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THE Kentucky Kernel

Friday, January 6, 2005

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SPRING BREAK PLANNER

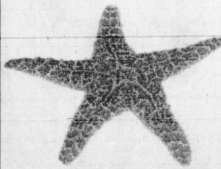


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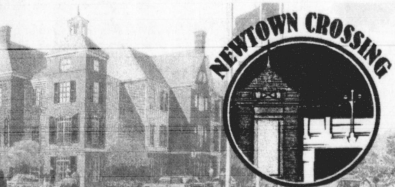
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A PR SUPPLEMENT TO THE KENTUCKY KERNEL

First issue free. Subsequent issues 25 cents.

Newsroom: 257-1915

Try Your Luck North of the Border

By: Jeff Burson

This Spring break are you looking to have fun while sipping on some drinks and gambling away some of your parents hard earned money? Two things might be keeping you from doing exactly that, either you can't afford to fly to Vegas or you aren't legally old enough to do either in America. There is one solution to both of those problems, head north of the border to Windsor, Ontario. This Canadian city offers many of the same luxuries of Vegas but is much closer and only requires guests to be 19 or older.

After crossing the border, the first place most students go to is Casino Windsor. Located in downtown Windsor, the casino also has a four-star hotel, restaurants and bars, offers shows, and is walking distance from most other hotels. Everyone on the trip can play their favorite game because the casino has over 3,000 slots, blackjack, poker, baccarat, roulette and craps tables. If someone is willing to pay for your Canadian adventure, the casino sells gift cards that can be used for hotel rooms, food, drinks, show tickets, the gift shop or gambling. Just don't lose all of your money the first few hours at the casino because there are many other things to do in Windsor.

If you win some money and want to spend it, Windsor has the Ontario-Devonshire Mall with 151 stores and the Windsor Crossing Outlet mall with 50 stores. The famous Art Gallery of Windsor is another sight to see. If you need some snap shots of your trip, there are three miles of scenic walking paths along the edge of the Detroit River with gardens, sculptures, stores, and restaurants. The Dieppe Gardens has the best view of the Detroit Skyline.

When you get to Canada you'll have to exchange your cash for Canadian money. The exchange rate changes daily but is around \$1.15 for every American dollar currently. If you are in the casino, you can exchange your money with any gaming floor cashier or at a coin redemption window. If you miss the casino, most hotels will exchange money or at least help you find the nearest location to do so.

Before anything can happen in Canada you must first get through the border. In order to cross, you must have identification to prove that you are a U.S. citizen. This can be a passport if you have one, or you can use a birth certificate along with some form of official photo identification such as a driver's license. In the casino, have your

license all the times and guests aged 19-21 must have two forms of identification which can include a bank card, credit card, student ID or passport.

The drive from Lexington to Windsor is straight and easy. Just take I-75 North to Detroit and cross at the Ambassador Bridge or Detroit-Windsor Tunnel, then follow signs to the casino. Depending on road conditions, the drive should take between five and six hours.

To fully plan your spring break trip, you'll need to know about visiting Windsor and can visit www.windsorontario.worldweb.com for more information. You can also see exchange rates, buy gift cards, or get border-traffic updates at www.CasinoWindsor.com. Most hotels in Windsor offer rooms with river or city views, which make the trip even more memorable.

So if you're not old enough to party or gamble this spring break, or just want a closer destination than the beach or Las Vegas, look into a trip to Canada. It's a fun trip that will have you feeling like a winner when you leave, even if you weren't so lucky on the slot machines.

Spring Break Offers Unique Opportunities

By: Megan Powell

Spring break is about more than lying out on the beach, shopping and going out at night. This year's top spring break locations offer much more than the usual. If you are looking for unusual or unique things to do on spring break this year, read on. With a simple search to find the Ft. Lauderdale Visitors Bureau website, special events were found within a matter of minutes.

