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Former auditor sues UK, alleging wrongful firing

By Alice Haymond
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A former UK auditor and adjunct accounting professor filed a lawsuit Nov. 5 alleging that his supervisor and UK violated whistle-blower laws and wrongfully terminated him because he reported acts relating to mismanagement.

According to the lawsuit, former internal auditor Dan Ross noticed unethical procedures and possible state law

violations in connection with an audit of UK's Bucks for Brains fund, an investigation of Auxiliary Services Stores and Computer Stores, and an audit of purchases on UK's procurement card, which departments can use for small expenses.

The suit states that Ross reported his concerns to his immediate supervisor, internal audit department director Joseph Reed, and brought the same charges to state officials a year and a

half later after being dissatisfied with UK's handling of them. He was terminated 15 days later, according to the lawsuit.

Ross has sued UK and Reed on a total of three counts. The first count, against both UK and Reed, is violation of the state's whistle-blower statute, which prevents any employer from using official authority to deter an employee from reporting any information to the state about suspected mismanagement, waste, fraud, abuse of author-

ity, or a substantial danger to public health or safety.

The second count, against UK, is wrongful termination. The third, against Reed, is intentional infliction of emotional distress.

UK spokesman Jay Blanton said it is UK's policy not to comment on pending litigation.

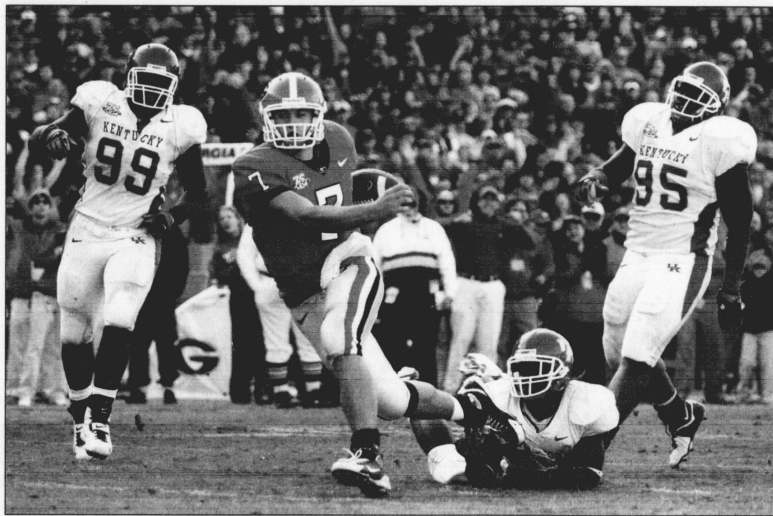
Ross, a resident of Winchester, Ky., began working as a part-time professor at UK in 1996. As he continued teaching at UK, he began working in the internal

audit department in 2004 and became the audit manager from September 2006 until his termination on Aug. 24, 2007.

Ross reported his concerns about potential ethical and legal violations to Reed on Feb. 26, 2006, the lawsuit states. The following day, Ross told Reed that he believed the department "was becoming a farce," according to the lawsuit, but for fear of losing his job, he would not report his concerns to

See **Lawsuit** on page A6

GEORGIA 24, UK 13



Georgia quarterback Matthew Stafford slips through the grip of UK senior strong safety Roger Williams on his way to the end zone during the second half of UK's 24-13 loss to the Bulldogs. PHOTOS BY ED MATTHEWS | STAFF

Cats take away but fail to take advantage

By Travis Waldron
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ATHENS, Ga. — The Georgia Bulldogs gave UK every chance it needed to steal a win in Athens, Ga., Saturday, but despite forcing four turnovers, the Cats fell 24-13 in front of 92,746 fans at Sanford Stadium.

Head coach Rich Brooks said earlier in the week that UK (7-4, 3-4 Southeastern Conference) needed to force more turnovers against its opponents, but his team couldn't take advantage of takeaways on Saturday. The four forced turnovers resulted in only 3 UK points.

"Our defense played big and forced turnovers and everything, and we didn't capitalize like we should have," said senior wide receiver Steve Johnson, who led the Cats with eight catches for 88 yards. "It's frustrating."

Georgia kick returner Asher Allen returned the game's opening kickoff 82 yards to the UK 18-yard line, though the Cats recovered the ball after freshman running back Knowshon Moreno fumbled just two plays later. But No. 22 UK gained just one first down before putting the ball back to No. 8 Georgia (9-2, 6-2 SEC).

UK dominated the rest of the first quarter, holding the Georgia offense to just 32 total yards.

The Cats took a 7-0 lead when senior quarterback Andre Woodson found senior wide receiver Keenan Burton on a 36-yard touchdown pass.

Both Woodson and Georgia quarterback Matthew Stafford — who threw for just 99 yards — battled a swirling wind on the field, Brooks said.

"The ball seemed to be sailing today, and I think it sailed on Stafford a couple times too," Brooks said.

Woodson missed open receivers on multiple occasions Saturday, but Burton said the quarterback was not off of his game.

"There's not going to be a day when Andre's not sharp," Burton said. "He can only do so much."

Sophomore safety Ashton Cobb intercepted Stafford on Georgia's ensuing drive, and UK used 12 plays to move the ball to the Georgia 13-yard line. Sophomore place kicker Lones Seiber nailed a 31-yard field goal to give the Cats a 10-0 lead. Seiber's field goal, which broke the UK single-season scoring record for kickers set in 1998 by Seth Hanson, was the only score UK converted off a Georgia turnover. Seiber has 86 points on the season.



Senior wide receiver Keenan Burton falls into the end zone for UK's first touchdown against the Bulldogs on Saturday.

See **Football** on page A3

Students collect clothing to warm worldly visitors in winter weather

By Wesley Robinson
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Yesterday marked the start of the first International Clothing Drive put on by the International Student Council, African Student Association and Muslim Student Association.

The clothes donated will go to local students and families who hail from abroad to help them deal with the oncoming winter weather.

"People can donate winter clothes, sweaters, jackets — in any size, it doesn't matter," said Ifedayo Awe, president of ISC and secretary of ASA. "We are trying to help families that come from warmer climates that don't have the clothes for the winter."

Awe, a pre-nursing sophomore, said a clothing drive at her high

school, Ballard High School in Louisville, gave her the idea.

"We want to donate to places that will give out clothes for free to the families," Awe said.

The student organizations, who plan to make the drive an annual event, will donate clothing to the Office of International Affairs, Kentucky Refugee Ministries and the Church of All Nations.

"In general, we are a big part of the community, and we want to support the community, and we are trying to help out the people who come in and are not prepared for such a harsh winter," said Yahya Ahmed, president of MSA.

Ahmed, a biology and Islamic studies senior, also encouraged students to help people from abroad in ways other than the clothing drive.

"If you know an international

student or a refugee family, help them out personally," he said. "Take them shopping, help them move, help them find furniture they need."

"It makes an already difficult experience less difficult," he added. Naitore Kigora, an integrated strategic communications senior, said she plans to bring back her clothes from her parents' house that she does not wear and encourages students to do the same as they go home for Thanksgiving.

"You're restricted as to how much luggage you can bring when you come to America," Kigora said. "I had enough clothing, but not enough to survive winter."

The clothing drive runs through Dec. 7, and donations will

See **Drive** on page A6

Parking moves into new office, adds hospital shuttle service

By Leticia James
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Parking and Transportation Services is moving to a new location today, one that director Don Thornton said should be more accessible and reliable.

The office closed its Kelly Building location on Nov. 15 to move into its new office on the ground level of the new Hospital Parking Garage, which opened the same day. The office will be on the South Limestone side of the structure, near the intersection with Transcript Avenue.

The Kelly Building, on the corner of Huguelet Drive and University Drive, had been home to PTS since March 2003, when the department merged with Safety, Security and Parking at the Medical Center. Prior to that, PTS had an office in the same building as the UK Police Department on the corner of Euclid Avenue and Rose Street.

The Kelly Building office, however, has

been inconvenient because it is on the second floor, especially because many people who use the parking structures are hospital patients and visitors, Thornton said, adding that PTS had been thinking about moving from the building for a while.

"The new (parking) structure will eliminate patient/visitor problems and better accommodate the medical center and the university," he said.

The new garage will have a "fantastic" shuttle system, said Thornton, who has been director of PTS for 22 years.

To fight congested traffic and safety issues, shuttle buses will run every three minutes from the front loop of UK Chandler Hospital to the ground level of the garage, and will run 24 hours a day, 7 days a week.

