

# Finals Survival Guide Kentucky Kernel

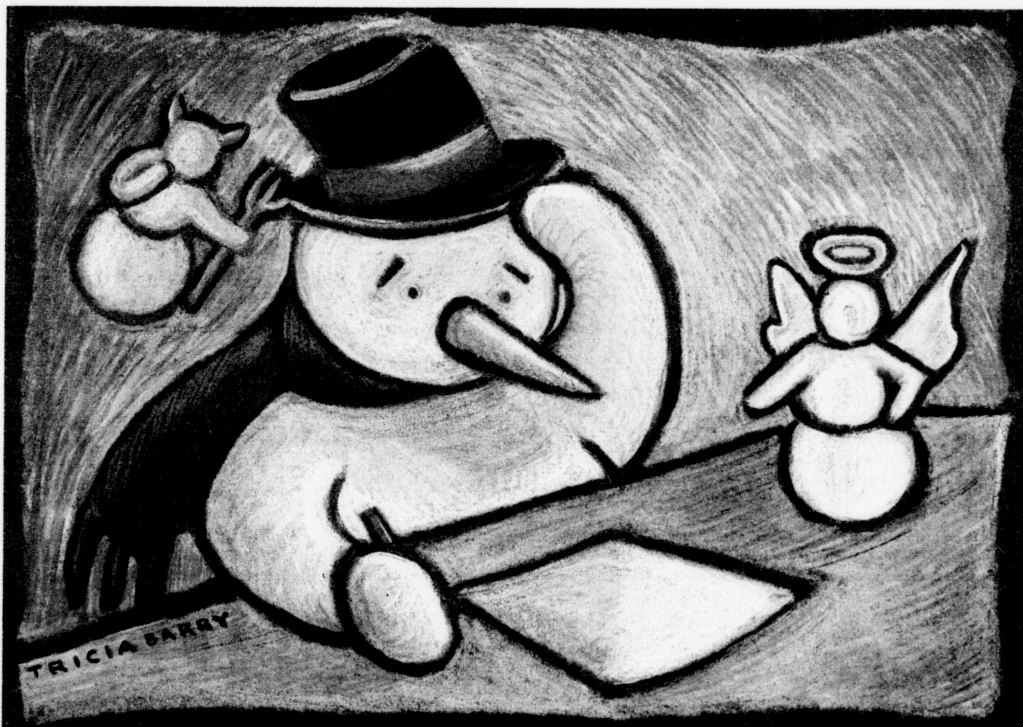
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TRISH BARRY/Kernel Graphics

## INSIDE:

After more than three long, arduous months, you've finally made it to the end — finals week, the days filled with more pain than all the weeks combined. So to help you through it, the Kentucky Kernel has compiled a number of tips so that you can make it through finals and be prepared for the Christmas holidays. By the way, in case you have lost track, the holy day is next Friday. Better hit the stores soon.

Students should not lose sight of the Christmas spirit, even if it's finals week. Column, Page 2.

Just because students don't have homework and school commitments over the break doesn't mean that gives them a license to be slobs. Helping over the semester break isn't painful. Counselor's Corner, Page 4.

It will be no holiday for the UK basketball teams over the break. Busy schedules await them once finals are over. Story, Page 5.

Stress connected to finals week can be managed. For the Health of It, Page 9.

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## Final exams prove strenuous but keep Christmas spirit alive

This year the United States will be giving the starving people of Somalia the greatest Christmas present of all — a chance at life. Thousands of years ago the people of our world received a similar gift of life from an event much smaller in size, but with more power than the deployment of 30,000 United Nations troops — the birth of Jesus Christ.

Today, many people seem to forget the reason we put up Christmas trees, exchange presents, sing songs and gather together — Santa Claus is not the only reason.

Every Christmas morning my family does something very unique: We have a picnic under the Christmas tree. Complete with blanket, food and a bottle of wine — we head under the tree after opening all of our presents.

Christmas is about family, togetherness and partying under the Christmas tree, and we must never forget this, yet we can so easily.

While we are away at college it seems as if the concept and the spirit of Christmas often are pushed even farther out of our



**Joe Braun**  
Editorial Editor

lives by our studies.