The southern Florida coastline features crystal clear waters, as seen on South Beach Miami, and is home to one of MTV's annual spring break destinations. Less than 40 miles apart, Miami and Fort Lauderdale play host to hundreds of college students wishing to find warm beaches and hot nightlife. A major international port, Fort Lauderdale offers spring breakers a place to play beach volleyball on one side of A1A and shop in beach stores and eat in outdoor restaurants on the other side.

From live music to art exhibits to the Fort Lauderdale Food & Wine Festival, here's a list of events happening during March.

Miami's Broward Center for the Performing Arts can satisfy your need for the spotlight for the week. They will feature the Miami Ballet performing a Paul Taylor piece, Funny Papers, March 10-12. Dancers will perform to pop novelty tunes, according to the Broward Center web site, meshing the needs for class and culture. Comedian, Paula Poundstone, the Three Latin Tenors, Little Women the Musical and Off Broadway show, Tony and Tina's Wedding will also show during UK's spring break. For ticket information go to www.browardcenter.org.

On the second and fourth Friday of each month,

the Broadwalk Friday Fest on Hollywood Beach entertains with live music along the 2.5 mile strip of beaches and waterside restaurants. Live jazz, blues, pop and everything in between gives the best array of live music available. Restaurants and cafes usually run specials during the Friday Fest, 7-10 p.m.

The Rolling Stones will perform in concert at the BankAmerica arena on March 12, 2006. The stop is part of their "Bigger Bang 2005-2006" tour featuring songs from the September 6th release of the "Bigger Bang" compact disc.

If you are interested in sports, the Florida Panthers' ice hockey team will take on the New York Islanders and finish their professional season March 15, 2006.

About 3 miles off the coast of Fort Lauderdale, national regulations protect coral reefs and historical shipwrecks. Visitors may spend a day scuba diving or snorkeling around the reefs. Bike tours of the historical home districts and walking paths through botanical gardens are other ways to actively spend the day outdoors.

Additionally, the National High School Swimming and Diving Championships will take place in March, along with a St. Patrick's festival and the annual Ft. Lauderdale Food and Wine Festival. Tickets for the Food and Wine Festival must be purchased in advance but include all food and drink samples. Streets are closed to motor vehicles and vendors setup along Las Olas Boulevard.

Fort Lauderdale is just one example of the top spring break locations that offers more than just crystal clear waters and sandy beaches.

Spring Break Travel Tips

1. Arrive at the airport at least 90 minutes before the scheduled departure.
2. Pack necessities and valuables in carry-on baggage, in case luggage is lost during flight.
3. When out of the country, drink only bottled or boiled water and avoid ice cubes.

Student Travel Organizations:

- www.statravel.com
- studentcity.com
- student-travel.orbitz.com
- beachbreaks.com
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- Capitol worker, perhaps
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- Pol. letters
- Or 'live' parents
- Ward
- Namesakes
- Made certain of in stang.
- Throat troubles
- 1989 Peace Nobellet Cassan
- Little one
- Avant-garde
- Fight
- Fanatics & Fock's author
- N.Y. tech school
- Mexican state
- Quaint
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By Mark Baker ©2005 Tribune Media Services, Inc. 1/2/4/05

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35 Oscar winner, e.g.

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- 53 Heavy weight
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- 55 Geologic period
- 56 Co. that merged into Verizon

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Valentine's Day
Special Edition

February 6
in the Kernel

Spring Break Miami Style: Low Prices, Good Times

By: Greg Hiles

Spring Break is just around the corner. You haven't even decided where you'll go. None of your friends will make a commitment. You still have exams and papers to think about. You just want to make the decision.

Your goal is simple: find a fun and cheap place to go. The solution is simple: pack your bags and head to Miami.

"Last year my friends and I went to Miami for under \$300 per person," said senior, Eric Whisman. "It was last minute, but we had a blast. We just kept searching and found a decent hotel and convinced about 20 people to go. We had to fit a lot of bodies in each room, but it was an unforgettable time."

Miami possesses all of the elements that will

make for a great trip.

