

KENTUCKY KERNEL'S SPRING BREAK PLANNER



THE GREAT OUTDOORS

The trials of the Appalachian Trail

Roughing it: Boy Scout joins troop for a hike through Appalachian Trail, learns history and appreciation for nature's true beauty

By Nick Tomecek
PHOTO EDITOR

Eating only pickled eggs for six months, trading clothes for butter and hitchhiking to the nearest town to take a shower, are some of the stories I heard when I took a hiking trip on the Appalachian Trail.

I joined my Boy Scout Troop as a leader last summer to take some of the scouts out to Damascus, Va. to hike 50 miles of the Appalachian Trail, which runs from Georgia to Maine for a total of 2,100 miles. Some of the scouts struggled along

part of the trail we hiked, but only due to lack of preparation.

Three scouts decided to go home after two days feeling the trail was too difficult. Among our group, we found the trail to be moderate and very rocky in some areas of the Virginian landscape.

It rained the whole week and remained cool and muggy. My brother who joined us as another leader ended up carrying two backpacks to challenge himself even more and lighten the load of one of the scouts. The soles of my brother's shoes fell off after the second day and we found ourselves bat-

ting with hypothermia and leaky tents among our crew.

We were rewarded with the comradery and fellowship of all the hikers and the surreal panoramic Virginian scenes that set us up for a genuine religious experience.

We learned tips to live comfortably in the wilderness, convincing ourselves that we too would be trekking the entire 2,100 miles in the very near future.

The terrain is diverse and allows the Discovery Channel to be at your fingertips, with snakes, bears, deer and the occasional dog that aides a hiker as a companion

during long days of wandering in the mountains.

Most hikers leave from Georgia in October and arrive six months later in Maine, but many outdoors people hike the trail in increments as I did with my crew.

Preparations for this trail are based on the hiker. Some of the through hikers (hikers hiking the entire trail) eat their faces off before they begin, knowing they will lose all of the weight in two weeks on the trail. Others plan months in advance.

Long periods without bathing and eating bland food is no reason

to discount this adventure for your Spring Break. You will gain a greater appreciation for life and you will gain a reverence for the things that are really important in life. The Appalachian Trail is where minimalists prevail and the ideology of Thoreau's *Walden Pond* lives on.

Saddle up

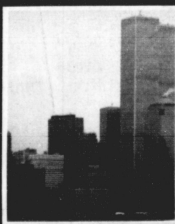
For more specific information about the Appalachian Trail check out <http://www.atconf.org>.



Honestly wonderful

Thinking of visiting Washington D.C. over the break? Check out the Kernel's take on our nation's capital and get an idea of all the places there are to visit. See page 2.

AMY CRAWFORD | KERNEL STAFF



The really Big Apple

New York offers culture and entertainment for everyone. The Kernel gives a rundown on what to do in the big city and how to stay safe while you are doing it. See page 3.

PHOTO FURNISHED



Tools or bathing suits

Several UK organizations practice an alternative form of Spring Break by helping out communities. See what UK has to offer for Spring Break. See page 4.

PHOTO FURNISHED

OUR COUNTRY'S PRIDE

Explore history in our nation's capital

So much to do: Student learns a lesson in history, life and character while visiting Washington, D.C.

By Amy Crawford
STAFF WRITER

Sites to see in D.C.

Franklin Roosevelt Memorial
Twelve years of American history are traced through a sequence of four outdoor rooms each devoted to one of FDR's four terms in office.

Korean War Veterans Memorial
The Korean War Veterans Memorial honors those Americans who gave their lives for the cause of freedom.

Vietnam Veterans Memorial
This memorial serves as a testament to the sacrifice of American military personnel during one of this nation's least popular wars.

The Washington Monument
This monument is a sign of the enduring respect and gratitude that citizens of the United States have for America's first president, George Washington.

For more information on sites to see in Washington go to: <http://www.nps.gov/wash/index.htm>

Honest Abe

The Lincoln Memorial is one of the many historic sites that can be viewed in Washington D.C. The architecture of the Lincoln Memorial is based after a Greek Temple. It has 36 Doric columns, one for each state at the time of Lincoln's death.

AMY CRAWFORD | KERNEL STAFF

Have you ever noticed that life-changing events occur when you're away from your comfort zone? The most profound moments of your life come not in the normal everyday routine but they happen when you are most vulnerable and perhaps a tad depressed. Or they come when you are willing to take risks and enjoy life's tough moments.

In November I was in D.C. for a conference. As a photographer, I was eager to show off my work. But my hopes of having my ego inflated were dashed. For a few moments I vowed never to take another picture again. Yet something said "don't give up" and I spent the rest of the weekend trying to prove that I was a good photographer, no matter what.

some idiot photo director had said. I didn't know it then, but that weekend would change my life.

