

FRIDAY KENTUCKY KERNEL



Broke? Take a day trip
Nashville, Gatlinburg, Louisville and Cincinnati among close destinations | 2

January 10, 2003

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SPRING BREAK PLANNER

The spring break phenomenon

Movies, music and MTV have influenced spring break's place in American popular culture — and in college students' minds



1960 & 1970s

Annette Funicello and Frankie Avalon starred in a series of beach-themed movies in the 1960s. The first movie in the series, *Beach Party*, was released in 1963. The movies combined music, popular actors and glamour. Eventually, the two main characters, Frankie and Dolores, married.

These movies helped fuel the spring break craze, as thousands of students flocked to

Florida's sunny beaches for spring break partying. Daytona Beach and Fort Lauderdale became popular destinations in the 1970s. The drinking age in Florida was 18 at the time but was later raised to 21. Many local residents complained about the excessive drinking, partying, traffic and noise, but in the 1970s, Florida's beaches were the place to be for college spring breakers.



1980s

Overwhelmed by crowds, Fort Lauderdale and Daytona Beach began cracking down on spring breakers, driving many students to other locales. This UK student vacationed in Clearwater Beach in 1988.

Whether they headed to Fort Lauderdale, Daytona Beach, Aspen or Panama City, college students have turned one ordinary week each spring into a cultural pilgrimage.

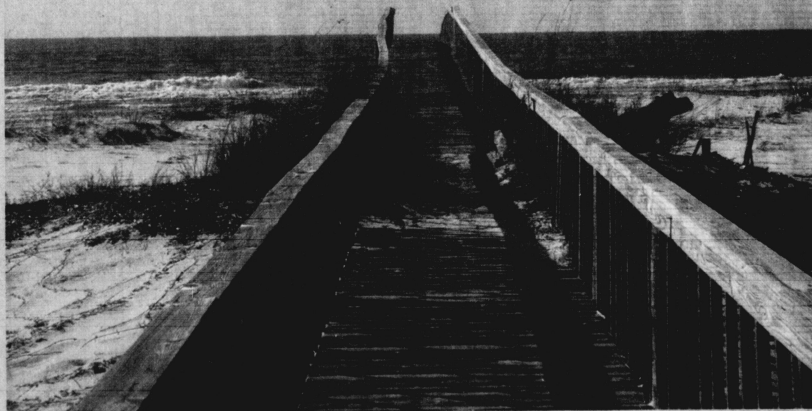
For many, spring break planning begins during these frigid winter days; thoughts of sunny beaches and relaxation invade as the spring semester commences.

It's a college tradition immortalized in movies, music and television. Even though many students do service projects or work at home during the week, the image of spring break remains one of revelry.



1990s & 2000s

Of course, MTV got into the spring break business. Throngs of college students vied for camera time like this crowd in Panama City in 1998. Cancun, Aspen, San Padre Island and other resort locations have grown in popularity in the early part of this decade.



GET AROUND

Road trips: fun and cheap

The Great Smoky Mountains National Park is about four hours away and provides lots of fun for nature lovers. The park is located near Gatlinburg, Tenn.

PHOTO FURNISHED



Hit the road, Jack: Many cities within day's drive provide affordable fun, entertainment and adventure

By Robin Pierce
CONTRIBUTING WRITER

Jessica Carlson isn't going to the beach this year for spring break — she doesn't have the money for a weeklong excursion to Panama City or Cancun. Instead, the agriculture biotech freshman is going home to Delaware to relax and catch up with friends, but that doesn't mean she won't be having fun.

With the onslaught of beach vacation advertisements, it seems every college student is beach bound. Yet, like Carlson,

not everyone can afford the trip, or even wants to take it.

Alternatives to the typical beach holiday exist — many just a day's drive away. For students who are short on cash or have to work during the break, these day trips can be a fun way to spend the break.

"I'll be working most of spring break, but I'll probably take a little road trip to Indianapolis to explore the city," said Mark Nally, a computer science sophomore.

Cincinnati and Louisville are two convenient places for day trips

with concerts, shopping and museums.

In Louisville, visitors can stop by the Speed Art Museum, the Louisville Slugger Museum, the Louisville Zoo and the Louisville Science Center, which has an IMAX theater.

Cincinnati features the Cincinnati Art Museum and the Cincinnati Museum Center, with three museums in one building.

Nashville, Tenn., is only about two hours south and has plenty of inexpensive hotels and sights, such as the Grand Ole Opry.

Newport, Ky., near Cincinnati, is the home of Newport on the Levee, a new riverfront mall that houses many shops and an

IMAX theater. The Newport Aquarium is also part of Newport on the Levee.