Hotels.com can be a great search tool to help locate hotels in the area. You can sort hotel resources through this service and they are offered at a discounted rate.

"When we stayed in Miami, we had a nice hotel with gift shops, a grocery store, spa, pool, a bar at the pool and was directly on the beach," said Joey Lawhorn, a UK graduate. "It cost us about \$110 a piece for six nights, but we had six or seven people in each room."

Although space may be cramped, you should keep in mind how much time is actually spent in the room. Most time is spent at the beach and restaurants or enjoying nightlife.

Transportation in Miami is available via the

public bus transportation system that runs 24/7; it allows access between North and South Beach. It costs only \$2 every time you ride.

This is not the only money-saving alternative. It is also wise to persuade each member of your group to donate money towards groceries for the week rather than eating out all week.

The money saved from these alternatives will free up extra cash to enjoy the best of Miami's nightlife.

The bottom line: more people and cheaper costs equals a great time.

Visit www.ci.miami.fl.us for more information.

Eliminate Danger, Survive Spring Break

By: Jodi Dickey

Seagulls fly against the blue cloudless sky and the roar of the ocean drowns out the memory of traffic on Limestone. The smell of coconut oil surrounds you while hot sand warms your feet and a piña colada cools your throat.

Life on the beach is fantastic...until you wake up the next day with a hangover, sunburn and a jellyfish sting across your back.

Spring Break safety is not just something to talk about; it's something to practice.

Whether you plan to spend your Spring Break hitting the streets of a big city or lounging in the fresh ocean breeze, remember to pay attention to your surroundings and the needs of your body.

According to the website About.com, there are some basic common sense rules to follow no matter where you travel take you.

Remember to always lock hotel doors and check any visitors through the peephole before opening the door. If someone comes to the door claiming to be staff, and you have not summoned any services from the hotel, call the front desk to verify that an employee has been sent to your room before opening the door. Never leave valuables in your room and do not climb on balconies or sit on balcony rails.

For those lucky soon-to-beach bums who plan to spend the week ocean-side, remember the ocean can be a dangerous place.

According to www.redcross.org, basic water safety tips include familiarizing yourself with the water environment including any obstructions or other safety hazards, swimming in areas that are supervised by a lifeguard, and never swimming alone or under the influence of alcohol or drugs.

Always be aware that the ocean is full of dangers like strong undertows, which can swiftly carry you out to sea in a matter of minutes, and jellyfish, which can cause painful skin burns and irritation.

The Red Cross also suggests using sunscreen (including your lips), sunglasses and a hat to help prevent painful sunburns. It can be very difficult to make yourself regulate your time in the sun after living through another cold Kentucky winter. However, sunburns are not just a nuisance during your vacation; they also cause serious permanent damage that can lead to skin cancer in years to come.

And perhaps the most important area of danger for college students enjoying Spring Break is alcohol. It is no big secret that college students like to drink during their weeklong hiatus.

But remember, drinking can be very dangerous. UK's Alcohol Education Office has many tips for smart drinking on their website www.uky.edu/studentaffairs/healthcol.

According to their website, the Alcohol Education Office suggests always eating a good meal before you begin drinking. Sipping drinks will help you to regulate your degree of intoxication rather than catching you off guard. Limit your total drinks each day and when you do drink, limit your consumption to one drink per hour. And finally, don't let others influence how much you drink. If you feel you've had enough, don't let other people persuade you into drinking more just to be "cool."

"It would also be cool if one person from your group took a sober night, so they can be completely aware of everything around you at all times," said Angela Cobb, an integrated strategic communications senior.

It is possible to enjoy Spring Break and be safe. It's even cool too. No one wants you to ruin Spring Break with a trip to the hospital for a jellyfish sting smack-dab across your face...or worse yet, alcohol poisoning.

