

KENTUCKY KERNEL

WEDNESDAY, DECEMBER 10, 2008

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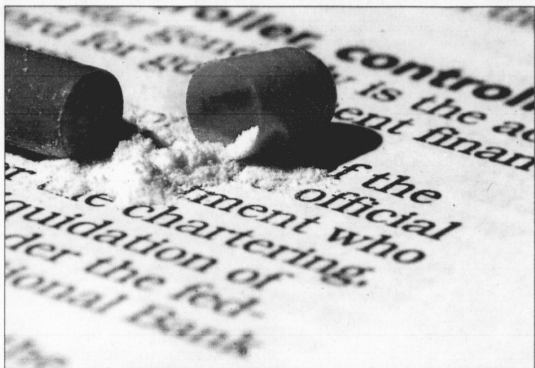


PHOTO ILLUSTRATION BY ALLIE GARZA | STAFF

Students use Adderall to reduce fatigue, increase reading comprehension, retain interest in studying, increase cognitive skills and remember more information, said Alan DeSantis, a UK communications faculty member.

the extra edge

More students are searching for Adderall as Dead Week sets in and finals approach

By Austin Schmitt
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Adderall can be used to study later, to party longer and — for many UK students — to get a much-needed boost during the final few weeks of the semester.

The prescription medication has become a tool that didn't exist a generation ago for students, according to campus doctors who study the drug.

Students use Adderall to reduce fatigue, increase reading comprehension, retain interest in studying, increase cognitive skills and remember more information, said Alan DeSantis, a UK communications faculty member. It also doesn't have any serious side effects for most users.

"Students love it," DeSantis said. "It's like a magic bullet. Things that are not interesting suddenly are."

Angie Wilkinson, a middle school education sophomore, saw the effect Adderall can have on a student when she was with one of her friends who took it one night.

"In the zone, they talk a lot," Wilkinson said. "They talk about a lot of things, then they stare at the books, then talk, then stare at their laptop. It's just crazy."

Adderall comes in two forms: a tablet and a capsule known as Adderall XR, said Dr. Allen Brenzel, a UK Healthcare psychiatrist. The tablet form usually lasts around five hours, and Adderall XR, equipped with extended-release beads, lasts for 10 hours.

A typical way to abuse Adderall is to mash it up and snort it giving you an instant four-hour energy shot, DeSantis said. Abusing Adderall to get a

high or "a mild state of euphoria," is difficult, Brenzel said.

"Theoretically this can cause a buzz," Brenzel said.

Users have to get a whole lot in the bloodstream and that is really hard, Brenzel said.

Whether it is taken for academic purposes or for recreational use, Adderall is seen as a way to succeed without significant health effects, DeSantis said.

"There are two schools of thought to this," DeSantis said. "One, kids are not dropping dead. And two, it, freaking works, it's no big deal."

Hard to detect

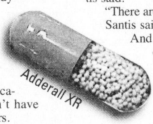
Despite knowing when use increases, and knowing it is going on, UK Police does not encounter many cases of illicit Adderall use on campus, said Interim UK Police Chief Maj. Joe Monroe. With no obvious signs of a student abusing Adderall, police officers have no way of telling if a student is using or not.

"It's hard to tell," Monroe said. "One, the fact is any type of drug use is underground. Unless someone comes forward that is concerned about that person, it goes unnoticed."

DeSantis noticed the same trend while conducting a study among college students about Adderall use from the fall of 2005 through the fall of 2006 along with UK faculty members Elizabeth Webb and Seth Noar.

DeSantis first had the idea of doing a study on illicit Adderall use while he was writing his book "Inside Greek U," a look into fraternities.

"I kept hearing about Adderall," DeSantis said. "I asked my upper-level communications class how many had used Adderall before, and 27



Adderall Tablet

See **Adderall** on page 4

"I always had friends who had prescriptions. All I would have had to do is make a phone call."

— Alex Reed, integrated strategic communications senior

Police: Woman charged after Student Center car crash

By Katie Perkowski
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A woman has been charged following a car crash at the UK Student Center.

