

KENTUCKY KERNEL

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August 22, 2008

pass go...

and check out YOUR Lexington favorites

- Best UK Men's Sport: Basketball
- Best UK Women's Sport: Basketball
- Best UK Athlete: Patrick Patterson
- Best UK Campus Event: Dance Blue
- Best UK Greek Event: Greek Sing
- Best KY Kernel Writer: Eric Lindsey
- Best UK Professor: DeSantis
- Best Easy "A" Class: UK 101
- Best Place to go on a first date: Movies
- Best Music Store: Best Buy
- Best Video Store: Blockbuster
- Best Book Store: Kennedy's
- Best Health Club: Johnson Center
- Best Women's Clothing Store: General Eccentric
- Best Grocery Store: Kroger
- Best Coffee House: Starbucks
- Best Late Night Restaurant: Tolly Ho
- Best Pizza: Mad Mushroom
- Best Barbecue: Billy's BBQ
- Best Fast Food: McDonald's
- Best Italian Restaurant: Olive Garden
- Best Mexican Restaurant: Rincon
- Best Oriental Restaurant: P.F. Chang's
- Best Sandwich Shop: Jimmy John's
- Best Bar: Two Keys
- Best Place to Dance: Main Street
- Best Place to Play Pool: Cat's Den
- Best Place to Hear Live Music: The Dame
- Best Local Band: TIE... Jonathon Webb and Jonathon's Machete
- Best Radio Station: 104.5 The Cat
- Best Spring Break Destination: Ft. Lauderdale, FL
- Best Tanning Salon: SunTan City
- Best Hair Salon: Great Clips
- Best Apartment Complex: Newtown Crossing
- Best Website: Facebook
- Best Place to Watch Sports: Buffalo Wild Wings



"HOT SPOTS" IS A PR SUPPLEMENT OF THE KENTUCKY KERNEL

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A Fearless Freshman

Kyle McCandless ~ Guest Writer

At the end of last semester students at the University of Kentucky almost unanimously voted for freshman Patrick Patterson as "UK's Best" male athlete of 2008. To those who watched the young, up-and-coming star play basketball last season this should come as little or no surprise.

The West Virginia native chose UK over Duke, Florida and a slew of other big name schools that were interested in the dominant 6'8 power forward. Until Patterson stepped on the floor for the first time, most fans didn't realize how crucial it was for UK to win the heated recruiting battle for the top-notch prospect.

When asked how does he handle the high expectations? He replied, "It's Kentucky basketball, and the fans expect you to make the (NCAA) tournament and

Sweet 16 every year. I knew coming in that those were the expectations, and you just have to practice and play hard."

With the wildcats off to a rough start in the 2007-08 season, Lexington looked to its freshmen phenomenon to help turn the season around. In Patterson's first season as a wildcat he was the second leading scorer only to senior Joe Crawford.

He showed more poise and leadership skills than most players ever have as an incoming freshman. Patrick averaged 16.4 points and 7.7 rebounds per game and played over 35 minutes a game. It doesn't take a sports analyst to tell you that these are some impressive stats for a guy in his first season of playing Divi-

sion 1 Basketball.

With his courageous performances night after night, and his relentless work ethic, Patrick has quickly become a fan favorite amongst all Kentucky fans. He was named SEC Freshmen of the Week three times last season and recorded six double-doubles tying Jamal Mashburn's record for 5th on UK's double-double list. As UK turned their season around it was hit with some devastating news, their freshmen powerhouse was sidelined for the remainder of the season.

In late February the wildcats were hit with the news that Patterson wasn't going to be able to finish the season due to a stress fracture in his left ankle.

Source: www.ukathletics.com

"There's no doubt in my mind that Kentucky would have ended the season stronger than they did if Patterson had been able to play" said, senior UK student Billy Kopp.

At a July 17th press conference Coach Billy Gillispie noted that "It looks like things are way ahead of schedule as far as recovery goes." When asked about UK's team leader next season Gillispie said, "Our on-court leader is probably going to be Patrick Patterson, he's been our off court leader and his attitude is fantastic."

As the next season approaches, all of the Bluegrass is sure to have their eyes on one player in particular, Patrick Patterson. If last year was any indication of what's to come from the rest of Patterson's time at UK, wildcat fans are surely in for a real show.



