

KENTUCKY KERNEL

MONDAY, NOVEMBER 17, 2008

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Above: Phi Kappa Alpha members cheer for their fighter, Dew Henderson, after he defeated Brendan Kelly of Phi Sigma Kappa on Friday night.
Below: Sigma Alpha Epsilon pledge, Mitchell Lancaster, left, takes the first real punch of his life from Griffin Barron of Delta Tau Delta. After the first punch, Lancaster realized he could not win the fight defensively. "I knew it was a brawl," Lancaster said. "I couldn't protect myself anymore so I started swinging."

Swinging for glory

First-time boxer puts his pride on the line at Fight Night

Story by Eric Lindsey | Photos by Brad Luttrell

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Just breathe. One breath in, one breath out. Eyes focused. Don't blink. Let him make the move, but keep those hands up. And don't forget to breathe.

Mitchell Lancaster stares straight ahead. Two of his fraternity brothers scream advice in both of his ears, another 40-plus chant "S-A-E" behind his corner.

Lancaster, an undeclared freshman and Sigma Alpha Epsilon pledge, doesn't move. Amid the raucous crowd of more than 2,000 peers and the overwhelming smell of sweat and alcohol, he stares straight ahead at his opponent.

Usually, people at Tattersalls walk horses trot where Lancaster sits to decide if they want to make a purchase.

Tonight, students trample the floor sprinkled with sawdust remains with hopes of seeing a little blood.

Lancaster is one of 30 students competing in Sigma Chi's and Alpha Delta Pi's second annual Fight Night to raise money for Huntsman Cancer Institute and the Ronald McDonald House. Some are there for the good cause, others to test their fortitude. Lancaster just wants to show what he's made of.

See, Lancaster has never done this before. Ever. He's never boxed, set foot in a ring or even got in a schoolyard fight. He's trained for three weeks for this very moment, but nothing has prepared him for the pressure of putting his heart on the line in front of his peers.



See **Fight Night** on page 4

Card swiping system unlikely in near future

By Austin Schmitt
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UK wants a safety system for entrances to all of its buildings, but officials say logistics are preventing such a system from being put into place soon.

Connecting across departments and a lack of funding are the biggest issues preventing the installation of access control systems, card swiping mechanisms similar to the ones used to gain access to the resi-

dence halls on outside doors of buildings across campus, said Lance Brooking, UK's director of finance for Campus Services.

A timetable has not been set for when UK will install one of these systems but discussion has been ongoing, Brooking said. He said it would not be within the next year or two.

"These are things that we've been looking at for years even before VT," Brock-

ing said, referring to the 2007 Virginia Tech massacre, where 32 people were killed by a campus shooter, who then committed suicide. "We've had a few meetings over the past six months, and it is high on our priority list."

The meetings have been with other departments across campus to make a smooth transition into a possible access control system, said Anthony

See **Safety** on page 3

UK snaps 18-year losing streak to Florida

By Metz Camfield
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The remnants of tears were still on sophomore middle blocker Lauren Rapp's face. Only this time, the tears were of joy and happiness as No. 22 UK defeated No. 12 Florida for the first time since 1990.

The Cats (25-4, 16-2 Southeastern Conference) defeated Florida on Sunday afternoon (25-23, 14-25, 20-25, 25-20, 15-6) in front of a season-high crowd of 3,512 fans at Memorial Coliseum, snapping a 38-game losing streak to the Gators in the process. Florida (21-3, 15-2 SEC) came into the match on the top of the SEC standings, but the loss now leaves them in second place, a half-game behind the Cats.

With only two games remaining on the schedule, the win allows the Cats to control their own destiny. If they can win out, they will hold at least a share of the SEC championship, a goal they've had since the beginning of the year, and yet another first in a year with so many already.

While the Cats are hesitant to say one opponent or one win is more important than another, their emotions said otherwise. After Rapp's final kill to end the game, the team sprinted to the middle of the floor embracing each other and cheering.

"This is something that will always stick with you," junior setter Sarah Rumely said. "We're just loving each other as a team right now, and it's just such an exciting time for Kentucky volleyball

and for the state of Kentucky."

The well-documented losing streak to the Gators wasn't really talked about with the team, Rumely said. The win takes a heavy weight off their shoulders, she said.

"It's a mental thing for us to be able to understand that we can compete with anyone we play against," UK head coach Craig Skinner said. "Florida's an exceptional team, and they're going to win a lot more matches this year. They'll go deep in the NCAA Tournament, so I think it really gives our players the belief that they can compete with just about anyone."

See **Volleyball** on page 8

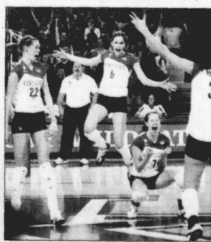


PHOTO BY ALICE GARZA | STAFF
The UK volleyball team celebrates a 3-2 victory over Florida on Sunday. The win snapped a 38-match losing streak to the Gators.

Volleyball head coach offers to pay game day tickets

By Rosalind Essig
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UK volleyball head coach Craig Skinner has offered to pay for parking citations received by volleyball attendees after some fans from a season-record crowd were ticketed following Sunday's game.

Cars without correct permits parked behind the Joe Craft Center in the R1 parking lot, which is marked with "No event parking"

signs, were ticketed Sunday, leaving some fans confused and frustrated.

Skinner said he was not aware of what had happened but offered to pay for the tickets out of his own pocket because new fans attending the game probably did not know the policy.

"I think it was an important event for our program, and I think the people who parked there for the volleyball game probably didn't re-

See **Parking** on page 3

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CRASH! A PARTY not your car

HOROSCOPES

To get the advantage, check the day's rating. 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) — Today is a 5 — You have just about everything you need, and if you don't, you can get it. You put away some for the winter.

Taurus (April 20-May 20) — Today is an 8 — Learn from a valued coach and friend. It could be anything from a favorite recipe to a formula for a happy life. Actually, those could even be combined.

Gemini (May 21-June 21) — Today is an 8 — Conditions are still good for increasing your income. Put in for that raise, promotion, new client or better job. If you don't have anything in mind, get busy with that, first.

Cancer (June 22-July 22) — Today is an 8 — "Do what you love and the money will follow."

You've heard that before. This time, it could actually happen.

Leo (July 23-Aug. 22) — Today is a 7 — Go over the coming week's assignments before you get into them. You love surprises, but not if it's a rush order that's overdue. Take a few moments to prepare.

Virgo (Aug. 23-Sept. 22) — Today is an 8 — Meetings should go well, especially those involving planning. People will be practical and unusually efficient. It's even possible to get things done with a committee.

Libra (Sept. 23-Oct. 22) — Today is a 6 — Use your imagination to figure out what's required, and to provide it. If you can do this, and you probably can, great wealth will come to you.

Scorpio (Oct. 23-Nov. 21) — Today is a 9 — You're awesome. Others are impressed with your stamina and wit. You're a driving force in your team's performance, and what they accomplish makes you look good.

Sagittarius (Nov. 22-Dec. 21) — Today is a 7 — Make money by cutting your expenses. Stop subscriptions to magazines you don't read, and review your interest rates. Make sure you're paying the least and earning the most.

Capricorn (Dec. 22-Jan. 19) — Today is a 7 — Again, you need to delegate everything you can. Replace yourself with a person who does these chores better than you do. Create jobs all around you.

Aquarius (Jan. 20-Feb. 18) — Today is a 7 — Keep pushing as long as you can; by tomorrow, your enthusiasm for repetitious tasks will definitely start to wane. Be looking around for a helper.

Pisces (Feb. 19-March 20) — Today is a 10 — They say if you do what you love, the money will follow. This is based on the theory that you can get very good at whatever you love doing.

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THE DISH

Britney's family emergency

Spears rushes son Jayden to the hospital during visit

Britney Spears' trip home to Kentwood, La., with sons Sean, 3, and Jayden, 2, should have been cause for celebration: It was first time the singer, 26, had been permitted to take the boys out of California since ex Kevin Federline was granted sole custody in July. But on the afternoon of Nov. 9, she planned weeklong getaway took a scary turn.

At about 2:30 p.m., Jayden suddenly fell ill and was rushed by Spears to the emergency room of Southwest Mississippi Regional Medical Center in McComb, Miss. "Doctors concluded he had a reaction to something he ingested," Spears' rep said in a Nov. 10 statement. Says a source, "He has always gotten sick very easily. He often has earaches, colds. He's more susceptible than Sean Preston, more delicate."

The tot spent the night in the hospital with his family — Britney's dad, Jamie; mom Lynne; brother Bryan; and sis Jamie Lynn — by his side (a nanny brought big brother for a visit) before being released the evening of Nov. 10. Federline was "prepared to make the trip, but it turned out not to be so serious," says a source close to him.

A Spears insider concurs: "The family is not in a panic. Everyone is just relieved he is doing OK."

The frightening incident came at a time when much in the once-troubled Britney's life has been on an upswing. She earned cheers from the "crowd of nearly 42,000 singing with Madonna at

Madonna's Nov. 6 concert in Los Angeles. "Just left the Madonna concert," she wrote on Britneyspears.com. "It was really fun!" (See box, right.)

She just scored a People's Choice Awards nod for her guest-starring spot on CBS's *How I Met Your Mother*; her single "Womanizer" has topped the charts; and her album *Circus* will drop Dec. 2.

"She is making extraordinary progress," a source close to the Spears family tells Us of the star, whose father was named her conservator earlier this year (last month his role was made permanent). "She is stronger each day, more clear-headed and focused on her children and work."

The new Britney

It's hard to believe it's the same woman who 10 months ago made her own trip to the hospital — strapped to a gurney.

