



Men's soccer wins Senior-Day game Page 6

First issue free. Subsequent issues 25 cents.

a business of FAITH

By Ryan Tompkins
THE KENTUCKY KERNEL

Fighting what she refers to as her "dual life," Bethany White said she found it hard to blend her beliefs with academia.

"I had two lives," the English Ph.D. student said. "One as a reasoning academic at the university level, and a secret life as a worshipping Christian."

During this dualism was a recent "profound life experience," which White said occurred after an intense personal Bible study.

It also has led her to write a book and start her own business.

"It was like a door opening with me," White writes in her book, *Coming into God's Last Days Church*.

"I was dramatically introduced to the power of God working within me."

With her new understanding, White said she found other doors opening as well.

After completing her undergraduate work at the University of Massachusetts Lowell and receiving a master's degree in English at New York University, White is now writing her doctorate dissertation on issues of faith and black domestic life.

During the 2002 spring semester, she taught a Major Black Writers course at UK that examined the importance of Christianity in black nation building from Africa to America.

White said the class of about 22 students had a profound effect on

some. "I had three students admit to me in private that the course had led more than an intellectual interest for them," she said.

Suppressed with the success of her class, White said she began looking for other academic outlets for her faith, and the result was her book.

White said she hopes her book offers empathy to those with a similar struggle of blending faith with academics. She reasoned that it acts as a "book of encouragement" and is the result of her attempts to mold the two areas of her life.

Bishop Lucian D. Booker, pastor of the Greater Soul Deliverance Tabernacle in Lexington, where

See Faith on page 2

After a religious epiphany, Bethany White decided to mix her faith with her business sense. She wrote *Coming into God's Last Days Church*.

JOHN FOSTER | STAFF

Ballot Bash brings politicians, bands to campus

By Tricia McKenny
THE KENTUCKY KERNEL

Regional musicians will team up with state political speakers at next week's "Ballot Bash" to educate UK students about the upcoming presidential election.

Student Government created "Ballot Bash" in the spirit of MTV's "Rock the Vote" bus tour, which attempts to raise awareness among students about the presidential election and encourage students to vote in

the election, while musical acts provide entertainment.

Many organizations get people to register, but some people forget that actually getting them to vote is the other half of the battle, said Ben Carter, organizer of Ballot Bash and an SG senator representing the Gatton College of Business and Economics.

"This is not another Hoosier Daddy or Gator Roast," Carter said, referring to SG's yearly pep rallies. "We want this to be more

of a festival-type atmosphere with bands, speakers and booths set up. Hopefully, students will be able to mingle around and learn about the candidates," he said.

Musical performers will include House of Heroes, from Ohio, and Kenny Owens, who performs locally at Redmon's and Banana Joe's.

Some of the featured speakers include Jack Conway, chairman of the Kerry-Edwards campaign in Kentucky, and Kentucky Secre-

tary of State Trey Greysen.

Representatives from the UK College Republicans and the UK College Democrats will sponsor booths and will also speak at the event.

"We tried to strike a good balance between the band time and speaker time," Carter said.

SG will also provide booth space for campus organizations such as Campus Republicans, Campus Democrats and other issue-based groups.

Carter said SG wanted to

provide a way for busy students to learn and get information about the candidates and issues in the election.

Many SG senators have expressed enthusiasm for the event.

"The response has been overwhelming," said Andrea Naseam, SG senator at-large.

"We (senators) heard about it and immediately

provide a way for busy students to learn and get information about the candidates and issues in the election.

SG has budgeted \$26,000 for Ballot Bash, but the final total may be less than that amount, Carter said.

"The pieces are in place to make this a bigger event than Hoosier Daddy, but we'll see how the student body responds," Carter said.

"Where do I sign up?"

Ballot Bash
Tuesday, Oct. 26
Stoll Field
8 p.m. to 11 p.m.

E-mail
tmckenny@kykernel.com

Retiree health benefits to get another review

By Clay White
THE KENTUCKY KERNEL

UK President Lee Todd has commissioned a new subcommittee to address a proposed change to UK's post-retirement health care benefits package that many faculty and staff members perceived as unfair.

At issue is the current UK Retiree Health Care Benefits plan, which functions on a "pay as you go" basis. This means UK pays a set amount available for employees and retirees instead of saving money for future benefit costs.

Administrators proposed a new plan in February — effective Jan. 1, 2005 — which would give UK retirees a "single-credit" cap of \$7,500 a year in health care. The retiree would pay any costs after that amount.

Todd appointed Michael

Tearney, associate dean of the Gatton College of Business and Economics, to head the new committee.

"Our charge is to look at the whole area — look at the revenue side, how fast the budget is growing in comparison to how fast the cost of post-retirement benefits are growing," Tearney said.

Tearney will select committee members from various campus groups and will also include retired faculty and staff in the group.

"I want members with totally open minds," he said. "I don't want anybody with any preconceived notions."

Tearney said the findings of the last committee were perceived to be unfair by many faculty members because it only looked at the costs and not the "whole area" of the plan.

Ernest Yanarella, chairman

of the university senate, said he wants the new committee to "offer a wider range of options to protect the benefits of those who have retired or those who will retire during the review period."

Joey Payne, director of employee benefits for UK, believes the new committee will be able to reach the goal of fairness for all parties involved.

"I'm very optimistic the university will find a solution that best meets the needs of the employees, retirees, and the institution," Payne said.

Payne will be a committee member and will provide information on how the university's existing health plans work for both retirees and current employees, he said.

Tearney is in the closing stages of finalizing committee membership, but he still must hire a consulting firm. The

firm will work with the university's budget office and try to align the growing costs of the existing post-retirement health care benefit program with UK's revenue growth.

Payne said the committee has until January to gather the information. From then on, the group will begin its work, with no exact deadline to come up with a recommendation.

Yanarella said he wants the committee to use the "luxury of time" to carefully examine UK's current post-retirement health care policy.

"The quality of the remainder of their (the retirees') lives is tied up to how much health care they are going to be getting," Yanarella said. "Hopefully, they will not have to face Draconian possibilities."

E-mail
news@kykernel.com

Commission seeks to promote women

By Shannon Mason
THE KENTUCKY KERNEL

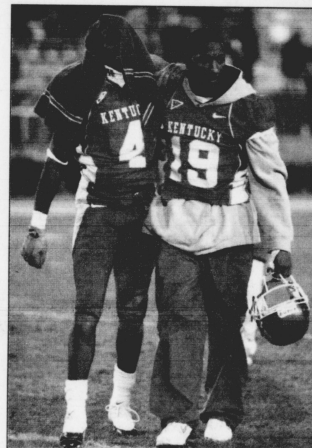
Women's safety on campus has always been a top concern for the President's Commission on Women.

The commission helped conduct a survey on women's safety on UK's campus, whose results were announced in late September. But the commission — which UK President Lee Todd formed in 2001 — tackles other issues associated with the status of women faculty, staff and students on UK's campus.

One of the commission's main goals is "to advocate for the improved treatment of women and women's well-being," said Jessica Burke, a political science and sociology senior who is a member of the commission.

The commission partnered with the President's Commission on Diversity and the Office of Institutional Research last year in conducting a campus climate survey. This survey aimed to get an overall look at the atmosphere of UK's cam-

See Women on page 2



Sophomore receiver Keenan Burton (19) carries junior receiver Glenn Holt's helmet as he consoles him after UK's loss Saturday.

JONATHAN PALMER | STAFF

Learning the law without going to law school

By Fred Alvarez
LOS ANGELES TIMES

For decades, young idealists eager to practice law on behalf of California's farm laborers and other indigent groups have learned their trade not in classrooms but at the elbow of veteran attorneys who serve as mentors and instructors.