Nicole Marie Baird, 22, crashed her car into the north side of the building at 2:18 a.m. Tuesday, said Interim UK Police Chief Maj. Joe

Monroe. She was taken to Fayette County Jail about three hours later.

Baird is being charged with a first-offense DUI with aggravated circumstances and driving without insurance, Monroe said.

Monroe said Baird was traveling down South Martin Luther King Boulevard and instead of turning right or left, she went straight

through the light and into the building. No one else was hurt in the accident.

Monroe said there were minor damages to the building. Baird drove through bushes and hit a pole.

Baird went to Fayette County District Court at 1 p.m., but the case was still in session as of 3:56 p.m.

Todd announces plans for campus smoking ban

By Austin Schmitt
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UK President Lee Todd announced Tuesday an initiative for a campus-wide smoking ban beginning as early as the Fall 2009 semester.

During the Board of Trustees meeting, Todd said a committee will be formed to figure out how to implement the ban. The committee will be headed by Anthony Beatty, UK's assistant vice president for campus services and campus safety, and Ellen Hahn, a professor in the College of Nursing and the Head of UK's Tobacco Policy Research Program.

UK will be one of 160 campuses around the country with a smoking ban but will be the first in Kentucky, Hahn said.

By the beginning of 2009, student and faculty members will be chosen to aid Beatty and Hahn. How to implement the campus-wide ban will depend on the input from students and faculty members, Hahn said.

Todd said he saw the positive effects a ban has had on

other parts of the city and believes the same type of ban could help the campus.

"It is proven that smoke-free restaurants have enhanced their environments," Todd said. "This could enhance campus life and student life."

Economics junior David Hofe said a campus-wide ban seems harsh.

"It seems kind of extreme to me," Hofe said. "Once you're 18, you're allowed to buy it. It's not illegal."

Hahn praised the decision as a good business plan. "The country spends \$193 billion treating people getting sick from smoking each year and \$10 billion for secondhand smoking," Hahn said.

Along with the large health care costs, smoking takes a toll on the budget of students, Hahn said. Tobacco companies target college-age students.

"(The) main target is young adults. They're a growing customer," Hahn said. "This gives students an excuse to quit. When people can't light up on campus, they have a better reason to quit."

The Board of Trustees also:

- Approved Jan. 2 as a paid holiday for faculty and staff.
- Increased the university's 2008-09 budget by \$22.1 million, a 1 percent increase.
- Announced the renaming of the Student Center Ballroom as the Frank H. Harris Grand Ballroom.
- Approved the refurbishing of Joe B. Hall Wildcat Lodge through \$1.5 million in private gifts.

Temperatures drop in UK buildings to save money

By Morgan Witt
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UK began a new cost-cutting system this semester, which involves reducing heating and cooling two more hours each night.

Most buildings reduced heating and cooling after 6 p.m., said Bob Wiseman, UK's vice president for facilities management. For a more economically efficient system, UK has begun reducing the temperatures starting at 5 p.m. and returning them to normal temperatures around 8 a.m., an hour later than before.

The temperature is pushed back 1 or 2 degrees Fahrenheit during winter months.

UK has also asked night custodians to turn off lights as they move throughout the buildings.

"We will not adjust buildings that have laboratory animals, are used as research facilities or health care centers," Wiseman said. "We are just planning to get a little tighter on general education buildings."

UK controls the heating and cooling year-round through two control centers, one in the Peterson Service Building and one in the UK Medical Center. The control centers operate 24 hours a day, seven days a week, monitoring all energy use across campus, Wiseman said.

"We effectively work out daily plans and times in terms of how we will run our buildings through the controlled room," Wiseman said.

He estimates UK will save \$1.5 million each year by aggressively controlling energy use. However, UK will spend over \$1 million in utility expenses this year alone, Wiseman said.

"We are reviewing each building to see what we can implement to create a tighter control," Wiseman said.

He has been working with utility engineers during the past week and hopes to save

\$500,000 to \$650,000 in the remaining months of the fiscal year.