"It's very different from where she was then," says a Spears insider, who notes that the singer spends 50 percent of her time, including overnights, with her kids and that they are "blossoming" in preschool. Another pal points to her work ethic: "She shows up early to where she needs to be. There is no drama."

What's next

With her newly fit figure, it seems mind, spirit and body are reinvigorated. "She is paying attention to good nutrition and exercise," says a source. Adds another source, "She's dressing sexy and wants everything tight, tight, tight."

Designers -David and Phillippe Blond are in talks to do vintage circus costumes for a possible tour. And she's anxious to get out there — as long as the schedule suits her boys.

"Keeping as much structure and normalcy in place as you can is a great recipe for success," says the confidant. "She is on her way."

On stage with Madge

Britney was ecstatic, but extremely nervous, "a source tells Us of her performance at pal Madonna's Nov. 6 concert at Dodger Stadium in Los Angeles. Adding to the jitters? Britney's ex Justin Timberlake was also making a cameo.

"They smiled at one another, but they actually never got the chance to say hello," says a source. Still, Spears watched Timberlake from the VIP section. Says an insider, "It is hard to see someone you love."

VIP scene

■ Reese Witherspoon and daughter Ava singing along and dancing at Carrie Underwood's Los Angeles concert.

■ David Beckham and his two older sons, Brooklyn and Romeo (in matching plaid shirts), enjoying a boys-only outing at the Hard Rock Hotel San Diego.

■ Angelina Jolie having a business dinner at the Dakota restaurant in the Hollywood Roosevelt.

■ Emmanuelle Chriqui and NBA player Baron Davis attending the 3 Points documentary screening at CAA.

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UK Good Samaritan Hospital and its outpatient clinics invite you to an open house.

Good Samaritan Open House
 November 18
 125 E. Maxwell St.
 7:45 - 9 a.m.
 3 - 6 p.m.

Light refreshments will be provided. The first 100 attendees will receive a special gift.

UK HealthCare Good Samaritan Hospital offers the same quality care as UK Albert B. Chandler Hospital and the Kentucky Clinic. Join us on **November 18** for an open house to tour the facilities and learn more about the services offered. Services participating in the open house are located in the Good Samaritan Medical Plaza, the Good Samaritan Professional Arts Center and Good Samaritan Hospital.

Parking for the open house is free and convenient. You may park in either the UK Good Samaritan Hospital garage or on the surface lot located behind the Medical Plaza building. Please come to the Medical Plaza building, located at 125 East Maxwell Street, to sign in and to begin your visit.

For more information about the services offered at UK Good Samaritan Hospital, please call 257-1000.

UKHealthCare
 Good Samaritan Hospital

Environmental advocate first lecturer in series

By Zach Brake
news@kykernel.com

Thomas FitzGerald wants UK students to see green.

FitzGerald, the director of the non-profit environmental advocacy group the Kentucky Resources Council since 1984, is the first speaker of the Sustainability Lecture Series. He will speak Monday at 7 p.m. in the Worship Theater in the Student Center.

FitzGerald said students should take a sense of responsibility toward the environment from his lecture, recognizing the power they have to create lasting, positive change. Being informed about sustainability is a big part of that, he said.

"For students, who will inherit the mantle of leadership from those currently making decisions in boardrooms and state-rooms, becoming informed is the first step," FitzGerald said.

UK President Lee Todd funded the lecture series with \$25,000. Todd gave the President's Sustainability Advisory Committee money for the program over the summer after administration officials asked for a list of initiatives students wanted to see funded. Todd said in an e-mail to the Kernel earlier this semester.

The next lecture in the series will most likely be in April, series coordinator Taylor Shelton said.

Shelton said organizers did not yet know what FitzGerald would talk about, but he is not worried.

"He has 30 years of experience in environmental law, and I'm sure he has plenty to say," Shelton said. "I am looking forward to what he has to say. He is a great speaker, great guy and always a pleasure to listen to."

UK has many bad habits that need to be corrected, such as overconsumption and lack of thought about where our resources are coming from, UK GreenThumb President Scott Beckmeyer said.

"People don't pay attention to how much they use ... and what kind of impact it will have on Kentucky," he said.

The lecture series hopes to compensate for that and turn around these bad habits, Beckmeyer said.

Shelton said he thinks FitzGerald will go in the direction of how the role of our state and UK factor into the bigger picture of sustainability.

"So far our university has made a bad name for itself as far as sustainability goes, and this is the first step to do the right thing, to fix the negative reputation UK has with sustainability," Shelton said.

Colombian filmmaker to discuss coffee's impact on home country

By Evanne Floyd
news@kykernel.com

After pulling an all-nighter, many students reach for one thing to help wake up for class: coffee.

But the impact of coffee reaches further than getting students through the day. A film being screened at UK Monday, titled "Los Hijos del Trueno," documents how falling coffee prices opened the doors for the cultivation of poppy and the effect it had on the indigenous groups of Colombia.

"Los Hijos del Trueno," in English "Children of Thunder," was created by film-

maker Marta Rodríguez. Rodríguez, born in Bogotá, Colombia, will lead a discussion after the screening of the movie, which begins at 4 p.m. in the W.T. Young Library Auditorium.

Rodríguez's career has spanned 45 years, making her one of Latin America's most experienced filmmakers. In her films, she has been an advocate for human rights and protecting heritage of Afro-descendant communities and indigenous groups in Latin American countries, including Colombia.

To learn more about Marta Rodríguez, visit her Web site, (<http://martarodriguez.org>).

SAFETY

Continued from page 1

Beatty, UK's associate vice president for campus affairs.

Beatty said he likes the idea of an access control system, but sees the cost as a barrier.

"Can't put a number on financing a project like this," Beatty said. "It's dangerous."

Different types of expenses are in play when assessing the cost of an access control system, Broeking said. Retrofitting every door on campus buildings, expenses within new buildings, new ID cards for faculty and students and selecting a universal vendor are among the cost-related issues.

"You need places to cut expenses, and you can't cut electricity and lights, but you can cut the peripherals, the card access controls," Broeking said. "When you have a card access system, you have to install an electrical service to each door in the building. Installing the card swipe systems come at a large expense."

The first step in fitting the campus with a card access control system was taken in 2001 with the wiring of the residence halls. It took four years to complete and cost \$2,500 per door, said Ben Crutcher, UK's associate vice president of auxiliary services.

The cost of the swiping system and

installing security cameras in all of the residence halls was \$500,000, Crutcher said.

Students living in the New North Hall on North Campus like the card access system and feel safe, but they weren't aware of procedures on how to use the system.

"The RAs didn't tell us how to use it. I guess it was just implied," said Steven Wiggins, a music education freshman.

Resident advisers are not responsible for teaching their residents how to use the system; the information is posted on the outside of the door, said Dana Macaulay, assistant director of Residence Life. When residents enter the building, the RA or desk clerk is supposed to check the ID of each entering person.

"This check has two purposes: to make sure the person is using their own ID card, and to make sure the person is a resident," Macaulay said.

As residents use their ID cards to enter the hall, somebody slipping in behind them and gaining access to the hall is a possibility. Michala Welch, a UK political science and music sophomore living in New North, takes extra precaution when such a situation occurs.

"I only hold the door for people I know," Welch said.

RAs are not specifically instructed to tell their residents not to hold the door for others, Macaulay said, but they

should be on the lookout.

"It's reasonable to expect RAs to be mindful of possible tailgaters," Macaulay said.

The University of Georgia uses an access control system not only in residence halls, but throughout the university.

Departments within UGA formed the University Access Control Committee devoted to work toward securing the campus with a card access control system, said Steve Harris, director of Security and Emergency Preparedness at the University of Georgia.

"The committee analyzes the entire campus and prioritizes projects based on need when funds come through," Harris said. "It takes the effort of a lot of departments to develop a project like this."

Of UGA's 350 buildings on campus, 80 of them are currently wired, Harris said. Through its UACC, UGA looks to install this system on every building as funds become available.

The access control system at UGA gives the university the ability to set times when classroom buildings will lock for the night and to lock down buildings in the case of an emergency, Harris said.

"For example, if a shooter comes onto campus, we can push a couple buttons and electronically lock the doors of buildings," Harris said. "It is locked remotely and is a global lockdown."

PARKING

Continued from page 1

alized," Skinner said following No. 22 UK's 3-2 win over No. 12 Florida.

Event parking is available in the E lots near Memorial Coliseum, as well as the Martin Luther King Parking Lot, the Student Center Parking Lot and Parking Structure No. 5, according to the UK Parking and Transportation Services Web site.

During events that draw people from outside of the UK community, more people park in the wrong lot either because they do not realize parking there is not allowed or because they think weekend or game days mean the lots are open, said Rodney Stiles, an assistant athletics director with event management.

This was one of the most important victories the volleyball program has had, Stiles said, and he hopes the parking tickets will not discourage fans from attending.

"We hope that a parking ticket does not defer their interest in coming to our matches," he said.

While Sunday's crowd was over 3,500, more than three times the average turnout, the E lots available near Memorial Coliseum were not completely full and the R lots need to be protected for students, Stiles said.

The R1 lot was sitting open and unused, said Paul Mauer, one of the drivers that received a ticket Sunday. Mauer said the places he usually parked were full, and he didn't think it was right to have the lot closed on the weekend.

"If they're going to make me park a half a mile away, it's going to discourage me from coming to the games," Mauer said.

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“It was an incredible experience; something that I don't know if I can ever do again. That was by far the toughest thing I've ever done in my life.”

Mitchell Lancaster, undeclared freshman

Boxer safety first priority at event

By Eric Lindzey

It didn't take long for the blood to start dripping.

