

# Kentucky Kernel



A Supplement of the Kentucky Kernel

Monday, December 16, 1991

## Holiday money hard to come by

By CHIP ATKINS and KATIE CONTINI  
Contributing Writers

**M**elissa Rives, a senior education major, jokes that she might have to start playing her violin at Triangle Park to collect loose change from passing UK basketball fans.

Rives, however, isn't destitute. She is one of many UK students who is desperate for extra spending money this Christmas season. Many agree that times are tough this holiday season and say any way to get money is welcomed.

Some students are resorting to selling plasma for supplemental income.

"I've been giving plasma for the past two semesters," said Blake Hornal, an architecture junior. "It's a good way to make money for Christmas presents

without having to take time away from studies to work."

Carie Chiles, an accounting junior, said she has considered visiting the local plasma center.

"As desperate as I am for money, sure I'll give them my plasma," Chiles said.

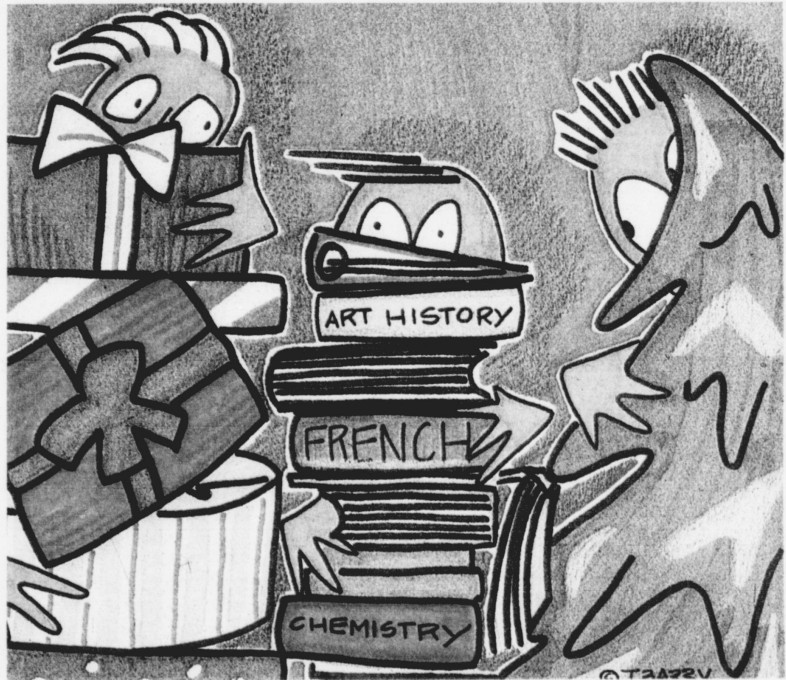
The money crunch has other students thinking creatively.

"I am planning on parking my friend's cars in the parking lot of the mall the evening before the biggest shopping day of the season," said Grant Roark, a political science senior. "Then I'll try to sell the parking spaces to desperate shoppers."

Roark said his money is tight this year because his rent has increased and because the cost of everyday items is taking a bigger bite from his budget. He has considered working a double shift at his workplace, along with giving plasma, to make more money.

January Price, a communica-

See MONEY, Page 5



TRICIA BARRY/Staff Artist

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# Several students make UK home for the holidays

By ELIZABETH CALL  
CRAIG HENDERSON  
and ALLEN PUTMAN  
Contributing Writers

As the semester draws to a close, most students' minds are occupied with visions of sugar plums, Christmas shopping — and going home for the holidays.

Some students, however, are not going anywhere for the holidays. Many of UK's international students will be living at their homes in the Jewell Hall International Living/Learning Center during Christmas break. For the first time in UK's history, international students, resident advisers and other residents of the hall will be allowed to remain in campus housing over the holidays.

Many students do not celebrate or understand the traditional holiday of Christmas and cannot travel home for the holidays. Residents of the hall represent 22 countries and many different re-

ligious backgrounds.

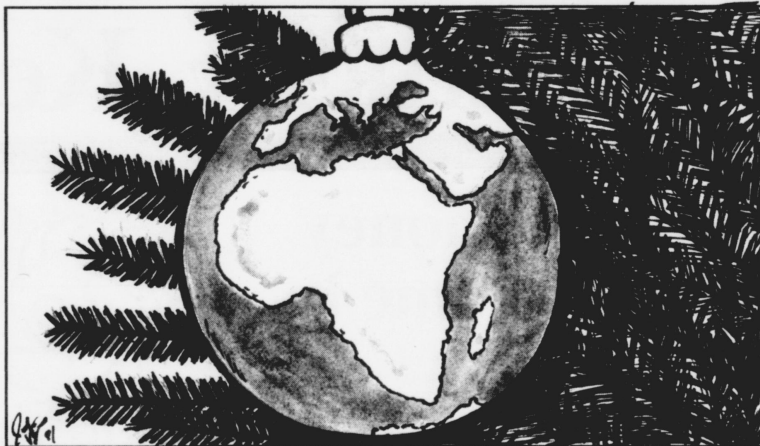
"We have a lot of Muslims in the building that do not celebrate Christmas," said Michelle Clark, a resident adviser in Jewell Hall.

