bowling Green, said they have made airline reservations for about 150 people.

Higdon said it's better to buy airline tickets early. She said at one time last year, a ticket to South Padre Island in Texas was \$160 on Southwest Airlines under the special, "Friends Fly Free." In December, a ticket was \$221, and now it costs \$300.

"This year, people are going further south because of the snow storm that happened last year," Higdon said. "Airfare's pretty expensive, but people are tending to fly to places like South Padre because of how far it is."

Another choice of travel is by bus. Granville Mitchell, an employee of Greyhound Bus

Lines, said they have had a lot of calls this year.

"It depends on the economy and the type of specials we have, if students decide to go Greyhound," Mitchell said. "This year, if people call 14 days ahead of time, they can purchase one ticket for the regular price, and get one free."

A round trip bus fare to Florida costs anywhere from \$198 to \$234.

Springfield sophomore Ashley Tinsley said she is going to Pensacola, Fla., with two of her friends.

"We're going to drive down because it's less expensive, quicker and more accommodating than a bus."

Owensboro sophomore Ben Bushong drove to Panama City, Fla., last year, but he said he is flying to Ft. Meyers, this year.

"I'm flying to Florida with my family," Bushong said. "I'm getting away from the driving scene."

Bushong said he left Owensboro last year with one of his friends in a two-seater Nissan Sentra that belonged to one of his fraternity brothers. They were supposed to pick him up on their way to Florida.

The car broke down in Bowling Green, so Bushong had to go back to Owensboro and get his car.

When they got to Atlanta,



photo illustration by Adam M. Bettcher/Herald

Some students choose to drive to their Spring Break destinations. "We're going to drive down because it's less expensive, quicker and more accommodating than a bus," Springfield sophomore Ashley Tinsley said.

they had to spend the night in a hotel because it was snowing and sleeting. Bushong said eight inches of snow was on the ground when he woke up the

next morning.

He said it took him four hours to get out of the hotel parking lot. And he said a car backed into his car, causing

damage.

"The trip down cost me about \$450 including food, gas, lodging, and the wreck," Bushong said.

Students can have a good time on little cash

◆ From sleeping in cars to bringing their own food, many students find creative ways to save money during Spring Break.

BY LISA TOLLIVER

Once again, it's time to exchange textbooks for suntan lotion—at least for a week.

For some it could also mean a time of empty bank accounts. But it doesn't have to. It just means Spring Break on a tight budget.

Saving money just takes a little extra effort and some creative thinking.

"I've slept in my car

before," said Heidi Anderson, a junior from Westmoreland, N. H.

Anderson said she didn't have enough money for a motel when she was in Virginia Beach, so she and her sister piled on the blankets and slept in the back seat for the night.

This year, Anderson said she and a couple of friends are borrowing camping equipment, taking their own food and staying at a Morehead campground.

If camping sounds like the way to go, there are several campgrounds located around the states.

To save money on transportation, driving, instead of flying to a Spring Break destination, seems to be the most popular way to get there, said Tim Wright, sales and rental

clerk for American Car Rental and Sales.

"We get an increase for mini-van and car rental, and about twice the usual business around Spring Break time," he said.

Jean Johnson, an agent for Davenport Travel, at 2625 Scottsville Road, said one way for students to save money is to stay in a condominium with a kitchenette when they're on vacation.

A condo in Panama City usually has a flat rate of \$520 for the week. And a condo for four can have a maximum capacity of 12 people, Johnson said.

"It's kind of the same old thing, but it's the most inexpensive way to go," she said.

Loretto senior Dawn Thompson went to South Padre

Island, Texas last year with a limited budget.

"I took \$200 and brought back \$120," she said.

Thompson said the travel expenses were high, but when she got there she saved money by buying her own food, like sandwich meat and bread, and she went to Mexico a lot, which was only about 20 minutes away.

"Everything is cheaper in Mexico," she said. "Down there you can get two beers for a dollar."

Bowling Green senior Jay Houston said she usually goes to Orlando.

Houston said she and a group of friends drive down, split gas money, stuff 12 people in a hotel room for four, and live on fried bologna.

