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"There's a major difference between being born this way and having an injury or something. For me this isn't any different than it was for (others). You probably don't remember the first thing you picked up with your hands. I don't remember learning to use my feet either."

Walking Tall Born without arms, Donna Rock takes unique challenges in stride

By Tia Silverthorne
Staff Writer

Donna Rock flips up the door handle of her Oldsmobile Cutlass Ciera and slides behind the steering wheel for a short — if unusual — drive around campus.

The drive is unusual because Rock, an accounting senior, steers the car with her left foot while she works the gas and brake pedals with her right foot — a method born of necessity.

Rock was born without arms, a handicap that forced her from childhood to view the world and its challenges in a much different way. She gradually learned to use her feet in the same way that others learn to use their arms and hands.

"For me this isn't any different than it was for (people with arms)," Rock said of growing up with her handicap. "You probably don't remember the first thing you picked up with your hands. I don't remember learning to use my feet, either."

Now 28, Rock can do virtually everything with her feet — from typing to eating to cleaning house. She also has learned to ride horses, a skill she picked up while attend-



Accounting senior Donna Rock types a paper on campus yesterday.

ing classes at Midway College.

After working in the equine industry following her stint at Midway, Rock decided she wanted to attend UK to get an accounting degree.

When she got here, she was thrilled with the way the students accepted her.

"I was pleasantly surprised coming back to college," she said.

"Generally, people are nice. Once in a while, you meet that idiot that has to come up and make a fool of themselves. You just have to avoid them. I wouldn't change a thing about UK, though."

Coming to UK also allowed her to make another important step: living on her own.

"(Moving) was the smartest move I've ever made," she said. "I'm certainly a lot more independent than when I was living at home. I've learned to do a lot of things ... I hadn't figured out how to do."

Her experimentation often surprises those around her. The first time her roommate saw her climbing on top of the counter to get her food, he was startled.

"The first day we were there together he said, 'What are you doing up there?' I've had several roommates who have been shocked at seeing me on top of the kitchen table," she said.

The biggest problem Rock has faced because of her handicap is dealing with thirst during long car rides, since she can't hold a drink and drive at the same time.

But most obstacles, she said, can be overcome.

"If there's something I can't figure out how to do and there's no way around it, I just don't do it," she said.

This summer Rock worked in



PHOTOS BY JEFF BURLEW

ABOVE: Donna Rock drives her car around campus yesterday. Rock, who was born without arms, steers with her left foot and operates the pedals with her right. LEFT: Rock uses her left foot to unlock her car near the Gillis Building yesterday.



Washington, D.C., as an intern for the Department of Agriculture.

"I got preferential treatment, and it was worth it to me. If you have a problem with being handicapped, get over it because you aren't going to change it," she said.

To other students who must confront challenges, Rock offered some advice: "Take advantage of everything you can get. If someone wants to open the door, let them. Don't be too sensitive about what you can and can't do."

After thinking for a moment, she decided that this statement pertained to every student on campus, not just handicapped students.

Information for this story also was gathered by Photographers Editor Jeff Burlew.

Cards designed by pediatric patients benefit children's telethon

By Tamara Caskey
Contributing Writer

Although the holiday season is just beginning, the pediatric patients at the UK Hospital have been busy for months designing holiday cards that benefit the UK Children's Hospital Fund.

This is the fifth consecutive year that patients have designed the holiday cards to sell to the public.

The cards are one of the many projects to raise money for the Children's Miracle Network telethon, which benefits the pediatric pro-

gram at the UK Hospital. The UK Hospital formed a partnership with the Children's Network Telethon in 1988 to help raise money for the pediatric program.

Marian Blanchard, Children's Miracle Network Telethon director at the hospital, said the holiday card program has been very successful. For the past five seasons, 1,500 packages of cards have been sold and \$7,000 has been raised for the Children's Hospital Fund.

Blanchard said she thinks the program has been successful because the original drawings of the UK pediatric patients are used on the

cards.

"The cards are actually designed by our patients, not a professional artist or a design studio. There is a certain segment of the market which that appeals to," she said.

The program is set up so that any pediatric patient who wishes to draw a holiday scene can do so. The children began working on designs in August.

Many children have the opportunity to get their drawing chosen. In fact, one year the card consisted of a collage of holiday drawings designed by nine different patients.