Each building operator will examine UK's equipment to make sure it is operating at the maximum energy capacity.

Talks are in place for an energy-saving company to come to UK and point out the areas in which the university can bring its building systems up to date.

Wiseman said UK also wants to look at the educational component of energy saving across the community to encourage people to turn off lights.

"Common-sense things are what we need to be more aggressive on," Wiseman said.

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HEROSCOPE

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Aries (March 21-April 19) — Today is a 9 — Your supervisors are watching you with interest. You could get more responsibility. With that could come more money. Look sharp.

Taurus (April 20-May 20) — Today is an 8 — The lessons you teach by how you live extend beyond your circle of friends. That's because you always make do with whatever you have. That's harder than you make it look.

Gemini (May 21-June 21) — Today is a 6 — If anyone asks you what you're going to do, say you'll get back to them. Keep collecting data and reviewing options. And maybe get to bed early. Sleep on the question.

Cancer (June 22-July 22) — Today is a 7 — Calm down a

co-worker who's getting slightly panicky under pressure. Do what you can to lighten that person's load. Your efforts will be greatly appreciated.

Leo (July 23-Aug. 22) — Today is an 8 — You've proven you know how to do the job, so now you can teach someone else. Move up to a more managerial slot, with more authority. You're a natural.

Virgo (Aug. 23-Sept. 22) — Today is a 9 — Continue to launch new projects, begin voyages, and declare your love. Not necessarily in that order, of course. Those are just examples. Do what works best for you, in your unique situation.

Libra (Sept. 23-Oct. 22) — Today is an 8 — You have more resources hidden away than you may realize. You know you've been stashing things. Can you remember what's in those boxes? Better check it out.

Scorpio (Oct. 23-Nov. 21) — Today is a 7 — You have a lot more than you thought you did. In fact, you really have plenty, even if you think there's not

enough. Arrange it differently. It'll look like abundance.

Sagittarius (Nov. 22-Dec. 21) — Today is a 9 — Don't let your attention wander. You can do very well now, but these conditions won't last forever. Assess the situation and come up with a plan.

Capricorn (Dec. 22-Jan. 19) — Today is a 7 — Let down your defenses long enough to get a compliment. Somebody thinks you're wonderful, and you are. Let it soak in. You'd be a fool to argue.

Aquarius (Jan. 20-Feb. 18) — Today is a 7 — A brilliant scheme reveals itself to you, upon contemplation. You can do amazing things and stay within your budget. Imagination and creativity are required.

Pisces (Feb. 19-March 20) — Today is an 8 — Study the issue carefully. Don't let yourself be distracted. You can learn something so well now, you'll never forget it. This goes for the manual skills as well as the mental.

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THE DISH

Are Jessica Simpson and Tony Romo settling into a state of domestic bliss? A source tells *Hot Stuff* that Simpson, 28, has moved into Romo's new pad in the upscale suburb of Irving, Texas. "They are doing great," says the insider. "Now it's Tony, Jess and his roommate!" And though the house is a more intimate setting for the couple who used to hole up in Hotel ZaZa while in Dallas, it may not be permanent. A separate source tells *Us*: "Jessica stays at his home when she's in town, but she hasn't totally moved in yet. She's been busy with her country music stuff." (Her rep had no comment.) Regardless, sharing close quarters has hardly been stifling for the duo, who were joined at the hip during Thanksgiving week (they had chicken wings at their local Champps sports bar Nov. 23, Romo played a game with the Dallas Cowboys on Turkey Day, then they flew to Destin, Florida, Nov. 28). Another sign they're nesting? "She helped him decorate the house," says another insider. "She really took the reins."

Gordon Ramsay's wife will stay

Life recently got a lot more heated for Hell's Kitchen star Gordon Ramsay. On Nov. 23, the U.K. tabloid *News of the World* reported that the chef, 42, had cheated on his wife of 12 years with writer Sarah Symonds, 38. A week later, Symonds told the paper that during their alleged seven-year affair, he called her his "soul mate." (Ramsay,

a father of four, has called the allegations "a load of BS.") Now a source close to Ramsay tells *Hot Stuff* the reality star's wife, Tana Ramsay, 33, won't leave him any time soon. "She's put up with his getting in trouble with women in the past, just not publicly," an insider says. (His rep had no comment.) As for Symonds — who last year published a paperback titled *Having an Affair? A Handbook for the Other Woman* — the source says: "There is no way he called her his soul mate!"

