

# KENTUCKY KERNEL

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## Portion of Rose St. shuts down permanently

By Shannon Mason  
smason@kykernel.com

The section of Rose Street that runs from Huguelet Drive to South Limestone Street will close permanently to the public today, "or Tuesday morning at the latest," said Bob Wiseman, UK's vice president for facilities management.

The section will remain open only for hospital-bound traffic.

Wiseman said he expected all the roadwork to be completed last night, as planned.

The Rose Street closure is part of the first phase of the UK HealthCare expansion. A new building for the UK Chandler Medical Center is scheduled to be completed during the first phase as well.

The three-phase project, scheduled to finish in 2020, also includes building a new critical-care facility and an ambulance facility.

Traffic will be rerouted to South Limestone Street on a new road between the Thomas Hunt Morgan Biological Sciences Building and the College of Pharmacy Building, connecting Huguelet Drive to Virginia Avenue.

Dr. Michael Karpf, executive vice president for health affairs, said city officials are scheduled to inspect the new road between 9:30 and 10 a.m. today.

"Once we get the OK, the cutoff is essentially in play," Karpf said, adding that he does not foresee any problems with the inspection.

Signs warning drivers of the road closure have been up on Rose Street for about a week,

Wiseman said. These signs will remain in place, along with a barricade, to deter traffic from entering the closed section of the street.

"We do expect some confusion for the first few days," Wiseman said. "We put up signs, but we know that not everyone pays attention to them."

Wiseman said police will be on the site "during the learning curve" after the road closes to help in all of the confusion.

The closure of Rose Street serves both short-term and long-term purposes, Wiseman said.

"With the construction of the new hospital and the student health building (starting), that will be a construction staging area," Wiseman said.

In the long term, the street needed to be

closed because it would not work well with the new parking garage, which will be on South Limestone Street between Transcript Avenue and Conn. Terrace, or with the new traffic lights that have been and will continue to be installed, Wiseman said.

"And we needed to adopt a new entryway for the hospital," Wiseman said.

Andrew McKinney, a first-year pharmacy student, said he usually walks across that section of Rose Street at least twice a day and is glad he doesn't have to be concerned with traffic anymore.

"Since most Lexington drivers aren't familiar with the crosswalk concept, it should increase my chances of living through pharmacy school," McKinney said.

## UK hospital project recognized in magazine

By Jill Laster  
news@kykernel.com

The UK Chandler Medical Center received recognition in the Nov. 20 issue of Time Magazine for its project to reduce preterm births.

The Chandler Center was among the six U.S. hospitals named as lead participants in a joint project to combat preterm births. The project is sponsored by the March of Dimes and Johnson & Johnson Pediatrics.

"I was very excited for our university, our medical center and our department," said Dr. James Ferguson, who is a UK professor and the chair of the department of obstetrics and gynecology.

The Chandler Center's study focuses on how the mother's health can affect complications caused by premature birth, such as organ failure, jaundice and respiratory problems.

"If you have healthy mothers, you'll have healthy babies," said Dr. Henrietta Bada, chief of neonatology at UK.

A mother must take special care of herself and her baby, Bada said. Many of the problems with preterm birth happen with babies born just weeks early, and the importance of a full-term pregnancy means problems must be addressed quickly by both the mother and the doctor.

"Those few days can make a big difference," Bada said.

Among the causes of premature birth problems are high stress and poor health. The medical center hopes to address these issues with its programs, but the responsibility for a healthy pregnancy must fall first on the mother, Ferguson said.

Pregnant women should maintain good oral health to prevent infection, and are also encouraged to begin taking vitamin supplements

See Hospital on page A8

## CAPTURING CHARACTER



Local farmers, who get together each weekend for a cookout in Irvine, play with a dog who is also among the guests.

KASHA STEVENSON | STAFF

## picturing IRVINE, KY.

After crossing the narrow bridge over the Kentucky River, you may only see a court house, a church and small restaurant on Main Street in a seemingly ordinary Eastern Kentucky town. But 12 UK photojournalism students and two alumni set out to discover the extraordinary in Irvine, Ky.

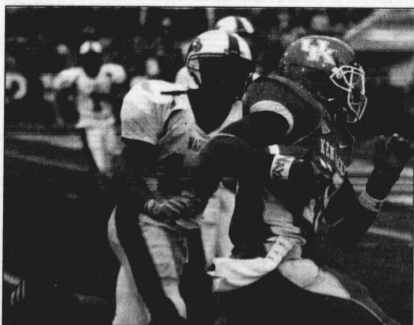
After drawing a name from a hat, students were on their own to find that person and capture their story.

Stories like Karl Bray's, who said goodbye to his family before heading to go to Iraq the weekend of the

workshop. And Verna Alexander, 71, who lives alone in a cluttered home of collectables she refuses to part with despite her family's pleas. And Fred Brown, who graduated from UK and now works as a third generation hog farmer.

Telling these stories is the mission of Picture Kentucky, a workshop that allows students to work with professional photojournalists from across the country.

FOR MORE PHOTOS, SEE PAGE 4



BRAD LUTTRELL | STAFF

Junior wide receiver Keenan Burton runs for a touchdown in UK's 42-40 win over the University of Louisiana-Monroe on Saturday. Burton had three touchdowns in the win, his fourth straight multiple-touchdown game.

## UK 42, LOUISIANA-MONROE 40

## Cats clinch winning season...barely

By Jonathan Smith  
jmsmith@kykernel.com

In the second half of UK's game against Louisiana-Monroe on Saturday, the Warhawks ran for 193 yards and seemed to have wide avenues of running space for every offensive play.

Their ability to run over the Cats' defense allowed them to rally from an 18-point deficit and pull within two points with less than a minute to play.

And when ULM ran an option play on the two-point conversion attempt to try to tie the game, it seemed overtime was inevitable.

But getting beaten for most of the plays in the second half, the Cats defense stopped ULM at the 1-yard line.

"We had just enough answers today," head coach Rich Brooks said. "Just barely."

Behind UK's successful two-point defensive hold and Keenan Burton's 257 all-purpose yards and three receiving touchdowns, the Cats squeezed out a 42-40 victory over Louisiana-Monroe on Senior Day in front of 53,463 fans.

Still, after the two-point conversion failed, the game

wasn't over.

Jacob Tamme recovered the ensuing onside kick, but the Cats (7-4 overall, 4-3 Southeastern Conference) fumbled the exchange on fourth down of their drive and the Warhawks recovered with four seconds remaining in the game. On the final play of the game, the Warhawks were stopped short of the end zone as they tried to lateral the ball to keep the play alive.

ULM's running game — a version of the spread attack in which the quarterback lines up in the shotgun and makes a decision during the play on what to run — was free virtually all game long as they ran for 351 yards and four touchdowns and came back from a 28-10 first half deficit.

"They found out they could run the read play on us and they gashed us," Brooks said.

As the Cats' defense struggled, the offense did their best to keep the team in the shootout.

UK quarterback Andre Woodson was 25-for-35 for 359 yards and three touchdowns.

Burton's three-touchdown effort marks the fourth straight game that he's caught multiple touchdowns.

See Football on page A3



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**UNDER NEW OWNERSHIP**



By Linda C. Black

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries (March 21-April 19)** - Today is an 8 - You're about to enter a phase during which it's easier to go farther. If you also use your brains, your luck will be even better.

**Taurus (April 20-May 20)** - Today is a 7 - You're entering a more mature phase in your relationships. Ask more and give more and gain more together.

**Gemini (May 21-June 21)** - Today is a 7 - Don't let yourself be distracted, even by an enticing offer. You don't have to turn it down, just schedule it for later. You'll have

more time for playing soon.

**Cancer (June 22-July 22)** - Today is a 9 - Travel conditions are improving, and that should give you some ideas. How about combining a business trip with a deductible romantic vacation?

**Leo (July 23-Aug. 22)** - Today is a 7 - What is it that everybody in your clan would enjoy? A cruise? A hot tub for 2? Surely you can agree on something. Keep trying.

**Virgo (Aug. 23-Sept. 22)** - Today is a 7 - The challenge is more difficult that it at first appeared. This is good. It will keep you from being bored for a little while.

**Libra (Sept. 23-Oct. 22)** - Today is a 7 - It's hard enough to be thrifty when you don't have very much money. It's almost impossible when you're loaded. Give it a try, anyway.

**Scorpio (Oct. 23-Nov. 21)** - Today is a 9 - Launch new projects now; you'll gain more than expected. Knowing you, that's got to be more than you can imagine.

**Sagittarius (Nov. 22-Dec. 21)** - Today is a 7 - It's difficult for you to part with anything, because you don't take the time. You haven't, anyway, up until now. Just do it.

**Capricorn (Dec. 22-Jan. 19)** - Today is a 7 - You have enthusiasm, determination, intelligence and strategy. You even have good luck, and that's all from your teammates. You get to be the motivator.

**Aquarius (Jan. 20-Feb. 18)** - Today is a 7 - Your imagination is wonderful but it's your scientific analysis that's required in this situation. And your amazing ability to solve really difficult problems. They need you.

**Pisces (Feb. 19-March 20)** - Today is a 6 - A temporary lapse of attention could lead to more confusion than you need. Attach your valuables to yourself with safety pins, so you don't lose them.

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**Love Lives**

Jennifer & Marc Open Up About Love

**THE DISH**

"My favorite accessory of all time? My blue diamond that my husband gave me for my first anniversary," Jennifer Lopez tells Us, recalling Marc Anthony's sentimental and sparkling gift. Just as stunning is the bond between the pair, whose mutual devotion wowed the crowd at a Nov. 9 concert to celebrate singer Tony Bennett's 80th birthday in L.A. When performer Anthony, 38, took the stage, Lopez, 37, flipped into her ultimate-fan mode.