Blanchard said that, when choos-

ing the design, officials always select a universal winter holiday scene because UK is a large university, enveloping many people with many different beliefs.

The program goes beyond raising money for the Children's Hospital Fund.

"The kids really enjoy it," Blanchard said. "So many children have had the opportunity to get their picture printed. It is really exciting for them. It is a real compliment to get their picture printed."

Blanchard also added that the program provides a way for the children to be a part of the telethon.

Judi Martin, a child life coordinator at UK Hospital, said that the holiday cards are important to the children.

"It gives the kids a goal to accomplish, as well as giving them a lot of pride and self-esteem," Martin said.

She said many of the same children come back to the hospital over a number of years and look forward to designing the holiday cards. She said the children feel they are giving back to the hospital.

"Working on a design for the holiday cards gives the children a sense of community and competi-

tiveness," Martin said. "Each child tries to draw the best picture."

Packages of 15 cards are sold for \$4.99. This year's design is a reversible card featuring a design on both the front and back. The message on the inside is printed along the edge of the card, making room for the sender to write a note or include a photo.

The holiday cards now are available at area Krieger stores and in the Lexington Civic Center near the big Christmas tree. Cards also may be purchased during lunch on Mondays, Wednesdays and Fridays in the lobby of the UK Hospital.

Golden Key induction Thursday

Staff reports

Golden Key National Honor Society, UK's academic honors organization, will hold its annual induction ceremony Thursday.

Though membership is by invitation only, some eligible students get overlooked, said Jennifer Eich, faculty adviser for the organization. UK juniors and seniors with a grade-point average of 3.4 or higher are invited to join Golden Key.

The honor society offers various scholarships for its members. The lifetime membership fee is \$45 and entails initiation to career assistance. This fee is not required.

Induction proceedings will begin at 7:30 p.m. in Taylor Auditorium in the Taylor Education Building.

Eligible students who did not receive invitation letters should contact Eich at 257-3780.

INSIDE: Neo-Nazi violence in Germany claims center

By Larry Thornson
Associated Press

BERLIN — A refugee center in western Germany was firebombed on yesterday as violence against foreigners continued despite a police crackdown on neo-Nazis and Chancellor Helmut Kohl's call for tolerance.

In Turkey, German flags were burned amid cries of "Down with

Skinheads" and "Death to murderers" at yesterday's funeral for three Turkish victims of the right-wing extremists in Germany.

In Jerusalem, the Israeli Cabinet denounced German racist and anti-Semitic attacks and demanded German officials fight right-wing extremism with "the full force of the law."

At least 16 people have died this year in some 1,800 extreme rightist attacks throughout Germany against

foreigners and Jews. Neo-Nazis have often found support among those suffering economic hardship, particularly in former East Germany.

The government has taken measures to curb the violence, including banning a radical-right group, but has been criticized for not doing enough.

In an attack early yesterday in Lingen, near the Dutch border, two firebombs were thrown at buildings

housing 20 refugees, but no injuries were reported and damage was minor. Officials offered a \$3,100 reward for clues leading to the arrests of the attackers.

In Eberswalde, 25 miles northeast of Berlin, a fire at around midnight Saturday destroyed a barracks housing 60 refugees.

A watchman suffered smoke inhalation. Police were investigating the cause of the fire.

Cost causes many in rural areas to go without care

Associated Press

ALBANY, Ky. — Rural Kentuckians like Ric and Kimberly Stockton of Clinton County worry about the cost of health care and health insurance just like their city counterparts.

But the Stocktons also face a scarcity of primary-care doctors, especially those who will deliver pa-

tients — a problem compounded by isolation and bad roads.

"If you have to drive 60 miles to see a doctor, you're talking about a real barrier to any kind of health care, whether it's affordable or not," said Harlan County Judge-Executive Delzanna Belcher.

Dr. Joe Florence of UK's Center for Rural Health in Hazard — who has practiced in eastern Kentucky for nearly 10 years — says patients

often put off medical treatment until diseases are more advanced.

"You have people coming in with cancer that's 1 1/2 years old," he said.