Another shuttle route departs from Kentucky Clinic every three minutes. The Kentucky Clinic shuttle will run Monday through

See **Parking** on page A6

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HOROSCOPES

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 a 5 — It's not quite time to launch new projects, don't even worry about it. Do make a list of your concerns, however. Some of them are valid.

Taurus (April 20 - May 20) Today is an 8 — You love your job, you love your friends, but there's still a caution flag out. Be generous with your acknowledgements, and frugal with your cash.

Gemini (May 21 - June 21) Today is a 6 — The work is interesting and there is room for advancement. The problem is that you're tempted to go through your earnings too fast.

Cancer (June 22 - July 22) Today is an 8 — A workplace difficulty interferes with other plans. Can you do it all and still make the date? That's the challenge. Better let the others know about new priorities.

Leo (July 23 - Aug. 22) Today is a 5 — Start by taking care of a roommate's pet peeve and complaint. You can afford to do that now. You can't afford to buy new toys.

Virgo (Aug. 23 - Sept. 22) Today is an 8 — There's something about your domestic scene that's interfering with your relaxation. Put in the correction, don't ignore it any longer. You know what it is.

Libra (Sept. 23 - Oct. 22) Today is a 7 — The work is challenging but the rewards are potentially great. Move quickly, procrastination could cost you a lot of cash. The more you do, the more you get.

Scorpio (Oct. 23 - Nov. 21) Today is an 8 — The confidence is there, but how will you fund this opera-

tion? Don't offer to pay for it all by yourself. Find ways to generate more income.

Sagittarius (Nov. 22 - Dec. 21) Today is a 5 — Breakdowns are not always bad, although they generally are inconvenient. This one is your excuse to solve the problem once and for all.

Capricorn (Dec. 22 - Jan. 19) Today is an 8 — What you're learning clashes with what you thought was true. Did they lie to you? Perhaps you misunderstood. Stranger things have happened.

Aquarius (Jan. 20 - Feb. 18) Today is a 5 — You can't personally provide all the money that's needed to help the others. So help the others find another way to get what they need.

Pisces (Feb. 19 - March 20) Today is an 8 — Try to be a good teacher. Someone who's being obnoxious simply doesn't understand. If there's any opening in that person's mind at all, you may get through.

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LOVE LIVES

Nicole & Joel —
Baby Shower Details!

Nicole Richie and Joel Madden's baby countdown has begun. The duo, who are due to become parents midwinter, are planning a baby shower at a private home November 18. "It'll be small, intimate and only her closest friends will be there," says a source close to Richie, 26. And instead of guests bringing them gifts, the soon-to-be mom (who told Diane Sawyer, "I want my child to look up to me and be proud of me") and the Good Charlotte rocker, 28, are asking pals to give cribs, strollers and stuffed animals to the new Richie Madden Children's Foundation, which supports mothers in need. Next month, their charity will also donate 100 Mom-to-Be kits to the Los Angeles free clinic!

L'Oreal Paris and Harper's Bazaar Ovarian Cancer Research Fund benefit in West Hollywood November 7. Not even the shady past of her film writer hubby, Simon Monjack, 37 (including arrest warrants for alleged credit-card fraud), has cast a shadow on the first seven months of their union. The star, 30, says, "This man is the love of my life, and I feel very blessed."

24. "She can get so mad at me... then we're acting like it never happened." But according to Shelton, it works: "She's somebody that I'm going to have in my life a long time."

Brad & Kimberly's baby joy!

He won Male Vocalist of the Year at the CMA Awards, but Brad Paisley can add Mr. Mom to his resume too. Kimberly Williams-Paisley says the crooner, 35, is a pro when it comes to their 9-month-old, William. "Brad loves giving him his baths," says the According to Jim star, 36. "We both take responsibility for diaper changes." And how's the baby getting on? "Wonderful. ... He's crawling and trying to stand now!"

Nicole Kidman's life after Tom

"Tom and I, we moved and moved and moved," Nicole Kidman recently told USA Today of life with her ex Tom Cruise, with whom she split in 2001. "Your sense of where do I come from becomes less and less relevant." Her solution? Settling down in Nashville with hubby Keith Urban, 40. "We just bought an acreage in Tennessee, which we're really happy to build a house on," said the actress, 40. "I'm just not willing to give up my life with my man anymore. ... We're basically inseparable."

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DTWS' Sabrina gushes about Mark

Now that she has departed Dancing With the Stars, Sabrina Bryan tells Us she's making the most of her partnership with dancer Mark Ballas, 21: They're dating! "We couldn't stand the thought of not being in each other's lives," admits the Cheetah Girl, 23, who starts work on the group's third movie in January. "You see all this love and chemistry we have? It's so vibrant, and that's how our friendship and relationship is. It's awesome that we have time now away from the competition to really grow." And off the dance floor, they still have that spark: "We have the same outlook on so many things. At one point, Mark and I were like, 'Gosh, I feel like I've known you for 10 years!'"

Miranda & Blake — a fiery match!

"We have a very interesting relationship," Blake Shelton, 31, has said of Miranda Lambert,

Jack Black's sweet daddy style

How good is funnyman Jack Black at being a father? "I'm going to enter the Best Daddy competition and I'm going to win," the costar of December's Margeat the Wedding, 38, says of raising his 17-month-old son, Samuel, with wife Tanya Haden, 36. Black certainly looked like a winner on November 4 in a Beverly Hills park, where he played with the tot and took Samuel's hands to help the little one practice walking on his own.

Brittany defends her love

"Married life is wonderful!" Brittany Murphy told Us at a

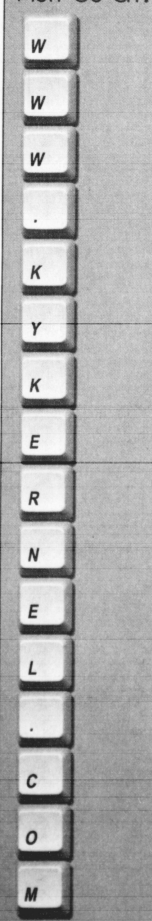
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UK Hoops survives second-half comeback

By James Pennington
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Despite abysmal shooting and poor offensive decision-making, the UK women's basketball team held on to defeat Florida Atlantic, 61-53, in front of 4,875 fans at Memorial Coliseum to gain its second victory of the season.

"When you shoot as poorly as we did today, it really wears on you," UK head coach Matthew Mitchell said. "That's why I'm proud of our players for winning today."

The Cats (2-1) held a 35-23 lead going into halftime. Through the first 20 minutes of play, UK shot 41 percent from the field and seemed to be in control of the game.

The Cats expanded their lead to 38-23 in the opening minutes of the second half. But the Owls (1-2) took advantage of poor UK shooting to stage a

comeback. Florida Atlantic went on a 17-7 run over the next 12 minutes to climb within 5 points of UK at 45-40.

"I really felt us believing that we could win the game at that point," said Florida Atlantic head coach Chancellor Dugan. "I felt like the players thought they could play with Kentucky, but I didn't get the feeling that they thought they could win until we came within 5 points."

However, Dugan's squad could not get any closer. Although the Cats shot only 12 percent in the final 20 minutes, they made 20-of-33 second-half free throws to cement the program's second win during Mitchell's tenure as head coach.

UK shot 28.8 percent from the free-throw line.

"I'm a pretty optimistic guy, so I'm glad because we certainly could've lost this game," Mitchell said. "I don't think I've

ever won a game where the team shoots below 30 percent. We're glad we won."

Senior guard Samantha Mahoney led the Cats with 19 points and was the only UK player to score more than 9 points.

"I knew we needed to stop their run somehow," Mahoney said. "I tried to do whatever I could to get us a basket and just stop their run."

Freshman forward Victoria Dunlap, who has started all three games this season, added 9 points and 13 rebounds. Dunlap also gave the Cats a spark on defense, providing a block and two steals.

"Thank goodness for Dunlap on the boards," Mitchell said. "She made some very key stops when we weren't playing that well offensively."

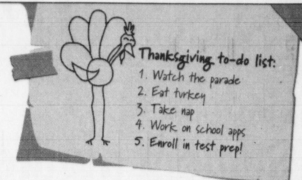
Florida Atlantic's offense was front-lined by freshman forward Jaime Givens' 13 points

and 15 rebounds. Givens, who now has two double-doubles in her first three collegiate games, had a breakout game Sunday in Memorial Coliseum — where her father, Jack "Goose" Givens, played some of his home games as a member of the UK men's basketball team from 1974 to 1978.