My idea was to wander around the city, to get lost in its inspiration, and hopefully recharge my deflated ego. I started out by taking the Metro (the D.C. subway) to Arlington National Cemetery. It was Veteran's Day. The place was teeming with men, women and children, young, old and middle-aged; spit-shined shoes and starch-pressed uniforms. Among the trees, thousands of graves stones stared back at me.

I took my time, moseying among the stones. I crossed a street lined with Marines, talked with a Navy captain who was visiting with his son, battled the crowd to see the President speak, and ran into a French woman who taught me to be proud of who I was.

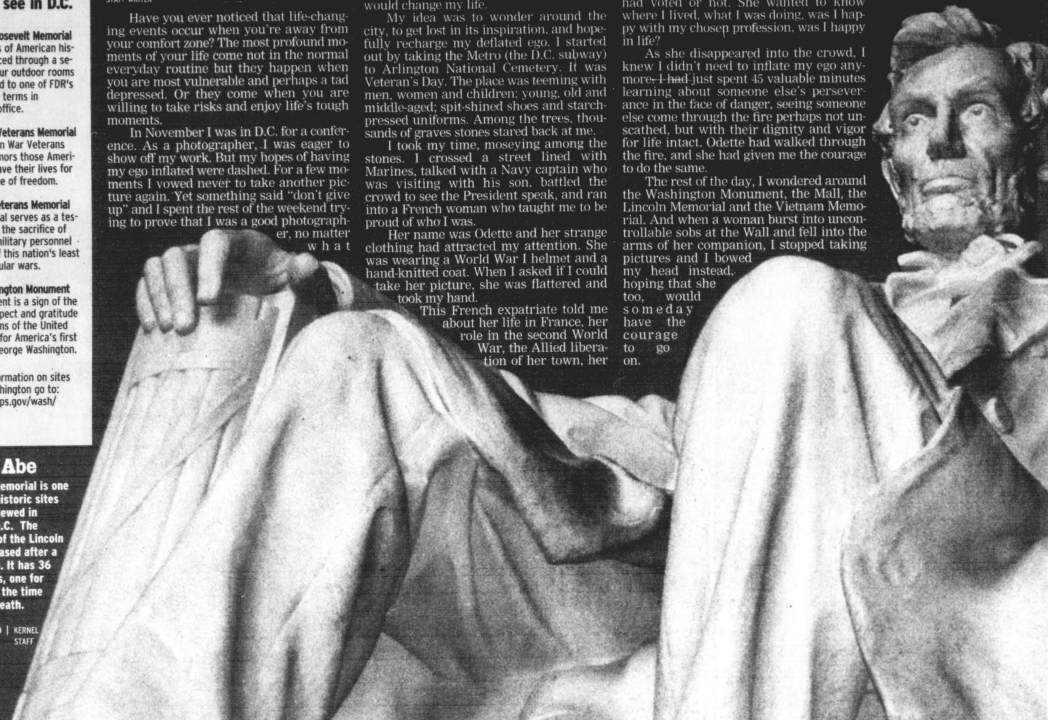
Her name was Odette and her strange clothing had attracted my attention. She was wearing a World War I helmet and a hand-knitted coat. When I asked if I could take her picture, she was flattered and took my hand.

This French expatriate told me about her life in France, her role in the second World War, the Allied liberation of her town, her

marriage to an American GI. She quizzed me about American politics and asked if I had voted or not. She wanted to know where I lived, what I was doing, was I happy with my chosen profession, was I happy in life?

As she disappeared into the crowd, I knew I didn't need to inflate my ego anymore—I had just spent 45 valuable minutes learning about someone else's perseverance in the face of danger, seeing someone else come through the fire perhaps not unscathed, but with their dignity and vigor for life intact. Odette had walked through the fire, and she had given me the courage to do the same.

The rest of the day, I wandered around the Washington Monument, the Mall, the Lincoln Memorial and the Vietnam Memorial. And when a woman burst into uncontrollable sobs at the Wall and fell into the arms of her companion, I stopped taking pictures and I bowed my head instead, hoping that she, too, would someday have the courage to go on.



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EXCITEMENT

Going to the city

The Big Apple: New York offers culture, entertainment for all

By Brandie Bright
STAFF WRITER

Bright lights, big city. Although it is not the typical Spring Break, New York offers a taste of culture unique to the classic meat market scene. You don't get tan. You don't swim in the ocean. You don't wear your bikini top into the local grocery store to buy a week's supply of bologna. However, you do have the opportunity to see the most incredible sights, eat the finest food and hear a few of the world's most talented musicians.

The adventure itself lies within conquering the city. Once you've mastered the public transportation system, you're golden. We took a cab from Legardia into the city, which was better than riding The Kumba at Bush Gardens. We looped, we swerved and went zero-to-80 in two seconds. We even got our first official New York greeting (#*k you), which I responded to by flashing a big Kentucky grin and taking a picture. By the time we reached the hotel, I had a greater appreciation for life.