Over the holidays, residence hall staff and members of residence hall government are planning a variety of activities.

"We will try to create an awareness of what Christmas is, maybe a dinner or a Christmas tree," said Salman Haider, president of Jewell Hall.

Other programs that are being worked on include baking cookies, a gift exchange program and a hayride for those residents who are staying on campus. RAs are also dreaming of a white Christmas because many residents have never seen snow.

"I am staying here over the break," said Ming Chan, a freshman resident from Hong Kong. "I will feel alone and will call home often. My family celebrates Christmas but on a small scale,



JERRY VOIGT/Staff Artist

we go to a restaurant."

Several of UK's international students will have an opportunity to travel within Kentucky and the surrounding area over the break.

Christmas International, a program developed through the International Student Office, gives students a chance to stay with a host family in another community for one week, and the only cost is transportation.

Other students also may get to travel home with "an American

friend," said Carolyn Holmes, director of the Office of International Student Affairs.

"These students may be going with their host family (over the holidays)," Holmes said.

"People will be coming and going constantly," said Darryl Dotson, one of five RAs who is staying at Jewell over Christmas. "The most people we will have in the building at once will probably be around 40."

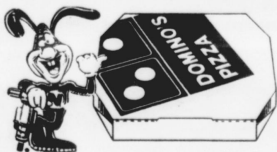
Although the residence hall

will remain open, UK Food Services will be closed during the break, and residents will have to prepare all of their own food or eat out.

Over the break there must be two resident advisers and one hall director in the building at all times.

Except for Jewell, residence halls will close for Christmas break at 5 p.m. on Dec. 20 and will reopen Jan. 12.

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# Non-alcoholic alternatives should be staple of holidays

Christmas is coming, and it's time to celebrate! This year, make plans to celebrate safely. Provide your guests with alternatives to alcohol consumption and other low-risk ways to party.

•Prepare holiday drinks mixed without alcohol. Christmas punches and holiday eggnog can be enjoyed for their own unique flavors without being spiked.

•For an alcohol flavor, without the physical effects, consider the use of flavored extracts. Substitute 1/8 of extract for each jigger called for in your holiday recipes.

•There are many fruit flavored sparkling waters on the market that contain no alcohol and are absolutely festive.

•Enjoy one of the new non-alcoholic beers or wines on the market.

•Remember — if a recipe calls for wine or another alcoholic beverage, make sure that you cook it long enough to remove all of the alcohol, leaving only the flavor.

The best holiday hosts and hostesses provide their guests with nutritious food, especially when alcohol is being served.

High protein and carbohydrate foods like cheese and meats are especially good. Not only will your holiday cheeseball taste delicious, but it will stay in the stomach longer, which slows the rate at which alcohol is absorbed.

Other tips to remember when serving alcohol include the use of standard measures (like the 1-ounce bottle sprouts) at the bar to mix drinks, the use of a non-carbonated base for alcoholic punch such as fruit juice (the body absorbs alcohol faster when mixed with carbonation) and always having on hand flavorful non-alcoholic beverages for your guests.

Good hosts and hostesses serve their guests better and more conscientiously when they avoid hurrying to refill their guests' glasses if they are filled with alcohol. Some guests will take a forced drink because they do not want to appear rude.

If you observe one of your guests consuming too much alcohol too quickly, you might engage them in conversation, offer to make their next drink (using

little or no alcohol) and offer them high-protein food.

### Southern Style Eggnog

- 4 eggs, separated
- 1/2 cup sugar
- 1/4 tsp. salt
- 3 cups milk 1 cup whipping cream
- Nutmeg
- Whipped cream to garnish

While beating egg yolks, gradually add 1/4 cup sugar and salt. Stir in milk and cream gradually. Cook mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle with nutmeg and garnish with whipped cream. Makes two quarts.

*Cheryl Tuttle is UK's substance abuse prevention coordinator.*

# Gift to cancer society means free golf pass

By **MONICA BRYAN**  
Staff Writer

Instead of adding another tie to your father's infinite collection, or "surprising" him with the annual aftershave gift set that remains unopened, you have a chance to make his Christmas special by giving him a Christmas surprise that will last throughout the year.

The 1992 Golf Card, which comes in its own personalized envelop, is sponsored by the American Cancer Society and costs \$30.

The card entitles the recipient to play at least 18 holes of golf at more than 60 golf courses throughout Kentucky and five in Tennessee. Many of the courses offer unlimited play.

Some of the most prestigious golf courses in the state are participating, like Marriott's Griffin Gate Resort, the Campbell House Country Club and the Connemara Golf Club all in Lexington. Also in-

cluded are most of the state park resort courses.

With an estimated value of more than \$1,200, the 1992 Golf Card can be used throughout the year, from Jan. 1 to Dec. 31, allowing sufficient time to visit every course.

Edith Fultz, manager of the American Cancer Society's Fayette County Unit, said "although the golf cards make excellent Christmas gifts, they may be purchased at any time during the year."