"Jaime is a good player," Mitchell said. "I know her dad was proud of her today. I was really glad to have this game behind us so we can root for Jaime Givens from here on out because we weren't rooting for her today."

Mahoney said the Cats were fortunate to come away with a win after shooting so poorly, and that they know what they have to improve on to keep winning.

"We didn't play well, didn't shoot well, and we didn't defend well," Mahoney said. "But we stuck together at the end and came away with the win."



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Loss makes Senior Day vital to salvage season

ATHENS, Ga. — Georgia had its Senior Day on Saturday. UK will have its send-off on Saturday against Tennessee.

Senior Day is obviously special because it means some of the players will never play at home again. This year's Senior Day at UK will be unlike any previous one.

The Cats will have a chance to end college football's longest losing streak against one team. If UK wins, they'll end 22 years of futility and frustration against Tennessee.

But that's not why this is a huge game for the Cats because they now have to win to save what appeared just a few weeks ago to be one of the finest seasons in UK history.

The Cats started the season 5-0 with huge wins over Louisville and Arkansas. Since then, they've lost four out of six, including Saturday's disappointing 24-13 loss to Georgia at Sanford Stadium.

That losing streak is a bit deceiving — they did play four halfbacks and one of the wins was against No. 1 Louisiana State — but after the Cats beat the Tigers, they were thinking about getting to the Southeastern Conference championship game, not

just sneaking into a bowl game. The season's health is deteriorating then. Now it's on life support.

"Everything we fought for it seems like right now is going down the drain," senior quarterback Andre Woodson said.

The Cats had a chance to save their season against Georgia. Instead, they beat themselves.

The Cats were good enough on defense to force four Bulldog turnovers. They were bad enough on offense to turn those turnovers into just 3 points.

"It's awful," UK head coach Rich Brooks said. "It's very poor, sudden change of execution with our offense. To get no more than 3 points when you take it away four times is not very good."

Brooks isn't telling the whole story, though. The offense wasn't just bad after Georgia had caught up to them. They were bad the entire game, especially in the fourth quarter.

Trailing 21-13 early in the final quarter, UK put together a nice drive to get down to the Georgia 21-yard line. It looked even better when Woodson found senior wide receiver Keenan Burton for a 9-yard gain. But that play was brought back on a holding penalty. A snap infraction on the next play moved the ball back 5 more yards. A sack of Woodson on the following play took it back another 5 yards.

So instead of second-and-short inside the Georgia 15-yard line, UK was faced

with a second-and-27 on the 38-yard line.

After Burton took a screen pass 23 yards on the next play, Woodson was sacked on third-and-four for a loss of 18 yards. Sophomore kicker Lones Seiber missed a 51-yard field goal try on the next play.

That drive all but ended UK's chances of tying the game. The Cats were in that situation because they ran for only 29 yards on 29 carries and because Woodson missed open receivers on several occasions all game.

"We have done a good job of beating ourselves," offensive coordinator Joker Phillips said.

UK's senior class has been very special. They've been through so much, both on and off the field, and they deserve the success they've achieved this year.

But how fondly they're remembered could be determined this weekend. If they beat the Volunteers, they'll end the 22-game losing streak, finish 8-4 and get in position to play in a New Year's Day bowl. It would be a great end to the season, and more importantly, it will be a major step up from last season.

After the LSU win, no one was thinking about last year's Music City Bowl win. If UK loses to Tennessee, the Cats would only be able to match last year's win total of eight.

With the way the season started, that would be a major disappointment.

Jonathan Smith is a journalism senior. E-mail: jsmith@kykernel.com.

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FOOTBALL

Continued from page A1

UK tallied 127 yards in the first quarter, but the Bulldogs' defense — the fourth best in the SEC — shut the Cats down for the final three quarters.

UK managed just 21 offensive yards in the second quarter and only 150 for the rest of the game.

"Something just wasn't in sync for us all day long," Brooks said of the offense. "We didn't make the plays we have been making, and they made the plays they had to make."

Still, the Georgia offense struggled to score. Stafford was intercepted a second time — by junior cornerback Shomari

Moore — but again, UK couldn't take advantage. The Cats moved the ball just 19 yards before punting it away again.

Georgia took over with 5:06 left in the first half, and the offense, which hung 45 points on the SEC's top defense against Auburn last week, came to life.

Moreno punched in a 1-yard touchdown run with just 40 seconds on the clock, and the Bulldogs trailed 10-7 at the half.

Georgia rallied in the second half thanks to Moreno and senior running back Thomas Brown. The Bulldogs rushed for 109 yards in the second half and added two more touchdowns to earn the win. Moreno finished with 124 yards on 22 carries, and Brown added 78 yards on 22 carries.

Meanwhile, UK never established a running attack — the Cats gained just 29 rushing yards on 29 carries for the game. "They had a good defense, and you can't stop a team with a good defense (playing) like that," said senior running back Rafael Little.

UK had a chance to take a two-possession lead on the opening drive of the second half, but the Cats couldn't move the football. Georgia then blocked junior Tim Masthay's punt and took over possession at the UK 19-yard line. Six plays later, the Bulldogs took a 14-10 lead on a 1-yard Brown touchdown run.

Down 21-13 in the fourth quarter, UK moved the ball to the 21-yard line in just six plays. But two penalties and two sacks pushed the Cats out of field goal range. It was the last time the

Cats would threaten.

Woodson finished 24-for-41 with 268 passing yards, a touchdown and an interception.

Woodson passed Tim Couch to become the second-leading passer in UK history. The senior now has 8,572 passing yards and trails only Jared Lorenzen, who finished his career with 10,354 yards.

Georgia will pay particular attention to UK next week. If the Cats defeat Tennessee, which currently leads the SEC East, the Bulldogs will head to Atlanta to play for the SEC Championship. To beat the Volunteers, Brooks said the Cats need a hard week of practice.

"We go back to practice and try to break the longest losing streak currently in collegiate football," he said.

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Monday 19 th	Tuesday 20 th	Wednesday 21 st	Thursday 22 nd	Friday 23 rd	Saturday 24 th
<ul style="list-style-type: none"> Bingo at Mayfair Manor 3:00 PM Mayfair Manor Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts Volunteering at Lansdowne Elementary Swing Dance Lessons 8:00 PM Tates Creek Recreation Center Volunteering at the Carnegie Center 3:00 PM Carnegie Center Open Mic Night 8:00 PM UK Student Center Cats Den TMS 11:00 AM Cassidy Elementary Food 4 Body & Soul St. Augustine's Chapel 472 Rose St. Sing-A-Long at Mayfair Manor 6:00 PM Mayfair Manor Cassidy Elementary 8:00 AM Cassidy Elementary Tates Elementary 2:45 PM Cassidy Elementary UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts 	<ul style="list-style-type: none"> Networking 101 12:00 PM Oliver H. Raymond Bldg. Room 112 Volunteer w/ Beaumont Buddies 4:00 PM Beaumont Middle School Volunteering at Lansdowne Elementary Networking 101 1:00 PM James W. Stuckert Career Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts Volunteering at the Hope Lodge 8:00 PM The Hope Lodge (next to Commonwealth Stadium) Tates Elementary 2:45 PM Cassidy Elementary Volunteering at the Carnegie Center 3:00 PM Carnegie Center UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts 	<ul style="list-style-type: none"> Volunteering at the Carnegie Center 3:00 PM Carnegie Center Volunteer w/ Beaumont Buddies 4:00 PM Beaumont Middle School Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts Bingo at Mayfair Manor 3:00 PM Mayfair Manor Tates Elementary 2:45 PM Cassidy Elementary Cassidy Elementary 8:00 AM Cassidy Elementary UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts TMS 11:00 AM Cassidy Elementary Learn to Knit 7:00 PM Student Center Volunteering at Lansdowne Elementary 	<ul style="list-style-type: none"> Volunteering at Lansdowne Elementary UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts Volunteering at the Carnegie Center 3:00 PM Carnegie Center Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts CCO Board Meeting 5:00 PM CCO TMS 11:00 AM Cassidy Elementary Tates Elementary 2:45 PM Cassidy Elementary 	<ul style="list-style-type: none"> Cassidy Elementary 8:00 AM Cassidy Elementary Bingo at Mayfair Manor 3:00 PM Mayfair Manor TMS 11:00 AM Cassidy Elementary Crafts at Ashland Terrace 1:30 PM Ashland Terrace Sing-A-Long at Ashland Terrace 11:15 AM Ashland Terrace Italian Conversation Practice 5:00 PM Coffee House Volunteering at the Carnegie Center 3:00 PM Carnegie Center Volunteering at Lansdowne Elementary UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts Manicure Magic at Mayfair Manor 1:30 PM Mayfair Manor Tates Elementary 2:45 PM Cassidy Elementary Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts 	<ul style="list-style-type: none"> Crafts at Ashland Terrace 1:30 PM Ashland Terrace Volunteering at the Carnegie Center 10:00 AM Carnegie Center UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts Volunteering at the Ronald McDonald House 10:00 AM the Ronald McDonald House right next to Commonwealth Stadium Old Master Works on Paper from the Collection 12:00 PM UK Art Museum in the Singletary Center for the Arts CompLine Service 9:00 PM Maxwell Street Presbyterian Church Vampire Weekend - FREE Show! 8:00 PM Old Tar Distillery (859 Manchester St.) UK Art Faculty Exhibition 12:00 PM UK Art Museum in the Singletary Center for the Arts