California is one of seven states that allow prospective

attorneys to skip law school and earn the right to practice by serving apprenticeships.

Jessica Arciniega, 29, is a former UFW organizer who has completed her first year of study under Oxnard, Calif., attorney Barbara Macri-Ortiz, a fiery former union lawyer who helped set up the apprenticeship program and took that path herself.

The two have combined

volumes of book work with real-world experience gleaned from Macri-Ortiz's law practice.

She is set later this month to take the First-Year Law Students' Examination to earn the right to continue her path of study for three more years.

"There's no pomp and circumstance to this program; it's all about how to learn the law so you can help people,"

Arciniega said.

"I've always had this desire in me, this real soft spot, to defend the underdog," she said.

Most states, responding to pressure from the American Bar Association, have eliminated apprenticeship programs.

Bar officials estimate that fewer than 30 people are pursuing the program at any given time.

Faith

Continued from page 1

White attends services, said he encourages all young women in his church to read the book.

"I think it's a real down-to-earth, true statement of her search for God," he said.

In addition to publishing her book, White has turned her business ideas into another outlet — her own Bread of Heaven Ministries of Lexington, Inc. — with the help of the UK Small Business Development Center.

White said that although Bread of Heaven was originally created to sell her books as well as the literary works of others, she is now drawn to sell her work exclusively. White's second book, due late this year or early 2005, will examine spiritual authority.

The small business center White uti-

lized to start Bread of Heaven has its state office in the Gatton College of Business and Economics, and helps both existing business owners and potential entrepreneurs.

With the aid of free consulting and inexpensive workshops, White said the SBDC helped her with basically "everything," from general planning to budgeting advice.

Erin Thomas, a pre-journalism sophomore, said she finds encouragement in White's story.

"As a Christian, it's encouraging to see a member of the academic community step up to the challenge of living out her faith," Thomas said.

"I think it's great that she can use her religion to influence her academics," said undeclared freshman Dan Hutson. "If that's what helps her succeed, then she should keep up what she's doing."

Tiffany Woods, a social work senior, said that she, like White, values her religious beliefs.

"I do rely heavily on my faith in God in order to get through college," Woods

said.

To hungry, goal-seeking students, White said always to look for helpful resources.

"Don't run away from the experience," she said. "You'll only become more and more frustrated."

E-mail
features@kykernel.com

Bethany White

■ Bethany White's book, *Coming into God's Last Days Church*, can be purchased at the UK Bookstore.

■ For special event bookings contact the Bluegrass Speakers Bureau at (859) 266-2644.

■ For church bookings, contact Bethany White by phone at (859) 335-0802 or visit her Web site at www.bwhm.com.

Women

Continued from page 1

pus by surveying UK undergraduate and graduate students.

Both commissions are working at compiling and analyzing the information from this study and putting its results into action.

Kimberly Drummond, administrative support associate for both commissions, said that the President's Commission on Women also did a pilot study on gender equity and faculty salaries last year.

The commission may be

best known for the women's safety survey.

The majority of women polled were more afraid of being victimized by a stranger than someone they know.

However, the survey found that those committing 95 percent of rapes and 76 percent of other sexual assaults in the UK community were known by their victims.

About 370 of the 1,010 women polled felt that they had been personally victimized.

"I think the survey will be valuable for the UK Police Department, the counseling center and even the health center," said Student

Government President Rachel Watts. "Hopefully it will raise awareness of these problems."

As a result of this study, Todd announced several initiatives to be taken to prevent the victimization of women on campus.

The primary goal was to create the UK Women's Place, a central point of contact for coordinating victim services and prevention programs.

Other programs, such as a self-defense program for students, as well as Lexington community members, are also in the works.

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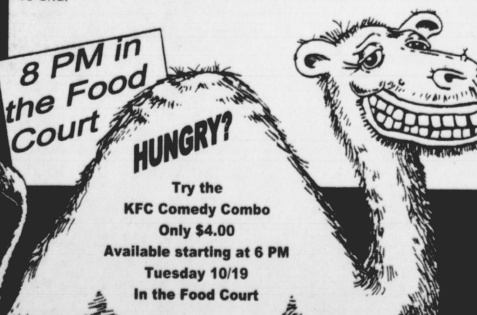
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Starts Friday, October 22 At Theatres Everywhere

Loss

Continued from page 1

nior safety Mike Williams. Game over, again.

Never mind — it bounced off his chest and hit the ground.

"It's a very tough thing to have the game in your hands and have it fall out," said UK head coach Rich Brooks.

USC (5-2, 3-2 Southeastern Conference) wouldn't offer UK (1-5, 0-3 SEC) another chance.

With 1:28 left, Rathe scrambled around and threw a 19-yard touchdown pass in the back of the end zone to Troy Williamson.

"If you don't make plays, the other team will," said UK junior safety Muhammad Abdullah.

But other than their lone touchdown pass, the Gamecocks didn't make any big plays.

The Gamecocks rushed the ball 43 times for 213 yards, while passing 16 times.

Backup quarterback Blake Mitchell threw two interceptions, and running backs Demetrius Summers and Gonzie Gray combined for three fumbles.

"If you told me (five) turnovers and we're going to work our way down to Michael Rathe, I would have mailed it in," said USC head coach Lou Holtz.

But UK's offense was just as error-prone.

The Cats turned the ball over four times — including inopportune fumbles by quarterbacks Shane Boyd and Andre Woodson. Boyd fumbled on third-and-short at the USC 38-yard line late in the first half.

Less than two minutes later, Woodson took the Cats down to USC's 15-yard line before fumbling away another scoring opportunity.

"We can't expect to beat anybody if we turn the ball over like that," Brooks said.

Each time the Cats gained any momentum, a turnover sent them back to the sideline.

"I don't know what to say about that," said junior receiver Glenn Holt.

UK mounted its only scoring drive late in the third quarter, when it started a 23-play, 94-yard drive that lasted 11:54.

The Cats looked crisp, with Boyd connecting with his receivers, and freshman running back Tony Dixon picking up yards. The Cats seized control of the game with 9:52 left on junior Alexis Bwengwe's 2-yard touchdown plunge.

"I wish I was talking about more than one drive," Brooks said.

With all the turnovers the Cats committed before that drive, offensive coordinator Ron Hudson said he was disappointed that it didn't happen sooner.

"It would have been nice to have a couple more drives like that," Hudson said. "But you can't lay the ball down on the ground and expect to have those types of drives."

After USC's game-winning score, UK had one more chance. Four incomplete passes later, the Cats let that one slip through their hands as well.

"There is nothing more gut-wrenching to lose a game like how we lost it," Brooks said. "They knew it was a game they could have had."

E-mail
jpatterson@kykernel.com

	1	2	3	4	Score
USC	0	6	0	6	12
UK	0	0	0	7	7

SCORING SUMMARY:
2nd 14:23 USC - Brown 43-yd FG, 10 plays-44 yards 4:29 drive, USC 3 - UK 0; 06:32 USC - Brown 20-yd FG, 10-33 5:55, USC 6 - UK 0
4th 09:52 UK - Bwengwe 2-yd run (Bejley kick), 23-94 11:54, UK 7 - USC 6; 01:28 USC - Williamson 19-yd pass from Rathe (Rathe rush failed), 13-88 5:01, USC 12 - UK 7

TEAM STATS:
First downs: USC 16, UK 18; Total offense plays-yards: USC 59-318, UK 70-275; Fumbles-lost: USC 4-3, UK 4-3; Interception returns-yards: USC 1-18, UK 2-0; Penalties-yards: USC 4-31, UK 4-33; Possession time: USC 29:54, UK 30:06; Third-down conversions: USC 7-14, UK 11-18; Fourth-down conversions: USC 1-1, UK 0-1; Red-zone scores-chances: USC 3-4, UK 1-2; Sacks by (number-yards): USC 1-13, UK 1-3

INDIVIDUAL STATS:
RUSHING - UK, Dixon 16-29, Beach 6-28, Boyd 6-15, Bwengwe 3-6 TD, Holt 1-5, Davis 1-1, Woodson 2(-4), Total 35-80 TD; USC, Summers 6-40, Torman 8-54, Boyd 10-51, Mitchell 5-28, Gray 2-15, Newton 5-7, Team 1-0, Gause 1-0, Rathe 3(-2), Total 43-213.