"For what you might spend on one game of golf, you can have a golf card that allows you to visit 65 golf courses and participate in many, many more games," she said. "More importantly, you will be helping cancer patients at the same time."

For more information, contact: *American Cancer Society, North Park Shopping Center No. 27, 500 New Circle Road, N.W., Lexington, Ky., 40511-1546. (606) 253-2822.*



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# End-of-semester stress can be handled

Anyone with college experience knows that as the end of the semester approaches, stress increases. Most students want to do well, and worry about how everything will turn out.

There are last-minute tests, projects or papers to prepare. Then there are all those final exams to study for. If all this isn't enough to make you stressed out, then come "The Holidays." Often considered a time of joy and celebration, holidays can come with their own stressors. While you would hibernate like a bear, refuse to take finals, boycott the holidays, and re-emerge in January, this is not the most practical solution!

Instead, you can learn to make the most out of a difficult time by practicing some stress management techniques.

Any change in routine requires a personal adjustment of some sort in order to adapt to the change. These adjustments or the inability to adjust can create stress. At the end of the semester, the need to prepare for finals, moving out of the dorm and going home for the holidays are all changes in the regular routine of the semester, requiring students to adjust and creating the potential

## For the HEALTH OF IT

for an increase in stress.

Stress can be felt physically, which may show up as fatigue, headache, upset stomach or difficulty sleeping. Exercise, proper nutrition and regular sleeping time can help counteract the effects of stress on the body.

Reducing or eliminating caffeine, nicotine and alcohol helps as well. It may seem like a good idea to stay up all night, cramming for an exam, but this increases the stress on the body and may actually decrease performance on the exam.

Emotionally, you may feel worried or irritable. Cognitively, you may be telling yourself, "I'll never get this done" or "I'm going to flunk out," which can increase emotional stress. Just about everyone feels stressed during finals week. It can be helpful to talk to other students about your feelings.

Instead of saying to yourself, "I'll never make it" or "I'm going to mess up," tell yourself

that you will do the best that you can. Remember that you *are* under more stress, and under those conditions, it is unrealistic to expect yourself to feel as well as you would under different circumstances. Remind yourself that this stressful period is time limited and will be over soon.

Good time management can help make the best use of available time. Remember the old adage, "First things first." Make a list of goals to accomplish and set priorities. Complete papers/projects due before finals week first.

You can prioritize the way you study for finals, concentrating your efforts on learning the information for finals scheduled earlier in the week first.

Make a specific, reasonable schedule of study times and stick to it. Find a comfortable place to study. Break down large tasks into smaller, more manageable ones.

It's not reasonable to expect yourself to study chapter after chapter without getting tired, bored, or distracted. Plan times for regular breaks and relaxation.

Before, during and after finals, it's likely that you'll be thinking

about the holidays too. You can use time management principles to help you here as well, budgeting time and money for Christmas shopping, relaxation, and gathering with family and friends.

Many people find themselves feeling less than enthusiastic about holidays. The holiday season is usually thought to be a happy occasion spending "quality time" with people you care about. If family relationships are strained, it may be difficult to feel happy about being home. Unspoken feelings or problems may be covered up so that the family can have "a nice holiday."

You can manage holiday stress in the same ways that you manage other stress. Discuss concerns with supportive family members, friends, or a counselor. Recognize that everyone has limits — in finances, capabilities, time and tolerance levels. Be patient and kind to yourself.

If you need more information on how to handle stress effectively, you can schedule an appointment with a professional at the Student Health Service by calling 233-5511.

Liz Corio is a counselor at the Student Health Service

## Money

Continued from page 1

tions senior, works at a local pawn shop for her Christmas income. She said there seems to be more college students coming in to hock precious memories.

Students often pawn items and then purchase their Christmas gifts at the pawn shop because it is more economical than buying gifts at regular stores, Price said.

For those who would be happier with more traditional methods of earning quick cash, there is recycling.

Marilyn Stafford of the Lexington Recycling Center said she is seeing "larger loads for the holiday season."

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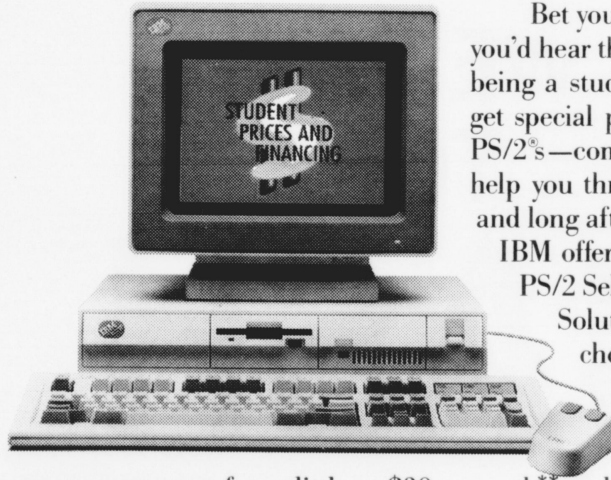
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