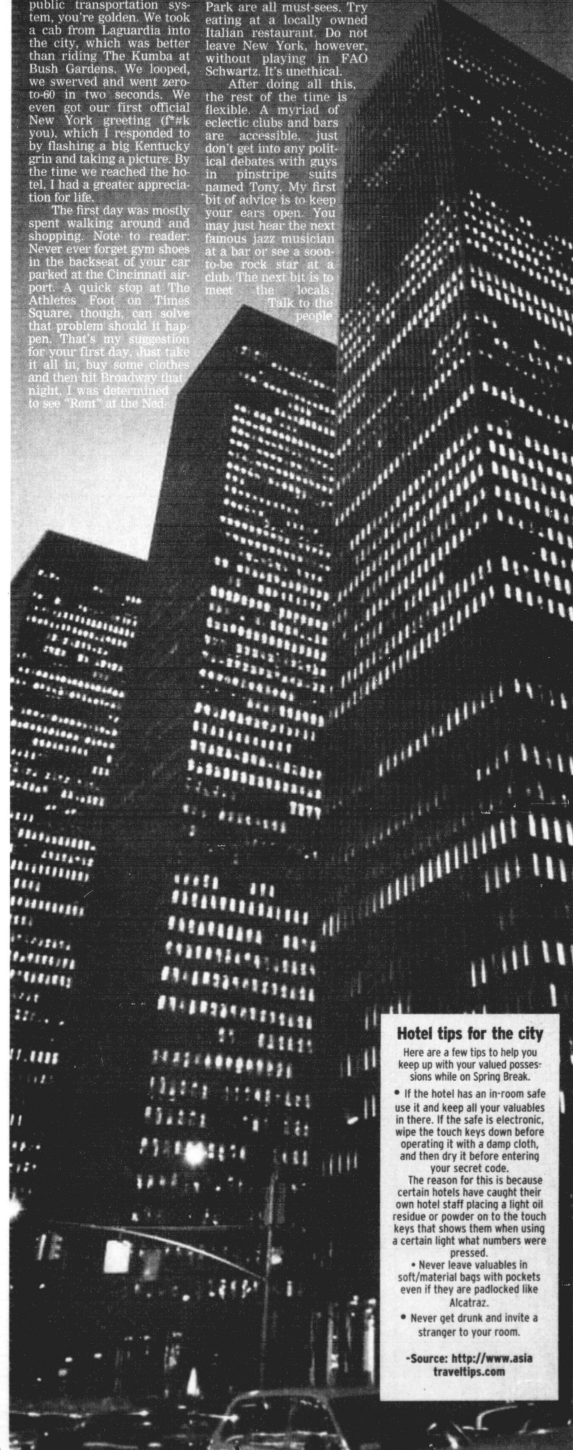
The first day was mostly spent walking around and shopping. Note to reader: Never ever forget gym shoes in the backseat of your car parked at the Cincinnati airport. A quick stop at The Athletes Foot on Times Square, though, can solve that problem should it happen. That's my suggestion for your first day. Just take it all in, buy some clothes and then hit Broadway that night. I was determined to see "Rent" at the Ned-

lander Theater on 42nd Street. Usually there are ticket sales for half price or so in the afternoon on Times Square. Get there around 2:30 p.m. and you should be able to get cheap tickets for almost any Broadway show. Do not leave New York, however, without seeing a musical. It's sacreligious.

Day two should be reserved for sightseeing. The Statue of Liberty is easily accessible by the subway, but do this in the daylight. That way you can see everything clearly from the boat ride. The Empire State Building, Wall Street, Rockefeller Center, Museum of Modern Art and Central Park are all must-sees. Try eating at a locally owned Italian restaurant. Do not leave New York, however, without playing in FAO Schwartz. It's unethical.

After doing all this, the rest of the time is flexible. A myriad of eclectic clubs and bars are accessible, just don't get into any political debates with guys in pinstriped suits named Tony. My first bit of advice is to keep your ears open. You may just hear the next famous jazz musician at a bar or see a soon-to-be rock star at a club. The next bit is to meet the locals. Talk to the people

who live and breathe the city. You will learn something that possibly never crept through that expanding brain of yours. After all, New York is a learning and growing experience. Conquering the city gives you a high even greater than scoring perfect on a Bio-Chem final without studying. You recognize your true independence and your ability to survive in an extreme environment. Do not leave New York, however, without eating at a hot dog stand. It's...well, it's just wrong.



Hotel tips for the city

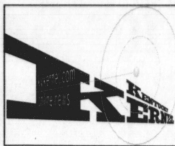
Here are a few tips to help you keep up with your valued possessions while on Spring Break.

- If the hotel has an in-room safe use it and keep all your valuables in there. If the safe is electronic, wipe the touch keys down before operating it with a damp cloth, and then dry it before entering your secret code.

The reason for this is because certain hotels have caught their own hotel staff placing a light oil residue or powder on to the touch keys that shows them when using a certain light what numbers were pressed.