PASSING - UK, Boyd 18-29-0 149, Woodson 4-5-0 22, USC, Mitchell 2-7-12, Rahn 5-9-0 57 TD, Newton 2-2-0 38, Team 9-16-2 105 TD.
RECEIVING - UK, Holt 10-59, Tammie 3-30, Parker 3-23, Dewalt 2-25, Dixon 2-19, Drobney 1-13, Mitchell 1-2, Team 22-17L, USC, Boyd 4-54, Williamson 3-31 TD, Whiteside 1-16, Torman 1-4, Team 9-105.

PUNTING - USC, Brown 1-56, UK, Sucurovic 3-109.

INTERCEPTIONS - USC, Whiteside 1-18, UK, McClinton 1-0; Abdullah 1-0.

FUMBLES - USC, Summers 2-2; Gray 1-1, UK, Boyd 2-2; Woodson 1-1; Dixon 1-0.

ATTENDANCE - 63,086

Cats blast to past in latest heartbreak



JONATHAN PALMER | STAFF
Freshman safety Marcus McClinton (2) celebrates after intercepting a pass in the fourth quarter.

By Josh Sullivan
THE KENTUCKY KERNEL

UK senior receiver Gerard Parker has lived through this type of heartbreak before.

On the verge of an upset — yet again — the Cats let it slip away as the clock wound down.

This time it was South Carolina. Parker still remembers shortcomings against Tennessee in 2001, Louisiana State in 2002 and Florida in 2003.

"We have been here before and seen a lot," Parker said. "We've experienced some games like this for the past four years."

In each of those near misses, UK failed to take advantage of clear and present opportunities in the fourth quarter.

Against the Vols, it was Chase Harp's costly fumble.

Then it was LSU's infamous "post-Gatorade-bath" Hail Mary as the clock ran out.

Last year, Jared Lorenzen's ill-advised pass found the hands of the Gator's Johnny Lamm.

Saturday night, it was another failure to put the game away.

With 9:52 left in the game, the Cats had taken their first lead of the night at 7-6.

With 8:40 to go, freshman safety Marcus McClinton intercepted the ball at the USC 40-yard line.

A couple of first downs and perhaps a score could have sealed the win.

Instead, the Cats went three and out.

"That was a momentum change that we needed to win," said UK senior quarterback Shane Boyd. "And we didn't get it done."

Even after the quick possession, UK head coach Rich Brooks thought his defense could finish the Gamecocks.

"I felt we would stop them," Brooks said. "The Cats' bend-but-don't-break defense allowed Carolina to convert three third-down opportunities on their game-winning drive, two for third-and-long."

"There were several other opportunities we had that we didn't quite make the play," Brooks said.

USC drove down the field and after two near interceptions, quarterback Michael Rathe found Troy Williamson in the back of the end zone for the game-winning touchdown.

UK's upset bid slipped away — just like it did against Tennessee, LSU and Florida.

"This team invested a lot on the field for 60 minutes tonight," Brooks said. "And it hurts."

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Week of October 11-October 17

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MEETINGS
*Wesley Foundation's Bible Study and FREE Dinner, 6:00pm, Wesley Foundation, 508 Columbia Ave, Lexington
*UK Swing Dance Club, Dance Lessons, 6:30pm, Alumni Gym, \$25 entire semester
*Christian Student Fellowship presents "Blitz" for Freshman, 7:00pm, CSF Building on the corner of Woodland and Columbia
*UK American Civil Liberties Union Meeting, 7:30pm, Student Center, Room 231
*Campus Ministries International Meeting, 8:00pm, Student Center, Room 111

Mon 18

MEETINGS
*Baptist Student Union's English Conversation Class, 6:00pm, 429 Columbia Avenue
*Baptist Student Union TNT, 7:30pm, 429 Columbia Ave.
*Pre-Physical Therapy Student Association Meeting, 7:30pm, William T. Young Library, Gallery Room
*UK Sevan Bible Study, 8:00pm-9:00pm, Student Center, Room 113

Tues 19

SPECIAL EVENTS
*ShaoLin Do Club Meeting, 5:00-6:30pm, Alumni Gym Loft, \$60 per semester fee
*UK Fencing Club, 8:00pm-10:00pm, Buell Army on Administration Dr.
*UK Water Ski Club, 8:00pm OFF CAMPUS, call 559-9283-4123 for more info.
*UK Tae Kwon Do Club Mtg., 6:30pm-7:30pm, Alumni Gym Loft, call 351-7317 for more info.

ARTS/MOVIES
*The Lemon Tree presents "Taste of India", 12:00pm-1:00pm, 205 Erikson Hall
*Comedy Caravan presents Pat Dixon, 8:00pm, Student Center, Cat's Den

MEETINGS
*NCL French Division's Table Francaise, French Conversation Group, 3:00-4:30pm, Student Center, Room 206
*Lavender Society Mtg., 7:00pm, Student Center, Room 228
*Cats For Christ Mtg., 7:00pm, Student Center, Room 230
*UK Fellowship of Christian Athletes Mtg., 8:00pm, Upstairs of the Commons Market, South Campus
*Baptist Student Union "The Rock", 8:00pm, 429 Columbia Ave., Greece building a solid spiritual foundation: one step at a time
*National Student Exchange Meeting, 3:30pm, Miller Hall, Room 102
*Lutheran-Episcopal Campus Ministry's Workshop and Dinner, 7:00pm, St. Augustine's Chapel on Rose St.
*College Republican Mtg., 8:00pm, Commons Market, Room 308

Wed 20

SPECIAL EVENTS
*No Acca, 8:00pm, Grand Ballroom, Student Center
*The Lemon Tree presents "Taste of India", 12:00pm-1:00pm, 205 Erikson Hall
*Comedy Caravan presents Tim Northern, 8:00pm, Student Center, Cat's Den

ARTS/MOVIES
*Open the Gates of Consciousness: Art Nouveau Glass and Pottery," Noon-Spm, UK Arts Museum, \$8.00 Admission
*"Kristina Bogdanov," Monday-Friday, 11:00pm-5:00pm, Radvall Art Gallery, Student Center
*Creative Writing Corner, 6:00pm-8:00pm, W.T. Young Library, Writing Center, 5th Floor Westside, for more information call the Writing Center at 257-1356

MEETINGS
*Wesley Foundation Focus Worship, 7:30pm, Student Center, Center Theater
*Christian Student Fellowship presents "Synergy", 8:00pm, CSF Building on the corner of Woodland and Columbia
*Filipino American Organization Meeting, 8:00pm, Student Center, Room 119
*UK Phi Alpha Delta Pre-Law Mtg., 9:00pm, Student Center, Room 205

Thurs 21

SPECIAL EVENTS
*UK Fencing Club, 8:00pm-10:00pm, Buell Army on Administration Dr.
*ShaoLin Do Club Meeting, 5:00-6:30pm, Alumni Gym Loft, \$60 per semester fee
*Dressage Team Meeting, 5:00pm, Student Center, Room 115

ARTS/MOVIES
*Open the Gates of Consciousness: Art Nouveau Glass and Pottery," Noon-Spm, UK Arts Museum, \$8.00 Admission
*"Kristina Bogdanov," Monday-Friday, 11:00pm-5:00pm, Radvall Art Gallery, Student Center

SPECIAL EVENTS
*UK Tae Kwon Do Club Mtg., 5:30pm-6:30pm, Alumni Gym Loft, call 351-7317 for more info.