Patrick Swayze has 'so much energy'

More than nine months after he was diagnosed with pancreatic cancer, a healthy-looking Patrick Swayze sipped Grey Goose cosmopolitans at the November 23 wrap party for his new A&E crime series, *The Beast*, at Chicago hot spot The Underground. "He has so much energy that you don't think about his health," costar Kevin O'Connor tells *Us*. "In fact, some of the other crew members look a lot more tired than Patrick." Still, sources on the set say Swayze — whose show premieres Jan. 15 — is struggling. "He couldn't film long days like he used to," an insider tells *Us* of the actor, 56, who spent Thanksgiving at Chicago's Trump International Hotel & Tower (where he worked out in the gym and dined with wife Lisa Niemi, 52, at eatery Sixteen). "He's always short of breath and needs to take breaks more often."

Selling the house

Paula Abdul is looking to leave bad memories behind. A rep for the American Idol judge tells *Us* that the singer is putting her L.A. home on the market a month after Paula Goodspeed — a former Idol hopeful who had been stalking the reality star — was found dead of a suspected drug overdose in a car down the street on Nov. 11. "Paula simply feels she has outgrown her house, and given the recent public disclosure of her address, it seemed time that she move into a gated community," the rep tells *Us*. A source adds Abdul has been in a good state of mind since the incident, which another pal claims left her "violated." Says the insider: "She is doing better. Her spirits are starting to lift."

Byonce gives away salary

Byonce Knowles has donated her Cadillac Records salary to the drug-treatment facility, Phoenix House. Karen Sodomick, the center's marketing VP, tells *Us* the singer, 27 — who visited to prepare to play former heroin addict Etta James — isn't bragging about her gift: "She's a quiet supporter."

Jess moves her big day

Jessica Alba can't commit! A source says Alba, 29, can't settle on a date for her wedding bash. (She and Cash Warren, 29, tied the knot in a courthouse in May.)

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SPORTS

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Four years of UK sports changes

I knew this day was coming. I just didn't want to think about it.

For the first time in nearly four years, I will no longer write for the Kernel. I tried to find a loophole — well, not really — but this university is finally whisking me away with my degree in hand.



ERIC LINDSEY
Kernel columnist

On to bigger and better things, right? The jury is still out on that one. They tell you that when you finish college, you'll know exactly what you want to do for the rest of your life. College is about molding oneself into that final chiseled piece of art, and shaping oneself to go to battle with the rest of the world.

I'm still a work in progress. It isn't that UK didn't prepare me or the Kernel didn't shape me into the journalist I had one day hoped to be — it's that you can never get enough of this place. I have loved my time at the Kernel and UK, and I'll never forget covering UK sports.

It's funny how much things have changed over the last four years. The UK athletics program is far from what I covered as a confused and misguided freshman. I can remember driving across campus during my first few weeks here and seeing bumper stickers of "Ditch Mitch and Rich."

That same Mitch, Athletic Director Mitch Barnhart, has helped make some of the most memorable changes the UK program has ever experienced

— most for the better. Among the changes I've witnessed in four short years:

The replacement of an underappreciated basketball coach in Tubby Smith with a rock star in Billy Gillispie (a match made in heaven); the rise of the baseball and volleyball teams to national prominence; the return of Matthew Mitchell to UK Hoops; the construction of the Joe Craft Center; the possible replacement of Rupp Arena; the passing of Bill Keightley; and the arrival of the football program.

Nearly two weeks ago, I watched the Tennessee football players lift Phillip Fulmer — all 300-plus pounds of him — on their shoulders and carry him off the field for the final time. Then I watched a distressed UK head coach Rich Brooks shake off questions from reporters about the legitimacy of his bowl-eligible football team.