OPINIONS

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The opinions page provides a forum for the exchange of ideas. Unlike news stories, the Kernel's unsigned editorials represent the views of a majority of the editorial board. Letters to the editor, columns, cartoons and other features on the opinions page reflect the views of their authors and not necessarily those of the Kernel.

■ KERNEL EDITORIAL

Student awareness greatly increased by donor challenge

Last week UK kicked off its seventh annual Gift of Life Challenge. The challenge, which is a competition between UK and the University of Louisville, was created to try and raise awareness about organ and tissue donation. It will run through December and will end with the winning school being presented a trophy at the Jan. 5th basketball game between UK and U of L.

It is too easy for students to neglect the option of becoming an organ or tissue donor, and events like this challenge raise awareness — which ultimately saves lives.

In addition to the challenge, Kentucky Organ Donor Affiliates has recently taken steps to change its policy on how to sign up for organ or tissue donation, making it easier for all Kentuckians.

Before, the only way someone could sign up for organ and tissue donation was by signing the back of his or her license as well as placing an orange "organ donor" sticker in the upper right hand corner of it. But now,

Kentuckians are able to sign up on the Donate Life Kentucky Web site (www.donatelifeky.org).

In the past, to sign up as an organ donor, someone had to sign his or her license along with two witnesses. With the new policy, any Kentucky resident with a driver's license or state identification card can simply go online and sign up to be an organ or tissue donor with or without any witnesses.

The Gift of the Life Challenge has undoubtedly opened many students' eyes to the idea of becoming an organ and tissue donor. Simply having some sort of knowledge on this subject is important, as it encourages students to actually sign up to be an organ or tissue donor.

Hopefully, this event will give many people in Kentucky awaiting transplants the opportunity for a new life.

If you want to sign up, KODA will have a tent at the UK vs. the University of Tennessee football game at the front of the RV Lot next to Commonwealth Stadium.

Higher heating costs should encourage energy conservation

With tuition increases, textbook prices and monthly bills, UK students have enough to worry about without higher gas bills during the cold winter weather.

This year, the average single-family home's gas bill is expected to rise 30 percent higher than last year's, said Kentucky Public Service Commission spokesman Andrew Melnykovich in a Nov. 15 Kernel article.

Increased expenses during an already costly shopping season are never easy on a student budget, so students would be wise to take steps to decrease their heating bills this year.

Cutting energy costs in the house is not just easier on the wallet, either. Conserving natural energy is a great way for people to do their own part in combating modern environmental con-

cerns. Melnykovich has recommended various ways that students can cut costs, which include substituting warm clothing for higher thermostat settings or using space heaters to warm off-usage rooms.

If higher gas bills are expected to be a problem this year, everyone should be taking active steps to ensure that they aren't. Hopefully, this event will give many people in Kentucky awaiting transplants the opportunity for a new life.

Whatever method one uses to fight costs while staying warm this winter, UK students should be encouraged to conserve energy as much as possible. Whether out of economical or environmental concerns, turning down the heat is something all of us can benefit from.

n LETTER TO THE EDITOR

Cigarette butts more harmful than you know

At a time when so many of us feel obligated to address complex environmental challenges like global warming, there are simple ways we can help improve the health of our planet.

Billions of cigarettes are flicked on our sidewalks, beaches, gardens and other public places every day. If you are throwing your cigarette butts on the ground, you are contributing to the most common man-made waste. In fact, cigarettes are the most littered item in the United States and the world. An estimated 4.5 trillion cigarette butts are littered worldwide every year.

Recently, the Ocean Conservancy released its data from the 21st annual International Coastal Cleanup, which was made possible by the 350,000 dedicated volunteers from 70 countries around the world. The volunteers have removed about 7 million pounds of debris from approximately 35,000 miles of ocean, rivers, lakes and waterways. According to the report, 30 percent of the trash is a result of smoking-related activities, and 90 percent of the debris is primarily from land-based sources.

Cigarette butts are composed of cellulose acetate, a form of non-biodegradable plastic, which can take as many as 25 years to decompose. They may seem small, but with several trillion butts littered every year, the toxic chemicals released over time add up in damaging our environment. Wind and rain often carry cigarette butts into waterways, where the toxic residue eventually find their way to natural water sheds threatening the quality of the water and the habitat of countless wildlife.

According to several studies, cigarette butt litter is the most prevalent form of litter on earth. Society needs to act responsibly — we are a crucial component of any environmental pollution prevention initiative. Changing human behavior is the best solution to the everlasting environmental contamination problems.

Please think before throwing cigarette butts out. Working together to get the facts out and to raise public awareness on this issue is a key step for the betterment of our environment.

Ahmad Malkawi
Scientist, College of Pharmacy

Submissions

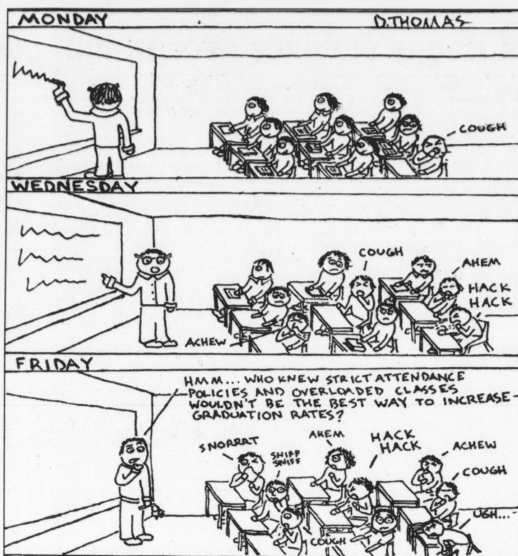
Send a guest column or letter to the editor to Opinions Editor Linsen Li. Be sure to include your full name, class, major and phone number (for confirmation).

E-mail opinions@kykernel.com

Columnists Needed

The Kernel is looking for columnists, especially those with an interest in campus and local issues, to write for the opinions page on a regular basis.

E-mail opinions@kykernel.com



DAVID THOMAS, Kernel cartoonist

Fighting between candidates hurts Democrats' chances in '08 race

The recent Democratic presidential debate in Las Vegas left me with two disturbing impressions.

First, with U.S. Rep. Dennis Kucinich still in the race, Stephen Colbert would have a hard time being the biggest joke even if he had been allowed to join the race.

Naively advocating a full-employment economy as the basis of his campaign and repeatedly interrupting the moderator to call for immediate impeachment of the president and vice president, as Kucinich did, are no more realistic or constructive than Colbert's vow to "crush Georgia" for the good of his home state of South Carolina.

The second and more serious realization is that the Democrats could be severely hurting their chances of winning the '08 election with their unrestrained fighting amongst themselves.

In Thursday's debate, both Sen. Barack Obama and former Sen. John Edwards heaped personal attacks against Sen. Hillary Clinton.

Obama, in an article that appeared in The New York Times on Oct. 28, said that Clinton was trying to sound Republican for political gains, and that was "bad for the country and ultimately bad for the Democrats."

During the Las Vegas debate, Obama charged Clinton as being reluctant to take a clear stance on certain issues.

"What the American people are looking for right now is straight answers to tough questions, and that is not what we've seen out of Senator Clinton on a host of issues," he said. Edwards, meanwhile, said Clinton "continues to defend a system that does not work, that is broken, that is rigged and corrupt."

As politically savvy as any of the "boys" she is running against, Clinton was composed but unserved with her counterattack.