Fri 22

ARTS/MOVIES
*Grace Campus Ministries presents Friday Night Live, 6:00pm, Kirwin-Blanding Plaza, FREE FOOD

ARTS/MOVIES
*Open the Gates of Consciousness: Art Nouveau Glass and Pottery," Noon-Spm, UK Arts Museum, \$8.00 Admission
*"Kristina Bogdanov," Monday-Friday, 11:00pm-5:00pm, Radvall Art Gallery, Student Center
*Phaniet, Janna Frakuska, 8:00pm, Singularity Center for the Arts, Limited number of FREE tickets available for UK Students

SPECIAL EVENTS
*UK Tae Kwon Do Club Mtg., 11:00am-12:30pm, Alumni Gym Loft, call 351-7317 for more info.

Sat 23

ARTS/MOVIES
*UK Undergraduate Research Symposium, 9:00am-4:30pm, Mining and Mineral Bldg., Room 102, Call 257-4332 for more information

ARTS/MOVIES
*Open the Gates of Consciousness: Art Nouveau Glass and Pottery," Noon-Spm, UK Arts Museum, \$8.00 Admission

SPECIAL EVENTS
*UK Habiter for Humanities Battle of the Bands, 8:00pm-8:00pm, Student Center, Worsham Theater, Tickets \$8.00, On sale outside Classroom building, Commons, and at the Student Center.

Sun 24

ARTS/MOVIES
*Open the Gates of Consciousness: Art Nouveau Glass and Pottery," Noon-Spm, UK Arts Museum, \$8.00 Admission

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MATT CAREY, THE KENTUCKY KERNEL

IN OUR OPINION

UK counsel should comply with SG

A Student Government senator seeking documents pertaining to Referendum One was denied access to some papers after filing an Open Records request Oct. 6.

SG Senate President Braphus Kaalund, who filed the request with the Office of Legal Counsel, asked for any documents, memos, personal notes or e-mails between administrators regarding the Student Activities Board or Referendum One, which states SAB leaders should be elected since they use student fees.

UK students passed Referendum One by a nearly three-to-one margin in last April's SG elections.

The enforcement of the referendum has driven a wedge between SG and SAB officials ever since.

Kaalund told The Kernel yesterday he wanted the information to see what sources and criteria Vice President of Student Affairs Pat Terrell used to form her opinion that SG did not have

the authority to amend the SAB constitution, which it voted to do in a Sept. 30 meeting.

In response to the request, UK legal counsel said personal notes and e-mails did not have to be released to Kaalund.

But First Amendment lawyer Jon Fleischaker told The Kernel yesterday Kaalund should be permitted to see those documents under open records laws.

Fleischaker said the only instance where keeping information confidential would be justified is if the documents contained personal data like medical records.

In this case they do not. Kaalund is requesting correspondence relating to SAB, Referendum One and nothing else.

By denying Kaalund access to the personal notes and e-mails he is seeking, UK legal counsel is unjustly withholding valuable information from SG

and the UK student body that was used to make important decisions concerning them.

In the interest of open information, Kaalund should be allowed to review all of the documents he has requested.

In addition to Terrell, Provost Michael Metzler, General Counsel Barbara Jones, Student Services Director Rhonda Strouse and Student Publications Director Chris Poore were named in Kaalund's open records request.

Two of the five UK officials Kaalund is seeking information from have already told The Kernel they have no papers pertaining to Referendum One but would gladly share the documents if they had them.

If administrators really have nothing to hide, they will request UK legal counsel to comply with open records laws and grant Kaalund the information we are all entitled to.

You've got mail: AOL spams residents by way of junk mail

Jutting out haphazardly from my apartment mailbox (which is, conveniently, about the same size as a box of Tic Tacs) was a free copy of America Online.

After peeling away the protective layer of cellophane, I was confronted by the latest in packaging technology: a multifold box with glossy graphics and a magnetic strip that serves as a really neat locking mechanism.

According to the box, new 9.0 Optimized Software will "Block Spam and Web Pop-Ups."

Thank God. It's even more useful than it was a week ago.

Then it occurred to me that I had just received a similar copy about a week ago and another copy weeks before that — three in one month.

That comes to 36 free and elaborately packaged boxes of AOL software a year. Multiply that figure by the number of "current residents" in the country, and you've got an annual glut of AOL copies well into the tens of millions.

This figure doesn't even count the number of free copies that plague the inserts of magazines and newspapers and litter the counters of checkout lanes in supermarkets.

They are now so pervasive in our society that the United States Postal Service has seen fit to assault the "current residents" of this great nation with millions upon millions of tiny plastic discs.

Such corporate excess is almost too much to stomach, as I can imagine entire landfills dedicated solely to AOL freeware. But environmental concerns will not stop this consumer-friendly juggernaut.

It is ironic that the very product that pledges to alleviate my junk e-mail woes has become the nucleus of my junk-mail problem in reality.

AOL is hell-bent on enlisting the offline — those rare and unenlightened fools who do actually exist — in such a belligerent manner as to invite comparisons to early 20th-century Germany.

Having conquered the ASP market, AOL is dividing itself, imperialistically so, across as many channels of media as it possibly can.

It is expanding aggressively, entrenching itself for a war that it has already won through perpetual media blitzkrieg.

Enough. We get it now. AOL is No. 1. Fantastic. Great. Now could you stop sending me these discs? I'm already a subscriber; what more do you people need, my eternal soul?

Perhaps a kidney?

Unfortunately, nothing will satisfy AOL. It will keep growing and consolidating its power, until it has claimed every home and computer and mailbox.

I know that within another week or so I will receive another copy, touting promises of more, better, faster, week after week, year after year, until I'm looking down the barrel of AOL 397.0, and I'm just another brain trapped in a robot body.

In any case, I'll need a bigger mailbox.

Jonathan Meador is a journalism and English sophomore. E-mail opinions@kykernel.com.

LETTER TO THE EDITOR Voters should review slogans before presidential election

We've heard many different anti-war slogans this year. With the election so close, I thought it might be a good time to review some of the more popular ones.

"Not In Our Name." This was a popular anti-war slogan among the left. Fortunately, we didn't need your names to do what was right. There were plenty of folks lined up to support our responses to a war we didn't ask to be in.

A new Annenberg Survey shows that our troops trust President George W. Bush as commander in chief by a 3 to 1 margin over Sen. John Kerry.

A similar percentage believes that our current mission in Iraq is the correct course of action.

Our troops fighting and dying for us believe in the mission, so you may protest and disparage the soldiers, the mission and the motives, but please, do not protest in our names.

We — and our troops especially — love this country and support the causes of security, liberty and freedom around the world, and we never needed your names to back that!

"No Blood for Oil!" Now, don't you all feel just a little silly getting all worked up? I know you were hoping we'd forget about this blunder.

Well, it doesn't matter anyway. We can all be relieved to know that not one drop of blood has been spilled for oil, unless there is some magical underground pipeline out of Iraq.

I suppose this slogan could be dusted off when we see gas prices drop below \$1 per gallon again.

So hey, don't throw those banners and homemade T-shirts away just yet!

Who knows, maybe that magical pipeline will be found after all, and you won't have to feel so embarrassed anymore.