Think about it for a moment. How many Christmas carols have you heard in the past week? How much time have you devoted to writing Christmas cards or buying presents for your friends and family? Do you have a tree in your residence hall room?

Now ask yourself how much time you've spent preparing for exams or memorizing facts. While a lot of pressure is being applied to students by mind-boggling exams and suicidal crash and burn research papers, take a little time to relax, gather your senses and enjoy the holiday season.

Even though we are all spending obscene amounts of time with our books, we must take some time off during our extended study hours to relax.

Sing a Christmas carol. Call a friend you haven't spoken to for

awhile. Call someone you talk to every day. Write a Christmas card. Eat a candy cane. These things may sound silly, but they can help.

I have some friends who pasted pieces of paper that say "Yes" and smiley faces all over their rooms as morale boosters.

By balancing our studies and our social time we can cruise through exam week much easier.

As President Bush said in his television address to the nation last week regarding United States' efforts in Somalia, "We are doing God's work. We cannot fail."

At Christmas we are also doing His work by remembering Him and all that He has done in the past, present and future. You, too, will not fail if you study right — and that means balancing books and fun.

Merry Christmas and good luck on your exams!

*Editorial Editor Joe Braun is a political science and journalism sophomore and a Kentucky Kernel columnist.*



DANIEL VAN DALSEW Kernel Staff

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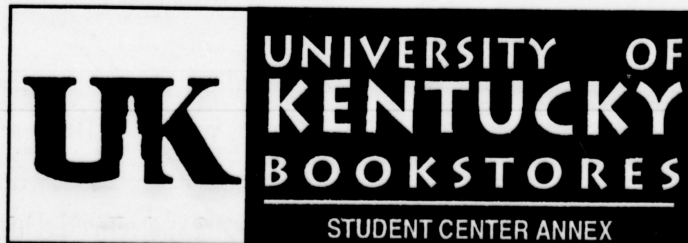
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# Stumpy trolls make comeback as popular gifts this Christmas

By Catherine Dressler  
Associated Press

PITTSBURGH — Tarah Foster knows what she wants for Christmas, and it's not pretty. It's one of those wide-eyed, stumpy dolls with a big nose, big ears and colorful hair that stands straight up — a troll.

"They're neat because some of them are weird, but in a different way they're cute," said 11-year-old Tarah.

An ugly but endearing face and a modest price have made the troll a megastar in the toy world, where good looks obviously aren't everything.

Toy watchers say nostalgia did for the troll what movies and television cartoons do for toys like Batman and Teenage Mutant Ninja Turtles. Trolls were introduced to the United States about 1960, and were playthings for children who are parents today.

In her bedroom in the Pittsburgh suburb of Plum, Tarah has about 60 trolls, some of them attached to earrings and hair bands. Her moth-

er, Maria, 36, had a few trolls herself as a child.

Retail sales of trolls and troll paraphernalia could reach about \$700 million this year, toy analysts estimate. They were the top-selling toy in the United States this year, said the trade magazine Playthings.

Many trolls sell for under \$10, which means parents can keep their children happy and stay within their budgets.

Trolls have changed along with the times. Thirty years ago, their clothes were simple felt tunics or loin cloths. Today's trolls come in all shapes and sizes with a variety of costumes and accessories.

At the Fun Services gift shop in Monroeville, the shelves are filled with trolls ranging from 1 inch to 2 feet tall and accessories such as key chains, magnets, jewelry and slippers.

Trolls come in all ages, making them popular with grown-ups, too. There are baby trolls in diapers, teen-agers with boom boxes, middle-age trolls with graying hair and even elderly trolls.

Trolls also are outfitted for every sport, nationality and occupation, including the priesthood. There's even a male dancer troll with tiny briefs and a tie.

Trolls got their start in Scandinavia where for centuries they were depicted as wart-nosed, supernatural cave-dwellers in folklore. Danish artist Thomas Dam carved a friendly-looking troll for his daughter in the 1950s and eventually began manufacturing them. In the United States in the early 1960s, they became a fad that soon faded.

No one knows exactly why trolls took off, but many say their homeliness is what makes them attractive.