"She clapped so hard and fast when he sang," says fellow partygoer Brooke Nyland. "At his last tune, she raised her hands above her head in approval. She was a very supportive wife." So how does the actress — who stars with her husband in next summer's biopic *El Cantante* — stay in such great shape? "I've been working out a lot lately," Lopez tells Us. "Too much for me!"

**Justin & Cameron — They'll Always Have Paris**

As the world learned Nov. 7 that his ex Briney Spears was dumping her husband and starting fresh, Justin Timberlake was in Paris with Cameron Diaz, enjoying their tried-and-true love rituals. And while Spears and Kevin Federline (a onetime backup dancer for Timberlake) fought like crazy, "Justin and Cameron are like an old married couple," a source says of the pair of three years. "They're really close in their ways." Exhibit A: When Diaz, 34, went with

her beau, 25, on his two-night trip to Paris promoting FutureSex/LoveSounds, they holed up in their usual suite at the posh Le Faubourg-Paris Demeure Hotel. Hiding out in their \$400-a-night room, "they ordered in the same dishes they love from room service," says a source. The duo then flew to L.A. November 8, where the singer is readying to play the Victoria's Secret fashion show November 16.

**Survivor's Austin & Jen — Hot New Couple!**

"I always thought she was the cutest past Survivor," Survivor: Panama — Exile Island alum Austin Carty, 25, tells Us of the Palau season's Jennifer Lyon, 34, who last year battled breast cancer that is in remission. Since meeting at a Survivor fete in July, the bicoastal pair (he's in North Carolina, she's in L.A.) have quietly kept close with calls and visits. What hooked Carty? "She has such a great attitude," he says. "She's a remarkable girl."

**David & Mary's Post-Race Windfall**

Mary Conley and Kentucky coal miner husband David won so many hearts on *The Amazing Race* that *The View* cohost Rosie O'Donnell gave them a Ford Explorer, three trips for their kids, Cody, 10, Hannah, 7, and David, 6, and a house to replace their trailer. "It's like a tornado hit and we haven't come to yet," Mary,

33, tells Us. Adds David, 32: "We're still about 100 percent shocked!"

**Joey Lawrence — Still a Winner at Home**

He may have been booted off *Dancing With the Stars*, but that just means Joey Lawrence, 30, will have more time for his favorite dance partner: his wife of one year, Chandie. "I'm going to take her out and knock her off her feet," the actor, who made it to the show's final three, tells Us. Also keeping the couple on their toes?

Their 6-month-old daughter, Charli. And this new dad says his mission is to make Chandie feel appreciated, whether it means making time to meet her for lunch even on busy days or treating her to sweet surprises like flowers from L.A. florist Mark's Garden. "I just sent her an autumn bouquet of really pretty roses in a big basket with leaves because she likes those colors," he says. "I addressed the card: 'To the best wife and mommy on the planet.' Because she is!"

**The Grudge 2's Arielle Kebbel — Meet My Man!**

At 21, Arielle Kebbel already has a box-office No. 1 under her belt with *The Grudge 2*. But to really see her beam with pride, ask about her beau of three years, director Brian Koppelman. "He just did his first feature, *Daydreamer*," she tells Us. "I was lucky enough to be the female lead!"

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## After cruising past Mississippi Valley St., UK heads to paradise — on business

By Jonathan Smith  
jsmith@kykernel.com

Tubby Smith knows that Maui is a beautiful and exciting place.

But that doesn't mean the UK head coach will be taking in much of the Hawaiian island's majestic scenery this week.

"It's business," Smith said. "I don't know if it will be much fun."

Fortunately for Smith, most of his team feels the same way.

As the Cats start play in the Maui Invitational tonight against DePaul, the players said they are focused on offense and defense and not swimming and sand.

"I'm enjoying the thought of going to Maui," said junior guard Joe Crawford, "but the first thing is it's a business trip, and we're focused on what we need to do and that's win games."

The Cats enter the tournament having won two games to start the season, but the competition will increase significantly this week.

If the Cats win tonight, they will either play No. 6 UCLA or host Chaminade in the next round. No. 13 Memphis, No. 23 Georgia Tech, Oklahoma and Purdue await the winner of UK's half of the tournament bracket.

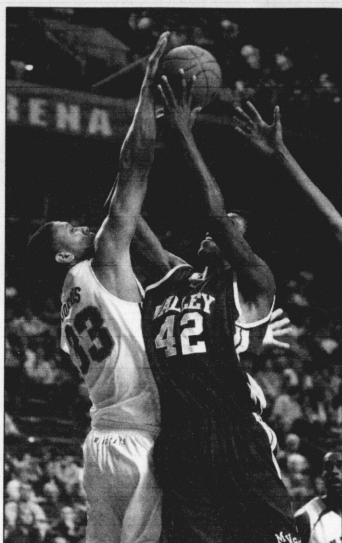
And players know that making it through a field that tough is not exactly a day at the beach.

"We realize we're going to be facing more athletic teams," Crawford said. "We're going to have to carry out the game plan, and stay focused for 40 minutes."

Playing a full game has been difficult for the Cats so far this season.

On Wednesday against Miami (Ohio), the Cats fell behind 16-6, and didn't turn it on until late in the first half. They went on to win 57-46.

In Friday's 79-56 win over Mississippi Valley State, the Cats jumped out to a 15-0 lead to start the game, and led 41-18 at halftime. After that, they put it into cruise control and scored



ANDREW HUGGINS | STAFF

Junior center Randolph Morris blocks Mississippi Valley State senior center Ronald Alexander in the Cats' 79-56 win over the Delta Devils. Morris had 18 points and nine rebounds.

the same number of points that MVSU did in the second half.

"I think it's all in us to look ahead when you're thinking you have a game put away and you have an exciting trip coming up ahead of you, it's only natural for people to think about it," said senior forward Bobby Perry. "We've been thinking about this since last season was over."

But the players said trip won't be as exciting as it sounds if the team doesn't get the results it wants.

"I don't think anybody is

going to hit the beach until we can take care of business," junior center Randolph Morris said. "Hawaii is going to be a great experience, but its business before pleasure."

### Harris eligible

UK recruit Ramon Harris has been given the OK to play this season by the NCAA Initial-Eligibility Clearinghouse, Smith said Friday.

Harris, a 6-foot-6 forward from Anchorage, Alaska, will be able to begin practicing Dec. 15.

## FOOTBALL

Continued from page 1

"He's at a level far beyond my potential," said wide receiver Dicky Lyons Jr. "I just like to learn from him. Watch him and whatever he does, he's going to do it great. He's a big time player."

The win gave the Cats their sixth win at home this year, a number that matches a school record that was set in 1976. They also set another mark by winning seven games for the first time since 2002.

The team is bowl-eligible for the first time since 1999.

"This is what we came here to do," said defensive lineman Durrell White. "The seniors were bound and determined to turn the program around, and we've actually fulfilled that expectation."

One of the themes of the season has been the defense's ability to bend but not break.

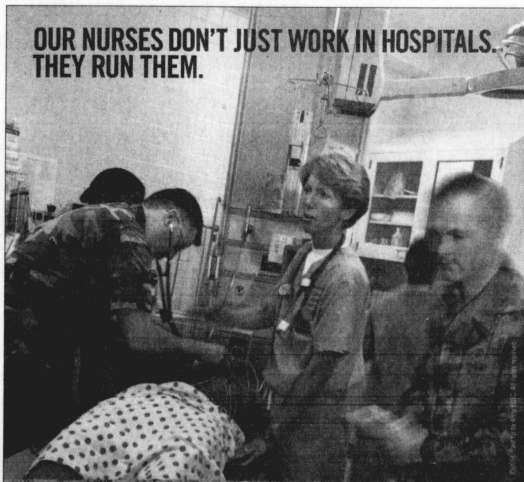
On ULM's two-point conversion, that's exactly what the Cats' did. Still, the big plays were few and far between, and Brooks said the defense has to improve by next week's game against Tennessee.

### UP NEXT

UK at Tennessee

When: Saturday, 12:30 p.m.  
Where: Knoxville, Tenn.

"The bottom line is that we have to play better defense," Brooks said. "Nobody has to tell me that. Certainly the last two weeks, as well as some of the times during the season, we have not played well enough."



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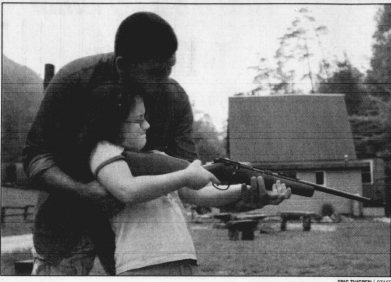
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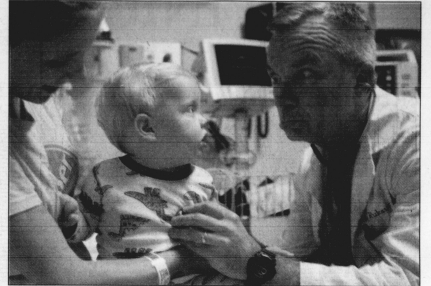
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**ERIC THOMPEN | STAFF**  
Bill Wesley, 35, shows his 12-year-old daughter, Kayla, how to hold her brother's rifle while target practicing near their home. Wesley is the pastor of the Body of Christ Church in Irvine, Ky.



**TRICK PHILLIPS | STAFF**  
The main route into Irvine is across a narrow two-lane bridge over the Kentucky River.



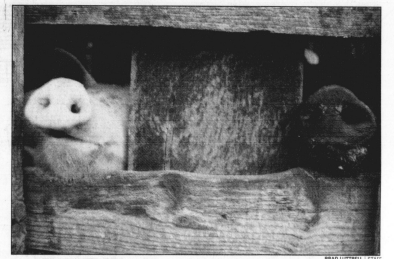
**JONATHAN PALMER**  
Emergency room physician Mark Rukawina entertains Ethan Henry while listening to his heart. Ethan was with his mother, Christy Henry.