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Newtown **Best** APARTMENT COMPLEX

Jennifer Hunt - PR Staff

Tired of community bathrooms, late night fire drills, and a closet that won't hold half of your stuff? Imagine sitting in the sun by your pool, making a list of things you want to cook for dinner in your kitchen, and later falling asleep in your full size bed in your brand new room that's just for you!

If you're looking to move off campus or just looking for a new apartment you should check out Newtown Crossing. Newtown Crossing was just voted the 2008 Best Apartment Complex. With its convenient location on Foreman Avenue

which is between South Limestone and South Broadway, just across the street from Memorial Hall, why wouldn't you want to live there? With a less than 10-minute walk to class you are practically living on campus, but have the freedoms and amenities of living off campus.

Newtown Crossing is now an American Campus Community. Their on-site staff is dedicated to providing you with professional services that will enhance your comfort, wellbeing and academic success. Newtown Crossing offers fully furnished one-bedroom/one bath, three-bedroom/ three bath and four-bedroom/ four bath floor plans.

Deciding to move off campus is a big decision. You want to make sure that you are still getting everything that you had supplied in the dorms, just better and with many more amenities. At Newtown Crossing you will get your own bedroom and bathroom. The apartment will be fully furnished with full kitchens. The sound suppression walls will be a big

change from your old dorm room as well. High speed internet and cable are also included.

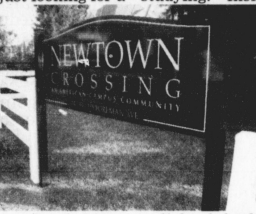
When looking for an apartment it is important to think about what you want and what you would use while living there. Newtown Crossing offers many amenities for students to relax and have fun while taking a break from studying. Inside of the club-

house they offer billiards, a theater room which can be reserved for movie nights with your friends, a 24-hour fitness facility and new tanning beds. Outside Newtown Crossing has

a lighted basketball court, a lighted volleyball court and a resort style pool with a sun deck. There is also an on-site restaurant called the Blue Line Dinner. You can go here to relax and get a quick bite to eat when you don't feel like cooking for yourself.

One of the best things that Newtown Crossing offers for students is individual leases. This allows you to not have to worry about combining rent payments with roommates or any other hassles that may arise. You are only responsible for your own rent! You can even pay your rent online on their website at www.kentuckystudenthousing.com. Now you can even apply online!

Newtown Crossing's website also offers a virtual tour so that you can see your new apartment without having to leave the house. You should definitely check out what UK students have voted the 2008 Best Apartment Complex. Go visit Newtown Crossing for their move-in deals and more information about rates.



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AUG 22 2008 Dance Your Heart Out

Alisa Oerther ~ PR Staff

DanceBlue was voted the Best of UK's most popular event either because of the huge sum of money that was raised during the event, or because of the non-stop dancing that lasts all day and all night. DanceBlue has been held for the past four years at UK.

DanceBlue benefits the Golden Matrix Fund, which funding goes to emotional support to patients and families battling cancer along with cancer research at the UK Pediatric Oncology Clinic. The name of the fund has many significant meanings.

The idea of DanceBlue stemmed from a motivational young boy by the name of Jarrett Mynear. Jarrett battled cancer for 11 years and sadly passed away at age 13, but not before leaving an impact on the lives of people affected by cancer. He started various projects and funds to aid in fighting cancer, and he is honored throughout many other places and people. The fund got its name because his favorite movie was the Matrix and gold is the color that represents cancer in children.

The 2008 DanceBlue broke records on February 22-23, with a grand total of \$424,855.89, almost doubling from the previous year. The funds were raised by sponsorship of dancers and also corporate sponsors.

Five Hundred students came

out to participate this past year and dance for a straight 24 hours. "Not only are you showing school pride, but you are also helping out your community," explains Krissy Chandler, a 2007 and 2008 DanceBlue participant.

Many other people show their support every year with DanceBlue. People donate, participate and show support by volunteering with the event. Most participants don't have any trouble staying up dancing because many children and families attend the event. These children get involved in those 24 hours by dancing with everyone, sharing their stories and inspiring others.

Billy Gillespie came out and spoke during the event to show his support and concern for the issue and he also donated \$10,000 to the fund. "I wish I had 1/10 of the toughness that these young people and their parents have," Gillespie said.