Gatlinburg, Tenn., is four hours away and has lots of local shops. The Smoky Mountain National Park is only 15 minutes away from Gatlinburg.

For nature lovers, the Red River Gorge is about an hour away and has dozens of trails and campsites. The park is open all year round and is popular for rock climbing and canoeing.

For those who like caves, there is Mammoth Cave and a small cave system in southern Indiana called Marengo Caves. Located in Marengo, Ind., a large section of the caves is still unexplored.

Students use break to serve

Helping: Religious groups use break to help others; UK Volunteer Center may plan secular service trips

By Sara Cunningham
STAFF WRITER

Psychology junior Katie Vogelsang says she has never been one to lie around the beach all day.

So as she approached her first spring break at UK, Vogelsang decided not to go with the rest of the crowd on the more traditional trips. Instead, she went on an alternative spring break trip with the UK Catholic Newman Center.

"It was my freshmen year, and I wanted to meet new people but I didn't want to just sit around all week," Vogelsang said. "This was a cheaper way to have some fun, be productive and help people all at the same time."

Vogelsang has taken a similar trip every year since her first.

This year, the Newman Center, the Church of Christ and the Baptist Student Union are all offering alternative spring break opportunities. Though groups organize the trips differently, they share a common goal: students traveling to serve others.

Students will be traveling to Florida, New Mexico, Texas, California, Jamaica and Bolivia on trips this spring.

"I think it's important to realize that other countries need help, too, and their problems can affect the United States," said education junior Annie Hohl. Hohl is planning the trip to Bolivia with the Newman Center.

The service opportunities are as varied as the list of travel destinations. Students will be participating in a Habitat for Humanity project, volunteering on an American Indian reservation and working at an orphanage.

Psychology junior Brad Presley said it is hard to compare the experience of going on an alternative spring break trip to going on a more traditional trip.

"It's fulfilling in a completely different way," Presley said. "I'll remember this trip more."

There are several organizations on campus planning trips for this year, but all of them are associated with religious groups, said Rachel Zellmann, an intern at the UK Student Volunteer Center.

Students can contact the Volunteer Center to get more information about trips already being planned. In the future, Zellmann said, the Volunteer Center may organize another trip that won't be associated with any campus ministry.

“ This was a cheaper way to have some fun, be productive and help people at the same time.”

— Katie Vogelsang, psychology junior

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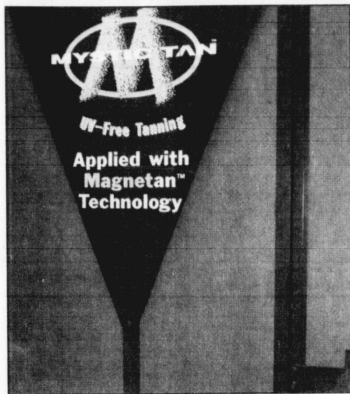
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New tanner offers easy tanning alternative



A Mystic Tan booth at SunSpa on Tiverton Road. This product, which can be found at SunSpa, Bronz and Suntan City, uses a fine mist of self-tanner, instead of the artificial light of tanning beds, to tan its users.

No sun required: Fake tanner healthier than sun; students say it's convenient and natural-looking

By Elizabeth Brennan
CONTRIBUTING WRITER

Three local tanning salons are offering a safer way to get that bronze glow without the harmful effects. SunSpa, Summer Bronz and Suntan City all offer Mystic Tan, a new product that doesn't involve harmful ultraviolet rays or orange-streaked skin.

Christina Duvall, a SunSpa employee, said that many customers like the convenience and other benefits of Mystic Tan.

"Many customers do it for special occasions, or if they are freaked out about UV rays, because they cause aging," Duvall said.

She said that instead of using artificial light, like tanning beds, Mystic Tan

shows a fine mist of self-tanner all over the body. 13 seconds on the front then 13 seconds on the back side. The customer gets into a booth that has a small dispenser with three holes that emits a shower of DHA, a chemically safe sugar substitute.

Bethany Webster, sophomore, said Mystic Tan was strange at first. "It was kind of creepy in the stall. At first I felt like I couldn't breathe. It took a little getting used to," she said.

Duvall said that after the short spray stops, the customer is wet, as if they have just taken a shower. They are then advised to dry off completely, to avoid streaks. In order to avoid orange hands and feet, they recommend putting on a

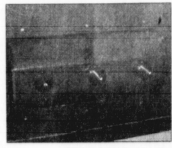
liberal amount of lotion. Duvall said the spray won't stain clothes or hair.