Shawna Weyant, 34, and her 6-year-old niece, Brittany Grubbs, both of North Huntingdon, share a love of trolls.

"I collect trolls," Weyant said. "My friends torture me."

Brittany is especially taken by the troll's belly button. "I have an outie, and they do, too," she said.

## Going home for holidays doesn't mean being a slob

Dear Counselor,

In a few days I'll be going back home for Christmas. It will be good to see my family, get some rest and eat great food for a couple of weeks.

There is one problem. My mother treats me like a child from the moment I walk in the door. "Wipe your feet, dear," she says, "and hang up your coat," even before she says, "Hello."

How can I convince her that I'm really a grownup and not a kid anymore.

Junior from Jersey

The following letter also appeared in my mailbox.

Dear Counselor,

My son will be coming back home for Christmas this week. He'll drop his laundry in the hall, turn on the TV ask for something to eat.

I really don't expect him to help with holiday activities, but

### COUNSELOR'S CORNER

I thought by now he could at least take care of himself.

Will he ever grow up?

Stressed Mom from Jersey

Dear Readers,

When we say we're going "back" to visit our families or our kids are coming "back" to visit us at Christmas, we usually mean geographically. However, sometimes it means back in time, as well.

Mothers who ordinarily handle \$1 million advertising accounts, perform lifesaving surgical operation and successfully teach advanced physics to disinterested high school students can lapse into apron-clad mommies who exhaust themselves cooking huge amounts of holiday food, refuse all offers of kitchen help and run around picking up milk glasses, pop-

See COUNSELOR, Page 11

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# Holidays give little time off for Cats

## Staff reports

While most students are ripping through their new presents on Christmas Day, odds are UK coach Rick Pitino's basketball squad will be ripping through the lane in practice.

Once school is out for the semester NCAA rules permit unlimited practices. And Pitino has said he plans to use the extra opportunities for his relatively green squad to learn his system.

But practice isn't the only thing

the roundballers will be up to over the holidays.

For Pitino and junior forward Jamal Mashburn, holiday tournaments will offer a trip home to the Big Apple.

After playing Morehead State Saturday and Miami (Ohio) on Dec. 22, both at Rupp Arena, the Wildcats head north for two games in Madison Square Garden on Dec. 28 and 30.

UK starts the new year back in Freedom Hall for the annual Louisville, Ky., home game. This year the opponent is interstate ri-

val Indiana. UK beat Bobby Knight's Hoosiers 103-89 at the Hoosier Dome last season.

The Wildcats open up Southeastern Conference play against Coach Hugh Durham's Georgia Bulldogs on Jan. 5 in Athens, Ga. The Cats swept last year's pair of games against the Dogs.

Following that, UK returns home to Rupp Arena to take on the major rival to the south, Wade Houston's Tennessee Volunteers. The Wildcats won their home game last season against UT, but

lost in Knoxville, Tenn.

The Lady Kats also won't have much free time over the break.

This weekend the team travels to Wichita, Kansas, to play in the Pizza Hut Classic, which includes Oklahoma State, Chicago State and Wichita State.

Coach Sharon Fanning's squad takes on Bradley in Peoria, Ill., on Dec. 28 before returning home to take on Kansas at 6 p.m. on Dec. 31 in Memorial Coliseum.

UK lost 62-51 last year at Kan-

See **SPORTS**, Page 11

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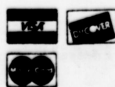


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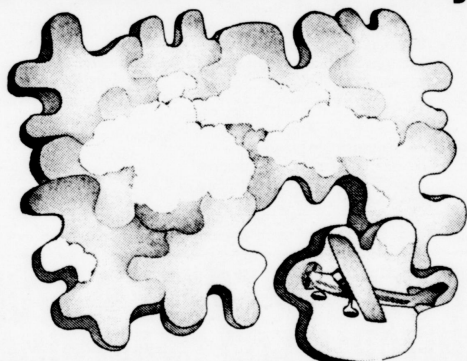