Through this event the community of UK shows not only extreme drive by being able to dance this long, but also extreme love and concern for their community! Many students have been affected by cancer and have seen it hurt our loved ones, and that is why DanceBlue 2009 should be a repeat best event of this up and coming school year!

www.uky.edu/volunteercenter/DanceBlue.



Welcome students and Parents
Remember to grab a Kernel Every Week day
and check the
www.kykernel.com
to stay on top of all
news around UK

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UNIVERSITY OF KENTUCKY RESEARCH

Adults with ADHD Symptoms
Wanted for a Research Study

University of Kentucky researchers are evaluating how a medication affects ADHD symptoms.

You may qualify to participate if you:

- are 21-45 years old;
- have a childhood history of ADHD; and
- currently have ADHD symptoms.

Persons who qualify for this research study will be compensated. Participation is confidential.

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Alcohol Research at the University of Kentucky

Healthy male and female social drinkers between 21 to 35 years of age are needed for studies on the effects of alcohol on behavior. Participants will be financially compensated for their time. Movies, a hot meal, and non-alcoholic beverages will be provided after the study in a comfortable setting.

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UNIVERSITY OF KENTUCKY RESEARCH

Heavy Drinkers of Alcohol Needed for Drug Delivery Research

Researchers with the University of Kentucky College of Pharmacy, Department of Pharmacy Practice and Science are recruiting volunteers who are heavy drinkers of alcohol and not seeking treatment in an alcoholic treatment center to participate in a research study to evaluate behavior and brain function in heavy drinkers of alcoholic beverages. Brain images will be taken by MRI while images and tastes of alcohol are administered to you. You will be asked to rate your craving for an alcoholic beverage.

You may be eligible for this study if you:

- are an adult between 21 and 75 years old
- do not have any metal objects in your body
- do not use narcotics
- are able to refrain from drinking alcohol for 24 hours

Qualified volunteers will be compensated for their participation. A free medical exam to determine eligibility will be provided. The study will require four clinic visits over three to six weeks and will total 12-15 hours of your time.

The research will be conducted in the Clinical Research Development and Operation Center (CR-DOC) unit located on the 5th floor of the hospital and the CR-DOC Outpatient Unit located on the 2nd floor of the UK Clinic.

Research Investigator is Dan Wermeling, PharmD, for more information please contact Justin Perry at (859) 323-2737.

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Watchin the Games

Wings and More...

5

Jennifer Hunt ~ PR Staff

For all of those hard Cat fans who never miss a game, whether it's at home or away, here is a much friendlier solution to your wallet. Rather than fueling up and tracking to another state to watch the Cats play, head to Buffalo Wild Wings. Just minutes from campus the Buffalo Wild Wings on South Broadway has been voted the best place to watch sports by UK students. So, whether the basketball team is playing Florida or the football team is playing Louisville, if you don't have tickets to the game or just don't want to spend money on the gas to get you there, Buffalo Wild Wings is obviously a great place to go. So, to honor BWIII's as it's commonly known, I have thought of five reasons why UK students love Buffalo Wild Wings.

1. There's never a bad seat in the house! There are plenty of huge big screen TV's so you won't miss a minute of the action. No matter if you're sitting at the bar or a corner booth, you always have a big screen close to yell at.

2. There's nothing like feeling the floor shake at an amazing game with all the fans going crazy, but BWIII's offers the next best thing to the game day atmosphere! As long as Kentucky is winning everybody is excited and cheering. It is the closest thing you can get to

being on the sideline.

3. Even though this is number three on my list it is far from a mediocre point; BWIII's has great food! What goes better with a good game than a big plate of wings and of course your favorite drink. If you're not a big fan of wings or spice is not your flavor, they also offer naked chicken and many other specialty wraps, salads, ribs, sandwiches and burgers to satisfy your cravings. Not to mention their wide variety of ice cold beverages!

4. BWIII's on South Broadway is only minutes from campus walking or driving. The Todd's Road location is a bit farther of a drive towards Hamburg, but if you live out that way like I do it is probably closer for you! Either location is a great and convenient to watch the game or enjoy a night out with friends. The Broadway location is close to campus so you don't have to travel far for watching the big game!

5. They also offer cool games to play and keep you entertained during commercials. You can compete with your friends and other guests in the restaurant playing trivia or other games while enjoying your food.

