Speaking of Student Affairs

How to have a healthy and safe spring break

BY DEBORA CAIN
CONTRIBUTING WRITER

Thousands of college students from across the country travel to the hottest Spring Break spots every year. Students at Holy Cross are no different; during those seven days off in March, many students will be heading to the beach, the slopes, or maybe you are one of the 154 students participating in the Appalachian State Project. Whatever your destination, Health Services would like to pass on to you some tips to help make your break healthy, fun and safe.

Seek out alcohol-free bars or events. More and more sponsors are hosting dance parties, contests and other alcohol-free events.

Avoid going to strange places alone. Be aware of your surroundings, and always let someone know where you are going.

Carry emergency contact information with you at all times. Keep a copy in your room in case your traveling companion needs to contact you.

Carry your Health Insurance card with you and you may want to find out how it covers you while you are traveling.

Talk to other travelers to find out about local risks, such as places where it is unsafe to travel alone or after dark.

Follow sensible precautions for food and water. “If you can’t peel it or boil it, don’t eat it.”

Wear sun protection, and use insect repellent in areas where insect-borne illness is a concern.

Take an adequate supply of your prescription and non-prescription medicine and don’t forget to take basic first aid supplies.

Just because you are on vacation doesn’t mean that your body takes a break from needing good food and rest. Maintaining personal safety and having fun should be your goal this Spring Break.

Planning together an unfamiliar environment, new acquaintances, alcohol and/or drugs can be a recipe for disaster. Don’t let your Spring Break memories be one of sun or alcohol poisoning, or worse. Respect yourself, your body, and your friends.

Administration bans cult

Boston Church of Christ, page 1

For the Boston Church of Christ because there are large numbers of people concentrated in one area, making it possible for the organization to spread its message to many people quickly, rather than proselytizing door-to-door. Also, college students are likely to be at a point in their lives when they are beginning to question their faith. Being away from home, for the first time has many students looking to groups for acceptance, leaving them vulnerable to peer pressure cult leaders may exploit them to.

According to McElaney, the reason for banning the Boston Church of Christ and sending out campus-wide e-mails was “to nip the problem in the bud by alerting the campus and warning people.” McElaney adds that, “since the Chaplains’ Office made the decision...” The College recognizes the need to ban the Boston Church of Christ and sending them to.

The college chaplains, and family members of people lost to the cult, showing support for the strong stand Holy Cross has taken against the cult.

McElaney points out that the Holy Cross campus is probably not as susceptible as the presence of the cult as other colleges might be because of the strong community feeling at the college that makes it “hard for students to fall through the cracks here.”

Students have not reacted to e-mails sent out by the Chaplains’ Office with great displays of fear or concern. Many students had never heard of the Boston Church of Christ before the cult was on campus, and at least one student remains unconcerned about how a religious cult will affect life on the Hill. “There’s as much chance of a cult causing a problem on this campus as there is of the school installing kegs in Kimball,” Steve McFarland, Vellaccio has returned to his role as a WCHC 88.1 FM disc jockey who hosts the station’s most extensive and professional radio show.

Professor, Dean, Provost, President -- It’s a long list of talent that grew into a career. In high school, he taught himself the rudiments of computer programming and web design and he is now incredibly adept with the Internet. He is a professional freelance Website designer taking credit for sites like Next Step Nutrition and Collecting Exchange. Kunle believes that the Holy Cross Student Affairs ITS department should strive to take steps to reclaim its former status as one of the most wired schools in the nation.

Kunle is not only limited to his radio show; he is also interested in the Web. Kunle hosts the station’s most extensive and professional radio show. Prevalent on the airwaves at WCHC 88.1 FM every Friday, 7-10 PM, or every Saturday, 8-11 PM, and hear the future of hip hop through the turntables of DJ Genesys, also known as Kunle Jegede.

Who's Who

Vellaccio’s service to the College recognized

BY KEVIN BOGDARUS
CRUSADER NEWS STAFF

One man who provides the campus of Holy Cross with a change in musical genre from Dave Matthews and Phish is Kunle Jegede ‘03. The senior is a WCHC 88.1 FM disc jockey who hosts the station’s most extensive and professional radio show.

Professor, Dean, Provost, President -- It’s a long list of talent that grew into a career. In high school, he taught himself the rudiments of computer programming and web design and he is now incredibly adept with the Internet. He is a professional freelance Website designer taking credit for sites like Next Step Nutrition and Collecting Exchange. Kunle believes that the Holy Cross Student Affairs ITS department should strive to take steps to reclaim its former status as one of the most wired schools in the nation.

Kunle has interesting plans for his future after graduating from Holy Cross. Web design will simply be a means to an end, a day job that will pay the bills. Kunle’s real passion is music. Spinning the turntables while operating the microphone as well. Kunle would like to encompass the DJ and MC in one man. He wants to elevate the turntables to the instrumental level, rather than just technical tricks or samples. Kunle has already prepared a massive amount of rhymes and beats to join his developing discography.

Production in the music industry also interests Kunle, who plans to sign his close friends within the business to his label. Impoverishing some artists in their path, major labels profit it the most from hip-hop. Kunle plans to contribute to hip-hop only to satisfy his intense desire for music, not the burning hole in his wallet.

Listeners can catch True School Universal on WCHC 88.1 FM every Friday, 7-10 PM, or every Saturday, 8-11 PM, and hear the future of hip-hop through the turntables of DJ Genesys, also known as Kunle Jegede.