Studies show that while people in rural areas receive less health care than cities, the rural population is older and more likely to be ill. A national study by the Robert Wood Johnson Foundation found that 23.4 percent of all rural residents had

chronic or serious illnesses, compared with 18.7 percent of those in cities. Fetal, infant and maternal mortality are all disproportionately high in rural areas.

The Kentucky counties with the highest infant-mortality rates are all rural.

With a legislative special session on health care expected early next

See HEALTH Back Page

CAMPUS CALENDAR

The Campus Calendar appears in the Monday edition of the Kentucky Kernel. All organizations wishing to publish meetings, lectures, special events, and sporting events, must have all information to SAB in room 203 of the Student Center. 1 week prior to publication.

ART & MOVIES

Monday 11/30
 • TICKETS ON SALE!! Tickets for **Spotlight Jazz** individual shows are on sale at TicketMaster; general public, students, faculty and administration; call 257-8427.
 • TICKETS ON SALE!! Tickets for the **Next Stage Series** are on sale at TicketMaster; general public, students, faculty and administration; call 257-8427.
 • Exhibit: Frederic Thursz: A Tribute; UK Art Museum; thru 12/20
 • Exhibit: Lexington Creative Camera Club; Radcliff Gallery
 • Movie: *Mo' Money*; \$2; Student Center Worsham Theater; 7:30pm; call 257-4130

Tuesday 12/1
 • SAB movie: *Impromptu*; free; Student Center, Center Theater; 7:30pm
 • Performance: Niles Strina Quartet; free; SCFA Recital Hall; 8pm; call 257-4929

Wednesday 12/2
 • SAB movie: *Death Becomes Her*; Student Center, Worsham Theater; 8pm; call 257-8867
 • Performance: McCracken Wind Quintet; free; SCFA Recital Hall; 8pm; call 257-4929

Thursday 12/3
 • SAB movie: *Death Becomes Her*; Student Center, Worsham Theater; 8pm; call 257-8867
 • University Artist Series: *The Western Wind*; \$17-general public, \$10-students and seniors; SCFA Concert Hall; 8pm (7:15pm - Lecture in the Recital Hall); call 257-4929

Friday 12/4
 • SAB movie: *Death Becomes Her*; Student Center, Worsham Theater; 8pm; call 257-8867
 • Exhibit: *Winter Revels*; Headley-Whitney Museum; thru 2/28
 • Gallery Series: *Concord Trio* with Margaret Bashkin-Karp, violinist; free; UK King Library Peal Gallery; 12noon

Saturday 12/5
 • SAB movie: *Death Becomes Her*; Student Center, Worsham Theater; 8pm; call 257-8867
 • SAB movie: *Highlander*; free; Student Center, Center Theater; 2pm
 • Performance: UK Dance Ensemble Fall Concert; \$5-regular, \$4-students, seniors, \$1-children 12 and under; SCFA Recital Hall; 8pm; call 257-4929

Sunday 12/6
 • SAB movie: *Death Becomes Her*; Student Center, Worsham Theater; 5pm; call 257-8867
 • Lexington Singers: Holiday Concert; \$12-regular, \$10, seniors, \$8-children 12 and under; SCFA Concert Hall; 3pm; call 257-8867
 • Performance: *Bach's Magnificat*; UK Chorale New Voices; Lexington Children's Chorus; \$5 and \$2; SCFA Concert Hall; 8pm; call 257-8867

**Pulitzer Nominee,
 CLIFTON TAULBERT
 To Speak On
 Nurturing Family
 and Community in
 African-American
 Culture**
**Monday, November 30,
 7:30 p.m.,
 Center Theater
 Old Student Center**

SPORTS

Monday 11/30
 • Campus Rec: 3 on 3 Basketball; Seaton Center; call 257-6584

Wednesday 12/2
 • UK Basketball: Wildcats vs Wright State; Rupp Arena; 7:30pm; call 257-1818

Saturday 12/5
 • UK Basketball: Wildcats vs Georgia Tech; Rupp Arena; 7:30pm; call 257-1818

WAKE LECTURE SERIES
December 1, 6:00-10:30 p.m.
RM. 230 Student Center

wake up!