"Except for ending slavery, fascism, Nazism and communism, war has never solved anything." I recently saw this anti-war slogan on ProtestWarrior.com. It seems to me this is one "anti-war" protest slogan we can all get behind.

AARON HAUBNER
pharmaceutical sciences doctoral student

Submissions

Send a guest column or letter to the editor to Opinions Editor Andrew Martin or Assistant Opinions Editor Ben Roberts.

Please limit letters to 250 words or less. Be sure to include your full name, class and major with all submissions.

E-MAIL opinions@kykernel.com

O'Reilly may be victim of the same demons as President Clinton

Last week, Bill O'Reilly formally admitted that a Fox News producer had accused him of malevolent behavior and threatened to sue if some hush money was not paid.

Each party has filed suit against the other, in separate New York counties.

I'm neither addressing the nature of the charges and countercharges nor speculating about O'Reilly's culpability. I only suggest that this scandal places the doctrine of the "powerful man" before the American public and shows the effect of recklessness on a career.

O'Reilly often describes his background as that of a working-class, ordinary citizen of Levittown, N.Y. The implication is clear: O'Reilly rose to television stardom through determination and dedication, and nothing was handed to him.

One must say that O'Reilly was very fortunate to land jobs under Jennings and Koppel at ABC News and to be admitted to Harvard University's Kennedy School of Government — and most of all, to receive the free-wheeling freedom that only an emerging cable network could provide.

I have watched The O'Reilly Factor on numerous occasions and have even purchased two of O'Reilly's books. I credit his influence on my thought and writing, for better or worse. I admire some of his principles even as I respectfully dissent from many of them.

Unfortunately, throughout all my exposure to O'Reilly's views, I come away with this impression: He can be an egotistical blowhard, which would not be so troubling were he not a powerful man with a penchant for recklessness.

I do not think there is any question that O'Reilly has a reckless streak, which would not be so troubling were he not a powerful man who has lost his sense of humility. The prodigious sexual nature of such men turns the heat squarely on less powerful women — particularly those in a subordinate role.

Sassy liberal feminists, most of whom I admire, might characterize this present imbroglio as little more than a powerful man losing control and giving in to impulses, simply because he can do so.

I am willing to allow for that form of reasoning, but there is another element to it. The success that O'Reilly has enjoyed, as the usurper of CNN's cable news throne, would elicit pride and arrogance from many an individual, irrespective of their temperament.

O'Reilly often refers to himself as "your humble correspondent," but bear in mind that this is the same guy who once started a bemused Clint Eastwood over twenty years ago with the claim that an interview with O'Reilly would help Eastwood's career.

That, without question, is recklessness tied with ambition; furthermore, O'Reilly brags about it in his book.

What I presume O'Reilly has been lacking — and this is the fate of many — is a humble memory; one of the only characteristics that can ground someone with such star power. Former President Clinton exuded the same reckless spirit. His drive and ambition (and knowledge of his humble roots) drove him to heights unparalleled, all the while threatening to destroy his career.

As for O'Reilly, I have no idea if the charges have merit, but the stench is awfully odious and may hurt Fox News — or even Rupert Murdoch's News Corp.

Recklessness can be a magnificent attribute since it also encompasses a fair amount of courage and intestinal fortitude, but in the hands of the powerful — particularly those with colossal egos — danger lurks around every bend.

It would indeed be a shame if the darker side of O'Reilly's charismatic persona resulted in his unraveling, as yet another talented performer succumbed to his inner demons and pursued behavior of the most indecorous sort.

Edward Guest is a history senior. E-mail opinions@kykernel.com.

WEEK IN REVIEW

• UK football found another way to blow (a game) by surrendering a last-minute, third down touchdown to South Carolina Saturday at Commonwealth Stadium. The Cats ended up losing the game 12-7 with the help of four turnovers from the offense. UK did score a touchdown to take a late 7-6 lead with a drive that saw 24 plays and lasted 11:54. Maybe offensive coordinator Ron Hudson should have used that opportunity to retire on top.

• UK police arrested five students at UK Bookstore in connection with a textbook theft ring. The students stole \$1,100 in merchandise, and four of the five are facing felony theft charges UK police said. According to General Manager Carol Behr, bookstore personnel saw one of the student employees ringing up \$300 worth of merchandise for \$10. \$1,100? What is that, like four books?

• UK men's basketball officially opened its season at midnight Friday with Big Blue Madness. The event featured UK's players, including its top-ranked recruiting class and UK alumnus Ashley Judd. UK fans came out for weeks to get Madness tickets, and if the team loses a game the radio airwaves will fill with angry callers wanting to know why they can't expect perfection from Tubby Smith and company and get it every time.

COMPILED BY OPINIONS EDITOR ANDREW MARTIN.

ONLINE POLL RESULTS

Do you support a constitutional amendment that would ban same-sex marriage in Kentucky?

YES	52 percent; 247 votes
NO	48 percent; 224 votes

Freshman Strong leads Cats to Senior Day victory

By Chris Fisher
THE KENTUCKY KERNEL

On a day when the UK men's soccer team honored its seniors, it was a freshman who made the difference.

Freshman forward Michael Strong scored the golden goal off a Jamal Shteiwi assist in the 106th minute as the Cats escaped with a 1-0 win over Alabama A&M on Senior Day.

Shteiwi controlled the ball on the left side of the box and poked it to Strong for the game winner from five yards out.

The assist gave Shteiwi 22 for his career, tying the school mark. Shteiwi has now scored or assisted on 16 of UK's 26 goals this season.

UK coach Ian Collins said that despite the final score, he felt like his team was in total control.

"I thought Andy (Grunebaum) made one great save in the second half to keep us in the game, Collins said. "They were a very good team with a lot of experienced players, but to be fair, I thought we totally dominated. I thought we played very

well and I thought we were very entertaining."

The Bulldogs looked to cause the Cats problems with their speed and athleticism at nearly every position, but Strong said that wasn't the case.

"I think we controlled the game and contained their speed," Strong said. "We had a lot of opportunities, but sometimes they just don't go in."

It could have been much worse for the Bulldogs, as the Cats had ample opportunities to score but couldn't finish shots in the box. UK (9-4-2) scored one goal despite putting up 23 shots — 12 of which were put on goal.

"We created a lot of chances," Collins said. "We had five or six absolute gimmes, but we've got to finish our chances. But credit our guys: They stuck at it, and Michael put himself in the right spot and finished one."

Grunebaum and the UK defense turned in a solid performance and pitched the fifth shutout of the season. The Cats have not allowed an opponent to score more than one goal in the last 13 outings.

"Today I thought they were great," Collins said. "They really came together. We got into them at practice and really challenged them and they responded."

Collins said he hopes his team can build off of Sunday's win.

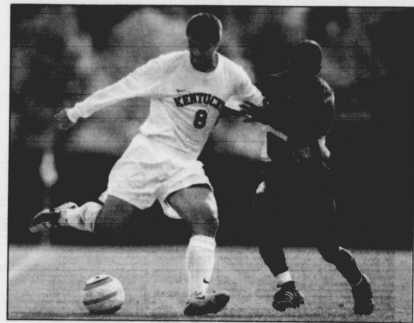
"If we can get all the areas of our team to play great at one time, we're going to be a real handful," he said. "If everyone can pull together, I think we're as good as anybody in the country."

Before the game, UK honored the eight seniors on this year's squad. Collins said he was glad to send his eight seniors out with a win.

"We're going to miss every one of our guys," Collins said. "I think all eight have really contributed to the program. It's a strong group and I'm glad we were able to go out, play well and win."

The Cats return to Mid-American Conference action Friday as they travel to Akron, Ohio. With a win Friday, the Cats could clinch their fourth Mid-American Conference title in five years.