Marsha Kleiber, a regular customer at SunSpa, said she uses Mystic Tan for special occasions. She said she likes it, because "it gives you that instant glow you can't get from a regular tanning bed."

The tan look reaches its peak after about 11 hours, and lasts anywhere from five to seven days. If you're going for a special occasion, like a formal, this means you would want to come early that morning or the day before.

Duvall said that the most frequently asked question about the product is whether it will turn the skin orange.

"It won't turn you orange, because with most self-tanners you just glob it on, but this Mystic Tanning emits a fine mist spray that gives you a bronzy



Mystic Tan works by delivering a fine mist of self-tanner all over the tanner's body as they stand in a booth. The tanner is emitted from a small dispenser with three holes, seen above.

glow," she said.

Duvall recommends exfoliating or using a loofah before you tan, to get rid of dead skin cells, which often causes it to wear off sooner. Also, avoid showering or sweating for four hours after tanning.

You can get this quick tan without a burn for about \$25.

It won't turn you orange, because with most self-tanners you just glob it on ..."

- MARSHA KLEIBER

Foreign students use time off to explore the United States

Activities: Some students plan out-of-state trips, others will participate in campus programs for break

By Dustin Atkins
CONTRIBUTING WRITER

Most of UK's 1,550 international students will not travel home over spring break, but many see the week as a chance to explore parts of the United States outside of Kentucky.

"Not many international students will go home just because the week's not long

enough," said Karen Slaymaker, assistant director for international student services. Many international students, she said, have jobs in Lexington.

For that reason, both Jewell Hall and Blanding I remain open over the break. International residents can stay on campus during breaks for a \$54 fee plus the existing cost of undergraduate housing.

UK sponsors a few activities planned exclusively for international students staying on campus; the Office of International Affairs will sponsor one such trip.

Students will spend a day at a rural Eastern Kentucky school making presentations about their cultures for a project titled "International Classroom." At the same time, they will be able to learn about educational obstacles and successes in Appalachia.

Most international stu-

dents, however, said they will make their own plans.

Saili Li, a graduate student in the Patterson School, chose to travel last spring. But instead of heading to the beach or the city, Li donated his time to an alternative spring break outing.

Li said that alternative spring break was an opportunity to raise money from local businesses to take a trip for volunteer work.

"Some students want to learn different kinds of skills outside of the classroom," he

said.

Li and three other international students joined a group who helped to clean a home near Morehead and build a porch for people in need.

If possible, Li said he wants to attend another alternative spring break this year in Eastern Kentucky or West Virginia.

Many of UK's international students are on a temporary exchange program. Because their time here is limited, spring break is one of their

few chances to see other parts of the United States.

"I want to travel around because I only have one year here," said Kotomi Makino, an English junior from Japan. If possible, she hopes to visit a friend in Ohio over the break.

Christie Hegarty, a journalism junior from England, said international students should venture outside Kentucky during their stay.

"I'm probably going to go to New York and my mom is going to meet me there," she said.

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SPRINGBREAKMUSIC

STAYING IN LEXINGTON? BE ENTERTAINED WITH THESE SHOWS AND EVENTS



Canadians and 2002 Winter Olympics gold medalists Jamie Sale and David Pelletier will come to Rupp this spring.

PHOTO FURNISHED

By Elizabeth Brennan
CONTRIBUTING WRITER

Just because you're not going anywhere for spring break doesn't mean you have to sit at home doing nothing. Local venues are hosting a variety of activities worth checking out:

*** Smucker's Stars On Ice**
7:00 p.m., March 20 at US Bank Arena, formerly Firstar Center in Cincinnati, Ohio. Stars ranging from Canadian gold medalists Jamie Sale and David Pelletier to ice skating legends Katarina Witt and Todd Eldredge will be performing. Tickets range from \$34 to \$82.

*** Kentucky Men O' War vs. Cincinnati Cyclones**
7:30 p.m. March 14 at Rupp Arena or 7:05 March 22 at p.m. at US Bank Arena. Tickets range from \$9 — \$17.

*** Coldplay**
March 10 at The Palace Theatre in Louisville, Ky. Tickets cost \$32.50 and go on sale at 10 a.m. Saturday, Jan. 18.

*** Disney presents The Lion King**
March 22, 2003, at 2:00 and 8:00 p.m. or March 23, 2003, at 1:00 p.m. and 6:30 p.m. at Proctor and Gamble Hall in Cincinnati, Ohio. Ticket prices range from \$22.50 to \$87.50.

*** Louisville Ballet 50th Anniversary Gala**
7:30 p.m. March 14 or 1:30 p.m. and 8:30 p.m. March 15, at Whitney Hall in Louisville. Tickets range from \$16.50 — \$73.50.