Houston also said she will try not to spend much money when she goes out.

"There are always coupons on the beach for free cover charges and free food at different bars," she said. "And at Universal Studios you get in for half price if you show your student ID."

But when deciding whether to drive or fly, sleep in a condo or a campground, or to eat out every meal or cook, travelers need to watch out for scams, said Shannon Klaine, manager of Travel Professionals International Inc. at 2530 Scottsville Road.

"You need to start comparing prices early," she said, "and if you see some deals that are too good to be true, then probably they are."

Got a gripe? Call the Editor's Hotline at 745-4874 or write a letter to the editor and tell us what's on your mind.

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CLOTHES: Students suited with bare necessities

By MEGHAN HOBBS

New spring fashions have hit Bowling Green's stores in time for Spring Break, but for many Western students, clothes are not the top priority.

"I don't really care what I'm wearing for Spring Break," Hendersonville sophomore Kathleen Smith said.

But, some students would care if they had the money.

"If I had money, I'd go on the biggest shopping spree before Spring Break," Ridgeway freshman Mary Ann Mariatt said, "but since I'm in college..."

Then there are those who don't care about clothes at all.

"Hopefully I won't have to wear clothes during Spring Break," Bowling Green sophomore Jeff Kennedy said.

Whether students are interested or not, there are many new trends available in this year's spring lines.

"We're seeing more earth tones this year," said Pat Ferrell of Nat's Outdoor Sports. "Fabric, texture and pattern are more important too."

Crochet, linen, metallics and ethnic patterns are all very popular for women this year, Ferrell said.

There is also a strong emphasis on anything natural.

"Natural doesn't just mean color this spring," said Kay France, Castner Knott's personal shopper and wardrobe consultant, "dyes and fabrics are

natural too."

While the girls are toning it down with neutral colors and pastels, the guys are pumping it up with bright colors and bold stripes.

"For guys this spring, the red, white and blue color theme is big again," France said, "and bright, bright multi-colors."

Merry-Go-Round Assistant Manager Mike Robertson agreed.

"We are getting a lot of plaids and stripes for guys," Robertson said, "white and any bright color stripe."

Keeping with the new trends, some salespersons said there are a few Spring Break necessities.

"For girls, floppy hats are really big," said Stephanie Hardesty, a salesperson at The Limited. "And everyone needs a romper dress, a bare-midriff look top, and you've got to have something black and white."

Women are not the only ones who can make a fashion statement.

"Every guy should have a good rugby for Spring Break, definitely," said Dawn Malone, Castner Knott's Polo Specialist, "a hat, and a chambray shirt — girls and guys need a chambray shirt."

While new clothes may not be a top priority, a new bathing suit is.

For some students, buying a new swimsuit is simply part of

the Spring Break tradition.

So the big question is, what's new in swimwear?

"For girls, we're seeing a lot more coverage in swimsuits this year," France said. "We are all more self-aware of what the sun is doing to us, so it's best to be less exposed."

The bikinis are not going to be as high cut she said, and some of the bottoms will even have a see-through, tan-through, skirt.

One-piece suits are also covering a little more. While many boast a higher neckline, cut out designs on the chest and down the sides are popular.

Not much is new in men's swimwear this spring.

Bright multi-colored and bright striped trunks are big, France said, "but the newest thing for guys in swimwear, is matching trunks and sweaters."

That matching sweater might come in handy, too. In fact, students may want to pack a parka after last year's Spring Break blizzard.

Regardless of new fashion trends and advice from the fashion experts, some students are still going to pack the old stand-bys.

"All you really need," Mariatt said, "is your bathing suit, a towel and some shorts."

Bowling Green freshman James Brown agreed with the bare necessities approach.

"I bring my party shorts," he said, "and that's all I need."



photo illustration by Brian Bohannon/Herald

Earth tones and natural dyes, fabrics and colors are in style this spring. Clothes and accessories are courtesy of Nat's Outdoor Sports. Bowling Green sophomore Jared Moore and Nashville junior Kristen Steelman are modeling the clothes.

Look for the Women's Sun Belt special section in Thursday's **Herald**.

10 things to do on Spring Break...

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