There are so many more reasons than this why students love BWIII's but these are my favorites. So, the next time UK plays away and you don't feel like watching it in your dorm room or apartment go to Buffalo Wild Wings and see why UK students voted it the best place to watch sports in 2008!

Best PLACE TO WATCH SPORTS

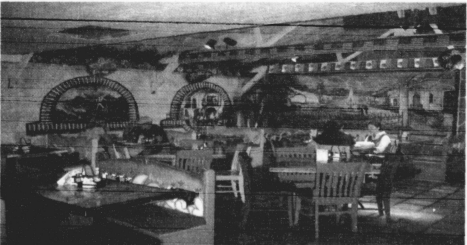
Taste the Authentic

Best MEXICAN RESTAURANT

Samantha Saracino ~ PR Staff

When UK students want a mix of authentic Mexican food and a great time, there is only one place that comes to mind. Rincon Mexicano! Rincon, which means "corner" in Spanish, was voted the best Mexican restaurant according to UK students. This family owned restaurant easily keeps the students coming back with their freshly prepared sauces and salsas as well as their to-die-for margaritas. "We are so happy and proud to be voted the best Mexican restaurant. Many of our customers are students and we are thankful that they have made our restaurant a part of the community," stated manager Sergio Budar.

Not only has Rincon been serving delicious Mexican food since 1992, but they also offer great prices and good service. Some of their specials include two-for-one margaritas on Tuesdays, Thursdays and Sundays from 5-10 p.m. They also have two happy hours: from 3-5 p.m. and from 9-10 p.m. During happy hour, select nachos are half price and pitchers of Bud Light are only \$4.99. Who can resist offers like that? So the next time you're in the mood for some authentic food and a great time, follow the crowd and head on over to Rincon, the best Mexican restaurant in Lexington!



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UNIVERSITY OF KENTUCKY RESEARCH

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The faculty and staff of the University of Kentucky Division of Infectious Disease are recruiting volunteers for a research study that will involve the use of small pox vaccine.

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- are in good health and/or;
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- are between the ages of 18 and 40 and have never received a small pox vaccination.

Qualified participants will receive, at no cost, study-related care and will be compensated for participation. For more information, please e-mail baplum0@uky.edu or call (859) 257-5467 or (800) 365-2470.



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Getting to Know UK

Jennifer Hunt~ Guest Writer

You never know what your getting into until your there, right in the middle of it. Standing outside of White Hall Classroom Building wandering which way is fastest to get to the Biology Building for my next class in ten minutes. I was in the middle of it. Campus hadn't seemed so big when I took the tour of UK in high school and on the maps I had studied for hours. I really had no idea where most of the buildings were. I quickly headed for Rose Street and luckily the Biology Building is pretty easy to find and I made it in to Krupa's class on time. I knew then though that I had to become more familiar with campus so I could avoid any future mishaps.



A great way to ensure that you know as much as possible about UK's campus, services, activities, etc., is to take UK 101. This class is offered to freshman or transfer students to help make their transition into the UK community as easy as possible. This is an easy class that is pass/fail meaning that if you show up and do the work that is assigned (which is minimum) you will pass.

There are two instructors for every UK 101 class: a professor or member of UK's staff and an upperclassman student. Both of these instructors are very helpful and can offer advice in many areas. The classes are small so you get to know the people that are in your class. I met one of my best friends in UK 101; we met there and learned that we lived in the same dorm, right down the hall from each other.

This class allows you to further explore UK. For instance before taking this class I did know

how to calculate my GPA using UK's standards. You will learn about UK traditions, sports, activities, clubs and organizations, the best (and worst) places to eat on campus, and even the best places to find a date. In UK 101 you learn about the expectations, rules and regulations of UK. You also learn about campus safety, academic policies and other procedures to ensure the success of your college career.

UK 101 also allows you to develop your future plans. Many of the classes are based on majors. They also offer classes for those who are 'undecided.' In these 'undecided' classes there will be an emphasis on career exploration and professional development. There will be guest speakers from different occupations giving you information and guidance.

The college environment is much different than what most of us are accustomed to coming out of high school. The instructors and curriculum of UK 101 help you adjust to the changes in lifestyle. You will study good eating habits and how to avoid the freshman 15 and how to have fun safely while on and off campus.