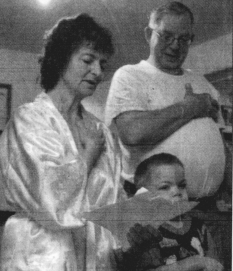
**AJLIE GARDNER | STAFF**  
Karl Bray, an Irvine resident, hugs his mother for the last time before leaving for Iraq from London, Ky.



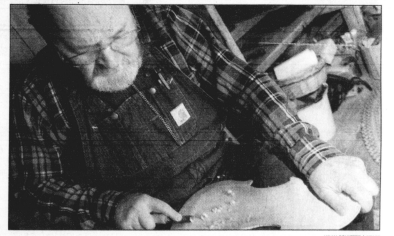
**JANE ROBERTS**  
Verna Alexander, 71, plays piano in her home. Year of conservation has left a narrow walkway through the home. Her family and friends want her change her lifestyle and clean up her house but Alexander disagrees. "I'm free to do anything I want to do — my way," Alexander said.



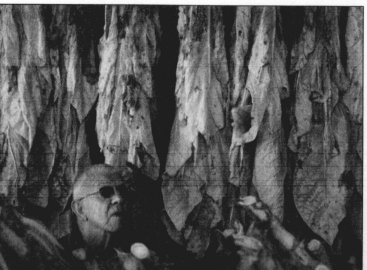
**BRAD LUTHELL | STAFF**  
Two hogs stick their noses through the barn on the Brown family's farm. Fred Brown Jr., whose family has raised hogs for three generations, owns the last hog farm in Edell County. Brown raises the animals with help of his father and Harold Alcorn, who has worked with Brown's family his whole life.



**SUSANNAH MARLOWE | STAFF**  
Isaac Davis reads the pledge of allegiance with his grandparents, Hazel and Dan Davis. Isaac was diagnosed with Hunter's disease in 2004, a rare hereditary disorder that is often fatal. Isaac has lived with his grandparents, who have their own medical problems, since 2003. Hazel Davis has Parkinson's disease and Dan Davis was diagnosed with leukemia near the time when Isaac was diagnosed, but his cancer has been in remission for the past year.



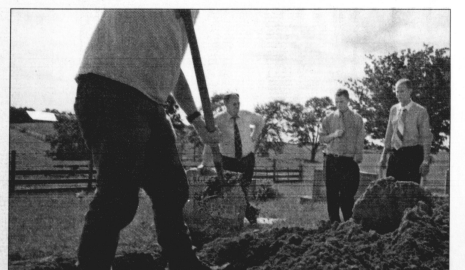
**BILLY SCOFFER | STAFF**  
Billy Don Stamper builds a fiddle in his home in Irvine, Ky. Stamper owns nearly 150 fiddles and has played the instrument since 1976 when he bought his first fiddle from a neighbor.



**MARIA FIVINSKIAN | STAFF**  
Tobacco farmer Donnie Arvin stands in his barn where tobacco hangs to dry. "There are no sick days or holidays," Arvin said of his long days on the farm. "When things need to be tended to, they need to be tended to."



**WHITNEY WATERS | STAFF**  
The Wig Wam Drive-in restaurant is a local favorite with a dining area as well.



**BO MATTHEWS | STAFF**  
Warren F. Toler Jr. (left), Chris Mack, and Trey Toler watch as an employee fills a grave. The grave is that of a former Irvine resident who lived in a nursing home in Ohio since her husband's death. When she died, her family buried her next to her husband in a small family graveyard.

# OPINIONS

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## KERNEL EDITORIALS

### Street closure inconvenient, but worthwhile

Today marks the long-anticipated — or long-dreaded — closing of a portion of Rose Street in preparation for improving the UK Chandler Medical Center.

In case you didn't find out the hard way on the drive this morning, here's what's happening: The section of Rose Street from Huguete Drive to South Limestone Street is now permanently closed to through traffic and will be for hospital traffic only.

The construction of a new building for UK Hospital, which is part of UK Health-Care's general expansion plan, necessitates the closure of this section of Rose Street, said Bob Wiseman, UK's associate vice president for facilities management, in an Oct. 18 Kernel article.

"Land is tight at UK, and we were limited to where the new hospital could be built," Wiseman said in the article. "The old Rose connector wouldn't work with the position of the new hospital."

Since Rose Street is one of UK's main thoroughfares, the closure has raised some important questions. What will this do to traffic? And why is this so important?

UK is the flagship university of this state, and the medical center is one of its finest arms, leading the way for research and development of medicine in Kentucky. But in order to stay at the top, the center needs to expand — and in this case, that would mean either having the new hospital building far from the old one (which would be rather impractical) or closing part of Rose Street.

Despite the inconvenience that the closure will cause in the short term, UK made the right call. A bigger, better medical center brings in more money for UK, both through serving patients and through research dollars. It also adds to UK's prestige. Both will be instrumental in the medical center's role in helping UK reach its top-20 goal.

And, most importantly, those who wish to reach South Limestone Street from Rose Street (or vice versa) will not be out of luck. Huguete Drive and Virginia Avenue have been altered so that they meet, and they have been widened to help handle traffic flow.

This isn't going to be a completely painless process, but it will be worth the mess as UK gets one step closer to becoming a top-20 public university.

### McConnell's clout could be good for Ky. universities

Last Wednesday, Republicans in the U.S. Senate unanimously chose Sen. Mitch McConnell, R-Ky., to be the new minority leader. When McConnell assumes his post in January, he will further cement his place in the pantheon of highly influential congressmen from Kentucky — men such as Henry Clay, John C. Breckinridge, Alben Barkley and Wendell Ford come to mind.

McConnell's selection was never really in question. As majority whip, a post he's held since 2002, McConnell established a reputation as a brilliant tactician and strategist.

"I think he is the quintessential poker player," said Sen. Kay Bailey Hutchison (R-Texas) to The (Louisville) Courier-Journal last week. "If ever there was someone who can hold his cards in his vest, and he never lets you see him sweat, it's Mitch McConnell."

McConnell is also a prolific fundraiser. In an investigative series last month, the Herald-Leader reported that McConnell has raised \$220 million in his Senate career. As the story noted, rather than spend all the money on his own campaigns, McConnell has given support to fellow Republicans in exchange for power.

McConnell's supporters claim his fundraising abilities attest to his political prowess; his detractors opine that McConnell is too overtly partisan and obsessed with money.

These competing claims can be directly tested now that McConnell is the face of his party in the Senate. Such will require putting the interests of the citizenry ahead of partisan gain.

If McConnell is able to work effectively with counterpart Sen. Harry Reid, D-Nev., who will become majority leader in January, he can stymie much criticism. Both have publicly stated that they have a good relationship with one another and plan to work together.

Kentuckians, regardless of political stripe, should be cautiously optimistic about McConnell's ascendancy. In his stint in the Senate, McConnell has effectively secured millions in federal appropriations for the state. Both UK and the University of Louisville have benefited from funding that McConnell directed to them via his seat on the Senate appropriations committee.

Some will object that the proliferation of pork-barrel earmarks — like the money McConnell has secured for Kentucky universities — is a large part of what's wrong with the Senate. But a pragmatic rejoinder is that such practices will likely continue in Congress whether Kentucky benefits or not.

Whatever one's opinion of McConnell, Kentuckians can rest assured that their state's interests will continue to be well served in Congress.



BRIAN GOODLEY, Kernel cartoonist

## Telling the truth, as Kernel story did, is journalists' first ethical obligation

The responsibility of a newspaper is to report the truth, especially when it is truth that affects the community. Some people believe that ignoring or even hiding the truth will ease the pain bad news inevitably brings.

It never does. When journalists hide the truth, they are unethical. The ethics code of journalism's oldest professional organization, the Society of Professional Journalists, exhorts journalists to "seek the truth and report it." It says

"journalists should be honest, fair and courageous in gathering, reporting and interpreting information."

Courage is what it took for the Kernel and editor-in-chief Megan Boehnke to publish a story a week ago that reported the blood-alcohol levels of two UK students and an alumna who died this semester. Two were twice the legal limit for driving a car, and the other was three times the legal limit. The blood-alcohol levels establish that they had consumed so much alcohol that their judgment, reactions and balance were impaired, which probably contributed to their deaths.

The tragic truth is good people make bad decisions at times. And sometimes, the bad decisions have heart-wrenching consequences. The young man who died just before the semester started had earned a scholarship; he loved literature and music, according to his mother. One young woman was a third-year pharmacy student. The other was a nurse. They had much to offer the university and the community. They were young, with so much to look forward to. And they were tragically lost because of a bad decision they made. But one bad de-

cision doesn't diminish who they were.

It is a story too familiar to those of us who invest our lives in teaching students. Good people make bad decisions, and great potential is diminished or lost. In five of the past six years, the Kernel reported, students have died in incidents involving alcohol abuse. That is not an acceptable statistic for the university community or for the families of those who must bury young people they have loved and nurtured.

To argue that the Kernel should not have published the story is to advocate ignoring life-threatening truth, to pretend somehow that alcohol did not play a role in the end of these lives and that all the other students who drink irresponsibly are not likewise in imminent danger.

It is easy to assume without fear of contradiction that these young people never imagined when they set out drinking that it could contribute to their deaths. Tragically, it did. Telling that story with the cold hard facts is what a responsible newspaper does. Perhaps as a result of reading the Kernel story, even just one student will remember these tragic losses and drink responsibly or not at all. Perhaps no one will, but that does not relieve journalists of their ethical responsibility to seek the truth and report it.

Newspapers are not in the business of predicting how people will react to a story. At a university, we expect people are mature enough to read the news and make their own judgments about it. Those who believe that this story somehow damaged the good name of those who died must be convinced that everyone who read the story believes a person who consumes too much alcohol is a terrible person. That is a preposterous and unwarranted assumption.