- Never leave valuables in soft/material bags with pockets even if they are padlocked like Alcatraz.
- Never get drunk and invite a stranger to your room.

• Source: <http://www.asia-traveltips.com>



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SOMETHING DIFFERENT

An alternative for Spring Break

A break: Organizations use Spring Break to help out communities, underprivileged

By Chris Thomas
CONTRIBUTING WRITER

If partying is not your idea of a good Spring Break or if you just want to try something different there are plenty of other options.

Several organizations on campus always seem to have something "alternative" going on during Spring Break.

The Baptist Student Union is taking three different trips during Spring Break. Students will renovate a Christian camp in Eastern Kentucky called Camp Nathaniel. There is a Youth Creative ministries Festival in Gatlinburg, Tenn., that many students also will attend. But the biggest number of students participating in the trips will go on the trip to Panama City.

Bobbie Russell, the campus minister intern for the BSU and a family studies senior, said students can choose between the four options. For some of the trips, like Panama City, the BSU provides some things for free, she said.

"We provide free van rides, scheduled by appointment. We also provide free pancake breakfasts," Russell said.

The Panama City trip costs around \$280, the Gatlinburg trip costs about \$50, and the trip to Eastern Kentucky costs \$60, she said.

"Anyone who wants to go to the festival and to Eastern Kentucky will need around \$110," Russell said.

The BSU isn't the only organization that will be traveling during Spring Break. The

Christian Student Fellowship will also be packing up for some trips during Spring Break.

The CSF will travel to Mexico to help churches build houses for the poor, said Andrea Stephens, the director of women's ministry and worship.

"We work with a group called Casas por Cristos. In English that means houses for Christ. We will be going to Juarez, which is right across the border from El Paso, Texas. This year we'll be helping local churches build two homes for poor people in Mexico," Stephens said.

She said this year about 30 students are participating and the trip costs around \$650.

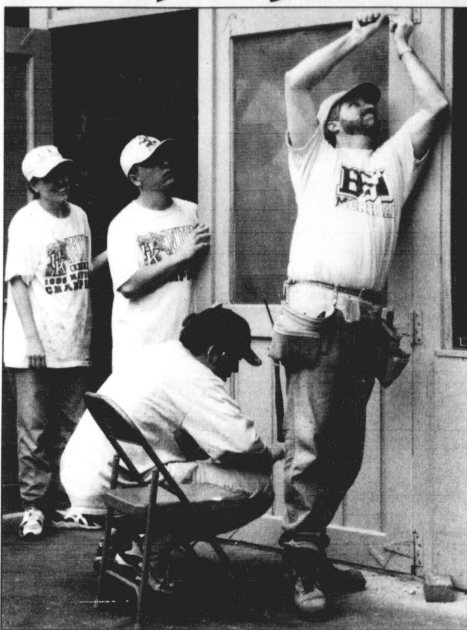
Amie Bower, a member of the CSF, participated with the group on last year's alternative Spring Break trip. Bower, a management and marketing senior, said she learned a great deal on last year's trip.

"The trip really opened my eyes to another culture and it made me grateful for the things I have," Bower said. The families we build houses for don't have hardly anything. I get more joy out of helping others than fulfilling myself."

Interested?

For more information concerning the Christian Student Fellowship Spring Break trip contact Andrea Stephens at 233-0313.

For more information concerning the Baptist Student Union contact Bobbie Russell at 257-3989.



Working for others

Members of the Baptist Student Union use their Spring Break to help communities. This year members will do work in Eastern Kentucky, Gatlinburg, Tenn. and Panama City.

"The trip really opened my eyes to another culture and it made me grateful for the things I have." - AMIE BOWER, CSF MEMBER

TIPS

Surviving the break

By Matt Mulcahey
SCENE EDITOR

Spring Break, that annual festival of drunken excess, will be here before you know it. I don't care how broke you are or what other excuse you have, you should go.

Here's some tips for your trip, most of which I learned the hard way.

Drive

Sure, flying might be faster, easier and cheaper but that's not the point. You're out there to have fun and a cross-country trek is often as much fun as the final destination.

No significant others

Nothing puts a stop to a good time faster than having your girlfriend or boyfriend with you. I learned this one the hard way during a long, miserable week in Daytona.

Know the laws

Open alcoholic beverages are legal in Tennessee. So if a cop pulls your van over in the Volunteer state, don't try to hide the bottles of Beam and beer you have open. Trust me, he saw you put the bottle under the seat.

What not to drink

If you go to Puerto Rico don't drink the water. In fact, don't drink the soft drinks.

Know your limits

If you go to a 5 to 7 p.m. all you can drink extravaganza at Sharky's and somebody says "Hey, lets have a drink off," tell them no. Trust me on this one, it's a bad idea.

Too much sun

Don't sit on the beach the whole time sunning yourself. It's boring and as soon as you get back you'll be your pasty old self anyway.