WIPE OUT

By: Bennie Mills

Though we are still in the Christmas season, it never hurts to look ahead to warmer times. One of the few things we have to look forward to during the spring semester is spring break. It's pretty obvious that the ideal spots for college students to venture are the various beaches in the southern states of our country. But before we cue the happy slow-mo, there is an issue that is often overlooked in the dealing with beach safety.

Of course, sharks, jellyfish and jet skis are always mentioned when dealing with beach safety, however, there is another aspect to beach safety that may be overlooked sometimes.

The National Weather Service rates rip tides the number one surf hazard for all beach goers. Over 100 people drown, due to rip currents, every year in the U.S. More than 80 percent of water rescues on surf beaches are due to rip currents.

Rip currents are strong currents that pull you away from the shore. They are created when tropical cyclones' winds push waves against the shore lines. The incoming waves create an under-

water sandbar. Eventually, the force of the water will collapse a section of the sandbar causing a strong undercurrent out to sea.

Rip side currents can range in speeds between one to two feet per second to eight feet per second (a speed for some people). It makes one slither to think that rip tides can pull people out to sea before the strength of the current wanes. Thankfully, before you have a close encounter with Davy Jones' lockers, there are ways to escape the terrifying grip of even the strongest rip tide.

Rip tides are extremely hard to identify, which makes them that much more dangerous.

There are few clues to give you insight to possible rip tides: a channel of churning or choppy water, debris or seaweed steadily heading seaward, and a break in wave pattern.

If you manage to avert an encounter with a rip tide: take a deep breath, laugh it off and kiss your vacation goodbye because the formation of rip tides serve as an indicator for a nearby hurricane and storms.

•Be cautious at all times, especially when swimming at unattended beaches. If in doubt, don't go out!

•Whenever possible, swim at a life guard protected beach.

•Check all prescription and over-the-counter medications.

•If caught in a rip current, remain calm. Do not panic. Relax and float. Swim parallel to the shoreline. When out of the current, swim towards shore.

•If you are unable to reach shore, get help from lifeguards. If lifeguards are not available, have someone call 911. Throw the rip current victim something that floats and yell instructions on how to escape. Remember, many people drown while trying to save someone else from a rip current.

•And above all, HAVE FUN!

Airlines Add Items To Prohibited List

By: Laura Nelligan

Travelers can now add lighters to the long list of items not allowed on airplanes.

Although smokers across the world use this necessary tool to light their addiction, the Transportation Security Administration or TSA, has determined that many seemingly harmless items may be used as weapons or so-called "dual use" items.

Fortunately for those who are burdened by this new prohibition, up to four books of matches are allowed in carry-on baggage. For safety reasons, strike anywhere matches are prohibited at all times from all baggage.

It is important for passengers to be aware of this information before travel. If an item is

brought to a security checkpoint, the passenger must dispose of it immediately. Depending on what the item is and the circumstances, it is possible to be criminally and/or civilly prosecuted.

The bottom line is bringing a prohibited item into a security checkpoint—even accidentally—is illegal.

Frequent airline travelers can recall seeing the long list of many absurd things posted around airports. Meat cleavers, cattle prods and gas masks are some of the more specialized items banned from being carried on.

However, there are a few things that the typical "spring breaker" does need to worry about and can save them the trouble of being

forced to get rid of an item needed on their vacation.

Pepper spray is not allowed to be carried on, however, one 4-ounce container is permitted in checked baggage provided it is equipped with a safety mechanism to prevent accidental discharge.

Most sports equipment is also another safety issue with airlines. Baseball bats, golf clubs and ski poles cannot be carried on and must be checked with luggage.

A complete list of permitted and prohibited items can be found on TSA's website, www.tsa.gov.

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MTV's The Real World was at the Sandpiper in 2005 with MJ and Robin as special guests at an AzeWolf Magazine Beach Party. They sponsored a model search, 2006 at the Sandpiper Beacon Beach party, and a swimsuit competition. Resort in beautiful Panama City. Alby Marketing has also brought Beach, Florida or call the resort at in model searches, along with 800-458-8828.

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