This story was not about their character. It was about their mistake. The Kernel is one of the best student newspapers in the country, a 2006 winner of the Pacemaker Award and a routine fi-

nalist in the competition. One of the reasons is that it is led by courageous editors who strive to be ethical in their responsibility to their readers and to the university community. They are a credit to the journalism profession and to this university. They do make mistakes, but publishing this story was not one of them.

Yes, it is always proper to debate what the news media report. Yes, debate is healthy. But demeaning the Kernel and its editor — including the insulting suggestion that she wrote the story to make a name for herself — accomplishes nothing. And it certainly doesn't honor the memory of those in whose names some of these e-mails were written.

Stealing the news in an effort to deprive people of the truth is a practice we in this great country long ago declared an unacceptable way to deal with information we want to ignore. Stealing the Kernel won't bring these young people back to those who loved them, nor will it change the facts that contributed to their deaths. It is hard to imagine that their families and friends didn't already know the truth. The rest of us had a pretty good idea even before medical evidence confirmed it.

Freedom of the press is rooted in the ability of a journalist to publish the results of interviews and research. It is also rooted, the Supreme Court has declared, in the freedom of citizens to receive information that is important to them and to their lives. Those who stole the Kernel tried to deprive all of us of the rights guaranteed to us under the First Amendment. That was the unethical act.

Mike Farrell, an assistant professor in the School of Journalism and Telecommunications, is a former newspaper reporter and editor. He is the director of the Scripps Howard First Amendment Center at UK and co-adviser to the UK chapter of the Society of Professional Journalists.

## LETTERS TO THE EDITOR

### Racial pride shouldn't be taboo for white

Caution: What I'm about to talk about is not a socially acceptable topic for someone of my race!

My husband and I attended the Carlos Mencia show at the Singletary Center last week. During his comedy show, Mencia brought up a pressing issue in our society. Aside from spreading his hilarious comedy across the country, he is on a campaign against the suppression of white people.

Mencia argued that white people are molded by society to feel guilty for things that they personally have had no control over. He points out that white people are trained to feel guilty for things that happened to black and Native American people many, many years ago.

He gave an enlightening example using T-shirts. He said that if a black person wore a "Black Pride" shirt, no one would think anything was out of the ordinary. If a Mexican wanted to wear a "Mexican Pride" shirt, that would also be perfectly acceptable. But if a white person wore a "White Pride" shirt, people would view him or her as a complete racist.

Why can't white people be proud to be white without feeling guilty? This has been on my mind all semester. A professor of mine handed out a worksheet titled "White Privilege: Unpacking the Invisible

Knapsack." This worksheet explains all the ways it is easier to be a white person.

But shortly after attending this lecture, I received a scholarship notice in the mail. It stated that I could receive grants for my major, but it was restricted to students belonging to nonwhite minority groups. Being white, I experienced racial frustration in that situation.

When can we realize that in today's day and age, even race has challenges, some more than others? Twenty years from now, will my children have to pay the price every day for something that happened a hundred years ago?

Ashtley McClure  
Elementary education junior

### Keep students safe from secondhand smoke

It's about time. Since arriving on UK's campus, one of the most problematic situations I had to face on a daily basis (and I'm not alone in this) was simply getting to class. No, I'm not complaining about parking, bus schedules or bike lanes on Lexington roads — I'm talking about the cloud of carcinogenic smoke that hovers around the Classroom Building in between classes.

As a runner, my lungs and respiratory system are some of the most important things in my life, and it always seemed

ridiculous that I had to risk compromising that because someone else couldn't smoke somewhere else, somewhere without a ceiling that trapped the smoke inside a small area.

It should come as no surprise, then, that I wholeheartedly support the university's new smoking policy banning smoking from university vehicles, buildings, entrances, windows and air vents.

Don't get me wrong: I appreciate the right of smokers to smoke if they so choose, but I also appreciate my right to be healthy. No right should ever be limited lightly, but when weighing the inconvenience of asking a smoker to move elsewhere so that I don't have to worry about dying from lung cancer induced by secondhand smoke, I fail to see a solid reason against protecting nonsmokers.

I know those who oppose my argument will cite the weather (possible rain or, soon, snow and ice) in reasons to allow smokers shelter. My response? I think statistics would back me up in saying that more people die from secondhand smoke than by being rained on, or being a little damp. In fact, the Surgeon General released a report this June saying that secondhand-smoke exposure increases the risk of heart disease and lung cancer by as much as 30 percent each.

You'll forgive me if I'm not sympathetic to smokers getting rained on as I cough up my secondhand tar and smoke.

Chad Reese  
Philosophy sophomore



## SING ALONG



JULIE FITZPATRICK | STAFF

Dan Haseltine of Jars of Clay sings along with the crowd at the Singletary Center on Saturday. Members of the Christian Band met in the early 90s while at Greenville College in Illinois. The group has since produced eight albums and won two Grammys. The most recent album, *Good Monsters*, was released in September.

## HOSPITAL

Continued from page 1

and folic acid during pregnancy to prevent birth defects, Ferguson said.

Smoking during pregnancy is another reason the preterm birth rate is high, especially in Kentucky, Ferguson said.

According to a 2003 study by the Kentucky Cabinet for Health Services, more than 23 percent of pregnant women in the state smoke. Quitting smoking can help prevent lung and heart problems that would arise later in the life of the child.

Bada said the Time article and other forms of community

awareness will help bring attention to what she calls the international crisis of preterm birth.

The Chandler Center hopes to use public attention, along with funding from the March of Dimes, to reduce the preterm birth rate at the center by 15 percent.

Findings shared among the six hospitals participating in the program will produce information to develop effective prevention methods for reducing preterm birth both in

America and around the world, Bada said.

"You write about it, you tell other researchers about it, and hopefully they will decide to use the same methods," Ferguson said that even if the Chandler Center falls short of its goal of a 15 percent reduction in the preterm-birth rate, the project will be valuable if it ensures that even one baby does not become ill or die.

"The more we can prevent, the better," Ferguson said.

**DR. HENRIETTA BADA**

Chief of neonatology at UK Medical Center

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### ALCOHOL RESEARCH STUDIES AT UK

• UK's Alcohol Research Center in the Department of Psychology is conducting a number of studies involving the effects of alcohol on behavior. • Participants should be between 21-35 years of age for alcohol studies. • Participants ages 18-20 are also needed for other studies not involving alcohol.

*Earn Money!*

• Healthy male and female social drinkers are needed. • Participants will be WELL-PAID for their time. • Entertainment, food and beverages are provided after the study in a comfortable setting.

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### Spring semester course load threatening to overtake you?



Check out the Winter Intersession course offerings at <http://www.uky.edu/Registrar/UExt/winter>  
University of Kentucky Winter Intersession  
December 18 - January 9  
257-8126 OR [asout2@email.uky.edu](mailto:asout2@email.uky.edu)

## CORRECTION

There was a discrepancy in the article on the robbery of Mad Mushroom in Friday's Kernel. Tyrone Dunn, 29, of Lexington, was arrested under suspicion of being involved in the crime.

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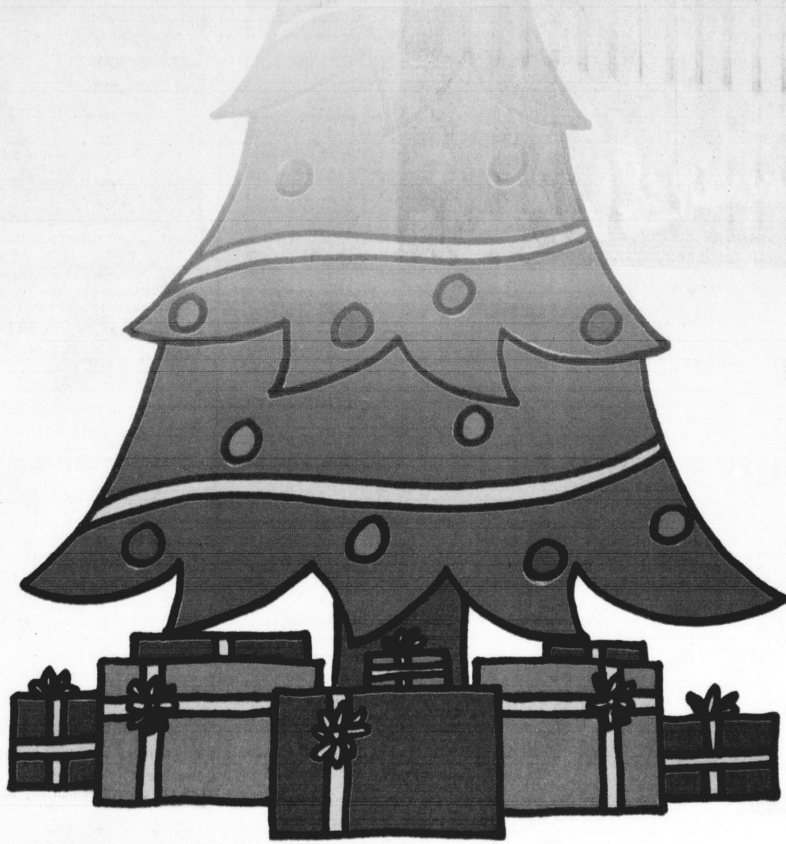
Office of Student Activities, Leadership & Involvement

[WWW.UKY.EDU/CAMPUSCALENDAR](http://WWW.UKY.EDU/CAMPUSCALENDAR) **CAMPUS CALENDAR** VISIT THE WEB SITE FOR EVENT DETAILS OR TO POST YOUR OWN UK EVENT.

The Campus Calendar is produced by the Office of Student Activities, Leadership & Involvement. Registered Student Orgs. and UK Depts. can submit information for FREE online ONE WEEK PRIOR to the MONDAY information is to appear. Call 257-8867 for more information.

Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>	Friday 24 <sup>th</sup>	Sunday 26 <sup>th</sup>
<ul style="list-style-type: none"> <li>•Solar Car Team Meeting, 7:00 PM, DVT Engineering Building</li> <li>•UK Budo Karate Club, 8:00 PM, Dance Hall</li> <li>•Yates Elementary School Tutoring, 4:00 PM, Yates Elementary School</li> <li>•Swing Dance Lessons, 8:00 PM, Yates Creek Recreation Ctr Ballroom</li> <li>•Shift, 7:00 PM, Christian Student Fellowship Building</li> </ul>	<ul style="list-style-type: none"> <li>•Alpha Phi Omega, 6:30 PM, 359 Student Center</li> <li>•Baptist Campus Ministry • TNT - Tuesday Nights Together, 7:30 PM, Baptist Student Center - 429 Columbia Ave.</li> <li>•SOCIETY of TELECOM SCHOLARS MEETING, 5:00 PM, Maggie Room, Grehan Building</li> <li>•UK Students for Life Meeting, 8:00 PM, 115 Student Center</li> <li>•Phi Upsilon Omicron: Iota Chapter, 5:00 PM, 128 Erikson Hall</li> <li>•BIO 425 Seminar, 10:00 AM</li> <li>•BINGO, 7:00 PM, STUDENT CENTER CATS DEN</li> </ul>	<ul style="list-style-type: none"> <li>•La Table Francaise, 3:30 PM, 231 Student Center</li> <li>•LECM Food for Body and Soul, 5:05 PM, St. Augustine's Chapel on Rose Street.</li> <li>•Tutoring at Bryan Station Middle, 4:00 PM, Bryan Station Middle</li> <li>•University Christian Fellowship, 8:00 PM, 230 Student Center</li> <li>•UK Budo Karate Club, 8:00 PM, Dance Hall</li> </ul>	<ul style="list-style-type: none"> <li>•UK Gay-Straight Alliance Meeting, 7:00 PM, 357 Student Center</li> <li>•Freshman Focus - Baptist Campus Ministry, 7:30 PM, Baptist Student Center - 429 Columbia Avenue</li> <li>•Synergy, 8:00 PM, Christian Student Fellowship Building</li> <li>•Feminist Alliance Meeting, 7:30 PM, Commonwealth House of the Gaines Center on Maxwell St.</li> <li>•Non Traditional Student Organization meeting @ Pazzo's, 7:30 PM, Pazzo's</li> </ul>	<ul style="list-style-type: none"> <li>•UK Budo Karate Club, 4:30 PM, Dance Hall</li> </ul>	<ul style="list-style-type: none"> <li>•UK Ultimate Frisbee Organization, 10:00 PM, Intramural Fields</li> </ul>

## Holiday Shopping Guide



Alison Behrman | Kernel PR

### Find gifts without straying far from campus

By Kristin Hogue  
PR STAFF

Tired of buying the same old gifts year after year? Add some pizzazz this holiday season by shopping in some of downtown Lexington's finest and most eclectic gift shops. The greatest thing about these shops — besides offering different merchandise than the standard shopping mall — is that each is located near campus.

Third Street Stuff is a colorful shop is located at 257 N. Limestone, a mere five-minute drive from campus. It also boasts a café which is a plus for a holiday shopper. The store is open 11 a.m. to 9 p.m. on weekdays and noon to 5 p.m. on Saturdays. The café is open until 11 p.m.

Two of the shop's biggest sellers are handmade, wall-hanging letters and make-your-own bracelets. The letters range in size and cost \$12-\$14, or \$10-\$12 for Greek letters. The make-your-own bracelets are extremely popular right now, said Taylor Ebel who works at the shop. There are skinny and wide bands to choose from, and beads of all different colors, shapes and letters.

Other gift ideas from Third Street Stuff include books, stick incense, bags and other accessories.

Third Street also carries other jewelry, from beaded bracelets costing \$5 to \$24.99 to long beaded necklaces.

"Jewelry is definitely one of the biggest sellers. Most of the earrings are handmade from people around Lexington," Ebel said. "And we sell a lot of the wall letters to sororities and fraternities."

The Black Market is a reasonably-priced hip boutique located at 516 E. High Street, less than a three-minute drive from campus. The store is open 11 a.m. to 6 p.m. Monday through Saturday, but it will expand those hours for the holidays to 11 a.m. to 7 p.m. Monday through Saturday and 1 p.m. to 5 p.m. Sundays.

This is the place to shop for those hard to find gifts. A little of everything can be found in this shop, including clothing, shoes, jewelry, as well as a variety of gifts. There are books on all subject matters, from tarot and decoding dreams to books on how to knit.

They also offer a wide variety of aromatherapy candles and oils, with prices beginning at \$7.50. The shop sells shoes of all kinds — flats for mobility on

campus to heels for a night out on the town. The prices are as diverse as the materials and designs at the Black Market. The selection of jewelry is also extensive; the shop carries vintage jewelry as well as sterling silver jewelry.

This shop prides itself on not carrying many duplicate pieces, particularly when it comes to shoes and clothing.

"We don't carry more than a two pairs of each shoe style in each size, so you're not going to see them on everybody," said Melanie Williams, owner of the Black Market. "The same goes with the clothes."

If you're looking for gifts for the bookworm, consider Black Swan Books, a rare and used bookstore located at 505 E. Maxwell, only a short drive or walk from campus. It is open 11 a.m. to 5:30 p.m. Monday through Saturday.

There are book shelves in every corner of every room and each is stuffed with books on a variety of subjects and are offered for a range of prices. Half the fun is walking through the shop and searching. There are books on all subjects, including cooking, history, folklore, sports, poetry, literature, true crime, chil-

ren's books, film, art, biographies, architecture and gardening. Near the middle of the shop is the Rare Book Room. The books in that room are kept in glass cases, but are for sale from \$50 to \$1,000. This room holds the "rare, expensive or autographed books, including three books signed by former presidents," said store owner J. Michael Courtney.

Still can't find what you're looking for? Just ask Courtney and he can scour the 3,000-square-foot basement below the shop for you. Black Swan also offers new books from several authors, primarily authors from Kentucky. The shop regularly hosts authors for book signings. Visit the store to find out who is on the schedule for next month.

As for gifts, Courtney says the leather bound books and the art books are the most requested books by shoppers. The shop also offers gift certificates in any denomination.

Still haven't found what you are looking for? Consider checking out CD Central, at 377 S. Limestone; Paisley Peacock at 371 S. Limestone; Special Media also at 371 S. Limestone; or Daffodils at 1485 Lestown Rd.



JESSE VICE | STAFF

Target offers almost every Christmas decoration a person could imagine.

### Make your holiday nights sparkle

By Alisa Oerther  
PR STAFF

Some people can't get excited about hosting a holiday party. It involves too much planning, money, time and effort, and sometimes you can't even enjoy the party because you have to be the perfect host. The holidays are not supposed to be that hard, especially when throwing a party for your friends. Here's how to make not only your friends' night sparkle, but also yours.

Everything starts with the invitation. The easiest thing to do is to send a short jingle through Facebook about the event to all the friends you are inviting. Or, you could do a more snazzy invitation and still keep it inexpensive. Buy cheap holiday paper and print your jingle in red or green ink. This is more personal because your guests will receive your invitations by mail.

The next thing to tackle is the decora-

tions. The first thing is giving your house a holiday theme. Your first purchase might be mistletoe. Go wild with this and hang as many bundles as you wish. Next, pick some colors such as white and silver. If it is a small party and there will be dancing, the best idea is to get silver sheets to cover your floor. Then get fake snow, or make your own with paper. This will also be good for easy cleanup. If it is a bigger party, then try buying small ornaments. Hang them all over the house with thumb tacks and silver ribbon. This is an easy, inexpensive and mess free idea.

Food is the highlight of most parties, especially for college students on a budget. So this might be your main decorative focus but keep it simple! First, get a white tablecloth. Save your empty cans a few weeks before your party. Spray cans of several sizes with silver, red or green metallic spray paint or coat with any holiday decorations. Turn them

upside down for multi-level candle stands. You can then choose what you like on top. You can put things such as pictures of all your friends, festive candles, or ornaments. Put ribbons, small ornaments, holly or tissue paper around the base. Now, you have the perfect centerpiece that will be hard to top the next time your friends get together. Also, to save time you can choose to go to Target to buy your decorations. They have aisles and aisles of wreaths, ornaments, lights, and anything else you could ever imagine.

Choosing your music, food, drinks are the final steps to a fabulous party. Make sure you think festive! Your party will look wonderful and it will be one to remember. The most important thing to remember is to have fun and not to worry about being the perfect host. Your friends will be thankful that they were invited to such a festive party. Maybe you can even convince them to help you clean up. Happy Hosting!

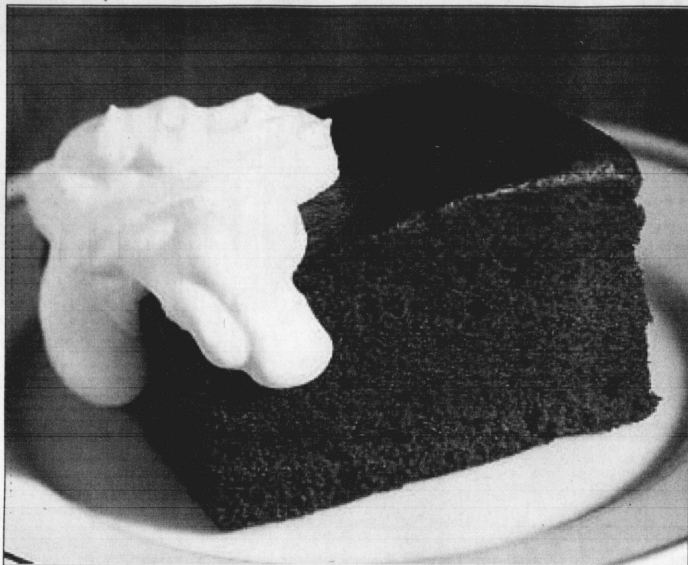
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Lauren Mouser

Coordinator: Alisa Oerther  
Writing: Sarah Willis





With a little time in the kitchen, you could impress your friends and family with a homemade treat like this gingerbread.