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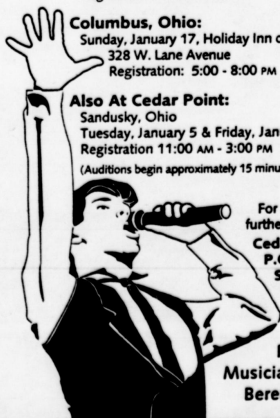
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**Lexington, Kentucky:**  
Saturday, January 16, Signature Inn East  
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**Columbus, Ohio:**  
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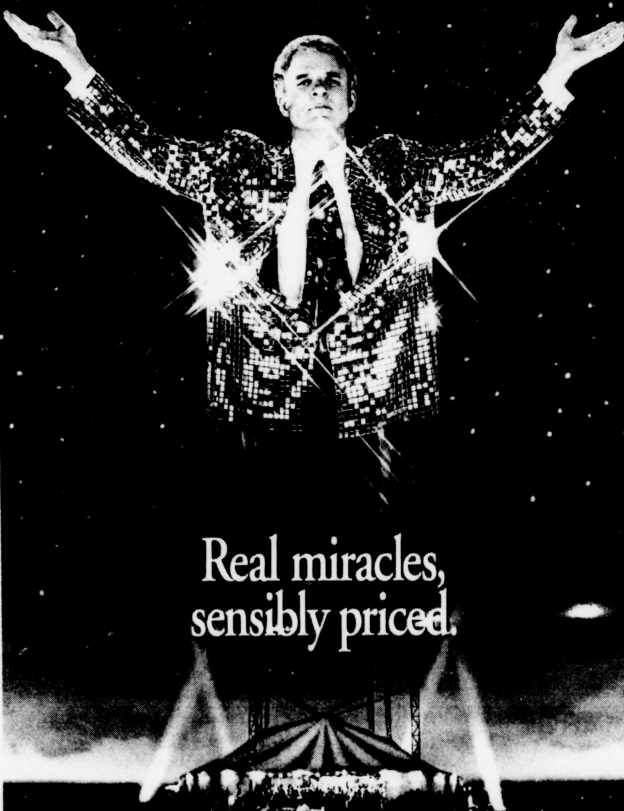


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# Finals week stress can be managed

Hurry, papers are due! Hurry, exams need attention! Hurry, you don't have that many shopping days left! Hurry, you haven't been to the last two meetings of that club you belong to!

Everyone experiences stress but this time of the year (and the semester) are particularly stressful for college students. Have you built in time for a relaxation workout during these particularly busy and chaotic times?

We owe it to our bodies to slow down from time to time, to give ourselves a relaxation workout. Although it sounds oxymoronic, you can learn a workout for relaxation.

Relaxation means different things to different people. Soft music. Comfortable clothes. Warm bubble bath. Stillness. Quietness. Spending time with a pet or watching fish in an aquarium.

You can purchase video cassettes to be used passively (like watching a videotape of exotic fish in their natural habitat) or actively (like a videocassette of specific terrain to be used as an adjunct to your exercise: bike-riding).

Larger video distributors have selections you can choose from for the purchase of these videotapes.

## FOR THE HEALTH OF IT

Keep your eye out because they make great Christmas gifts, too.

You also can find audio tapes used for relaxation, which contain music that is light, non-complicated and has a beat slower than your heart rate. (Perhaps this is the reason many who enjoy Chinese food enjoy dining in the restaurant. The background music played typically is peaceful with slower, non-complicated rhythms.)

The Windham Hill label has many selections with offerings that fit these criteria, especially "The Guitar Sampler." Other audio-cassette available to accompany your relaxation workout include "The Subliminally Yours" series, titled "Relax."

In "The Relaxation and Stress Reduction Workbook" by authors Davis, Eshelman and McKay, specific techniques for relaxation, progressive relaxation, breathing, meditation, imagination, self-hypnosis, autogenics, thought-stopping, refuting irrational ideas, coping skills training, time management, job stress management, biofeedback and nutrition are outlined and exercises are simple and

easy to follow.

Although not specifically written for college students, this workbook offers techniques which could be of particular use during these hurried times. The authors note that the techniques outlined in their book "fall roughly into two categories: relaxation techniques that focus on relaxing the body and stress reduction techniques that condition the mind to handle stress effectively."