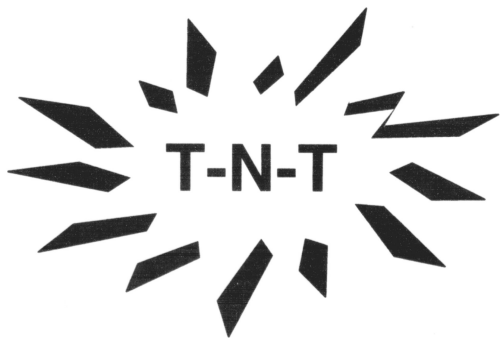
Dude, where are my keys

After you've checked out of your hotel and are packed, don't lock your keys in the car.

Betting tips

If someone comes up with three cups and tries to get you to guess which one the ball is under for money, don't do it. You won't win.

I hope this has swayed you. But remember, don't do anything too stupid and don't come back with any STD's or tattoos you don't want.




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- ACROSS
1 Tailor's aid
4 Disagreement
8 Animal's stomach
12 Thorny plant
13 "Born Free" lioness
14 Cliffside refuge
16 Ceramic pot
18 Pack's down
19 Tina Turner's ex
20 Thanksgiving desserts
22 Garden structure
24 Bonny miss
25 Shade
26 Firm grasp
28 Harbor boat
31 Fence parts
34 Ancient empire builder
35 Fish organ
36 Pub orders
37 Wanderer
38 Teen's problem
39 "Soft" or "hard" Irish
40 Canned
41 Spices
42 Ms. Basinger
43 Competes
44 Take to court
45 Crookie man

PREVIOUS PUZZLE SOLVED

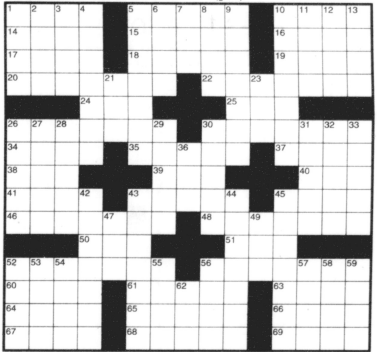
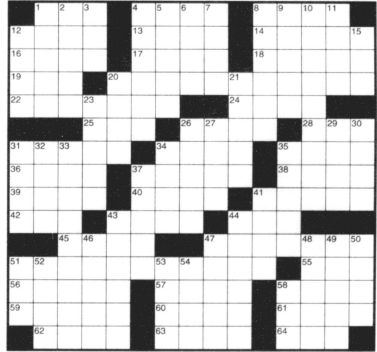
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EVENT DING FIRE
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UPS TURN USE
FOUR TRISH MITTE
FREEFALL ORATED
SKIRRENS SPLIT
TUBA SLUR INANE
ADIT ERS NEVER
BUDS WELD GEESE

ACROSS

- 1 Drop heavily (into a chair)
5 Helps a crook
10 Coffee-break snack
14 -- fries, potato order
15 Strangth
16 Huron neighbor
17 Frankenstein's foe
18 Dated
19 Fruit's parent
20 Washing sponge
22 Confidence
24 Important period
25 Camp measure
26 -- sandwich: punch
30 Wildflower habitat
34 Carry on
35 Use a dressing room
37 Lift anchor
38 Half of
39 -- "Town"
40 Parrot
41 Long-standing quarrel
43 Lazy one
45 Skipper's place
46 Fish peddler
48 Map explanations
49 Loud meow
51 Luau fare
52 All in a row
56 Take away
60 Post deadline
61 Bridge guru
63 Yodler's answer?
64 Row of seats
65 Stop to Poppye
66 Impostor
67 Jacket features
68 Actor Sinclair
69 Dry
DOWN
1 Comedian
2 Company emblem
3 Melrose title
4 Ideal
5 Road surface
6 Dressmaker's cut
7 Naval oil
8 Dick Tracy's wife
9 Use honey
10 Jogs the memory
11 Algerian port
12 Trend Fountain
13 Hasty look
15 Indiana Jones quest
18 Ostrichlike bird

PREVIOUS PUZZLE SOLVED

GROU TRACE FOXEY
HALLO HAULS EDIE
FRITS ONTAE HOIL
GENIUR ION STRIP
PIGGISH GOWLICK
EGRETT ATOP ELLIE
ALADULLS HELL
COMA ORGAWAULL
HOTELS SOMEDAY
ROBIN BLANKETTED
OVER PLUCK ERLE
CATS OVER THE RIBS
ELLA TREED SOAK