During the first bout of Sigma Chi's and Alpha Delta Pi's second annual Fight Night, Phi Sigma Kappa's Keri Stranahan took a blow from Andy Littlefield of Sigma Alpha Epsilon and blood started oozing from his nose.

Besides a few bloody noses and a minor shoulder injury, the 20 amateur boxers made it through the two-night event relatively unharmed and unscathed. Last year, the event was knocked out, resulting in a concussion.

George Ginter, who served as the pit of the Kentucky Boxing and Wrestling Authority and chairman of the Kentucky Amateur Boxing Association, and UK boxing club volunteer Larry Herman teamed up with Sigma Chi to make sure the fraternity met the safety regulations of USA Boxing, the national governing body for amateur boxing.

“We wanted to do this as safely as possible and that's why we insisted upon a being done the rules and regulations of USA Boxing,” Herman said.

Ginter, an anesthesiologist who serves as the head coach of the team on Thursday and Friday nights were required to wear headgear, groin protection and 12-ounce gloves. Under USA Boxing rules, each match was broken up in three one-minute rounds, and boxers were only allowed one fight per night.

“We've never had any issue with safety,” said Ginter, who added that they've helped with some forms of this tournament since the '80s. “Have we had a couple of concussions? Well yeah. But I think you probably have those in rugby game or flag football games or pickup basketball games.”

Several of the boxers in Fight Night had never boxed before.

William “Starg” Ferris, the founder and owner of the Legends Boxing Club on Versailles Road, raised concerns about sending boxers into the ring who are untrained and inexperienced.

“It was just me and him,” Lancaster says. “It was incredible.”

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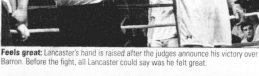
Preparation: Lancaster has his hands wrapped before his first fight. He was laughing and chatting until 20 minutes before his fight, when he went stone cold and became focused.



First fight of his life: Lancaster takes a right hook to the head from his first opponent, Griffin Barron of Delta Tau Delta. Lancaster's plan was to walk and see what his opponent did until the first hit. Then he just started attacking.



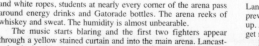
Sigma Alpha Epsilon pledges Mitchell Lancaster gets a hug from SAE's Grant Plummer after Lancaster defeated Elliott Deween. Before Fight Night ever began, Lancaster said his fraternity respected him just for getting in the ring. Both Lancaster and Plummer won their weight class, each winning belts and helping SAE win its second straight Fight Night. Both nights around 2,000 people filled the bartolucci to watch the amateur boxing matches.



Feels great: Lancaster's hand is raised after the judges announce his victory over Barron. Before the fight, all Lancaster could say was he felt great.



An individual sport: Barron came up to Lancaster to congratulate him on the win after the fight. “It's all you,” Lancaster said. “Nobody else.”



and white ropes, students at nearly every corner of the arena pass around energy drinks and Gatorade bottles. The arena reeks of whiskey and sweat. The humidity is almost unbearable.

Music starts blaring and the first two fighters appear through the curtain and into the main arena. Lancaster heads inside to watch three of his fraternity brothers fight. The first is Andy Littlefield, who is fighting in the 132-138-pound weight class.

Littlefield and his opponent, Phi Sigma Kappa's Errol Stram, come out swinging. With every exchanged blow, Lancaster and the music starts blaring and the first two fighters appear through the curtain and into the main arena.

Littlefield wins. So do SAE's Grant Plummer and Josh Beck. That makes SAE 3-0 on the night, a perfect start for a fraternity trying to win its second straight Fight Night. That also means the pressure is on Lancaster to keep the unbeaten streak alive. Ever since the SAEs won last year, Beck, Lancaster's friend and inspiration, has kept the championship belt sitting in his room as a reminder of what's at stake.

If the SAEs are going to get it back, it will be largely on the back of three fighters, one of whom is Lancaster.

“We've all been really nervous about it because we've not even acted yet. We're just plodders,” Lancaster says. “But I like the pressure.”

The pressure builds once Beck finishes off the 3-0 start. It's almost time for Lancaster's match.

Lancaster, with his hood pulled over his head, pushes through a crowd of sorority girls singing, past a bucket full of rainwater and down a hallway. He walks outside into a pitch-black alley and manages to pry open a beaten door without a handle to get backstage.

Once there, he begins getting wrapped up. One of his fraternity brothers weaves the wrap in between his fingers, asking Lancaster if it's tight enough. Then he gets up and an official gives him his equipment. He puts on his groin protection and headgear before putting on two 12-ounce gloves.

They mistake him for Lancaster and he's laughing and yelling along with his fraternity brothers. Now, he's surrounded by a crowd of students getting ready for the next fight. Just a few feet away from

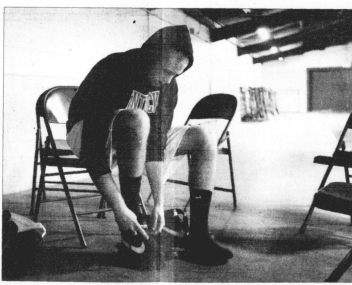
him are the three one-minute rounds is too close to call. Lancaster heads back to the corner and shrugs in the wooden chair. His face is already red below both his eyes and he can hardly breathe. But neither can his opponent.

As they wipe off Lancaster's face, the trainers tell him Barron is tired. They tell him to push the tempo in the second round.

Lancaster sets up with two hooks to Barron's head. This time Lancaster comes out the aggressor, and by the 30-second mark, he has Barron locked up in the corner as he feels him jabs to the stomach and right-hand wallops to the head.



After 30 minutes before the first fight of his life, Lancaster began to get ready for battling on his boxing shoes, wrapping his hands, and getting mentally prepared backstage.



Above: Lancaster removes his sweat after winning his first fight. “I'm going home and going to bed,” Lancaster said.

Lancaster and a 15-foot-long pile of sandcast, a boxer from the previous fight threw his head in a white bucket in case he throws up. Amid the sweating, misty heat and screaming of officials to get ready, Lancaster's sense of calm never falters.

He spots for a few seconds and his fraternity brother David Parker even lets Lancaster hit a couple of times in the face. He's almost ready to go.

But before the heads out from behind the curtain, three of his fraternity brothers, including Parker, come back to offer some words of encouragement and advice. One tells him to use his reach to his advantage. Another tells him not to think about his opponent.

“I knew it was a trap!” Lancaster says. “I couldn't protect myself anymore so I started swinging. He slips. The two amateurs trade hammering shots to the heads until the bell finally rings.”

Lancaster does the only words he says is that he feels great. He stares ahead the entire time. He hardly breathes.

“After I heard that first explosion from the crowd when he hit me that first time, the crowd was completely drained out from there. I never heard one chant from then on. I just heard my two men in the corner (telling me) to keep swinging.”

Mitchell Lancaster, undeclared freshman

“Just breathe. One breath in, one breath out. Stay focused on the fight. Don't worry what everybody else is doing. Keep visualizing. Stay calm. And don't forget to breathe.”

Lancaster sits in a metal chair as some of his fraternity brothers start getting wrapped up. Some of them jump rope, others laugh. All of them watch as students clad in their fraternity and security belts walk past a white tent and into the main arena.

Crowded in a dingy, messy corner of Bartolucci, Lancaster and his fraternity brothers can't see the ring from where they're sitting. But as echoes from nearby students bounce down a slippery hallway, the fighters all know it's almost time.

Lancaster, clad in a black hooded sweatshirt and gray sweat-pants, stares straight ahead tapping his feet. He can't stop moving.

“Now that I'm here and I know what I'm going to be fighting in, I'm completely nervous,” Lancaster says. “I've never been this nervous in my life.”

His biggest fear is what lies just 50 feet up the poorly lit hallway. It's a cramped, smoky arena filled with shifting light and his biggest critics — his peers. Lancaster doesn't need to eat carbs in front of them.

“My biggest fear is getting knocked out,” Lancaster says. “If that happens I hope I'm just able to get up.”

But his biggest problem right now is his mistake. Three weeks ago, he and his fraternity brothers were joking about appearing there out for intimidation. Lancaster follows through.

He drew a mistake and dyed it black two days earlier. But at 11:30 p.m. he was all for nothing. He gets word that he has to shove off because it causes friction on his face, and can cause the skin to break.

Reluctantly, Lancaster gets a razor and shaves it off. He's not the only one. Guys pour into the bathroom one after another sharing their facial hair off. It's only after he shaves every hair off his face that he feels he's needed to shave around his chin and beard line. What took him three weeks to grow is gone in a matter of three minutes.

“That's going to be motivation for sure,” Lancaster says. “The guy Lancaster will need motivation for in his 169-173-pound weight class fight is Griffin Barron of Delta Tau Delta. Lancaster doesn't know him, but he's been knocking his opponent out on for the last five hours. They never talk.”

Ever since 11:30 p.m. he's been shaving him off every 10 seconds or so,” Lancaster says. “I caught his eye a couple of times.”

Finally, at about 7:30 p.m., Fight Night kicks off. As soon as the national anthem concludes, fraternity guys start yelling for some action. The sorority girls, screaming at the top of their lungs, wouldn't mind a little blood either.

As the bald-headed referee ducks underneath the red, blue

“The bell rings and the SAEs erupt with chants of ‘Mitch! Mitch!’ Lancaster doesn't hear a thing. He doesn't notice the sorority ring girls parading around with posters, the hip-hop songs playing in between rounds or his fraternity brothers screaming at him to knock his opponent out.”

“It was just me and him,” Lancaster says. “It was incredible.”

The third and final round starts with a defensive strategy. Lancaster came into the match with a defensive strategy. He wanted to see what his opponent was going to do first and go from there. After the shot as his left clack and a chaotic “Dibs! Dibs!” from the crowd, the game plan was pretty clear.

