

## Top 10 Spring Break Vacation Spots

1. Cancun, Mexico
2. Acapulco, Mexico
3. Freeport, Bahamas
4. Mazatlan, Mexico
5. South Padre Island, TX
6. Jamaica
7. Panama City, FL
8. Puerto Vallarta, Mexico
9. Nassau, Bahamas
10. Cabo San Lucas, Mexico

## History Behind MTV's Spring Break

-Spring break started when swimming coach Sam Ingram of Colgate University took his swim team to an olympic size pool in FL. In 1938, the first college coaches swim forum was held at the Casino Pool. More than 300 swimmers were competing in the event.

-A tradition of college students traveling to FL had begun.  
-By 1985, more than 370,000 students were going to Ft. Lauderdale.  
-In 1985, MTV was banned from Ft. Lauderdale and alcohol was banned on beaches.

-In 1986, MTV launched its first spring break special in Daytona, FL.

## It's OK Not to Drink Over Spring Break... Try These Mocktails Instead!

**-Lava Flow:** 100 ml pineapple juice, 100 ml cream, 1 banana, dash of coconut cream, 1 cup of strawberries. Blend all ingredients, except strawberries, with ice until smooth. Put the strawberries in the bottom of the glass and add blended mixture. Garnish with a strawberry.

**-Melon Magic:** 8 cups of watermelon, 1 cup of lime juice, 1 cup of unsweetened apricot nectar, 3 tbs of honey, and a lime slice for a garnish. Combine all ingredients in a blender. This serves 12.

**Lifestyles**  
AFTER DARK  
Study Session  
Thursday 7 p.m. in  
the Lake Effect  
Cafe

# Toilet Talk

March 4, 2011

## Give Me A Break!

### Did You Know...

- ...the sun is the cause of 90% of skin cancers?
- ...Today, Panama City, FL. has 18,000 rooms prepared for students?
- ...Drinking + sun can equal a bad sunburn and an even worse hangover because the sun can maximize the effects of alcohol?
- ...Cancun, Mexico attracts nearly 100,000 U.S. college and high school students annually for spring break?
- ...many students choose to participate in alternative spring break trips over break?
- ...In 2002, The American Medical Association released a report which stated that spring break is no longer an "innocent respite from rigorous academics," but potentially life threatening?

### Easy tip on Living Laker Green:

If you are planning a birthday party or other event, decorate with live plants instead of cut flowers and look for special touches that can be reused each year. A fabric "Happy Birthday" banner; china instead of paper plates; funny hats instead of paper crowns or plastic tiaras.

### Answer to Last Week's Question:

Between Florida and Texas, students spent \$ 1 billion during spring break. Students spend an average of \$1,100 a week. A family of four spends less than that on food for an entire month.

### Question of the Week:

What percentage of your winnings do you actually receive if you win the lottery?

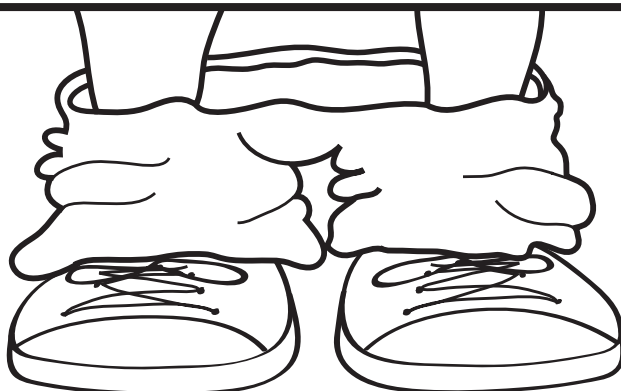
### Events of the Week:

- Writing Assistants available through the OLS Writing Center Mon-Fri in 174 Campus Center. Stop in or call x4057 for more information
- Wednesday, March 23: Women Aloud Fundraiser. Campus Center Auditorium, 5:30pm reception, 6pm show.
- Weight Watchers: NEW session! Contact Shannon Chillson at shannon.chillson@oswego.edu for more information.
- Deadline for Future Oswego Leaders Conference proposals is now **March 25 at 4:30 p.m.** Contact hamann@oswego.edu for more information.

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit  
[www.oswego.edu/lifestyles](http://www.oswego.edu/lifestyles) and Click on  
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### Words to whiz by...

"Spring is when you feel like whistling even with a shoe full of slush."

-Doug Larson

### Personal Safety Over Spring Break

- Trust your instincts.
- Don't be afraid to be impolite or make a scene.
- Try to remain calm and use your judgement.
- Be aware of becoming isolated.
- Do not let your friends out of your sight.
- Alert friends of high risk places or situations.
- Let friends know where you will be and when they should expect your return.
- Exchange phone calls so your friends know you are safe.

### Financial Safety Over Spring Break

- Leave important items and documents in your hotel room (safe box).
- Be aware of your surroundings when using an ATM.
- Do not show off money, clothing or jewelry.
- Keep money in 2 places for back-up.
- Watch frivolous spending. It is best to save a stash for emergencies.
- Write "Ask for ID" on the back of your debit card.
- Make copies of all important documents in case they are lost.
- Make a note of everything you purchase so you are aware of your spendings.

### Sexual Safety Over Spring Break

- Carry a condom.
- Form a buddy system and alert one another of suspicious behavior.
- Know your drinking limit. A study in 2009 estimated that 474,000 students had unprotected sex while intoxicated.

**Lifestyles**  
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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Sara D'Addesio, Intern Mary Hankin and Peer Educators Veronica Kelly, Audrey Hinnant, Erin Marulli, Willmary Rose and Tamara Tingman.

Sources available upon request.  
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