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- ACROSS
1 An arm or a leg
5 Headquarters
9 Bear
10 Conqueror
13 Where Japan is
14 Superfluous
16 Profit
17 -- it like it is
18 Student's group
19 Loose threads
20 Shows part
22 Concentrates
24 Aphrodite's son
26 Genuine
27 Engine part
30 Vindicta
31 Cough-drop flavorings
33 Reared
35 "Faster -- a spreading bullet"
37 Grey Cup org.
38 Liable
39 GI address
40 Electric swimmers
42 Plunder
43 More desolate
45 Laundry with chemicals
48 Robin Hood's
49 Tonne pepper
48 Chops
50 Neckwear
53 Full a car
54 "Giant" author
58 Like a cucumber?
59 Overjoy
61 Electric sign
62 "Chestnut" end
63 Valleys
64 Congregation's cry
65 Fratt-party item
66 "Thaw"
67 "Mona"
DOWN
1 Stat
2 "Got it"
3 Marathon unit
4 "Swan Lake" and "Giselle"
5 "Faster -- a spreading bullet"
6 Wheel parts
7 Dated
8 Great stumbles
9 Most
10 Drizzle
11 Basin
12 Crawling insects
15 One way to ride
16 Caviar
23 Drone
25 Caper
27 Saker Lott
28 Walked up down
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67 "Mona"

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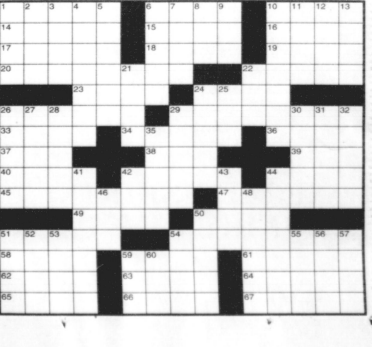
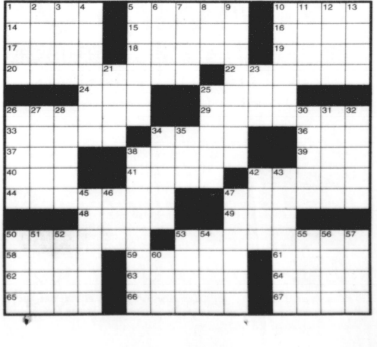
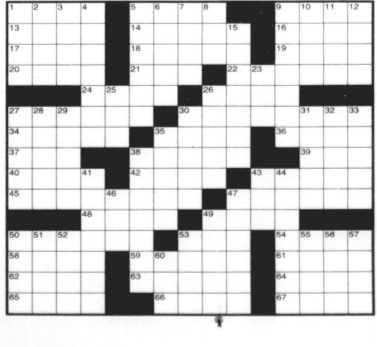
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HEARTENS MODEST
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BLISS GAPE RNA
EAT EIGHTS BULK
AVE EARN BASTIE
MEDELOD EIGHTS
COPHS ADA
ORANGE POSSIBLE
LIMANALIVE INOOK
EMILL EXCELSIOE
SEED DEAINS TEND

- ACROSS
5 Coming-out party
10 Warm fabric
14 Alternative powder
15 Jean Auel heroine
16 Fobos's buddy
17 Jean Auel heroine
18 Tobacco product
19 Coral formation
20 Cheers up
22 Shirts
24 Furniture hauler
25 Stater
26 Mountain
28 Balpurr
33 Complete happiness
34 Joffen
35 Generic ints.
37 Noble
38 Does a laundry
39 Sort
40 Old relative
41 Deserve
42 Interfered
44 Count --
47 Figure --
48 "Slender" feet
47 Least
49 Orthodontist's vehicles?
50 Popular juice
53 Capable of party
58 happening
59 Persian capital
61 Cozy corner
62 Runner
63 Zatopek
64 Gin flavoring
65 Out part
66 College hotshot
67 Look after
DOWN
1 Idaho neighbor
2 Address
3 City pot
4 Mullers
5 Honest
6 Leprechaun's abode
29 Quoted
8 UN member
9 Housing
10 menaces
11 Expressed
11 Type of
12 Minerals
13 Went away
21 Sunbathe

PREVIOUS PUZZLE SOLVED

PLOP ABETS ROLL
FLOES SINEW ERLE
FOUR FASH MARE
LOOFAHS SEMINAR
REPRAL TON KEA
KNUCKLE MEADOWS
RANT TRYON SAIL
ADDLE OUPH KEA
FEUD TDLER HELM
HEADLERS BENDS
GAL POI
ALLIGNED DETRACT
LATE GARDEN ECHO
TILER AVAST SHAM
ARMS LEWIS SERE

