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**THE BATTALION**

# Spring break means more than fun in the sun

**More than 150,000 college students hit the beach for adventures in Padre Island.**

**SOUTH PADRE ISLAND, Texas (AP)** — First the airline lost their luggage. Then Cory Lukins and Jill Murdock felt that the shuttle service overcharged them. Then a blown boiler at their hotel forced them to switch to another place. Everything was just starting to look up — until someone stole their credit cards, two cameras and about \$300 in cash and traveler's checks. What are they going to do now? "Just go have another beer. We decided to put it all behind us," Ms. Lukins said. "It's got to get better," adds Murdock. Now that's the spirit of Spring Break 1995. Chilly, foggy and rainy weather that hung over South Padre Island the entire week-end opened up Monday to sunshine and gentle breezes, send-

ing hordes of college students to the beach. "Girls are out in their suits, the sun is blaring, alcohol is flowing," summed up Brandon Sandler, 20, of Michigan State University. Lukins and Murdock, both 20, traveling with four other students from Northwest Missouri State University, had plenty of optimism to spare as they took care of the details of reporting the theft. Among all six, they said they still have enough money to enjoy the week. And hey, the hotel that canceled their reservation is making up the difference for them to stay the rest of the week at Radisson Resort South Padre, one of the best hotels on the island. Airline employees showed up with their luggage. And even though they ended up paying \$165 for the shuttle ride instead of the \$90 they thought they owed, they got their peace of mind by telling off the driver. This week brings the first wave of an estimated 150,000 college students to South Padre

Island for some sunshine and beer-fueled indulgence. The party reaches a peak next weekend when the University of Texas and Texas A&M University begin spring break. Police Chief E.E. Eunice said most students were be-

being raped in a parking lot. "Because of the state of the location of the three suspects, we haven't been able to talk to them," Eunice said. On Sunday, a student from Germantown, Wis., fell the floors from a condominium in Brownsville. Such incidents demonstrate the need for students to stay under control, said Eddy Popo, 20-year-old student from University of Indianapolis. "I think the most important thing is not to get drunk," she said. "We have a rule: Always together and all the time. We know where we are," added schoolmate, Nancy Werne, 20. Michael Thessin, a 21-year-old who goes to Purdue University, is splitting a \$3,000-a-month hotel room with 11 other people. "People are sleeping on the floor, but that's alright," he said. "You've got to get out of Indiana or you'll go insane."



having well so far, but already his department has responded to some serious incidents. Three students, ages 21-24, were arrested for sexual battery Monday after police received a report from a witness of a woman

## HEALTH TIPS

### Leave room in the suitcase for a bit of common sense

**By Judy Priddy**  
A.P. BEUTEL HEALTH CENTER  
Spring break is almost here! All over campus, the buzz words are skiing, party, packed powder, Cancun, tanning, Winter Park, Crested Butte and South Padre. These are the things great spring breaks are made of. Fatigue, dehydration, skin cancer, alcohol, pregnancy and sexually-transmitted diseases can also be associated with and ruin a spring break. So, before you start packing, let's review some common-sense practices that can keep you safe and healthy over the break. To prevent feeling fatigued during spring break, your body needs energy. The most efficient way to maintain a high energy level is with a diet that obtains 60 percent or more of its calories from carbohydrates. Foods such as pastas, breads, fruits and cereals are excellent sources of carbohydrates. When snacking, choose carbohydrates. Sugary foods provide a quick energy burst but soon wear off, causing a swing in blood sugar and often dizziness or fatigue. Whether you are headed for the beach or

the slopes, you will probably perspire over spring break and lose water. Water is a particular concern in high heat environments. Insufficient water can lead to problems including dehydration, heat exhaustion or heat stroke. To help avoid these conditions, over-hydrate before going into the sun, replace lost water with water or water-based drinks, limit alcohol consumption in the heat, and stay in the shade during the heat of the day. Staying in the shade during the hottest part of the day, from 11 a.m. to 2 p.m., also decreases the chances of developing skin cancer or other side effects such as premature skin aging or cataracts. So take care of your skin by covering up with a wide-brimmed hat and a bandanna for your neck. Use sunscreen with a Sun Protective Factor of 15 or higher. Apply sunscreen at least an hour before going into the sun and again after swimming or perspiring. Beware of high altitudes. With less atmosphere to filter out the ultraviolet rays, risk is increased. Don't assume cloudy days are safe, 80 per-

cent of the sun's ultraviolet rays can penetrate clouds. A great and safe way to get that tanned look is to use the self-tanning cream marketed by several cosmetic companies. Let's face it, alcohol is a highly-abused drug over spring break. Know your limits. In the party atmosphere, this can be difficult. Staying in control during situations involving alcohol requires setting realistic limits and sticking to them. If you drink do so in moderation. Also, don't drink and drive or let a friend drive drunk. Questions about STDs the week after spring break suggest that more is going on out there than surfing and skiing. But why risk infection or pregnancy when preventive measures are available? Naturally, abstinence is the only sure-fire method for preventing both STDs and pregnancy. If, however, you choose to have sex, here are a few tips to remember: always use a condom, always use a spermicide, know your partner, do not have sex with anyone who has STD symptoms and limit your partners. Spring break is a time to chill out. Have fun, but be responsible.

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The Battalion (USPS 045-360) is published daily, Monday through Friday during the fall and spring semesters and Monday through Thursday during the summer sessions (except University holidays and exam periods), at Texas A&M University. Second class postage paid at College Station, TX 77840.  
POSTMASTER: Send address changes to The Battalion, 230 Reed McDonald Building, Texas A&M University, College Station, TX 77843.  
News: The Battalion news department is managed by students at Texas A&M University in the Division of Student Publication, a unit of the Department of Journalism. Editorial offices are in 013 Reed McDonald Building. E-mail: BATT@TAMU.MI.TAMU.EDU. Newsroom phone number is 845-3313. Fax: 845-2647.  
Advertising: Publication of advertising does not imply sponsorship or endorsement by The Battalion. For campus, local and national display advertising, call 845-2696. For classified advertising, call 845-0569. Advertising offices are in 015 Reed McDonald and office hours are 8 a.m. to 5 p.m. Monday through Friday. Fax: 845-2678.  
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