In analysis of a society which is sleepwalking past an honest understanding of what African people have gone through and are going through in America, the Multiculture Committee of SAB is sponsoring the

Amy Boyanowski

MEETINGS & LECTURES

Monday 11/30
 • Lecture: Clifton Taulbert - "Nurturing Family and Community in African-American Culture"; free; Centre Theater of Old Student Center; 7:30pm; call 257-8867
 • Classes: Aikido Beginner Classes; 8:30pm; Alumni Gym Loft; call 269-4305
 • Meeting: Monthly Meeting of the Lexington Chapter of the American Chemical Society; Chem-Phys. Building, Room 137; 4pm-lecture, 3:30pm-refreshments
 • Lecture: William Andrews, UK, "Characteristics and Controls on the First Clay Coal in Sandstone Washouts"; Funkhouser, Room 200; 4pm-lecture, 3:30pm-refreshments
 • Lecture: Steve Hampson, UK, "Investigation of Impact of Agriculture on Groundwater of the Inner Bluegrass"; Funkhouser, Room 200; 4:30pm-lecture, 3:30pm-refreshments
 • Panel Discussion: "What Happened in the Year of the Woman?"; Old Student Center, Room 214; 4pm

Tuesday 12/1
 • Lecture Series: *AWAKE Lecture Series*; FREE; Student Center, Room 230; 6:00-10:30pm; call 257-8867
 • Meeting: Water Ski Team and Club Meetings (Weekly meetings); 8:30pm; Student Center, Room 106; call 255-1268
 • Bible Study: Black Campus Ministry, Bible Study (Weekly meetings); free; 7pm; Student Center, Room 205; call 254-1811
 • Workshop: Writer's Bloc Weekly Workshop; Old Student Center, Room 119; 5-7pm
 • Meeting: AMA Meeting. Discussion on Experiential Internship Education and Junior Achievement; B & E Bldg, Room 148; call 258-6991

Wednesday 12/2
 • Classes: Aikido Beginner Classes; 8:30pm; Alumni Gym Loft; call 269-4305
 • Meeting: Encounter (Religious); Student Center, Room 359; 7pm; call 276-2362

Thursday 12/3
 • Meeting: CN2 - Catholic Newman Center Night; Newman Center, 320 Rose Lane; 7:30-9:30pm; call 255-8566

live music art sale live music

ART dept
Reynolds Building
open studio
Dec. 4, 6-9 p.m.

art sale live music art sale

CAMPUS BRIEFS

AIDS teleconference to be held tomorrow

The Centers for Disease Control and the American Red Cross are launching a major AIDS education initiative tomorrow with a teleconference that will be transmitted to the UK Student Center Theater. The teleconference will describe a new program, "Business Responds to AIDS," and participants will be given an overview of local resources for AIDS education. Introductory remarks begin at 10 a.m., and the teleconference broadcast will start at 10:30. Lunch will be served at noon. There is no charge for the program or the luncheon, but registration is limited. To register for the event, which also is sponsored by UK's Small Business Development Center and the Center for Prevention research, call the Red Cross at 253-1331.

UK, LCC receive federal education grants

UK and Lexington Community College received \$152,000 in federal grants this month to study teaching concepts for mathematics and science education in primary and secondary schools. The grants were awarded Nov. 20 by the state Council on Higher Education under the Dwight D. Eisenhower Mathematics and Science Education Act. \$3.9 million was allocated to Kentucky by the act, with 75 percent earmarked for the state Department of Education and local school districts. The remaining money was distributed to UK, LCC and 14 other Kentucky universities and colleges to train math and science teachers in grades kindergarten through 12. The goal of the project is to improve student understanding and performance.

Lexington schools get funds for community action project

A Lexington consortium made up of UK, Transylvania University and Lexington Community College received an \$18,000 grant Wednesday to fund a community action program. The program, named Project CAUSE, directly involves college students in Kentucky's education reform efforts. Six teams of college students, supervised by university and college faculty, will organize primary and secondary students to take part in service projects designed to meet a specific goal of the Kentucky Education Reform Act. The UK Volunteer Center will coordinate the process, and students will be placed in the various service projects through the Volunteer Center of the Bluegrass. In another award Wednesday, UK received a \$1,000 grant to support its student-designed and directed project, "Check Full of Culture: African-American Songs, Literature and Drama on Tour." Both grants were awarded in a competitive process by the state Council on Higher Education.