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As the bald-headed referee ducks underneath the red, blue

online
www.fightnight.com

A schedule from Sigma Chi and Alpha Delta Pi's second annual Fight Night

Eric Lindzey

OPINIONS

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The opinions page provides a forum for the exchange of ideas. Unlike news stories, the Kernel's assigned editors represent the views of a majority of the editorial board. Letters to the editor, columns, cartoons and other features on the opinions page reflect the views of their authors and not necessarily those of the Kernel.

KERNEL EDITORIAL

Meal plan forum a positive step to effect change

Student Government and UK Dining Services should be commended for hosting a forum last week to address the fledgling meal plan. But it is unfortunate that they cannot make changes to the plan during the school year.

We would like to take time and remind SG and Dining Services that they are here to serve the students. This forum is a good start and they need to continue implementing change with the meal plan.

"We are here to help students make that change and make a change that we're all wanting," said David Puthoff, SG's Campus Life Advisory Board director, in a Kernel article Tuesday.

This change he speaks of should include taking away the ridiculous weekly limit on meal swipes for next year. The old method of assigning dollar amounts to meal plans and deducting from that lump sum was a reasonable method, and there is no reason why Dining Services should not revert back to this. At least that way meal money carries over for the entire semester. It's always better to have too much at the end than to go hungry during midterms because you have used up your swipes for the week.

Another issue raised during the forum was about flex dollars. It seems logical that flex dollars should carry over from one semester to the next, just like the Plus Account. The meal plan should too, but we may be getting too far ahead of ourselves. These ideas seem simple enough, and Dining Services should consider putting them into practice.

For starters, Dining Services needs to listen to those who provide its funds. Forcing students who live on campus to buy a meal plan is already axiomatic. And putting these constraints on the meal plan just exacerbates a bad situation.

"We're not trying to attack the meal plan. We're trying to improve it," Puthoff said.

Make no mistake, the meal plan needs a massive overhaul. It probably will not happen all in one semester, but if enough students make their voices heard, change will become a reality, and that is all we can hope for at this point.

The library forum earlier this semester enacted a positive change. We hope this meal plan forum can enact a similar change because UK students deserve better.

LETTER TO THE EDITOR

Advertisement sent the wrong message to students

Being a health promotion master's student, I fully condone and encourage sexuality education, and I believe that promoting the proper use of contraception is a significant part of that education.

I was, however, stunned to see the Durex advertisement found objectionable about the advertisement: (1) the use of a threesome in the ad in the backseat of a car promotes multiple sex partners which is a dangerous activity; (2) the couples are obviously naked under the blanket, which in an open convertible is illegal; (3) there was no disclaimer with the ad that states correct information about the use of condoms.

Students should be aware that, according to the Centers for Disease Control and Prevention, condom use is not 100 percent effective against sexually transmitted diseases or pregnancy. Condoms do not protect against all STDs, partly because other areas of contact and transmission are possible, and two out of every 100 couples will get pregnant even if condom use is perfect for one year. With the typical use of condoms, 15 out of 100 sexually active couples will get pregnant within one year.

While I realize the Kernel needs advertising revenue to support the newspaper, the managing staff needs to review its policy on accepting ads of this type. If an ad like this is accepted, the Kernel should devote equal space to the correct information regarding condoms including correct use of the condom, statistics regarding effectiveness of the condom, and most importantly, how to be a responsible partner.

Nicole Peritore
health promotion graduate student

Columnists Needed

The Kernel is looking for a columnist to write for the Opinions page on a regular basis. Those who have an interest in campus and local issues will be given special attention, although columnists of all interests will be considered.

E-mail opinions@kykernel.com

Cartoonists Needed

The Kernel is looking for a cartoonist to draw pieces for the Opinions page on a regular basis. Those who have an interest in campus and local issues will be given special attention, although cartoonists of all interests will be considered.

E-mail opinions@kykernel.com

Submissions

Send a guest column or letter to the editor to Opinions Editor Brad Bowling. Please limit letters to 350 words or fewer. Be sure to include your full name, class and major with all submissions.

E-mail opinions@kykernel.com



BRADLEY STURGEON, Kernel cartoonist

Republicans had their time, now they must adjust to the Democrats

There are many different levels of losing. Sometimes your opponent barely pulls out the victory at the last moment. Other times, the defeat is so complete it requires a re-evaluation of the entire game plan.

When Barack Obama was elected to the presidency, the Republican Party not only lost an election, it was also sent a message by the voters that its leadership has completely failed. In the last four years, it seems Republican leadership has

only effectively used its power to quickly prove that they should never have been given it.

Not long ago, things were looking bright for the Republicans. George W. Bush had been elected to a second term as president, and the House of Representatives and the Senate were in Republican control. Unfortunately, it did not even take a year of this leadership before discontent began to swell. The Iraq War seemingly had no end. Social Security reform went nowhere. An opportunity to make real, necessary changes in our country had been squandered by a group of officials who seemed unqualified to do their jobs.

The recent coronation of Obama is just the end result of the Republican Party proving to the American people that its candidates will not be able to do the job they were elected for. Since

there is no chance the party will simply cease to exist, the question must be asked: what can the Republicans do to regain the confidence of a populous that has justly turned away from them?

The first step already seems to have been embraced by the party. During this year's presidential election, the John McCain campaign preferred to pretend that Bush did not even exist. As long as the Republicans are associated with the numerous failings and citizenship disapprovals of Bush, it will never be possible for them to regain power. However, simply ignoring the individual man and his policies is not enough to remove his influence from the party.

McCain's loss in the general election coupled with the current administration's problems has created a large leadership vacuum within the party. If the party wishes to improve upon its situation, it is extremely important that the hole is not filled by those who can easily be linked to Bush. Until the American people can look at the faces of the Republicans and not instantly recall our outgoing president, it will be impossible for them to claim victory in any large-scale election.

The party cannot sit around and hope people grow unhappy with its new Democratic leadership. For far too long, the Republicans have lacked a clear overarching message. Instead of developing a clear vision of how they want the country to move forward, as Obama and the Democratic Party did this election, Republican leadership is too often content to pandering to whatever audience is present.

As the electorate becomes more and more in-tune with modern technology, one cannot run out the country changing his or her message, because any deviations from previous statements will be recorded and seen by the voters.

Continuing to constantly adjust the party line to target various groups of single-issue voters is a recipe for the Republicans to stay out of power for a very long time. When everything outside of that single issue becomes poorly managed, even the most stubborn voter has to begin considering changing their party of choice. In a time when our country has an ongoing war and an economy unable to stand on its own, offering a series of singular beliefs with no real connection will only lead to more defeats.

This recent election has to be a wake-up call for the Republican Party, or else the party will stay asleep forever. Over the last eight years, the party proved to the American people that it was not prepared to lead, so unless it is prepared to make changes, this opinion will remain static. It not only has to distance itself from the people and ideas of its recent past, but it needs to change its core methods of operation. If the Republicans are not willing to create and communicate a real message, then they should become very comfortable in the loser's circle. While it may seem out of character for the party, it is time for them to embrace change.

Tim Riley is a mechanical engineering senior. E-mail opinions@kykernel.com

Choose over-the-counter drugs wisely

One of my favorite jobs at the pharmacy where I work is helping our patients navigate the over-the-counter section. I'll admit that the endless shelves of drugs are somewhat intimidating. People have questions about how many vitamins to take, what cream is best for their itch and that rash and whether the generic stuff really works as well as the brand (for your reference, it does).

But one inquiry trumps all others as the weather begins to cool down — the search for the magic cure of the common cold. Everyone has his or her own remedy. I'm personally convinced that a hug from my mother as I sip her homemade tea has cured almost all of my colds over the years. Companies have even tried to market and sell the magic, herbal cure — most notably, the makers of Airborne. Sadly, the company recently made news for having to pay out over \$30 million to consumers in a class-action lawsuit stemming from false advertising.

Most people, however, will turn to the usual management of symptoms — antihistamines, decongestants, expecto-

rants and antitussives. The best way to differentiate these medications is by the symptoms they treat.

Antihistamines are used for allergy symptoms such as runny noses and watery eyes. Claritin and Zyrtec produce less drowsiness and are used more often to manage seasonal allergy symptoms, something we are all well-acquainted with living in America's allergy capital.

But for management of more sudden-onset allergy symptoms associated with the common cold, you should turn to medications like Benadryl or Chlor-Trimeton. These medications act quicker and are more effective for cold symptoms, but also produce drowsiness as one of their notorious side effects.

Decongestants are exactly what they sound like — medications used to relieve nasal congestion. I think of these as somewhat of the opposite of antihistamines. Depending on the situation, your nose is either running or stopped up, and decongestants help the latter.

There are two main decongestants used over-the-counter — Sudafed (active ingredient — pseudoephedrine) and Sudafed PE (active ingredient — phenylephrine). Pseudoephedrine is generally more effective than phenylephrine at relieving nasal congestion and sinus pressure, though you must obtain it from behind the pharmacy counter due to laws targeting methamphetamine production. You won't need a prescription,

but you will need to be at least 18 years of age and show identification.

There is one main expectorant on the market — Mucinex (guaifenesin). "Expectorate" is a fancy way of saying "cough," so this medication helps you cough up phlegm. Many of us, in the midst of a cold, can feel phlegm rattling around in our chest. Guaifenesin treats what clinicians call a "wet cough," or a cough where you feel like you are hacking something up, more or less. Some studies have indicated that drinking plenty of water is as effective as taking guaifenesin, so make sure you stay well-hydrated while fighting a cold.

Last, there are antitussives, or medications used to treat a "dry cough," or that annoying tickle in the back of your throat that makes you cough. The main one you will encounter is Delsym or Robitussin DM.