After suffering their 24th consecutive loss to the Volunteers, it seemed like same story, different year for the Cats.

But once I sat down to write my final game column, that's when it hit me. This isn't the same program I started to write about four years ago. It's not even close. I'm not talking about just the football team or the basketball team — I'm talking about everything from the men's golf team to the ladies on the hardwood.

It's changing. And it's finally time for me to change.

If ever there were two bigger understatements that I've made in my work for the Kernel, they're right here in this column. The first is that it has been an unbelievable honor and privilege to write for the Kernel. I'm certainly no

Rick Reilly or even Pat Forde, but it's been an amazing honor to occupy this space on a regular basis. Even if you disagreed with me — which I'm sure a lot of you did fairly often — you gave me the opportunity to offer you a piece of my mind, if only for a few minutes of your day.

And I couldn't end this roller coaster without making the largest understatement of them all, and that's to offer my appreciation for everybody at the Kernel for giving me the chance to work with them.

When the Kernel agreed to let me write a goodbye column, they did so under the conditions that it would be about what I've witnessed from the UK athletics program during my stay at UK. They didn't want some sappy farewell piece, but what kind of columnist would I be (or have been) if I didn't break the rules? It would be an injustice to this year's and past Kernel staffs if I didn't say thank you for giving an awkward, lost freshman the chance to write so many years ago and sticking with me through everything.

If there's one thing I've learned at the Kernel, it's about the dedication and hard work of people. I've witnessed the unbelievable devotion it takes to be a student-athlete, the pressure that comes with being a college coach, and the sweat and tears it takes to publish a paper every day.

So finally, that last day has come for me. It's time to put down my recorder, turn off the computer and move on to something else. I'd be lying if I said I'm not going to miss it. I'm just trying my best not to think about it.

Eric Lindsey is a journalism senior.
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Barnhart launches top-15 initiative

By BW Jones
bjones@kykernel.com

UK Athletic Director Mitch Barnhart introduced a groundbreaking proposal at the UK Athletics Association board meeting Monday, calling for a plan to make UK's athletic department one of the nation's 15 best by 2015.

Barnhart also set a goal for UK Athletics as a whole to win 15 Southeastern Conference championships or national championships by the

same date.

Athletic Department Board of Trustees representative Dermontti Dawson outlined the proposal at the Board of Trustees meeting Tuesday, which includes a \$1.5 million renovation to Joe B. Hall Wildcat Lodge and a challenge for UK's student-athletes to raise their combined grade point average over 3.0 while becoming more socially conscious and increasingly involved in the community.

"I think (Barnhart) wants

to do his part for the athletic department," Dawson said. "If the initiative of Dr. Todd is to be a top-20 university, why not put a challenge on the athletic department and the athletes to do the same?"

The improvements to Wildcat Lodge, which was built in 1978, were characterized as largely cosmetic. Dawson, a former offensive lineman for UK and a six-time All-Pro center for the Pittsburgh Steelers, said they would work to renovate the building to "give it a

fresher look inside and outside," and that the estimated \$1.5 million renovation would come from private funds raised by the athletic department.

Barnhart was out of town on business and unavailable to comment. Other aspects of the plan, such as how UK Athletics would improve its programs to win 15 championships in the next seven years or how to improve the overall GPA of student-athletes, weren't as clear.

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■ KERNEL EDITORIAL UK Hospital tobacco ban nothing but a smoke screen

Recently, UK Healthcare imposed a ban on smoking and eliminated the designated smoking areas off of hospital property. This is a positive and forward-thinking move that will undoubtedly help with the air quality and the overall cleanliness of the hospital campus.

However, as reported in last Thursday's Kernel, the tenor of the effected may not be so positive. Several hospital staff and patients expressed their dismay with the new rules set in place by hospital administration for placing this ban. While it is their right to be upset, their complaints have a limited amount of validity. Simply put, smoking has been proven to negatively affect the health of the smoker and those who are in proximity of smoke, and the last place it needs to be is at a place where people go when they are ill or in health.