She questioned Obama's plan for universal health care and responded to Edwards by accusing him of taking cues "from the Republican playbook." But the fact is, had Obama been the frontrunner, Clinton would more than likely have led the charge in attacking his campaign.

During their debates, Democrats concentrated on their rivals within the party, hardly mentioning the Republicans or their political differences.

Thinking they already have the presidential election in their pocket, Democrats seem only focused on beating each other for the nomination. This victory-at-hand mentality is, to borrow Obama's words, "bad for the country and ultimately bad for the Democrats."

Despite the past seven disastrous years of leadership in the White

House, it's unwise to count the Republicans out of the race by default.

The sad fact is a huge fraction of the voting population in the United States are so-called "value voters," or people who choose their candidate on religious issues alone. Since the overwhelming majority of these value voters are going to vote for the Republican candidate anyway, it is important for the Democrats to win over the swing votes: the independents and the progressive Republicans.

To accomplish that, the Democrats must present a united front, which they currently are not doing. While all the candidates at the debate said they would wholeheartedly support the Democratic nominee, whoever it may be, their actions are sending the exact opposite message to the American public.

With the mudslinging tactics being used by the three top candidates, Democrats are smearing their image in front of the voters. And when a candidate is chosen, it may already be too late for the Democrats to unite and convince the voters otherwise.

Voters might ask themselves, if Democrats can't even agree to be cordial among themselves, how are they expected to unite this deeply divided country?

Perhaps the Democrats should take a break and ask themselves that question.

Linsen Li is a history and journalism junior. E-mail li@kykernel.com.

Kentucky wins small part of bigger 'blue wave' sweeping across America

As you have hopefully heard by now, we elected a new Democratic governor earlier this month. In addition to this, Democrats managed to hold onto the offices of state treasurer, auditor of public accounts and attorney general. It was truly a good day to be a Democrat.

The College Democrats are looking forward to building on this year's successes.

Next year, U.S. Sen. Mitch McConnell, R-Ky., is up for re-election. McConnell is the Republican leader in the Senate, meaning that he has worked to stymie the Democrats' attempts to give poor children health insurance coverage, obstructed our attempts to end the war in Iraq and helped give away millions of our tax dollars to his buddies for unnecessary work.

McConnell is bad for Kentucky, but he is also bad for the United States. We are going to focus a large portion of our energy on making sure this is his last year in Washington.

In addition, next year we will elect a new president. After eight years of incompetence and corruption in Washington, I think Kentuckians will kick the Republicans out, just as they did in state government by booting Gov. Ernie Fletcher out of Frankfurt.

The Democratic message of hope, accountability, and peace will defeat the record that the Republicans have built over the past four years — messages of fear, hate and war.

The slate of Democratic presidential contenders is stacked for next year, and every single one of them will put Kentucky into play. Sen. Hillary Clinton, for one, is a warrior. Despite Republican attempts to smear her by using half-truths and outright lies, she will fight back and, if she wins the nomination, become the first female president in our country's history.

Sen. Barack Obama has a message of hope which resonates with every American, and if he wins the nomination, that will carry him to victory.

Former Sen. John Edwards is also a very strong member of the Democratic slate. His message of bridging the gap between the two Americas resonates most fully with our base and will carry him to victory with

case if he wins the nomination. The other candidates for the Democratic nomination are also strong and will do the party justice if they win the nomination.

Many of Kentucky's seats in the House of Representatives will be competitive in the upcoming year as well.

The 2nd District, which has been in Republican hands for 12 years, has drawn a challenger, and the 5th District, which has been in Republican hands since 1963, may face a tough challenge as well.

Our overwhelming victory this last election gives me hope that Kentuckians will be a part of the blue wave that will solidify our Democratic majorities in the House and Senate and will take back the White House.

Once that happens, we can get started fixing what the Republicans have broken over the past 8 years — ending the war in Iraq, fixing our broken health care system and ensuring that the least among us have some measure of care.

I look forward to the day where we have the government with those priorities instead of the ones exhibited by our government today.

Robert Kahne is the president of UK College Democrats. E-mail opinions@kykernel.com.



ROBERT KAHNE
Contributing columnist

LAWSUIT

Continued from page A1

Reed's boss, Executive Vice President for Finance and Administration Frank Butler. Instead, he asked if he could transition out of internal audits into a different position at UK, and the lawsuit states that Reed agreed to help him do that.

Over the next few months, according to the lawsuit, Reed openly criticized Ross. On June 8, the lawsuit states, Reed restricted Ross' computer access, asked that he return his keys and said he expected him to submit a written resignation.

In response, the lawsuit states, Ross sent an e-mail on June 21 to Butler to inform him of the situation and express his concerns, and he copied the message to Reed. Reed replied to Ross, according to the lawsuit, instructing him to keep coming to work until Aug. 31, but Ross replied to him in a June 25 e-mail, stating that Reed had not helped him transition to a different position as he had agreed to do. Ross said he would not voluntarily resign and would continue looking for another position, the lawsuit states.

Neither Reed nor Butler resolved Ross' concerns about mismanagement, according to the lawsuit, so on Aug. 9, Ross passed along the concerns that he reported to Reed in February to UK's Board of Trustees, the state auditor, state representatives and the Council on Postsecondary Education.

Following those reports, UK suspended Ross without pay on Aug. 10, according to the lawsuit, and terminated his employment as an auditor and as an instructor on Aug. 24.

Ross is demanding an unspecified amount in compensatory and punitive damages from UK and Reed, as well as payment of his court costs.

PARKING

Continued from page A1

Friday from 6 a.m. to 8 p.m. Those shuttles are part of the Hospital Parking Garage and operate separately from PTS shuttles.

"The new office is mainly a benefit for patients and visitors, but students are also free to use the office," said Chrissie Balding Tune, marketing and promotions specialist for PTS.

Customers visiting the office may pick up day passes, obtain temporary disabled permits, purchase employee and replacement permits, purchase scratch-off permits, pay citations and pick up citation appeal forms.

DRIVE

Continued from page A1

be accepted at all residence halls, all Greek houses and Patterson Office Towers.

Volunteers are needed to help with sorting the clothing and can contact the Center for Community Outreach or any of the three organizations sponsoring the project.

Clarification

The Nov. 15 story "Police visit campus seeking feedback" incorrectly stated that Madison Young, Student Government Executive Cabinet secretary, planned the event. Although Young contributed, Whitney Sanders, a member of the SG Campus Violence Cabinet, was responsible for organizing it, with the help of other cabinet members.

To report an error, call the Kentucky Kernel at 257-1915 or e-mail editor@kykernel.com.

UK Wind Ensemble performs Pulitzer-winning composer's work

By Kelly Wiley
features@kykernel.com

The sound of music will resonate within the Singletary Center tonight as the UK Wind Ensemble performs the work of a Pulitzer Prize-winning composer.

Under the direction of John Cody Birdwell, director of bands at UK, and special guest conductor Lane Weaver, the UK Wind Ensemble will be performing an "Exotic Winds" concert.

The concert will feature the musical fable "Winds of Nagual" by Pulitzer winner Michael Colgrass.

Birdwell said the show is compelling because of "two words: Michael Colgrass. To have a Pulitzer Prize-winning composer on campus

and to work with this composer on his music is quite spectacular," Birdwell said. "The 'Winds of Nagual' is an amazing work that tells a really cool story, and although it is music, it is quite visual in nature."

"Creating music is the best experience I can imagine having as a human being."

MICHAEL COLGRASS
Pulitzer-winning composer

captures the imagination of all who experience it, including the performers, conductors and audience," Birdwell said.

Colgrass, who said it was an honor to have the opportunity to appear at UK, seemed just as thrilled about the performance.

He has been involved with music since he was 10 years old. When Colgrass was a boy, he saw a jazz drummer in a movie and knew then that he wanted to dedicate his life to music, Colgrass said.

Colgrass believes directors are creating a new form of art by commissioning and performing new music. He said UK has been a leader in the new art renaissance for years.

"To me, the future of music lies in the hands of our educators who I consider to be the heroes of music," Colgrass said. "Creating music is the best experience I can imagine having as a human being."

The ensemble will also perform "La Procession du Roi" by Joaquin Turina, "Dance of the New World" by Dana Wilson and "La Fiesta Mexicana" by H. Owen Reed.

The performance begins at 7:30 p.m. at the Singletary Center for the Arts. It is free and open to the public.