Exercise remains the most simple way to relaxation and certainly one of the least expensive. Getting away from the books and taking a brisk walk for a few minutes can do wonders as can checking out the programs Campus Recreation has to offer. (Campus Recreation is located in 145 Seaton Center and can be reached at 257-2898.)

And finally, when pressures from late-night cramming become too great, avoid the temptation to use alcohol or caffeine, which stress your body even further.

Instead, hit the sack. Getting a good night's sleep or even a short nap will increase your concentration.

Don't forget to take advantage of

See HEALTH, Page 11

## WRAP UP



DANIEL VAN DALSEM/Kernel Staff

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# Arts offers lots to see throughout coming weeks

By Melissa Rosenthal  
Staff Writer

If you find yourself searching for things to do this holiday season, look no further. Plays, movies and musical events for virtually every taste are being presented in Lexington this year to keep you in the Christmas spirit.

For those with a passion for ballet, the "Nutcracker" is an obvious choice to end those holiday blahs. The "Nutcracker" continues at the Opera House through Sunday at 8 each night. The cost is \$15 for students and \$18 for others.

Additional performances will be held at 2 p.m. Saturday and Sunday. For ticket information, call (606) 257-1513.

A few movies with Christmas themes have surfaced this season, but the two must-sees are "Home Alone 2" and "A Muppet Christmas Carol."

A follow up to the original, "Home Alone 2" finds Kevin alone again, but this time in the big city of New York. "A Muppet Christmas Carol" is an entertaining and hilarious take-off on the classic

Charles Dickens tale.

Best bets on the music scene this season are The Kentucky Christmas Chorus, Handel's "Messiah" presented by the Lexington Philharmonic, and Center for Old Music in the New World.

Tomorrow at 6 p.m. the Kentucky Christmas Chorus will present its Christmas medley at

Rupp Arena. For more information, call (606) 258-3026.

Center For Old Music in the New World will present an extravaganza of Christmas favorites Dec. 21 at Central Christian Church on the corner of East Short Street and Martin Luther King Boulevard. For information, call 269-2908.

# Giving can hurt — if you're a poor college student

By Tammy Gay  
Senior Staff Writer

This is the time of year to give, but for the financially strapped college student, it also is the time of year to be broke.

Many people love to give Christmas presents even if they do not have the money to pay for them. A quick answer for a growing number of them may be credit cards.

But are credit cards an answer to budget woes or a hole in which to fall?

Amy Lorson, a geography senior, calls her Visa a workable solu-

tion to Christmas shopping on limited budget. "It's not a very good solution, but a solution nonetheless," she said.

Lorson said she does not have any money, but she feels obligated to buy her family presents, leaving her to find a job after Christmas to pay her Visa bill.

Credit cards are easier to use than to pay off. "Credit cards are a big trap for students at Christmas time," said Carol Straus, a senior research associate of the Center for Business and Economic Research.

Credit cards are good to use if students are going to be making money to pay the bills, Straus said.

She added that if students are already in debt with the cards, they should tear them up or send them back to the companies.

Straus said it is hard to figure how much money students can spend on Christmas because of all the different expenses.

Students probably had more money to spend in high school than they do in college, Straus said.

She said many high school students have part-time jobs, but they do not have the living expenses that college students do, so they can spend all of their earnings on presents.

Straus said students should add how much money they have and how much money they will make before Christmas and subtract ordinary expenses, tuition and books and living expenses for the spring semester.

What is left over is what they can spend on Christmas.

"Sometimes students get into trouble by spending all of their money on Christmas presents, and then, when it's time for books or tuition, they have a big problem," she said.

Amy Gandolf, a pre-veterinary sophomore, said she can see herself having a problem with getting

money to pay for books and tuition next semester because she has been spending each paycheck she gets on Christmas presents.

Gandolf said she started buying presents in October this year. She said that makes it easier to get more things for more people.

Straus also has strategies for students to consider when Christmas shopping.

If people cannot spend as much money as usual, Straus said, they should tell people ahead of time so they can make an agreement to not exchange gifts or not to spend as

See BUDGETS, Page 10



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# Holiday depression common problem for many adults

## Staff reports

Visions of sugar cookies baking in the oven, candles in the windows, a tall evergreen tree decorated with bright lights and shiny ornaments and piles of red and green packages often bring periods of depression for many adults.