## Whip up a taste of the season

By Kristin Hogue  
PR STAFF

The holidays are the perfect time to try your hand in the kitchen. The stresses of school are a distant memory and spending a winter day in a warm kitchen baking for friends and family can warm the soul. Sweet holiday treats may even be the answer to inexpensive gifts for friends. Or you may simply impress family members at Thanksgiving or Christmas with a made-from-scratch dessert.

The following recipes will give you a start in the kitchen, but don't underestimate the internet (scrumptious holiday classics can be found on the Web at [www.betty-crocker.com](http://www.betty-crocker.com) or [www.kraftfoods.com](http://www.kraftfoods.com)), your Mom's old cookbook or even the packaging of some items found in every grocery store (check the bags of shredded coconut, chocolate chip bags, cake mix boxes, pie crust boxes, etc.).

### Buckeyes

You don't have to be from Ohio to enjoy this yummy treat. Buckeyes are easy to make and are the perfect blend of chocolate and peanut butter. They are perfect for a quick dessert this holiday season or can be jazzed up a bit to create an inexpensive gift for your friends.

**Need:**  
2 cups powdered sugar  
2 teaspoons sugar  
2 tablespoons butter (room temp.)  
1 tablespoons milk  
1/2 teaspoon vanilla  
1/2 cup creamy peanut butter  
1 cup semi sweet chocolate chips  
1 tablespoons solid vegetable shortening

**How to:** In medium bowl, mix powdered sugar, butter, milk, granulated sugar, and vanilla until blended. Mix in peanut butter. Stir until blended. Put wax paper on a cookie sheet. Roll heaping teaspoons of mixture into balls, place on wax paper and refrigerate for at least 2 hours, or until firm. Melt chocolate and shortening until smooth. Dip balls with a toothpick, one at a time in melted chocolate, let dry on wax paper. Use sprinkles to decorate. Refrigerate for 15 minutes, or until firm. (Recipe taken from my aunt.)

### Easy Dutch Apple Pie

Want to impress your family over the holidays? You will if you bring this pie to the next family get-together. Apple pie is a classic American dessert, especially during the holiday season. And it's easier than ever; you don't even have to make the dough!

**Need:**  
Pastry (frozen Pillsbury)  
3/4 cup of brown sugar  
1/4 cup of flour  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
Dash of salt  
6 cups thinly sliced pared tart apples (about 6 medium apples)  
2 tablespoons butter

**How to:** Heat oven to 425. Prepare pastry. Mix sugar, flour, nutmeg, cinnamon and salt. Stir in apples. Turn into pastry-lined pie plate. Top apple filling with crumb topping: mix flour, butter and packed brown sugar until crumbly. Bake 30 minutes. Cover topping with aluminum foil during last 10 minutes of baking. Best served warm. (1981 Betty Crocker cookbook)

### Pumpkin Dessert Dip

Who said pumpkin is best in a pie? This recipe takes the deliciousness of pumpkin pie and turns it into a dip that can be enjoyed throughout the holidays without the hassle of baking.

**Need:**  
One 8-ounce package of cream cheese (softened)  
One 7-ounce jar of marshmallow crème  
1/2 cup canned pumpkin  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg

**How to:** Mix all ingredients until well-blended, then cover. Refrigerate several hours, or until chilled. Serve with cookies, graham crackers or fruit. ([www.kraftfoods.com](http://www.kraftfoods.com))

### Chocolate Caramel Fondue

Need something sweet to serve at a holiday party, but want something original? Fondue is a timeless classic. The following recipe combines chocolate and caramel in a tantalizing fondue that will make anyone smile.

**Need:**  
2 cups baking chocolate (I suggest chocolate chips because they are already in small pieces and can be purchased in a variety of chocolate flavors: semi-sweet, milk, dark and white)  
1/3 cup evaporated milk  
2/3 cup caramel sauce

**How to:** Place all ingredients in ceramic fondue pot (use a ceramic bowl if you do not own a fondue pot; though this is much more fun if it is in one!). Microwave for 30 seconds. Stir thoroughly. Continue to microwave at 15-second intervals until

mixture is smooth and completely melted. Serve with fruit, cut up angel food or pound cake, cookies, pretzels, marshmallows or anything else you can think of. Be creative! (Wilton Dessert Fondue recipe)

### Caramels

These are a nice addition to any gift you may give this holiday season. And they are super easy to give away since they are wrapped individually.

**Need:**  
2 cups of sugar  
1/2 cup butter or margarine  
2 cups heavy whipping cream  
3/4 cup light corn syrup

**How to:** Grease bottom and sides of a square baking dish (8x8x2 or 9x9x2) with butter. Heat all ingredients to boiling in a saucepan over medium heat, stirring constantly. Cook about 35 minutes, stirring frequently, to 245 degrees on a candy thermometer or until a small amount of mixture dropped into a cup of very cold water forms a firm ball that holds its shape until pressed. Immediately spread in the baking dish. Cool completely, about 2 hours. Cut into 8 rows by 8 rows, using a sharp knife. Wrap individually in wax paper or plastic wrap. Store wrapped candies in an airtight container at room temperature. ([www.BettyCrocker.com](http://www.BettyCrocker.com))

### Festive Fudge

What is a holiday season without fudge? There are several delicious recipes for fudge out there, but this one is quick, easy and scrumptious! Share it with friends after a hectic day of Christmas shopping or while wrapping presents.

**Need:**  
3 cups (18-ounce package) semi-sweet chocolate chips  
One (14-ounce) can sweetened condensed milk (not evaporated milk)  
Dash of salt  
1 cup chopped nuts  
1 teaspoons vanilla extract (for creamier fudge add 2-4 tablespoons butter)

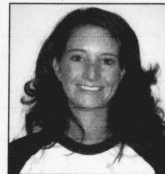
**How to:** Line an 8- or 9-inch pan with foil. Butter foil, then set aside. In a medium-sized saucepan, over low heat, melt chocolate chips with sweetened condensed milk and salt. Remove from heat. Stir in nuts if desired and the vanilla. Spread evenly into prepared pan. Chill two hours, or until firm. Turn fudge onto cutting board, peel off foil and cut into squares. Store covered in the refrigerator. (Eagle Brand recipe)

## Walk N' Talk

What is the worst present you've ever received?

"I got a pair of socks one year."

Kortnei McNary  
music performance  
sophomore

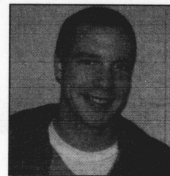


"I got these hideous grandpa XXL boxers and had to try them on for my family."

Maggie Fennell  
broadcast journalism  
junior

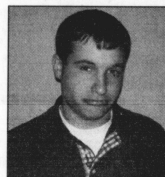
"My mom got me a La Toya Jackson CD because she thought I would like it."

Maw Pugh  
business sophomore



"I got a pair of Alf underwear and a racing helmet for Christmas."

Patrick Musser  
business senior



"I got an IOU in a Saltines' box from my ex-girlfriend."

Shane Bowman  
radio broadcast junior



"I got E. coli for Christmas one year from bad ground beef. It was not fun."

Westley Blum  
integrated strategic communications  
and Spanish senior

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## Homemade gifts — made easily

By Melissa Riggs  
PR STAFF

Personalize your Christmas gifts this year — make them yourself. Being a college student sometimes means that Christmas is not always your favorite time of the year. Large amounts of stress from finals and coming up with money to buy your family proper Christmas gifts can sometimes make the holidays a struggle. Save money and get a little creative this season by making your own gifts to give.

Michael's Craft store and Garden Ridge are great places to start. They both offer a wide assortment of crafts to fill the needs of friends, moms, dads, little siblings, etc. Here are a few gift ideas that you can make with supplies you already have at home:

- Buy a custom made bag. Michael's carries a variety of the hand bags and purses. Think of how you want to personalize the bag; maybe put their name or favorite team. The craft store offers iron on letters or patches that are simple to put on, even for the person who lacks crafty ability. Just follow the instructions and place the item where you want. Make it as simple or elaborate as you want. Really get creative with fancy trim or ribbon.

- Make a scarf for your loved ones. Go to your local fabric store and pick out your favorite soft, felt fabric. The fabric is sold by the yard, but you can usually make four to five scarves out of one yard — a very cheap gift to make.

When making the scarves, simply measure the width you desire and cut. The length of the fabric is perfect for this idea, so no cutting the length, only the width. You can spice it up by cutting fringe into both ends of the scarf with a small two inch cut. Even grandma will appreciate this gift that

takes no time to make and little money out of your pocket.

- Photo calendars, another holiday favorite, can be made for someone by collecting 12 photos of your family or friends and choosing one photo for each month. The calendar can be made by any print shop, such as Kinko's.

- Try a gift basket. Think differently. Try to come up with things that they need and put them together in a nice-looking gift basket. Creating a gift basket becomes easier if you think of an overall theme for the basket. For example a "spa and pamper" basket

filled with lotion, face and hand towels, fragrant candles, relaxing tea, tea mug, bubble bath, etc. When shopping for your gift baskets go to a one-stop supper store, such as Wal-Mart. This will save you time and money.

- For guys, think of their favorite team and paint it onto a beer mug or small trash can for their room. Use paint pens, they are easy to write with.

- A new gift idea is creating your own game board. Found at Gifts.com, "Make-Your-Own-Opoly" lets you control your own little world by creating a board with your personalized neighborhood. Use your home, town, business or sports teams. Any property you can divide up, you can trade! Simply use a pen and scissors, or utilize the enclosed software and produce a professional quality board game on your computer. This will cost you about \$30, but is perfect for the game lovers to have their own personalized Monopoly board.