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UK senior midfielder Jamal Shteiwi pressures Henry Kabeta of the Alabama A&M defense. UK beat Alabama A&M 1-0 on UK's Senior Day.

Volleyball loses another SEC match

By Laura Nelligan
THE KENTUCKY KERNEL

Each time the Cats attempt a comeback, it seems to fall apart.

The UK volleyball team lost to Ole Miss yesterday 3-1, making it the Cats' Southeastern Conference record 2-6.

After losing game one 30-26, the Cats came back to win game two 30-27.

Although they never trailed by more than six points in game three, it wasn't good enough. The Cats fell to the Rebels 30-28.

"They came out prepared to win, and I don't think we were ready to play," said senior outside hitter Sarah Spinner.

There was hope for the Cats when they went point for point with the Rebels through most of game four. When the score hit 24-25,

UK's errors helped Ole Miss to finish off the game, 30-24.

"They brought their 'A' game, and we didn't step up," said junior middle blocker Amy Kaplan, who broke her personal record with 21 kills against the Rebels.

After the Cats' two SEC losses last weekend, UK Coach Jona Braden had the players get back to basics to prepare for this weekend's games. It worked when the team played Mississippi State on Friday, which they won 3-1 for their first home conference victory.

"I reminded the players how good they can play together," said Braden. "This was very evident on Friday (Sunday), we weren't at the same level of fight. We were questioning ourselves."

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SPORTS BRIEFS

Women's soccer team falls twice

The UK women's soccer team suffered a 2-0 defeat at Georgia Friday night in Athens, Ga.

The Cats' best scoring opportunity came in the 80th minute, but junior defender Kristin Moyer's shot from outside the box hit the crossbar and fell out of play.

The team's rough weekend of Southeastern Conference play continued in Knoxville, Tenn., on Sunday.

The Cats lost 1-0 against Tennessee. UT senior Keeley Dowling scored the game-winning goal with four seconds left in the game to give the Volunteers the victory.

UK is now 6-8-1 overall and 3-4-1 in SEC play.

Witten advances to ITA final

UK senior tennis player Jesse Witten advanced to Monday's final of the ITA Southeast Regional Championships in Memphis, Tenn.

On Sunday, Witten defeated Tulane's Ten Anglinos 6-0, 6-2 and Georgia's Colin Purcell 6-1, 6-4.

He later defeated Florida's Vlad Obradovic 6-3, 6-4 in the quarterfinals, and defeated Miami's Josh Cohen 6-2, 6-4 in the semifinals.

Witten, the top-seeded competitor, will face Georgia's Matic Omerzel in Monday's final.

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PRE-MAJOR MEETING

Current Integrated Strategic Communications, Journalism, Telecommunications pre-majors AND people thinking about majoring in one of these fields are invited.

- Ask questions about the three programs;
- Get involved in student groups; and
- Prepare for your future career

Worsham Theater in the Student Center
Monday, October 18 from 4:00-5:30p.m.

Make up your own mind!

Here is your chance to see Michael Moore's

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Discussion after the film will be moderated by
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It all starts at 8 PM in the Student Center Cats Den
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PAMPER YOURSELF

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AN ADVERTISING SUPPLEMENT TO THE KENTUCKY KERNEL

PAMPER YOURSELF

October 18, 2004

"Pamper Yourself" is an advertising supplement produced by the Kentucky Kernel Public Relations Department.

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Spoil Yourself with Two Chicks

BY JILL DITMER

When it comes to pampering yourself, there is no better way to do it than with shopping!

You can visit one of Lexington's many fun and funky shops.

On Southland Drive in Lexington is the newest addition, just waiting to spoil you rotten.

Two Chicks & Co. is a seasonal shop carrying everything from jewelry and accessories to lotions, candles, and home décor. The combination of trendy, colorful items, along with traditional favorites makes the shop perfect for women of all ages looking to have some fun.

Nothing pampers you like a great piece of jewelry. Two Chicks carries pearls, detailed charms, sterling silver, earrings, bracelets and rings.

Show yourself how much you love being you. Find that perfect piece you've been looking for or something new to spice up your favorite outfit.

If purses are your weakness, Two Chicks carries a fabulous collection of bags.

From clutches to shoulder

bags in fur, suede, patterns, monogrammed bags, or a trendy luggage piece - your wardrobe will be complete.

When pampering, don't forget your friends or coworkers. Two Chicks will be opening its doors to private parties for groups of all sizes.

Host your group Christmas gathering or pick a day to bond with the girls at Two Chicks after hours.

The store will open its doors to your private party - giving the group its personal time to check out the store's merchandise.

Groups can bring their own food and beverages and choose the day and time of their event.

It is a great fundraiser, as the Chicks will donate an amount of sales to benefit the

charity of your groups' choice.

With its grand opening Monday, Nov. 1, Two Chicks will stay open through the holiday season. This is seasonal shopping at its best.

Whether you're look-

ing to pamper a friend or family member, or maybe just pamper yourself, be sure to satisfy all your desires, and spoil yourself with Two Chicks!



Above: A selection of items by Two Chicks & Co.



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Energize Yourself With Exercise



STORY BY SARAH JONES

Everybody knows that facials, manicures and spa treatments are a great way to pamper yourself, but what about pampering yourself through exercise?

Some of the best ways to treat yourself right aren't always the latest fad. To improve self-esteem and your health, get out and do some type of physical activity.

You don't have to run on a treadmill for hours or train for a triathlon. Take a weekly walk with a friend or participating in a sport event could do the trick just as well.

"Just find an activity you enjoy doing," said Rob Hayslett, group fitness director at UK's Bernard M. Johnson Center. "This can improve your general health."

Exercising can also help in the classroom. "There is a direct correlation with exercising and excelling in the classroom," Hayslett said. Feeling good about yourself could motivate you to do well in school, he said.

Trying out club and intramural sport teams, ranging from track and field to flag football, are options.

If you don't like the crowds at the gym, try Out-

door Pursuits, a UK organization that hosts seasonal outdoor activities.

To begin, set exercise goals to start refueling your body and mind.

"Set realistic goals that you can reach," said Taylor Charron, graduate assistant and group fitness coordinator at the Johnson Center. "Once you reach these goals, add more challenging ones and continue to work towards those."

"There is a direct correlation with exercise and excelling in the classroom,"

— Rob Hayslett, Group Fitness Director at the Johnson Center.



Charron also suggests exercising with a friend, a great way to stick to your goals and stay motivated.

Some advice: start slow.

"Don't start exercising everyday [or] twice a day," Charron said. "Ease into a routine."

Many gyms also offer introductory group fitness classes, where participants can start with basic aerobic training and then progress to more advanced activities.

"I love the beginner classes," said Erin Gray, an integrated strategic communications senior. "They taught me the basic elements of aerobics."

Gyms also offer personal trainers who can personalize a regular workout schedule and help you stay motivated.

Any of these suggestions are important to start pampering not just your body but your mind as well.

Give the gym a try and you are sure to see changes in not just the way you look but how you feel on the inside.

"Once people start seeing a difference in the way they feel and look," Charron said, "it will keep them motivated."

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RETAIL THERAPY

BY ELIZABETH TROUTMAN

Nothing is more rewarding than dropping some cash for the sake of self-love.

For those of us that lack a Y chromosome, this type of behavior comes naturally.

Shopping is just another way to release the bonds of midterm stress. In the words of Martina McBride, "This one's for the girls!"

Emily Rives, business manager for Bella Rose, a classic Lexington boutique, says that any girl can get a boost of confidence from spending.

Rives is very familiar with "retail therapy" herself.

"I like to make them feel pretty," Rives said of her customers. Recently, Rives has encountered many college students prepping for Keeneland. The boutique's prices range from \$18 for an accessory to as much as \$400 for suiting.