UK 101 is a fun class that helps you adjust to life on campus. You will get first hand advice from your instructors who have been in your shoes. You will be given the knowledge and tools to know everything you can about the UK community. I highly recommend taking UK101 for all of the valuable information that you will learn. But don't just take my advice...it was voted the 2008 Best Easy 'A' Class! Which is a good GPA booster in case college isn't quite as easy as you thought it would be!

Best Pizza Place: Mad Mushroom



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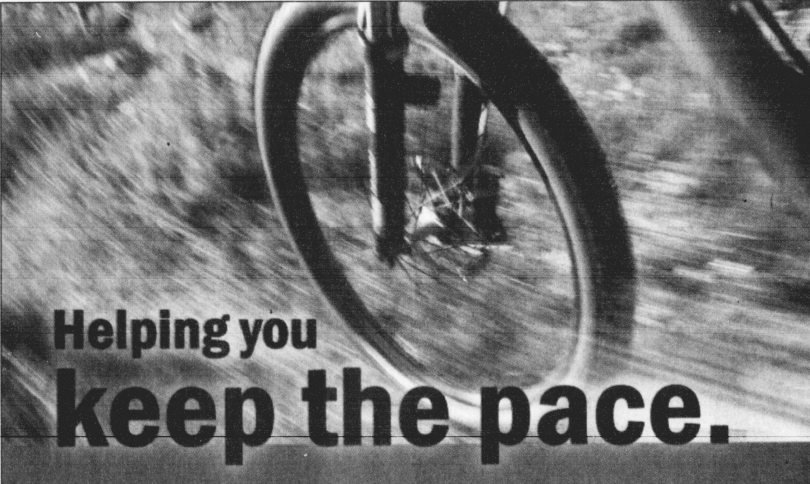
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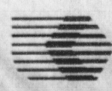


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Setting an Example

Jennifer Hunt ~ PR Staff

Lively, energetic and outgoing can all describe Dr. Alan DeSantis. Not only does his personality stand out among the usual mundane professors that I've had, but his teaching style is a stark contrast as well. His demeanor and actions demand attention from every corner of a crowded room with his sporadic movements, comedic lines and changes in 'mood' lighting.

Whether speaking of class related subjects, university athletics, personal favorites or his family and friends, DeSantis always immerses himself in the topic. His personality and passion for teaching are only a few reasons why UK students have voted him the best UK professor for 7 of the past 10 years and have again awarded him with this honor in 2008.

I recently asked Dr. DeSantis how he felt about being voted UK's 2008 Best Professor and he said, "It is wonderful to be recognized for doing what you love. I am honored and touched." Dr. DeSantis, associate professor of communication, has won numerous awards including the Inter-fraternity Council's Great Teacher Award, the Golden Key Society's Honorary Member Recipient Award, and the Alumni Award for Outstanding Teaching at the University of Kentucky during his career at UK. DeSantis also works as the UK Faculty Athletics Representative to the NCAA and SEC.

When Dr. DeSantis came to UK he started teaching COM 101, which at the time had about 80 students a year but over time the class has grown to an astounding 1,200 students per year. In an interview for excellent teachers given by UK, he said, "I am going to teach to my students the way I wish I was taught to."

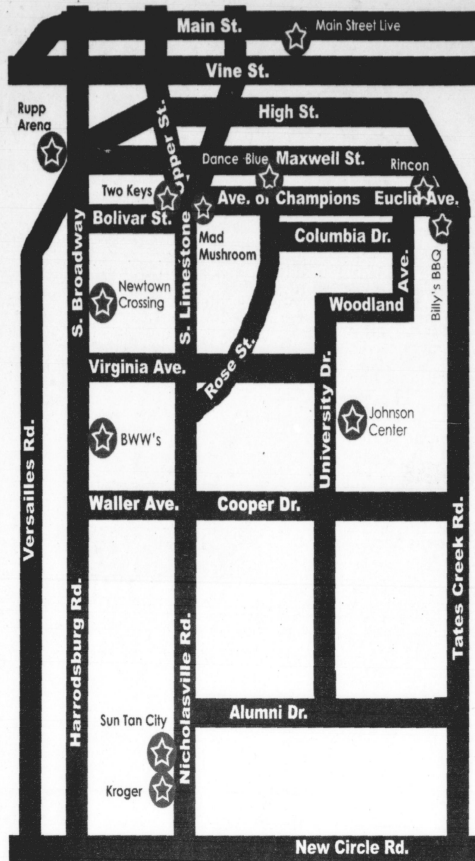
As a past student of COM 101,

it's hard to describe the experience of DeSantis's class; it pushes the limits that have been set by so many other teachers. He makes you think about things that you've never really cared about before and ask yourself what you can do to change societies flaws. "If I can get them thinking differently, more critically, and more analytically about something that they thought was benign, heartless or simply amusing, then I've done my job," says DeSantis.