Horse trade faces new challenges

By Tara Malone
Chicago Tribune

TOPEKA, Ind. — A blue-blooded race horse still brings millions. But it seems that few want a draft horse, once the backbone of American agriculture and now an emblem of a way of life that is all but gone.

Gasoline tractors and combines began the draft horse's decline generations ago. Now runaway hay prices and legislation designed to protect the huge, docile creatures from slaughter have combined to create an excess of horses in a shrinking market.

Older draft horses bred to plow fields, clear logs and pull hitch wagons are selling at a 20-year low. In Topeka, the center of a global trade in draft horses, colts sold at a recent auction for as little as \$250.

"It's like the housing market," said horse roper Brian Erick of Rives Junction, Mich. "It's flooded."

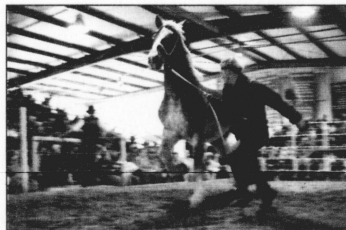
Traders from Maine to Japan traveled this month to Indiana's heartland for four days and nearly 1,300 horse showings, one of the largest displays worldwide.

The auction came at a troubled time in the region's draft horse trade.

With prices down sharply, the excess supply is blamed on court rulings that this fall shuttered the last three American horse-slaughter plants, including one in DeKalb, Ill. — further compounding the glut and prompting dealers to send horses to slaughter in Canada and Mexico.

Strict regulations about how horses may be transported also are challenging the volume and flow of the animals.

In late October, a rollover crash in Wadsworth, Ill., killed 17 horses loaded in a double-decker trailer designed for cattle and swine, prompting a state legislator to propose a ban on



JOE RAYMOND | CHICAGO TRIBUNE

Prospective buyers size up a horse at an auction in Shipshewana, Ind., where up to 250 horses are put on the block every week.

the use of such trailers for horses. If the bill becomes law, it would join a growing number of rules in other states.

Confronted with such pressures, a yawning price gap divides the horse market.

Race horses and broodmares at equine auctions in Kentucky and Florida fetch millions still. A Belgian mare destined for show competitions sold for \$31,500 at this month's Topeka Draft Horse Auction.

"The good ones will bring good money. But there's no middle market," said Bill McGrew of Prairie City, Ill., whose family began breeding Belgian draft horses in 1938. McGrew sits on the board of the Belgian Draft Horse Corp. of America. "It's either the good ones or everything else, and the market is in a tough state right now."

In Topeka, owners and auction workers — many of them Amish — led draft horses through the auction, showing off their trimmed forelocks, refitted shoes and shorn whiskers.

Prospective buyers and horse enthusiasts circled the show pen and crowded onto 20 rows of bleachers, drawn to the tiny town by two factors: draft horses bred, reared and worked

by Amish farmers come well-trained and in ample supply. And from this barn in northeast Indiana, buyers can easily transport horses nationwide.

"You have all kinds of uses for these horses," auction owner Bob Bale said. "They want them big. They want them pretty, and they want them to be elegant with moves almost like Fred Astaire."

Twelve miles down the road, sunlight cut through the open-air barn at the Shipshewana Auction and Flea Market.

As many as 250 horses cycle through the web of corrals there every Friday. With an estimated 14,000 horses sold annually, Shipshewana is one of the region's largest and most varied auctions. Ponies, colts, riding horses, draft horses and show horses sell in rapid-fire exchanges between buyers and sellers that auction co-owner Keith Lambright oversees.

On a recent Friday, few horses had been fitted with new shoes or primed for sale. The nearly 12 dozen horses paraded through served a far more practical purpose.

"I've had guys come in, unhitch a horse and drive another horse home," Lambright said. "That horse is their living."

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UK vs U of L Gift of Life Challenge



Kentucky

Be a Kentucky Organ & Tissue Donor by placing your name on the new Kentucky Organ Donor Registry and help your school win the 7th Annual Gift of Life Challenge between the University of Louisville and the University of Kentucky.

Go online to

www.DonateLifeKY.org

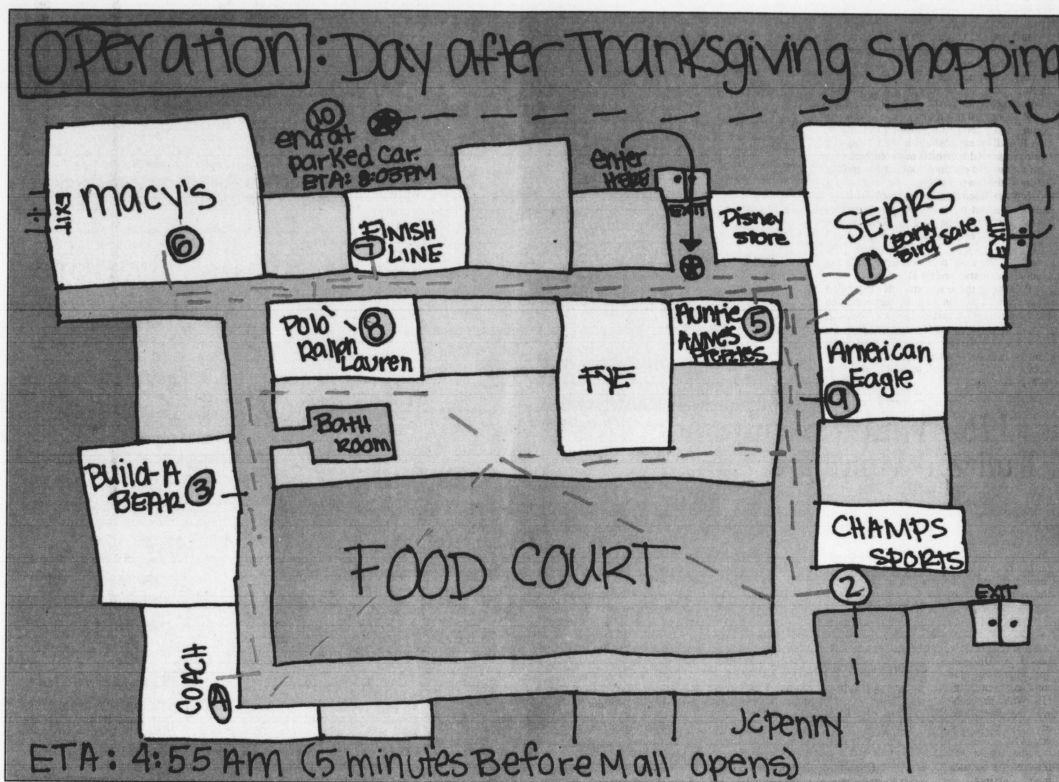
On the drop down list of "influences", be sure to click on your favorite university!

Sponsored by

Kentucky Circuit Court Clerks Trust For Life, and the Donate Life Kentucky Coalition

Holiday Shopping

A PR Supplement to the Kentucky Kernel



*What the Sexes Want...

Samantha Saracino: Guest Writer

'Tis the season for gift giving. But the question is, what gift should you give?

The holiday season is just around the corner and this is the question that seems to be lingering in the back of every student's mind. Picking out that perfect gift is easier said than done. Regardless of how long you've known your significant other or how well you think you know them, it is so much harder to pick out a holiday gift that stands out from all the rest.

To help everyone out this holiday season, a survey has been administered to see exactly what guys and girls really want for the holidays.

These items were found on every student's list. Some of these may come as a surprise to you, while some you probably assumed would be on here. We all know that material things are nice, but sometimes it's the thought that counts.

"It's definitely not all about big presents and spending a lot of money. The best gifts come from

the heart," said sophomore Kent Seber.

It's not necessarily what you're giving, but more so how you are giving it. Your challenge this season: get creative. Find a way to give your gift in a way your boyfriend or girlfriend will never

giving and getting things just aren't the most important to me."

Some great ways to give your gifts in a not-so-ordinary way would be to take your boyfriend or girlfriend out for a night on the town. Grab some dinner or make a home-cooked

meal. Head downtown for a romantic walk and enjoy the scenery. Cozy up on a carriage ride, see a holiday show and drink hot chocolate.

"For Christmas, my boyfriend and I went to downtown Chicago and got dinner. We walked around and saw the tree. It was fun because it was just the two of us in the big city. Spending time together was the best part," explained business freshman Katy Shotsberger.

So this holiday season, give your significant other bragging rights.

Have fun and get creative with your gift choices.

With this as your guide, you will be sure to leave your special someone with a smile on their face.