POLICE LOG

- ARRESTS BY UK POLICE**
- Nov. 13:**
 - Satterwhite, Ira; 35; 1113 Ward Drive; possession of marijuana; possession of drug paraphernalia; possession of schedule one, two and three narcotics.
 - Nov. 15:**
 - Finley, Nancy; 37; 167 N. Upper St.; alcohol intoxication.
 - Thomas, Michael L.; 20; 225 Kirwan Tower; driving under the influence of intoxicants.
 - Nov. 19:**
 - Bolton, Mason G.; 54; 3174 S. Third St.; alcohol intoxication.
 - Nov. 20:**
 - Sargeant, Gary; 43; 741 Liberty St.; Newport, Ky.; warrant assist.
 - Nov. 21:**
 - Latham, Jackie R.; 48; 560 Columbia Ave.; warrant enforcement, leaving the scene of an accident, driving without insurance, driving under the influence of intoxicants.

REPORTS FILED WITH UK POLICE

 - Nov. 18:**
 - Burglary, third degree; 255 Law Building; items not listed removed; Roberta Harding, complainant.
 - Nov. 20:**
 - Theft of a motor vehicle registration plate; Clifton Circle; Stephanie J. Blume, complainant.
 - Theft by unlawful taking, undetermined amount; 820 S. Limestone St.; items not listed removed; Brenda F. Smitson, complainant.
 - Theft by unlawful taking, less than \$300; 419 Agricultural Engineering Building; cash removed from wallet; Johnnie Thomas, complainant.
 - Theft by unlawful taking, more than \$300 (felony); 106 McVey Hall; items not listed removed; Susan L. Michael, complainant.
 - Nov. 21:**
 - Theft by unlawful taking, more than \$300; Commonwealth Stadium parking lot; items not listed removed from vehicle; Stephen D. Richardson, complainant.
 - Theft by unlawful taking, less than \$300; Margaret I. King Library South; books removed; Shan-Lan L. Grief, complainant.
 - Theft by unlawful taking, less than \$300; Greg Page Apartments parking lot; items not listed removed from vehicle; Leisa Potts, complainant.
 - Nov. 21:**
 - Theft by unlawful taking, less than \$300; UK Hospital neonatal unit; items not listed removed; Lisa M. Glassner, complainant.
 - Nov. 24:**
 - Arson, third degree; 310 Funkhouser Building; Eugene DeAdwylar, complainant.
 - Nov. 25:**
 - Arson, first degree; Kirwan Tower, 22nd floor elevator bay; John Robert Ketrin, complainant.

Jones optimistic about prospects for ethics and health-care reform

Associated Press

FRANKFORT, Ky. — Gov. Brevort Jones is taking pride in the things he has accomplished during his initial year in office and remains upbeat about prospects for ethics and health-care reform in the year ahead.

"If you'll recall, in the campaign I said I wanted to change the way state government operated and change the expectations people have for government," Jones said. "The state has made many changes. I feel exceptionally good about success in that area."

But there have been rough spots during Jones' first year as Kentucky's chief executive, including:

- Efforts to raise a \$1.6 million campaign debt left over from his successful 1987 campaign for lieutenant governor after assuming the governorship.
- The appointment of his chief fund-raiser, Jack Hall, to a government post in October.
- An effort to award his top cabinet appointees a 5 percent salary increase during a time of fiscal crisis after rank-and-file employees were denied a raise. That move was rescinded.
- The Transportation Cabinet's hiring of a man who worked for Jones at his Woodford County thoroughbred farm. The farm worker received a \$33,000-per-year position even though a hiring freeze is supposed to be in place. Another Jones farm worker was also hired as a maintenance man and then promoted to foreman on a highway department crew.

An ongoing federal investigation that led to the indictment of present and former lawmakers. No one in Jones' administration is believed to be a target in the probe, however.