"We definitely work with a college student's budget," Rives said. "Lay-away helps if they want to build their wardrobe and don't have the money."

The boutique's selection of dresses, accessories and suiting as well as customer service skills is what sets them apart, Rives said. Bella Rose brings in top names in fashion such as Nicole Miller, French Connection, Parameter, Kay Unger and Betsy Johnson.

Tweed suiting, polka dots, brooches, and big flowers are popular this fall and Rives suggests dressing in shades of pink

and brown, as well as oranges and lavender. For a customer looking for a single item, she suggests a poncho or a blazer.

If you are looking to spend on something other than clothes, don't hesitate to take a chance at the cosmetic counter in the mall. Sitting down with a consultant, in the midst of chaos in the mall, is a great opportunity to score a free makeover and tweak your beauty routine.

"When your skin looks nice and make-up is done correctly, your morale is up and it makes you feel good about yourself," said Lindsey Pruitt, business manager for Clinique in Lazarus at Fayette Mall.

Pruitt said that college students play a huge role in the cosmetic business and are Clinique's feature customers. Consultants will sit down with customers and take them through the "Three-Step" process of determining a skin-type and selecting the right products. Clinique does demonstrations for college sororities and is partnered with Alpha Gamma Delta at UK, Pruitt said.

Prices at Clinique range from \$10 to \$49.50 and products usually last six months.

Unique, trendy gift shops such as Something Special offer a variety of items that work within the college budget.

Owner Debbie Buffin refers to her small shop as a "girly-girl" store. The idea of shopping therapy isn't foreign to this small business owner.

"I want people to think of it as a place for gifts or yourself," said Buffin. "It is a place for friends to shop together."

Something Special offers a variety of accessories, bags, key chains, belts, and jewelry for reasonable prices.

Buffin carries what she refers to as "Tiffany-look-alike" jewelry as well as other name brands such as Susan Shawl.

"We want people to have nice things at reasonable prices," Buffin said. "We try to be specific with customers. I don't force something on customers. We want to fill their need."


Buffin said items such as ribbon purses, the Magic Scarf, brooches and creative combinations, such as her featured necklace purse — which can be used as a necklace, purse and stylish pin. She also suggested polka dots for this Christmas, crocodile prints, ribbon bracelets and Pandora jewelry.

The "girly-girl" atmosphere, with an animal-print theme, bright colors and unique items makes Something Special a fun place to shop. Their Zebra-print shopping bags and hot pink tissue will make any customer delighted about what they buy.

In the midst of college pressure, business experts agree that shopping can be a temporary relief of stress.

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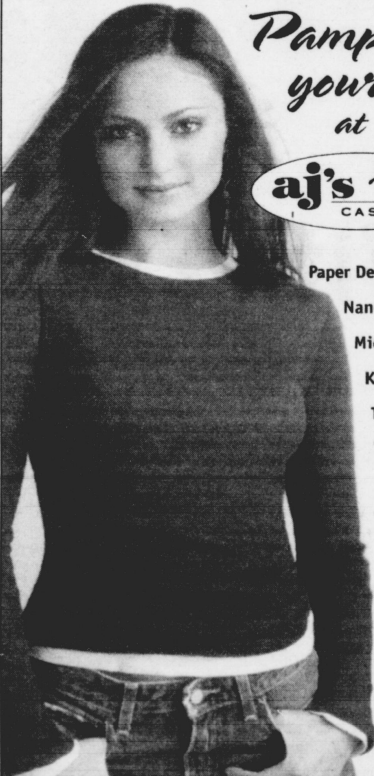
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WORK HARD

PLAY HARD

By Kimberly Hanna

Time, money, or lack thereof: the two major points of life in all contexts. Extra time to learn a new hobby or hang out with friends is a luxury. Time itself is a luxury. Money is an even tighter subject. If we work hard, we have to make time to play hard, too

However, there must be an outlet, a thing to do or a place to go to relieve the stress caused by school, work, and the various relationships to maintain in life.

This time of year bustles with the concerns of students, many of who come to the Counseling Center located in Frazee Hall to figure things out.

Charlie O'Neill, Associate Director at the Counseling Center in Frazee Hall says, "Adapt a strategy that you can get used to, find some way to break the university down so it's not so big and impersonal."

The goal is to define your own limits and understand the limits of others. "Many students have never had to work at it before," says O'Neill, "Have a balanced life to the degree you can."

Self-exploration and personal insight bring an individual closer to what they want out of life and a lot of it depends on the people around.

Freshman and a bit of sophomore life consists of hanging out with friends in dorm rooms and at other people's houses. Upper-classmen in Lexington, however, can enjoy a little bit more of what the city has to offer for of-age entertainment.

Avio General Manager and the Alpha Gamma Delta "Alpha Gam Man," Pete Mannery, says, "The advantage that we hold over other bars is variety - why spend all night bar-hopping when you can get it all here?"

With six new bathrooms and nearly \$270,000 in renovations, Avio has become the most inclusive hang out in town.

Avio is actually Italian backwards, meaning "for you," a tribute to the UK students that have led Avio to success.

"We designed it to be a place that we would want to bring our friends, a good place for students to chill," says Mannery, a kinesiology student.

The college student mantra is, 'work hard; play hard.' Everyone deserves a break after a rough midterm, so to counter-act stress, get some friends together to have some fun and make a night of it.

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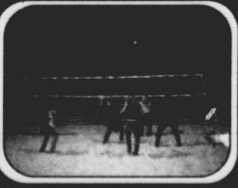
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Everyone knows the right song can get you in the mood for pretty much anything.

From crowd-pumping beats at sports games to that one depressing song you listen to when you've had a bad day, music is available to help you express almost every possible emotion.

We all know that music has been a part of our national culture (and most cultures in history, for that matter) and has had tremendous impacts on the shaping of societies. Music can provide a soothing effect which explains why it is such a good stress reliever.

Rhythmic beats in general can put people in a surreal state of mind to help anyone escape the troubles of everyday life situations — especially busy college students.

There is an established health profession known as music therapy that is dedicated to helping troubled individuals cope with their problems through music. Countless amounts of research done on this subject suggests that music can and does help people cope with stress.

Stressed-out college students use music perhaps more than anyone in helping to relieve stress.

iPods. Rio's. Dell Digital Jukeboxes. Discmans. Walkmans. You can listen to music anywhere.

While college kids listen to a variety of music styles and artists, some of the more popular "chill music" that is enjoyed by college students includes acoustic rock and alternative music such as Dave Matthews Band, John Mayer and O.A.R.

The sounds of acoustic music, whether it is recorded or live, are generally thought of as very relaxing and therapeutic.

Many students also enjoy country music to wind down.

Derek Smith, an agriculture education and community leadership sophomore, prefers to listen to artists like Rascal Flatts and Garth Brooks when relaxing.

"There's just something about the rhythm and twang of a good country song that totally puts your mind at ease," Smith said. "It's like you don't care about anything else in the world during those few minutes the song plays."

So why is music so helpful in relieving stress?

Many people believe it is rhythm alone. The entire universe is based on patterns and cycles, and so are human beings in a physical and cognitive sense. Rhythm is what makes sense to us, which explains why music would be so appealing.