People who work at the hospital are there to save lives. Yes, they need to be relaxed, but they also must recognize that they are employed to serve the needs of the hospital patients who make it possible for them to have jobs. When you serve, you make sacrifices, which may mean walking a little bit for a smoke break. In this case, hospital administration has to look out for the well-being of the non-smoking population that works at or visits the hospital.

With a new law in place, there surely will be people to break it. Because of this, the administration must take a deeper look into the violations. The Kernel article referenced observer reports of violations of both the imposed ban lines and the city indoor smoking bans, neither of which is acceptable. Some of the very doctors out to save lives, and the security that are supposed to enforce these rules of the hospital, were implicated. Also, who is enforcing the rules if security is partaking in the illegal behavior?

Clearly, smokers are going to smoke and, as a deterrent, the ban is merely making smoking a hassle, but not a big enough inconvenience to reevaluate the lifestyle. Driving down South Limestone, that is made evident. Any given day, you'll see patients and staff standing on the sidewalk by the road smoking at UK Hospital. What a great first campus impression that makes.

Before this smoking ban can truly succeed, the visions and goals of all parties must be aligned. Smokers must recognize the health benefits non-smokers receive and respect that, and administration must find ways to enforce the rules in a fair and consistent manner without alienating people who have different lifestyles.

While the ideal goal would be to eliminate tobacco use all together, the truth is that will never happen—especially not in the state of Kentucky. The state and its economy is much too dependent on tobacco and the money it brings.

Essentially, the ban will only help attempt to achieve a cleaner hospital environment and not much else. People will go to any lengths necessary in order to get their nicotine fix, whether it be walking 20 feet from a door or 500 feet to get off hospital property.

We should all be held accountable to make community ideas reality

In this, my final column, I could wax poetic about how excellent my tenure as a writer for this paper has been. Whether or not you agree with me or enjoy my writing style is a different matter, but it would be dishonest of me to say that my writing has achieved its goal. The resurgence of debate over President Lee Todd's ever-increasing compensation package is a testament to the fact that writing about a something doesn't change it.



TAYLOR SHELTON
Contributing columnist

To be able to reflect so fondly on my six months writing columns, our university would need to have done many things—invest a significant amount of money into sustainability initiatives, force Todd to return all of his \$150,000 bonus, crack down on discrimination of all kinds, work to make Lexington a community that works for and with students, all while promoting an open and accountable system of university governance that includes everyone involved (not just the higher-ups who truly embody the spirit of "the

Ivory Tower," looking down at the rest), deciding what goes and what doesn't. But these things haven't really happened—at least not like I wanted them to.

Unfortunately, we still seem to be digging our way out of Mark Twain's ever-present proclamation that our Commonwealth will always be 20 years behind the rest of the nation. The poor management of the state budget for the past several years does not help us in this regard—and the massive divestment from public education bodes even worse for our future. But just as much as it is the fault of any number of budget failures from the last ten years, it is the fault of all our institutions and, to a degree, ourselves.

We have failed to adequately hold our leaders accountable. Whether it is Todd's unwillingness to follow suit with other university leaders in rejecting pay increases during rough times, our state's obsession with throwing subsidies and tax breaks at ill-conceived business opportunities with little hope of positive financial return, or the millions invested in adding a new lane to I-64 while our state's educational system loses money daily, we haven't quite gotten the picture yet. Rather, we haven't quite told our leaders what the picture is. As much as we get caught up in

looking to our leaders, whether it's the university president, mayor, state legislators, governor, senators and congressmen, or the president-elect, the fabric of our country should rest on our own shoulders. A lackluster politician can't be one without the complicity of his or her constituents. Likewise for a university president who, despite not having a regular election to reassess performance, can be held accountable by the many students, faculty and staff who have grown dissatisfied with his tenure.

Once we get past the pitfalls of labeling one another, we can truly do good for our community. While our differences often run abound, it is our single similarity—the desire to make our world a better place—that drives our actions. And only through a common cause of holding our leaders, and one another, accountable, can we follow up on that desire. So while my writing may not have accomplished all I had hoped for, at least I did my part. And only through a concerted effort by each and every individual on this campus, whether your talents be in leadership, the arts, science or anything else, can we make those lofty goals a reality. Taylor Shelton is a geography and political science senior. E-mail opinions@kykernel.com.