- A near-fatal helicopter crash in August.
- Tension with news organizations that Jones says create conflicts where none exist.
- In fact, Jones blames many perception problems about his administration on the news media, who "create news."
- "I've quit worrying about it," Jones said. "I wasted a lot of time worrying about the first six months..."
- The administration is also trying to put its own spin on things before reporters intervene. He has begun regular radio interviews, will appear monthly on Kentucky Educational Television starting in December and the administration is producing a year-end report on Jones' accomplishments.
- Jones believes he can change the way state government operates, despite sometimes depressing money problems. And he's committed to overhauling the state's health-care system, perhaps during a special legislative session in January.
- "Kentucky is much farther advanced on this issue than the federal government is," Jones said during a recent interview with *The Kentucky Post*. "We need to develop a blueprint to give to President Clinton."
- Among the progressive accomplishments Jones hopes to leave as a legacy are changes in the state's campaign finance laws and the new selection process for members of university governing boards.

Jones has stressed ethics in government, even though critics maintain he often says one thing and does another.

He cited a campaign pledge, which he subsequently carried out, to sign a new ethics code for the executive branch within a minute of taking the oath. He also claimed credit for a wide-ranging campaign reform law adopted by the 1992 General Assembly.

What emerged was a law that provides partial public financing for gubernatorial- lieutenant governor or campaigns. That change became possible, Jones said, only after he persuaded House Speaker Don Blanford (D-Philippi) to "change his mind" and support the legislation.

Jones originally hoped the 1992 General Assembly would produce ethics reform for the executive and legislative branches, but "it didn't work out that way." Now, he said, the federal probe of government corruption is affecting action on the task force proposal, and he urges lawmakers to "get in and get it done."

Jones said he will convene a special legislative session to adopt ethics reform measures as soon as House and Senate leaders indicate they are prepared to do so, perhaps as early as this coming month.

The Jones administration also is concentrating on formulating a comprehensive health-care package after what Jones admits was a false start.

DIVERSIONS

Comedian Charles Fleischer's stand-up act more than voices

By Lance Williams
Staff Writer

Comedian Charles Fleischer wasn't born a comic. As he points out, it takes more practice than natural ability.

"Like most art forms, the more you do it, the better you get," said Fleischer, who got an early start on the road to comedy stardom.

"Originally, I wanted to be a doctor, but I always knew that (comedy) would be it. Even when I was a little kid, I used to do routines when I was 9 years old at camp in the summer," he said in a telephone interview.

When going before an audience, Fleischer said, he doesn't bring with him a profound message or solution for the problems of life.

"Basically, I just try to make them laugh," he said. "Actually, you try to inspire people and make them feel like they're a part of some grand scheme."

He described his comedy as improvisational, surrealistic and theatrical.

When on stage, Fleischer switches modes and never knows where the audience may lead him during the act. Fleischer said that on any given night about 90 percent of his act is improvisation.

He said he enjoys getting involved with his audience during his act.

"It's a lot more fun for me and for the audience, as well, because you never know what's going to happen. Plus, if you come back a second time you see a different show."

Although he has made numerous appearances in television and film, it was not until "Who Framed Roger Rabbit?" in 1988 that he made his breakthrough.

Fleischer, who has acted in several movies, including "Dick Tracy," and most recently "Straight Talk," started his acting career in Chicago at the Goodman Theatre and worked on the original "Laugh-In."

Fleischer said that anyone who watches him on stage comes away with a different attitude about his



Charles Fleischer, well-known actor and comedian, is performing tonight and tomorrow at 8 p.m. at Comedy on Broadway.

abilities than someone who only knows his Roger Rabbit persona. He said that most people are more impressed with his stage act than with the cartoon voice, though he still gives Roger Rabbit top billing.

Recently, Fleischer finished a film in England called "Carry On, Columbus," which serves as a parody to all the Columbus movies that have been released in the United States. The comedian did not know if the film is to be released in the states or not.

Fleischer said he tries to hit the road every two weeks to do shows all across the country.

Asked about favorite projects, Fleischer said he has one policy.

"Basically, if I'm working, it's

good."

Comedian Charles Fleischer will be performing at Comedy on Broadway tonight and tomorrow. For more information, call 254-JOKE.

Sherman's Alley by Gibb's 'N' You

Hiem, I just proofread the brochure you wrote for the American Cheese Council. It really says to me, amaze. You made colby come alive!

It's probably my best work, aside from those papers I wrote for the Greater Boise Telephone Directory.

You're the Hemingway of phone books, my friend. What are you working on now?

I'm composing a Snack Bar menu for a Chevron station in St. Louis. I'm trying to find a snazzy way to describe their selection of beef jerky.