My favorite thing about DeSantis's class was that he puts his students in the context of the world and shows them how the world has affected them and how they have or will affect the world. "As teachers we never know where and when our impact stops. Never loose the passion for teaching because in many ways it is in the classroom that we have profound social impact on personal lives and on a cultural level as well," says DeSantis.

When asked in the excellent teacher interview how he keeps his students attention he said, "If your enthusiasm isn't infectious you're going to loose your students and all the great content in the world will be wasted."

When not working for UK, DeSantis enjoys spending time with his family, listening to Bruce Springsteen, watching the Sopranos and playing percussion. With all of these hobbies and talents, he could go anywhere in the world to pursue many things, but he chooses to stay at UK. He claims, "I have the best gig in America. I can't imagine a better place for me than being here right now." I, as I'm sure along with the entire UK community, would like to thank you, Dr. DeSantis, for being here and sharing your passion and energy with us!



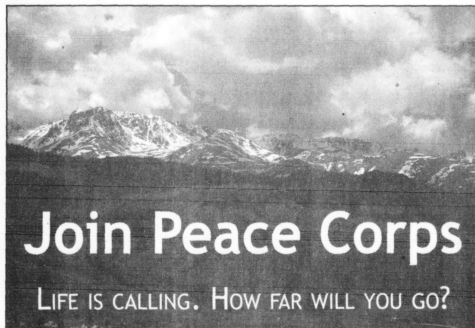
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Lexington's Newest Hot Spot

Alisa Oerther ~ PR Staff

Many students are unaware of the newest hot spot in town: Tropical Smoothie Cafe. Tropical Smoothie Cafe has a large variety of food and drinks, especially for the health conscience.

"Tropical Smoothie (Cafe) is the best kept secret in town," explained Stephen Gerling, a hospitality management senior. People that have been to the cafe would agree that it is amazing food at a reasonable price.

However, not many students know about the cafe because of its location. Tropical Smoothie Cafe is located at 1060 Chinese Road of Alumni drive. It is only about 7 minutes from campus, and it is well worth the trip!

A selection of their delectable items include: salads, wraps, sandwiches, soups, health additives, goji-acaï-pomegranate, and of course smoothies. "The King Caesar Wrap

is amazing, I probably get it once a week!" Commented Jennifer Jones, a communications senior. The prices are also very reasonable for what you get.

Each sandwich or wrap includes a bag of chips or fresh fruit.



They also offer options of half and half, choosing a half sandwich, soup, or a smoothie.

Tropical Smoothie offers Boar's Head products and meal replacement shakes. Many shakes are specialized for things, for example after a hard workout. "I get the Protein Power

shake after going to the gym and it tastes great," explained Josh Lehman a ISC Senior.

"Our goal is to offer unparalleled service of a superior product to the students of UK. We hope to become the place students turn when they are looking for a good and healthy meal," stated Bradley Hollar manager of Tropical Smoothie Cafe.

Hollar hopes to start catering to UK students especially for special functions and Greek organizations.

"We know that the UK students are what makes Lexington the city it is, and we want to do everything we can to accommodate them." Explained Hollar.

So, if you are looking for great service, quality ingredients, healthy food, and inexpensive taste, stop by Tropical Smoothie in Chinese Place a pick up a tasty treat!