Live act

Rock band Coldplay (featuring lead singer Chris Martin, above) will play in Louisville at the Palace Theatre on March 10.

PHOTO FURNISHED

WALKANDTALK

What are your spring break memories?



Galbraith

"I hitchhiked to Florida on at least one occasion ... Me and 10 other students from UK would sleep on floors or on roofs until local police would bust us for vagrancy I next morning. There's nothing like [spring break]; it's a youthful exuberance that all students should experience at least once."

- GATEWOOD GALBRAITH, FORMER CONGRESSIONAL CANDIDATE



DeSantis

"I went to Ft. Lauderdale with my brothers and fell madly in love with Dodie from Indiana University. We spent seven days together; I was positive she was the one. We spent every waking moment together and when I left, we promised to keep in touch. But I never saw her again ... But things have a way of working out; I've been together with my wife for 14 years now."

- ALAN DESANTIS, COMMUNICATION DEPT.



Robinson

"Right now, I haven't got to take a spring break trip in two years because I've been painting banners and sorting campaign cards. This year I'm going to Savannah, Ga., for a St. Patrick's festival. It's one of the largest in the country. I went three years ago and had a real fun time."

- TIM ROBINSON, SG PRESIDENT



Krupa

"I was always chasing animals in some part of the world, like the Florida water rat or the water moccasin. I went to New Mexico looking for a kangaroo rat and Wyoming for a white snowshoe hare. Last year I went snorkeling in the coral reefs in the Bahamas and caught a black rat. It was on my checklist of things to do."

- JAMES KRUPA, BIOLOGY

Compiled by staff writer Emily Burton.

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 2 Racine
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 12 Yafael Sela country
 14 Shade plant
 15 Fictional
 16 Achilles' epic
 17 Maine, from Utah
 18 Apartment
 19 UPS deliveries
 21 Most discourteous
 23 Clean a fish
 24 "Screen"
 25 Pop singer Kiki
 26 Come by
 30 Swelter
 32 Stallone role
 33 Atomic particles
 35 Mirth
 37 Furry pat
 38 Surrealist painter
 40 Trespassed
 42 Curt
 43 Scatter
 44 Inebrious
 45 ESPN feature
 48 Hosp. areas
 49 Grafia's home
 50 Rio Grande city (2 wds.)

DOWN
 1 Bouncy pat
 2 Kinks' 1970 hit
 3 Gaius's Clapton
 4 Flimsy
 5 Meadow
 6 Capone's foe
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 9 Dwindled
 10 Stand up
 11 Not glossy
 14 Pairs
 15 Slowly, in music
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 20 Hunter's need
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 31 Eve of
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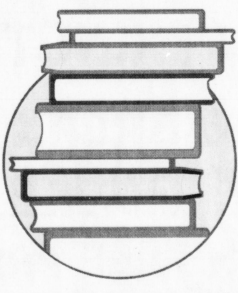
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PARTY SMART

Stay safe over break

Even though spring break is a time for fun and friends, remember that it's still important to be safe. Having a good time shouldn't be at the risk of personal safety. Follow these basic rules for traveling and parties and have a good spring break!

Basic safety

- Don't carry all of your cash and credit cards at one time. Leave some extra cash in a safe place in case. Traveler's cheques, available at most banks, are a good way to safeguard your money.
- If robbed, give up your money, purse and any valuables — don't fight! Call 911 later, but your life is more important than money.

Hotels

- Be careful around balconies. Don't climb or sit on railings. Falls from balconies, no matter how far, can be deadly.
- Don't pack too many people in an elevator. It may be fun, but the extra weight could cause the elevator to break.

Parties

- Don't leave a sick friend alone at a party. Get someone to call 911 and stay with the friend.
- If someone passes out, turn them on their side to prevent choking and call for help immediately.
- Don't leave your drink unattended or take an open drink from someone you don't know. Even if it looks or smells fine, don't!

• Go with people you trust. Stay in a group and don't let any friends leave with strangers. It's better to stay in a group than to wander off alone.

• The legal drinking age in all 50 states is 21 years old.

Traveling

• If driving, be sure to check out your car before driving. Things like oil, coolant, washer fluid and other components should all be inspected before a trip. Also check the spare tire in case of a flat.

• Tell family and friends about your trip. Let them know where you'll be going, where you'll be staying, when you'll be leaving and coming back and other details about your trip. Then call when you arrive and let them know you made it safely.

From the Wellerley College Police Dept., http://www.wellerley.edu/Police/Crime_Prevention/TIPS/spring_break.html



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