William Turner, assistant professor of family studies in the UK College of Human Environmental Sciences, believes there are several

reasons why people suffer from holiday depression.

One reason is that the anticipation of a joyous, bountiful season is so high that the adult, who feels responsible for providing this atmosphere, cannot find a way to make it all come true.

"What we think should happen doesn't always happen," Turner said. "The weak economy, coupled with the individual family situations, may make it impossible, fi-

nancially, to give or receive the gifts you planned."

Rick H. Hoyle, assistant professor of psychology who has done extensive research in the area of self-concepts, agrees.

"Our expectations are often related to what's going on around us, rather than reality," he said.

Hoyle pointed to television commercials where diamonds, new cars and extended vacations in the South Seas are considered "typi-

cal" gifts. "Some people are able to tune out the media barrage to spend and spend, while others become frustrated and depressed."

Another factor in holiday depression may be the person's past experiences. One adult may have wonderful childhood memories of great gifts, good food and family warmth. Now, however, that adult may not be able to provide this same experience for their family.

Another person may remember

only family stress during the holidays brought on by poverty or alcohol abuse.

"Many adults suffer from depression because the holidays remind them of their losses," Turner said.

A lack of sunshine also can bring about or sustain depression.

"Many researchers are investigating the relationship between sunshine and human emotions," Turner said.

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## International students celebrate break in states

By Li-Chang Su  
Staff Writer

While most students long for Christmas break, international students at UK are planning alternative ways to spend the three-week hiatus.

Many international students who currently are living in residence halls complain that they will have no place to stay over the Christmas break.

Gudrun-Christine Schimpf, a history graduate student from Germany, said she will overcome this obstacle by traveling to New Orleans and Florida with other German exchange students.

"It will be my first Christmas overseas, and I'm looking forward to the holidays with no papers and exams," she said.

Other students will take a more traditional route. Carolyn Holmes, foreign student adviser in the International Student Office, said 15 or so international students have applied for the "Christmas International House," an ecumenical program coordinated by the Presbyterian Church, U.S.A.

Holmes said this annual friendship program was formed in 1965. Since then, the program has been aimed to meet the needs of international college students who are unable to go home at Christmas time.

Each year, churches and community groups in about 50 towns and cities in the eastern half of the United States and several cities in Texas and California participate, she said.

"This is a great opportunity to make American and international friends over the Christmas break, to experience the celebration of Christmas with an American family and to visit another part of the U.S.," Holmes said.

Students will stay in either American homes or in a group housing situation. Each program varies in the group activities that are provided, but most include tours, sightseeing, dinners, discussions, dances and other forms of fellowship.

Holmes said it may be difficult to place additional students because the list of applications is so lengthy.

### 'TIS THE SEASON



DANIEL VAN DALSEM/Kenel Staff

Fayette Mall sells holiday-oriented items in this store, which is open only during the pre-Christmas rush.

## Budgets

Continued from Page 8  
much money.

Straus also said people should

set a limit on what they are going to spend on a person, and then they should go look for bargains.

Discount stores also are a solution to tight spending at Christmas time and promises of service are

another solution, she said.

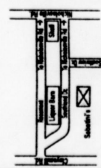
Straus said students can buy the people on their list things that they usually don't buy because of the price — like gourmet coffee or good tennis balls.

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## Counselor

Continued from Page 4

corn bowls and candy wrappers as though their guests were helpless tots.

College students, campus leaders and organizers of respected projects who ordinarily work two jobs while getting straight 'A's, also might take vacations from responsible adulthood when they put one snowy foot inside the front door and begin to act like little kids again.

Could it be that the whole family regresses when they get together at Christmas time? Sometimes, yes, and this is no way to run a holiday!

Even when both parties know how they want to behave, the anticipation of events over which they seem to lack control adds anxiety to an already heavy schedule of events.

Here's a better way to run a holiday. Consider these rules for "going back home again" and having a "holiday for grownups."