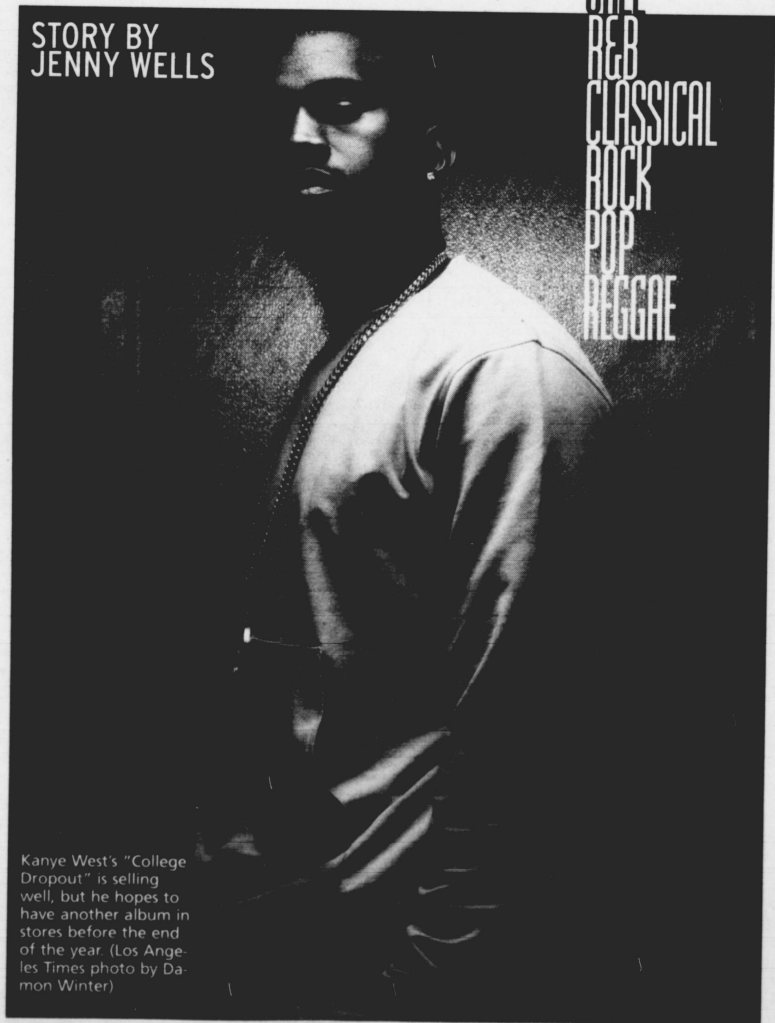
Others believe that lyrics alone are what make music appealing. They believe wordings in songs can capture emotions better than anyone could ever speak normally, which is why people use music as a way to vent their emotions.

But all styles of music include rhythms and lyrics, so are any styles better at relieving stress than others? That is up to the listener.

This phenomenon cannot be easily explained. But Barbara Crowe, the former president of the National Association of Music Therapy, summed it up best: "Music can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort — between demoralization and dignity."

The next time you are feeling a little overwhelmed, just turn on your radio. Those sound waves are more significant than you think.

STORY BY
JENNY WELLS



Kanye West's "College Dropout" is selling well, but he hopes to have another album in stores before the end of the year. (Los Angeles Times photo by Damon Winter)

Pilates *relaxes* mind, body

BY AUDREY EDMONDSON

Take a deep breath in ... now let it out. It's a well known fact that exercise is a great way to blow off some steam, release stress and tone your body. Why hit the treadmill which is strenuous and exhausting when you can hit the floor and do a low-impact workout that works your body, mind and soul?

Pilates has swept the nation. We've seen the Winsor-Pilates infomercials, and the packed classes in the Johnson center. So what's it all about?

According to Joseph Hubertus Pilates, the man who developed the technique, "I must be right ... never an aspirin, never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."

Pilates can best be described as mixture of yoga and meditation with more movement. It teaches balance and control of the body through movements that stretch, strengthen and tone everything while focusing on the butt, abs and back.

For those of you who haven't jumped on the mat yet, this just may be what keeps you sane during midterms.

Because of its relaxation capabilities and quick results, the workout promotes a positive body image, which leads to confidence in other areas of life.

UK Students have caught on. "It's kind of like meditation," said Renee Bowman, a physical therapy junior. "It's all about focusing on the breathing. That's how you get

your abs working."

When you run on the treadmill, you listen to music, watch TV, or even read. You're working your body, but your mind is still going a mile-a-minute.

When Bowman gets done with Pilates she said she feels relaxed and energized, without being too sweaty. For those of us who don't enjoy being drenched from head to toe after a workout out, Pilates may be the answer.

Most appreciate how good it feels to workout hardcore and get your blood pumping. But we all know what happens when you get back to your dorm room and take a shower: you're beat.

Unlike Pilates, strenuous exercise comes with highs and lows.

"You get that runner's high when you feel like you could take on the

world," said Danielle Centineo, an integrated strategic communications junior. "And then about 15 minutes later, I'm ready to be knocked out for the day or possibly eat for a family of five."

Something that energizes without making you exhausted is a viable alternative.

The Johnson Center has several classes available for yoga and Pilates. If you're nervous or embarrassed about going to a class, there are some great videos out there that can teach you the basics before you go show off your skills in public. It's worth a shot.

"It's kind of like meditation," said Renee Bowman, a physical therapy junior. "It's all about focusing on the breathing. That's how you get your abs working."

Pilates Classes are Offered at Many Gyms and Health Clubs Around Town.

Check Out Your Favorite Club For Availability and Times.

Also, Check out these Videos to Workout to Pilates at Home:

The Method Pilates Target Specifics
Denise Austin Pilates

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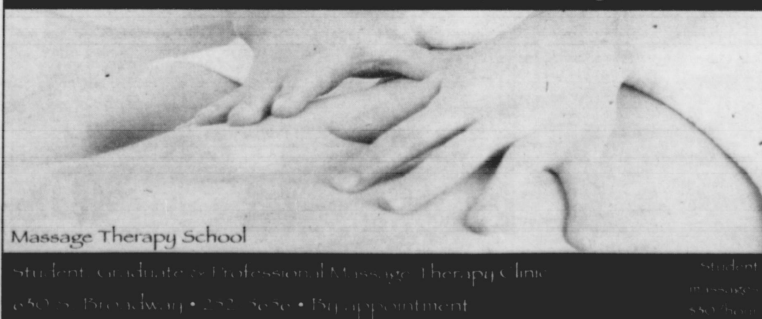
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FRESH SCENTS

By Laura Perrizo

It's now the time of life when it isn't unusual to experience sleepless nights because of stressful studying and quick memorization.

And doesn't it figure that all that work can quickly escape your mind to make room for new material?

Welcome to the world of aromatherapy — to be the relaxing remedy during these crazy, stressful but exciting college years.

Aromatherapy uses scents for physical and emotional well-being and you would be surprised at what the scents can do for you.

Find yourself with a clearer face, heightened recall abilities, fighting colds quicker and relieving overall stress with aromatherapy's cornucopia of scents.

The most important aspect is to do a patch skin test.

Put a drop of two on a small portion of skin and check for irritation after 24 hours.

FIVE POPULAR SCENTS

ROSEMARY

Enhances hair care, memory and confidence, while relieving exhaustion, headache and allergies. **TIP:** Try putting 1-2 drops on a cotton ball and inhale aroma for a memory boost.

LAVENDER

Sleep soundly, fight dry winter skin, relieve anxiety. **TIP:** Try putting a few drops on your pillow case before you go to sleep, put into bath, or put drops on a wash cloth and throw in your laundry.

Relieves itchiness, tension and anxiety. **TIP:** Try putting lemon in your water at lunch or dinner.

PEPPERMINT

Relief for upset stomach, sinus trouble and enhances awareness. **TIP:** Try putting a few drops on a cotton ball and placing it in your car or near you while studying.

EUCALYPTUS

Relieves colds, flu, acne, depression and stress. **TIP:** Try putting 2-4 drops on a hot wash cloth and hold to face.

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