Breaking down these classes of drugs will help you figure out what to choose when you are sick. Practically every product on the shelf will have combinations of these drugs, so flip the package over and read the active ingredients. Choose a product with only the active ingredients you need based on your symptoms. Having more drugs in a product is not necessarily better. With each ingredient comes more side effects, so choose wisely.

Jordan Covey is a third-year pharmacy student. E-mail opinions@kykernel.com



JORDAN COVEY
Contributing columnist

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ACROSS

- 1 Foe of Caesar
- 5 Catcall
- 9 Plotting device
- 14 Subj. of Article
- 86 of the Uniform Code of Military Justice
- 15 Quechua speaker
- 16 Formal observations
- 17 Flimsy
- 18 Beginning of an idea
- 19 Foil
- 20 Start of a workplace quip
- 23 It's cut and dried
- 24 Dense
- 28 Boycott
- 32 Jeff MacNelly comic strip
- 34 ___-speed
- 35 Iron emission
- 36 Quip, part 2
- 38 Piece maker?
- 39 Jeans brand?
- 40 Church area
- 41 Quip, part 3
- 44 Rap sheet entry
- 45 Green shade
- 46 Member of the jet set?
- 47 Prized cigars
- 48 Register
- 50 Crew member
- 51 End of the quip
- 58 Allege
- 61 Guy in a garden
- 62 Albacore, e.g.
- 63 Biblical prophet
- 64 Genesis maker
- 65 Red explorer?
- 66 Hip
- 67 Spotted
- 68 Fiction

DOWN

- 1 Settle down
- 2 Traveling, say
- 3 Mausoleum
- 4 Sub on a sub, maybe
- 5 Pattern cutter
- 6 Lines
- 7 Light brown
- 8 Super Bowl
- 9 XXXIV winners
- 9 Seized
- 10 Bit of fastening hardware
- 11 Dimed
- 12 Allocation word
- 13 Gen.
- 13 Gen. MacArthur's disclaimer
- 21 Son of Noah
- 22 Drive (along)
- 25 1516 classic originally written in Latin
- 26 Spring, for one
- 27 Signs up for
- 28 Romance novel, usually dried
- 29 Boosted, so to speak
- 30 Wine or storm follower
- 31 Doth own
- 32 Expression of contempt
- 33 Guy in a garden, maybe
- 36 Inventing middle name
- 37 Wear
- 42 "Cow Cow Boogie" singer
- Morse overwhelmingly
- 43 Slippery
- 44 Virgin
- 47 Grand ___ Island measurement
- 49 Willow variety
- 50 Subdivision of the Sioux
- 52 Talk back
- 53 Bordeaux belief
- 54 Floral support
- 55 Beat
- 56 Army group
- 57 Engine
- 58 Chinese tea
- 59 Almost out
- 60 Simile words

CTACTOE

SPORTS

Bobby Reagan
Asst. Sports Editor
Phone: 257-1915
breagan@kykernel.com

VANDERBILT 31, UK 24

UK still looking for answers after loss

Cats fans sees a different shade of blue after weekend woes

Two different days, two different teams, two different sports. Two eerily similar games.

You'll have to excuse the 65,595 frigid fans at Commonwealth Stadium Saturday night if they felt they were experiencing a little *déjà vu*.



JON HALE
Kernel columnist

During what could generously be described as a disappointing weekend for Big Blue Nation, the fans at Commonwealth Stadium Saturday could have easily thought Friday's basketball game was playing itself out again on the gridiron.

An underdog team comes to Lexington, jumps on the Cats early with their increased intensity and exploits the overconfidence of the home team.

Their style of play was what they whipped us," UK basketball coach Billy Gillispie said after Friday's 111-103 loss to the Virginia Military Institute.

"They were more physical than us. They got all the loose balls and they hustled more than we did."

Saturday night sounded much the same.

"Sometimes even though you tell your players, you talk to them about things, but they don't understand the energy that the other team is going to come at you with," UK football coach Rich Brooks said after Saturday's 31-24 loss to Vanderbilt.

"We had spoiled Vanderbilt's seasons two years in a row. They were going to come out with intensity and we had to match that."

Just a little *déjà vu*.

Friday night on the basketball court, an upstart VMI team jumped out to a quick 17-5 lead before the first media timeout. Saturday evening on the football field, a hungry Vanderbilt team, looking to avenge two years of season-crushing losses to UK, jumped out to 14-0 lead in the first quarter.

One has to ask if VMI and Vanderbilt were playing a different game.

"We overlooked them," freshman quarterback Randall Cobb said. "Vanderbilt is a tough-nosed team. They have talented kids just like we do. We had to come out and match them and we just didn't do it."

"I don't like to get whipped too much, and we got whipped," Gillispie said. Both UK teams entered their respective locker rooms at halftime facing a double-digit deficit on the scoreboard. The basketball Cats trailed VMI 57-47 at the break and the football Cats trailed Vanderbilt 24-7.

Just a little *déjà vu*.

Whatever message the Cats failed to get in the first half, they evidently understood at halftime. The basketball Cats rallied to take a 97-95 lead with 4:52 left in the game, and the football Cats came back to outscore Vanderbilt in the 10-0 in the third quarter.

"I can't speak for everybody," senior cornerback David Jones said. "But we obviously didn't get it in the first half and it was too late."

The basketball Cats took the lead against VMI in front of a raucous crowd at Rupp Arena. Chants of "Go Big Blue" echoed as the thunder claps of the Big Blue Nation's storm Friday night. That storm may have brought the chilly weather to Commonwealth Stadium Saturday, but the majority of the 65,000-strong crowd was still in the stands, perhaps frozen to their seats, for the fourth quarter showdown against the Commodores.

But just like the basketball Cats did Friday, the football Cats fell short. VMI took a 100-97 lead and never looked back Friday, and Vanderbilt used a controversial roughing the passer call to punch in one last touchdown and put the football Cats away Saturday.

Just a little more *déjà vu*.

"They didn't appreciate the intensity they were playing against," Gillispie said.

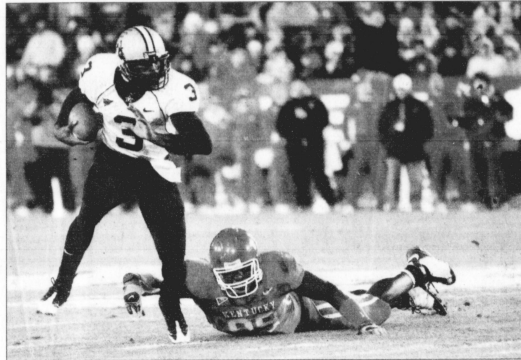
"I obviously didn't get this team ready to play even though I thought I did everything I could to convince them to come out with energy," Brooks said.

Both team's seasons are far from over. The basketball Cats can't dwell on this loss for long. Their second game of the season is an intimidating matchup at No. 1 North Carolina on Tuesday. The football Cats travel to Knoxville in two weeks to try and end their 23-game losing streak to Tennessee.

The ending has not been written to either team's story this season, but you'll have to forgive the Big Blue Nation for its confusion.

This weekend was just a little too much *déjà vu*.

Jon Hale is a journalist senior. E-mail jhale@kykernel.com



By Kenny Colston
kcolston@kykernel.com

Senior quarterback Chris Nickson eludes UK junior defensive end Jeremy Jarmon during Vanderbilt's 31-24 win on Saturday at Commonwealth Stadium on Saturday. Nickson ran for 118 yards and threw for 155. He tossed three touchdowns in the win.

PHOTO BY
ZACH BRAKE
STAFF

All it took was one senior to make a difference on the field Saturday in Commonwealth Stadium.

He was just wearing the wrong jersey.

Lead by senior quarterback Chris Nickson, the Commodores reversed years of agony by becoming bowl eligible for the first time since 1982. The last two seasons, UK stood in the Commodores way for a bowl bid the last two seasons, but on Saturday they finally blew the door down. Nickson and Vanderbilt got the elusive sixth victory with a 31-24 win over UK in front of 65,595 fans on a frigid Saturday night in Commonwealth Stadium.

Nickson provided the Commodores' offense with a spark from the first play, quickly leading Vanderbilt to a 14-0 lead in the first quarter. Nickson finished the game with 118 yard rushing and 155 through with air. The senior also added three passing touchdowns.

UK, however, seemed numbed by the cold air. The Cats (6-5, 2-5 Southeastern Conference) once again started slow, digging a hole that ended up being too deep to climb out of.

"The first 30 minutes were awful," UK head coach Rich Brooks said. "We had them a few times, but we let them off the hook with the roughing the punter calls."

Penalties — including two roughing the punter calls that kept Vander-

bilt (6-4, 4-3 SEC) drives alive and a roughing the passer call against junior linebacker Micah Johnson that negated a David Jones interception — especially plagued the Cats.

The first roughing the punter call led to Vanderbilt's second touchdown. The second one kept alive a Vandy drive alive that would have led to a field goal, but Myron Pryor blocked the kick and Jones picked up the ball, taking it 57 yards for a touchdown.

Despite that blocked field goal, UK wanted no Moore of the Commodores during the first half, especially junior wide receiver/cornerback DJ Moore.

The dual-threat Moore picked on the UK secondary during the entire game, receiving the Vanderbilt's first two touchdowns and finishing with three receptions for 51 yards and two touchdowns. When he wasn't picking on UK's secondary, he was creating havoc in his own, picking off freshman quarterback Randall Cobb twice.

The play of Nickson and Moore left Brooks searching for reasons why his team, which started the year strong defensively, couldn't find their groove on Saturday.

"I wish I had some answers," Brooks said. "If I had answers we wouldn't have started that way, And it's my job to have the answers."