■ LETTER TO THE EDITOR

Research must remain a top priority for the university

On Tuesday, Dec. 2, the Kernel editorial board suggested that, in the face of statewide budget shortfalls, a sensible cut would be research. Aside from the exclusion of the fact that undergraduates are involved in research as well as graduates, the editorial said, "this research has little effect on the students."

Clearly, this idea neglects the many facets of research, including how the other initiatives, the ones it recommended be spared, have been founded on or greatly benefited by academic research. How would the Violence Intervention and Prevention Center know which problems to tackle and which tools to implement without quality studies done on those subjects? Moreover, much of the research is not funded by the university itself, but actually brings money in to UK. Many projects are run by recipients of prestigious grants that reduce the financial obligations of the university by paying salaries and overhead, among other things.

The classes students take every day are the results of centuries of scholarly inquiry and advancement of disciplines by those dedicated to going above and beyond in their academic careers or professional fields. Research professors are able to provide their students with the cutting-edge knowledge from their fields. Students involved in research are generally retained at a higher rate and are more successful in their college careers—evidence of an activity much more complex than "experimenting on apes." These are the kinds of productive students and individuals UK should strive to educate and send on to quality graduate schools and the job market. Professors and students such as these are the ones solving the problems of today and tomorrow for our Commonwealth.

UK's status as a research university has not only enriched the educational experiences of students in diverse fields and allowed them to continue on to competitive graduate programs in

their research fields, it teaches a skill set that cannot be found in the core curriculum. From laboratory work to playwrighting, UK's researchers in the natural and social sciences, humanities, etc., are disciplined, independent, and creative because of their commitment to learning and their personal engagement with their respective areas. Cutting research would not only hurt those of us involved in academic pursuits, but also reduce the innumerable benefits of research endeavors to the university.

SPUR – The Society for the Promotion of Undergraduate Research

Jenna Brashear
international studies junior

Lesley Mann
agriculture biotechnology junior

Alicia Fields
women's health advocacy junior

ADDERALL

Continued from page 1

of 30 raised their hand." The survey was issued to 1,811 students on a college campus. Of those, 78 had legal prescriptions for an ADHD medication and were immediately tossed out of the study data.

Out of the remaining 1,733 students, 34 percent, or 585 students, had at one time illicitly used an ADHD medication. Of those 585 students, 72 percent took the drug to study longer.

"There is a lot of demand on students—working, paying tuition," DeSantis said. "We are living in a culture where the ends justify the means."

When asked about use of the drug in relation to finals, an interviewee identified in the study as Jason said, "They suck. That's the only time I take it. Every year during finals week. But I don't usually take it during the semester when my tests are spread out."

Seeing most of the use being toward school-related work didn't strike DeSantis as surprising.

"School is competitive," DeSantis said. "You decide not to do it, but the kid next to you does it and he gets a better grade."

Finals week is the hardest time to acquire Adderall from students with prescriptions, said Alex Reed, an integrated strategic communications senior.

"They tend to use them more for themselves during finals," Reed said.

Any time other than finals week, it is pretty

easy to obtain. "I always had friends who had prescriptions," Reed said. "All I would have had to do was make a phone call."

Students surveyed in DeSantis' study reported that obtaining ADHD medication was overwhelmingly easy. Thirty-nine percent of those who used illicitly said it was "very easy" to obtain the drug and 43 percent reported that it was "somewhat easy," according to the study.

"I think you can pretty much get it whenever you want," said biology freshman Andrew Gerughy.

Health effects
The reason Adderall is considered an amphetamine is the threat of addiction if used improperly, according to the DEA's Office of Diversion Control. When these medications are taken at doses higher than those prescribed for medical treatment, addiction is a risk.

But other than psychological dependence, it is not physically addictive, Brenzel said. It could cause someone to feel dependent, but it does not have withdrawal symptoms.

