Safe spring break campaign urges responsible choices

BY DAWN MARUNA
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Spring break provides college students with the opportunity to relieve their school-related anxieties and take a break from their coursework. As students decide how to best spend their vacation, they find themselves either giving in to or resisting the temptation to book a trip to a spring break hot spot. These hot spots, promoted by travel agencies through advertisements bearing images of decadent revelry and excess and promising low prices, attract millions of college students each year creating a popular annual trend to which the students of the College of the Holy Cross are not immune. Although many Holy Cross students will indeed travel to exotic destinations in search of merriment and perfect tans, the truth is that the majority of students will choose to spend their time off in a location where there will be an unaddressed the relationship concerns encountered by college-age men and women. By choosing to spend time in a location where there will be an un-naturally dense concentration of college students, like themselves, many spring breakers will have plenty of opportunities to foster new friendships and romantic relationships while on hiatus. Therefore, Gootblatt’s advice will prove highly applicable to situations they will inevitably face.

Also on Monday, Health Services addressed the physical safety concerns associated with spring break by distributing care packages containing items such as Band-Aids, sun block, shampoo, First Aid kits, and insect repellent. The supplies were accompanied by instructions on their practical use, general advice on taking care of one’s body in warmer climates, and informative pamphlets available that inform students of recreational activities that can be enjoyed locally and have composed table tent safety reminders to be displayed.

Although commercial spring break advertisements present popular destinations such as Cancun, Mexico; Panama City, Florida; and the Bahamas as other-worldly paradises, they neglect to acknowledge one must exercise even more safety precautions on such vacations than they do at home. The kind of merriment promoted by these ads tends to involve hedonistic and destructive recreational activities such as drinking excessively, lowering one’s sexual inhibitions, and achieving the darkest tan possible. While these behaviors may be common for spring breakers, they are definitely not the rule and certainly bear the potential for long-term consequences to one’s well-being. The first annual run of this campaign began on Monday and consists of passive programming aimed at reminding students that letting off steam during spring break does not have to involve throwing caution to the wind.

Last Monday’s lecture, given by relationship expert Dr. Ellen Gootblatt, addressed the relationship concerns encountered by college-age men and women. By choosing to spend time in a location where there will be an un-naturally dense concentration of college students, like themselves, many spring breakers will have plenty of opportunities to foster new friendships and romantic relationships while on hiatus. Therefore, Gootblatt’s advice will prove highly applicable to situations they will inevitably face.

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