•Plan ahead. Students, if you want to spend a day skiing with high school pals or you need time alone to finish an English paper due in January, say so.

Mothers, if your office is having a Christmas luncheon, plan to at-

tend — by yourself. Some families treat visits as if they must be "cost effective" in terms of time spent together. It's better to plan some activities together and plan for privacy, too.

Another tip: Phone a few days in advance to let others know about plans you may have.

Compare your schedules for compatibility. There will be fewer surprises and disappointments if you do.

•Share the work load.

Christmas is supposed to be a fun family holiday, but too often the family has all the fun while mother does all the work.

True, mothers often feel they must cook the most elaborate meals, buy the best presents and personally see to it that everyone has the happiest time every. Still, you should offer to help.

As you walk in the front door, let your mother know you are there to enjoy the holidays as well as help out.

Offer to pick up guests at the airport, wrap last minute gifts or entertain visiting nephews with a trip to see Santa at the mall.

Mothers, allow guests to help. No one will think you're incompetent or inhospitable if you let someone else set the table or make the salad.

•Expect things to go well.

Most of us are confident enough, yet under stress we make our lives miserable by dwelling on times when things didn't go well at all.

•Have a sense of humor.

Try to accept differences between yourself and other family members.

Remember that your visit may involve interactions between three or four generations — and people's values may differ as a function of when they grew up.

To both students and parents: Make your Christmas list of activities early.

Decide what's important to you, plan ahead and let others know what you've planned. The visit is more likely to go well that way.

Share the workload, expect to have a good time and keep a sense of humor when things don't turn out exactly as anticipated.

Do go "back" at Christmas — not back in time to old behaviors, but back home again to be with family and friends.

Remember how it was, but enjoy it as it is — now in 1992. Have a Merry Grownup Holiday one and all!

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

## Sports

Continued from Page 5

The Lady Kats open up the new year in Starkville, Miss., on Jan. 4.

UK won last year at home, 75-52.

Then it's intra-state rival Louisville on Jan. 6 in Derby City.

The Kats beat the Lady Cards 81-71 last year.

The Lady Kats return home for a Jan. 10 game against Georgia to round out their schedule over the break.

UK lost in Athens last season, 83-65.

## Health

Continued from Page 7

all of the campus resources available to you.

A partial listing includes: professors; advisers; the Health Education Office located in the Dean of Students Office, 516 Patterson Office Tower, 257-6600; the Master Student Class (for next time!), 301 Frazee Hall, 257-8701; The Learning Services Center within the Minority Affairs Division, 660 S. Limestone St., 257-6347; the Margaret I. King Library's Writing Center, 257-1356; and Academic Support Services for Adults, providing students 25 years of age and older with special services in 106 Frazee Hall, 257-3385.

Remember, if these preventive

measures do not work, there are other places to go on campus, like the Academic Ombudsman at 109 Bradley Hall (257-3737) who listens to students with academic problems and tries to bring about reasonable solutions through mediation.

You also may go to the counseling professionals in the student Mental Health Services located in Kentucky Clinic/Medical Plaza across Rose Street from the Medical Center (233-6465) or the Counseling and Testing Center located in 301 Frazee Hall (257-8701).

If you're unsure about your stress level and would like to pick up a stress scale you can stop by the Health Education Office in 516 POT or call 257-6600 and one will be mailed to you.

Cheryl Tuttle is the UK substance abuse prevention coordinator.

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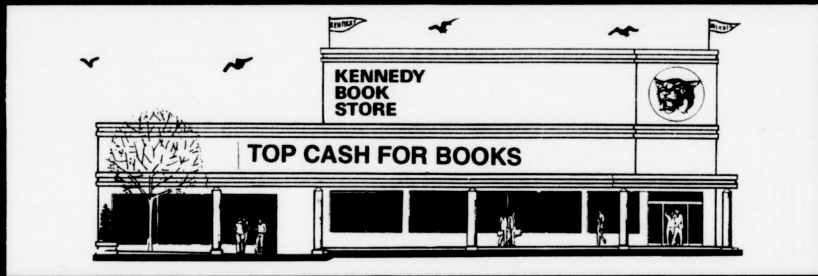
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