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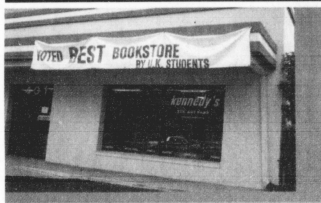
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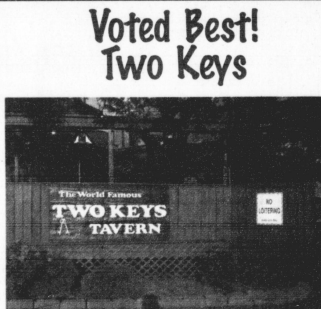


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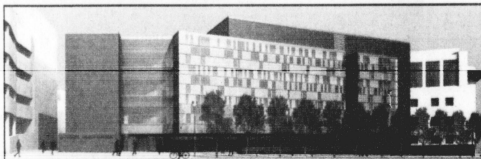
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University Health Service has moved

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New clinic locations:

Primary Care	2nd floor
Gynecology	2nd floor
Health Education	2nd floor
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Allergy	3rd floor
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Student Insurance	4th floor

Our phone numbers will remain the same:

Appointments	323-APPT (2778)
Phone Information Nurse	323-INFO (4636)
University Health Service	323-5823

More information can be found at:
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General Eccentric

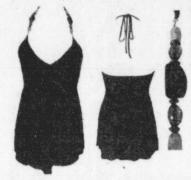
Sam Saracino - PR Staff

General Eccentric there is nothing general or eccentric about this place. Voted best women's clothing store by UK students, General Eccentric won by a landslide. For the past six years, students have gotten to know and love everything about Gener-

at the same time, so no one else will be wearing it," stated Keri Howard, General Eccentric's store manager. Individuality was something that Howard stressed because we all know how upsetting it can be to be in the same room with someone wearing the same outfit. But for the women shopping at General Eccentric, which apparently is most of them at UK, this doesn't seem to be much of an issue.

Another reason why women love General Eccentric is their great student discounts and promotions. "Right now, if students spend \$75.00 they receive 10% off each individual item. We also send our customers a \$10.00 coupon after they spend \$100.00 in a calendar year," Howard mentioned. When asking

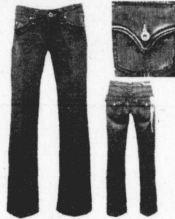
about what trends to expect for the back-to-school season, she predicted bright colors, prints, jackets and long dresses; similar trends that we have seen this summer. As far as fall trends are concerned, Howard said "we won't get fall clothes until the fall." So be sure to stop by the store frequently for new shipments or check out General Eccentric's website for the 2008 fall must-haves! Check out their website at www.generaleccentric.com.



al Eccentric including their stylish clothes, great prices, friendly staff and prime location. "I like shopping at General Eccentric because of the great prices and uniquely style of clothing," explained ISC Senior Alisa Oerther.

"We get new shipments Wednesday through Friday and no more than 6 of each item will be in the store

to stop by the store frequently for new shipments or check out General Eccentric's website for the 2008 fall must-haves! Check out their website at www.generaleccentric.com.



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UNIVERSITY OF KENTUCKY RESEARCH

Asthma Research Study Needs Volunteers

Researchers in the Division of Allergy and Immunology at the University of Kentucky are conducting a research study to monitor the breathing and airway inflammation in women that are either users of combination (estrogen and progesterone) oral contraceptive pills or females that do not use hormonal contraception (oral or injection).

You may qualify for this study if you:

- are a female between 18-45 years of age;
- have mild to moderate asthma that is under good control at the time of the first study visit; and
- are either a user of combination (estrogen + progesterone) oral contraceptive pills or a female that does not use hormonal contraception (oral or injection).

Participants will receive a medical exam at no cost, intensive monitoring of their asthma, and compensation for their participation. Participation in this study includes six visits over a two month period.

The principal investigator for this study is James Temprano, M.D., M.H.A. For further information, please contact Dr. Temprano or the study coordinator, Tonya Gardner, at 859-323-5199.

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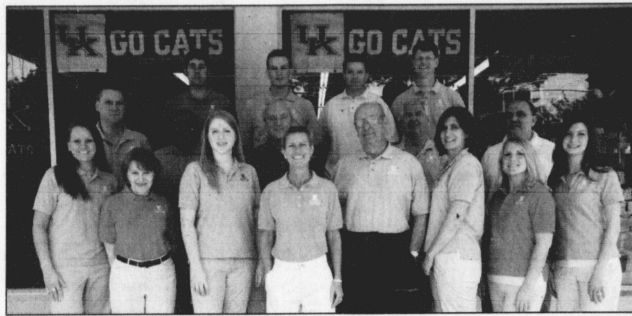
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