Bath & Body Works in Fayette Mall may provide some inspiration for your holiday shopping.

Lauren Jackson

What Women Want:

1. A weekend getaway
2. A day at the spa
3. Jewelry
4. An engraved picture frame with a picture
5. Perfume

What Guys Want:

1. A weekend getaway
2. Concert/Sports tickets
3. DVDs
4. A nice watch
5. Cologne

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Classy, Dirty or Stylish: Holiday Party Ideas*

Margaret Liles: Kernel P-R

The holidays are here and in addition to spending time with family, buying gifts, sale shopping and no classes, one of the best things about the season are the parties. Whether you are expecting to attend a friend's party or host one of your own, holiday parties come in all shapes and sizes.

For starters, if you are more traditional in your party style, you will probably be most interested in the classy cocktail party. Dress up, make dinner, bust out the nice china (or Chinet™ for us poor college students) and listen to jazzy holiday tunes as you sip Christmas cocktails and visit with friends.

One option if you enjoy the colder weather is to organize a Christmas caroling party! Bundle up and convince your friends to join you for an evening of enchanting seasonal songs. Or, if you're not up for the cold weather and knocking on stranger's doors, carol in your dorms. Caroling could brighten someone's day and you'll have fun, too!

On the other hand, there are some casual options. If you're looking to have a gift exchange with friends, let's face it — we are all short on cash. However, there are other options.

One option is to have a

"White Elephant" exchange.

Here is how it works: Tell all your friends to find something in their apartment or dorm room that has been cluttering their space. Preferably, the item should be plain ugly and/or use-

less. Then, gather your friends, throw some holiday cookies in the mix, draw numbers, chose or steal the items from each other and see who ends up with your junk.

Remember, if you get something awful, you can always re-gift it!

Another gift exchange idea is "Dirty Santa," which is very similar to White Elephant with the exception that the gift is usually a designated price and hopefully more useful and desirable.

Then there is always "Secret Santa," which usually involves drawing a person's name and secretly delivering small gifts to

that person throughout the season. All of these gifting techniques are good ways to energize club members during the season or spice up an organization's holiday party.

One final holiday party to look out for this year is the "Ugly Christmas Sweater Party." This newer party idea has become popular in recent years as a fresh take on incorporating holiday style into parties. This party requires that everyone who attends must wear an ugly Christmas or holiday themed sweater.

Gingerbread men, snowflakes, candy canes and Christmas trees—the uglier the better. So where do you find these ugly sweaters? My advice is to shop early, peruse the local Goodwill store or raid your grandma's closet. You will be surprised at the availability of these cheesy sweaters. Note for the host: If you are throwing this party, consider giving prizes for sweaters voted ugliest, most creative, most colorful, etc.

Whether it's classy cocktail, Dirty Santa, White Elephant or ugly Christmas sweater-style, enjoy the holiday parties this season — not necessarily for the gifts, drinks or fashion, but instead, merely for the company you get to celebrate with.



At last year's Christmas party, the sweaters were a hit!

Amanda Benninger

The Kernel
News.....Not Chicken

Looking for unique gifts?

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Shaking Yo' Belly Like a Bowl Full of Jelly

Kati Ryan: Guest Writer

10 Ways to Avoid Holiday Weight Gain

Don't Go Hungry

We all head home for the holidays for some good home cooking. Rule No. 1: Never show up to a family function starving. Be sure to at least drink a large glass of water before arriving. This will decrease the amount of high-calorie foods you eat spontaneously.

Keep Portions in Proportion

Even when you see the buttery mashed potatoes and homemade mac and cheese, try your best not to fill your plate mile high. If the plate is bending, chances are you have a tad too much.

Be the Caboose

It's hard not to cut in front of everyone in line. Usually by the end of the line, however, the really fattening foods are diminishing; these tend to be holiday favorites. If you can stand it, allow others to go first and bring up the end.

Bring a Low-Cal Dish

Not showing up to the event empty-handed is a nice gesture from you to the party host. Also, this insures you at least have something to snack on.

Socialize

Walk and not necessarily by the food table either. Walk around and work the room. Walking and talking burns calories and will assist in keeping your mind off the gravy and chocolate cake.

Take the 'Heel-Toe Express'

Not only helping to avoid crazy parking lot moms that are dangerous during the holidays. Parking far away forces you to walk. While walking, brainstorm about what store you are headed to first and what you are going to purchase.

Be a Friendly Neighbor

Depending on your geographical location, help shovel a driveway or rake leaves in the yard. This keeps you participating in physical activity and will create good karma for you.

Make and Wrap Gifts

A money-saver and sentimental. This activity will also keep you moving, both off the couch and out of the refrigerator because of boredom.

Work It Out

If possible, go to the gym and at least walk on a treadmill. Increasing your heart rate and burning calories will not only decrease holiday stress, but also holiday bulge.

Catch Some Zzz's

It's very easy to get overlooked and forget to sleep as much as you should during the holidays. Try to relax. This is your break. Your time to relax. Have some fun and get some rest!

Bonus Tip: Treat Yourself!!

If your aunt makes your favorite stuffing or pumpkin pie dessert, by all means, have a piece. Don't forget that it is the holiday season and you can treat yourself for all your hard work and of course your excellent exam scores.

*Another Polly Pocket™ ... Gez, thanks.

Margaret Liles: Kernel P-R

Need help thinking of that extra-special gift for that extra-special someone?

Well, gifts are a big part of the holiday season and with the increased commercialization that surrounds the holiday season, surprises, thoughtfulness and sweet notions are the things that make gift giving so special.

If you haven't ever received a really thoughtful or genuine gift, hopefully this holiday season will change that. Nonetheless, pretty much everyone can remember the worst gift they have received.

Best Gifts

Emily: "My best gift was my Muppet Babies Keyboard. The only bad part was that I had to share it with my brother."

Charlie: "When I was little, my father had told me that he didn't have the money for a

present one year, but the next morning I woke up and saw one wrapped gift. I opened it and saw a single note. It read, "Redeemable: Biggest Bear Hug Ever." I instantly cashed in my coupon."

Chelsea: "My semester in Berlin."

Kevin: "A jar of olives ... I'm not kidding ... when I was little I loved olives (still do), and my grandma knew this, so no matter what she got me for Christmas it always included a jar of olives."

Tracy: "My parents' credit card to go shopping on Michigan Avenue in Chicago. Even though I was only allowed to spend \$500, it was still pretty sweet!"

Worst Gifts

Ashleigh: "Every year I kept getting Polly Pockets from

one of my cousins, it was awful."

Ashlee: "It's a tie, both from a strange aunt: either a marble egg, or a Betty Boop ring-watch."

John B.: "My parents got a plastic beverage fountain last year from my grandpa, though I'm not really sure why he thought they needed one. Nevertheless, it will be re-gifted this year on the other side of the family."

Brendan P.: "The worst was a T-shirt that I already had."
Emily R.: "Not many worst gifts, except maybe for an itchy, flammable, polyester robe."

So shoppers, whether it's a shopping spree, a semester abroad or a marble egg, heed the advice of other students and make sure your put some thought into your gift.

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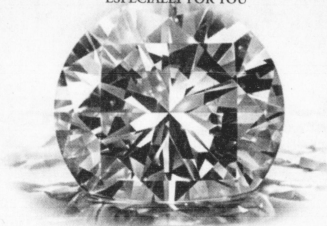
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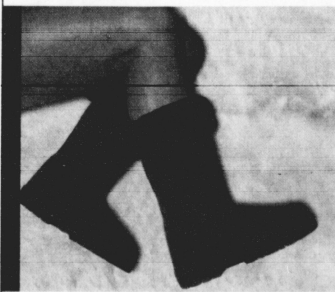
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Shopping Stress*

Andolyn Johnson: *Kernel P-R*

Knowing who to buy for at Christmas has always been an impossible question to answer.

Some are so worried that they will be given a gift unexpectedly that they purchase extra presents for those "just in case" situations.

This may reduce anxiety, but most college students are already stretching their bank accounts to buy for their families.

When it comes to buying for relatives, your family probably has traditions and unwritten rules about how far into your extended family you should buy for, so these people are the first on your list.

Next, consider a special way to buy gifts for your roommates.

To save money and time that would be put into finding presents for all in your house, suggest that everyone buys one thing to contribute to the house, such as decorations and kitchen supplies.

You could also draw names so you only have to buy one gift. This also works well in large groups of friends.

Often, clubs and organizations use Secret Santa to give gifts for Christmas.