When creating your own gifts don't forget your glue, tape, ruler and scissors, you will need them. Save money and give something that makes you feel good. Your one-of-a-kind creation will always be remembered.

### Try stretching your dollars by crafting some presents yourself



ALISON BEHRMAN | STAFF

Stores such as PetSmart in Hamburg Pavilion offer plenty of gift options for pets, including apparel such as these antlers for kittens.

## When shopping this year, don't forget your furry friends

By Alison Behrman  
PR STAFF

The holiday season is fast approaching, which means that it is about time to start putting your shopping lists together. While most of these shopping lists will be comprised of presents to buy for your family, friends and loved ones, there is another important group you might be forgetting: your pets.

Now, you might be asking yourself what kinds of things you could possibly buy your pet for Christmas. There are actually a surprising number of gifts available, both seasonal and traditional, at local pet stores. One such store is PetSmart, located in Hamburg Pavilion.

"You should get your pets presents for Christmas because they are a part of your family," says Brett Sparkman, a PetSmart

manager. "If you have a pet, you should take care of all responsibilities for them, including buying them the regular necessities as well as gifts."

The store carries a variety of products inspired by the holidays for your pets. For dogs, there is an assortment of treats from candy cane-shaped rawhide to gingerbread flavored biscuits. There are toys featuring Santa, snowmen and just about everything else you could imagine. You can even buy antlers, a Santa hat or a Christmas shirt to dress them up.

Plenty of gifts are offered for cats, too. More toys with holiday themes are available, including catnip mice in red and green or snowflake patterns. There is also a wide selection of cat apparel, including Christmas collars and other items.

For owners of other kinds of pets, there are also a number of gift options to consid-

er. Simply buying them a new cage, toy, or bed would be appreciated by your pet. Even buying them a new or different kind of treat in honor of the holidays would, undoubtedly, be welcomed with enthusiasm.

One other thing that you can do for your pet this holiday season is to have its picture taken with Santa. PetSmart's annual "Santa Claws" photo event will take place on Saturday and Sunday of the first three weeks of December from 11am to 4pm. The photo package costs \$9.95 (\$8.95 with a PetPerks Savings Card) and includes two photos of you and your pet, as well as two holiday picture frames (while supplies last). Also, \$5 of every package sold goes to local animal shelters.

So, don't forget about your pets when doing your Christmas shopping this year. They'll thank you for it, even if they can't say the words.



JESSE VICE | STAFF

Sarah Hood, co-owner of ReBelle, knits a mitten for her boyfriend. ReBelle sells yarn and knitting materials, and it is located at 371 S. Limestone St.

## ReBelle against ordinary gifts

By Jesse Vice  
PR STAFF

When searching for the perfect holiday gift for loved ones, sometimes department stores don't always have what you're looking for. As cliché as it may seem, a gift that comes from the heart is always the best bet.

Putting careful thought and consideration will show your loved ones how much you care for them. Hats, scarves, socks and sweaters all make excellent gifts for special people that will appreciate them.

ReBelle, co-owned by Sarah Hood and Robyn Wade, is located at 371 S. Limestone

next to McDonald's. The store sells yarn and knitting materials as well as jewelry, natural women's health products and organic baby products.

Knitting or crocheting may seem like something only grandmas do, but is actually becoming a very popular past time for younger demographics as well as celebrities.

"We have great classes coming up for Christmas gifts," Hood said.

"The beginning knitting classes are sequential and most are two hours long. We also make quick project recommendations."

ReBelle also offers knitting and crocheting classes for be-

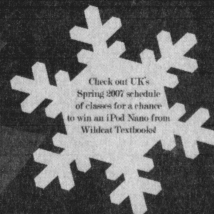
ginning and more experienced knitters. Classes are 6 to 8 p.m. on Wednesday, 2 to 4 p.m. and at varying times Saturday. Classes begin at \$15 and go up to \$35.

Hood and Wade started the store because they wanted a store with recycled items. They liked the idea of taking something that was trash and making it beautiful. Hood calls this "rebeautification."

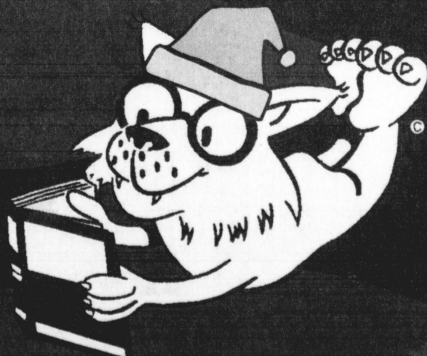
The store is open 10 a.m. to 8 p.m. Tuesday and Wednesday, 10 a.m. to 6 p.m. Thursday through Saturday from and noon to 6 p.m. Sunday. For more information visit: [www.ReBelleGirls.com](http://www.ReBelleGirls.com)

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# Holiday shopping: Get it done your way

By Yan Q. Mai  
The Washington Post

WASHINGTON — What kind of shopper are you?

Do you run marathons around the mall, then catch a movie there when you're done? Or do you shop online until you get carpal tunnel syndrome? Maybe you avoid the stores altogether, letting a personal shopper do the work for you.

For many people, holiday shopping is as much about the journey as the destination. It ends with a perfectly wrapped present, but everyone has a different method for getting there. Take Angela Ashworth, a 38-year-old mom from Alexandria, Va. She started her Christmas shopping in February, when last year's holiday merchandise was still being cleared out of stores. She picks up presents one by one, all year long. She has already hit several categories of retailers: Target, J.C. Penney, Macy's and Costco. She plans to be finished shopping before December.

"I have a big family, so I have to start early," she said. "I don't like a lot of stress."

About 20 percent of all retail purchases are made during the holiday season. That's why stores start hanging garland and lighting Christmas trees before Halloween — all to get you in the shopping spirit.

If that sounds vaguely threatening, don't worry. There is help.

With a little savvy and a few insider tricks, you can work the system to find the lowest prices, shortest lines and sure-to-please products no matter what your shopping style.

The National Retail Federation predicts that the average consumer will spend \$791.10 during the holidays. Most of that will go toward presents, with \$451.34 spent on family and \$85.60 on friends. Shoppers are also expected to spend \$91.20 on candy and food and \$46.49 on decorations.

Those numbers are all increases over last year's good news for retailers, but not so scary for consumers' checkbooks. Greg McBride, senior financial analyst at Bankrate.com, said the only way not to overspend during the holidays is to create a budget and stick to it.

He acknowledges that this is easier said than done.

"It all comes down to discipline," he said.

Michelle Logan, 33, of Springfield, Va., has the list down, and that's about it.

She usually doesn't start her holiday shopping until after Thanksgiving. On a recent afternoon at Springfield Mall, Logan was concentrating on feeding her 18-month-old son, Patrick, while keeping an eye on his rowdy older brother, Connor, 3.

Her sister-in-law, Rhonda Rasberry, laughed.

"I would like to start now, but I don't think that's going to happen," she said.

Logan and her husband have worked out a budget for the holidays. She needs to buy gifts for about two dozen people, and they designated the amount of money they would spend on each one—so far, so good.

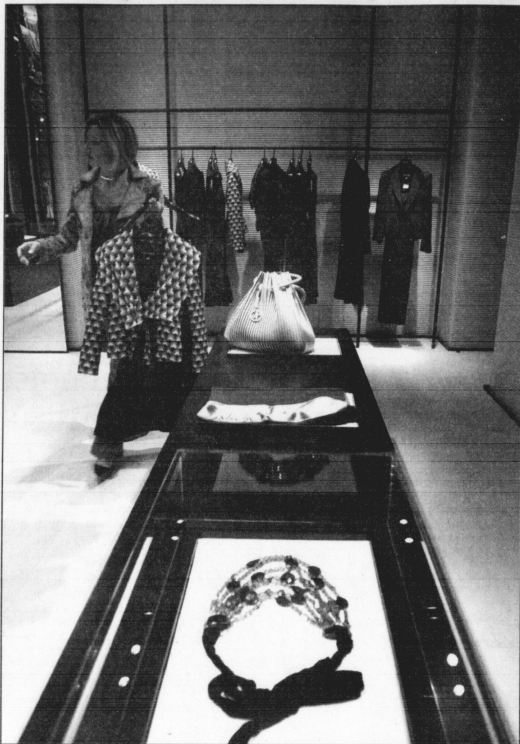
But history tells a different story. When asked if she has ever stuck to her budget, Logan shook her head: "Never."

Logan family, this guide is for you.

## Watch the bucks, hunt the bargains

Everyone starts the holiday season resolving not to overeat or overspend. But for many of us, discipline dissolves as soon as the turkey hits the table.

Greg McBride, senior financial analyst for Bankrate.com, said part of the problem lies in



NIKKI KAHN | WASHINGTON POST  
Katie Jaggers, director of the personal shopping service at the Saks Fifth Avenue in Chevy Chase, Md., makes her picks. She says some clients have specific ideas for presents while others give her a budget and a list of names.

the hidden costs of the holidays: travel to see family, dinners out and presents for the hostess, for example. He suggests reviewing your credit card or bank statements from last year to develop a realistic picture of how much you'll be spending this season.

Savvy shoppers can save money by using price-comparison Web sites, such as CNet's Shopper.com and PriceGrabber.com. You can also consult with other bargain-hunters and map out your plan of attack with advance copies of retailers' ads leaked to sites such as GotDeals.com.

Wal-Mart Stores Inc. Vice President Scott McCall recommends bringing kids along while you shop so they can tell you exactly what they want—saving you a trip to exchange the "Barbie in the 12 Dancing Princesses'" horse and carriage for the Magical Dance Castle.

The retailer recently cut prices on hundreds of toys, games and electronics. Analysts are speculating the move could start a price war this season, which could be a dream come true for budget-conscious consumers.