Adderall is considered a controlled substance for these reasons but it does not have the same effects of more addictive drugs, Brenzel said.

"It's not like cocaine where they take it once and crave it the rest of their life," Brenzel said.

Other common side effects are headaches, decreased appetite, stomach ache, nervousness, trouble sleeping, mood swings, weight loss, dizziness, fast heart beat and dry mouth, according to the Adderall medication guide from the FDA.

Dr. Felito Aldarondo, a senior staff psy-

chologist at UK's Counseling and Testing Center, warned about Adderall's effects on the body.

"Keep in mind that this is a drug that is associated with 12 deaths of children (7 to 16 years old) from 1999 to 2003," Aldarondo said. "So taking the drug is not something to consider lightly and should not be taken without a prescription."

ADHD testing and diagnosis

To give a prescription, doctors use multiple standards to evaluate potential ADHD patients, Brenzel said.

No diagnostic tests like a CAT (Computerized Axial Tomography) scan or brain-wave test are used to determine ADHD. Rather, doctors use a series of interviews and evaluations along with a checklist of symptoms, Brenzel said. Observations of a student's behavior in class along with evidence from the past are all taken into consideration.

ADHD is a condition that normally manifests itself at a younger age, so when an adult approaches a doctor with the symptoms of the condition they are skeptical, Brenzel said.

"We are more skeptical when adults come in for the first time," Brenzel said. "In the world we live in there are lots and lots of distractions—MySpace, watching TV—when you should be studying."

Regardless of whether or not you are an adult, Brenzel encourages anyone to get tested if he or she feels it is necessary.

"I would encourage people to get evaluated, this can change people's lives," Brenzel said. "It can really make a huge difference for kids."

“School is competitive. You decide not to do (Adderall), but the kid next to you does it and he gets a better grade.”

— Alan DeSantis, UK communications professor

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TRADITION LIVES ON

UNIVERSITY OF KENTUCKY

Precautions advised for holiday decorating

By Caroline Peterson
news@kykernel.com

Christmas tree lights, a menorah or even a Festivus pole can make students feel more at home during the holiday season.

But some students, like animal sciences sophomore Jason Graham, are unaware of what regulations they should follow when setting up lights, trees, candles and more.

"I didn't even think about safety when setting up lights and decorations," said Graham, who lives in an off-campus apartment. "We just

set up the pre-lit tree and didn't even think about it."

UK Assistant Fire Marshal Greg Williamson said that even though lights are often listed as safe to be turned on for extended periods, he does not recommend leaving them unattended.

Williamson said making sure decorations are nonflammable is the most important thing for students to pay attention to when decorating this season. Other suggestions by Williamson are:

- Buy flame-retardant decorations.
- Check for exposed wires on any strands of lights.

■ Make sure all trees and greenery are artificial.

- Do not use candles.
- Do not leave lights unattended.

Social work junior Alex Ward said she leaves her balcony and tree lights on throughout the night, but turns them off during the day.

"We don't want them on if we're gone to class or work," she said.

Williamson said UK doesn't see many fires related to holiday decorations, but they get calls about policy violations. The important thing is that people use common sense, he said.

State higher education group picks new president

Staff Report

The Kentucky Council on Post-secondary Education selected a new president Tuesday, who will begin no later than April 1.

The CPE voted unanimously on Robert L. King, according to a CPE news release.

King's appointment follows a nationwide search with a pool of 40 candidates applying to lead the organization, which gives the final approval for UK's tuition increases for each year.



King

King, 61, is the former chancellor of the State University of New York, which, with 64 campuses and an \$8.5 billion operating budget, is the country's largest higher education system. He is currently the president and CEO of the Arizona Community Foundation, a charitable foundation focused on education, economic development and scientific research.

King's three-year contract includes a \$360,000 salary, \$40,000 for housing or deferred compensation and a state vehicle.

Correction

In a Tuesday Kernel article titled "UK announces \$18.6 million research facility," the story should have stated the Top 20 Business Plan is a 60-40 split between UK and state government.

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

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