- ACROSS
1 Fallaters
6 Do a garden
10 -- moss
14 Hand of Klara
15 "Heter" in France
16 Press
17 Occasion
18 Bell sound
19 Rock group --
20 Trumpet-shaped
22 Thoughts
23 Yours and mine
24 Snowman's
26 Like a model
29 Ebbled roots
33 Type of top
34 "At which place?"
36 Tiny fly
37 Fleck rival
38 Jar
39 Function
40 Two couples
42 Kind of coffee
43 Tiny creature
45 Unimpeded drop
47 Held forth
48 Domestic birds
50 Sucker
51 Tock to the
54 Spicy trunk
58 Hapden next
59 Disparage
61 Sill
62 Mine passage
63 Bronie's Jane
64 At no time
65 Undeveloped
66 Joan (metal)
67 Canadian hornkers
DOWN
1 Drove a nail obliquely
2 Part of T.A.E.
3 Music notation
4 Relatives
5 Get under way
6 Dry watercourses
7 Runner
8 Very long time
9 Burrow
10 Desert choice
11 New York canal
12 Site of an exotic tomb
13 Filings
14 Warmers over
15 Made a picture
16 The thing's
17 Stripes
18 Afternoon show
19 "Primal Fear" star
20 Cream
21 Steam
28 Hapden next
29 Danger for "Pauline"?
30 Arctic dweller
31 Team paper
32 Pegasus or Silver
33 Fingers
34 Rings
41 Warmers over
42 Writer Fleming
43 Pueblo dweller
44 Afternoon show
45 Upsitting
50 Tiar into time
51 Take a -- at antelope
52 Striped
53 Term paper
54 Ringle
55 Musican
56 Washington
57 "Primal Fear" star
58 Make a dress
60 Cautic
61 stuff



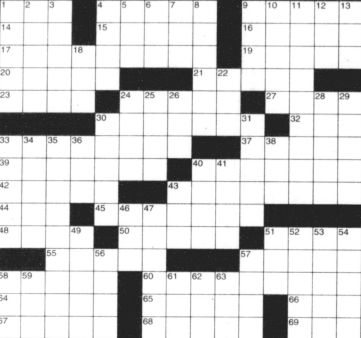
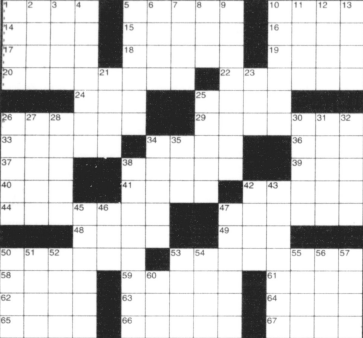
crossword puzzles

ACROSS
 49 Joyce Carol Oates novel
 50 Computer numbering system
 51 Astor's need
 52 Fantasia
 53 New Zealand discoverer
 54 Tasman
 55 Curly hand
 56 Jousting
 57 Craney's companion
 58 Gorgeous
 59 Playtime
 60 Tote
 61 About 2.2 pounds
 62 Kind of job
 63 She has will power
 64 Not glossy
 65 "Voe is me!"
 66 Green parrot
 67 M.D.'s group
 68 Factory
 69 Hotel
 70 Sapphire, e.g.
 71 Mendicant's cry
 72 Vicar's home
 73 Support as a cause
 74 Larger
 75 L.L.D. holder

PREVIOUS PUZZLE SOLVED
 BBS TRITTE SEPAL
 OAT WAISE PLANE
 WHATS WHAT RIVING
 LIARS HAYDN
 SAKI GUMDOR ETICH
 ENNUI
 LARIATS INTEIGER
 OVALS PROTESTERS
 PAW PASSKEY
 ELBA GILLES EBBS
 ADIEU CLARA
 FOCUS SCHOOLBUS
 ANKLE HEART EINS
 TASTE VESESS STY

ACROSS
 1 Small pellets
 4 Hackneyed
 5 Flower part
 14 Breakfast grain
 15 Camel steps
 16 United vehicle
 17 Details of a situation
 19 Bemomano
 20 Turkish coins
 21 Composer Franz Joseph
 23 H. H. Munro's pen name
 24 Bleated
 27 Write on glass
 30 Sugary treat
 32 Gershwin brother
 33 Signed a check
 37 Boredom
 39 Rodeo gear
 40 Number
 42 Egg shapes
 43 Walks on a pocket line, e.g.
 44 Furry foot
 48 Exile island
 49 Diner delight
 51 Derris
 55 "Farewell, Hooray"
 57 Nurse Barton
 58 Concentrate
 60 Studied
 64 Place for a bracelet
 65 Compassion
 66 Coast Guard
 67 Take a sip
 68 Votes in favor
 69 Dirty place

PREVIOUS PUZZLE SOLVED
 PIN SPAT CRAW
 ROSE ELISA AERIE
 OLLA DUAL TAMPIS
 LIKE PUMPKINPIES
 GATTICE LIASSIE
 HUIE GRIP TUG
 GATES MAYA GILL
 ALES NOMAD ACNE
 WARE OPEN CLEAN
 KIM VILES SUE
 AMOS EARSHOT
 FIGURE EIGHT ALB
 AVAST YOGA TILES
 DENSE EWER ATOP
 STIVY DADA DITS