Things to consider: McBride suggests making your shopping list at home to help ward off expensive impulse buys. "Go through that thought process when you're on your turf, not the retailer's turf," he said.

## Make your list, hand it off

If you really want to lead the good life, you won't do any holiday shopping. You'll let someone else do it for you.

Several department stores, including Macy's, Nordstrom and Neiman Marcus, offer personal shopping services for their die-hard customers. There's no

spending minimum, and you get royal treatment with secluded dressing rooms and hand-picked merchandise. They'll even wrap and ship your gifts for you. Just hand over your list, and let them do the stressing.

Katie Jaggers, director of the personal shopping service at the Saks Fifth Avenue in Chevy Chase, Md., said some clients have specific ideas for presents while others give her a budget and a bunch of names.

Jaggers predicted popular gifts this season would be jewelry, pre-wrapped Burberry scarves and a limited edition Saks snow globe. She has even had clients compile a list of gifts they would like—just in case their significant others happened to ask. Some of the most extravagant sales have been a sable coat and a diamond necklace.

"We're all elves," Jaggers said of the personal shoppers.

Pros: People will be awed by the expert wrapping, thoughtful gifts and your Zen-like serenity. There's no minimum you must spend to use personal shoppers at most department stores, and you can give them a budget to work with.

Cons: All of your gifts will come from one store, and handing over control of your list can be difficult if you're too Type A.

Things to consider: Personal shopping is usually done by appointment, and this is their busiest time of the year.

## Buy on the Web and let the gifts come to you

They do it at work. They do it at home. Heck, they even do it at Starbucks.

We're talking about online shoppers, sneaking in a bid on eBay during a conference call. Internet retailing is expected to

top \$100 billion for the first time this year, according to research firm comScore Networks. Nearly half of shoppers will buy at least one item online this holiday season, and about 89 percent will research their purchases over the Internet.

Retailers aren't ignoring those numbers. They're ramping up promotions and marketing on their Web sites. Free shipping has become almost standard during the holidays, but be wary of blowing that savings in add-ons such as gift wrapping, personalized messages or express mail. Also keep in mind that your gifts need to be ordered several days before Christmas to receive them in time for the holiday — even if you do splurge on overnight shipping.

The last day that Amazon.com will guarantee Christmas delivery for free holiday shipping is Dec. 15, a spokesman said. That means now is the time to shop. The busiest online shopping days usually are in early to mid-December, though the Monday following Thanksgiving has been hyped as the time when many e-tailers kick in their heaviest online promotions.

Pros: You don't have to fight for parking at the mall. Cons: Anyone remember 1999? Online retailers got slammed that year, and many couldn't fulfill orders in time to get customers their packages before the holidays. The industry has come a long way since then, but late merchandise is still one of online shoppers' top complaints. A survey by Forrester Research Inc. over the summer found that 15 percent of online shoppers received items late last year and that 27 percent said they won't buy online because of the hassle of returns.

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## Top 10 Christmas Movies

By Alisa Oerther  
PR Staff



JESSE VICE/KERNEL PH

1. A Christmas Story
2. How the Grinch Stole Christmas
3. National Lampoon's Christmas Vacation
4. Love Actually
5. Home Alone
6. A Christmas Carol
7. The Nightmare Before Christmas
8. Trapped in Paradise
9. Charlie Brown Christmas
10. The Ref

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Top 10 Style Trends

## Surf's up for holiday shopping

Go online to find deals, save time

By Sarah Willis

Thanksgiving break is rapidly approaching, and finals are right around the corner. It can only mean one thing — time to start shopping for all those who have been on your "nice" list. That's right, the holiday season is here.

Holiday shopping can be a very tedious and frustrating, especially as Christmas morning gets closer and closer. So make this year easier on yourself. Forget the crowded malls and long lines, use technology to your advantage and shop online.

Using the Internet to shop can save you time, money and gas. And there are always perks to being able to shop in your pajamas and avoid the cold weather.

"I love online shopping! It's easier to find things and sometimes you can find better deals," says Britany Stegner, a communications senior. "I like to compare products before I buy, and the Internet lets me compare and find the best price with very little hassle."

While known for books, Amazon does have great deals

on clothing, electronics, hardware and much more.

Overstock.com is much like Amazon — great deals for just about everything and everyone on your list. And Overstock offers a \$1 flat shipping rate until the middle of December.

EBay is great for all those hard-to-find items. Shoppers can find virtually anything on EBay, and pay what they want to pay for it. EBay is great for anyone who wants to find unique gifts that you can't always find in stores at the mall.

Online shopping is also great if you're looking for unusual sizes or colors, since the manufacturers' Web sites typically have more and different products than the retail stores.

However, there are certainly some downsides to shopping online. Many online stores have high shipping fees. And there is a major hassle in returning items you have purchased over the Internet.

"I don't shop online all that much. I'd rather go into the stores and look at the items that I want to purchase. Other than EBay, I'm an in-store shopper," says Luke Basham, a psychology senior. "I need to be able to

see the actual color and size of the item I'm buying."

Kyle Winsett, a history junior, agrees with Basham. "I occasionally use Amazon.com and EBay for books and hunting equipment, but other than that, I need to see exactly what I'm buying and know the return policy if the gift needs to be returned."

Online shopping allows you to beat the cold and beat the crowds. Christmas will be here before you know it, so get shopping.

### Top Shopping Sites

- **AMAZON.COM:** great for books and almost anything else
- **BLUEFLY.COM:** carries fashion name brands at heavily discounted prices
- **EBAY.COM:** the auction site that started it all
- **FROOGLE.COM:** Run by Google, it uses the same search engine method for finding deals
- **OVERSTOCK.COM:** sells a variety of items and has a \$1 flat shipping fee until mid-December

## Find designer fashions at ILO

By Peter Nolan

This holiday season, we should all pay homage to stylish, contemporary, honest-to-goodness hotness. The best way to do that is to head over to ILO, at 867 East High Street (across from Shopper's Village).

ILO is a haven for the fashion of the "Hollywood It" girls, sporting designers such as 3.1 Phillip Lim, Robert Rodriguez, Ya Ya, and Loft. The list of designers goes on and on.

But ILO is more than just jeans. ILO offers a selection of jewelry as well as other fashions that can't be found anywhere else in Lexington.

While electronics and gadgets are making a big scene the holiday season, a gift from ILO would make for a very nice, classy change. You may be thinking, "high-end jeans, California fashion" equals disaster in the wallet, but owner Susan Yeary is making it very easy on shoppers this year. ILO offers unrivaled personal service and its staffers are more than

willing to deliver your purchases in town if necessary. And if you are looking for a gift for a tough person to shop for, you might pop in and pick up a gift card. As the girls at ILO say, "a gift card always fits."

ILO offers a 15-percent discount on jeans to anyone with a student ID. That includes all in-town schools, not just UK. Also, ILO is offering a 15-percent discount on its entire stock of jeans during a trunk show on Nov. 30. The show will run from 10 a.m. to 8 p.m., and ILO encourages girls to come in early and work on their wish lists.

Aside from the denim, jewelry from Los Angeles' Beth Ordune is being featured. ILO looks forward to gathering a crowd at this year's event. Susan Yeary and Leslie Beatty are ready to help you with all your gift needs. Look up ILO at [www.topsinlex.com](http://www.topsinlex.com) and watch out for upcoming events at [www.iloshop.com](http://www.iloshop.com).

This holiday season, it is all about staying classy and being flashy. Make the short trip down East High Street to ILO, "a joyous place."

## Make smart choices to fight the holiday battle of the bulge

By Sarah Willis

For many of us, the holiday season equals weight gain. Since college students are notorious for eating badly, the holidays give us a reason to indulge on some good homemade food. Unfortunately, sometimes we indulge ourselves too much over the holidays, and we spend all spring battling with the scale before that big spring break trip. But it doesn't have to be that way this year. Here are some tips from the experts on how to avoid gaining weight over the holidays.

■ **Stay active!** One of the major causes of weight gain during the holidays is lack of activity. Time is spent doing holiday errands, which makes us more tired and less motivated. Keeping some sort of exercise routine will not only keep off the pounds, it will give you more energy to battle the long lines and finish your shopping.

■ **Don't starve yourself.** Not eating breakfast or lunch because you're having a big Thanksgiving dinner will only make you more prone to binge. "Make sure that you never arrive at a function hungry. This will reduce your chance of overeating," says Beth Atnip, the Johnson Center Fitness Director.

■ **Treat holidays like days.** Holidays are not weeks, not months, but days. Treat them that way. "Enjoy yourself on the particular holiday, but then go right back to your normal healthy eating plan. Just because it's the day before, the

day before Christmas Eve, doesn't mean it's a holiday," according to Philip Lempert, food trends editor for NBC News' TODAY Show and founder and editor of SupermarketGuru.com.

■ **Drink plenty of water.** "A lot of people stop drinking as much water during the cold months because they tend to be not as thirsty, and workout in less intense conditions. However, your body still sweats under all of those workouts clothes, and most people don't realize how dehydrated they really are. Also, drinking water will help curb your appetite and keep your skin hydrated and looking healthy," Atnip says.

■ **Choose healthier options.** "White meat turkey is a great lean protein. Vegetables that aren't laden with butter, salad not drenched in dressing, sweet potatoes, and cranberries are also options," Lempert says.

■ **Find a winter workout buddy.** If you still plan on keeping your normal workout routine over the holidays, find a buddy to help. You will both be more motivated and more likely to stick with your workout schedule. "You can help motivate each other and have more fun than working out by yourself," Atnip says. "Most people are more likely to workout if they know that someone is waiting for them at the gym."

However, you plan on keeping off the pounds, make sure you make good choices and don't starve yourself. You should enjoy the holidays, but don't go overboard; you'll just feel bad the next day. But don't starve yourself either — eat, drink and be merry!

Competition is less important than setting out.

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