While the Cats were searching, the Commodores were rolling, determined to finally become bowl eligible after two years of coming so close, yet just missing out — usually because of losses to UK.

"We have spoiled Vandy's season

two or three years in a row," Brooks said. "We told (the players) that they would come in with an energy and we had to match that. Obviously I didn't get that through the cranium."

Saturday was also the second straight game where UK's once-stout defense was exposed. Georgia hung 42 points on UK last week and Vanderbilt moved the ball with ease, whether on the ground or through the air, for 368 yards.

"Everybody has just adjust their focus," Pryor said. "We have to come together as a unit again. Guys are pointing fingers and we don't need that."

It was also the second week in a row that UK mounted a furious comeback, battling back from a 17-point deficit. But in another *déjà vu* moment, Moore picked off Cobb at the Vanderbilt 17-yard line.

"It's just frustrating," Cobb said. "Hard as a person and as a team. I really don't know what this is."

Despite being stuck on six wins, UK's biggest setback was its inability to send its seniors off with a win.

"Me and Braxton (Kelley) looked at each other like this is it," Jones said. "We took it on ourselves to win this game as seniors. We didn't do it."

Yet, despite losing a tough game in nasty weather, not all of UK's seniors were ready to hinge their careers on one game.

"I've had a great experience at UK," senior running back Tony Dixon said. "I felt like I've come from the bottom to the top. It's an honor to play here. I'm going to miss it."

VOLLEYBALL

Continued from page 1

The win over the defending 17-time SEC champions came in dramatic fashion. After falling down two games to one, the Cats were able to battle back before Rapp came through and gave the Cats the game-winning kill in the fifth set.

"As a kid, you always look at those great athletes in tough situa-

tions," Rapp said. "You never imagine that could be you in that situation. Now the little kids are looking up to you and you're doing exactly what they want to do."

The win came in front of the fifth-largest crowd to ever watch a UK volleyball game in Memorial Coliseum, which Skinner said was an integral part in the win. He said not only the win, but the talent of the game helped build a raucous atmosphere.

"The fans were incredible," Skinner said. "I'm sure there were some

people out there that really didn't know a whole lot about volleyball, but their energy and excitement for the Big Blue was very evident today."

While Rapp showed her joy with tears, senior middle blocker Queen Nzenwa displayed it with her voice, or lack thereof. Throughout the entire match, whether on the sideline or on the court, Nzenwa was cheering her teammates on and yelling out the plays. Afterwards though, Nzenwa could hardly speak a word.

"This is the first time I'm happy losing my voice," Nzenwa said.

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Blazer Express Parking Lot-Bloodmobile
1:30pm-8pm

Fine Arts Center-Guingol Lobby
11am-6pm

8am-5pm
Medical Center
Main Hospital Building Rm H-133

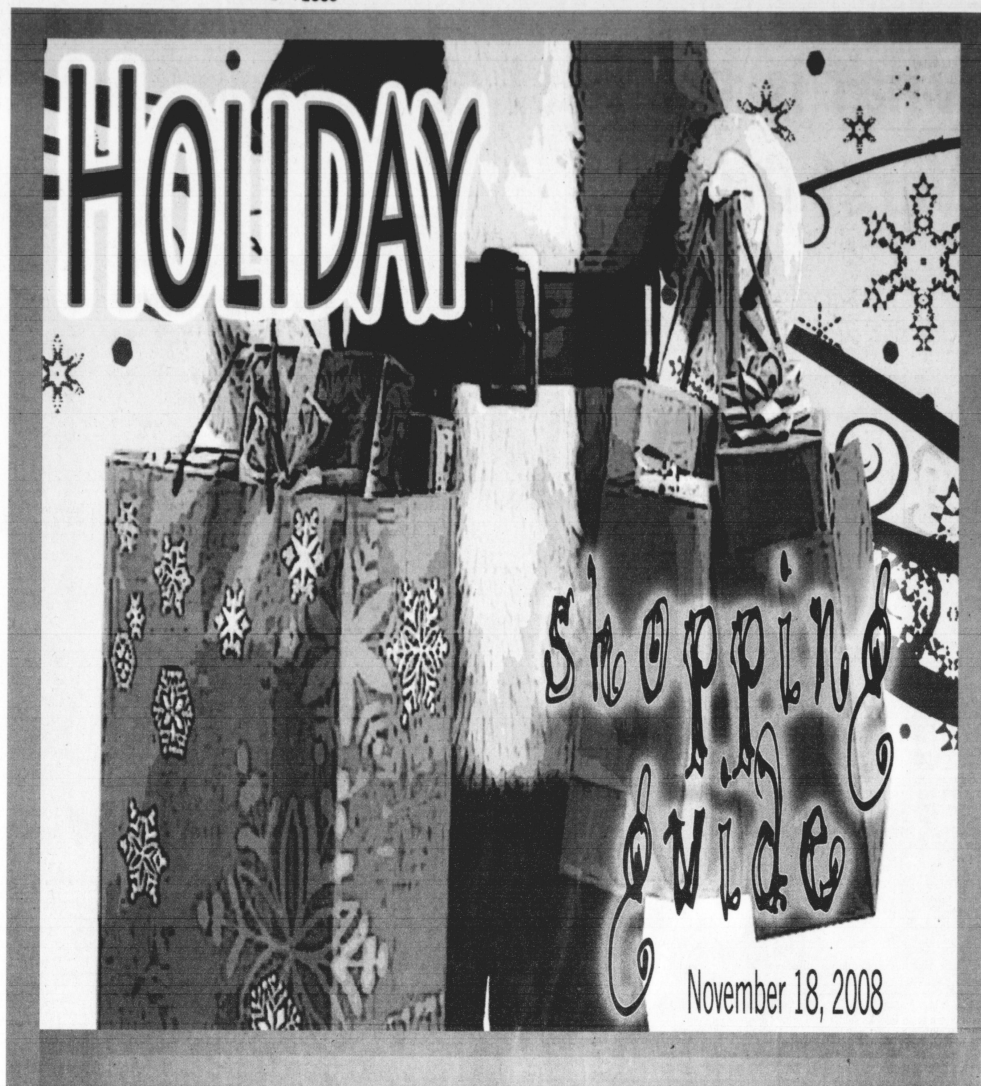
Monday donors can register to win 2 tickets to Kentucky-Tennessee game and an overnight stay at the Crowne Plaza in Knoxville on Sat. Nov. 29.
Tuesday donors can register to win a Cat Fanatic Package

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A Public Relations Supplement

KENTUCKY KERNEL

Avoid looking like HIM this holiday season...

Jennifer Hunt | Kernel PR

It is once again time to bundle up in warm sweaters and visit family and friends for holiday gatherings. From Thanksgiving dinners to the beloved Super Bowl gathering, there will be an abundance of food and festivities. That means that, if you're like me, the aspirations of your new year's resolutions are long gone and you are just thinking about doing better. With Thanksgiving and Christmas soon arriving many people will begin their holiday dieting. But as we all know, the smell of turkey roasting in the oven and the pumpkin pie for dessert are hard temptations to ignore.

For many people holidays tend to bring out the oh-so-confident, "I'm sticking to my resolutions this year!" attitude when the New Year rises, along with the number on the scale. The fact that food is constantly present at any party, get-together or event during the holidays, inevitably leads to overeating which can cause weight gain. The holidays often bring along extra stress which can

also lead to weight gain. However, this year you can work on keeping your resolution by not gaining weight throughout the holiday season. To help you avoid gaining weight during the holidays here is a list of six things that you can do to keep the numbers on the scale where they should be (or relatively close anyway).

1. **Don't Graze.** While at a party with friends or family do not hold a conversation over the bowl of M&M's. As soon as someone else pops one in their mouth, you will be impelled to do the same and before you know it, you have eaten an entire bowl of M&M's. It happens to the best of

us, so just avoid it.

2. **Drink Low-Cal.** You know that you cannot resist your mom's pie, so instead of making it your goal

not to eat the pie and then failing miserably, try drinking fewer calories. Instead of drinking the soda or tea, choose water or other low-calorie drink. These calories you will not be wasting on liquids can be used for real sustenance, like an extra scoop

of whipped cream on your pie.

3. **Bring your own healthy food.** If you are really trying to eat healthy during the holidays, bring your own healthy dish to a party. A fruit or veggie tray is usually popular and

then you know that you have a healthy option in case no one else is quite as health conscious.

4. **Slow Down.** Eating slowly can help you feel fuller faster. While eating at a table with party guests try to speak in between bites (after chewing of course) so that you keep a steady conversation going and you will eat less.

5. **Smaller Portions.** Just because Christmas only comes once a year doesn't mean that you have to eat half of the turkey. Pay attention to portion sizes. Also listen to your body, it will tell you when it is getting full and try not to stuff yourself.

6. **Rest and Exercise.** While it is easy to take it easy on the holidays and relax, be sure that you are still getting regular exercise. A few laps around the mall can not only help you find that perfect outfit, it can also help you burn off a few of those calories from all the pie and gingerbread. Sleep is also important to help restore your body and help your metabolism.

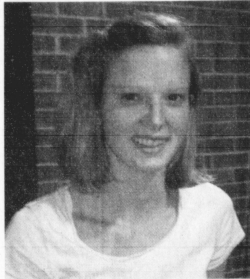
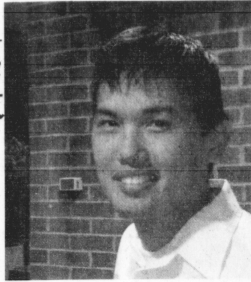


Image provided by Godiva.com
Try giving these as gifts this holiday season, instead of spoiling yourself!

What is the Best or Worst Gift ?