If you have to buy a generic gift, buy a gift card. Starbucks, Target and mall gift cards are usually liked by everyone.

It may sound unoriginal, but at least people can actually use them.

Do not let the stress of knowing who to buy for ruin your Christmas shopping experience.

Stick with only buying for close friends and family, and plan ahead with groups and organizations you are involved in to ensure your Christmas shopping is enjoyable.

*Home for the Holidays

Andolyn Johnson: *Kernel P-R*

Preparing to go home for Christmas break can be stressful, especially with final exams and papers taking up most of your time.

Leaving the dorms for a month probably sounds great, but it also involves packing for the entire break. Here are a few reminders about getting ready to go home for Christmas.

Regardless of whether you are driving or flying, check the weather in advance and again the day before you travel. You may need to have an alternative plan in case bad weather causes delays.

If you plan to fly

home, book your plane tickets now to save money and ensure that you can find a flight when you need it.

If you are going to drive, check travel advisories and information before you leave.

Since you are studying hard for exams, maybe you can ask your parents to do this for you.

In rented houses or apartments, your renter may provide a list of requirements for leaving for a long period of time.

If they do not, there are a few things that can save you money and protect your house from damage over the break.

Of course, you should turn off all lights and turn the heat down to lower your bills during the month of December.

You should also leave all the cabinets under sinks open while you are gone to keep pipes from freezing.

Take anything valuable home with you in case your house is broken into while you are gone.

Lastly, find some good Christmas music to listen to on your way home. It will make the trip much more enjoyable.

Be careful traveling!

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Holiday Recipes*

Jillian Rogers: Kernel P&R

PUPPY CHOW

Ingredients

9 cups crispy rice cereal
1/2 cup peanut butter
1 cup semi-sweet chocolate chips
1 1/2 cups confectioners' sugar

Directions

In a saucepan over low heat, melt the chocolate; add peanut butter and mix until smooth.

Remove from heat, add cereal and stir until coated.

Pour powdered sugar into large plastic bag, add coated cereal and shake until well-coated.

Store in an airtight container.

WARM SPICED NUTS

Ingredients

1/4 cup butter
1/2 cup brown sugar
1/2 teaspoon ground nutmeg
1 teaspoon ground cinnamon
2 tablespoons water
3 cups pecan halves

Directions

Melt butter in a four-quart glass casserole dish in the microwave.

Stir in the brown sugar, nutmeg, cinnamon and water.

Microwave on high for 1 minute.

Stir in the nuts so they are well-coated.

Microwave for 4 to 5 additional minutes on high, stirring every minute.

Spread cooked nuts out onto parchment or wax paper to cool.

OREO TRUFFLES

Ingredients

1 (16 ounce) package OREO cookies, divided
1 (8 ounce) package cream cheese, softened
2 (8 ounce) packages semi-sweet baking chocolate

Directions

Crush nine of the cookies to fine crumbs in a food processor; reserve for later use. (Cookies can also be finely crushed in a resealable plastic bag using a rolling pin.)

Crush remaining 36 cookies to fine crumbs; place in medium bowl.

Add cream cheese; mix until well-blended.

Roll cookie mixture into 42 balls, about an inch in diameter.

Dip balls in chocolate; place on wax paper-covered baking sheet. (Leftover chocolate can be stored at room temperature for another use.)

Sprinkle with reserved cookie crumbs.

Refrigerate until firm, about an hour. Store leftover truffles, covered, in refrigerator.



Photo courtesy of Kraft Foods.com

Being Generous Without Going Broke*

Jillian Rogers: Kernel P&R

'Tis the season for holiday cheer, full bellies and empty wallets.

Winter break is approaching fast and now is the time to start making your shopping list.

As college students, we have a difficult time deciding who to give gifts to and how much to spend on them. Fortunately, there is an easy way to give everyone

on your list a present without breaking the bank.

Making your own gifts is not only inexpensive, it is fun and relaxing as well. Stores like Michael's, Hobby Lobby and Garden Ridge are filled with craft materials and project ideas.

Decorating ornaments is a great homemade gift. It not only reflects the holiday season, it can also appeal to a wide range of people.

For guys, you can decorate an ornament with their favorite college or professional team.

For girls, you can pretty much go crazy with paint, beads, ribbon, and more.



Lauren Jackson

Homemade gifts are a great way to show someone how much you care without spending a lot of money.

And many college students are putting up their own Christmas tree for the first time, so don't let their tree be naked; give them a decorated ornament.

Another gift that can appeal to everyone is a bag of homemade cookies. Who doesn't like baked goods this holiday season?

Even if they are 'break and bake' cookies, people will still enjoy them and appreciate the gift.

You can even go as far as decorating them with sprinkles and icing. This is a good way to personalize them.

Don't forget to be creative

with the wrapping. Grocery and dollar stores sell holiday bags and boxes for you to spruce up your gift.

If decorating little gifts is too time consuming or you just don't have the creative gene, then giving out holiday cards is another inexpensive alternative.

With so many people you know from class, work and other activities, it's hard to know where you

draw the line of good friends and people you encounter on a regular basis.

Giving them holiday cards will let them know that you are thinking of them this season. You can also throw in a candy cane to add a little something extra.

Hopefully, now you are thinking of different and inexpensive ways you can give gifts this year.

But these ideas are just some of many.

Get creative and just remember it's not what you give — it's the thought that counts.

*Pre-Gaming for the Holidays

Caitlin Condo: Guest Writer

With the holidays just around the corner, it's never too early to start putting a little thought into holiday gift-giving.

The most essential thing to start with is a gift list. Make a list of everyone you need to buy a gift for — your parents, siblings, significant others, and everyone else.

This way, you ensure that you do not forget someone and feel like an idiot.

Another good thing about planning ahead is that you are able to take advantage of all the holiday sales that are offered to those who shop early.

A prime time for this is Thanksgiving weekend, which is one of the biggest shopping weekends of the year.

Every store has insane sales so you can get the perfect gift for each person on your list, at the perfect price. One word of caution: If you brave the malls Thanksgiving weekend, be prepared for the crowd; you have to have a high patience level.

For those of you who just don't have patience for the crowds, you should try shopping on weekdays. Because there won't be as many people in your way, you can take your time making decisions on the right gift for Grandma.

Likewise, you can also check out in a more efficient manner since the lines won't be wrapped around the building. If you really want to avoid any contact with other shoppers, you should definitely go shopping early in the day Monday through Friday, when most people are at work or class.

For some of us, malls just aren't our thing. An excellent alternative is the Internet where you can usually find all the gifts you need to buy.

The Internet often provides ideas and gift possibilities that are not even available in stores, providing you with a unique gift you wouldn't have thought of otherwise.

However, keep shipping schedules in mind when ordering from the Internet because it may take double the time to get something that it would during the regular season.

One last piece of advice is to try and pay off your credit card bills ahead of time to prepare yourself for the additional holiday expenses that are so easily accumulated during the month of December.

This way, you don't have to deal with the added financial stress and can focus on enjoying the holidays with your friends and family.

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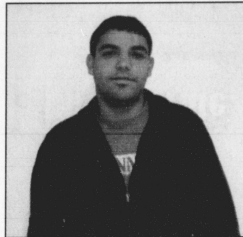
By Lauren Jackson: Kernel P-R



Name: Rachel Schoen
Year: Senior
Major: Marketing
Movie: "Elf!"

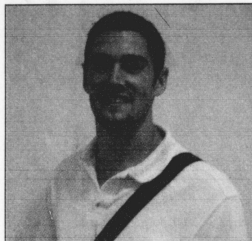


Name: James Hardy
Year: Senior
Major: Psychology
Movie: "Home for the Holidays!"



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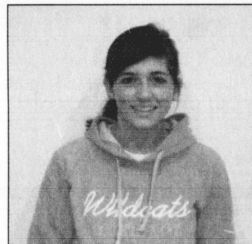
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Name: John Evans White
Year: Graduate Student
Major: MFT
Movie: "How the Grinch Stole Christmas!"

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Name: Jenna Gilb
Year: Senior
Major: Biology
Movie: "The Muppet Christmas Carol!"

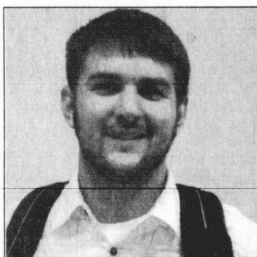


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Name: Paul Jones
Year: Junior
Major: Journalism
Movie: "It's A Wonderful Life!"



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