This free lance writer ain't your average. The fortune cookie messages, the appliance instructions, the purgatives, the longer high fibers.

And you know, Brooks, the best thing of all is that deep sense of personal satisfaction I get by bringing joy to others.

The "Biscuits 'n' Gravy" cartoon is really funny, Barbara. So funny, yet touching.

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A Storybook Christmas

The UK chapter of Mortar Board Senior Honor Society are helping the Lexington Herald Leader by asking the students and organizations of the UK campus to help them supply over 20,000 new books to children across the Commonwealth this Christmas by donating new books or toys.

How can You Help?

- Donate new books for kids 7 and under
- Donate money directly to Storybook Christmas

The books and money donations can be dropped off at Mortar Board's Office at 106 Student Center or you can call Eric Nicholas 255-9388 and Mortar Board will pick the books you donate up at your organizations office or house.

THE LAST DAY TO DROP OFF BOOKS ON CAMPUS IS DECEMBER 2 AT 4:30 So...

Hurry and Make a Child's Christmas a Happy One!

LAST CHANCE TO CLUCK!

Cluck- Off '93
Wing Eating Contest
November 30th

bw-3 & Sudsy's welcomes you to come in and watch while you wash and party with the Buffalo!

Grand Prize
2 Tickets to Superbowl XXVII & \$1,000.00

New Location!
bw-3 & Sudsy's
290 S. Limestone
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233-BWWW (2999)

BUFFALO WILD WINGS & WECK

TONIGHT
Pulitzer Nominee,
CLIFTON TAULBERT

Author of
The Last Train North and
Once Upon A Time
When We Were Colored

To Speak On
Nurturing Family and
Community in African-
American Culture

TONIGHT, 7-30 p.m.
Centre Theater of Old Student Center
Book-signing at Joseph-Beth
Book Sellers on November 29
at 2:00-4:00 p.m.

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The Kentucky Kernel is published on class days during the academic year and weekly during the summer session.

Readers are encouraged to submit letters and guest opinions to the Kentucky Kernel in person or by mail. Writers should address their comments to: Editorial Editor, Kentucky Kernel, 035 Journalism Building, University of Kentucky, Lexington, KY 40506-0042

Letters should be 250 words or less, while guest opinions should be 850 words or less. Fax #258-1906

We prefer all material to be type written and double-spaced, but others are welcome if they are legible. Writers must include their name, address, telephone number and major classification or connection with UK on all submitted material.

Frequent contributors can be limited so we may publish letters from as many writers as possible. We reserve the right to edit all material.

Health

Continued from Page 1

year, state leaders will have to find ways to lure more doctors to the backwoods.

Of particular concern is the fact that far fewer rural doctors deliver babies. Like nearly half of Kentucky's counties, Clinton County has no doctor to care for a pregnant woman and deliver her baby.

So when Stockton, 20, became pregnant last year, she and her husband faced the struggle of finding a doctor who would take them, then figuring out how to get there.

She was rejected by one doctor in Somerset — more than 50 miles away — because she was on Medicaid, which pays less than private insurance. She was finally accepted by a physician in neighboring Cumberland County, a 45-minute drive.

The couple logged about 2,000 miles going for prenatal checkups before their daughter, Kylee, was born last summer.

Family doctors once provided most obstetrical care in rural communities. But by 1986, three out of every five family doctors in Kentucky who had provided obstetrics during the previous eight years had quit doing so, according to a survey by the University of Louisville. Another one in five had reduced their obstetrical practice.

The governor and others want Kentucky's medical schools to produce more primary-care doctors and fewer highly paid specialists.

Jones also wants to require educational experiences in rural areas and has suggested that government loans might be forgiven for health professionals who set up in underserved areas.

Several state and federal programs — along with a decades-old

scholarship fund established by the Kentucky Medical Association — offer incentives for doctors to work in rural areas.

It is primarily up to the states to recruit medical graduates to the program, and Kentucky hasn't given it as high a priority as some other states have, said Jes Ann Hendrix of the National Health Service Corps office in Atlanta.

About 30 foreign-born doctors set up practice in Appalachian Kentucky each year through a program of the Appalachian Regional Commission. They must provide primary care at least 40 hours a week for two years. In return, they get a permanent visa waiver that allows them to work anywhere in the United States.