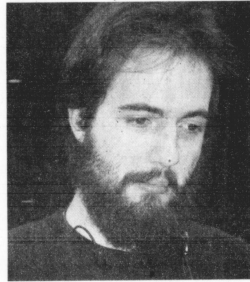
Jennifer Hunt | Kernel PR

DAVID ZHANG - JUNIOR- BIOLOGY MAJOR
"THE BEST IDEA IS A GIFT CERTIFICATE."

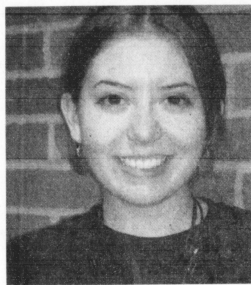


ANNE MARIE GIORGIS - JUNIOR- PSYCHOLOGY MAJOR
"THE BEST GIFT IS AN IPOD."

LAURA ATKINS
SENIOR- ARTS ADMINISTRATION
"THE BEST GIFT WOULD BE A LIFE-SIZE CHOCOLATE UNICORN."



KALAN KUCERA
SENIOR- MATERIAL SCIENCE AND ENGINEERING
"THE WORST GIFT WOULD BE A CRIPPLED CAT."



Black Friday: Is it Worth it?

Kati Tharp | Kernel PR

Rolling out bed at 4 a.m. Fighting over limited parking spots. Standing in long lines in the freezing cold. Avoiding being trampled by the stampeding mob. For many this is the peak of Thanksgiving Break. Black Friday, which has been a tradition for many families, has become quite the sport in America. Not only is it a great opportunity to take advantage of amazing sales, but also it can act as a bonding experience with your family.

The tradition of Black Friday runs deep and links all the way back to the 1960's in Philadelphia where the city police coined the term due to the immense amount of traffic jams associated with the shopping event. The day marks the first official day of the holiday shopping season. While some don't take Black Friday too seriously, others risk an arm and a leg waiting in line all night, after previously indulging in a large Thanksgiving dinner the night before. They then continue on to fight line jumpers and crowds at many electronic and department stores. But the question is: Is all of this worth it?

Of course it is. Black Friday always has out-of-this-world electronic sales. Half off flat screen T.V.'s and home appliances, \$380 laptops and \$190 desktop computers.

But, with so many people out shopping, you aren't always guaranteed to get what you want. In past years Xbox's and Elmo's have been ripped off the shelf in just minutes and sold out on the Internet in just seconds. That is part of the excitement of Black Friday, not knowing if you are going to get what you came for. In that unfortunate instance, you can always look in the bright side: at least you saved money!

Speaking of spending money. With the current economic situation, the phrases "I am broke" and "I have absolutely no money" have been heard more often than not around campus.

This recent economic crisis might cause both consumers and retailers to keep a tight hold on their wallets.

According to Dan de Grandpre, current CEO of dealnews.com, the outlook for Black Friday is still positive as long as three things are prevalent: willing consumers, amazing sales and money. If consumers are patient, and limit spending, retailers will be forced to up margins on Black Friday to meet sales goals.

De Grandpre foresees this years Black Friday sales to be like any other. High-end and couture labels are predicted to be the emerging industry on Black Friday, reaching out to consumers via the Internet and in stores.

So, set your alarm clock, bundle up for long lines and get ready to find some great sales. Whether you are a seasoned veteran or this is your first Black Friday, get ready to beat the crowds and save some money!

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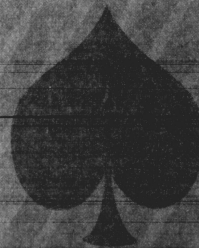


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TOURNAMENT



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7PM the winners go on to the regional tournament in nashville in 2009!

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Something Different for that person who has it all

Megan Sale | Guest Writer

It's that time again. The giving season is here and you are stuck giving to the person who already has everything thing. Fear not, my friends! I have compiled a list of ten truly unique gift ideas to surprise that difficult someone.

1. The World's Largest Crossword Puzzle - A 7' by 7' wall-mountable crossword puzzle that will provide hours of fun for the person who just can't get enough crossword action from the newspaper. Available at Hammacher.com for \$29.95.
2. Zero Blaster - A toy gun that shoots vapor rings for kids of all ages. Perfect for anyone who is fascinated by the little things in life. Available at Zerotoys.com for \$19.95.
3. Heated USB Gloves - Fingerless gloves that plug into any USB port to keep your hands toasty in a cold office. Available in men's and women's sizes at Perpetualkid.com for \$24.99.
4. Gift Certificate for a Gourmet Meal - A wonderful meal delivered directly to your home for that special foodie in your life. Available at Gourmetstation.com ranging in price from \$49.99 to \$89.99.
5. Spider Pig iPod Speaker and Radio - Hear your music from the snout of a plastic pig. Great for the collector of all things iPod. Available at Accessorygeeks.com for \$19.99.
6. On-Bottle Wine Decanter - A decanter that fits neatly into the top of your bottle to help oxygenate as you pour for the wannabe

sommelier in your life. Available at Homewetbar.com for \$17.99.

7. Hot Chocolate Bath Salts - Bath salts that smell like hot chocolate. What girl doesn't want to submerge herself in chocolate? Available at Everythingsmells.com for \$10.
8. Wireless USB TVR Street Mouse - A wireless mouse shaped like a sports car, for when a regular mouse just isn't cool enough. Available at Perpetualkid.com for \$34.99
9. Designated Driver Kooler Klub - A beer dispensing golf club. Any real golfer can't live without one. Available at After5catalog.com for \$49.99.

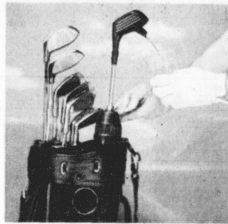


Image provided by Readygolf.com
Perfect for any Golfer!
This inexpensive gift is available online.

10. Make Your Own Chewing Gum Kit - This is for the person who truly already has everything. Available at Scientificsonline.com for \$11.95.

The best thing about all these gifts? You can purchase them on the Internet so you can avoid horrific mall traffic at all costs. Happy Shopping!

Top 10 Christmas Movies

1. National Lampoons Christmas Vacation (1989)
2. The Grinch Who Stole Christmas (1966)
3. A Charlie Brown Christmas (1965)
4. A Christmas Story (1983)
5. It's A Wonderful Life (1946)
6. A Miracle on 34th Street (1947)
7. The Santa Clause (1994)
8. Home Alone (1990)
9. Frosty the Snowman (1969)
10. Elf (2003)

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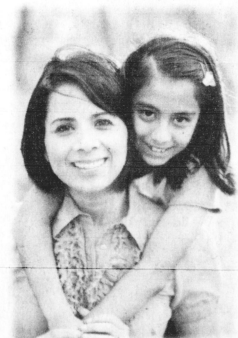
UK campus - Student Center room 245
Export - 1080 Export Street
Reynolds Road - 370 Mosier Way
Hamburg - 2557 Sir Barton Way
EKU campus - Coates Bldg. room 1



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Gifts for that Special Someone

Lauren Ficke | Guest Writer

As the holiday season quickly sneaks up on us, so does that inevitable dilemma of what to get for that special someone.

Every year the dark cloud of confusion and frustration hovers over us while we debate whether to go with a few little gifts, one big gift, a few inexpensive gifts or the one pricier more popular gift.

With all the possibilities, the best way to give the best gift and receive what you want this season from your loved one is to drop hints and pick up on hints.

"Bummer, I only have a few more drops left in my perfume. Looks like I'm going to have to get a new bottle soon." Something like this simple line is a perfect way to make an obvious hint at your loved one for what you really want this season. If you still aren't sure what to get that special someone, the list below is a nice guideline that can be used in your search for that perfect gift. Just focus on his or her personality and use your best judgment. Just remember to keep the receipt in case you do make a bad call.

Creative and Homemade Gifts: Build-A-Bear, personalized gifts (with their initials or a special love line from you), a "coupon" book (ex: one massage for a stressful day), drawing or art piece, etc.

Electronics: iPod, digital camera, cell phone, video games and consoles.

Tip: Check out ConsumerReports.org for product reviews

Photos: Picture frame (digital and regular), album, scrapbook, etc.

Tip: Scrapbooks don't need to be completely

finished - give a few new pages for each holiday, birthday, etc.

Perfume or Cologne: Try to take him/her on a random trip to the mall and secretly pay attention to scents they like. Or, just straight up ask (this works well if your significant other isn't into surprises).

Tip: Most saleswomen at department stores are a great help to pick out the right scent



Photo by Lauren Jackson
Bath and Body Works has many different inexpensive scents for that special lady in your life.

Items for their favorite hobby: Sports equipment (football, basketball, Frisbee golf discs, etc.), books, CDs, a cooking class, etc. DVDs: Movies, TV series, etc.

Jewelry: Necklaces, bracelets, watches, or something homemade, etc.

Tickets: Concert, Broadway show, art show, etc.

Weekend getaway: Ski resort, bed and breakfast, spa vacation, etc.

Tip: Cheaper version - pretend you're tourists in your own town and go to places you've never been (check out your city's tourist information).

Gift Certificates: To their favorite store, restaurants, gas cards, iTunes card, etc.

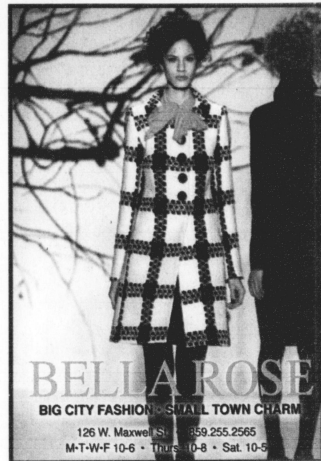
Tip: Probably shouldn't be your only gift, but it's a nice start.