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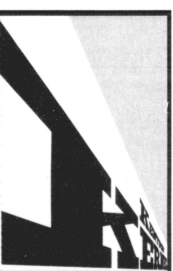
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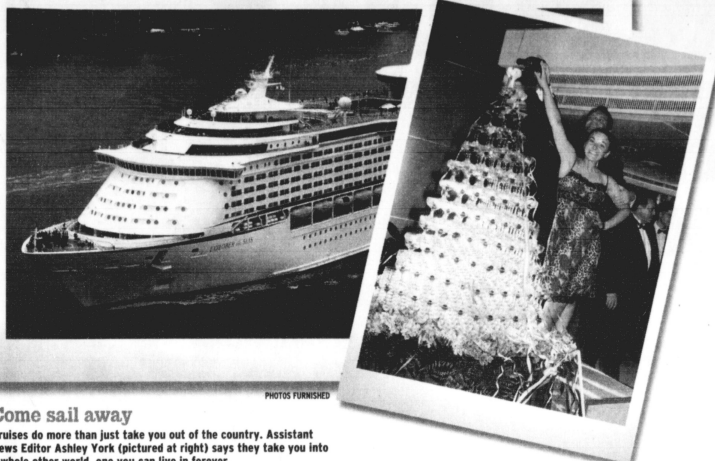
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Come sail away

Cruises do more than just take you out of the country. Assistant News Editor Ashley York (pictured at right) says they take you into a whole other world, one you can live in forever.

Hello sunshine: Cruises offer champagne towers and more

By Ashley York
ASSISTANT NEWS EDITOR

For those of you who have taken a cruise, I don't need to tell you how magnificent the experience is. For those of you who haven't, I am going to tell you, and hopefully encourage you to do yourself a favor by calling your travel agent today.

Look at this photograph (to the right). Surrounded by 751 glasses of champagne on the Grand Princess (a property of Princess Cruises). Who could ask for anything more?

Whether you decide to sail across the Caribbean, Mediterranean or Pacific waters, you are in for a treat. Sun, fun, fabulous food, beautiful tropical drinks, dancing and gorgeous beaches, including nude ones, offer only a few of the unlimited incentives for you to book a cruise for your next vacation. Trust me.

It's hard to highlight the best parts. Some would say the smorgasbord of food, available 24 hours, while others would say porting at the islands to kayak, snorkel and tour the lands is the best. Perhaps, lying out on the boat drinking hurricanes or daiquiris the entire time will satisfy your particular interests. That's cool, because there is really no reason to get off the boat if it is not necessary.

I wouldn't necessarily privilege one part of the cruise over the other, but I would recommend that you take time to enjoy the luxuries the boat offers, which means there is no time for sleep while on board the ship. You can do that when you get back.

Besides, if you sleep at night you miss out on getting to know the diverse crew. They provide the best service you can imagine at dinner and on deck throughout the day, but they also add considerable hu-

mor to the story you will tell your friends and family once the trip is over.

Other than food and alcohol, which is all Panama City will offer you, cruise boats have it all. Casinos, art museums, bars that stay open until you pass out, night clubs, restaurants, swimming pools, arcades, shops, piano bars and if you're lucky, a champagne party.

Though they are a little difficult to plan due to age requirements, some cruise lines require that someone in the cabin be 25 years old, flights and pricing, don't be discouraged. Keep trying — your friends will be oh so grateful for your efforts. Mine were.

Even though you will have the best time of your life, you can count on some serious post vacation depression when you wake up on the last day to realize your seven days of paradise have ended. You'll come back to Lexington, where all your problems eagerly await you, and wonder when you will be able to find the money and time to sail away again.

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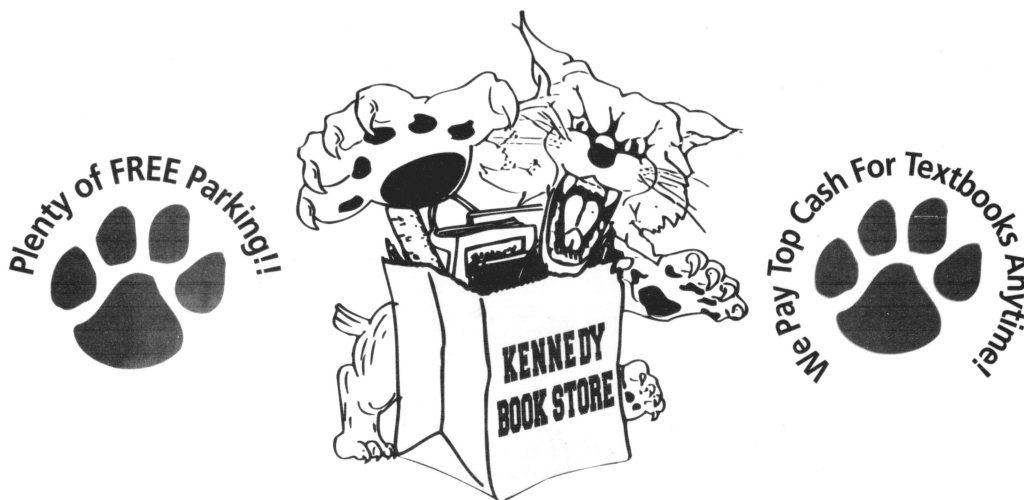
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