While these programs have helped, few of the doctors wind up staying in rural areas.

About half of the foreign doctors stay in eastern Kentucky after the required two years. But only about one-fourth stay permanently, said Don Buecker, director of the UK's Physician Placement Service.

Lois Baker, executive director of Mountain Comprehensive Care in Whitesburg, is convinced that the answer for rural areas is to "grow your own."

After recruiting more than a dozen doctors from other areas, only to see them leave, Baker started focusing on Letcher County natives.

She has been successful so far. Dr. Van Breeding, the clinic's medical director, was a patient there as a child and worked in the lab in his teens. Melissa Newell, a nurse who trained as a nurse-midwife, also grew up in the area.

Jones wants to create a state health services corps to bring health professionals to underserved areas. He would offer tax credits to induce doctors to stay in underserved areas after they have fulfilled their obligations.

Set high standards, but don't stress over them

Dear Counselor,

When I was in high school, I was the star of the track team, the captain of the academic team, and I got straight As. Everyone knew I was the best.

Now I'm in college, and my life is very different. I still get straight As, but so do lots of other people. And, even though I was really good in sports in high school, there are so many guys here who are so much better than me that I don't stand a chance.

My friends say to loosen up and be glad I'm not flunking out. I think that if I can't be the best, then I have failed and there is no point in even trying. Nobody remembers a runner up.

How can I get back on top again?
Frank

Dear Frank,

Setting high standards for yourself and wanting to be the best you can be are very positive goals. There is nothing wrong with striving to meet high standards — unless those standards are beyond reach or reason.

When goals dominate your life and take away your ability to enjoy your accomplishments, you can become a victim of perfectionism. Perfectionists exist in textbooks. People have perfectionistic attitudes that make them unhappy and dissatisfied with their lives. Research has shown that people who never allow themselves to enjoy their successes appear to be vulnerable to a variety of emotional and physical ills.

The University of Pennsylvania

COUNSELOR'S CORNER

Mood Clinic has developed a structured treatment program for attitude-retraining. Officials there suggest six steps for changing old habits of thought:

• Make a list of the advantages and disadvantages of attempting to be perfect in everything you do. Sometimes the amount of time and energy required to achieve a perfect result outweighs the importance of the results.

• Start a pleasure-predicting sheet. Make a list of your activities for the next day and assign each a number from one to 10, according to your expectation of how satisfying the activity will be.

• You could discover that doing an average job on some activities is more satisfying than doing a perfect job on others.

• Find out if dichotomous thinking works. Next time you pass a person on the street, ask yourself, "Is this person totally handsome? Or totally ugly? Or somewhere in between?" The world seldom divides itself dichotomously into two categories.

• Write down your "automatic thoughts." Make a list of the thoughts that rush into your mind involuntarily when you evaluate yourself.

• Did you record a lot of negative thoughts — "This paper isn't good enough to turn in. I'm an irresponsible person because I didn't do my best?"

Perhaps this isn't your best paper

ever, but it is on time and parts of it are very good. You may find you are jumping to conclusions that aren't supported by the facts.

• Learn to respond to criticism by using "verbal judo." Several techniques are useful. One is empathy, or learning to see the world through the critic's eyes instead of responding defensively.

• Another is inquiry. When the criticism is vague, ask the critic to respond in a more specific and objective way — "Just what did I do that you felt was stupid?"

• A third technique is disarming. The idea is to take the sting out of the criticism by finding a grain of truth in the criticism, even if it seems unfair and untrue.

• Learn to celebrate smaller goals. Try adjusting your standards. Standards can be thought of as imaginary abstractions people create to motivate themselves. Experiment with various standards to see which work out best.

In any given activity you could aim for "perfect," "good," "above average," "average," "below average" or "inadequate." If your time is limited, you may decide to do a "perfect" math paper and opt for an "average" room cleaning.

By adjusting standards, it is more likely that goals will be reached and even surpassed. Think about the goals you want to set for yourself and discuss them with someone you respect.

Ask yourself how important a particular event is in the total picture of your life. Make adjustments in your goals and act on them.

Only you can decide if being "the best" in something is what will make you happy.

Students who wish to address these issues can come to the UK Counseling and Testing Center, 301 Frazier Hall, or call 257-8701.

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