Beverages: Their favorite beer, wine, liquor, or a missing bar accessory (cocktail shaker, shot glasses, flask, etc)

Tip: You know the law, 21 and over!

Clothing: UK gear, sweaters, hats/scarves, lingerie, etc.

Tip: Check out their favorite store and if you aren't sure of a size, go smaller (they can always exchange it and most will take it as a compliment).



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Updated 11/14/2008

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- Cartridge World - Virginia Ave
- CD Central - S. Limestone St
- Chevy Barber Shop - S. Ashland Ave
- Chipotle® - S. Limestone St
- CiCi's Pizza® - Eastland Shopping Ctr
- Cloud 9 - Behind Kennedy Book Store
- Coffea Island - Rose St
- Coffee Break Café - Harrodsburg Rd
- Cold Stone Creamery - Brannan Crossing & Hamburg
- CVS Pharmacy® - Southland Dr, Todds Rd, New Circle Rd, & Walden Dr
- Denny's® - Newtown Pk. & Nicholasville Rd
- Domino's Pizza® - Euclid Ave & Lane Allen Rd
- eCampus.com® - Palumbo Dr & S. Upper St
- Fazoli's® - Winslow St
- Firehouse Subs® - S. Upper St
- Gattitown® - Nicholasville Rd
- Golden Tan - Nicholasville Rd
- Johnny Print - S. Limestone St
- Joseph-Beth Booksellers - Lexington Green
- Kennedy Book Store - S. Limestone St
- Life Uniform® - Waller Ave
- Mad Mushroom Pizza - S. Limestone St
- McDonald's® - S. Limestone St, Nicholasville Rd, & Versailles Rd
- Mellow Mushroom Pizza - S. Upper St
- Michler Florist - Maxwell St
- Moe's Southwest Grill® - S. Upper St
- Mr. Suds Wash & Fold Laundry - Longview, Piz
- No Strings Wireless - Georgetown
- O'Charley's® - Nicholasville Rd
- Oneness - S. Limestone St
- Papa John's Pizza® - Euclid Ave
- Pedal Power Bike Shop - S. Upper St
- Penn Station® - S. Broadway
- Phillip's Market - S. Limestone St
- Pita Pit® - S. Limestone St
- Premiere Home Video - Euclid Ave
- Qdoba Mexican Grill® - Euclid Ave
- S-N-S Tanning - Rose St
- Sav's Grill - S. Limestone St
- Shumaker's Art Supply - Old Vine St
- South Hill Eye Clinic - S. Upper St
- Special Media - S. Limestone St
- Subway® - Waller Ave & Woodland Ave
- Sun Tan City® - Beaumont Ctr, Brannan Crossing, Hamburg, Lowry Ln, & Tates Creek Ctr
- SunSpa Tan & Body® - Virginia Ave
- The Palms Tanning - Pimlico Pkwy
- Tolly-Ho - S. Limestone St
- Wildcat Textbooks - S. Limestone St
- Wing Zone® - Waller Ave
- Whole Foods Market - Lexington Green
- Zaxby's - Sharkey Way

What Guys Want ?

Jennifer Hunt | PR Staff

As every guy knows it is almost time to start Christmas shopping. Although it is only November, that means you only have a little over a month to find the perfect gift for everyone on your list. If you're like most guys you would much rather watch your favorite team play on t.v. or play video games, than walk around a mall trying to find something that your girlfriend, mom, brother, grandma, etc. will like. Christmas shopping can be a difficult task for the most accelerated shopper but it can be especially devastating to those who lack enthusiasm for it... which is most guys. To help all of the 'I hate shopping' guys out there here is a few ways to make your shopping days go a little smoother.

Shop online. Why drive to the mall and stand in line when you can buy the same things online and never have to leave the house...or even put on pants. The majority of stores have online ordering so that you can shop around and purchase the right gifts for your list.

Pay attention. Does your mom really want that keychain? I can't tell you what she wants, but I bet it's not what you got her last year too. Try to think of things that people have talked about or

that you know they need. These things don't have to be big. If you noticed that your girlfriend was eyeing a scarf at Target, surprise her and get it. Just pay attention and try not to get caught up with the same old gifts you always get.

Think outside the box. If you can't think of things to get someone check out the internet. A simple Google search for creative gift ideas can give you great guidance.

Don't procrastinate. Don't wait until Christmas Eve to go shopping. You will be in a frantic rush and will almost definitely forget something. Items may be sold out or the crowds may be too large for you to handle. So don't wait...get your shopping done early.

Stores will wrap. Most malls and shopping centers offer free gift-wrapping stations during the holidays. So if your not exactly great with a pair of scissors try this out. It will really make the present more appealing and save you time and the hassle.

If you still have problems with Christmas shopping, don't worry... it's probably just in your DNA. Maybe with these tips and some hard work you will impress just the right person this year!

Sweet Tooth!

Recipes and photos provided by allrecipes.com

Peppermint Brittle

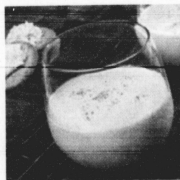
INGREDIENTS (Nutrition)

- * 2 pounds white chocolate
- * 30 small peppermint candy canes

DIRECTIONS

1. Line a large jellyroll pan with heavy-duty foil.
2. Place white chocolate in a microwave-safe bowl. Heat in microwave on medium setting for 5 to 6 minutes. Stir occasionally, until chocolate is melted and smooth.
3. Place candy canes in a plastic bag, or between two pieces of waxed paper. Using a mallet or rolling pin, break the candy canes into chunks. Stir peppermint into melted white chocolate. Spread evenly in pan, and chill until set, about 1 hour. Break into pieces by slamming pan on counter.

Amazingly Good Egnog



INGREDIENTS (Nutrition)

- * 4 cups milk
- * 5 whole cloves
- * 1/2 teaspoon vanilla extract
- * 1 teaspoon ground cinnamon
- * 12 egg yolks
- * 1 1/2 cups sugar
- * 2 1/2 cups light rum
- * 4 cups light cream
- * 2 teaspoons vanilla extract
- * 1/2 teaspoon ground nutmeg

DIRECTIONS

1. Combine milk, cloves, 1/2 tea-

spoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.

2. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.

3. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

Christmas Cherry Cake

INGREDIENTS (Nutrition)

- * 1 cup white sugar
- * 1 cup butter
- * 2 eggs
- * 1/2 cup orange juice
- * 2 cups all-purpose flour
- * 1 teaspoon baking powder
- * 12 ounces golden raisins
- * 8 ounces halved glacé cherries

DIRECTIONS

1. Preheat oven to 300 degrees F (150 degrees C). Grease and line with parchment paper one 9x5 inch loaf pan.
2. Cream butter or margarine and sugar together until light and fluffy. Add beaten eggs and orange juice and mix well.
3. Sift flour and baking powder. Reserve 1/3 cup of flour mixture and toss with raisins and cherries (this will keep them from sinking to the bottom of the cake). Add flour mixture to batter and blend. Add floured raisins and cherries to dough and mix until just combined. Pour batter into prepared pan.
4. Bake at 300 degrees F (150 degrees C) for 2-1/2 hours. Don't serve until several days old. Wrap the cake in plastic wrap or foil and store in a sealed tin.

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Shopping On A Budget

Samantha Saracino | PR Staff

The holiday season is creeping upon us once again. Shoppers have begun their search for the perfect gifts and store windows are decked out in beautiful, holiday décor. While we all look forward to the joy of the holidays, it's hard to be as joyful when you're on a budget. Whether it be family members, friends, significant others or co-workers that you need to buy for this year, there are ways to shop smart. 'Tis the season to spend savvy with these great, money saving ideas!

Shop online: This is becoming the new way to shop. Almost every store has a website these days. Online shopping especially works for those who don't have a lot of time. Some of the best discount websites include zappos.com, overstock.com and bluefly.com. You can purchase everything from clothes and shoes to home decor and electronics.

Use your student ID: Believe it or not, a ton of places offer discounts when you show your student ID, especially in Lexington. Be sure to ask each store you shop at if they offer any student discounts while you're checking out. Some local places that offer special student discounts include J.Crew in Fayette Mall and any Cinemark Movie Theatre.

Check the Sunday Paper: If you don't already receive the Sunday paper, go out and buy it. It is filled with fliers and coupons galore from some of the biggest stores around like Target, Wal-Mart, Dick's, JCPenny and more. You will be able to scope out all of the main sales before you go out to shop, and you'll end up saving money and time, too.

Shop the Friday after Thanksgiving, aka, Black Friday: This is one of the biggest shopping days of the year. Almost every store has tons of sales on everything imaginable. And who doesn't love sales? A lot of stores even offer additional discounts for the early bird shopper.



Image provided by steepandcheap.com
Online shopping is a great way to save money. Many sites like steepandcheap.com or zappos.com offer discounts for special items.

There is nothing like a little incentive to get out to the stores early, plus you'll beat the crowd.

Get creative: All presents don't need to be store bought. You'd be surprised how impressed your family and friends would be if they received a gift you created yourself. So, get creative. Go to a store like Michael's and explore the endless craft possibilities. They have a lot of options that could be used for great gifts. For example, decorate a picture frame and put a picture in it.

This type of gift could be given to friends, significant others and family members as well. Not only will you have created a great, more personal gift but the person receiving will know it came from the heart.

Secret Santa: This is a great idea to suggest when buying for a large group of people like extended family members and friend. Not only will you save a ton of money, but it's more fun. The best way to go about this is to draw names from a hat and whoever you pull is who you buy a present for. It's a good idea to set a limit. This way people will know how much to spend. Trust me; you will have a great time with this and it won't be so harsh on your wallet.

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